Lutherlag 2010—Develop Your Character

Three years ago our family attended Lutherlag with Jane’s entire extended family. Everyone looked forward to time at Luther. Our son, Andy, and his older cousins were going to be in the teen track. The girls, Kathryn and Helen, not only had cousin time but all on their own youth track to look forward to. Jane ’90 and her sisters, Mary ’87 and Anne ’84, were all going to sing and talk, and talk, and talk (you get the point), throw pots and explore time away from being “Mom.” Jane’s parents were ecstatic to have all their daughters’ families in one place—Luther. We all looked forward to the evenings of laughter, beer, snacks and conversation.

But, the real focus of the week was the long-awaited time for the sons-in-law: Phil, Tim and me (Jeff ’90) to make VIKING KNIVES! This activity was attractive in so many ways. The three of us imagined a glowing hot iron worker’s forge, hammers, steel, fire, weaponry, and “guy time.” We did wonder exactly what our father-in-law, Tom Vaaler ’62, was thinking when he encouraged us to make weapons, but since we are not Norwegian Viking types we figured it was a part of the ongoing indoctrination. Our wives and children were duly impressed by the idea of the three of us sweating in a forge as we hammered out huge Viking weapons. It was “manly” with a capital “M.”

So, ok…it wasn’t quite that. The forge was in the former Storre Theatre. No great billows of flame and smoke. No massive Thor-like hammers, but real tools that did real damage when they connected with soft flesh, and intense controlled small charcoal-fired furnaces. Most disappointingly, no awe-inspiring Viking long knives or swords were made; instead, we spent a week making four-inch long Finnish “wives’ knives.”

Imagine, if you will, the intense and not the least bit controlled laughter of the Vaaler girls at the proud but somewhat sheepish unveiling of our craft.

There is a point to this story.

Lutherlag sometimes does not meet your expectations—it does one better. That week was one of the most memorable I’ve had. So, I didn’t get to make a Viking weapon, but I laughed—a lot. (So did Jane.) I made something useful with my own hands that—despite its diminutive stature—I am enormously proud of.

The week was memorable because I grew. I’m a high school English teacher, tennis coach, and director of theatre. I am not known for any acumen with tools beyond a pen or a keyboard, but that week I learned about fire, steel, craft, culture, and history and put that knowledge to use with my own bruised and scorched hands. My character grew.

Character. We expect it of ourselves, look for it in others, demand it of our leaders, encourage it in those we mentor and love, and hope and strive for its growth in our futures. We define it by values, by actions, by humor, by faith, by love, by generosity, by understanding, and by a willingness to accept responsibility for our lives.

Character is not something we are born with; it is something we develop. Everything we experience, everything we decide, everything we learn, do, think or feel can help us develop and express our character. However, it is not something we do alone; it is done in community.

Luther College provided Jane and me with such a community for four formative years. It wasn’t just about the friends we made or the professors we learned from, it was about the atmosphere, an atmosphere that nurtured our development in every way. We’ve moved on—all the way to Connecticut—but look forward to returning to Luther to attend Lutherlag with our entire family. Lutherlag is a place where we share new ideas and knowledge, experiment with old and new skills, laugh, play, renew relationships with friends and family, and actively develop our characters.

We invite you to join us.

Jeff ’90 and Jane (Vaaler) Roets ’90, Andy, Katy and Helen

LUTHERLag PROGRAM

Lutherlag is a multi-generational gathering of people interested in lifelong learning. Designed to give alumni and friends of Luther access to the top-notch facilities, faculty, and programs that make up the college, it’s a wonderful way to reconnect with Luther and introduce children to the college. Most attendees have a Luther connection of some kind, although that is not always the case. Everyone is welcome.

The program gives individuals the freedom to explore their interests and provides opportunities for families to spend time together for a truly meaningful vacation and educational experience. Adults and teens may choose from a variety of course offerings taught by Luther faculty, staff, alumni, and others. Courses are offered throughout the day, and there are also some evening offerings and special activities from which to choose. A change in the usual Lutherlag schedule will include Monday as a “Seminar Day” where participants take one all-day course. Tuesday through Thursday will return to the usual schedule with multi-session classes. Friday’s closing breakfast will cap off the week.

Teens (ages 12 and up) are eligible to participate fully in the adult courses—and participate in the “Teen Track,” which includes a variety of daily recreational options.

Teens are given a high degree of flexibility in scheduling their days so that they can tailor their Lutherlag experience to meet their interests and needs. The Environmental College Discovery Camp staff leads the teen programming, providing opportunities for interesting outdoor activities and environmental education.

Children ages 5 to 11 can participate in entertaining and educational activities such as field trips to local parks and historic sites, campus exploration and recreation, music, dance, art, storytelling, games, and swimming at Decorah’s municipal pool each afternoon. Children are divided into age-appropriate groups led by certified teachers and college-age assistants. The Environmental College Discovery

“Lutherlag … a perfect way to blend the curiosity of youth with the experience of years!”

—Lynn and Patricia Sorensen, parents of David ’93 and Robert ’90
Camp staff also assists with the children's programming. On campus pre-school child care will be provided for children ages four and younger during the class periods from 8:15 a.m. until noon and again from 1:15 p.m. to 4:00 p.m. each day. The children are involved with age-appropriate activities throughout their time in care, focusing on all areas of development. Each day, weather permitting, will also include outside movement time in a space attached to the care center. Snacks will be included throughout the day and a nap/rest period will be necessary for each child. The children will be in the care of Katherine Whitsett and Chantel Olufsen '07. Both are experienced educators, and mothers of young children, with years of experience working with youngsters.

Assisting with the art programming each day will be Lea Donhoe Lovelace '97, director of the Little Masters Art Studio, www.arthausdecorah.org/littlemasters.html, and co-director of Decorah's Arthaus (www.arthausdecorah.org). The art classes are designed for specific ages and abilities of children, empowering them to succeed in their creative process at all levels. Children will have a photography workshop with Aaron Lurth and should bring a digital camera if they have one. Creative movement will also be a part of the curriculum with assistance from Jane Hawley '87, associate professor of dance, and Amanda Moran '12, student assistant.

Evenings offer a host of family and group activities. In addition, a variety of off-campus excursions—including a theatre production in Lanesboro, canoeing and tubing trips on the Upper Iowa River, and a family barbecue picnic featuring the music of Decorah's own Foot-Notes—are included in the itinerary.

**Sense of Vocation Church Leader Retreat**

For the ninth year, Lutherlag will also include the “Sense of Vocation” Church Leader Retreat curriculum as an integral part of the classroom program. Pastors, youth leaders, and other church professionals have the opportunity to apply for one of the 10 supporting grants of $250 each to attend Lutherlag and the Church Leader Retreat. Participants in the “Sense of Vocation” retreat are invited to enroll other family members (including children and teens) and friends in the Lutherlag program if they choose to pay the fees for Lutherlag for those additional persons.

**Pastor to Pastor Program**

Lutherlag 2010 will play host to the first-ever Pastor to Pastor Program. Under the direction of pastor Linda Gunderson, assistant to the bishop of the Southeast Minnesota Synod of the ELCA, this one-day workshop will focus on the course “Vocation of an Artist,” taught by James Griesheimer, associate professor of music. The overnight program will begin with a Sunday night dinner hosted by Luther's Campus Ministry team and conclude at the end of the day Monday. Pastors from the Southeast Minnesota Synod may attend the course for the cost of room and board. Participants are invited to apply for the Sense of Vocation stipends and participate in the full week of Lutherlag for the usual remaining fees.

For more information, visit the Lutherlag website at alumni.luther.edu or contact Kirk Johnson '82, Alumni Office, Luther College, 700 College Drive, Decorah, Iowa 52101-1043; phone 1-800-2 ALUMNI; e-mail johnsonk@luther.edu

**Wellness at Lutherlag 2010**

Wellness is a relatively recent concept in our culture. Many people think of health as the absence of disease, but wellness transcends this concept of health to encompass several dimensions. The five basic areas of wellness are: emotional, intellectual, physical, social, and spiritual. Lutherlag is an environment that promotes all of the dimensions of wellness.

This year we would like to infuse the wellness concept into the Lutherlag curriculum by offering programs such as yoga, dance, birdwatching, and biking, in addition to opening the Legends Fitness for Life Center and the Decorah Municipal Pool to Lutherlagers each day. We encourage you to try something new that may incorporate one of the other wellness dimensions. Participants are encouraged to make a personal commitment to wellness at Lutherlag this year.

Greg Lonning ’83, director of the Nena Amundson Lifetime Wellness Program at Luther, will be available throughout the week as a resource for all participants.

**LUTHERLAG COURSE OFFERINGS—MONDAY ONLY**

**Ties That Bind**

Colin Betts ’93, associate professor of anthropology

Northeast Iowa has a rich archaeological legacy left by its prehistoric inhabitants. Earthen mounds and impressions of textiles on pottery from BC 200 to 1000 AD represent two distinctive yet interrelated elements of this legacy. We will explore the cultural importance of these elements through a day-long field trip to Effigy Mounds National Monument and the construction of replicas of the textiles.

Through these activities we will examine how they each served to bind things together both in literal and symbolic ways.

**Vocation of an Artist**

James Griesheimer, associate professor of music

How are individuals called to the practice of art? During this one-day seminar co-sponsored by the Sense of Vocation Program at Luther and the Southeast Minnesota Synod of the ELCA, we’ll examine the mysterious forces that draw individuals to express themselves artistically and plot the courses of some of the great creative careers. Our sessions will include personal testimonials of successful artists and an exploration and delection of artifacts and live performances. Themes to be developed include: the artist and society, the supreme individual, the artist as “a part of something bigger,” outsider vs. insider careers, the intersection of art and politics, the great mentors, the artist as servant, the star-crossed artist, and the artists among us.

**Developing a Character**

Robert Larson, professor of theatre

What is it like to sneak into someone else’s skin or put on their ‘mask’? Through exercises and mask work, this one-day participation seminar will provide an opportunity to develop a character and maybe even create a “scene” with another. No previous theatre experience required or even expected just a willingness to play.

**Case Studies in Ethics**

John Moeller, professor of political science

Join Luther's director of the Center for Ethics and Public Life as he moderates a day-long discussion of four thought-provoking ethical issues. A few selected readings will be provided for class members ahead of Lutherlag.

**Jury Nullification**

Lemuel Shaw (1781–1861), a highly respected judge in Massachusetts often found slave owners asking his court to order the return of fugitive slaves. Shaw hated slavery but felt required to uphold the law and return the slaves. Today’s jurors sometimes have to make a similar choice when following the law and convicting a defendant runs contrary to their notion of justice. We will explore whether in those cases the juror ought to follow the law and convicting a defendant runs contrary to their notion of justice.
to crack a terrorist ring? More troublesome is the spy who infiltrated the IRA during its heyday and had to allow killings to take place in order to maintain his cover.

**Citizen Versus Consumer**

Mark Sagoff suggests that when we make decisions—whether to buy a fancy car or a modest gas saver—we often are torn between approaching the decision as a consumer—what are my preferences?—and as a citizen—what will best serve the common good? When it comes to making public policy, would it be good for all of us to act as citizens or does the aggregate of our personal preferences usually result in good policies?

**The Cooperstown Question**

Should athletes such as Pete Rose and Mark McGuire be in the Hall of Fame? Assuming you are given a Hall of Fame ballot, to what degree should character matter? Perhaps more important, should it matter that some players used performance enhancing drugs to set major league records?

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**Super July Quilt Retreat**

**Jean Murray**, quiltmaker

Come to our Luther Quilt Retreat. Bring your current project and work as long and hard as you want. We will provide the space, the view, the tea, the snacks, some prizes, and a demonstration or two. Jean will be there each morning to give you technical and artistic support. Bring your machine (in good working order please), your scissors, rotary cutter, thread, fabric, books...whatever you are using for your next masterpiece. If you are a novice and don't have a project, just contact Jean at 563-382-8642 or jandtmurray@gmail.com and you can make arrangements to join in the fun and take home a small top or the first blocks of a large top along with the information to finish the project. If you have anything in particular you would like demonstrated, please call Jean with the suggestion. Limited enrollment; a four-part, all-morning-long course (all day on Monday).

**Fly Fishing in the Oneota Valley**

**Tom Murray**, senior development officer, lead trout bum

**Tim Fleming** '67, assistant trout bum

Join longtime fishing friends and “trout bums” Tom Murray and Tim Fleming as they provide a one-day crash course on the basics of “catch and release” fly fishing for rainbow, brown, and brook trout on the pristine spring creeks in and around the Oneota Valley. All levels of experience are welcome. Local experts will share what works for them at Trout Run near the Decorah Fish Hatchery a few minutes from campus. Rods and reels will be provided for those without a fly-fishing outfit. A small fly kit is included in the additional fees for the course. Iowa fishing license and trout stamp should be purchased in advance (not included in Lutherlag fees). No children please; teens are welcome. Limited enrollment; a full-day course. $25 fee includes a small fly kit. (Weather and time permitting, morning or early-evening fishing opportunities can be arranged with the instructors during the rest of the week).

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**LUTHERLAG COURSE OFFERINGS**

**Morning Yoga**

**Erin Arney**, Team Rehab yoga instructor

Start your day off right with a healthy and relaxing dose of yoga from 6:30 to 7:30 each morning. No previous yoga experience is expected or required. Classes are open to adults of all ages and all abilities. Erin will use the Iyengar-based style of yoga. Class will include warm-up stretches, asanas (movements and postures), and breathing practices. Participants should wear comfortable, loose-fitting clothing, avoid eating a large meal before class, and have water for after class. Come experience the many benefits of yoga! Open to all.

**Grown-ups with Crayons: The Art and Artistry of Georgia O’Keeffe**

**Sharon (Zumdahl) Asp ’70**, artist and retired art teacher

Learn to draw in the style of artist Georgia O’Keeffe. The course will include an introductory session on the life and work of O’Keeffe, color theory, textural techniques, and all-around composition, followed by two days of one-on-one coaching and encouragement in a highly creative atmosphere. Bring your own fresh eye—and you can borrow the enthusiasm from your instructor! The end result will be an 18” x 24” full-color pastel floral image drawing. No previous experience required. $25 materials fee includes your very own set of oil pastels. Limited enrollment; a three-part course.

**Luther College: 150 Years**

**Wilfred F. Bunge ’53**, professor emeritus of religion and classics

**Dale Nimrod**, professor emeritus of chemistry

**Mary Hull Moth**, professor emerita of English

An illustrated narrative of the development of Luther College through 150 years. We will share with you some of our observations based on the theme of the college’s sesquicentennial in 2011, *Transformed by the Journey*. In the first session we will review the first 101 years, 1861–1962, on the sub-theme A Norwegian Lutheran College. The Farewell/Anderson years, 1962–1996, will be the focus of the second session, with the sub-theme The Challenge of Change. Finally, the third session will review the Baker/Torgerson years, 1996–2010, with the sub-theme Vocation, Diversity, and Sustainability in the Quest for Excellence. We will have viewpoints and pictures to share, and we invite you to contribute your viewpoints to the discussion. (Send us some of your pictures in advance, if you have them, and we will include some of them.)

**Introduction to Pottery: The Life Cycle of Clay**

**Dawn Deines-Christensen ’82**, liturgical artist, teacher

An introduction to working with clay: reclaiming (recycling), creating (wheel throwing and hand building), firing, and glazing. Work in the air-conditioned Center for Arts pottery studio and take clay from a “squishy” greenware stage to a finished “rock hard” glazeware piece. Participants will take home at least one finished piece. Wear clothes you don’t mind getting dirty! Returning pottery-class alumni are invited to bring their pots back from past years for glazing and firing. Limited enrollment; a three-part course. $20 materials fee.

**Norwegian Family Ties: Preserving Your Family’s Culinary Heritage Through Holiday Traditions**

**Darlene Fossum-Martin**, program assistant, Luther College Diversity Center

Through discussion and hands-on preparation of the seven Norwegian Christmas cookies, we will explore our Norwegian holiday traditions brought to America by Norwegian...
immigrants. Day two we will look at simple elements in preparing a festive Christmas coffee table. While enjoying the coffee and cookies, which you prepared the day before, you will get a jump start on preserving your own culinary heritage. A two-part course.

**America and the World**

Paul Gardner, professor of political science

Is America an exceptional nation? What kind of America does the world need? How should America respond to the security, humanitarian, economic, and environmental challenges of the twenty-first century? In this three-part course we will explore these and other questions about America's role in a global world.

**Uniting Opposites: Being Right Next to Each Other**

Jane Hawley '87, associate professor of dance
Amanda (Moran) Moran '12

Move. Move. Move. Dance. Dance. Dance. Participate in guided movement explorations, which consider how bone meditations, cellular breathing, imagery, and sensory receptors direct the nervous system into a dance. Experience how doing the dishes and climbing the stairs can be acts of dynamic elegance and balancing forces. The art and science of our moving body—come solve the mystery and see how feeling sexy in the secular can conjure up the divine in the mundane. It's all about the dance! A three-part course.

**“Developing” Your Photographic Eye**

Aaron Lurth '08, graduate fellow and instructor of photography at the University of Iowa

Join us for photography boot camp! Do you wish you knew more about your digital camera? Well here is your chance. In this course we will discuss the formal elements that go into making an image successful, teach you how to take control of your camera, and learn a few basic editing tips to help make your photos pop. This class will include a formal lecture element and discussion, a photographic assignment with one-on-one help, and a final group critique of your images. A digital SLR is suggested, but any digital camera will do. Get ready to exercise your photographic eye and start producing some better looking photographs! A three-part course.

**Super July Quilt Retreat**

Jean Murray, quilter

(See description under Monday course listings.)

**The Hills are Alive with the Sound of Physics...**

Todd Pedlar, assistant professor of physics

In this two-part course, we will discuss the principles of physics that form the foundation of music and musical instruments. On the first day the basic physics of sound will first be described and demonstrated, and then these principles will be applied to various kinds of musical instruments. The discussion will continue on day two, moving on to give particular attention to how musical scales are constructed and why particular combinations of notes strike the ear as beautiful and why some other combinations are jarring to the senses. Come prepared to learn a little of the science behind making the music you love, and, perhaps, why your ears love the particular sounds that they do.

**Making Music Together**

Mary (Vaaler) Reiman '87, director of music, Saint Ambrose of Woodbury Church
Jane (Vaaler) Roets '90, director, Tolland County Music Together
Annie Vaaler '84, music specialist, Pleasant Ridge School District

Join us for impromptu community music making with singing, drum, and whatever other rhythm instruments we can access, and potentially even some community dance. Led by three professional musician/conductors, “The Vaaler Sisters” will demonstrate their flair for creative collaboration and bring everyone along for experimental—and experiential—musical improvisation! A good time will be had by all and some amazing multi-part singing is likely. Bring your enthusiasm on Sunday and Monday evening.

**Birdwatching in the Oneota River Valley**

Larry Reis '78, Winneshiek County naturalist

Join area naturalist Larry Reis each morning for a beautiful walk among our feathered friends in some of Decorah’s beautiful parks. The River Trail near Danning’s Spring, Twin Springs, Roslien Woodlands, and Malanphy Springs will be among our destinations as we stalk the elusive songbirds, game birds, and waterfowl of the Oneota Valley. Participants will receive a copy of Peterson’s *A Field Guide to the Birds of Eastern and Central North America* in order to start their “life list,” checking off the birds that they have seen and identified. Experienced and novice birders are welcome. Bring a pair of binoculars (8x42 or 10x50 work well), a good pair of hiking shoes or boots, and clothes for the weather. A three-part course starting early (at 8:15) each day.

**What’s Up with Those Little Trees? An Introduction to Bonsai**

Phil Richardson, bonsai gardener

Ever wonder how they grow those little trees in those tiny pots? Are they dwarfed trees? Can you turn any tree into a bonsai? With nearly 20 years as a bonsai hobbyist and demonstrator, Phil loves to talk about the ancient art of bonsai! He will answer these questions as well as talk about the many aspects of bonsai, including styles, tools, soils, design, suitable material, propagation, pruning, and how to keep that little microcosm of nature alive! Class creation of trees will be dependent upon availability of suitable material and may require a materials fee. Or, if you have a bonsai tree that needs some help—we can do that, too! We’ll take “grasshoppers” (beginners) and sensei (masters) and everything in between. A two-part course.

**Abraham Lincoln: The Legends and the Life**

Peter A. Scholl, professor of English

Legends about Lincoln almost crowd out his actual achievements as a leader and his contributions to literature. We will examine the legends but situate them in the context of Lincoln speeches and letters and other works, reading for what they reveal about the man, his character, and his ideas. We will also explore the conflicting ways Lincoln has been represented, early and late—as racist compromiser and an accomplished statesman, as ape-like buffoon and as savior and martyr. A two-part course.

**Journals in the Real World**

Amy Weldon, assistant professor of English

Personal journals can be an immediate source of joy, energy, and inspiration in your life, but they can also prompt lots of questions: How can you get into a writing routine? How specific do you have to be? How can you silence the nattering voices of self-criticism? Do you have to be a famous person for your journal to matter? How can you find the voice and style of journal-writing that are truest and best for your life, right now? Come explore these questions—and the changing roles of journals, past and present—in a friendly group, and bring your journal with you! A three-part course.

**Morning Ride: Cycling in Northeast Iowa**

Novlan Whitsett, associate professor of Africana studies and English
Greg Lonnning ‘83, director of the Nena Amundson Lifetime Wellness Program
Mike Blair, campus pastor

Hit the road with local riders for a daily morning road ride on some of the most beautiful road routes in the Upper Midwest. Chase the peloton and take on the hills of the Bluffton blacktop north of Decorah to the Minnesota border, or cruise the less-traveled country roads from Ridgeway to Spillville. Enjoy good conversation, coaching, and encouragement from
local riders on the loops and have fun drafting—and pull-ing—the group. A tuned-up, good-quality road bike and helmet required.

ADDITIONAL INFORMATION

MEALS
The meal plan (13 meals and daily snacks) includes meals from supper Sunday, July 18, through supper on Thursday, July 22, and the Lutherlag closing breakfast on Friday, July 23. All meals, except Monday night’s pizza party, the barbecue picnic on Tuesday evening, and Friday’s closing breakfast will be served cafeteria-style in college dining facilities.

Off-campus participants may purchase individual meals in Dahl Centennial Union dining facilities; they may also pay an additional fee to attend Monday’s pizza party, Tuesday’s barbecue picnic, and Friday’s closing breakfast.

HOUSING
Lutherlag guests may stay in campus housing or make off-campus arrangements. Guests staying on campus will be in two-bed (or single rooms if requested) air-conditioned rooms with shared bath facilities in Farwell Hall. Requests to share living units with other families can be made on the registration form. We will do our very best to see that families with children are located near other families with children, and vice versa. Pillows, linens, and blankets are provided, but it is a good idea to bring a blanket or two of your own in case of cool weather. Guests not staying for Nordic Fest must check out of rooms by 10:00 a.m., Friday, July 23. Nordic Fest housing is separate from Lutherlag fees and is an additional charge. Nordic Fest housing fees are paid on a per room basis.

FREE-TIME ACTIVITIES
Wednesday afternoon is set aside for recreational opportunities. Here are just a few of the possibilities for free-time activities during Lutherlag: tubing or canoeing on the Upper Iowa River, swimming, fishing, biking, hiking, or shopping; playing tennis and golf; or visiting local parks, Vesterheim Norwegian-American Museum, Decorah’s historic district, Effigy Mounds, Burr Oak, Bluffton, Spillville, or Fort Atkinson.

COMMONWEAL THEATRE
On Thursday evening we will offer an optional trip to the Commonweal Theatre performance of Picasso at the Lapin Agile. Steve Martin’s comedy is sure to have you roaring with laughter from start to finish! Two guys walk into a bar, order up one part Einstein, one part Picasso, and add a splash of the zaniest characters to ever hit our stage “all shook up.” We promise a rollicking good time! Tickets for the performance, including motorcoach transportation to Lanesboro, are included in the package price. Additional costs are $25 for children and teens and $40 for adults. (Commonweal season ticket holders and Million Dollar Club members subtract $10 for children and $20 for adults.) Check the appropriate box on this registration form and include payment with Lutherlag fees.

UPSTART CROW THEATREWORKS
On Wednesday evening there will be a free performance of Lessons From Cancer College by Nancy K. Barry, a one-woman play performed by Kristen Underwood. What happens when a college professor finds herself enrolled in a nine-month course of treatment for breast cancer? Assuming it will be a manageable task to continue teaching through cancer, she’s surprised—and ultimately healed—by the revelation that somehow cancer is teaching through her. A funny and powerful look at the way challenge can transform us.

Nancy K. Barry joined the English department in 1990 after teaching at the University of Iowa and the University of Illinois, where she earned her Ph.D. She is the author of published essays, newspaper columns, and radio essays, and a long-time teacher at the University of Iowa’s Summer Writing Festival.

Kristen Underwood holds a B.F.A. in theatre from the University of Colorado at Boulder and M.F.A. from San Francisco’s American Conservatory Theatre. Kristen worked as an actor and director around the country before moving to Lanesboro, Minn., where she served as a managing core artist at the Commonweal Theatre for 10 years. She moved to Decorah in 2002 and is an occasional visiting artist at Luther and serves as co-director of ArtHaus and artistic director of Upstart Crow Theatreworks.

FEES
The program registration fee is $305 for adults and $220 for teens, $175 for children ages 5 (by 1/10) to 11, and $150 for children 4 and younger. Program fees should be mailed with the registration form.

Room and board fees are $280 for adults and teens, $150 for children ages 5–12; and no charge for children 4 and younger.

Nordic Fest housing fees for Friday, July 23, and Saturday, July 24 (if you wish to stay on for the weekend) are $36.00 per night for a single room and $62.00 per night for a double room. (Children may sleep on the floor for free; bring your own bedding).

Pottery, Grown-ups with Crayons, and Fly Fishing require additional fees for materials. Transportation costs, and ticket fees for the Commonweal Theatre production on Thursday night are not included in the registration fee.

REGISTRATION
Registration deadline for Lutherlag 2010 is June 15. Complete and return the registration form with a check payable to Luther College for the total registration fees. Room and board fees and Nordic Fest housing fees are due July 15, 2010.

For more information, contact:
Kirk Johnson
Associate Director of Alumni Relations
Luther College Alumni Office
700 College Drive
Decorah, Iowa 52101-1043
Phone (563) 387-1861 or (800) 225-8664
E-mail address: johnsonk@luther.edu

“I have never seen a program that created the kind of instant and lasting connections that Lutherlag has for our kids. It’s amazing to see weeklong experiences translate into yearlong friendships, even though it’s all long-distance.”
—Steve Sheppard ’71

“I wish Lutherlag was two weeks—not just one.”
—Zachary Christensen—age 10, grandson of Jack ’61 and Lila (Benson) Christensen ’63
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<th>Time/Event</th>
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<td>6:30-7:30</td>
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<td>Class #1</td>
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<td>Luther History: 150 Years (Bunge, Mohr, Nimrod)</td>
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<td>Quilt Retreat (Murray)</td>
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<td>Ties That Bind (Betts)</td>
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<td>Develop Your Character (Larson)</td>
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<td>Lunch</td>
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<tr>
<td>Class #2</td>
<td>10:40 a.m.</td>
<td>Fly Fishing (Murray and Fleming)</td>
<td>Grown-ups with Crayons (Asp)</td>
<td>Grown-ups with Crayons (Asp)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Vocation of an Artist (Griesheimer)</td>
<td>Pottery II (Deines-Christensen)</td>
<td>Pottery II (Deines-Christensen)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Quilt Retreat (Murray)</td>
<td>America in the World (Gardner)</td>
<td>America in the World (Gardner)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Ethics (Moeller)</td>
<td>Uniting Opposites (Hawley)</td>
<td>Uniting Opposites (Hawley)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Ties That Bind (Betts)</td>
<td>Quilt Retreat cont’d (Murray)</td>
<td>Quilt Retreat cont’d (Murray)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Develop Your Character (Larson)</td>
<td>Journals (Weldon)</td>
<td>Journals (Weldon)</td>
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<tr>
<td>Lunch</td>
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<tr>
<td>Class #3</td>
<td>1:30 p.m.</td>
<td>Fly Fishing (Murray and Fleming)</td>
<td>Norwegian Cooking (Fossum-Martin)</td>
<td>Norwegian Cooking (Fossum-Martin)</td>
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<tr>
<td></td>
<td></td>
<td>Vocation of an Artist (Griesheimer)</td>
<td>Physics of Music (Pedlar)</td>
<td>Physics of Music (Pedlar)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Quilt Retreat (Murray)</td>
<td>Bonsai (Richardson)</td>
<td>Bonsai (Richardson)</td>
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<tr>
<td></td>
<td></td>
<td>Ethics (Moeller)</td>
<td>Abraham Lincoln (Scholl)</td>
<td>Abraham Lincoln (Scholl)</td>
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<td></td>
<td></td>
<td>Ties That Bind (Betts)</td>
<td>Develop Your Character (Larson)</td>
<td></td>
</tr>
<tr>
<td>5:30-6:00 p.m.</td>
<td>Supper</td>
<td>Picnic at Seedsavers Exchange (5:30 p.m.)</td>
<td>Afternoon Activities: golf, canoeing, tubing,</td>
<td>Afternoon Activities: golf, canoeing, tubing,</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>biking, swimming, field trips and tours, Vesterheim,</td>
<td>biking, swimming, field trips and tours, Vesterheim,</td>
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<td></td>
<td></td>
<td></td>
<td>family time, etc.</td>
<td>family time, etc.</td>
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<tr>
<td>Evening</td>
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<tr>
<td>Evening</td>
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</table>

Child care and children’s program run concurrently with classes and chapel. All classes listed are open for all Lutherlag and Church Leader Retreat participants.

**Friday July 23**
8:30 a.m.—Closing Breakfast 10:00 a.m.—Housing Check-out

**Arrival Date:** Sunday, July 18
2:00–10:00 p.m.—Housing Check-in at lower Farwell Hall 3:00–5:30 p.m.—Registration in Helen Farwell Lounge 4:30–6:00 p.m.—Supper in the cafeteria 5:00 p.m.—Church Leader Retreat/Pastor to Pastor supper 6:30 p.m.—Lutherlag Orientation 7:30 p.m.—Making Music (following orientation)
LUTHERLAG REGISTRATION

Name of adult (please print) ____________________________________________________________
Name of spouse/partner (if attending) ___________________________________________________

Street ____________________________________________________________________________
City ______________________________________________________________________________
State ______________________________________________________________________________
ZIP ______________________________________________________________________________
Phone ______________________________________________________________________________
E-mail ______________________________________________________________________________

Name of all child(ren) / age(s) / birth date(s) ____________________________________________
__________________________________________________________________________________
__________________________________________________________________________________
__________________________________________________________________________________
__________________________________________________________________________________
__________________________________________________________________________________

Adults and Teens (12 and up)
Review the course offerings and schedule. Write below the names of faculty whose classes you want to take.

<table>
<thead>
<tr>
<th>Participant’s name</th>
<th>Pre-class Activity (optional)</th>
<th>Monday Seminar</th>
<th>Tues-Thurs Class #1 (8:30 a.m.)</th>
<th>Tues-Thurs Class #2 (10:40 a.m.)</th>
<th>Tues-Thurs Class #3 (1:30 p.m.)</th>
<th>Evening Theatre Activities (optional)</th>
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<tbody>
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</tbody>
</table>

FEES
Participants should mail total registration fee (please make checks payable to Luther College) with registration form to Lutherlag, Alumni Office, 700 College Drive, Decorah, Iowa 52101-1043. Registration deadline is June 15, 2010. (Note: $250 fees waivers are available for qualified "Sense of Vocation" Church Leader Retreat participants; applications available online.)

<table>
<thead>
<tr>
<th>Registration</th>
<th>no.</th>
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</thead>
<tbody>
<tr>
<td>Children, infant-4</td>
<td>___</td>
<td>$150</td>
<td></td>
<td></td>
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<tr>
<td>Children, 5-11</td>
<td>___</td>
<td>$175</td>
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<tr>
<td>Children, 12 and up</td>
<td>___</td>
<td>$220</td>
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<tr>
<td>Adults</td>
<td>___</td>
<td>$305</td>
<td></td>
<td></td>
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<td></td>
</tr>
<tr>
<td>Other Fees</td>
<td>___</td>
<td></td>
<td></td>
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<td></td>
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<tr>
<td>Commonweal Theatre trip/student</td>
<td>___</td>
<td>$25</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Commonweal Theatre trip/adult</td>
<td>___</td>
<td>$40</td>
<td></td>
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<tr>
<td>(season ticket holders less $10 for students; $20 for adults)</td>
<td></td>
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<td></td>
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<tr>
<td>Grown-ups with Crayons</td>
<td>___</td>
<td>$25</td>
<td></td>
<td></td>
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<tr>
<td>Pottery</td>
<td>___</td>
<td>$25</td>
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<tr>
<td>Trout Fishing</td>
<td>___</td>
<td>$25</td>
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</tbody>
</table>

Room and Board
(includes all meals)

| Children, infant-4 | no charge |
| Children, 5-10 | ___ x $150 = $   |
| Children, 11-Adults | ___ x $280 = $   |
| Nordic Fest Housing fees (as appropriate) |   |
| Special Evening Meals Fee for off-campus participants who are NOT already paying room and board fees, (includes Monday night’s pizza in the park, Tuesday’s barbecue party, and Friday’s closing breakfast) |   |
| Children, 11-Adults | ___ x $30 = $   |
| Children, 5-10 (under 5 free) | ___ x $15 = $   |

Room and board fee total
(payable by July 15, 2010) $___

T-SHIRTS
All participants will receive a special Lutherlag T-shirt. Please indicate the appropriate size needed for each attendee. (Cost is included in Lutherlag fees)

<table>
<thead>
<tr>
<th>no. of shirts: YOUTH</th>
<th>no. of shirts: ADULT</th>
</tr>
</thead>
<tbody>
<tr>
<td>YOUTH</td>
<td>S (6-8)</td>
</tr>
<tr>
<td>M (10-12)</td>
<td>S</td>
</tr>
<tr>
<td>L (14-16)</td>
<td>___ XL</td>
</tr>
</tbody>
</table>

HOUSING
I would like to share the unit with the following people: ____________________________________________________________

NORDIC FEST HOUSING
Fees for Friday, July 23, and Saturday, July 24, if you wish to stay on for the Nordic Fest weekend, are $62/double room, $36/single room. (Includes breakfast and linens; children may sleep on the floor for free if they bring bedding. Include payment with room and board fees by July 15, 2010.)

<table>
<thead>
<tr>
<th>Other Fees</th>
<th>no. of shirts: YOUTH</th>
<th>no. of shirts: ADULT</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pastor to Pastor Program fee</td>
<td>___ x $60</td>
<td></td>
</tr>
<tr>
<td>(Sunday night-Monday room and board)</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Registration and other fees total
(payable by June 15, 2010) $___

Nordic Fest Housing fees = $___

In the event of cancellation of confirmed reservation, refunds will be made as follows: before July 15, full refund; after July 15, 80 percent of registration fees will be refunded.

CANCELLATION/REFUND POLICY

FOR ASSISTANCE, CONTACT:
Kirk Johnson, associate director of alumni relations
Alumni Office
Luther College
700 College Drive
Decorah, Iowa 52101-1043
phone (563) 387-1861 or (800) 225-8664, e-mail johnsonK@luther.edu
Lutherlag 2010
Develop your character

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