



NICOLET COLLEGE

learning in retirement

CLASS SCHEDULE 2024

SPRING



January 25 – Classes Begin

*Photograph courtesy
Steve Haugesag (LIR Member),
Steve Haugesag Photography*

NOTES FROM THE PRESIDENT

Dear LIR Members,

I hope you have enjoyed our first semester of classes. I assure you that you can look forward to another full semester of wonderful learning opportunities! Thanks goes to our Curriculum Committee members for their hard work. These are folks, like you, who value learning. They are responsible for the wide variety of classes you have enjoyed and will enjoy in the next semester.

We are so happy to have welcomed many new members this year to Learning In Retirement. It is so good to see new and excited faces! Please consider joining one of our committees. We are a unique group in that we, the LIR members, are working for the LIR members! Just imagine the possibility that holds!

During your time on campus, we hope you have noticed what a gift Nicolet College is to us and our community. It is through their support that Learning in Retirement can succeed and flourish. It brings me great joy to see the students and our members share this beautiful campus. The Nicolet College staff have been amazing! The IT department, maintenance, instructors, and support staff have gone above and beyond to accommodate our needs. We thank them for their generosity.

So enjoy your next semester of learning new things, making new friends, and enjoying retirement life.

Margaret Barnes, LIR President • margbarnes2@gmail.com

FROM OUR CURRICULUM CO-COMMITTEE

Hi there LIR members!

The spring classes are brainstorms of the busy Curriculum Committee. After the ideas are surfaced, much hard work goes into contacting presenters, selecting dates and times that work for everyone, and writing the class descriptions for this catalog. Committee members have really out-done themselves, with over 40 classes covering a huge range of topics: from domestic **A**buse to **U**kulele playing, from **B**oathouse Restoration to **V**an Gogh, and from **C**hat-GPT to **W**olves. Maybe next semester you'll see **X**eriscaping, **Y**oga, and **Z**oological Oddities! If you want to be a part of all this fun planning, please contact either of us and we'll loop you in. We only meet once a month about 3 times before each semester, then work independently. Some computer skills (emailing, writing documents, answering questionnaires) would be helpful, but there are lots of friendly coaches, so just bring your ideas. If you wrote to us with a suggestion for a class already, don't be disappointed if it's not in this catalog. It's on the docket to discuss for the fall. See you in class!

Carol Ritter, Curriculum Co-Chair • mikeandcarol.eaton@gmail.com

Joel Furda, Curriculum Co-Chair • jfurda@charter.net

LEARNING IN RETIREMENT – COMMITTEES 2023-2024

Steering Committee

Margaret Barnes	President
Cate Hallisy	Past President
Barb Buckel	Secretary
Marilyn Duschl	Social Committee Chair
Brenda Peltier	Entertainment Committee Chair
Diane Tatrow	Member at Large
Melissa Rendlen	Member at Large
Joel Furda	Curriculum Committee Co-Chair
Carol Ritter	Curriculum Committee Co-Chair
Heather Schallock	Nicolet College Representative
Melissa Haselton	Nicolet College Community Engagement Support Specialist

Curriculum Committee

Karen Amstadt
Jane Banning
Margaret Barnes
Mary Dean
Sharon Dietzler
Jane Eberly
Laura Effinger
Joel Furda
Mary Grieco
Joan Hauer
Cheryl Hobbs
Karen Leathers
Cookie Lough
Brenda Peltier
Carol Ritter
Judy Russell
Peg Wanie

Social/Entertainment Committee

Marilyn Duschl, Chair
Brenda Peltier, Chair
Mary Dean
Lu Dudley
Gary Prod
Jane Prod
Joan Schluter
Annette Theilig

LIR MEMBERSHIP ENROLLMENT

If you registered in September, your registration is good for this Winter/Spring semester. There is no need to re-register!

Thank you for your interest in Learning in Retirement at Nicolet College! New members are always welcome, and you can join anytime.

If you want to join us now, you will have the opportunity to enjoy all the amazing classes being offered during our spring session through June 30, 2024, for the membership fee of \$45.00 per person.

Visit nicoletcollege.edu/lir and click on the Member Enrollment button to activate or renew your membership and pay securely by credit card. No card numbers are saved in this process. You will find an easy-to-complete form that asks for some personal information so that you may receive the regular weekly email reminders with class registration information (click on the appropriate button) and links to access the virtual/recorded sessions.

Classes begin on January 25, 2024, and are free with your annual membership, except for a few that require a nominal fee at the time of registration. A link to the class catalog is available on nicoletcollege.edu/lir for you to review at any time.

Most classes will be in person, at various locations, many on the Nicolet College campus. See the individual class descriptions or the worksheet in this catalog for the exact location and time of the classes. See the "Locations" page at the end this catalog if you need to remind yourself how to find that location.



A few classes will be virtual using Zoom, or hybrid (both in-person and Zoom).

For any questions or for more information:

email LIR@nicoletcollege.edu
phone 715-365-4544

LIR 2024-2025 Class Registration

Class registration will be handled through weekly emails which will contain class date/time/location and any other pertinent information.

Class Cancellations

If Nicolet College cancels classes due to weather conditions, all LIR functions will be cancelled. A notice of the college closings will be announced on all local radio and TV stations.

If an LIR class is cancelled for other reasons, an email will be sent as soon as we are aware of the cancellation.

Our Mission

Learning in Retirement values a lifelong learning process that provides education and social opportunities that are stimulating, exciting, challenging, and fun.

Name 1	Name 2	MONDAY CLASSES
		Van Gogh Film Festival – Feb 5, 12, 19, 26 @ 12:15 pm
		Tour Rhinelander Food Pantry – Mar 11 @ 1 pm
		Costs/Opportunities of Sustainability – Apr 15, 22, 29 @ 10 am
		American History – Apr 29; May 6, 13 @ 1 pm

Name 1	Name 2	TUESDAY CLASSES
		Hops and History – Feb 6 @ 1 pm
		Learn to Play the Ukulele – Feb 13, 20, 27 @ 1 pm
		Cancer and Palliative Care – Mar 12 @ 1 pm
		If These Walls Could Talk – Mar 19 @ 1 pm
		Journaling – Apr 2, 9, 16, 23 @ 10 am
		Honor in the Air – Apr 9 @ 1 pm
		Tour Petroleum Museum – Apr 23 @ 1 pm
		Aging and Mobility – Apr 30 @ 10 am
		Kovac Planetarium – May 7 @ 10 am or 1 pm
		Issues in Cardiology part 2 – May 14 @ 10 am
		Missing Threads – May 14 @ 1 pm

Name 1	Name 2	WEDNESDAY CLASSES
		Historic Boathouse Restoration – Feb 21 @ 1 pm
		From Beneath the Tarp (Domestic Violence) – Feb 28 @ 1 pm
		Habitat for Humanity – Mar 6 @ 10 am
		Powwows: Everything you wanted to know – Mar 20 @ 10 am
		Ced Vig Nature Series – Apr 10, 24, May 8 @ 9:30 am, May 22 @ 10 am
		Climate Crisis is a Water Crisis – Apr 17 @ 10 am
		Lakeland Food Pantry Tour – May 1 @ 10 am
		What is the Japanese Language? – May 15 @ 10 am

Name 1	Name 2	THURSDAY CLASSES
		Lunch Bunch – Jan 18, Feb 15, Mar 21, Apr 18, May 23 @ 11:30 am
		Wisconsin Coverts Project Part 1 – Jan 25 @ 1 pm
		Taste of Hawaii lunch at Top of the Hill – Feb 8 @ 11 am
		ChatGPT – Apr 4 @ 10 am
		Issues in Cardiology part 1 – Apr 11 @ 10 am
		Current Events and Media Literacy – Apr 18, 25; May 2, 9, 16, 23 @ 10 am
		Wisconsin Coverts Project part 2 – May 16 @ 1 pm

Name 1	Name 2	FRIDAY CLASSES
		Overview of Sleep Disorders – Apr 5 @ 11 am
		What We're Reading Now – Apr 12; May 3, 24 @ 10 am
		Stress and Your Body – Apr 12, 19, 26; May 3, 10, 17 @ 1 pm
		Tour of HillStar Farm – April 19 @ 11 am

SPRING 2024 CLASS CALENDAR

JANUARY						
Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	11:30 am Lunch Bunch	18	19
21	22	23	24	1:00 pm WI Coverts Project @NC 207-209	25	26
28	29	30	31			

FEBRUARY

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
				1	2	3
4	5 12:15 pm Van Gogh Film Festival @Minocqua Library	6 1:00 pm Hops & History @NC 207-209	7	8 11:00 am Taste of Hawaii Lunch - Top of the Hill @Northwoods Center	9	10
11	12 12:15 pm Van Gogh Film Festival @Minocqua Library	13 1:00 pm Ukulele Basics: Learn to Play and Have Fun! @NC 111	14	15 11:30 am Lunch Bunch	16	17
18	19 12:15 pm Van Gogh Film Festival @Minocqua Library	20 1:00 pm Ukulele Basics: Learn to Play and Have Fun! @NC 111	21 1:00 pm Historic Boathouse Restoration @NC 207-209	22	23	24
25	26 12:15 pm Van Gogh Film Festival @Minocqua Library	27 1:00 pm Ukulele Basics: Learn to Play and Have Fun! @NC 111	28 1:00 pm Domestic Abuse @Lakeside Center Theater	29		

MARCH

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
					1	2
3	4	5	6 10:00 am Habitat for Humanity @NC 207-209	7	8	9
10 1:00 pm Tour of Rhinelander Food Pantry @Rhinelander Food Pantry	11	12 1:00 pm Cancer and Palliative Care @NC 207-209	13	14	15	16
17	18	19 1:00 pm If These Walls Could Talk: Mural Art @Minocqua Library	20 10:00 am Powwows @NC 207-209	21 11:30 am Lunch Bunch	22	23
24	25	26	27	28	29	30
31						

APRIL

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
	1	2	3	4	5	6
		10:00 am Journaling @NC 207		10:00 am Chat-GPT @NC 207-209	11:00 am Sleep Disorders @NC 207-209	
7	8	9	10	11	12	13
		10:00 am Journaling @NC 207 1:00 pm Honor in the Air @NC 207-209	9:30 am Ced Vig: State Natural Areas @NC 207-209	10:00 am Issues in Cardiology- Coronary @Lakeside Center Theater	10:00 am What We're Reading Now @NC 111 1:00 pm Stress and Your Body @NC 207-208	
14	15	16	17	18	19	20
	10:00 am Embracing Sustainability @NC 207-209	10:00 am Journaling @NC 207	10:00 am The Climate Crisis is a Water Crisis @NC 207-209	10:00 am Current Events and Media Literacy @NC 111 11:30 am Lunch Bunch	11:00 am Tour of Hillstar Farm @Hillstar Farm, Tomahawk, WI 1:00 pm Stress and Your Body @NC 207-208	
21	22	23	24	25	26	27
	10:00 am Creating Wealth and Social Change @NC 207-209	10:00 am Journaling @NC 207 1:00 pm Petroleum Museum Tour @Three Lakes Petroleum Museum	9:30 am Ced Vig: Hemlocks @NC 208-209	10:00 am Current Events and Media Literacy @NC 111	1:00 pm Stress and Your Body @NC 207-208	
28	29	30				
	10:00 am Cost and Economic Opportunity of Climate Change @NC 207-209 1:00 pm American History @NC 207-208	10:00 am Aging & Mobility: Stroke Rehab and Trigger Points @NC 207-209				

MAY

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
			1 10:00 am - 12:00 pm Tour of Minocqua Food Pantry @Lakeland Food Pantry	2 10:00 am Current Events & Media Literacy @NC 111	3 10:00 am What We're Reading Now @NC111 1:00 pm Stress and Your Body @NC 207-208	4
5	6 1:00 pm American History from 1930-1980 @NC 207-208	7 10:00 am Tour of Kovac Planetarium @Kovac Planetarium 1:00 pm Tour of Kovac Planetarium @Kovac Planetarium	8 9:30 am Ced Vig: Bog Plants and Ecology @NC 207-209	9 10:00 am Current Events & Media Literacy @NC 111	10 1:00 pm Stress and Your Body @NC 207-208	11
12	13 1:00 pm American History from 1930-1980 @NC 207-208	14 10:00 am Issues in Cardiology- Congestive Heart Failure @NC 207-209 1:00 pm Missing Threads @NC 207-209	15 10:00 am What is the Japanese Language (Nihongo) @NC 207-209	16 10:00 am Current Events & Media Literacy @NC 111 1:00 pm Wisconsin Coverts Project @NC 207-209	17 1:00 pm Stress and Your Body @NC 207-208	18
19	20	21	22 10:00 am Ced Vig: Wolves @NC 207-209	23 10:00 am Current Events & Media Literacy @NC 111 11:30 am Lunch Bunch	24 10:00 am What We're Reading Now @NC111	25
26	27	28	29	30	31	

Lunch Bunch

Brenda Peltier & Cookie Lough

Thursdays, January 18, February 15, March 21, April 18, and May 23

11:30 am

In-person: Various restaurants chosen by this Special Interest Group (SIG)

Here we go again – food, glorious food!! Every semester the Lunch Bunch group selects restaurants in the area to explore and to sample the variety of foods the Northwoods has to offer. Some are near and some are a little further down the road, but all have delicious and interesting menus. Come with an open mind and an empty stomach – you'll be pleasantly surprised at some of the places we go.

To register for this class, you must email Brenda Peltier at bpeltier101@gmail.com.

Maximum: 16

Wisconsin Coverts Project, Promoting Woodland Wildlife Stewardship

Scott Luedtke

Thursday, January 25 with second installment Thursday, May 16

1:00 pm

Nicolet College, Northwoods Center 207-209

Hybrid – in-person and Zoom

Discover the art and science of woodland and wildlife stewardship with a Coverts Project Cooperator. We will explore the History and Impacts of the Wisconsin Coverts Project. Examine a number of methods to manage and enjoy our yards and woodlands to benefit and enjoy wildlife of all types. Attend either or both classes. The content will be adjusted to accommodate the attendees.

Scott is a Retired Pulp and Paper Engineer, with 35 years of experience in Integrated Pulp and Paper Mills, in 4 States and 6 different corporate cultures. His work experience ranges from Shift Supervisor, Process Engineer, Environmental Supervisor, to Lean Six Sigma Black Belt. (Not a martial art! He'll explain) Scott has had the privilege and responsibility to participate in modernization projects that have improved and expanded facility capabilities allowing the companies he's worked for to remain viable in an ever-condensing environment. Scott and Gina have been LIR members since 2015. They are full time Northwood's residents. Living on property that has been owned by his family since 1948. You might wonder why I guy that worked for an industry that cuts down trees wants to talk about woodlands and wildlife... stay tuned. Fun Fact: Scott has visited 49 of 50 States. Which State remains on his bucket list?

Van Gogh Film Festival

David Barnhill

Monday, February 5, 12, 19, 26

12:15 to 3:00 pm

Minocqua Public Library

In-person

Who was Vincent van Gogh? He is probably the most famous painter in the world, in part because his biography is so fascinating, and interpretations of his personality are so diverse. In the "Van Gogh Film Festival," we will watch four very different movie versions of Vincent. After viewing each film, we will have the opportunity to discuss the way Vincent is portrayed and compare each one with those we have previously seen. The series includes *Lust for Life* (1956, with Kirk Douglas), *Vincent & Theo* (1990, with Tim Roth), *At Eternity's Gate* (2018, with Willem Dafoe), and *Loving Vincent* (2017, adult animated film made from oil paintings).

David lives in the Northern Highlands region of Wisconsin, home to giant pines and hemlocks, eagles, wolves, and loons – and his artist wife and golden retriever. He began his artistic journey studying East Asian literature, art, and religions at Stanford, becoming a professor at Guilford College, a Quaker college in North Carolina. There he taught courses on Chinese religion and aesthetics, Japanese religion and literature, and American nature writing. In 2003 he moved to Wisconsin where he became Director of Environmental Studies at the University of Wisconsin Oshkosh. While building the program, he taught environmental ethics, nature writing, climate change, and field studies. Retiring in 2015, he moved up to the Northwoods, where he hikes, snowshoes, kayaks, and photographs the Deep North. In addition to photography, he spends much of his time enveloped in art, especially landscape painting both Western and East Asian.



Hops & History – Legendary-Moonshine

Jim Bokern & Bill Vancos

Tuesday, February 6

1:00 pm

Nicolet College, Northwoods Center 207-209

In-person

Over the years, accounts have uncovered Wisconsin's role in bootlegging. It was the backbone of the business for many famous gangsters during the early 20th century. Some new documents show how much Al Capone had his hands in the moonshine business in the Northwoods. Jim Bokern and Bill Vancos will share little known facts and stories of the colorful bootlegging enterprises of the Northwoods.

Jim Bokern taught high school American history during his 34-year career as an educator and completed his Masters Degree in History at the University of Wisconsin Stevens Point in 1987. Jim also has led two

archaeological surveys on the Manitowish Waters Chain of Lakes, digitally archiving numerous historic documents, worked as project historian on two fur trade survey grants with the Lac Du Flambeau Tribal Historic Preservation Office, while continuing active cultural and historical research in the Northwoods. In 2022, Jim received a Historic Preservation Award from the Board of Curators at the Wisconsin Historical Society. In 2023, Jim received the Fixer Award from the Forest History Association of Wisconsin for historic preservation and education. Bill Vancos directs the Rhinelander Historical Society.

Top of the Hill Dining – A Taste of Hawaii

Vicki Mendham and Culinary Arts Students

Thursday, February 8

11:00 am

Nicolet College, Northwoods Center, Top of the Hill Dining Area

In-person

How better to warm up in February than to sample “A Taste of Hawaii”, a variety of all-you-can-eat foods from the Pacific Islands?! The buffet meal will include coffee or hot or iced tea. Other beverages will be available for an additional charge.

The student-run Top of the Hill restaurant offers a range of cuisine styles from around the world. As part of their learning curriculum, students of the Culinary program offer unique and delicious food for students, staff, and community members during the Spring term of each year.

Maximum 25 – You must register and pay \$15 per person in advance via the weekly email prior to February 8th.

Ukulele Basics: Learn to Play and Have Fun!

Bill and Kim Boldon

Tuesdays, February 13, 20 and 27

1:00 pm

Nicolet College, Northwoods Center 111

In-person

Learn to play 3 chords on the ukulele that will allow you to play hundreds of songs. Come for any or all sessions. No need to bring a uke unless you already own one.

Bill and Kim Boldon moved to Rhinelander in 2017 after they retired from teaching and social work careers. After discovering the ukulele around a campfire one night, they joined a ukulele group that started at the Rhinelander YMCA. This led to discovering a uke group in Eagle River. The joy and fellowship found in the Northwoods ukulele community fueled their love of music and the instrument. They have taken a lead role in organizing and facilitating the Rhinelander uke group.

Maximum 25

Historic Boathouse Stabilization Project at Forest Lodge on Lake Namekagon in Bayfield County, WI

Daryl Dean
Wednesday, February 21
1:00 pm
Nicolet College,
Northwoods Center 207-209
Hybrid – in-person and Zoom



Daryl Dean will give an overview of the history and stabilization of the historic 1920s iconic boathouse on Lake Namekagon. This presentation includes narration with old photographs and a short video.

Daryl Dean, AIA graduated from the University of Michigan and is a licensed architect. Daryl has worked with the USDA Forest Service for 30 plus years. Daryl has designed many amazing buildings including the David R. Obey Northern Great Lakes Visitors Center in Ashland, WI.

Picture courtesy Daryl Dean.

From Beneath the Tarp – A Story of Abuse and Redemption

Susan Perry
Wednesday, February 28
1:00 pm
Nicolet College, Lakeside Center Theater
Hybrid – in-person and Zoom

From Beneath the Tarp is a true story of one woman's journey through the realities of domestic violence. This important and engaging story will be told by Susan Perry, former Nicolet College Nursing Instructor and author of the book "From Beneath the Tarp". Come and witness her story of abuse and redemption to be enlightened, empowered, inspired and informed.

Susan resides in Northern Wisconsin where she raised her five children. She has been a registered nurse for forty-four years and specialized in obstetrics much of her career. Due to her survivor status related to domestic violence, she has presented her story and facts of abuse to varying groups of health providers, law enforcement agencies, advocates and students.

Technology Assistance

Need help using your computer, tablet, smartphone, e-reader or other device? Ray Blackburn can provide free technology assistance to LIR members on a variety of topics, including:

- Basic computer/internet skills;
- Microsoft Office (Word, Excel, etc.);
- Social media (Facebook, Twitter, etc.);
- Accessing e-books and library databases;
- Using a new computer or mobile device;
- ...and more!

Schedule a thirty minute one-on-one session to address your technology problems or questions. To set up a session, call Ray at **630-460-5791**. Sessions to be held on the Nicolet Campus unless otherwise arranged.

Who is Ray? His online bio reads: An educator first, with a thirst for knowledge and a clear understanding that teaching material is always second to educating and nurturing students. An experienced software engineer and people manager with a broad experience base in education, technology and people management. Teaching experience includes being on the faculty at an inner-city school as well as adjunct faculty experience instructing students in two year, four year and graduate level curriculums. Technical background includes software design, development, integration, testing, deployment and support. Managed teams of highly skilled engineers and project managers in a variety of assignments. Education: MS, Computer Science, With Distinction, DePaul University, Chicago, IL 1990 Ray is a valued member of LIR.

Habitat in the Community and Training in the Trades

Dave Havel and Anne Sorensen
Wednesday, March 6
10:00 am
Nicolet College, Northwoods Center 207-209
In-person

Habitat for Humanity Northwoods Wisconsin is a non-profit organization serving Oneida and Vilas counties. Its mission is to bring home ownership to families in need. Since their beginnings in 1998 Habitat has built 24 homes with its next home now under construction. Home repairs services have been recently added as well. Supporting its mission is the Habitat Restore on Lincoln Street in Rhinelander. The ReStore accepts used furniture, appliances and building materials and sells to the public.

Dave Havel, executive director of Northwoods Wisconsin Habitat, will discuss the assistance it provides in the community with home building for qualified persons and the ReStore. Ann Sorensen, an accomplished craftswoman, will describe her role managing the student and volunteer participation, the building project planning and management.

Picture courtesy Ann Sorenson.



Tour of Rhinelander Area Food Pantry

Courtney Smith
Monday, March 11
1:00 pm
Rhinelander Area Food Pantry, 627 Coon St.
In-person

A lot goes on behind the scenes before all the shelves in the food pantry are stocked. Come and get a close-up look at what it takes to distribute more than 540,000 pounds of food and manage 440 volunteers each year. Discussion will include food insecurity and how it impacts our community.

Courtney Smith is the Associate Executive Director of the Rhinelander Area Food Pantry. She has worked in the non-profit sector for 23 years. Her background includes education advocacy and job training with youth and the disability community, child abuse prevention, and program management. A 5-year detour living off the grid and working in community supported agriculture sparked her love for feeding people.

Maximum: 30

Cancer and Palliative Care

Diane Tatrow, NP
Tuesday, March 12
1:00 pm
Nicolet College, Northwoods Center 207-209
In-person

This will be a basic introduction: what exactly is cancer? What are the most common types? What are the most common treatments? How and when does palliative care enter into the treatment plan? Join Diane Tatrow, Nurse Practitioner boarded in Gerontology, Advanced Oncology and Palliative Care, to learn about cancer in a low-stress environment, rather than when you or someone you love has just received a diagnosis. Diane helped bring Palliative Care to our community in 2014 at St. Mary's Hospital. Diane is an active LIR member and serves on the Steering Committee, too!

If These Walls Could Talk – Mural Art

Joan Christgau
Tuesday, March 19
1:00 pm
Minocqua Public Library
In-person

Murals have become a very popular means to enhance an area and add an insight into the history or uniqueness of the area, organization, or municipality. They can be seen all over the world in big and small towns. They are a wonderful way of telling a story relating to that town, adding color and joy to an area

or just covering up an unseemly looking wall. Have you ever wondered who the artist is that painted them or how they were executed?

The process behind the creation of a mural is more complicated than you would think. It usually begins by meeting with the client to begin fleshing out concepts and ideas. After a theme has been determined preliminary sketches are done that fully

define the scope of the image to be painted. A color portrait of the proposed mural is often created so the client can fully visualize what the mural will look like. At the same time as ideas are discussed a proper place for the mural needs to be located and all permissions and permits acquired. Specialized equipment must be reserved and the logistics of accessing the site must be worked out. The space for the mural needs to be prepared and always requires a proper primer to be applied.

Joan Christgau is a Minocqua artist who has been working on murals for over 20 years. She is responsible for many of the exterior and interior murals found within and around the Lakeland area. Joan will be showing examples of the work that she's done along with a description of what this has entailed.

Picture courtesy Joan Christgau.



Powwows – A Celebration of Community

Brenda Peltier
Wednesday, March 20
10:00 am
Nicolet College, Northwoods Center 207-209
In-person

Wisconsin is the home of 11 Federally recognized Tribes – most are in the northern part of the state. Every year each Tribe welcomes the community and visitors to attend their powwows. Join Brenda Peltier as she shares her knowledge of the pageantry of these celebrations. You'll leave with a "nodding acquaintance" of dance styles, dance regalia, Grand Entry, powwow etiquette, and more.

Brenda is an enrolled member of the Turtle Mountain Chippewa Tribe in North Dakota. She has been active in LIR since 2015. Her most rewarding job was at the American Indian Magnet School in St. Paul, MN where she was the Principal for 8 years. She also worked on her reservation and the Standing Rock Reservation, both in ND. She returns home every year to visit her mother and family members. Brenda has been an integral part of LIR for many years; in her role as Plus-50 coordinator for Nicolet College she did all the executive assistant work for LIR. Now she serves on both the Curriculum and the Entertainment/Social Committees.

Journaling

Jane Eberly

Tuesdays, April 2, 9, 16, and 23

10:00 am

Nicolet College, Northwoods Center 207

In-person

Jane has led journal writing workshops in FL, TN, IN, and WI. She enjoys helping people discover the fun, comfort, clarity, and discovery of ideas you didn't even know you had. She returned to her beloved Northwoods last November and is currently living in the old kindergarten room of the Historic West Elementary School Apartments. Thank you, Jane, for your ongoing support of LIR and your service on the Curriculum Committee.

Maximum: 8

Everyday and Practical Uses for ChatGPT – “just show me what buttons to push...”

John Bogusz

Thursday, April 4

10:00 am

Nicolet College, Northwoods Center 207-209

In-person

Amidst all the hype about AI, this course will walk you through the steps needed to start using this fascinating and powerful tool. Downloading the ChatGPT app, getting set up, asking the right questions and getting answers without all the ads and come-ons will be covered in easy, minimal steps. There are many practical and everyday things that can be made easier using ChatGPT. Come join us in exploring the future, now.

John Bogusz is a musician and former history teacher, now retired and enjoying life in the Northwoods. He is an active LIR member, and starting last fall, presenter of the class on current events. Thanks, John, for continuing that series, and now expanding the scope of our classes.

Overview of Sleep Disorders

Amit Biswas, M.D.

Friday, April 5

11:00 am

Nicolet College, Northwoods Center 207-209

In-person

“Sleep is the best meditation.” — Dalai Lama XIV

The importance of sleep to human health and well-being cannot be underestimated. Sleep allows the brain to process the events of the day in ways not well-understood. We spend about a third of our time

sleeping. If we can't sleep or oversleep, the other two-thirds of our time can really get messed up, as we've all experienced! In this overview, we will learn some of the signs and symptoms of sleep disorders, what the different types of sleep disorders are (such as insomnia, restless legs, excessive daytime sleepiness, and sleep apnea), and how each might be treated.

Our guide will be Amit Biswas, MD, who is board-certified in neurology, clinical neurophysiology, and sleep medicine. Dr. Biswas sees patients at the Marshfield Clinics in Wausau, Weston and Minocqua.

Honor in the Air

Susan Reetz

Tuesday, April 9

1:00 pm

Nicolet College, Northwoods Center 207-209

In-person

This documentary film puts a local face on the Vietnam War as we incorporate the story of Captain Scott Alwin, a highly decorated Army helicopter pilot – born, raised and buried in Wisconsin – and the soldiers with whom he served in the 68th Assault Helicopter Company during the war. We will also hear from his widow and two children, a life-long friend, and seven of his 15 siblings about how their childhood in rural Wisconsin influenced the formation and actions of this hero. (projected length: 57 minutes)

More information at www.honorintheair.com and <https://www.facebook.com/honorintheair>

Clear Focus Media is led by Susan Reetz. Susan has been a content creator for over 25 years, working in film and video, copywriting, print, web and eLearning. Her work has won national and international awards. Her specialties are: Scripting and directing/producing for film/video; Project management and writing for eLearning; Writing and project coordination for websites; Crafting media releases, blog, newsletter and magazine articles, web content and sales copy; Creative writing; Marketing.

CED VIG NATURE SERIES

Wednesdays, April 10, 24, May 8 at 9:30 and May 22 at 10:00 am

Hybrid – in-person and Zoom

Wisconsin's State Natural Areas

Carly Lapin

Wednesday, April 10

9:30 am

Nicolet College, Northwoods Center 207-209

State natural areas (SNAs) protect outstanding examples of Wisconsin's native landscape of natural communities, significant geological formations and archeological sites. Encompassing 406,000 acres on

lands owned by the state and its many partners, including land trusts, local and county governments, and private citizens, Wisconsin's natural areas are valuable for research and educational use, the preservation of genetic and biological diversity and for providing benchmarks for determining the impact of use on managed lands. They also provide some of the last refuges for rare plants and animals.
(<https://dnr.wisconsin.gov/topic/StateNaturalAreas/About>)

Carly will explain the program and its history, how SNAs are designated and protected, and how various types of SNAs are managed in north-central Wisconsin.

Carly Lapin is a District Ecologist based in Rhinelander for the Wisconsin DNR's Bureau of Natural Heritage Conservation. She participates in threatened and endangered species surveys and research and manages a number of State Natural Areas in north-central Wisconsin.

Hemlock Bark in Wisconsin's Tanning Industry: A Forgotten History

John Bates
Wednesday, April 24
9:30 am
Nicolet College, Northwoods Center 208-209

Milwaukee led the world in tanning leather in the early 1900s, but tanneries were in operation throughout Wisconsin, with the heyday from the mid-1800s to the early 1920s. Most used hemlock bark for tanning the leather, so hemlock trees were cut down by the tens of millions to supply the tanneries, while thousands of people were employed around the state in the tanbark industry. It's a history that few people remember. Tanning leather was a fascinating art and a hugely important part of early Wisconsin's economy. Come learn more about this lost story!

John is a well-known and well-loved nature author whose works are soundly based on science and compiled after extensive personal research. Like Ced Vig before him, John writes a nature column for local newspapers. He also guides hikes in the region, visiting wild lakes, virgin forests, and birding hot-spots. For many years John has been a great supporter of and frequent speaker for Learning in Retirement.

Bog Plants and Bog Ecology

Alex Graeff
Wednesday, May 8
9:30 am
Nicolet College, Northwoods Center, 207-209
With optional walk in Almon County Park right after the presentation.
(5340 Hixon Lake Road, Rhinelander)

Alex will give us a look at the ecology of bogs and the plants that call them home, including sphagnum mosses! Then we'll learn how to identify common bog plants and understand their adaptations and roles in bog ecosystems and processes.



After the classroom presentation and weather permitting, Alex will guide an optional walk at Almon County Park to check out a real bog and dive a bit more into observing and identifying the plants. No bog boots necessary; we'll be on a boardwalk.

Picture courtesy Alex Graeff

Alex Graeff is a botanist with the US Forest Service, based at the Rhinelander Field Office. He describes himself as "most well-versed in vascular flora, but am generally interested in observing and identifying life: I particularly enjoy lichens, mosses, liverworts, and fungi."

Wolf Ecology and Management

Adrian Wydeven
Wednesday, May 22
10:00 am
Nicolet College, Northwoods Center 207-209

Wolves have been villainized in folklore for hundreds of years, even before the Grimm brothers collected and published some of these stories (just ask Little Red Riding Hood)! Here in the New World, the first real scientific study of wolves was Sigurd Olson's master's thesis *The Life History of the Timber Wolf and the Coyote: A Study in Predatory Animal Control*, 1932.

Much has been learned since then, as the wolf has cycled on and off the federal endangered species list. How can what has been learned about wolves be communicated with the public, and used to inform policy making? WGF and the TWA try to do both. Adrian will review wolf ecology and discuss the DNR's most current management plan (not yet approved at the time of this writing).

Explore the long Wisconsin history of studying and educating about wolves, with Adrian Wydeven, currently Scientist with Wisconsin's Green Fire (WGF), and Chair of the Timberwolf Alliance (TWA) based at Northland College in Ashland. Between 1990 and 2013, Adrian headed up the recovery and conservation program for gray wolves in Wisconsin.

Picture courtesy Timber Wolf Alliance, 2023 Wolf Awareness Week Poster



Issues in Cardiology

Joel Furda, M.D.

Thursday, April 11

10:00 am

Nicolet College, Lakeside Center Theater

Tuesday, May 14

10:00 am

Nicolet College, Northwoods Center 207-209

LIR's favorite cardiovascular internist, Dr. Joel Furda, will return to host informal discussions of some of the more common cardiovascular issues we face as we age. He will pick up where he left off in fall of 2023 with high cholesterol and coronary artery disease (April 11), and congestive heart failure (May 14). Dr. Furda will briefly introduce each entity, then take audience questions about that topic. There will be no need for the doctor to hurry on to the next patient as sometimes happens during an office visit, so this will be an excellent opportunity to get a detailed overview of the effects of these conditions on the body, the possible treatments, and maybe most important of all, the best preventive measures we can all take for our health. General questions on the topics are welcome. Make a free, private appointment with Dr. Furda to ask questions about one's personal health or health of a family member. Please call the Oneida County Health Department at 715-369-6116 for this consultation.

Dr. Joel Furda, MD is a retired (sort of!) internal medicine specialist with nearly 50 years of experience in the medical field. He graduated from University of Iowa in 1974. He had a solo internal medicine practice on Frederick Street in Rhinelander for many years, then after additional cardiovascular training, affiliated with CardioVascular Associates and continued to serve patients in our community and region.

Stress and Your Body

Michael Shores

Friday, April 12, 19, 26, and May 3, 10, 17

1:00 pm

Nicolet College, Northwoods Center 207-208

In-person

This class will use materials from The Great Courses featuring Dr. Robert Sapolsky, a Stanford professor, researcher, author and engaging lecturer. He will discuss why stress is different for modern humans than for other creatures and examine our stress response and its effect upon our hearts, metabolism, digestion, child growth and development, reproduction, immune response, cancer, and our neural network. As he examines the physical effects of stress, we will begin to understand the modern chemical and cellular approach to human biology

What We're Reading Now

Michael Shores

Fridays, April 12, May 3 and 24

10:00 am

Nicolet College, Northwoods Center 111

Hybrid – in-person and Zoom

The non-fiction books the attendees are reading provide a starting point for interesting conversations on a wide variety of topics. Join us if you are a reader who likes to share, someone who enjoys stimulating discussions or one who loves to listen.

When asked about himself, Mike replied with this insight: "The primary influences in my life that fed my curiosity were one of my great uncles, a Jr. High teacher, a pair of High School teachers and a wonderful learning environment at Hanover College." No wonder Mike has shown his lifelong passion for learning through many years of leadership roles and membership in LIR!

Max in person: 10

THE COSTS AND OPPORTUNITIES OF SUSTAINABILITY

This series consists of three stand-alone presentations by the same speaker on the same theme. Attend one or all.

Embracing Sustainability: Business, Government and Society

Tom Eggert

Monday, April 15

10:00 am

Nicolet College, Northwoods Center 207-209

Hybrid – in-person and Zoom

The world is changing quickly around us and sometimes it's worth pausing to reflect on why those changes are occurring. Tom will talk about trends and current issues in sustainability from a societal and business perspective. What are the drivers for sustainable behavior by businesses, governments and individuals? What kinds of responses are we seeing? How will those responses shape the world we leave for our grandchildren?

Tom has been at the forefront of business and sustainability for the last thirty years, both teaching classes in sustainability at the University of Wisconsin and founding and serving as the Executive Director of the WI Sustainable Business Council. He has written and spoken extensively on the changing role of business in society, corporate social responsibility, socially responsible investing, divestment, and on how the private sector can lead in responding to generational challenges such as climate change.

Creating Wealth and Social Change: How Investors Are Changing the World

Tom Eggert

Monday, April 22

10:00 am

Nicolet College, Northwoods Center 207-209

Hybrid – in-person and Zoom

How people are investing is changing. As millennials enter the time of their greatest wealth accumulation, what they are doing with their money is quite different than what we baby boomers did. Socially responsible investing continues to grow. By some estimates, more than half of all new investments are made with the intention to recognize the values of a company, in addition to providing a return on that dollar. Companies that are value based, and that have publicly embraced the tenants of sustainability are competing for dollars that other companies don't have access to. Tom will talk about the rise of interest in socially responsible investing and the way that it is shaping behavior within the business community.

The Costs and Economic Opportunities of Climate Change

Tom Eggert

Monday, April 29

10:00 am

Nicolet College, Northwoods Center 207-209

Hybrid – in-person and Zoom

As with any change, there will be winners and losers. Tom will examine the societal and individual costs of a changing climate and look at the economic potential of developing solutions that reduce the emission of greenhouse gases, replace stuff with information and improve the production of food.

The Climate Crisis is a Water Crisis

Sharon Reilly

Wednesday, April 17

10:00 am

Nicolet College, Northwoods Center 207-209

Hybrid – in-person and Zoom

Learn how unsustainable management of the world's water resources is contributing to and driving climate change. Emptying underground aquifers through intensive agricultural production and other human activities; excessive development and habitat destruction preventing proper recharge of watersheds; and water pollution impacting rivers, lakes and oceans are all contributing to the climate crisis.



In the early 20th century, forest and agricultural practices led to the Dust Bowl era. However, the United States was able to reverse the course of massive flooding and soil erosion by protecting and restoring our

natural resources and setting policy examples for other countries around the world to follow.

In the decades since, scientists around the world have agreed that clean freshwater is one of the scarcest commodities and would become even more scarce in the future as the human population grows.

Flooding, drought, lack of potable water and poor sanitation with resulting disease are all increasing. In the face of these changes, the world's population is using more and more water. As extreme weather events and changes in water cycle patterns increase, what can and should be done, by working together to avoid even more damage to our planet and our human lives?

Sharon began her professional career as a graduate research assistant in ecology and ichthyology at the Tulane Museum of Natural History. She later worked in the Zoo profession developing innovative captive breeding and reintroduction protocols for many threatened and endangered species. She transitioned back to Field Conservation when she moved to Hawaii and worked as the State Endangered Species Biologist and then as the Wetlands Conservation Manager for Ducks Unlimited. In 2007 she moved to Baraboo, WI to work at the International Crane Foundation as Assistant Curator and then Curator of the Crane Conservation Department. In her current position as Planning and Development Director at Great Lakes Inter-Tribal Council, she continues to support sustainable agriculture, natural resources preservation, and forest restoration as integral parts of a comprehensive human and environmental healthcare model.

Current Events and Media Literacy

John Bogusz
Thursdays, April 18 and 25, May 2, 9, 16, and 23
10:00 am
Nicolet College, Northwoods Center 111
In-person

This 90 min. gathering will examine and discuss current world events and will include techniques and strategies to become more media savvy. In this new world of polarized news and misinformation it's essential to be more discerning media consumers.

Hillstar Farm Aquaponics Tour

Darin and Linsey Lucas
Friday, April 19
11:00 am
Hillstar Farm, N8075 Behling Road, Tomahawk
In-person

Tour a working Aquaponics greenhouse. Hillstar Farm grows lettuce, microgreens and herbs year-round for restaurants, grocery stores, and individuals. Per Wikipedia, Aquaponics is a food production system that couples aquaculture (raising aquatic animals such as fish, crayfish, snails or prawns in tanks) with hydroponics (cultivating plants in water) whereby the nutrient-rich aquaculture water is fed to hydroponically grown plants.

Note: This is a sanitary site so you will be required to wash hands and wear protective gear such as hairnets for the tour.

Attendees can browse through the farm store for goodies or walk around the farm outside the greenhouse if weather permits. Hillstar Farm has a wide variety of critters from snakes and birds to goats, donkeys, horses and cattle. April is a time for birthing for the goats so you may get to see some new kids.

Maximum: 30

The Northwoods Petroleum Museum

Ed Jacobsen

Tuesday, April 23

1:00 pm

Northwoods Petroleum Museum, Highway 45 & 32, Three Lakes, WI 54562

In-person

A visit to the Northwoods Petroleum Museum is a step back in time. A time when you knew the gas station guy on the corner who fixed your bike tire when needed and later give you credit 'til your next paycheck! A time when he pumped your gas, wiped your windshield, checked your oil and tires. A time when personal service was what you expected. The good old days! Attend this tour with Ed Jacobsen who has put together a large display of his own collection of memorabilia that will take you back to the days of the old gas stations.

The museum is operated by Ed Jacobsen, a Three Lakes local who has worked in the petroleum industry his whole adult life. He started pumping gas, then was employed by EXXON and then into his own 6 gas stations in the Chicago suburbs. The museum is in its 18th year and has hosted over 60,000 visitors.

Maximum: 50

American History 1930 to 1980 – Continuing on from the Fall Semester

Ted Russell

Mondays, April 29, May 6 and 13

1:00 pm

Nicolet College, Northwoods Center 207-208

In-person

Ted Russell will continue his trip down memory lane with us. He will briefly review what was discussed during the Fall semester (The Great Depression and World War II) and then take off where he left off. Highlights will include: The 1948 Election, The Korean War, the Cuban Missile Crisis and Watergate. This is the part of history with which we are all very familiar.

Ted Russell received his Bachelor's degree from Marquette University, his Master's degree from the University of Chicago and his Law degree from the Illinois Institute of Technology. Ted and his wife,

Judy, lived in the Chicago area during their careers and are enjoying their retirement years in Minocqua and winters in Sarasota Florida. We are so fortunate to have Ted share his knowledge of the history of our country, his deep respect for Constitutional Law and the stories of influential men and women in American history. Ted and Judy are LIR members.

Aging and Mobility

Kurt Klemm PT (retired) and Doctor Erin Nelson DPT
Tuesday, April 30
10:00 am
Nicolet College, Northwoods Center 207-209
In-person

Please join us as we discuss physical therapy's role in stroke rehabilitation that affects so many as we get older. In this interactive session, we will also review what trigger points are and what you can do with simple home treatment. We would encourage you, if you have a Thera Cane or a similar device, to bring it along for guidance on its use and tips on how to alleviate a great deal of our aches and pains.

Kurt Klemm is a retired physical therapist, and his daughter Erin has her Doctorate in Physical Therapy.

A Tour of the Lakeland Pantry

Lorna Springate
Wednesday, May 1
10:00 am
The Lakeland Pantry, 1707 US-51, Woodruff, WI 54568
In-person

The Lakeland Pantry is a nonprofit, focused on food service and free food distribution programs, including pet food. They also offer support to families through books and magazines, free health screenings and used clothing for all ages. Established in the 1970s by the Lakeland Ministerial Association, it is a volunteer, non-denominational service. 17,000 lbs. of food is distributed weekly from this amazing pantry. Come and see their new addition!

Maximum: 20

Kovac Planetarium

Frank Kovac

Tuesday, May 7

10:00 am or 1:00 pm

Kovac Planetarium, 2392 Mud Creek Road, Monico, WI
(4 miles east of Monico)

In-person

A visit to the Kovac Planetarium is a visit to a treasure of the Northwoods. Visitors from far and near have gazed upon the stars created by Frank Kovac and have listened to the story of the stars told by a man who shows such passion for his work. Frank needed ten years to build the entire facility and five years to create the planetarium. You may want to bring a cushion for comfort. There is a fee of \$8.00 to be paid at the door.

Photo courtesy Frank Kovac

Maximum: 28 per session



Missing Threads – The Story of the Wisconsin Indian Child Welfare Act

Susan Reetz

Tuesday, May 14

1:00 pm

Nicolet College, Northwoods Center 207-209

In-person

There is a thread that connects a child to their culture, to their sense of self, home and belonging. When that thread is broken or missing, the individual and the culture suffer. Can the thread be mended? Can the connection be restored? This documentary explores the pivotal influence of tribal culture and connection for Native children, and the negative impacts for the child, the family and tribal culture when that connection is missing and the creation of the Wisconsin Indian Child Welfare Act. (57 minute screening plus Q and A)

Clear Focus Media is led by Susan Reetz. Susan has been a content creator for over 25 years, working in film and video, copywriting, print, web and eLearning. Her work has won national and international awards. Her specialties are: Scripting and directing/producing for film/video; Project management and writing for eLearning; Writing and project coordination for websites; Crafting media releases, blog, newsletter and magazine articles, web content and sales copy; Creative writing; Marketing.

What is the Japanese Language (Nihongo)?

Yu Kitamura

Wednesday, May 15

10:00 am

Nicolet College, Northwoods Center 207-209

In-person

Did you know that “Karaoke” and “emoji” are Japanese words? We are surrounded by many Japanese words such as Ninja, Kimono, Futon, Ramen, Tofu, Origami, etc, but maybe we don’t know much about the language itself. This session presents an overview of this very unique language, with some cultural aspects and you will learn what is behind those words you know. Yu has been a Japanese language teacher for more than 20 years. You will not be exposed to just a lecture but you will be participating in easy and fun activities while learning.

Yu Kitamura has been a Middle School/High School Teacher of the Japanese Language in Wisconsin Rapids, with over 20 years of teaching experience. She is currently retired and living in Rhinelander, and actively participates in LIR!

Wisconsin Coverts Project, Promoting Woodland Wildlife Stewardship

Scott Luedtke

Thursday, May 16

1:00 pm

Nicolet College, Northwoods Center 207-209

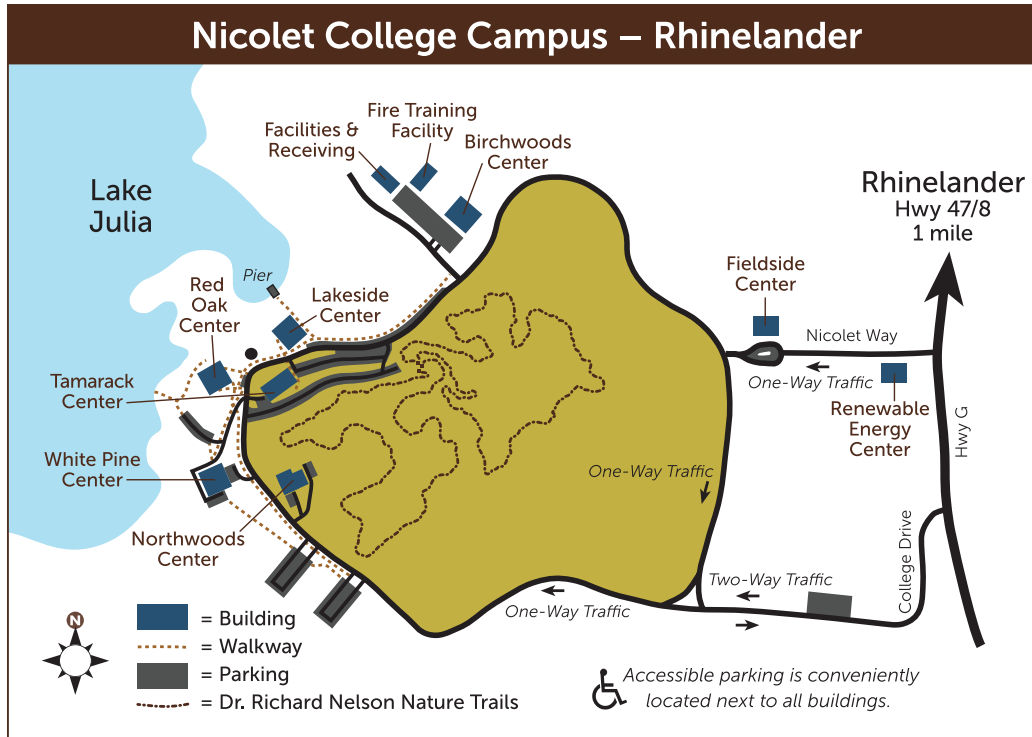
Hybrid – in-person and Zoom

Discover the art and science of woodland and wildlife stewardship with a Coverts Project Cooperator. We will explore the History and Impacts of the Wisconsin Coverts Project. Examine a number of methods to manage and enjoy our yards and woodlands to benefit and enjoy wildlife of all types. Attend either or both classes. The content will be adjusted to accommodate the attendees.

Scott is a Retired Pulp and Paper Engineer, with 35 years of experience in Integrated Pulp and Paper Mills, in 4 States and 6 different corporate cultures. His work experience ranges from Shift Supervisor, Process Engineer, Environmental Supervisor, to Lean Six Sigma Black Belt. (Not a martial art! He’ll explain) Scott has had the privilege and responsibility to participate in modernization projects that have improved and expanded facility capabilities allowing the companies he’s worked for to remain viable in an ever condensing environment. Scott and Gina have been LIR members since 2015. They are full time Northwoods residents. Living on property that has been owned by his family since 1948. You might wonder why I guy that worked for an industry that cuts down trees wants to talk about woodlands and wildlife... stay tuned. Fun Fact: Scott has visited 49 of 50 States. Which State remains on his bucket list?

LOCATION OF CLASSES

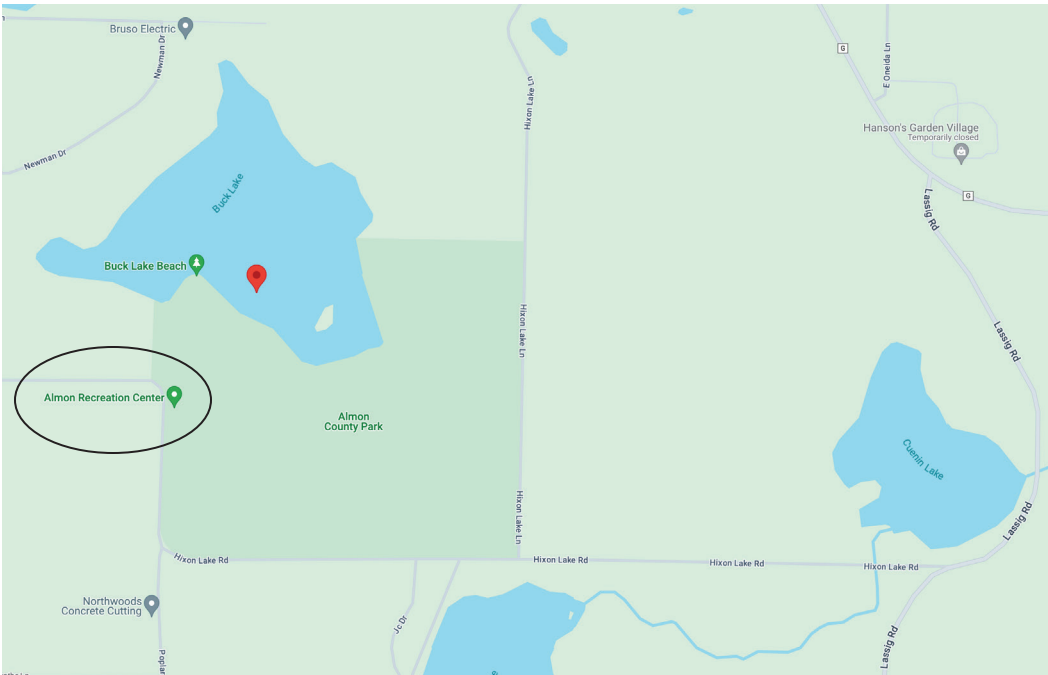
If you have a GPS system, you can enter the entire address into your device to get directions from your home to the location of the class. Or download your own maps at <https://www.google.com/maps/>



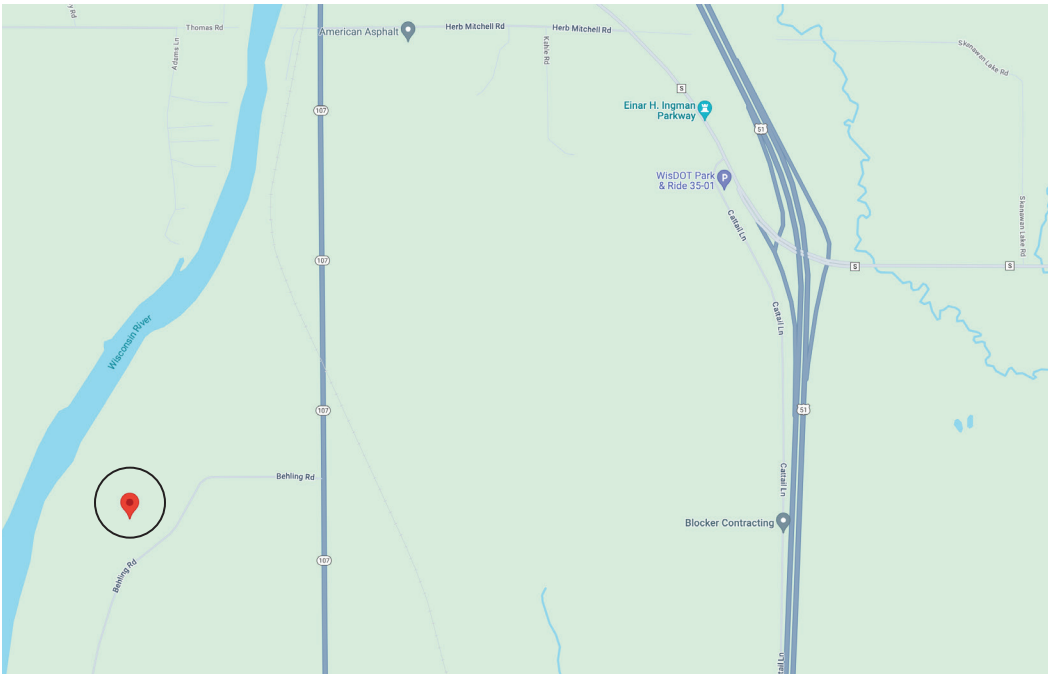
Nicolet College, Rhinelander, WI
5364 College Dr, Rhinelander, WI 54501

Most classes will meet in:

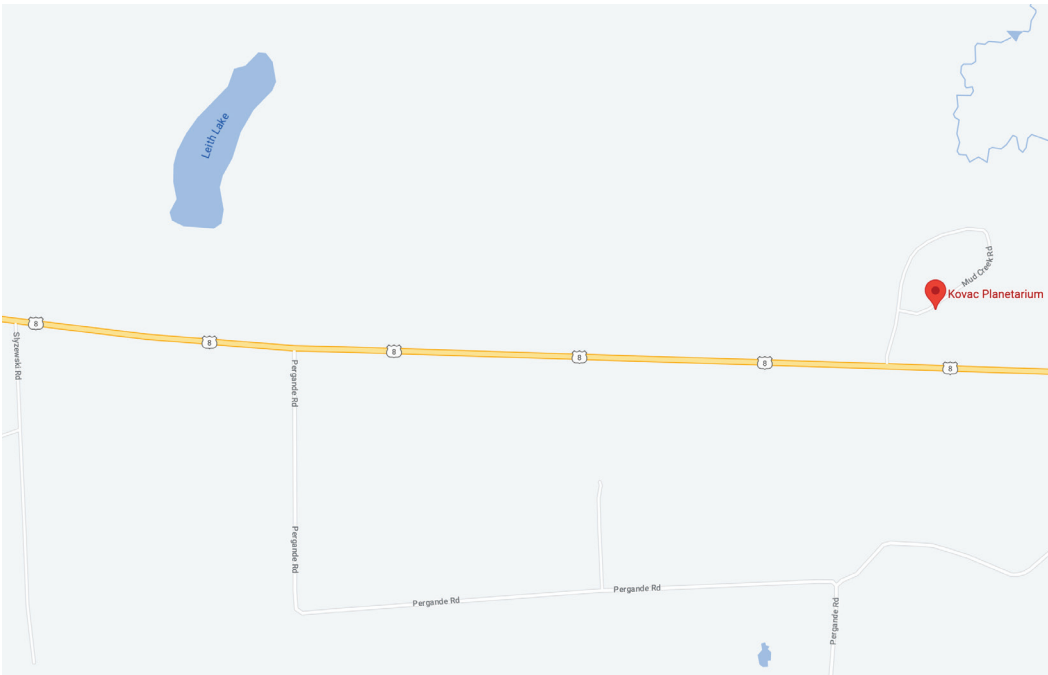
- Northwoods Center 111, lower level
- Northwoods Center 207-209, entry level
- Tamarack Center 110, lower level
- Lakeside Center, Theater or Commons Area, or both



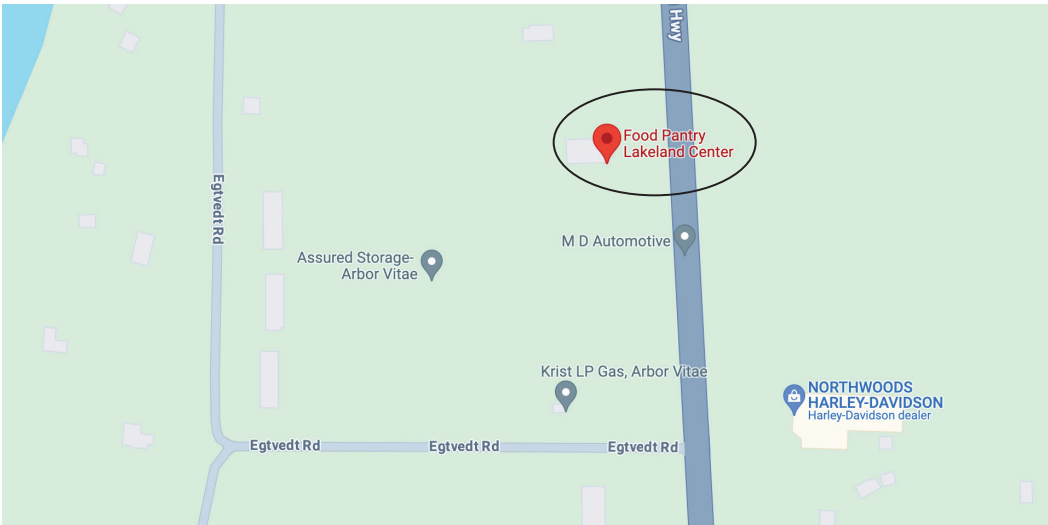
Almon County Park
5340 Hixon Lake Rd, Rhinelander, WI 54501



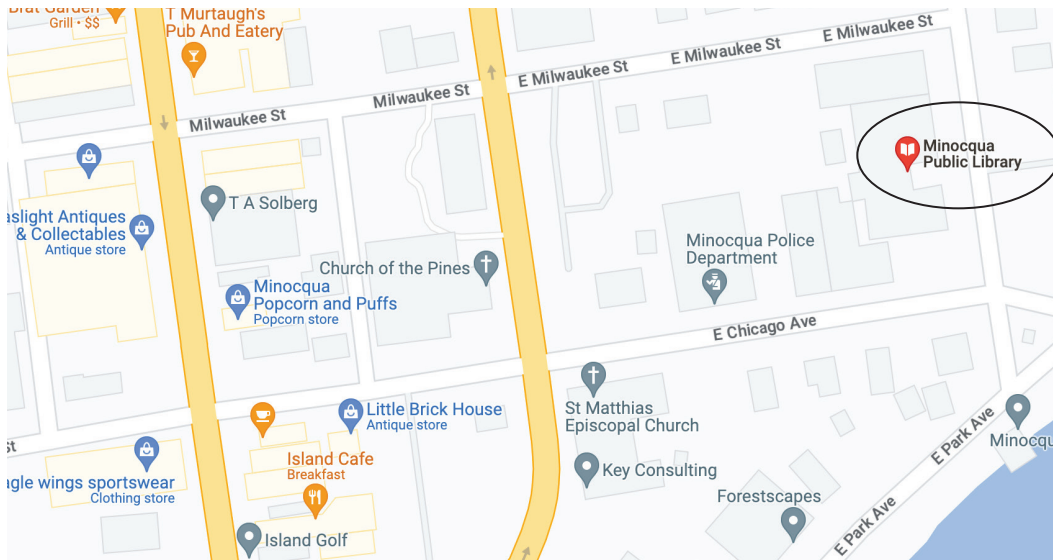
Hillstar Farm
N8075 Behling Rd, Tomahawk, WI 54487



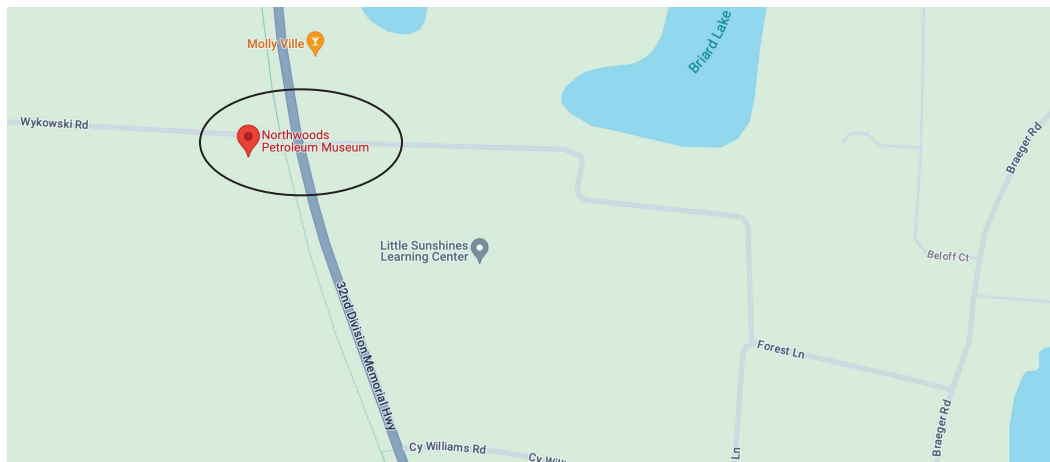
Kovac Planetarium
2392 Mud Creek Rd, Monico, WI 54501
4 miles east of Monico



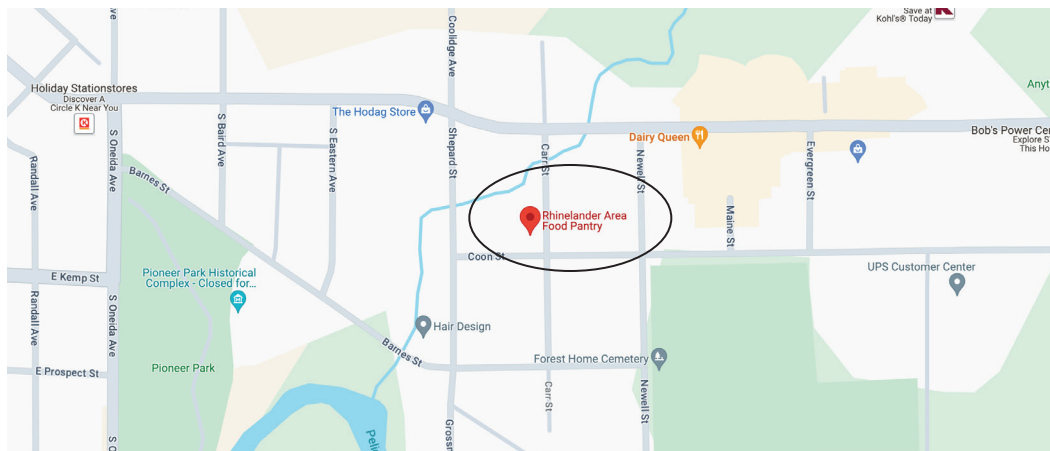
The Lakeland Pantry
1707 US-51, Woodruff, WI 54568



Minocqua Public Library
415 Menominee St, Minocqua, WI 54548



Northwoods Petroleum Museum
North of Highways 45 & 32; 2141 Wykowski Rd, Three Lakes, WI 54562



Rhinelander Area Food Pantry
627 Coon St, Rhinelander, WI 54501

DID YOU KNOW?

LIR provides three \$2,000 scholarships to nontraditional students at Nicolet College.

Contact LIR

Phone: 715.365.4544

TTY: 800.947.3529 or 711

Email: LIR@nicoletcollege.edu

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