



CONTINUING EDUCATION

FALL 2018
SEPTEMBER - DECEMBER

FOOD & COOKING p 6

HEALTH & FITNESS p 8

NON-PROFIT
MANAGEMENT p 23

NEW –
INTRO TO
SPORTING CLAYS
AND GROUSE
HUNTING
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REGISTER TODAY



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Cooking Soups and Savory Breads

Fresh bread and soup is a favorite in fall and winter. Satisfy your comfort food cravings with this delicious menu: Asian meatball soup accompanied by jalapeño stuffed rolls, autumn harvest soup with crusty beer bread, and hearty minestrone with garlic rosemary focaccia.

	SECTION #	DAY(S) OF WEEK	REGULAR FEE	INSTRUCTOR
Eagle River	5125	10/25 Th	11 AM - 1:30 PM	\$29 Reeder
Sonny Bees Honey Farm	1x			62+ \$25
	NUMBER OF SESSIONS			SENIOR FEE IF OVER 62

PERSONAL ENRICHMENT

ARTS & CRAFTS

Ceramics

Advanced Studio Ceramics

Expanding on the beginning class, personal growth and creativity are celebrated in this independent working environment of intermediate ceramists. Students are encouraged to be creative and are invited to explore and expand areas of individual interest. You will have a hands-on experience working with clay and designing your own pottery. The cost includes 150 pounds of clay or 25 items, firing, glazing, and use of available tools.

Rhineland 5102 9/10 - 10/22 M 6 PM - 8 PM \$165 Groat
Nicolet - Tamarack Center 211 6x 62+ \$153
Finished projects pick up date: 10/29. Class will not meet 10/15.

Rhineland 5103 11/5 - 12/17 M 6 PM - 8 PM \$165 Groat
Nicolet - Tamarack Center 211 6x 62+ \$153
Class will not meet 11/12.

Studio Ceramics

Be creative in a relaxed, open ceramics studio with guidance designed to give you a hands-on experience working with clay and designing your own pottery. Beginners will learn how to shape clay in a variety of ways including hand building techniques and wheel throwing. Returning students will expand their abilities and take on new independent projects. Functional and sculptural aspects of clay will be explored along with firing, decorating, and glazing processes.

Minocqua 5035 9/12 - 10/17 W 5:30 PM - 8:30 PM \$165 Trojan
Lakeland High School 6x 62+ \$147
119 Ceramics Lab

Minocqua 5036 10/24 - 12/5 W 5:30 PM - 8:30 PM \$165 Trojan
Lakeland High School 6x 62+ \$147
119 Ceramics Lab
Class will not meet 11/21.

Beginning Wheel Throwing

Beginning students will learn how to shape clay by throwing on the wheel. Each session will start with a short demonstration of a project. You will then have the rest of the class to perfect that project. Students will make 20 to 25 items. Cost includes clay, firing, glazing, and use of available tools.

Rhineland 5104 9/12 - 10/17 W 6 PM - 8 PM \$145 Groat
Nicolet - Tamarack Center 211 6x 62+ \$133

Rhineland 5105 10/24 - 12/5 W 6 PM - 8 PM \$145 Groat
Nicolet - Tamarack Center 211 6x 62+ \$133
Class will not meet 11/21.

Drawing & Painting

Sketching Birds

Learning to sketch birds leads us to an even greater appreciation for the variety, beauty, strength, and resilience of our feathered neighbors of the Northwoods. In this workshop, a brief overview of bird anatomy will be covered to avoid common mistakes in sketching birds. The focus of the workshop is to learn basic techniques of sketching birds using simple exercises to understand the importance of position, posture, proportion, and angles. Learning to draw birds also opens one's eyes to seeing more detail, which will also help in identifying birds in the field. Participants will leave with more confidence in sketching birds and better identification skills.

Rhinelanders Nicolet - Tamarack Center 213	5117 1x	9/29	S	1 PM - 4 PM	\$30 62+ \$26	Reilly
Woodruff Unitarian Church	5118 1x	10/20	S	1 PM - 4 PM	\$30 62+ \$26	Reilly
Rhinelanders Nicolet - Tamarack Center 213	5116 1x	11/10	S	1 PM - 4 PM	\$30 62+ \$26	Reilly

Barn Quilt Painting

After years of providing shelter for livestock, many old barns are being given a new purpose – providing a background for an outdoor art project. Barn quilts are bright and bold public art pieces that celebrate the color and design of quilts. They may be found across the country, gracing barns, sheds, fences, and mailboxes. Learn the basics and create a 24" x 24" barn quilt, plus leave with patterns and the knowledge to create more barn quilts in a variety of sizes. While supplies and pattern options will be provided, please feel free to bring pattern ideas, paints, and brushes if you prefer, as well as a bag lunch.

Presque Isle Presque Isle Library	5127 1x	9/14	F	10 AM - 2 PM	\$70 62+ \$66	Reeder
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Asian Watercolor: Birds and Flowers

Learn the basic strokes of Asian watercolor style. We will focus on painting birds and flowers such as peony, lotus blossom, iris, plum, wisteria, and more, and many birds such as songbirds, cranes, herons, owls, eagles, and others. Familiarity with Asian watercolor painting techniques will be helpful but not required. This class will also include practice materials to take home between lessons. Supplies will be available for use and also for purchase in class. Basic supplies provided include: sumi ink and sumi stick, various size Asian brushes and watercolor papers, suzuri ink stone, felt mat, paperweights. Students should bring MULTIPLE water containers for rinse water, a protective sheet of plastic to cover the work surface (which goes under the felt mat), paper towels, any watercolor paints they already have, and palettes.

Woodruff Unitarian Church	5114	9/20 - 10/11 4x	Th	9 AM - 12 PM	\$65 62+ \$53	Reilly
Woodruff Unitarian Church	5115	10/18 - 11/8 4x	Th	9 AM - 12 PM	\$65 62+ \$53	Reilly

Migrating Monarch and Sunflower Painting

A welcome addition to brighten the months ahead, this beautiful end of summer painting features a bright monarch and a glorious sunflower. This project will look wonderful on a box, plate, or framed surface. This oil painting project that is open to students of all levels. You will need #2, 4, and 6 bright brushes along with a 0 liner, a mop brush, paper towels, and brush cleaner. Please bring your lunch. Contact the instructor at 715.453.8190 for a complete supply list and painting surface.

Tomahawk Bradley Town Hall	5106	9/18 - 9/25 2x	T	9 AM - 3 PM	\$60 62+ \$48	Luzenski
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Lost in Time Painting

Take a step back in time with this painting of an old locked journal book, quill pen, and ring of antique keys. This project can be completed on a box or flat surface for framing; students will complete background surface in class. This oil painting project is open to students of all levels. Contact instructor for a complete supply list and painting surface at 715.453.8190.

Tomahawk Bradley Town Hall	5107	10/9 - 10/23 3x	T	9 AM - 2:30 PM	\$80 62+ \$62	Luzenski
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Red Canoe Painting

You'll enjoy every moment of painting this realistic Northwoods scene of a red canoe on the bank of a lake surrounded by pine trees. This large painting on a 16" x 20" canvas utilizes both brushes and pallet knife, but can be reduced in size for a smaller project. Open to students of all levels. Please bring your lunch. Contact instructor for a complete supply list and painting surface including size of brushes at 715.453.8190.

Tomahawk Bradley Town Hall	5108	10/30 - 11/20 3x	T	9 AM - 3 PM	\$83 62+ \$65	Luzenski
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Class will not meet 11/6.

House Wren with Bog Iris Painting

Join us for this Sherry Nelson project. Open to students at all skill levels. The house wren is one of the most common birds in North America, and one that we see often in our area. This is a lovely painting of a wren with a purple bog iris. You will need #2, 4, and 6 bright brushes along with a 0 liner, paper towels, and brush cleaner. Please bring your lunch. Contact the instructor at 715.453.8190 for a complete supply list and painting surface.

Tomahawk	5109	12/4 - 12/11	T	9 AM - 2:30 PM	\$55	Luzenski
Bradley Town Hall		2x			62+ \$43	

Getting Acquainted with Watercolor

Experience a relaxed introduction to a unique medium that is both a challenge and a delight. Learn the basics and the right tools essential for your painting experience. Watercolor has a reputation for being a difficult medium, but like all painting, it only requires practice and a willingness to experiment.

Minocqua	5111	9/6 - 10/25	Th	6 PM - 9 PM	\$110	Schnell
Torpy Room		8x			62+ \$86	
Minocqua	5110	11/1 - 12/20	Th	6 PM - 9 PM	\$97	Schnell
Torpy Room		7x			62+ \$75	

Class will not meet 11/22.

Mixed Media Painting

Designed for anyone who would like to take a painting course and choose the media in which to work: acrylic, watercolor, and/or oil. All abilities and interests are welcome. Learn about painting techniques, paper/canvas selection and preparation, brush techniques, and picture composition.

Minocqua	5161	9/4/18 - 10/2	T	9 AM - 12 PM	\$71	Olsen
Torpy Room		5x			62+ \$55	
Minocqua	5163	10/9 - 11/6	T	9 AM - 12 PM	\$71	Olsen
Torpy Room		5x			62+ \$55	
Minocqua	5162	11/13 - 12/11	T	9 AM - 12 PM	\$71	Olsen
Torpy Room		5x			62+ \$55	

Sewing

Self Paced Sewing

Work on a sewing project of your choice and receive individual assistance and instruction. Open to sewing enthusiasts of all experience levels. Please provide your own sewing machine and basic supplies.

Tomahawk	5039	9/6 - 10/18	Th	12 PM - 4 PM	\$85	Smith
Bradley Town Hall		5x			62+ \$65	
Class will not meet 9/27 & 10/4.						
Tomahawk	5040	10/25 - 11/29	Th	12 PM - 4 PM	\$85	Smith
Bradley Town Hall		5x			62+ \$65	
Class will not meet 11/22.						
Minocqua	5041	9/7 - 9/28	F	9:30 AM - 3 PM	\$77	Robinson
Ascension Church		4x			62+ \$59	
Minocqua	5042	10/5 - 10/26	F	9:30 AM - 3 PM	\$77	Robinson
Ascension Church		4x			62+ \$59	
Minocqua	5043	11/2 - 11/30	F	9:30 AM - 3 PM	\$77	Robinson
Ascension Church		4x			62+ \$59	
Class will not meet 11/23.						
Minocqua	5044	12/7 - 12/21	F	9:30 AM - 3 PM	\$61	Robinson
Ascension Church		3x			62+ \$47	

Single session options for Minocqua from 9:30 AM - 3 PM for \$21 or 62+ \$17:

5001	8/31
5055	9/7
5056	9/14
5057	9/21
5058	9/28
5059	10/5
5060	10/12
5061	10/19
5062	10/26
5063	11/2
5064	11/9
5065	11/16
5066	11/30
5067	12/7
5068	12/14
5069	12/21

Stained Glass

Stained Glass All Levels

Concentrate on developing and refining your stained glass techniques while completing a project. Learn to cut, fit, and solder stained glass using lead foil techniques. This course is open to students of all skill levels, including beginners. A supply list will be provided before the start of the course.

Minocqua Lakeland High School 127	5037 6x	9/13 - 10/18 Th	1 PM - 4 PM	\$79 62+ \$61	Kumbier
Minocqua Lakeland High School 127	5038 6x	11/1 - 12/13 Th	1 PM - 4 PM	\$79 62+ \$61	Kumbier

Class will not meet 11/22.

FOOD & COOKING

Thai Cuisine

Thailand's food needs little introduction. From San Francisco to the Kingdom of Sukhothai, the profusion of exotic flavors and fragrances make it among the most coveted of international cuisines. As a walk through Bangkok forcefully reminds, these flavors and fragrances are seemingly inexhaustible. So, grab your apron as we learn to prepare some delicious pad Thai with shrimp, spicy noodles with pork, Thai basil, and fried bananas in this hands-on class.

Eagle River Sonny Bees Honey Farm	5124 1x	9/20 Th	1 PM - 3:30 PM	\$29 62+ \$25	Reeder
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Sushi Made Simple

Learn the basic techniques for making sushi at home. Designed for people who are unfamiliar with this healthy and easy-to-prepare cuisine, you'll learn how to cook and prepare sweet Japanese rice, slice your items to go inside the sushi, roll, and then cut the roll into pieces. The class will not use raw fish but will instead use vegetables, cooked foods including eggs, and other prepared foods. Basic menu includes: California Roll (Maki and Uramaki style) – cucumber, avocado and crabmeat (artificial crabmeat); Spicy Tuna Roll – from tuna salad and cucumber; Teriyaki Chicken Roll with vegetables; Smoked Salmon Midwest roll – salmon, cucumber and Philly cheese. Other unique rolls will be made from gingered yams and carrots, beets, shrimp, and other items.

Woodruff Unitarian Church	5120 1x	9/22 S	3 PM - 6 PM	\$34 62+ \$30	Reilly
Woodruff Unitarian Church	5121 1x	10/13 S	3 PM - 6 PM	\$34 62+ \$30	Reilly
Rhineland Nicolet - Fieldside Center 102	5122 1x	11/3 S	3 PM - 6 PM	\$34 62+ \$30	Reilly

Ina Garten Cookbook: Barefoot in Paris

Ina Garten keeps cooking simple while at the same time giving us easy French food we can make at home. This menu includes radishes with butter and salt, eggplant gratin, chicken with forty cloves of garlic, and brownie tart with crème Anglaise. Presque Isle Community Library carries this book.

Presque Isle	5123	10/12	F	10 AM - 1 PM	\$29	Reeder
Presque Isle Library		1x			62+ \$25	

Cookie Artist in the Kitchen

Discover your inner culinary artist with one-of-a-kind delicious cookies. You'll learn to decorate cookies that are truly unique and works of art. This class will focus on holiday cookies, and the cookies will be baked and ready for your designs. Learn tips for planning designs, how to use royal icing, outlining, flooding, and much more.

Eagle River	5126	10/18	Th	11 AM - 1:30 PM	\$29	Reeder
Sonny Bees Honey Farm		1x			62+ \$25	

Cooking Soups and Savory Breads

Fresh bread and soup is a favorite in fall and winter. Satisfy your comfort food cravings with this delicious menu: Asian meatball soup accompanied by jalapeño stuffed rolls, autumn harvest soup with crusty beer bread, and hearty minestrone with garlic rosemary focaccia. This is a hands-on class.

Eagle River	5125	10/25	Th	11 AM - 1:30 PM	\$29	Reeder
Sonny Bees Honey Farm		1x			62+ \$25	

Cooking Cream Puffs and Éclairs

Learn the basics of making pate à choux, the French pastry dough that serves as the foundation of cream puffs, éclairs, and more French favorites. Discover the art of mixing, piping, and filling these delicious pastries. It's so easy and fun. Soon you'll be making your own signature creations like those of a classic French patisserie.

Eagle River	5129	11/1	Th	11:30 AM - 2 PM	\$29	Reeder
Sonny Bees Honey Farm		1x			62+ \$25	

HEALTH & FITNESS

Before beginning an exercise class, Nicolet College recommends participants check with their doctor.

Easy Pace Aerobics

Energizing and self-paced, this program increases your overall fitness without excessive stress on your joints. Activities include stretching, cardiovascular fitness, light strength training, and muscle toning in a comfortable atmosphere.

Eagle River	5130	9/17 - 10/22	MW	9 AM - 10 AM	\$66	Reeder
First Congregational Church		11x			62+ \$54	
Eagle River	5131	10/24 - 11/28	MW	9 AM - 10 AM	\$66	Reeder
First Congregational Church		11x			62+ \$54	

Aerobics

Strengthen your cardiovascular system by performing exercises to music. Floor aerobics and stretching will also be included at the end of each session. Wear comfortable clothes, bring a floor mat, and be prepared to get moving.

Three Lakes	5072	9/4 - 10/30	TTh	9:30 AM - 10:30 AM	\$90	Cihla
Reiter Center		15x			62+ \$74	
Class will not meet 9/18 & 10/18.						

Three Lakes	5073	11/6 - 12/20	TTh	9:30 AM - 10:30 AM	\$66	Cihla
Reiter Center		11x			62+ \$54	
Class will not meet 11/22, 12/4 & 12/6.						

Stretch and Tone Physio Balls

The physio ball offers a unique opportunity to work on dynamic and static stability, which is important for back health and injury prevention. Toning, flexibility, and stretching will be the focus of this workout. This is a great course for the beginner or for anyone looking to add variety to their present exercise program. Participants must provide their own ball.

Three Lakes	5070	9/4 - 10/30	TTh	10:30 AM - 11:30 AM	\$90	Cihla
Reiter Center		15x			62+ \$74	
Class will not meet 9/18 & 10/18.						

Three Lakes	5074	11/6 - 12/20	TTh	10:30 AM - 11:30 AM	\$66	Cihla
Reiter Center		11x			62+ \$54	
Class will not meet 11/22, 12/4 & 12/6.						

Sword Workout

This full-body exercise program is loosely based on Japanese sword techniques. Build muscle with the use of anaerobic exercise and burn fat with aerobic components. No contact is made with objects or other students. You will be training with a wooden sword (bokken), while integrating the mind, body, and spirit in a unique and powerful experience.

Three Lakes	5075	11/6 - 12/20	TTh	11:30 AM - 12:30 PM	\$66	Cihla
Reiter Center		11x			62+ \$54	
Class will not meet 11/22, 12/4 & 12/6.						

Stretching Effectively

Stretching demands good technique and practice. Using the wrong technique during stretching can waste time and increase your risk of injury. Consistent stretching increases strength and decreases pain while improving flexibility. You'll learn the four main principles of stretching as you apply them in a relaxed, comfortable setting. Wear comfortable clothing and bring a floor mat to each class.

Three Lakes **5071** 9/4 - 10/30 TTh 11:30 AM - 12:30 PM \$90 Cihla
Reiter Center 15x 62+ \$74
Class will not meet 9/18 & 10/18.

Woodruff **5077** 9/7 - 12/21 F 10:30 AM - 11:30 AM \$84 Cihla
Unitarian Church 14x 62+ \$70
Class will not meet 10/5 & 11/23.

Strength Training for 40 Plus

Strength training is an essential part of fitness, especially if you are over the age of 40. With increasing age, muscle fibers shrink in size and bone density decreases. These declines can be slowed, or even reversed, by lifting weights. Designed for beginners, the emphasis will be on proper technique and safety.

Woodruff **5076** 9/7 - 12/21 F 9:30 AM - 10:30 AM \$84 Cihla
Unitarian Church 14x 62+ \$70
Class will not meet 10/5 & 11/23.

Tai Chi for Health

Tai Chi is a martial art exercise with origins in ancient China. You will learn a gentle, safe way to stretch and strengthen your muscles, improve your mobility and balance, and destress your mind. All are welcome to this beginner class.

Woodruff **5078** 9/7 - 12/21 F 11:30 AM - 12:30 PM \$84 Cihla
Unitarian Church 14x 62+ \$70
Class will not meet 10/5 & 11/23.

Strength Training Pilates and BOSU®

The unique design of the BOSU®, flat on one side and domed on the other, offers a three-dimensional challenge to your workout. This makes it an ideal tool for developing balance and support while increasing control and stability. Exercises will combine Pilates and varied traditional strength movements using the BOSU. The BOSU will be provided for use in the class. Designed for intermediate or advanced students.

Rhineland **5079** 9/4 - 10/30 TTh 4:30 PM - 5:30 PM \$102 Cihla
Nicolet - Northwoods Center 209 13x 62+ \$84

Rhineland **5082** 11/6 - 12/20 TTh 4:30 PM - 5:30 PM \$78 Cihla
Nicolet - Northwoods Center 209 13x 62+ \$64
Class will not meet 11/22.

Interval Training

Energizing and self-paced, this program increases your overall fitness without excessive stress on your joints. Activities include stretching, cardiovascular fitness, light strength training, and muscle toning in a comfortable atmosphere.

Rhinelanders **5080** 9/4 - 10/30 TTh 5:30 PM - 6:30 PM \$102 Cihla
Nicolet - Northwoods Center 209 17x 62+ \$84

Rhinelanders **5083** 11/6 - 12/20 TTh 5:30 PM - 6:30 PM \$78 Cihla
Nicolet - Northwoods Center 209 13x 62+ \$64
Class will not meet 11/22.

Pilates on a Roll

Pilates on a roll is all about core stability. The increasingly popular and versatile foam roller, traditionally a therapeutic tool, adds a new dimension to the Pilates mat workout. This class is designed to improve strength, flexibility, and overall balance. Bring your own foam roller to the class.

Rhinelanders **5081** 9/4 - 10/30 TTh 6:30 PM - 7:30 PM \$102 Cihla
Nicolet - Northwoods Center 209 17x 62+ \$84

Rhinelanders **5084** 11/6 - 12/20 TTh 6:30 PM - 7:30 PM \$78 Cihla
Nicolet - Northwoods Center 209 13x 62+ \$64
Class will not meet 11/22.

High-Intensity Interval Training

HIIT refers to the basic technique of alternating periods of extremely high-intensity exercises with short rest periods for a specific number of sets. With the use of the TRX Suspension Trainer and Russian kettlebells, you will mix a variety of strength and balance exercises with cardiovascular training for unbeatable results. Everyone works at their own pace with a weight appropriate for their fitness level. Each class will end with a stretching segment.

Rhinelanders **5085** 9/10 - 12/17 M 5 PM - 6 PM \$84 Cihla
Groundwork Grappling 14x 62+ \$70
Class will not meet 10/8.

The Power of Kettlebells

Are you ready to boost endurance, put power in your activities, become more flexible, and have a leaner appearance? If so, the kettlebell, or “gym in a hand” is for you. This traditional Russian cast-iron weight looks like a cannonball with a handle and is used by anyone wanting results in fitness and strength training. No experience is needed, as you will work at your own strength and fitness level. Kettlebells are available for use.

Rhinelanders **5086** 9/10 - 12/17 M 6 PM - 7 PM \$84 Cihla
Groundwork Grappling 14x 62+ \$70
Class will not meet 10/8.

Shallow Water Exercise

Enhance your fitness through a program of aquatic exercise in a low-stress, low-impact environment. Personal water safety and cardiovascular health including target heart rate calculation and maintenance will be discussed. You do not have to know how to swim, as all exercises will be done in the shallow end of the pool.

Wabeno Potawatomi Carter Casino Pool	5089 14x	9/4 - 10/18	TTh	9:30 AM - 10:30 AM	\$91 62+ \$77	Booth
Wabeno Potawatomi Carter Casino Pool	5090 14x	10/23 - 12/11	TTh	9:30 AM - 10:30 AM	\$91 62+ \$77	Booth

Class will not meet 11/22.

Low-Impact Shallow Water Aerobics

Exercise in an environment that is low stress to your joints and allows you to work at your own pace. With more than 25 years of experience in physical therapy, your instructor will guide you through a variety of low-impact aerobic exercises, upper and lower body strengthening, as well as core stability work. Equipment such as buoys, noodles, and kickboards are utilized for added resistance and support. You do not need to know how to swim, as all exercises can be performed in the shallow end of the pool. Appropriate for all fitness levels.

Minocqua Lakeland High School Pool	5087 10x	9/4 - 10/4	TTh	7 AM - 8 AM	\$65 62+ \$55	Wipperfurth
Minocqua Lakeland High School Pool	5088 10x	11/13 - 12/20	TTh	7 AM - 8 AM	\$65 62+ \$55	Wipperfurth

Class will not meet 11/20 & 11/22.

Yoga & Meditation

Gentle Hatha Yoga

“Still your wandering mind, and be here now,” is a suitable invitation for those beginning and continuing a yoga practice. With present-moment mindfulness, we recognize our essential elements of health and well-being through a combination of physical postures (asanas) and breath awareness (pranayama) which constitute Hatha Yoga. Balance, resilience, and strength are accomplished without strain, honoring our physical challenges and opportunities. Bring a mat, strap, and small blanket/pillow/cushion to class.

Woodruff Unitarian Church	5141 7x	9/6 - 10/18	Th	3:45 PM - 5:15 PM	\$63 62+ \$51	Schussler
Woodruff Unitarian Church	5135 7x	9/10 - 10/22	M	4 PM - 5:30 PM	\$63 62+ \$51	Schussler
Woodruff Unitarian Church	5142 7x	11/1 - 12/20	Th	3:45 PM - 5:15 PM	\$63 62+ \$51	Schussler
Woodruff Unitarian Church	5136 6x	11/5 - 12/17	M	4 PM - 5:30 PM	\$54 62+ \$44	Schussler

Class will not meet 11/22.
Class will not meet 11/26.

Hatha Yoga

Hatha Yoga combines physical postures (asanas) with breath awareness (pranayama) to create a foundation for developing insight into the nature of our energetic world. This lifelong, dynamic practice, informed by present-moment mindfulness, teaches us awareness (observation without judgment), as we take time to look deeply. Bring a mat, strap, and small blanket/pillow/cushion.

Woodruff Unitarian Church	5139	9/5 - 10/10 6x	W	5:15 PM - 7 PM	\$63 62+ \$51	Schussler
Rhineland Nicolet - Tamarack Center 110	5137	9/18 - 10/16 5x	T	4:30 PM - 6 PM	\$45 62+ \$37	Schussler
Woodruff Unitarian Church	5160	10/24 - 12/12 7x	W	5:15 PM - 7 PM	\$73.50 62+ \$61.50	Schussler
Class will not meet 11/21.						
Rhineland Nicolet - Tamarack Center 110	5138	10/30 - 12/11 6x	T	4:30 PM - 6 PM	\$54 62+ \$44	Schussler
Class will not meet 11/6.						

QiGong and Balance

This ancient practice is easy to learn and enjoyable at any age. QiGong may help you feel better, think more clearly, and increase energy. Learn simple moves and practices to improve your balance and provide muscle flexibility and strength.

Eagle River First Congregational Church	5132	9/17 - 10/22 11x	MW	10:15 AM - 11:15 AM	\$66 62+ \$54	Reeder
Rhineland Nicolet - Tamarack Center 110	5133	9/18 - 11/27 11x	T	9 AM - 10 AM	\$66 62+ \$54	Reeder
Eagle River First Congregational Church	5134	10/24 - 11/28 11x	MW	10:15 AM - 11:15 AM	\$66 62+ \$54	Reeder

Being Mindful

Mindfulness can be described as paying attention to what we are experiencing in this moment and doing so with a particular attitude of curiosity, openness, acceptance, and warmth. Simply observing what we are experiencing right now can bring a warm curiosity to whatever arises. This class is an introduction to incorporating mindfulness practice in all aspects of your life and appropriate for beginners as well as those who want to deepen their knowledge and understanding of the practice. All you need to begin is an open mind and a willingness to live in the present.

Manitowish Waters North Lakeland Elementary School	5128	10/16 - 11/6 4x	T	4:30 PM - 6 PM	\$40 62+ \$34	Reeder
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Getting Your Brain on Your Side

Wouldn't it be nice if we got an owner's manual with our brains? We don't, but if we pay attention to what neuroscience is revealing about how our brain's function, we can get those little gray cells working for us instead of against us. We'll explore surprisingly easy ways to get your brain on your side. You'll get a grounding in the brain's fundamental operating principles and learn how to make the most of neuroplasticity – our brain's ability to grow and change throughout our lives. You'll learn why we all experience negative self-talk and how to talk back. You'll learn how to increase your willpower and how to use the power of habit to improve your life. You'll also learn how to have more insights, how sleep, exercise, happiness, and generosity affect your cognitive abilities, and more. Each 90-minute class contains information presented in a lively fashion with workshop exercises and discussion. There is no required reading, but the instructor will offer suggestions for relevant books.

Rhinelanders **5091** 9/5 - 10/24 W 2:30 PM - 4 PM \$60 Teuke
Nicolet - Fieldside Center 108 7x 62+ \$48
Class will not meet 10/10.



OUTDOOR ADVENTURE

The Upper Wisconsin River Dance _____ S3, RK, SK

The Wisconsin River near Conover passes through scenic countryside complete with rich, diverse forests and picturesque marshlands. There are no buildings along the stretch, noted for its numerous oxbow turns, giving it the feel of a wilderness river. There is one small rapid along this route that is easily portaged. While there will be no whitewater paddling, participants should be comfortable paddling in moderate currents and maneuvering around rocks, especially if water is low.

Dan Clausen/Al Bessette

Thursday, August 30

9 am - 4 pm

Conover Area

#O501 \$70

#O500 \$85 with kayak rental

Willow Flowage Picnic Paddle _____ S3, RK, SK

The Willow is one of our favorites, offering 6,400 acres of water with access to numerous islands and backwaters. Surrounded by swamps, bogs, and other watery lowlands, the Willow is isolated from roads and development. Its sense of remoteness, abundant wildlife, and scenic natural shoreline beckon the paddler. Bring a picnic lunch to eat along the way.

Dan Clausen/Al Bessette

Friday, August 31

9 am - 4 pm

Tomahawk

#O502 \$70

#O503 \$85 with kayak rental

Birds and Butterflies – Wildlife Watching _____

In late August and early September birds and butterflies begin leaving the Northwoods for warmer areas. There are many wonderful places to view birds and butterflies during this migration. This basic birdwatching class will help you identify birds in the field and experience the spectacular migration of native butterflies. The instructor will provide gardening tips and types of plants help support both birds and butterflies during their stay here in the Northwoods and migration.

Class will meet at the Mercer Library and proceed to a tour of Powell Marsh.

There is limited access to the marsh at this time, but we will be hiking about one mile through the open area. Then we'll check out the local cranberry marshes in search of cranes and other migratory birds. If the weather does not cooperate, a slide program will be provided at the library. Bring binoculars, camera, notebook, protective gear for rain or sun, and insect repellent of your choice.

Sharon Reilly

Saturday, September 8

9 am - Noon

Mercer Library

#5119 \$30

62+ \$26

Adventures in Wild Rice Gathering _____ S2, C

The Ojibwe call it Ma-no'min; it is also known as wild rice. This adventure will introduce you to gathering and processing this wonderful Northwoods resource. Our harvest methods will not differ much from those traditionally used, so the bulk of time will be spent in our canoes gathering rice if the gather season is open. If the rice beds are not open, we will still explore them and hear about the traditional methods for gathering and harvesting rice. Following our paddle, we'll enjoy a shore lunch that will include dishes made with wild rice and a discussion of different processing methods. Former Great Lakes Indian Fish and Wildlife Commission Warden Fred Maulson will join us and provide the materials and instruction for you to make your own ricing sticks. Students will need to purchase a Wisconsin DNR wild rice harvesting permit (\$8.25 per household as of 1/18) NOTE: Only Wisconsin residents may gather wild rice.

Rae Grosman/Fred Maulson

Saturday, September 8

9 am - 5 pm

Lac du Flambeau Area

#0504 \$65

#0505 \$99 with canoe rental

Finishing Wild Rice _____ S1

Wild rice has played a central role in Ojibwe culture for centuries. It is used in ceremonies and as a major food source. Traditionally, its harvest promoted social interaction in late summer each year. Gathering wild rice, or Ma-no'min as the Ojibwe refer to it, and preparing it for eating is a lengthy process with many steps. You'll observe the four stages of finishing rice: drying, parching, hulling, and winnowing. Rice will be dried and ready to be finished so you can participate in the entire finishing process and learn first-hand how to finish your own rice. This class is an excellent addition to Adventures in Wild Rice Gathering and Processing. No previous experience required.

Rae Grosman/Fred Maulson

Saturday, September 15

5 - 8 pm

Minocqua Area

#0506 \$39



Take Your Game Bird Hunting Skills to the Next Level!

Introduction to Sporting Clays

Dial in your aim and improve your shotgun skills just before the start of bird hunting season with this class geared toward refining technique for more success in the field. Top-notch instructors will share their proven tips, working with participants one-on-one and in small groups. Class will start with each individual shooting 25 clays on the Trap Range, where the clays fly straight away, before moving to the Sporting Clays Course. Here, instructors will take small groups of three to four through the 11-station, 50-clay course where the clays fly all different directions and at varying speeds. Participants must have a semi-automatic, double-barrel, or pump shotgun, eye protection and ear plugs, and at least 75 shells at the start of class.

Harshaw Sport Club Instructors
Saturday, September 8
10 am - 1 pm
Harshaw Sport Club
#O507 \$50 62+ \$46

How to Find and Hunt Ruffed Grouse

As one of the most challenging game birds to hunt in the Northwoods, you can stack the odds in your favor with the field-tested tips and techniques presented in this two-hour session. Topics will cover the best places to find grouse, what to look for in grouse habitat, hunting with and without a dog, and staying safe in the woods. Gun handling; gun, shot, and choke selection; and shooting techniques will also be covered as we prepare to hunt of these birds that can literally go from 0 to 25 mph in the blink of an eye.

Scott Biscobing & Terry Rutlin
Saturday, August 25
10 am - noon
Nicolet - Fieldside Center 106
#O508 \$20 62+ \$18



FREE Talks & Treks

50 Years of Wildlife Conservation

Take a journey through the rich history of wildlife conservation in Wisconsin. Topics will include the founding of the wildlife profession by Aldo Leopold, the establishment of the Conservation Commission and the Conservation Department, and the statewide expansion of conservation programs. Emphasis will be on conservation in the Northwoods and local conservation success stories will be emphasized. Continue exploring this topic during a Saturday morning trek at the Thunder Marsh State Wildlife Area just north of the village of Three Lakes. Participants will review the ecological and natural history of the marsh, view wildlife, and discuss the future of wildlife conservation on the wildlife area and in Wisconsin.

Ron Eckstein, Retired Wildlife Biologist Wisconsin DNR
Monday, November 5, 5:30 - 7 pm
Rhineland, Nicolet - Fieldside Center 102
Thunder Marsh State Wildlife Area
No Charge - **Sign up at nicoletoutdooradventure.eventbrite.com**

Ron Eckstein served as a wildlife biologist for 36 years with the Wisconsin Department of Natural Resources. In retirement, Ron volunteers for the DNR, working with bald eagles, ospreys, and old growth forests. He also volunteers with The Wildlife Society, Northwoods Land Trust, Partners in Forestry, DNR Silviculture Guidance Team, and recently, with a new conservation group called Wisconsin's Green Fire: Voices For Conservation.

50 Years of Conservancy and the Northwoods Land Trust

For more than 50 years, landowners have stepped up to permanently conserve their own private lands in the Northwoods. Join us as we explore the successes of five decades of private land conservation and learn how the land trust movement enabled conservation to expand statewide and internationally. Following the talk, we will drive two miles to the Holmboe Conifer Forest State Natural Area in Rhineland. Gifted to The Nature Conservancy, dedicated as a State Natural Area, and now managed by the Northwoods Land Trust, the Holmboe property was donated to The Nature Conservancy in 1965 and represents one of the first voluntary land trust projects in the state. Hiking into the preserve is like stepping back in time – a time when huge pines and hemlocks covered the north.

Bryan Pierce, Executive Director of the Northwoods Land Trust and
Matt Dallman, Nature Conservancy-Wisconsin Director of Conservation
Tuesday, September 25, 9:30 am - 12:30 pm
Rhineland, Nicolet - Northwoods Center 207
No Charge - **Sign up at nicoletoutdooradventure.eventbrite.com**
Talk: 9:30 - 10:30 am followed by hike at the Holmboe State Natural Area in Rhineland from 11 am - 12:30 pm (transportation not included).

Bryan Pierce has served as full-time Executive Director of the Northwoods Land Trust (NWLTL) since January, 2004. He has helped NWLTL permanently protect more than 11,000 acres of land and 60 miles of lake and river shorelines in the Northwoods.

Matt Dallman, Wisconsin Director of Conservation, oversees the Nature Conservancy's statewide science, land protection, and land management activities. He has more than 20 years of experience with projects that focus on ensuring healthy forests in the Baraboo Hills and northern Wisconsin. In his time with the Conservancy, he has been involved with projects protecting more than 110,000 acres of natural areas and working forests.



CANCELLATION & REFUND POLICY

IF YOU ARE UNABLE TO ATTEND A CONFIRMED CLASS, for any reason, please notify Nicolet at 715.365.4544 or 800.544.3039 ext 4544 or email ce@nicoletcollege.edu as soon as possible.

CANCELLATIONS MADE LESS THAN TEN DAYS PRIOR TO DEPARTURE OR NO-SHOWS MAY NOT RECEIVE A REFUND. Policy is effective for all trips unless otherwise noted. All Outdoor Adventure classes will be held rain or shine. Only in cases of severe weather will a class be cancelled or postponed. Travel expenses will not be refunded for classes that may have to be cancelled or rescheduled. Nicolet College reserves the right to cancel, reschedule, substitute instructors, or reroute all classes and trips if necessary.

KAYAK SAFETY

A kayak safety class or equivalent experience is a prerequisite before participating in an advanced paddling adventure. For more information please call 715.365.4544.

STRENUOSITY RATING

Which course is right for you?

- S1 = Not strenuous at all. Most likely a stationary experience.
- S2 = Slightly strenuous, does not require prior physical conditioning.
- S3 = Some physically demanding aspects, requires some endurance.
- S4 = Challenging and requires a good physical condition.

THE RIGHT BOAT

Which boat is right for each class?

Often our classes are designed for canoes or sea kayaks exclusively and sometimes either one will work just fine. On some trips, a shorter or recreational kayak would also be adequate. Please note the suggested boat abbreviations under each class description. If you still have questions, please feel free to ask.

- C = Canoes Only
- RK = Recreational or Shorter Kayak (12-14 Foot)
- SK = Sea Kayak (16-18 Foot)

SPECIAL INTEREST

Baby Boomer Retirement Planning

Recent academic research from leading colleges and universities details a fundamental shift in planning for those nearing retirement or already retired. This course addresses difficult decisions such as optimal asset allocation, income planning, Social Security maximization, and the pitfalls to avoid. You will receive access to academic reports discussing the new rules of thumb as well as financial tools to help you better understand risk, taxes, budgeting, and estate planning. A class material fee of \$30 is paid to the instructor at the first class.

Minocqua	5112	10/4 - 10/18	Th	6:30 PM - 8:30 PM	\$35	Schmitz
Lakeland Union High School	148	3x			62+ \$29	

Social Security Income 101

Make smart and effective financial decisions based on recent academic research. As one of the largest sources of income for most retirees, Social Security plays a critical role in securing a stream of income. We'll address common Social Security questions such as what to consider before you apply for benefits and why the Social Security office cannot recommend the best option for maximizing your lifetime benefit. If you have questions about Social Security, this is a class you won't want to miss.

Minocqua	5113	9/18	T	6:30 PM - 8:30 PM	\$20	Schmitz
Lakeland Union High School	148	1x			62+ \$18	

American Sign Language 1

Develop or enhance your awareness of American Sign Language, often referred to as ASL. You will learn sign vocabulary, manual behaviors, grammar structures, and conversational strategies. Skill practice will be incorporated into each class session.

Rhinelanders	5166	9/10 - 10/10	MW	5 PM - 7 PM	\$89	Staff
Nicolet - Northwoods Center	207	10x			62+ \$69	

COMPUTERS & TECHNOLOGY AT HOME

Students should bring their own personal devices specific to the class such iPads, Chromebooks, Android tablets, smartphones, and laptops.

Using Email and Facebook

Email and Facebook are excellent digital tools for sharing information and staying in contact with friends and family. Learn the basics of Facebook such as adding photos to posts, saving photos from Facebook, and managing privacy settings. We'll also cover several topics to help you best use your email – from adding contacts to managing your inbox and blocking junk mail.

Minocqua	5154	9/18 - 9/20	TTh	1 PM - 4 PM	\$30	Ley
Minocqua Public Library		2x			62+ \$24	
Minocqua	5155	9/24 - 9/26	MW	5 PM - 8 PM	\$30	Ley
Minocqua Public Library		2x			62+ \$24	
Minocqua	5158	10/23 - 10/25	TTh	1 PM - 4 PM	\$30	Ley
Minocqua Public Library		2x			62+ \$24	

Understanding the Internet and Your Devices

Do you have basic computer skills but want to know how you can do more with your computer or tablet? This class will explore the Internet and how to perform better searches. You will also learn to create, store, edit, and share documents with your device using appropriate apps, software, or web-based tools. Please bring your own device if available.

Minocqua	5156	10/2 - 10/4	TTh	1 PM - 4 PM	\$30	Ley
Minocqua Public Library		2x			62+ \$24	
Rhineland	5148	10/8 - 10/10	MW	5 PM - 8 PM	\$30	Ley
Nicolet - Northwoods Center 110		2x			62+ \$24	

Up and Running with Google Photos

Google Photos has become the favorite app for backing up and storing the thousands of flower or dog photos we've taken over the years. Not only does it have free unlimited storage, built in tagging tools, and 'Rediscover This Day', it also automatically groups your photos and videos creating animations, collages, movies, and stories. Become familiar with the app on all devices. We'll start by setting up the app, making sure the app is logged into your Google account, and syncing properly. Learn how to work with all your photos on the Google website using fantastic built-in tools. We'll talk about how to view and organize your photos and search for that photo you want and look at the built-in editing tools and sharing options, so you can send photos to your friends and family.

Rhineland	5171	9/17 - 9/19	MW	5 PM - 8 PM	\$30	Ley
Nicolet - Northwoods Center 110		2x			62+ \$24	

Which App is for Me?

There really is an app for just about anything these days, and there are millions to choose from. How do you know which ones are worth downloading? Do you want to know more about apps and the kinds of things they can do for you? We will explore some of the different kinds of apps as well as extensions for your browser that can be useful tools for you. We will also share our favorite apps as we learn more about what apps can do.

Rhinelanders	5147	10/1 - 10/3	MW	5 PM - 8 PM	\$30	Ley
Nicolet - Northwoods Center		110	2x		62+ \$24	
Manitowish Waters	5145	10/16 - 10/18	TTh	4 PM - 7 PM	\$30	Ley
North Lakeland			2x		62+ \$24	
Elementary School						

Clearing up Computer Confusion

Are you technology challenged? Do you just want to check your email, look at photos, and do some online shopping, but somehow things always manage to go wrong? If you're still wondering "what is the cloud, anyway?", this is your class. Content is based on "how do I" questions from previous class participants, and should clear up confusion on operating systems, updates, browsers, email, and web apps. No matter who set up your device, you'll better understand password use, safety, and security. This class is appropriate for all Internet devices such as smartphones, tablets, iPads, and computers.

Manitowish Waters	5143	11/13 - 11/15	TTh	4 PM - 7 PM	\$30	Ley
North Lakeland			2x		62+ \$24	
Elementary School						
Rhinelanders	5153	11/26 - 11/28	MW	4 PM - 7 PM	\$30	Ley
Nicolet - Northwoods Center		110	2x		62+ \$24	

A Guide to Google Tools

Whether you're a novice or a seasoned expert, you'll likely to find something in this comprehensive class of tips, tricks, and hacks to add to your own productivity toolbox. Google Search, Drive, Keep, Calendar, and Email make up the five most highly-rated Google tools, and there are numerous extras included in these apps that many people aren't aware of. Learn about browser extensions and how to use them, mind maps, forms, voice search, mobile apps, and more. If you're looking to make the most efficient use of these handy apps, this class is for you.

Rhinelanders	5149	10/15 - 10/17	MW	4 PM - 7 PM	\$30	Ley
Nicolet - Northwoods Center		110	2x		62+ \$24	
Manitowish Waters	5144	10/30 - 11/1	TTh	4 PM - 7 PM	\$30	Ley
North Lakeland			2x		62+ \$24	
Elementary School						

Protect Data and Avoid Identity Theft

Can you recognize a scam or if you are being trolled on social media? How safe is Wi-Fi Internet access? How do bad guys get inside your smartphone? How do you know if those strange warning messages you receive are legitimate? Personal computers, laptops, tablets, and smartphones can be targets for online criminals. Be smart and don't give thieves and predators an opportunity to gain access to your personal and financial information. This class will cover numerous ways you can protect your devices and data, including tips for protecting yourself on home or public Wi-Fi, social media, safeguarding your smartphone, identifying safe emails and text messages to avoid phishing, using/updating strong passwords, apps to protect you, protection of your credit/debit cards, and what to do when you think a scammer has contacted you.

Minocqua Minocqua Public Library	5157	10/16 - 10/18 TTh 2x	12 PM - 3 PM	\$30 62+ \$24	Ley
Rhineland Nicolet - Northwoods Center 110	5150	10/29 - 10/31 MW 2x	4 PM - 7 PM	\$30 62+ \$24	Ley
Rhineland Nicolet - Northwoods Center 110	5152	11/12 - 11/14 MW 2x	4 PM - 7 PM	\$30 62+ \$24	Ley

Cybersecurity Crimes

Every day in the news we hear of cyber threats and crimes. Many wonder what the next attack will look like and who will be affected. Do you want to become more familiar with cyber security crimes, who they impact, and how they operate to steal your data? Explore how cybersecurity teams identify threats and protect your customer information, how people are preyed upon using Facebook and other social media, how nation-based hackers operate, and learn how to know and what to do if you are being trolled. We'll share tips for spotting and dealing with social media trolls and identify how to be safer while browsing social media sites.

Rhineland Nicolet - Northwoods Center 110	5151	11/5 - 11/7 MW 2x	4 PM - 7 PM	\$30 62+ \$24	Ley
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PROFESSIONAL DEVELOPMENT

NON-PROFIT MANAGEMENT

Grant Writing for Non-Profits

The Center for Innovative Change (CIC) is pleased to partner with Nicolet College to present *Grant Writing for Non-Profits*. The course will include new information on seeking and requesting foundation and private corporation funding. Learn about ways to present your request for funding with clear objectives and achievable outcomes that will demonstrate a positive impact for your program and the community, as well as for the funding agency.

Participants will learn about federal, state, private, and foundation funding, including hands-on exercises and updated handouts and templates. Bring your laptop or one will be provide for you. This is an interactive training that provides many resources for you to maximize effective grant making efforts.

Instructor is Beckie Murdock is a national speaker and has more than 20 years' experience writing and managing grants, projects, and cooperative agreements. She is a certified grant writer and has put into practice what she teaches. She has been successful in receiving numerous grants totaling millions of dollars.

Rhinelanders	5093	9/18 - 9/19	TW	9 AM - 4:30 PM	\$250	Murdock
Fieldside Center 102		2x			62+	\$203.03

Leadership Skills for Non-Profits

The Center for Innovative Change (CIC) has partnered with Nicolet College to present *Leadership Skills for Non-Profit Organizations*. The course is designed for small businesses and non-profit organizations interested in ways to influence the performance of others and work effectively with employees, volunteers, and the community they serve. The training will focus on motivation, communication, and active listening to enhance relationships and achieve positive outcomes.

Participants will learn to evaluate their approach to supervising others, use targeted communication techniques, and assess opportunities to enhance leadership skills. Attend this course to obtain leadership tools and resources to be effective within your organization, to affect personnel behavior, and to enhance personal performance.

Rhinelanders	5092	10/9 - 10/10	TW	9 AM - 4:30 PM	\$250	Murdock
Fieldside Center 102		2x			62+	\$203.03

ENTREPRENEURIAL & SMALL BUSINESS

FREE
EVENT

Project Management Fundamentals

Get projects done on time and with less stress using professional project management tools. In this free workshop, you'll learn why project management is important regardless of your role or size of your organization. Almost anyone involved in the planning and execution of tasks can benefit from completing them in an efficient, timely, and comprehensive manner. Michael Boyer, Vice President and Principal Consultant for Project Technologies Group, will introduce you to the role of a project manager and the 10 project management knowledge areas and the 5 process groups of which they fall into in order to effectively manage projects successfully.

Thursday, September 20, 2018

5:30 - 6 pm	Networking and refreshments
6 - 7:30 pm	Presentation
7:30 - 8 pm	Real-world applications

Nicolet College Theatre and commons

Sign up at nicoletcollegepm.eventbrite.com

Michael Boyer has worked more than 25 years in the construction industry, occupying nearly every role of a project team from craft worker to Project Manager and a Corporate Director. He has experience in a multitude of project types and delivery methods. During his career he has taught, coached and mentored internal project teams, trade craftspersons managers, and top rated engineering and construction companies.

Michael also served in Army National Guard for over 30 years where he retired as a Master Sergeant. He is a combat veteran and as part of his long career, spent many years as an Army Instructor training US and Foreign soldiers, in both junior and senior roles, military leadership, and combat operations. Michael is presently VP and Principal Consultant for Project Technologies Group, a consulting firm that provides project management solutions, training, and services to help companies to improve efficiency and project success through effective project management.



NET

Nicolet Entrepreneurial Training

Build the business of your future from idea... to launch... to sustainability!

NET: EXPLORING ENTREPRENEURSHIP

FREE WORKSHOP!

Do you have an idea for a new business but don't know how to turn that idea into reality? Have you already started a business and want to improve your chance of success? No matter what type of business you're considering or where you are in the process, this information-packed workshop will help you find answers to your questions and get connected to the people and resources to help you succeed. You'll leave this workshop with an individualized action plan to assess the feasibility of your business idea and determine your entrepreneurial readiness.

Tuesday, August 21, 2018 from 6 - 7:30 PM
Vilas County Incubator, Hwy 70 Business Park
4825 Hwy 70 West, Eagle River, Wisconsin 54521

Please register online at nicoletnet.eventbrite.com



Can't make this event?

Other dates and locations may be available in your area. For more information, call 715.365.4905 or email workforcedevelopment@nicoletcollege.edu



NET: BUSINESS BLUEPRINT COURSE *7 Weekly Sessions*

This practical, fast-paced course will cover all aspects of business planning and give you the tools and framework for creating a solid business plan, an essential guide and blueprint for success. Over seven weeks, you'll hear from experts in the fields of banking and financing, business law, insurance, accounting, marketing, and more. Designed for both new and existing business owners, this course offers access to industry and market research tools, individualized support and guidance, and resources to help transform your dreams and ideas into reality.

CLASS INFORMATION

Wednesdays, September 12 – October 24, 2018 5:30 – 8:30 PM
Vilas County Incubator Hwy 70 Business Park
4825 Hwy 70 West Eagle River, Wisconsin 54521

Cost: The NET Business Blueprint course is valued at \$495 per person. Vilas County residents can apply for full funding through the Juday Entrepreneurial Scholarship Program. Residents outside Vilas County can apply for partial funding through a grant with the Wisconsin Economic Development Corporation (WEDC).

Prerequisite: Completion of NET: Exploring Entrepreneurship workshop or instructor recommendation. Other locations and dates may be available in your area. For more information call 715.365.4905 or email workforcedevelopment@nicoletcollege.edu

PUBLIC SAFETY

CPR & First Aid

AHA Heartsaver CPR AED

This course includes adult, child, and infant CPR, use of an Automated External Defibrillator (AED), and how to care for someone who is choking. It is intended for public education and may not be recognized for professional rescuer certification. American Heart Association Heartsaver CPR/AED certification will be awarded upon successful completion of the course. Textbooks are included in the tuition and will be distributed at the start of class.

Rhinelanders Nicolet - Birchwoods Center 105	5016	9/13 1x	Th	6 PM - 10 PM	\$39.92 62+ \$26.5	Hazelquist
Rhinelanders Nicolet - Birchwoods Center 105	5017	11/8 1x	Th	6 PM - 10 PM	\$39.92 62+ \$26.50	Hazelquist

AHA Heartsaver First Aid CPR AED

Learn the first aid skills needed to assist a person who is suffering a medical emergency or traumatic injury. Adult, child and infant CPR, use of an Automated External Defibrillator (AED), and how to care for someone who is choking is included. Participants will learn how to recognize the signs of four major emergencies: heart attack, stroke, cardiac arrest, and foreign-body airway obstruction. American Heart Association Heartsaver First Aid/CPR/AED certification will be awarded upon successful completion of the course. Textbooks are included in the tuition and will be distributed at the start of class.

Rhinelanders Nicolet - Birchwoods Center 105	5023	9/4 - 9/6 2x	TTh	6 PM - 9:30 PM	\$53.34 62+ \$26.50	Jennejohn
Rhinelanders Nicolet - Birchwoods Center 105	5024	10/20 1x	S	8 AM - 3:30 PM	\$53.34 62+ \$26.50	Jennejohn
Rhinelanders Nicolet - Birchwoods Center 105	5025	11/12 - 11/14 2x	MW	6 PM - 9:30 PM	\$53.34 62+ \$26.50	Jennejohn
Rhinelanders Nicolet - Birchwoods Center 105	5026	12/17 - 12/19 2x	MW	6 PM - 9:30 PM	\$53.34 62+ \$26.50	Hazelquist

AHA Basic Life Support

The American Heart Association's Basic Life Saver (BLS) Course has been updated to include science and education from the 2015 Guidelines Update for CPR and ECC. Many healthcare industries and professionals are required to have this level of CPR training. This course teaches both single-rescuer and team basic life support skills for application in both prehospital and in-facility environments, with a focus on high-quality CPR and team dynamics. Adult, child, and infant CPR and Automated External Defibrillator (AED) use in addition to bag-valve mask ventilation and how to care for someone who is choking is included. American Heart Association BLS certification will be awarded upon successful completion of the course. Textbooks are included in the tuition and will be distributed at the start of class.

Rhinelanders Nicolet - Birchwoods Center 105	5018	9/17 - 9/19	MW	6 PM - 9 PM	\$42.90 62+ \$22.77	Jennejohn
Rhinelanders Nicolet - Birchwoods Center 105	5019	9/28	F	8 AM - 2:30 PM	\$42.90 62+ \$22.77	Hazelquist
Rhinelanders Nicolet - Birchwoods Center 105	5020	10/23 - 10/25	TTh	6 PM - 9 PM	\$42.90 62+ \$22.77	Hazelquist
Rhinelanders Nicolet - Birchwoods Center 105	5021	11/30	F	8 AM - 2:30 PM	\$42.90 62+ \$22.77	Jennejohn
Rhinelanders Nicolet - Birchwoods Center 105	5022	12/14	F	8 AM - 2:30 PM	\$42.90 62+ \$22.77	Clabots

AHA Basic Life Support Renewal

This is a renewal course for healthcare providers. Students must have a current BLS card to enroll. Many healthcare industries and professionals are required to have this level of CPR training. The AHA's new BLS Course has been updated to include science and education from the 2015 guidelines Update for CPR and ECC. This course teaches both single-rescuer and team basic life support skills for application in both prehospital and in-facility environments, with a focus on high-quality CPR and team dynamics. Adult, child, and infant CPR and Automated External Defibrillator (AED) use in addition to bag-valve mask ventilation and how to care for someone who is choking is included. American Heart Association BLS certification will be awarded upon successful completion of the course. Textbooks are included in the tuition and will be distributed at the start of class.

Rhinelanders Nicolet - Birchwoods Center 105	5011	9/11	T	6 PM - 10 PM	\$36.19 62+ \$22.77	Jennejohn
Rhinelanders Nicolet - Birchwoods Center 105	5012	9/21	F	8 AM - 12 PM	\$36.19 62+ \$22.77	Clabots
Rhinelanders Nicolet - Birchwoods Center 105	5013	10/9	T	6 PM - 10 PM	\$36.19 62+ \$22.77	Jennejohn
Rhinelanders Nicolet - Birchwoods Center 105	5014	11/13	T	6 PM - 10 PM	\$36.19 62+ \$22.77	Hazelquist
Rhinelanders Nicolet - Birchwoods Center 105	5015	12/7	F	8 AM - 12 PM	\$36.19 62+ \$22.77	Jennejohn

Motorcycle

Basic Rider Course (BRC)

The Basic Rider Course is the best place to start once you've made the decision to ride. This course consists of six hours of classroom work and ten hours of riding instruction. You'll learn the basics of operating a motorcycle as well as safety-oriented mental strategies to keep you safe on the road. Classes are offered in daytime, evening, and weekend formats, and successful completion will waive the WDOT skills road test (and may even earn you an insurance discount). Motorcycles and helmets will be provided for class use. Personal motorcycles are not allowed.

Prerequisite: Motorcycle Safety Foundation (MSF) eCourse required to be completed within 30 days prior to class start date. Proof of completion required, bring a copy of certification to class. To register for MSF eCourse, visit elearning.msf-usa.org.

Rhinelanders **5002** 9/8 - 9/9 SSu 8:30 AM - 4:30 PM \$264.40 Murray
Nicolet - White Pine Center 206 2x

Rhinelanders **5003** 9/22 - 9/23 SSu 8:30 AM - 4:30 PM \$264.40 Murray
Nicolet - White Pine Center 206 2x

Rhinelanders **5005** 10/6 - 10/7 SSu 8:30 AM - 4:30 PM \$264.40 Bowers/Heller
Nicolet - White Pine Center 206 2x

BRC2 License Waiver

This eight-hour course is for riders who already possess basic riding skills and are either returning to riding or are seeking a refresher course to practice and renew basic riding skills. The course includes approximately three hours of classroom and five hours of on-cycle riding exercises. Students must use their own motorcycle. Students must provide proof of insurance and be named on the policy. Motorcycle must pass T-CLOCS Inspection and be signed off by a Rider Coach. Successful completion of this course will result in a Skills Test Waiver for the Wisconsin Motorcycle License, if needed.

Rhinelanders **5004** 9/29 S 8:30 AM - 4:30 PM \$121.55 Knapp
Nicolet - White Pine Center 206 1x



OSHA Compliance & Workplace Safety

Powered Industrial Truck (PIT) Operator Safety Classroom Course

Designed for personnel who will work with powered industrial trucks such as forklifts, this course will teach students how to use the vehicles to carry, push, pull, lift, stack, or tier materials. It will better familiarize the worker with the potential health and safety concerns associated with PITs and is designed to comply with the intent of applicable regulatory requirements. Students will learn how to specify the purpose of the PIT standard (OSHA 29 CFR 1910.178), define operator training requirements, distinguish several types, recognize some general engineering principles associated with PIT safety, distinguish potential occupational health and safety concerns associated with their use and maintenance, describe safe loading and unloading methods, and identify general inspection and maintenance procedures.

Rhinelanders **5033** 10/3 W 8 AM - 2 PM \$77.50 England
Nicolet - Birchwoods Center 103 1x 62+ \$57.37

Rhinelanders **5034** 11/7 W 8 AM - 2 PM \$77.50 England
Nicolet - Birchwoods Center 103 1x 62+ \$57.37

Confined Space Attendant Entrant

Learn to work as an attendant, entrant, or supervisor in or near a Permit Required Confined Space (PRCS) according to the Occupational Safety & Health Administration (OSHA) 29 CFR 1910.146 (b-i). The class will contain a mixed classroom and field training approach. Topics to be covered include general definitions, classification of spaces, general entry requirements, permit program, permit system, and training requirements for entrants and attendants. Students will become proficient using confined space equipment including permits, harnesses, retrieval systems, atmospheric monitoring, and ventilation.

Rhinelanders **5027** 10/22 - 10/23 MT 8 AM - 1 PM \$197.50 England
Nicolet - Birchwoods Center 105 2x 62+ \$163.95

Confined Space Rescue

Provides industrial personnel who have previous confined space training to work as confined space rescuers in compliance with OSHA 1910.146 (k) and (Appendix F) [Permit – Required Confined Spaces]. Training includes an overview of rescue response considerations, receiving the call, size-up, atmospheric monitoring, and permitting. Students then perform “real time” rescue retrieval of patients in a controlled confined space training simulator, utilizing various techniques. This class will contain a mixed classroom and field training approach.

Rhinelanders **5028** 10/24 W 8 AM - 1 PM \$107.50 England
Nicolet - Birchwoods Center 105 1x 62+ \$87.37

NFPA 70E Awareness for Electrical Workers

The NFPA 70E Electrical Safety Awareness Training for Electrical Workers 4-hour Course covers the electrical safety standard developed by the National Fire Protection Association at the request of OSHA. The intent is to protect electrical workers from electrical hazards. Students will leave with a solid foundation for compliance considerations by employers who realize the importance of NFPA 70E in their workplaces. Objectives include learning how the NFPA 70E standards apply to your current job, the three most recognized electrical hazards, how an arc is created, shock and the three physiological effects of shock, and arc flash including dangers of temperature. Additional topics will include arc blast dangers, reading an arc flash hazard label, understand what an arc flash boundary is, learning how to recognize a hazardous situation using the risk assessment procedure, discuss a potentially dangerous situation and how to mitigate the risk using the Hierarchy of Methods, understanding energized electrical work, electrical personal protective equipment (PPE) including arc suits, glasses, helmets, HV gloves, test HV gloves with air tester, and how to tend to a person who has received a shock.

Rhineland	5029	10/2	T	8 AM - 12 PM	\$77.50	England
Nicolet - Birchwoods Center 103		1x			62+ \$64.08	
Rhineland	5030	11/6	T	5 PM - 9 PM	\$77.50	England
Nicolet - Birchwoods Center 103		1x			62+ \$64.08	

Fire Extinguisher Training for Workplace

This course prepares the individual to use portable fire extinguishers in compliance with the Occupational Safety and Health Administration (OSHA) 29CFR 1910.157. Skills include learning the various classes of fire, classification of different types of fire extinguishers and their extinguishing agents, and identifying the properties and hazards of fire. The participant will then practice these skills in either a controlled live fire evolution or a simulated fire evolution.

Rhineland	5031	10/4	Th	8 AM - 12 PM	\$52.50	England
Nicolet - Birchwoods Center 103		1x			62+ \$39.08	
Rhineland	5032	11/8	Th	8 AM - 12 PM	\$52.50	England
Nicolet - Birchwoods Center 103		1x			62+ \$39.08	

TRADE & INDUSTRY

Food & Beverage

Food Manager Sanitation Certification

Managers and employees in the foodservice industry will learn proper food safety procedures. The course fulfills the requirements of the Wisconsin Food Code and is the only option for those taking the examination for the first time or needing to recertify their expiring Food Manager Sanitation certification. A review of changes in the codes and regulations related to food safety and sanitation will be provided. Procedures for food preparation, sanitary work habits, cleaning and sanitizing procedures, and principles of Hazard Analysis and Critical Control Points (HACCP) will be covered. Instruction will be followed by an approved 90-question ServSafe examination. Successful completion of the examination with a score of 75% or greater will enable the student to retrieve and print their Certificate from the ServSafe website at no cost and serves as proof of certification for five years per the Department of Agriculture, Trade & Consumer Protection.

Rhinelanders	5094	9/17	M	8:30 AM - 6 PM	\$62.50	Mellinger
Nicolet - Fieldside Center 102		1x			62+ \$28.95	
Rhinelanders	5095	10/22	M	8:30 AM - 6 PM	\$62.50	Mellinger
Nicolet - Fieldside Center 102		1x			62+ \$28.95	
Rhinelanders	5096	11/14	W	8:30 AM - 6 PM	\$62.50	Mellinger
Nicolet - Fieldside Center 102		1x			62+ \$28.95	
Rhinelanders	5097	12/5	W	8:30 AM - 6 PM	\$62.50	Mellinger
Nicolet - Fieldside Center 102		1x			62+ \$28.95	

Please Note for all Food Manager Classes

Prior to the class date, students must read the required textbook: ServSafe Coursebook, 7th ed., 2017, updated with the 2013 FDA Food Code, published by the National Restaurant. A new book is approximately \$112 and includes a scantron sheet for test purposes. If you already have access to a text book you must purchase the scantron sheet separately prior to class for approximately \$43. Books and scantrons may be purchased at the Rhinelanders Nicolet location or you may request that they be mailed to you via payment by credit card. Contact the following for more details: Nicolet Bookstore 715.365.4443 or Nicolet Continuing Education 715.365.4544.

Food Manager Certification Exam

While it is highly encouraged that students take the certification course prior to the examination, you may choose to take this course that includes the examination portion only. Successful completion of the approved 90-question ServSafe examination with a score of 75% or greater will enable the student to retrieve and print their certificate from the ServSafe website at no cost and serves as proof of certification for five years per the Department of Agriculture, Trade, and Consumer Protection.

Rhinelanders Nicolet - Fieldside Center 102	5098 1x	9/17	M	4 PM - 6 PM	\$35.66 62+ \$28.95	Mellinger
Rhinelanders Nicolet - Fieldside Center 102	5099 1x	10/22	M	4 PM - 6 PM	\$35.66 62+ \$28.95	Mellinger
Rhinelanders Nicolet - Fieldside Center 102	5100 1x	11/14	W	4 PM - 6 PM	\$35.66 62+ \$28.95	Mellinger
Rhinelanders Nicolet - Fieldside Center 102	5101 1x	12/5	W	4 PM - 6 PM	\$35.66 62+ \$28.95	Mellinger

Please Note for all Food Manager Classes

Prior to the class date, students must read the required textbook: ServSafe Coursebook, 7th ed., 2017, updated with the 2013 FDA Food Code, published by the National Restaurant. A new book is approximately \$112 and includes a scantron sheet for test purposes. If you already have access to a text book you must purchase the scantron sheet separately prior to class for approximately \$43. Books and scantrons may be purchased at the Rhinelanders Nicolet location or you may request that they be mailed to you via payment by credit card. Contact the following for more details: Nicolet Bookstore 715.365.4443 or Nicolet Continuing Education 715.365.4544.

Automotive

Automotive Detailing Certification

Auto Detailing is one of the fastest growing and most popular auto appearance services. The auto detailing business is growing so quickly that the demand for professional auto detailers is off the charts. This comprehensive training program covers all aspects of professional auto detailing from A to Z. This program is packed with proven techniques for creating a show car finish. Our expert instructor will walk you through every step of the detailing process, from the interior to the exterior and under the hood. We will cover everything you need to know to maintain your own vehicle or the vehicles of clients. You will also learn how to properly use and safely handle all chemicals, machines and accessories to maximum efficiency. For more details contact 715.365.4905 or workforcedevelopment@nicoletcollege.edu

Women Road Warriors

Learn basic automobile maintenance tips and tricks to extend the life of your car and save yourself money. You will also learn basic methods to reduce fuel cost. We will show and explain to you some of the basic systems that make your vehicle work as well as explain the maintenance that they require and some of the warning signs of a component that is nearing failure. We will also show you how to check your oil and care for your tires, including how to safely change a flat tire and prepare your vehicle for cold weather. After this clinic you will be better prepared to maintain your vehicle which means that you will have a safer, more reliable vehicle, and a vehicle that is worth more when trade time rolls around.

Rhinelanders Nicolet - White Pine Center 105	5164 1x	10/6	S	9 AM - 12 PM	\$25 62+ \$21	Kolasa
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ONLINE COURSES

Visit the Continuing Education section of our website and choose Online Classes – Non Credit for more information.

nicoletcollege.edu



Learn More

Our ed2go online courses are affordable, fun, fast, convenient, and geared just for you.

- Sessions start monthly
- Convenient six-week format
- Interactive learning environment
- Instructors lead each course
- Award of completion with passing score

Professional development and personal enrichment in:

- Accounting and Finance
- Business
- Computers and Technology
- Design and Composition
- Health Care and Medical
- Language and Arts
- Law and Legal
- Personal Development
- Teaching and Education
- Writing and Publishing

Here are just a few of the classes offered:

Introduction to Microsoft Excel 2016

Become proficient in using Microsoft Excel 2016 (now available through Office 365) and discover how to create worksheets, workbooks, charts, and graphs quickly and efficiently.

\$129

Introduction to Digital Scrapbooking

Learn how to make the most of your scrapbooking talents and artistic ideas when you combine digital and traditional scrapbooking techniques.

\$79

Mystery Writing

Using vivid examples from bestselling mystery novels, this course will teach you the techniques you need to become a successful author.

\$79

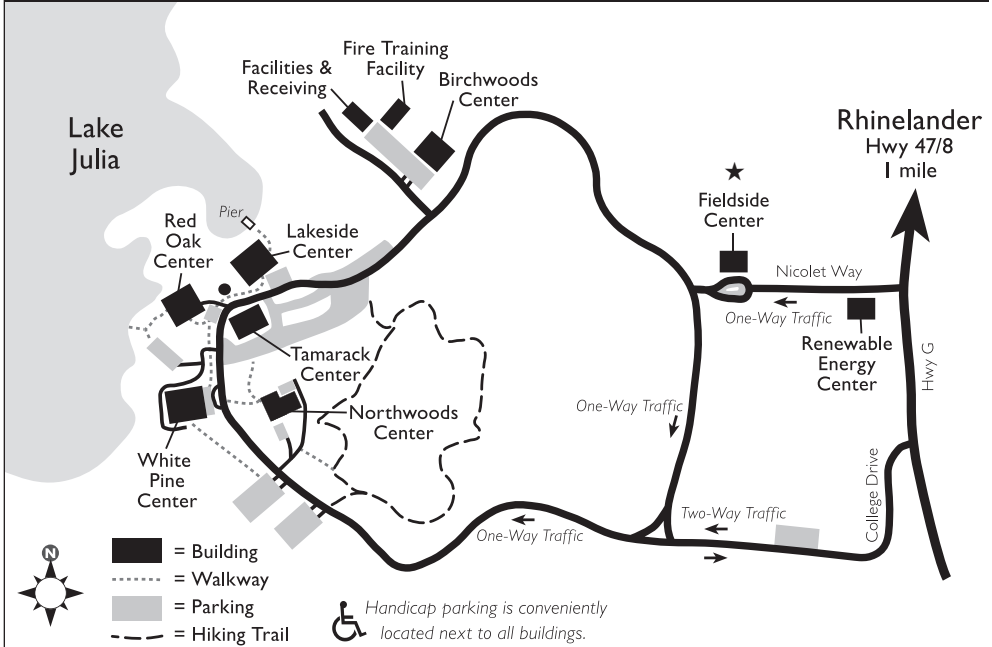
Introduction to Natural Health and Healing

Learn how to promote wellness, balance, and health in all aspects of your daily life.

\$79



Nicolet College Campus – Rhinelander



All registrations for Continuing Education and Outdoor Adventure Series offerings are now taken at the Fieldside Center on the Rhinelander Campus.

Fieldside Center
 5300 Nicolet Way
 Box 518
 Rhinelander, WI 54501

715.365.4544
 800.544.3039 ext 4544
 TTY: 800.947.3529 or 711
 Fax: 715.365.4596

nicoletcollege.edu

For your convenience we accept:



REGISTRATION INFORMATION

Register Today

MAIL-IN

Complete the registration form on the following pages and mail with payment to:

Nicolet College
ATTN: CE Registration
PO Box 518
Rhineland, WI 54501-0518

PHONE-IN

715.365.4544
800.544.3039 ext 4544
TTY: 800.947.3529 or 711

WALK-IN

Nicolet - Fieldside Center
5300 Nicolet Way
Rhineland, WI 54501

- Submit your registration form and payment at least five business days before the first day of the class.
- You will receive a confirmation of your registration, including any notes about your class, in the mail after your registration is processed.
- Senior citizen fees (for students age 62 and over) are listed below the standard fee for each class.
- Contact the Continuing Education Registration Office at 715.365.4544, or 800.544.3039 ext 4544, if you want to drop a class. To receive a refund, you must withdraw prior to the start date of the class.
- If a class is cancelled due to insufficient enrollment, you will be notified and your money will be fully refunded.
- Students will be notified if class sessions need to be cancelled due to unforeseen circumstances, such as severe weather or instructor conflicts. Refunds will not be issued unless 25% or more of the course is cancelled. Attempts to schedule makeup dates will be made.
- An email address is required if receiving a certificate of completion. If applicable to the class, Nicolet College issues digital certificates (eCertificates) and will no longer provide printed copies. This new service allows students to have permanent, online access to a secure digital version of their certificate. Students can download their electronic certificate, print it, share it on social media, and/or email it to an employer or others.
- Students who have unpaid financial obligations to the college may be ineligible to register for Continuing Education classes and will not receive certificates of course completion until financial obligations have been satisfied. Please contact the Nicolet Business Office at 715.365.4458 for more information.
- Out-of-state students (except for residents of Minnesota and Michigan where reciprocity agreements apply) may be charged nonresident tuition as required by the Wisconsin Technical College System. Nonresident tuition does not apply to personal interest or hobby courses.
- **Cancellation and Refund Policy for Outdoor Adventure Classes**
If you are unable to attend a confirmed class, for any reason, please notify us at 715.365.4544 or 800.544.3039 ext 4544 as soon as possible. Cancellations made less than ten days prior to departure or no-shows may not receive a refund. This policy is effective for all trips unless otherwise noted.

715.365.4544 or 800.544.3039 ext 4544



Continuing Education Registration Form

PLEASE PRINT

First Name _____ **MI** _____ **Last Name** _____ **Social Security # or Nicolet Student ID #** _____
Home Mailing Address _____ **City** _____ **State** _____ **Zip** _____
Phone: Home _____ **County of Residence** _____ **Municipality of Residence** _____ / _____ / _____
 (Township/Village/City)
Gender: Male Female **Email Address** *Required if receiving Certificate of Completion _____ **High School District of Residence** _____

THE FOLLOWING INFORMATION IS FOR STATE REPORTING PURPOSES. INFORMATION PROVIDED WILL NOT INFLUENCE COURSE ADMISSION.

Ethnicity: Are you Hispanic or Latino (regardless of race)? Yes No **Highest Educational Grade Completed:** _____
Race: (Check all that apply)
 American Indian or Alaska Native Native Hawaiian or other Pacific Islander No Credential GED HSED HS Diploma
 Black or African American White Some College Short-Term Diploma 1-Year Diploma 2-Year Diploma
 Associate Degree Associate Degree + Additional Credential Baccalaureate More than Baccalaureate

Class Title	Section Number	Dates	Location	Fee/Sr. Fee
TOTAL FEES:				

FOR MORE INFORMATION:
 Call 715.365.4544 or 800.544.3039 ext. 4544
MAIL TO:
 Nicolet College
 Attn: CE Registration
 PO Box 518
 Rhinelander, WI 54501

PAYMENT METHOD: Check/Money Order (Payable to Nicolet College) MasterCard Visa Discover
 Card Account Number: _____
 Expiration Date: _____ / _____ / _____
 Verification Code: _____ (from signature line on back of credit card)
 Cardholder Signature: _____

Social Security number is required if claiming a deduction for tax purposes (does not apply to Community Education classes).



Continuing Education Registration Form

PLEASE PRINT

First Name _____ MI _____ Last Name _____ Social Security # or Nicolet Student ID # _____
 Home Mailing Address _____ City _____ State _____ Zip _____
 Phone: Home _____ Phone: Cell Work _____ County of Residence _____ Municipality of Residence _____ / _____ / _____
 Gender: Male Female _____ Email Address *Required if receiving Certificate of Completion _____ High School District of Residence _____

THE FOLLOWING INFORMATION IS FOR STATE REPORTING PURPOSES. INFORMATION PROVIDED WILL NOT INFLUENCE COURSE ADMISSION.

Ethnicity: Are you Hispanic or Latino (regardless of race)? Yes No Highest Educational Grade Completed: _____
 Race: (Check all that apply)
 American Indian or Alaska Native Native Hawaiian or other Pacific Islander GED HSED HS Diploma
 Asian Black or African American White Some College Short-Term Diploma 1-Year Diploma 2-Year Diploma
 Associate Degree Associate Degree + Additional Credential Baccalaureate More than Baccalaureate

Class Title	Section Number	Dates	Location	Fee/Sr. Fee
FEES ARE DUE WITH REGISTRATION			TOTAL FEES:	

FOR MORE INFORMATION: Call 715.365.4544 or 800.544.3039 ext. 4544
MAIL TO: Nicolet College, Attn: CE Registration, PO Box 518, Rhinelander, WI 54501
PAYMENT METHOD: Check/Money Order (Payable to Nicolet College) MasterCard Visa Discover
 Card Account Number: _____
 Expiration Date: _____ / _____ / _____
 Verification Code: _____ (from signature line on back of credit card)
 Cardholder Signature: _____

Social Security number is required if claiming a deduction for tax purposes (does not apply to Community Education classes).



**NICOLET
COLLEGE**

Nicolet College
5364 College Drive
PO Box 518
Rhineland, WI 54501-0518

NICOLET COLLEGE MISSION

In service to the people of Northern Wisconsin, we deliver superior community college education that transforms lives, enriches communities, fosters economic development, and expands employment opportunities.

Nicolet College Continuing Education

715.365.4544

800.544.3039 ext 4544

TTY: 800.947.3529 or 711

FAX: 715.365.4596

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twitter.com/nicoletcollege

Nicolet College does not discriminate on the basis of race, color, national origin, sex, disability, or age in employment, admissions, or its programs or activities.