



NICOLET
COLLEGE

CONTINUING EDUCATION & OUTDOOR ADVENTURE

FALL 2019
SEPTEMBER - DECEMBER

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REGISTER TODAY



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HOW TO READ A COURSE LISTING

Donut Making

Make your donut dreams come true! We'll make yeast style donuts that get deep fried and baked as well as cake style donuts with a variety of delicious glazes and decorations.

	SECTION #	NUMBER OF SESSIONS	DAY(S) OF WEEK	TIME	REGULAR FEE	SENIOR FEE IF OVER 62	INSTRUCTOR
Eagle River Sonny Bees Honey Farm	5466	10/3 1X	Th	10 AM - 1 PM	\$31 62+ \$27		Reeder

PROJECTNORTH

CREATE + SUSTAIN

SEPT 26 - 28, 2019

RHINELANDER, WI

^ Shook Twins ^

Bad Bad Hats ^ Reina del Cid

^ McNasty Brass Band ^

Scott Kirby+Friends ^ Humbird

^ Har-di-Har ^ Armchair Boogie ^

^ Purple Funk Metropolis ^

Radiochurch ^ Paco Fralick ^ Wurk

projectnorth.org

ArtStart



NICOLET
COLLEGE



A festival of eclectic concerts, thought-provoking art, inspired food + a commitment to environmentally conscious education + practices.



Kick off your Project North Festival weekend!

Opening Reception

32nd Northern National Art Competition

Thursday, September 26, 2019 at 5 PM

Nicolet College Art Gallery, Northwoods Center

Take a leisurely walk through our gallery to check out this year's exhibition while enjoying a glass of wine and hors d'oeuvres to the sounds of a string quintet. Join Juror Scott Stulen of Tulsa's Philbrook Museum of Art as he offers his comments on the curation of this respected national show. Co-sponsored by the Northern Arts Council and Nicolet College.

Tickets are \$20 and may be purchased online at artstartrhinelander.org/programs/soa2019/ or at Trig's Customer Service desk, Diane's Frame Shoppe, or from NAC board members.

For more information, contact Lisa Sage, Community & Cultural Engagement Coordinator, at 715.365.4533 or lsage@nicoletcollege.edu

OUTDOOR ADVENTURE

On the Hunt for Lake Superior Agates

Everything agates will be the topic of the day for this class which will include ample opportunity to search for highly-prized Lake Superior Agates. The day will start with a breakfast presentation by agate expert Glen Bayless, who'd been intrigued by the mystical stones ever since he was a little kid searching Lake Superior beaches with his grandpa. Morning topics will include agate geology, what to look for to identify an agate amidst hundreds of other rocks, and also information on the best places to find agates in the Lake Superior region. After breakfast Glen will lead us to a local quarry where there's a high probability everyone will find at least one agate to take home. Next we'll head to Canal Park on the shores of Lake Superior to end the day where Glen will share beachcombing tips and tricks that he's learned over nearly 50 years of hunting for agates on The Big Lake.

Instructor: Glen Bayless

9 am - 4 pm

Saturday, Sept. 21

Meet at Perkins Restaurant

103 E Second St, Superior, WI

\$35 (Does not include breakfast)

Strenuousness rating: 2 – Slightly strenuous but does not require prior physical conditioning.



The Wisconsin River Experience

Add some quality outdoor time to your visit to the Project North Festival by joining us on this guided paddle down a scenic section of the Wisconsin River just north of Rhinelander. Once a veritable highway for Native Americans, fur traders, and lumberjacks traveling up and down the river, the water flows quieter now. Look up to see a bald eagle. Check the bank for playful otters who call the river home. Maybe a whitetail deer will come down for a drink. The river is rich with life.

Participants must have at least some experience paddling a canoe or kayak. Plan on being on the water for about two to three hours, depending on the pace we travel. Kayaks and canoes are available for rent. Note that late September weather in Northern Wisconsin is variable. Sometimes warm, other times on the cool side. Dress accordingly.

Guides: Terry Rutlin and Dan Clausen

10 am - 2 pm

Friday, Sept. 27

Meet at McNaughton Bridge. Directions: From the village of McNaughton located 5 miles north of Rhinelander along Hwy. 47, travel east on Bridge Road for approximately two-thirds of a mile to the boat landing. We'll take out at the Apperson Boat Landing. A shuttle back to your car will be provided. See page 1 for more information about the Project North Festival.

\$35

\$55 with canoe or kayak rental

Strenuous rating: 3 – Some physically demanding aspects. Requires some endurance.

Introduction to Fall Photography

The splendor of Fall in the Northwoods will come into sharp focus in this class designed for beginning outdoor photographers looking to take their skills to the next level. The morning will start with about an hour in the classroom. We'll cover camera settings, how these settings interact with each other, principles of composition, how to read light, and what settings work best for the outdoors. Then we'll head outside and tour a number of locations on Nicolet's scenic Lake Julia Campus to refine our outdoor photography skills. Ample one-on-one instruction will be available. It is recommended that students bring a Digital Single Lens Reflex (DSLR) camera. Students should also bring the camera's manual to class.

Instructors: Jack Flint and Terry Rutlin

9 am - noon

Saturday, Oct. 12

Nicolet College Campus – Red Oak Center – Fireside Room

\$30

Strenuous rating: 2 – Slightly strenuous but does not require prior physical conditioning.





Primitive Fire Starting

By learning the ancient bushcraft skill of primitive fire starting, you'll be able to quickly and effectively make a fire in any weather condition. We'll cover various materials for preparing the best tinder and the proper technique and equipment used for ferrocerium rod flint and steel fire starting. After this course, you'll have all the means to get a blaze going wherever and whenever needed. Everyone will receive a ferrocerium rod flint with striker to keep. If you have your own rod flint, or survival knife, you are encouraged to bring that as well.

Instructor: Andrew Warner

5 - 7 pm

Friday, Oct. 18

Nicolet College Campus – The Point – Meet at the Red Oak Center entrance

\$25

Max: 10

Strenuousness rating: 1 – Not strenuous.

Homesteading Skills: Speedy Applesauce Canning

Preserving the bounty of the fall harvest is a long-standing tradition in homesteading households. One way generations have accomplished this is through the classic art of canning. Learn about all of steps, equipment, and techniques necessary in this class where we will use the water bath canning method to preserve jars of applesauce. We'll set up a series of stations in assembly-line fashion and then individuals will rotate through each station so everyone learns each step. Students will need to bring the apples, 30 pounds max., and we'll supply all of the equipment and jars. Note that we will keep organic apples separate from conventional ones. Each individual will go home with jars of homemade canned applesauce that is proportional to the number of apples they bring in. Note that this canning technique can be applied to a wide variety of fruits and vegetables.

Instructor: Mike Haasl

8 am - noon

Saturday, Oct. 5

Nicolet Culinary Arts Kitchen – Northwoods Center

\$35

Strenuousness rating: 1 – Not strenuous

*Make it a day with us Saturday, Sept. 7.
Learn to Hunt Grouse in the morning and then how to cook these
tasty treats and other Wild Game in the afternoon!*

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.

Instructors: Scott Biscobing and Terry Rutlin

9 - 11 am

Saturday, Sept. 7

Nicolet College - Fieldside Center 106

\$20

Strenuousness rating: 1 – Not strenuous

Wild Game Cooking

Savor in the delights of learning exquisite wild game cooking techniques from two gentleman who excel in this culinary arena almost as much as they do out hunting in the field. See what it takes to make outstanding dishes with everything from grouse to dove and pheasant to venison. Duck tacos anyone? How about grilled dove in remoulade? Maybe bacon-wrapped marinated venison backstrap is more your taste? If you are looking to up your culinary game, this class is for you!

Instructors: Todd Berg and Joe Hein

Noon - 3 pm

Saturday, Sept. 7

Nicolet College Campus – Northwoods Center – Culinary Arts Kitchen

\$40 – includes food tasting

Strenuousness rating: 1 – Not strenuous



Fishing from a Pedal Kayak

Fishing from a kayak offers a degree of quiet stealth other boats can't match. Now rig that kayak specifically for fishing and make it pedal powered to free up your hands and you have all the makings for loads of piscatorial entertainment. Individuals in this class will take to fish-rich Brandy Lake in Arbor Vitae to learn the finer points of maneuvering a pedal kayak and about the modern rigging involved to enhance the experience. Other elements of this increasingly popular style of fishing will include casting technique and how to use the craft to troll for game fish. Both single and tandem boats are available. The price of this class includes the use of a pedal kayak. No need to rent a boat if you do not own one. Students will need to provide their own fishing gear.

Instructor: Tim Lindquist

1 - 4 pm

Friday, Sept. 20

Brandy Lake Boat Landing, Arbor Vitae

\$30

Strenuousness rating: 2 – Slightly strenuous but does not require prior physical conditioning.





Fly Tying

Fish caught with flies you've tied yourself are in a category all their own. Learn all the skills necessary in this introductory class that will cover all of the equipment, materials, and techniques needed to tie your own flies. Materials and most tools will be provided. Along with tying at least four different, common kinds of flies, each using different tying techniques, you will be given many other tips and suggested resources that will expand your tying skills. The instructor has a limited number of vises, so if you are interested in the course, contact the instructor and let him know whether you have your own you can bring, need to borrow one, or would like to purchase one. Prices range from between \$15 and \$25 for less expensive ones. This eight-hour course is spread over two four-hour days.

Instructor: Robert Paine

1 - 5 pm

Sundays, Oct. 13 and 20

The Gentleperson's Sport

N9415 Wilderness Drive, Tomahawk

\$55 includes both sessions

Strenuous rating: 1 – Not strenuous.

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.

PERSONAL ENRICHMENT

ARTS & CRAFTS

Ceramics

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.

Rhinelanders	5353	9/11 - 10/16	W	6 PM - 8:30 PM	\$145	Rustick
Nicolet - Tamarack Center 211		6X			62+	\$129

Rhinelanders	5355	10/30 - 12/4	W	6 PM - 8:30 PM	\$145	Rustick
Nicolet - Tamarack Center 211		6X			62+	\$129

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	5438	10/2 - 11/6	W	5:30 PM - 8:30 PM	\$172	Trojan
Lakeland High School		6X			62+	\$154
119 Ceramics Lab						

Advanced Studio Ceramics

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.

Rhinelanders	5352	9/9 - 10/14	M	6 PM - 8:30 PM	\$165	Rustick
Nicolet - Tamarack Center 211		6X			62+	\$149

Rhinelanders	5354	10/28 - 12/2	M	6 PM - 8:30 PM	\$165	Rustick
Nicolet - Tamarack Center 211		6X			62+	\$149

Drawing

Sketching Birds

Learning to sketch birds allows us to see details that can help with identifying birds in the field and leads us to a 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. Participants will leave with more confidence in sketching birds and better identification skills.

Rhinelanders	5430	10/20	Su	1 PM - 4 PM	\$28	Reilly
Nicolet - Tamarack Center	213	1X			62+ \$24	
Woodruff	5432	12/1	Su	1 PM - 4 PM	\$28	Reilly
Northwoods Unitarian		1X			62+ \$24	
Universalist Fellowship						

Painting

Asian Watercolor: Expressions of the Northwoods

Learn the basics of Asian watercolor. In these classes, the focus will be on painting birds of the Northwoods: eagles, owls, cranes, and loons. The instructor will demonstrate both the “free-style” and “bone-style” methods. Students can contact the instructor to see examples in advance. Basic supplies provided include sumi ink and sumi stick, various sized Asian brushes and watercolor papers, suzuri ink stone, felt mat, and 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. The instructor has extra supplies for use during the class and also supplies for purchase.

Woodruff	5427	9/15 - 9/29	Su	1 PM - 4 PM	\$59	Reilly
Northwoods Unitarian		3X			62+ \$49	
Universalist Fellowship						
Woodruff	5431	11/3 - 11/17	Su	1 PM - 4 PM	\$59	Reilly
Northwoods Unitarian		3X			62+ \$49	
Universalist Fellowship						

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. Enthusiastic beginners welcome.

Minocqua	5385	9/5 - 10/24	Th	1 PM - 4 PM	\$99	Schnell
Torpy Room		7X			62+ \$77	
Class will not meet 9/19						
Minocqua	5386	10/30 - 12/12	W	1 PM - 4 PM	\$99	Schnell
Torpy Room		7X			62+ \$77	

Painting a Harbor Sunset

The warm colors in this quaint scene of a harbor at sunset with rustic buildings with decking, posts, roping, and water with distant ships on the horizon make the picture come alive. This project is completed on an 8" x 10" canvas. No. 2, 4, and 6 bright brushes and a 0 liner will be needed along with brush cleaner, paper towels, and graphite paper. Bring a lunch.

Rhineland	5407	9/17	T	9 AM - 3 PM	\$46	Luzenski
Nicolet - Tamarack Center 213		1X			62+ \$40	

Painting a Seagull in Flight

This is an exciting picture of a seagull in flight with a blue sky background and white fluffy clouds. The warm colors of the seagull's feathers make this a painting you will want to do more than once. This is an oil painting project. No. 2, 4, and 6 bright brushes and a 0 liner will be needed along with brush cleaner, paper towels, and graphite paper. Bring a lunch. This oil painting project is open to students of all levels.

Rhineland	5408	10/8 - 10/15	T	9 AM - 2:30 PM	\$66	Luzenski
Nicolet - Tamarack Center 213		2X			62+ \$54	

Red Admiral and Geraniums

This flashy butterfly with its bright red bands along with red geraniums creates a spectacular oil painting. This is a Sherry Nelson project from the book, *Butterflies in My Garden*. Backgrounds will be done in class. This can be painted on an 8" x 10" masonite board or other surface of your choice, such as a wood plate. Open to students of all levels. Students will need No. 2, 4, and 6 bright brushes and a 0 liner along with brush cleaner, paper towels, and graphite paper. Bring a lunch.

Rhineland	5409	10/10 - 10/17	Th	9 AM - 2:30 PM	\$66	Luzenski
Nicolet - Tamarack Center 213		2X			62+ \$54	

Vermont Covered Bridge Painting

Welcome fall and take a step back in time to a quiet era with a wonderful painting of the end of summer's lush green trees over a pathway to a covered bridge. This is an oil painting project that is open to students of all levels. You will need No. 2, 4, and 6 bright brushes and a 0 liner along with a mop brush, paper towels, graphite, and brush cleaner. Bring a lunch.

Rhineland	5410	11/12 - 11/19	T	9 AM - 3 PM	\$66	Luzenski
Nicolet - Tamarack Center 213		2X			62+ \$54	

Between the Branches Painting

The vibrant colors in these gorgeous red apples will look spectacular on a masonite board or a large wood plate and be a bright spot for your Christmas décor. You will need No. 2, 4, and 6 bright brushes and a 0 liner along with brush cleaner, paper towels, and graphite paper. Bring a lunch.

Rhineland	5411	12/10 - 12/17	T	9 AM - 2:30 PM	\$66	Luzenski
Nicolet - Tamarack Center 213		2X			62+ \$54	

Mixed Media Painting

Whether you are an experienced artist or just beginning to paint, explore the different mediums available including acrylic, watercolor, and oils. After choosing the medium you want to use, you'll be guided through painting/brush techniques, paper/canvas selection and preparation, and picture composition.

Minocqua Torpy Room	5363	9/10 - 10/8 5X	T	9 AM - 12 PM	\$81 62+ \$65	Olsen
Minocqua Torpy Room	5364	10/15 - 11/12 5X	T	9 AM - 12 PM	\$81 62+ \$65	Olsen
Minocqua Torpy Room	5365	11/19 - 12/17 5X	T	9 AM - 12 PM	\$81 62+ \$65	Olsen

Stained Glass

Stained Glass All Levels

Here is your opportunity to create your own stained glass panel. Using the foil method, you will learn to design, cut, grind, and solder to finish your chosen project. No experience is necessary, and the class is open to all skill levels. All necessary materials will be provided, but a suggested materials list will be sent to you upon registration.

Rhinelanders Nicolet - Northwoods Center 114	5397	9/12 - 10/17 6X	Th	6 PM - 9 PM	\$94 62+ \$76	Tyler
Rhinelanders Nicolet - Northwoods Center 114	5398	11/7 - 12/19 6X	Th	6 PM - 9 PM	\$94 62+ \$76	Tyler

Class will not meet 11/28.

Unique Art

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.

Rhinelanders Nicolet - Tamarack Center 213	5424	11/16 1X	S	10 AM - 2 PM	\$65 62+ \$61	Reeder
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Sewing

Self Paced Sewing

Self paced sewing is just what the title says, each person works at their own speed and on their own project. This class is designed for the beginner to the advanced. Learn your new sewing machine, whether it is a basic machine or an embroidery machine; sergers are also welcome. Help is available on projects in all types of sewing from garments to window treatments to piecing quilts and quilting quilts. If you can imagine the project, it could be possible with a little help.

Tomahawk Bradley Town Hall	5433	9/5 - 9/19 3X	Th	12 PM - 4 PM	\$55 62+ \$43	Smith
Tomahawk Bradley Town Hall	5434	10/17 - 10/31 3X	Th	12 PM - 4 PM	\$55 62+ \$43	Smith
Tomahawk Bradley Town Hall	5435	11/7 - 11/21 3X	Th	12 PM - 4 PM	\$55 62+ \$43	Smith
Tomahawk Bradley Town Hall	5436	12/5 - 12/19 3X	Th	12 PM - 4 PM	\$55 62+ \$43	Smith
Minocqua Ascension Lutheran Church	5366	9/6 - 9/27 4X	F	9:30 AM - 3 PM	\$76 62+ \$60	Robinson
Minocqua Ascension Lutheran Church	5371	10/4 - 10/25 4X	F	9:30 AM - 3 PM	\$76 62+ \$60	Robinson
Minocqua Ascension Lutheran Church	5376	11/1 - 11/22 4X	F	9:30 AM - 3 PM	\$76 62+ \$60	Robinson
Minocqua Ascension Lutheran Church	5381	12/6 - 12/20 3X	F	9:30 AM - 3 PM	\$57 62+ \$45	Robinson

Single Session options available for Minocqua from 9:30 AM - 3 PM for \$22 or 62+ \$17

5368 9/13	5373 10/11	5378 11/8	5383 12/13
5369 9/20	5374 10/18	5379 11/15	5384 12/20
5370 9/27	5375 10/25	5380 11/22	
5372 10/4	5377 11/1	5382 12/6	

Learning Never Retires

Learning in Retirement is created for and directed by retired and semi-retired Northwoods residents. The program offers short-term learning experiences in a relaxed, informal, and friendly environment. This is learning for the sheer pleasure of it. There are no grades, no tests, and no required attendance.

Become a Member

Contact Learning in Retirement to ask questions and learn about becoming a member.

P: 715.365.4491 or 800.544.3039 ext 4491

E: LIR@nicoletcollege.edu



NICOLET COLLEGE

learning in retirement

FOOD & COOKING

Donut Making

Make your donut dreams come true! We'll make yeast style donuts that get deep fried and baked as well as cake style donuts with a variety of delicious glazes and decorations.

Eagle River	5466	10/3	Th	10 AM - 1 PM	\$31	Reeder
Sonny Bees Honey Farm		1X			62+ \$27	

Cooking with Cast Iron

Generations of chefs and home cooks have prized cast-iron cookware for its versatility in the kitchen. It retains heat exceptionally well, making it ideal for braising, one-pot meals, grilling meats and vegetables, and so much more. Making the most of your cast-iron cookware, we'll prepare pull-apart garlic rolls, skillet macaroni and cheese, and a savory chicken pot pie.

Eagle River	5415	10/10	Th	10 AM - 1 PM	\$31	Reeder
Sonny Bees Honey Farm		1X			62+ \$27	

Eagle River	5416	10/11	F	10 AM - 1 PM	\$31	Reeder
Sonny Bees Honey Farm		1X			62+ \$27	

Mastering Biscuits and Scones

Learn tips for making delicate scones and delicious biscuits just in time for holiday baking. While there are many scone and biscuit recipes, there is an art to making them mouth-watering. We'll practice with strawberry scones, basic biscuits, sausage and cheese biscuits, and orange pecan scones.

Eagle River	5417	10/17	Th	10 AM - 1 PM	\$31	Reeder
Sonny Bees Honey Farm		1X			62+ \$27	

Eagle River	5418	10/18	F	10 AM - 1 PM	\$31	Reeder
Sonny Bees Honey Farm		1X			62+ \$27	

Ancient Grains

The rise of the paleo diet, which touts the eating habits of our hunter-gatherer ancestors, has brought acute awareness to the fact that what we eat now does not resemble what we ate even 100 years ago. Ancient grains provide a rich source of vitamins and proteins with minimal processing. Get familiar with these nutritional powerhouses: chia seeds, farrow, quinoa, sorghum, and millet. Recipes include chopped quinoa salad with cranberries; farro with pistachios, mixed herbs, and golden raisins; sorghum cornbread; and millet tabbouleh.

Eagle River	5451	11/14	Th	10 AM - 1 PM	\$31	Reeder
Sonny Bees Honey Farm		1X			62+ \$27	

Warming Up to Winter Soups

This is the right time of year to perk up your soup repertoire with vibrant and warming flavors. Hearty soups can be a satisfying basic meal or dressed up for an elegant feast. They are affordable as a “meal in a bowl” or easily paired with bread and salad. Soups are always good the next day, and often can be frozen to enjoy later. We will prepare three delicious soups from scratch: one-pot hearty vegetable soup, white bean fennel soup, and winter melon soup.

Eagle River	5422	11/7	Th	10 AM - 12:30 PM	\$31	Reeder
Sonny Bees Honey Farm		1X			62+ \$27	

Eagle River	5423	11/8	F	10 AM - 12:30 PM	\$31	Reeder
Sonny Bees Honey Farm		1X			62+ \$27	

Vegetarian Holiday

You don't need meaty mains to create a satisfying meal brimming with seasonal flavor. With these meatless entrées and sides, your guests won't miss the traditional turkey and accompaniments. Plus, you'll boost your intake of potassium, fiber, folate, and vitamins like A, E, and C. Recipes include roasted vegetable plate with herbed dressing, green bean casserole with cauliflower cream, and eggplant parmesan.

Eagle River	5425	12/5	Th	10 AM - 1 PM	\$31	Reeder
Sonny Bees Honey Farm		1X			62+ \$27	

Eagle River	5426	12/6	F	10 AM - 1 PM	\$31	Reeder
Sonny Bees Honey Farm		1X			62+ \$27	

Sushi Made Simple

Learn the basic techniques for making sushi at home. This class will NOT be using raw fish, but instead will use common vegetables, cooked foods like eggs, cooked fish and other seafood, and other prepared foods. In each session you will learn how to cook and prepare sweet Japanese rice, slice your items to go inside the sushi, pair foods by taste, make a variety of sauces, and roll and then slice into pieces. This is a very basic class to introduce sushi as a healthy and easy-to-prepare cuisine. Menu includes: maki and uramaki style California rolls with cucumber, avocado, and artificial crabmeat; spicy tuna roll from tuna salad and cucumber; teriyaki chicken roll with vegetables for students to try; smoked salmon Midwest roll with salmon, cucumber, and Philly cheese; and other unique rolls from gingered yams and carrots, beets, and shrimp.

Woodruff	5429	10/6	Su	3 PM - 6 PM	\$32	Reilly
Northwoods Unitarian Universalist Fellowship		1X			62+ \$28	

Rhineland Nicolet - Fieldside Center 102	5428	11/24	Su	3 PM - 6 PM	\$32	Reilly
		1X			62+ \$28	

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. The class includes stretching, cardiovascular fitness, light strength training, and muscle toning in a comfortable atmosphere. Bring handheld weights to use on Mondays and a stretch band for Wednesdays.

Eagle River	5412	9/9 - 10/23	MW	9 AM - 10 AM	\$77	Reeder
First Congregational Church		14X			62+ \$63	

Eagle River	5419	10/28 - 12/16	MW	9 AM - 10 AM	\$77	Reeder
First Congregational Church		14X			62+ \$63	

Class will not meet 11/27.

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	5340	9/19 - 10/31	TTh	9:30 AM - 10:30 AM	\$71.50	Cihla
Reiter Center		13X			62+ \$57.50	

Three Lakes	5341	11/5 - 12/19	TTh	9:30 AM - 10:30 AM	\$60.50	Cihla
Reiter Center		11X			62+ \$48.50	

Class will not meet 11/28, 12/3, 12/5.

Sword Workout

This full-body exercise program is loosely based on Japanese sword techniques. Build muscle with the use of anaerobic exercise, as well as 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	5350	11/5 - 12/19	TTh	11:30 AM - 12:30 PM	\$60.50	Cihla
Reiter Center		11X			62+ \$48.50	

Class will not meet 11/28, 12/3, 12/5.

Tai Chi for Health

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

Three Lakes	5351	9/19 - 10/31	TTh	11:30 AM - 12:30 PM	\$71.50	Cihla
Reiter Center		13X			62+ \$57.50	

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 Reiter Center	5346	9/19 - 10/31 13X	TTh	10:30 AM - 11:30 AM	\$71.50 62+ \$57.50	Cihla
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Three Lakes Reiter Center	5347	11/5 - 12/19 11X	TTh	10:30 AM - 11:30 AM	\$60.50 62+ \$48.50	Cihla
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Class will not meet 11/28, 12/3, 12/5.

Woodruff Northwoods Unitarian Universalist Fellowship	5337	9/20 - 12/20 13X	F	10:30 AM - 11:30 AM	\$71.50 62+ \$57.50	Cihla
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Class will not meet 11/29.

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.

Woodruff Northwoods Unitarian Universalist Fellowship	5339	9/20 - 12/20 13X	F	11:30 AM - 12:30 PM	\$71.50 62+ \$57.50	Cihla
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Class will not meet 11/29.

Strength Training for 40 Plus

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

Woodruff Northwoods Unitarian Universalist Fellowship	5338	9/20 - 12/20 13X	F	9:30 AM - 10:30 AM	\$71.50 62+ \$57.50	Cihla
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Class will not meet 11/29.

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 Riverview Hall	5342	9/17 - 10/31 14X	TTh	4:30 PM - 5:30 PM	\$77 62+ \$63	Cihla
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Rhineland Riverview Hall	5343	11/5 - 12/19 13X	TTh	4:30 PM - 5:30 PM	\$71.50 62+ \$57.50	Cihla
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Class will not meet 11/28.

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	5348	9/17 - 10/31	TTh	6:30 PM - 7:30 PM	\$77	Cihla
Riverview Hall		14X			62+ \$63	
Rhinelanders	5349	11/5 - 12/19	TTh	6:30 PM - 7:30 PM	\$71.50	Cihla
Nicolet - Northwoods Center		209	13X		62+ \$57.50	
Class will not meet 11/28						

High Intensity Interval Training (HIIT)

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 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	5344	9/17 - 10/31	TTh	5:30 PM - 6:30 PM	\$77	Cihla
Riverview Hall		14X			62+ \$63	
Rhinelanders	5345	11/5 - 12/19	TTh	5:30 PM - 6:30 PM	\$71.50	Cihla
Riverview Hall		13X			62+ \$57.50	
Class will not meet 11/28						
Rhinelanders	5335	9/16 - 12/16	M	5 PM - 6 PM	\$77	Cihla
Groundwork Grappling		14X			62+ \$63	

Functional Conditioning TRX

Condition your body utilizing a suspended balance trainer, a portable easy-to-use training system that makes your body weight work for you. Learn exercises to improve strength, core stability, balance, and flexibility. Exercises can be done almost anywhere, indoors or outdoors, and beginning to very advanced strength levels can benefit from this class. A TRX will be provided for use in class. Students should bring a floor mat and water to each class session.

Rhinelanders	5336	9/16 - 12/16	M	6 PM - 7 PM	\$77	Cihla
Groundwork Grappling		14X			62+ \$63	

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	5333	9/10 - 10/24	TTh	9:30 AM - 10:30 AM	\$84	Booth
Potawatomi Carter Casino Pool		14X			62+ \$70	
Wabeno	5334	10/29 - 12/17	TTh	9:30 AM - 10:30 AM	\$84	Booth
Potawatomi Carter Casino Pool		14X			62+ \$70	
Class will not meet 11/28.						

Low-Impact Water Exercise Shallow

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	5439	9/10 - 10/24	TTh	7 AM - 8 AM	\$84	Wipperfurth
Lakeland High School Pool		14X			62+ \$70	

Minocqua	5440	10/29 - 12/19	TTh	7 AM - 8 AM	\$84	Wipperfurth
Lakeland High School Pool		14X			62+ \$70	

Class will not meet 11/26 & 11/28.

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 wellbeing 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	5387	9/5 - 10/24	Th	3:45 PM - 5:15 PM	\$59.50	Schussler
Northwoods Unitarian		7X			62+ \$47.50	
Universalist Fellowship						

Class will not meet 10/3.

Woodruff	5388	9/9 - 10/21	M	4 PM - 5:30 PM	\$51	Schussler
Northwoods Unitarian		6X			62+ \$41	
Universalist Fellowship						

Class will not meet 9/30.

Woodruff	5391	11/4 - 12/16	M	4 PM - 5:30 PM	\$51	Schussler
Northwoods Unitarian		6X			62+ \$41	
Universalist Fellowship						

Class will not meet 11/25.

Woodruff	5393	11/7 - 12/19	Th	3:45 PM - 5:15 PM	\$51	Schussler
Northwoods Unitarian		6X			62+ \$41	
Universalist Fellowship						

Class will not meet 11/28.

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 to class.

Rhinelanders **5389** 9/10 - 10/29 T 4:30 PM - 6 PM \$59.50 Schussler
Nicolet - Tamarack Center 110 7X 62+ \$47.50
Class will not meet 10/1.

Woodruff **5390** 9/11 - 10/30 W 5:15 PM - 7 PM \$63 Schussler
Northwoods Unitarian 7X 62+ \$51
Universalist Fellowship
Class will not meet 10/2

Woodruff **5392** 11/6 - 12/18 W 5:15 PM - 7 PM \$54 Schussler
Northwoods Unitarian 6X 62+ \$42
Universalist Fellowship
Class will not meet 11/27.

Rhinelanders **5394** 11/12 - 12/17 T 4:30 PM - 6 PM \$42.50 Schussler
Nicolet - Tamarack Center 110 5X 62+ \$34.50
Class will not meet 11/26

QiGong and Balance

This ancient practice is easy to learn and enjoyable at any age. QiGong, pronounced “Chi Gong” 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 **5413** 9/9 - 10/23 MW 10:15 AM - 11:15 AM \$77 Reeder
First Congregational Church 14X 62+ \$63

Rhinelanders **5414** 9/10 - 10/22 T 9 AM - 10 AM \$38.50 Reeder
Riverview Hall 7X 62+ \$30.50

Eagle River **5420** 10/28 - 12/16 MW 10:15 AM - 11:15 AM \$77 Reeder
First Congregational Church 14X 62+ \$63
Class will not meet 11/27.

Rhinelanders **5421** 10/29 - 12/17 T 9 AM - 10 AM \$44 Reeder
Riverview Hall 8X 62+ \$36

Self Improvement

What are Chakras and How to Balance Them

The seven chakras are the centers in our bodies through which energy flows. Blocked energy in any of our seven chakras can lead to illness, so it's important to understand what each chakra represents and what we can do to keep this energy flowing freely. You will learn where the chakras are and how to balance them in this session, and you will learn how to sense, feel, and see the chakras' energy movement.

Rhinelanders	5443	10/9	W	5:30 PM - 8:30 PM	\$35	Breezer
Nicolet - Fieldside Center 102		1X			62+ \$31	

Chakras and Crystals

You will learn the chakra system as well as some healing crystals to support it. We will cover information on each chakra and what healing crystals go with each one. Crystal healing is based on the belief that stones or crystals have a natural healing frequency that can be activated to contribute to moving or balancing energy around them.

Rhinelanders	5444	10/23	W	5:30 PM - 8:30 PM	\$35	Breezer
Nicolet - Fieldside Center 102		1X			62+ \$31	

Releasing Emotions and Essential Oils

Emotions are like ocean waves; they ebb and flow. Emotions are powerful and provide momentum initiating action. What happens when we hold emotions in our bodies never releasing them? This class will cover the aspects, cause, identification, and clearing and what to expect. Please note oils will be very aromatic.

Rhinelanders	5445	11/6	W	5:30 PM - 8:30 PM	\$35	Breezer
Nicolet - Fieldside Center 102		1X			62+ \$31	

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 with a little inside info, we can get those little gray cells working for us instead of tripping us up. In this engaging course, we explore surprisingly easy ways to get your brain on your side. This is not a course in "brain games." Instead, 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. We will touch on willpower, habit, negative self-talk (and how to talk back), and how happiness, sleep, exercise, and generosity affect your cognitive abilities... and more. There is no required reading, but the instructor will offer suggestions for relevant books, and you will receive comprehensive notes to keep.

Rhinelanders	5437	9/25 - 11/13	W	10:30 AM - 12 PM	\$65	Teuke
Nicolet - Northwoods Center 208		8X			62+ \$53	

PERSONAL INTEREST

Sign Language

American Sign Language I _____

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 **5356** 10/14 - 11/13 MW 5 PM - 7 PM \$89 Klaas
Nicolet - Fieldside Center 108 10X 62+ \$69

Financial Planning

Understanding the Financial Impacts of Divorce _____

Whether you are in process of divorce, contemplating a divorce, or seeking information to support a family member or friend, this class will discuss important financial issues to consider. You'll learn about division of marital assets, benefits that may be impacted by divorce including Social Security and health insurance, and additional considerations such as life insurance, legal documents, and taxation.

Manitowish Waters **5452** 9/17 T 5 PM - 6:30 PM \$25 Schmitz
North Lakeland 1X 62+ \$23
Elementary School

Protect Your Future: Planning Considerations for Long-Term Care _____

Long-term care planning may not be an easy topic, but it is important to know about the variety of policies available. Learn if you should purchase a policy or keep one that you already own. We will discuss the following to help you plan for your future:

- What is long term care?
- What are the different ways to pay for care?
- When is long term care needed?
- Where can you receive care?
- Who do you want to provide care?
- How will the care be paid for?

Rhinelanders **5456** 10/22 T 6 PM - 7 PM \$25 Schmitz
Nicolet - Fieldside Center 102 1X 62+ \$23

Social Security and Taxes _____

The objectives of this course are to provide you with the tools, insight, and proven strategies that will allow you to make informed decisions about Social Security and income taxes in retirement. This course will teach you easy-to-understand strategies on how to potentially maximize your Social Security benefits and reduce your income tax.

Minocqua **5454** 10/1 T 3 PM - 4:30 PM \$22 Schmitz
Minocqua Public Library 1X 62+ \$20

Women and Retirement

Women can learn how to create guaranteed income for life. Created in partnership with Holly Buchanan, an acclaimed author, speaker, and consultant specializing in empowering women to make sound financial decisions, this course addresses the unique challenges and concerns women face in retirement. Women everywhere are asking:

- “How can I make sure I don’t run out of money?”
- “How can I maintain my lifestyle after retirement?”
- “What happens if the market crashes?”

The good news is, no matter what their situation is, there’s something they can do right now to protect themselves, avoid common mistakes, and create a paycheck for life.

Topics include:

- The three biggest mistakes in retirement planning
- Why women need to make their money work harder
- Multiple ways to create guaranteed income for life
- Money personality types
- Long-term care
- How to talk to family about money
- And much more!

Rhineland	5453	9/19	Th	6:30 PM - 8 PM	\$25	Schmitz
Nicolet - Fieldside Center 102		1X			62+ \$23	

Your Dream Retirement

Your Dream Retirement is for those facing or already in retirement who are concerned about the issues of funding the quality of life they want in their post-working years. Through colorful, real-life stories and illustrations, this course will give you an easy understanding of how to strategically plan and tactically manage your retirement assets. People save their entire lives trying to fund a unique quality of life for the last third of their life. It’s an awesome task. Climb on board; this is a one-way ticket to funding the quality of life in your dream retirement. This course provides a fundamental working knowledge of the principles of conservative investing through strategic allocation of assets and tactical money management with a view toward developing retirement income. The materials cover varied aspects of conservative investing, such as risk management issues, tactical management theory and models, impact of bear markets on retirement income, aspects of financial decisions, and more, while highlighting the ABC Investing Model. You will also explore issues in income planning, how to find appropriate financial professional help, and principles of sound financial decisions. It is not designed to give specific solutions to individual needs.

Manitowish Waters	5455	10/8	T	5 PM - 7 PM	\$25	Schmitz
North Lakeland Elementary School		1X			62+ \$23	

Animals Around Us

Essential Oils and Your Dog and Cat

We love our house pets. But we also love our essential oils. Not all oils are pet-friendly and may cause your fur baby to become terribly ill. This class will give you a better understanding of what oils you can use and how to properly use them around you or your baby as well.

Rhinelanders **5442** 10/2 W 5:30 PM - 8:30 PM \$35 Breezer
Nicolet - Fieldside Center 102 1X 62+ \$31

Interested in Raising Chickens?

Take a journey of learning through the start of an extremely rewarding hobby into raising backyard chickens for eggs. The instructor will share her experience from failures to victories in raising chickens. Take away information about local laws, supplies, and general care of chickens, plus meet a few of the chickens in class.

Rhinelanders **5441** 9/18 W 5:30 PM - 8:30 PM \$29 Breezer
Nicolet - Fieldside Center 102 1X 62+ \$25



School of the Arts Legacy Program

September 27, 28, 29, 2019

Join artists and writers from all over the region for an inspiring and adventurous extended weekend arts retreat on the beautiful University of Wisconsin Stevens Point Treehaven campus outside of Rhinelanders. Experience a wide range of classes to stretch your imagination, further your career or practice, and connect with other artists and writers from around the region. Classes range from Protest Poetry, Flash Fiction, Drypoint Printing, Field Sketching, Playwriting, Acting, Fiber Arts and more!

Register today at artstartrhinelanders.org

COMPUTERS & TECHNOLOGY AT HOME

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

A Guide to Google Tools

Whether you're a novice or a seasoned expert, you'll likely 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	5360	10/7 - 10/9	MW	4:30 PM - 7:30 PM	\$31	Ley
Nicolet - Northwoods Center	110	2X			62+ \$25	

Computer and Device Questions Answered

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	5357	9/16 - 9/18	MW	4:30 PM - 7:30 PM	\$31	Ley
North Lakeland		2X			62+ \$25	
Elementary School						

Manitowish Waters	5359	9/23 - 9/25	MW	4:30 PM - 7:30 PM	\$31	Ley
North Lakeland		2X			62+ \$25	
Elementary School						

Making the Most of Smartphones

Did you know your smartphone can be your personal assistant for fitness, finances, calendar, emails, and travel? It's a source of information and entertainment. It can serve as a flashlight, camera, and more. We will share information on how to sync your phone and apps with your computer or other devices. Learn about smartphone programs, utilities, free apps, and more. Note: This class will be taught using an iPhone. However, tutorials and information will be provided and applicable to Android smartphones as well.

Rhinelanders	5358	9/16 - 9/18	MW	1 PM - 4 PM	\$31	Ley
Nicolet - Northwoods Center	110	2X			62+ \$25	

Manitowish Waters	5361	10/14 - 10/16	MW	4:30 PM - 7:30 PM	\$31	Ley
North Lakeland		2X			62+ \$25	
Elementary School						

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,' feature, 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 and 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, 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.

Rhinelanders	5362	10/7 - 10/9	MW	1 PM - 4 PM	\$31	Ley
Nicolet - Northwoods Center 110						2X \$25

Basic Computer Skills

Improve your computer knowledge and skills. Based on your skill level, you will progress at your own pace through the basics of using a computer, Internet, keyboarding, Microsoft Word, Excel, and PowerPoint, to name a few. You will receive hands-on guidance from the instructor as you move through this course. Computers are provided or bring your own.

Rhinelanders	7001	10/4 - 10/11	F	9 AM - 12 PM	\$4.50	Kummer
Nicolet - Tamarack Center 102E 2X						

How to be an Online Learner

Attend on-campus or virtually. Learn how to become a successful online learner. This is an interactive short course to help you navigate the learning process from a distance. Bring the device you plan to use for your course or borrow one of our laptops. If you can't come to class, you can attend virtually. For more information call 715.365.4922.

Rhinelanders	4005	9/5	Th	9 AM - 11 AM	\$4.50	Vickers
Nicolet - Northwoods Center 121 1X						

Rhinelanders	4006	9/6	F	12 PM - 2 PM	\$4.50	Vickers
Nicolet - Northwoods Center 121 1X						

Rhinelanders	4007	9/10	T	1 PM - 3 PM	\$4.50	Vickers
Nicolet - Lakeside Center 222 1X						

STUDY FOR YOUR GED/HSED ONLINE

IS IT TIME TO EARN YOUR HIGH SCHOOL CREDENTIAL?

Increase your earning potential. With the help of a local instructor, you can work at your own pace from the comfort of your home. Must be 18 years or older to qualify.

For more details, please contact Academic Success at 715.365.4455 or email academicsuccess@nicoletcollege.edu.

Free class. Enroll at anytime.

BUSINESS & PROFESSIONAL DEVELOPMENT

LEADERSHIP

Enhance Your Grant-Writing Skills

Learn the fundamentals of finding funding, planning for grant applications, planning effective projects/programs, and writing applications that will get noticed. This Grant Writing Skill-Building course will be held on Friday evening and continue on Saturday to accommodate participants' busy schedules. Upon completion of this course, participants will be equipped with essential skills that will:

- Identify the key principles of effective grant writing.
- Recognize what funding agencies want and how applications are reviewed and scored.
- Define ways to demonstrate how meaningful data will define success.
- Learn strategies to narrow the scope and write achievable problem statements.
- Describe what funders and peer reviewers want to see in grant applications.

Rhineland	5447	9/13 - 9/14	F	6 PM - 9 PM	\$259
Center for Innovative Change		2X	S	9 AM - 3 PM	62+ \$211.22
Nicolet - Fieldside Center 102					

Rhineland	5447	9/13 - 9/14	S	9 AM - 3 PM	\$259
Nicolet - Fieldside Center 102		2X			62+ \$211.22

Ethics and Leadership

Build trust within your department and community by learning the core concepts of ethical leadership. This one-day Ethics and Leadership workshop will help you improve communication, encourage shared responsibility for intended outcomes, and maintain the integrity that is unique to your organization.

Participants in this course can anticipate learning through the following objectives:

- Learn how to influence a department's morale through applied ethical leadership approaches.
- Identify techniques to mitigate ethical conflicts between supervisors and subordinates.
- Use classroom scenarios to recognize ethical violations of organizational policy and demonstrate how to resolve these situations.

Rhineland	5446	9/13	F	8 AM - 4:30 PM	\$199
Center for Innovative Change		1X			62+ \$164.87
Nicolet - Fieldside Center 102					

Influencing the Performance of Others

In this one-day Influencing the Performance of Others workshop, you will gain the skills necessary to affect the behavior and development of employees in a positive way through proactive leadership techniques.

Participants will finish this course with the ability to:

- Identify the four key strategies of influencing others.
- Explain the five facets of effective communication.
- Learn the five main principles of predicting behaviors, then engage in ways to apply these principles to your leadership plan.
- Recognize factors such as personality types and generational differences and learn how to lead individuals based on these influences.

Rhinelanders **5450** 12/12 Th 8 AM - 4:30 PM \$199
Center for Innovative Change 1X 62+ \$164.87
Nicolet - Northwoods Center 208

Transition to Supervisor

Make the start of your management career a success by learning how to handle the unanticipated challenges all individuals face when transitioning from an employee to supervisor. Whether you are newly promoted or training for a supervisory position, this one-day workshop will help you move into your new role while evolving into a positive role model and leader.

Participant learning objectives are:

- Identify the characteristics of a good supervisor.
- Prepare for the emotional impact created by your transition from employee to supervisor.
- Define interpersonal relationships, distinguishing between personal and professional.

Rhinelanders **5449** 11/14 Th 8 AM - 4:30 PM \$199
Center for Innovative Change 1X 62+ \$164.87
Nicolet - Northwoods Center 208

Leadership Skills for Women: Positive Strategies for Success

This one-day Leadership Skills for Women workshop examines many unique challenges in today's workforce and empowers participants with tools and strategies to successfully lead within their organization. Whatever title we hold, we all have the capability and responsibility to lead by our example and can influence others through our positive actions. Key focus areas for the training include emotional intelligence, leadership styles, and managing conflict.

Participants will develop key skills in the following areas:

- Analyze leadership styles and identify leadership competencies.
- Define the essential qualities of emotional intelligence.
- Develop strategies for communicating through conflicts.

Rhinelanders **5448** 10/10 Th 8 AM - 4:30 PM \$199
Center for Innovative Change 1X 62+ \$164.87
Nicolet - Northwoods Center 208

PUBLIC SAFETY

CPR & First Aid

The American Heart Association strongly promotes knowledge and proficiency in all American Heart Association courses and has developed instructional materials for this purpose. Use of these materials in an educational course does not represent course sponsorship by the AHA. Any fees charged for such a course, except for a portion of fees needed for AMERICAN HEART ASSOCIATION course materials, do not represent income to the AHA.

American Heart Association Heartsaver First Aid CPR/AED

This course teaches the first aid skills needed to assist a person who is suffering a medical emergency or traumatic injury. Course includes adult, child, and infant CPR, use of an Automated External Defibrillator (AED), and how to care for someone who is choking. 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 included with tuition and will be distributed at the start of class. Each student must have a valid email address to receive AHA recognition card.

Rhineland Nicolet - Birchwoods Center 105	5326 1X	9/27	F	8 AM - 3:30 PM	\$53.80 62+ \$26.50	Guzman
Rhineland Nicolet - Birchwoods Center 105	5327 2X	10/21 - 10/23	MW	6 PM - 9:30 PM	\$53.80 62+ \$26.50	Guzman
Rhineland Nicolet - Birchwoods Center 105	5328 2X	11/12 - 11/14	TTh	6 PM - 9:30 PM	\$53.80 62+ \$26.50	Jennejohn
Rhineland Nicolet - Birchwoods Center 105	5329 1X	12/7	S	8 AM - 3:30 PM	\$53.80 62+ \$26.50	Jesse

American Heart Association 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 included with tuition and will be distributed at the start of class. Each student must have a valid email address to receive AHA recognition card.

Rhineland Nicolet - Birchwoods Center 105	5323 1X	9/17	T	6 PM - 10 PM	\$40.15 62+ \$26.50	Jennejohn
Rhineland Nicolet - Birchwoods Center 105	5324 1X	10/29	T	6 PM - 10 PM	\$40.15 62+ \$26.50	Cibulka
Rhineland Nicolet - Birchwoods Center 105	5325 1X	12/17	T	6 PM - 10 PM	\$40.15 62+ \$26.50	Congleton

American Heart Association Basic Life Support (BLS)

The AHA's new 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 pre-hospital and in-facility environments, with a focus on high-quality CPR and team dynamics. This course includes adult, child, and infant CPR and AED use in addition to bag-valve mask ventilation and how to care for someone who is choking. American Heart Association BLS certification will be awarded upon successful completion of the course. Textbooks included with tuition and will be distributed at the start of class. Each student must have a valid email address to receive AHA recognition card.

Rhinelanders Nicolet - Birchwoods Center 105	5312 1X	9/13	F	8 AM - 2:30 PM	\$43.25 62+ \$22.77	Jennejohn
Rhinelanders Nicolet - Birchwoods Center 105	5313 2X	9/24 - 9/26	TTh	6 PM - 9 PM	\$43.25 62+ \$22.77	Jennejohn
Rhinelanders Nicolet - Birchwoods Center 105	5314 2X	10/15 - 10/17	TTh	6 PM - 9 PM	\$43.25 62+ \$22.77	Jennejohn
Rhinelanders Nicolet - Birchwoods Center 105	5315 1X	11/1	F	8 AM - 2:30 PM	\$43.25 62+ \$22.77	Guzman
Rhinelanders Nicolet - Birchwoods Center 105	5316 2X	12/10 - 12/12	TTh	6 PM - 9 PM	\$43.25 62+ \$22.77	Guzman

American Heart Association Basic Life Support (BLS) Renewal

This is a renewal course for healthcare providers. Students must have a current BLS card to be eligible for this class. 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 pre-hospital and in-facility environments, with a focus on high quality CPR and team dynamics. This course includes adult, child, and infant CPR and AED use in addition to bag-valve mask ventilation and how to care for someone who is choking. American Heart Association BLS certification will be awarded upon successful completion of the course. Textbooks included with tuition and will be distributed at the start of class. Each student must have a valid email address to receive AHA recognition card.

Rhinelanders Nicolet - Birchwoods Center 105	5317 1X	9/5	Th	6 PM - 10 PM	\$36.42 62+ \$22.77	Gitzlaff
Rhinelanders Nicolet - Birchwoods Center 105	5318 1X	9/30	M	6 PM - 10 PM	\$36.42 62+ \$22.77	Guzman
Rhinelanders Nicolet - Fieldside Center 102	5319 1X	10/11	F	8 AM - 12 PM	\$36.42 62+ \$22.77	Jennejohn
Rhinelanders Nicolet - Birchwoods Center 105	5320 1X	10/22	T	6 PM - 10 PM	\$36.42 62+ \$22.77	Jesse
Rhinelanders Nicolet - Birchwoods Center 105	5321 1X	11/5	T	6 PM - 10 PM	\$36.42 62+ \$22.77	Congleton
Rhinelanders Nicolet - Birchwoods Center 105	5322 1X	12/4	W	6 PM - 10 PM	\$36.42 62+ \$22.77	Cibulka

Fire Training

Entry Level Driver Operator Pump Part I

The 12-hour ELDO Part I course will teach the student the safe procedures for driving fire apparatus to the emergency scene and returning to quarters. Class will be a combination of lecture and practical skills. Driving principles will be practiced and demonstrated through six standard driving maneuvers which include: serpentine exercise, alley dock exercise, diminishing clearance exercise, and confined space turn-around exercises. The targeted audience is individuals who expect to be appointed to driver/operator-pumper duties on their respective fire departments. Courses when taken in sequential order are designed to provide the new pumper operator with the information needed to comply with the minimum pumper operator training requirements as specified by SPS 330.08 (2), Minimum training and education standards, Wisconsin Department of Safety and Professional Services, Chapter SPS 330, Fire Department Safety and Health Standards.

Rhinelanders	5405	10/11 - 10/12	F	6 PM - 10 PM	\$48.70	Puestow
Cassian Fire Department		2x	S	8 AM - 4:30 PM	62+ \$7.75	

Entry Level Driver Operator Pump Part II

The 18-hour ELDO Part II course will provide a new driver-operator with the knowledge and information needed to operate a fire pump in a basic mode on the fire ground. The student will receive instruction on the parts of a fire pump and operation. Participants will develop a working knowledge of the different components located on a pump panel and be able to explain and properly work each component. This course will also train the student to pump at the correct engine pressures during fire ground operations. The student will learn how to supply water at the correct pressures to the different nozzles and appliances carried on the fire apparatus. The targeted audience is individuals who expect to be appointed to driver/operator-pumper duties on their respective fire departments. Courses when taken in sequential order, are designed to provide the new pumper operator with the information needed to comply with the minimum pumper operator training requirements as specified in Comm 30.08, employment standards (2) in Wisconsin Administrative Code, Department of Commerce, Chapter Comm. 30, Fire Department Safety and Health.

Rhinelanders	5406	10/16 - 11/20	W	6 PM - 9 PM	\$71.81	Puestow
Cassian Fire Department		6X			62+ \$10.38	



CERTIFICATION & LICENSING

Food and 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	5457	9/27	F	8:30 AM - 6 PM	\$65	Mellinger
Nicolet - Fieldside Center 102		1X			62+	\$30.87
Rhinelanders	5458	10/14	M	8:30 AM - 6 PM	\$65	Mellinger
Nicolet - Fieldside Center 102		1X			62+	\$30.87
Rhinelanders	5459	11/13	W	8:30 AM - 6 PM	\$65	Mellinger
Nicolet - Fieldside Center 102		1X			62+	\$30.87
Rhinelanders	5460	12/16	M	8:30 AM - 6 PM	\$65	Mellinger
Nicolet - Fieldside Center 102		1X			62+	\$30.87

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	5461	9/27	F	4 PM - 6 PM	\$35	Mellinger
Nicolet - Fieldside Center 102		1X			62+	\$28.17
Rhinelanders	5462	10/14	M	4 PM - 6 PM	\$35	Mellinger
Nicolet - Fieldside Center 102		1X			62+	\$28.17
Rhinelanders	5463	11/13	W	4 PM - 6 PM	\$35	Mellinger
Nicolet - Fieldside Center 102		1X			62+	\$28.17
Rhinelanders	5464	12/16	M	4 PM - 6 PM	\$35	Mellinger
Nicolet - Fieldside Center 102		1X			62+	\$28.17

Please Note for all Food Manager Classes

Prior to class, students are required to read the textbook: *ServSafe Coursebook, 7th ed., 2017, updated with the 2017 FDA Food Code, published by the National Restaurant Association.* Purchase a textbook which includes a scantron (needed for testing) for approximately \$112 or a separate scantron sheet for approximately \$43 at the Nicolet Fieldside Center in Rhinelanders or request it to be mailed to you via payment by credit card. For more details, contact Continuing Education at 715.365.4544 or ce@nicoletcollege.edu.

Electrical

NFPA 70E Awareness for Electrical Workers

The NFPA 70E Electrical Safety Awareness Training for Electrical Workers (4-hour Course) discusses the electrical safety standard developed by the National Fire Protection Association in response to a request by OSHA for a standard that addresses safe work practices intended to protect electrical workers from electrical hazards. This course provides a solid foundation for compliance considerations by employers who realize the importance of NFPA 70E in their workplaces. Objectives For 3- and 4-hour session; Learn how the NFPA 70E standards apply to your current job, learn about three most recognized hazards of electricity, learn how an arc is created, learn about shock and the three physiological effects of shock, learn about arc flash including dangers of and temperature and causes, learn about arc blast and dangers included, review NFPA 70E Energized Approach Boundaries Table, learn how to read an arc flash hazard label, understand definitions of each part of arc flash hazard label, understand what an arc flash boundary is and who it protects, review NFPA 70E Article 110.6, E, 2 on Maintenance and Construction, discuss and review LOTO and its application, learn 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, review NFPA 70 Article 120 on Establishing Electrically safe work conditions, discuss energized electrical work, learn OSHA definition of Qualified Person, discuss and examine electrical PPE including arc suits, glasses, helmets, HV gloves, test HV gloves with air tester, learn proper care of PPE, learn how to keep yourself safe, learn how to attend to a person who has received a shock

Rhineland	5404	12/11	W	8 AM - 1 PM	\$75	Staff
Nicolet - Fieldside Center 108		1X			62+	\$61.35

OSHA Compliance & Workplace Safety

OSHA 10 Hour Construction Industry

Workers are provided with general awareness about recognizing and preventing hazards commonly found in the workplace. OSHA recommends this training as an orientation to occupational safety and health. This course covers construction safety, health principles and OSHA policies, procedures and construction industry standards. Special emphasis is placed on the most hazardous areas using OSHA standards as a guide. This course is taught by an OSHA authorized instructor. Participants who successfully complete the course will receive a card from OSHA certifying completion of the course. Workers can receive additional training on hazards specific to their job. Ten hours of mandatory and optional topics will be covered.

Rhineland	5401	10/2 - 10/9	MW	5 PM - 9 PM	\$200	England
Nicolet - Birchwoods Center 103		3X			62+	\$165.87

OSHA 10 Hour General Industry

Workers are provided with general awareness about recognizing and preventing hazards commonly found in the workplace. OSHA recommends this training as an orientation to occupational safety and health. Learn how nine major provisions of the Occupational Safety and Health Act (OSHA) can be implemented in the workplace. Topics include common violations; inspections, citations and penalties; walking and working surfaces; means of egress and fire protection; hazardous materials; material handling; electrical safety; and machine guarding. This course is taught by an OSHA-authorized instructor. Participants who successfully complete the course will receive an OSHA course completion card. Workers can receive additional training on hazards specific to their job. Ten hours of mandatory and optional topics will be covered.

Rhineland	5402	10/14 - 10/15	M	8 AM - 4:30 PM	\$200	England
Nicolet - Birchwoods Center	103	2X	T	8 AM - 12 PM	62+ \$165.87	

PIT Operator Safety Classroom Course

This course is designed for personnel who will work with powered industrial trucks (PIT) (i.e. forklift) used to carry, push, pull, lift, stack, or tier materials. It will better familiarize the worker with the potential health and safety concerns associated with powered industrial trucks. The content in this course is designed to comply with the intent of the applicable regulatory requirements. Learner objectives for this course are to: specify the purpose of the Powered Industrial Truck standard (OSHA 29 CFR 1910.178), define the operator training requirements for powered industrial trucks, distinguish several types of powered industrial trucks, recognize some general engineering principles associated with powered industrial truck safety, distinguish potential occupational health and safety concerns associated with the use and maintenance of powered industrial trucks, describe safe loading and unloading methods, identify general inspection and maintenance procedures.

Rhineland	5403	10/15	T	12:30 PM - 4:30 PM	\$75	England
Nicolet - Birchwoods Center	103	1X			62+ \$61.35	

OSHA Training Institute Education Centers



Nicolet Area Technical College is not an OTI Education Center, but serves as a host training organization for National Safety Education Center.

To enroll, visit: <https://www.nsec.niu.edu/nsec/course-schedules/osha-courses/index.shtml>

Select the course number and Rhinelander site to proceed with registration.

The National Safety Education Center (NSEC) is one of 26 OSHA Training Institute Education Centers (OTIECs) in the nation. These education centers are a national network of non-profit organizations authorized by OSHA to deliver occupational safety and health training to public and private sector workers, supervisors, and employers.

COURSE NUMBER	COURSE NAME	START	END	TIME	COST	CEUs
OSHA #500	Trainer Course in Occupational Safety and Health Standards for Construction Industry	09/09	09/12	8 am - 5 pm	\$850	2.6
OSHA #501	Trainer Course in Occupational Safety and Health Standards for General Industry	09/23	09/26	8 am - 5 pm	\$850	2.6
OSHA #502	Update for Construction Industry Outreach Trainers	10/07	10/09	7:30 am - 4 pm	\$700	1.8
OSHA #7115	Lockout/Tagout	11/04	11/04	8 am - 5 pm	\$225	0.75
OSHA #7205	Health Hazard Awareness	11/05	11/05	7:30 am - 4 pm	\$225	0.6
OSHA #7100	Introduction to Machinery and Machine Safeguarding	12/04	12/04	8 am - 1 pm	\$155	0.4
OSHA #2015	Hazardous Materials	12/09	12/12	7:30 am - 4 pm	\$850	2.6
OSHA #510	Occupational Safety and Health Standards for the Construction Industry	02/24	02/27	8 am - 5 pm	\$850	2.6
OSHA #511	Occupational Safety and Health Standards for General Industry	03/02	03/05	8 am - 5 pm	\$850	2.6
OSHA #500	Trainer Course in Occupational Safety and Health Standards for Construction Industry	03/16	03/19	8 am - 5 pm	\$850	2.6
OSHA #501	Trainer Course in Occupational Safety and Health Standards for General Industry	03/30	04/02	8 am - 5 pm	\$850	2.6

*Additional course offerings may be available on the OSHA NSEC website.

*Courses scheduled in Rhinelander will be held at Nicolet College Drive, Rhinelander, WI 54501

Motorcycle Safety

Basic Rider Course

The best place to start once you've made the decision to ride. Covers the basics of operating a motorcycle and safety-oriented mental strategies. Successful completion of this course consists of six hours of formal classroom activities and ten hours of riding instruction. Classes are conducted during day, evening, or weekend sessions. The successful completion of knowledge and skill tests will waive the Wisconsin Department of Transportation skills road test. The course may also earn you an insurance discount. *Motorcycles and helmets provided for use during the course. Personal motorcycles are not allowed.

Rhinelanders	5305	9/7 - 9/8	SSu	8:30 AM - 4:30 PM	\$277.35	Bowers/ 62+ \$277.35	Murray
Nicolet - White Pine Center 206 2X							
Rhinelanders	5303	9/21 - 9/22	SSu	8:30 AM - 4:30 PM	\$277.35	Bowers/ 62+ \$277.35	Murray
Nicolet - White Pine Center 206 2X							
Rhinelanders	5304	10/5 - 10/6	SSu	8:30 AM - 4:30 PM	\$277.35	Heller/Knapp 62+ \$277.35	
Nicolet - White Pine Center 206 2X							

Basic Rider Course 2 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. Student 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	5306	9/28	S	8:30 AM - 4:30 PM	\$123.13	Murray	
Nicolet - White Pine Center 206 1X							



This autumn... **Learn to Ride a Motorcycle**

We provide the bikes and helmets, all you need to do is register and attend the class.

Daytime, evening, and weekend courses run weekly September through October.

For the schedule of classes see above.

Questions? Contact Vicki:
715.365.4641 or 800.544.3039 ext 4641
vnelson@nicoletcollege.edu

Traffic Safety

Defensive Driving Course

This comprehensive driver improvement program offers practical knowledge and techniques for avoiding crashes, and choosing safe, responsible and lawful driving behaviors. Participants will learn to recognize the need for and benefits of defensive driving, techniques for maintaining control in adverse driving situations, as well as driving skills to use in avoiding collisions and violations caused by vehicle or driving conditions. Upon successful completion of the course, participants will receive a National Safety Council DDC Certificate of Completion.

Rhinelanders	5399	10/3	Th	5 PM - 9 PM	\$52.93	Kirby
Nicolet - Fieldside Center 102		1X			62+ \$39.28	
Rhinelanders	5400	12/12	Th	8 AM - 12 PM	\$52.93	Kirby
Nicolet - Fieldside Center 108		1X			62+ \$39.28	

Traffic Safety

This course stresses good driving habits and defensive driving tactics. Students completing the course are given a three-point reduction from their driving record.

Rhinelanders	5311	10/28 - 11/6	MW	6 PM - 9 PM	\$73.20	Kirby
Nicolet - Fieldside Center 106		4X			62+ \$32.25	

Nicolet Entrepreneurial Training

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

NET: EXPLORING ENTREPRENEURSHIP

FREE WORKSHOPS!

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.

For a workshop near you, visit Small Business & Entrepreneurship at nicoletcollege.edu.

**For more information,
call 800.544.3039 ext 4905 or 715.365.4905
or email workforcedevelopment@nicoletcollege.edu**

Nicolet College Economic & Community Development
Bring light to your ideas

COLLEGE & WORKPLACE SUCCESS

Jump! Start

The Jump! Start program is an innovative approach to post-secondary education for adult learners with intellectual disabilities and provides increased opportunities for college experiences, education, employment preparation, and peer interaction. The program is based at Nicolet College in Rhinelander and is a partnership among Nicolet College, Headwaters, Inc., area high schools, state and local organizations, and advocacy groups that support people with disabilities of all ages.

Jump Start Your Future

Take the next step to live more independently in the community, pursue employment opportunities, and shape your quality of life.

The Jump! Start program will guide you to success with:

- Individual goal setting
- Increased employability and independent living skills
- Job shadowing and internship opportunities
- Access to college coursework
- Networking and social connections within the college community
- Increased self-determination and self-advocacy skills

Fall Program Courses

Career Exploration

This course focuses on workforce readiness skills including the curriculum developed by the US Department of Labor Office of Disability Employment Policy (ODEP) Skills to Pay the Bills. The modular format includes hands-on, engaging activities that target six key skill areas: communication, enthusiasm and attitude, teamwork, networking, problem solving and critical thinking, and professionalism. This class also includes a practical collection of ideas and tips to help students get that desired job and then keep it.

Rhinelander **5396** 9/11 - 12/20 WF 9:30 AM - 11:30 AM \$350 Smith
Nicolet - Northwoods Center 113 29X 62+ \$145.25
Class will not meet 9/20, 11/27, 11/29

Access to Independence

Provides opportunities for students to develop the interpersonal skills needed to advance their employment and career goals. Topics include qualities for good character, effective communication, conflict resolution, emotional competence, social skills, and self-assessment/reflection.

Rhinelander **5395** 9/11 - 12/20 WF 12:15 PM - 2:15 PM \$350 Smith
Nicolet - Northwoods Center 113 29X 62+ \$145.25
Class will not meet 9/20, 11/27, 11/29

NICOLET

Live!

2019 · 2020

PERFORMING
ARTS SERIES

The Nicolet Live 2019-2020 season has been announced!

Doyle Lawson and Quicksilver	Saturday, August 10, 2019
Foreign Film: The Insult	Tuesday, September 17, 2019
An Evening with Boat Patrol	Thursday, September 19, 2019
Nicolet Players Present: The Art of Dining by Tina Howe	November 8-10, 14-17, 2019
Rhineland Area Community Band	Sunday, November 24, 2019
Meet Me Under The Mistletoe: A Holiday Concert with Randy Sabien	Tuesday, December 10, 2019
Community Holiday Concert	Sunday, December 15, 2019
Magnolia North	Wednesday, January 8, 2020
Tonic Sol Fa	Saturday, February 1, 2020
The Second City	Saturday, February 15, 2020
An Evening with Hand Picked Bluegrass	Tuesday, February 18, 2020
Gretchen Peters	Saturday, February 29, 2020
Comedian Tim Cavanagh	Saturday, March 14, 2020
Community Music Festival	Sunday, March 22, 2020
Darrell Scott	Saturday, March 28, 2020
ArtsPower presents: Judy Moody and Stink	Sunday, March 29, 2020
Multi-Instrumentalist Todd Green	Friday, April 17, 2020
Wingra Wind Quintet	Friday, April 24, 2020
Foreign Film: Capaernum	Tuesday, May 12, 2020
Nicolet Players Present: Picnic by William Inge	June 5-7, 11-14, 2020
An Evening With Tom Nelson	Saturday, June 20, 2020

**For more information and to sign up for
our newsletter, visit nicoletlive.com**

CULTURE TAP

ARTIST RESIDENCY PROGRAM

Culture Tap, an innovative partnership between Nicolet College, ArtStart, and the School District of Rhinelander, will bring international and regional artists to the Northwoods offering community education and elementary artist residencies with a STEAM (Science, Technology, Engineering, Art, and Mathematics) focus.

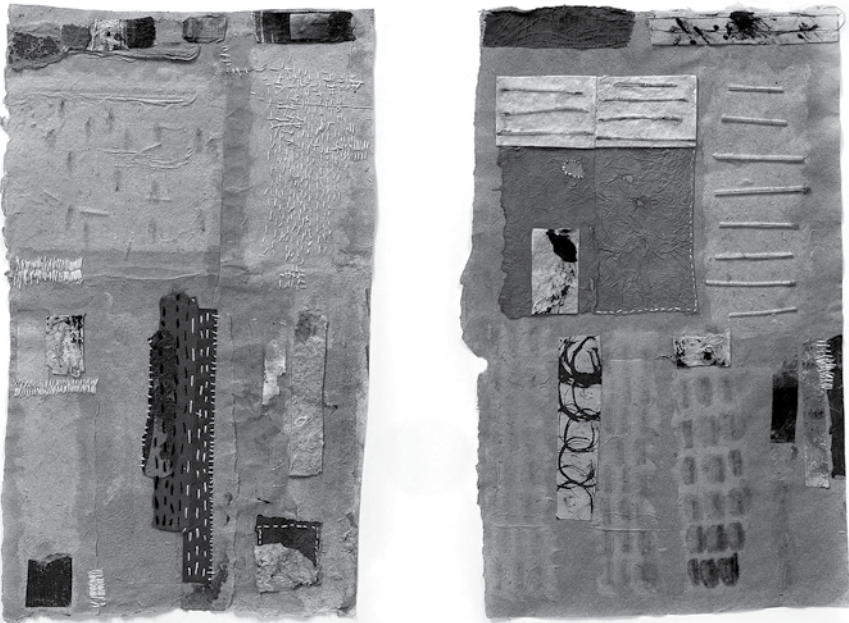
Culture Tap is excited to welcome Japanese indigo dye artisan Takayuki Ishii in partnership with Circle of Life Studio of Eagle River. Ishii-san runs an indigo dyeing workshop using traditional techniques and materials.

While in the Northwoods he will also offer classes through School of the Arts, School District of Rhinelander and Circle of Life Studio, work with students at Northwoods Community Elementary School, meet with local high school and college art students, conduct demonstrations at Project North (ProjectNorth.org), and exhibit his textile work at the Nicolet College Lakeside Center. Please visit www.ArtStartRhinelander.org for more information.

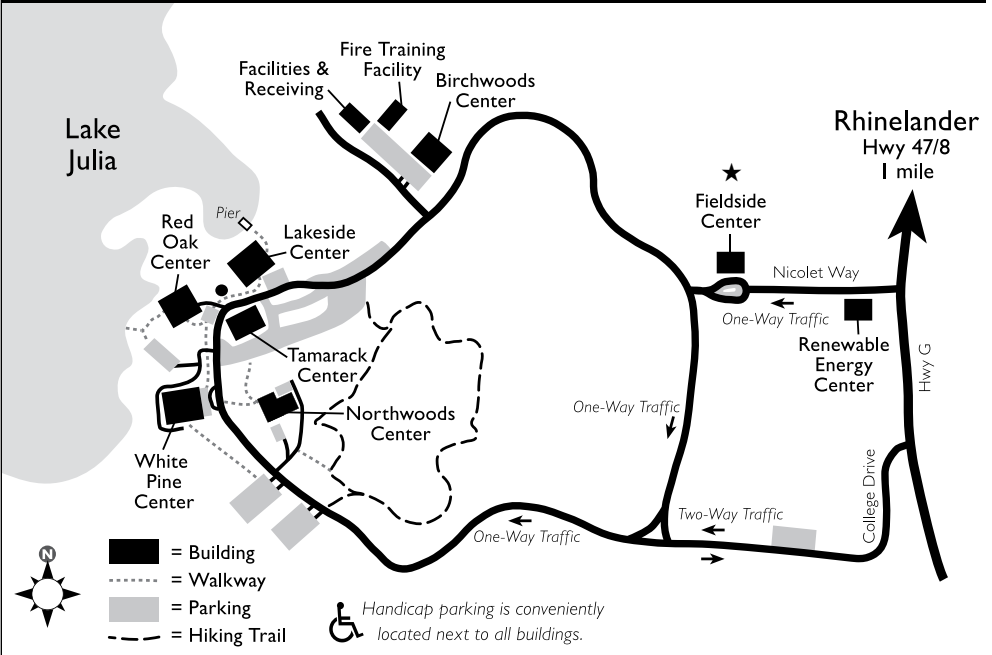
Hear Takayuki Ishii speak with local artist Debbie Jircik on September 24. Their talk "Searching for Sustainable Blues Across Culture" and a reception will be held from 5 - 7 pm at the Nicolet College Theatre.

Winter and Spring artists will be announced fall of 2019.

This program is supported in part by a grant from the Wisconsin Arts Board with funds from the State of Wisconsin and the National Endowment for the Arts.



Nicolet College Campus – Rhinelander



All registrations for Continuing Education and Outdoor Adventure 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
 ce@nicoletcollege.edu
nicoletcollege.edu

Online registration coming soon!
 Visit nicoletcollege.edu for more details.

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
Rhinelander, 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
Rhinelander, WI 54501

Online registration coming soon!

Visit nicoletcollege.edu
for more details.

- 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 _____ Cell Work County of Residence _____ Municipality of Residence _____ Date of Birth _____ / _____ / _____
 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: _____
 Races: (Check all that apply) American Indian or Alaska Native Native Hawaiian or other Pacific Islander Black or African American White Associate Degree Additional Credential Baccalaureate More than Baccalaureate
 Highest Credential Earned: No Credential GED HSED HS Diploma
 Some College Short-Term Diploma 1-Year Diploma 2-Year Diploma

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

FEES ARE DUE WITH REGISTRATION

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: _____

Small text: 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 _____ Cell Work County of Residence _____ Municipality of Residence _____ Date of Birth _____
 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: _____
 Races: (Check all that apply)
 American Indian or Alaska Native Native Hawaiian or other Pacific Islander 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
 Highest Credential Earned:
 No Credential GED HSED
 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).

Revised 1/1/18



BUILDING LEADERS
[inside your business]

Inside Leadership is a practical, common-sense development program that gives both new and experienced leaders essential skills they can immediately apply at work. In a series of monthly sessions, your leaders will take a deeper look inside topics ranging from communication and team skills to time management and interview techniques. Empower the leaders inside your organization to drive business success.

MODULE DETAILS

Each session is 4 hours in length and offered monthly from January – June and September – October. Participant materials and refreshments are included. 2019/2020 session will be scheduled 8 am - noon on the third Tuesday of the month at the Nicolet College Rhinelander Campus.

COST

Individual Cost per Module: \$89

Individual 1 Year Subscription: \$699 (cost savings over \$100)

Select any combination or all of the training modules for one seat. The individual attending may be the same or change throughout the year.

Team 1 Year Subscription: \$2,199 (cost savings over \$1,000)

Select any combination or all of the training modules for four seats. The team attending may be the same or change throughout the year.

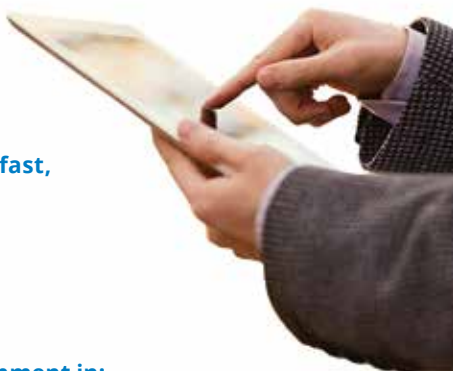
Subscriptions expire one year from the order date.

MODULES
HAVE THE TITLE, NOW WHAT DO I DO? Tuesday, September 17, 2019
IDENTIFY YOUR LEADERSHIP STRENGTHS AND COMMUNICATION PREFERENCES Tuesday, October 15, 2019
WHAT AND HOW TO COMMUNICATE Tuesday, November 19, 2019
REV THEM UP Tuesday, January 21, 2019
GETTING THE PERFORMANCE YOU WANT Tuesday, February 18, 2019
LEADING THROUGH CHANGE Tuesday, March 17, 2019
WHERE DID THE DAY GO? Tuesday, April 21, 2019
HIRING THE BEST EMPLOYEES Tuesday, May 19, 2019
KEEPING THE GOOD ONES Tuesday, June 15, 2019

**FOR MORE INFORMATION OR TO REGISTER,
SEARCH INSIDE LEADERSHIP AT NICOLETCOLLEGE.EDU**

ONLINE COURSES

Visit nicoletcollege.edu and click the menu button at the top of the page for more information.



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

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- Instructors lead each course
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Professional development and personal enrichment in:

- Accounting and Finance
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- Computers and Technology
- Design and Composition
- Health Care and Medical
- Language and Arts
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- 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



2019 HireUp Series:

TALENT ATTRACTION AND RETENTION

We're excited to have **Greg Wright** of **CREATE Portage County** join us to share how they developed a more vibrant and engaged community through arts and culture advocacy and creative place-making. Learn how we can bolster creativity, foster connections, and strengthen collaborations between employers and community members to create a place people want to live, play, work, and invest. You won't want to miss this!

Thursday, October 24, 2019 • 9 am – Noon

Nicolet College – Northwoods Center 208-209, Rhinelander

715.365.4544 or 800.544.3039 ext 4544



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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Nicolet College does not discriminate on the basis of race, color, national origin, sex, disability, or age in its programs and activities. The following person has been designated to manage inquiries regarding the non-discrimination policies:

Director of Human Resources, Nicolet Area Technical College, PO Box 518, Rhineland, WI 54501-0518

Telephone: 715.365.4449 • TTY: 800.947.3529 or 711