

Learning in Retirement Spring 2021 Class Offerings

Welcome to LIR! Classes begin Tuesday, January 12, 2021. This year, only, the Annual Membership Fee for 2020-2021 is **\$30/person** (good until June 30, 2021). You can **register** at any time for Spring Semester 2021 by mailing in the form on **page 11** or emailing Brenda Peltier at bpeltier@nicoletcollege.edu.

All classes are VIRTUAL. You'll receive a **Weekly Reminder email** of upcoming classes with a link to access each online class. Contact the LIR Office at: lir@nicoletcollege.edu or bpeltier@nicoletcollege.edu if you have any questions. You may call 715-365-4491 (office) and leave a voice message. They will be returned Monday-Thursday between the hours of 9 am – 1 pm.

LIR Spring 2021 Class Offerings

January:

Taking a Vision to the Television

Dan Hagen
Tuesday, January 12
9:30 am

Dan Hagen, WJFW producer and host of Up North @ 4, will share his experiences in this Northwoods' venue of news, non-profits, and events. Watch and listen as Dan describes what it takes to get his visions to your living rooms.

Packers/Bears Rivalry Presentation

Green Bay Packers Hall of Fame Staff
Wednesday, January 13
9:30 am
Fee: \$5

The Packers/ Bears rivalry is one of the most storied in professional sports. Dating back to 1921, these teams have faced off over 200 times. Relive great moments from nearly a century of head-to-head matchups. Hosted by a member of the Green Bay Packers Hall of Fame staff, this presentation ranges from 45 minutes to 1 hour, including Q&A. There is a \$5.00 fee to join this presentation and it must be received by January 11, 2021. Make your check payable to: Learning in Retirement. Send your check to: LIR at Nicolet College, P.O. Box 518, Rhinelander, WI 54501.

We are Stardust

Gary Dallman
Thursday, January 21
1:00 pm

The visible world is made from various combinations of fundamental building blocks called elements. This course investigates the origin of these elements from cosmic and stellar processes. Join us to find out how you resemble a star!

What We're Reading Now: Non-fiction

Michael Shores

Fridays, January 22; February 5, 19; March 5, 19; April 2, 16, 30

9:30 am

8 sessions

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

Current Events

Michael Shores

Mondays, January 25, February 8, 22; March 8, 22; April 5, 19; May 3

9:30 am

8 sessions

More than a few of you have attended Current Events sessions in the past. Last semester it seemed a bit daunting for our initial semester of virtual classes. This semester we are going to give it a try. As in the past, we hope to rely on those attending the class to provide the articles we will discuss. That means sending items in ahead of time that we can share using Zoom like links to stories, prepared word processing documents edited for brevity, and scans or photos from newspapers or magazines.

Carbohydrates and Fats

Gary Dallman

Thursday, January 28

1:00 pm

Carbohydrates and fats consist of the same kinds of atoms with very different structures and functions. This course examines the basic chemistry of these two essential molecules of life.

February:

Free for Wall: Community Art Exhibition

ArtStart Staff

Tuesday, February 2

10:00 am

Featuring art of all forms created during the pandemic. ArtStart staff will introduce the exhibits and lead the virtual tour.

Chair Yoga

Jane Banning

Thursdays, February 4, 11, 18, 25

10-11:00 am

4 Sessions

Chair yoga isn't about twisty pretzel poses or chanting. It's really about slow and mindful movement without getting down on the floor. Yoga isn't anything mysterious either. It is accessible to all bodies and abilities and will actually make you feel better. Join us for an hour of easy movement. We will stand and sit using a chair with no arms. All you need is that chair, some comfortable clothes and you're good to go!

Timely Seasons of Desserts / A Poetry Read by Darlene Machtan

Darlene Machtan

Monday, February 8

1:00 pm

What goes together with Valentine's Day better than poetry and chocolates? Join Darlene Machtan as she reads from her latest book *Timely Seasons of Desserts, a Trilogy*. The book is an anthology of three of Darlene's previously released poetry chapbooks of poems about love, marriage, friendship and much more. For those who would like to read and munch along, Darlene will deliver an autographed book and a dozen of her hand-dipped chocolate covered cherries, raspberry truffles, or peanut butter balls by February 6 for \$22. She will ship books and candy to out-of-towners for an additional \$5. No purchase is required, of course, but if you would like to order, email Darlene at machtdar@gmail.com on or before January 22.

Understanding Cultural and Human Geography

Michael Shores

Wednesdays, February 10, 17, 24

9:30 am

3 sessions

This DVD course is presented by UW Professor Paul Robbins. The lectures this semester include: land changes such as deforestation, the recent decline in population growth, agricultural impacts on the land, the geography of disease, international impacts on local conditions, and global trade through the centuries.

Negotiations in History: 1938-1939

Gary Prod, C.P.M.

Thursday, February 11

1:30 pm

During the last turbulent year of peace from September 1938 to August 1939, the Allied Governments were shamefully outplayed at the negotiating table by both Hitler and the Soviets. The errors they made are still common in today's world of business and politics. Learn about the tactics employed and how to counter them.

What Did You Say?

Karen Teter, Au.D.
Friday, February 12
9:30 am

This class will be primarily a question and answer session with an experienced and energetic doctor of Audiology. In recent years, there have been numerous advances in hearing technology. Hearing professionals now have a greater understanding of the reasons and consequences of hearing loss. Bring your questions.

Civil Discourse Part 2

Jane Banning, MSSW
Monday, February 15
1:00-2:30 pm

This class is a follow up to the Fall 2020 introductory class. We'll review some of the fundamental principles discussed in Part 1 and talk about how to practice these principles in real life, including examples from participants. Description of Part 1: This non-partisan, non-political class is about ways to connect, understand, and have civil conversations when it seems there are no paths through the thickets. Pick up some fundamental skills in how to converse with people with whom you disagree. Learn a bit about how our brains work (stories vs. facts and data), how to ask a great question, plus a couple of strategies for keeping cool.

Weather Forecasting in a Changing Climate

Geoff Weller
Tuesday, February 16
9:30 am

Geoff Weller, Chief Meteorologist, for WJFW knew he wanted to be a meteorologist at the age of seven. Join other LIR members as he talks about the challenges of weather forecasting in a changing climate.

School District of Rhinelander Exhibition

ArtStart Staff
Tuesday, February 23
10:00 am

Celebrate and view artwork created by students in the Rhinelander School District, grades K-12. Student work consists of a variety of media including paintings, drawings, prints, collage, ceramic, sculpture, and mixed media. ArtStart staff will introduce the exhibits and lead the virtual tour.

Oh, The Places You'll Go!

Steven Schreier

Thursday, February 25

1:30 pm

A sequel to *Roadside Attractions*, we will journey through the heartland of America and visit many strange and wonderful oddities, some along the way and a few off the beaten path. Amongst the peculiar places we will be rewarded by a visit with a UFO, a VanGogh painting the size of a house, the home of Superman (not Krypton!), and so much more. Join us on a venture where the road less traveled reveals the strange and delightful.

March:

Norway Travelogue

Gary and Jane Prod

Tuesday, March 2

1:30 pm

Far north there is a place trolls and mountain kings call home. Norway is blessed with many natural wonders including fjords, mountains, glaciers, and waterfalls. National Geographic has ranked the Norwegian fjords as one of the world's best travel destinations. Travel with us as we share our journey through Norway's history, culture, and beauty.

WXPR History? - Ask the Journalists

Katie Thoresen, Ben Meyer, Jessie Dick

Wednesday, March 3

9:30 am

Curious about what happens at WXPR? What's the history? What's public radio? Katie, Ben, and Jessie will enlighten you about the station and their positions at WXPR. There will also be time to discuss local issues with WXPR's News Team.

Shadows on the Wall

Cooper Henkel, WJFW

Wednesday, March 10

9:30 am

Storytelling takes shadows and turns them into symbols, shaping reality and our shared understanding of the real. Taking on that role requires being an audience member, master manipulator, and wizard behind the curtain all at once. Learn how the growing catalog of reality-distorting tools at our disposal makes finding the truth in the illusions all the more important.

Where Two Worlds Meet

Gregg Guthrie

Thursdays, March 11, 18

9:30 am

2 sessions

This class explores the divergent cultures of people living on “the borderlines,” people who live in two worlds on a daily basis. The class will focus on the community of Lac du Flambeau with its rich Ojibwe Indian history and traditions and “the other,” non-Indian people who have made Lac du Flambeau their home. Gregg Guthrie, a member of the Lac du Flambeau Band of Lake Superior Chippewa Indians, will take us on this interesting journey toward a better understanding of one another.

Art Tour of Historic Lambeau Field (Virtual)

Green Bay Packers Hall of Fame Staff

Monday, March 15

9:30 am

Fee: \$5

The entire Green Bay Packers Collection contains over 500 pieces of artwork, including paintings, collages, photographs, and much more. Watch as we explore some of the art pieces that line the walls of historic Lambeau Field. Hosted by a member of the Green Bay Packers Hall of Fame staff, this presentation ranges from 45 minutes to 1 hour, including Q&A. There is a \$5.00 fee to join this presentation and it must be received by January 11, 2021. Make your check payable to: Learning in Retirement. Send your check to: LIR at Nicolet College, P.O. Box 518, Rhineland, WI 54501

Medical History

Walt Gager

Wednesday, March 17

1:00 pm

Join us to learn about the history of medicine in Wisconsin. Why did Chicago grow as a western stepping-off point and not Milwaukee? Milwaukee had a much better harbor? What diseases killed the majority of folks in the years 1850 through the early 20th century? Who were the early medicine men? Walt Gager, MD, will address the answers to these questions and much, much more!

How To Make Cake Pops - Little Chicks (for Easter)

Erika Warning-Meyer

Saturday, March 20

10:00 - 11:30 am

Join Erika as she makes her favorite treat - cake pops. You'll learn how to make basic cake pops and experiment with a fun, spring design - little chicks. This class will be 1 ½ hours. At the end of the class, you'll have cake pops to share with your friends and family (or keep all to yourself.) You are welcome to watch along or participate in this interactive demonstration. If you'd like to participate, supplies will need to be purchased prior to the event with some prep work included. More information will be shared when you register for this class by contacting Brenda Peltier (host) at: bpeltier@nicolecollege.edu. Join us for this fun, virtual class.

Alaskan Native Topics

Joshua Anahonak

Tuesday & Thursday, March 23, 25

2:00 pm

2 sessions

Joshua grew up in rural Alaska and now lives in California. He will present on rural Alaskan Native history, a subsistence lifestyle, language, and culture. Joshua will specifically focus on the Chugach Aluts of the Kenai Peninsula in Alaska.

ArtStart Spring Exhibit: Mel Kolstadt and Liz Miller

ArtStart Staff

Wednesday, March 24

10:00 am

Mel Kolstadt is an artist from Fond Du Lac, Wisconsin. Her main art medium is drypoint printmaking but she enjoys creating other forms too. She has been an instructor at ArtStart's School of the Arts Legacy Program since the program's launch in 2017.

Liz Miller is an installation artist from Minnesota. She creates abstract installations in art galleries from paper, plastic, cloth and other materials. Many of her installations have been large enough for patrons to walk into or through them. Liz currently teaches realistic style art classes which include art theory and acrylic painting techniques. She also teaches art in the forms of watercolors and mixed media.

TED Talks, Eagle River

Donna DePape

Tuesdays, March 30; April 6, 13

9:30 am

3 Sessions

TED Talks returns this semester for another rousing selection of presentations. Each week four video talks from the TED collection are selected, usually focused around a specific topic, such as coral, crochet and mathematics or storytelling and photography or sleep. Each talk is followed by a lively discussion. Join us for exhilarating and engaging video talks from around the world on different selected topics.

April:

Ced Vig Nature Series

Various Speakers

Contact Person: Carol Ritter

Wednesdays, April 7, 14, 21, 28; May 5, 12

9:30 am

6 Sessions

Ced's Nature Series continues its tradition of honoring Ced Vig (1912-2010), local naturalist, educator, writer, and founder of this series. With the promise of spring, we again offer a series of presentations on all things natural in the Northwoods. Birds and trees will dominate the topics, but we will also begin what is hoped to be a mini-series exploring how technology is changing best practices for natural resource and conservation professionals, and how we can participate a bit in this techno-transformation. A brief list of topics scheduled: population decline in Northwoods loons, current threats to forest health, bluebirds in Wisconsin, ruffed grouse, data and details from DNR's SnapShot Wisconsin program, using GIS to identify old growth forests, and a mobile app for conservation tract monitoring. **See table on page 10**

Hope to see you in April, when "the maple sap is running and the robins are returning."

– Ced Vig

May:

The History and Survey of United States Constitutional Law

Ted Russell

Tuesdays & Thursdays, May 3 (T), 5 (Th), 10 (T), 12 (Th)

1:00 pm

4 Sessions

Join Ted Russell on another fascinating journey examining the history and untold stories of constitutional law in the United States. This will be the fourth of his series on US Constitutional Law. Ted will review the past sessions and present new, enlightening information. This will be presented in four one-hour sessions with time for Q&A afterward.

The Importance of Balance as We Age

Kurt Klemm and Erin Klemm - Physical Therapists

Thursday, May 6

9:30 am

As we age, our sense of balance becomes more important than ever before. Injuries due to falls are a common occurrence. Fortunately, they can be prevented. Physical therapists will offer and demonstrate exercises that can strengthen our muscles and increase our sense of balance.

MMIW (Missing, Murdered Indigenous Women)

Taylor Owens
Mondays, May 10, 17
9:30 am
2 sessions

Here is your path to understanding the trauma and peril that is reality for Indigenous peoples. Taylor Owens, founder of the non-profit organization, Red Voice, will share her story about the MMIW movement and how she got involved. She will provide us with a background of facts, statistics, and collaborative efforts in Wisconsin and the nation. You will hear about case studies that will pull your heart from your own body and send it straight to the victims' graves, some of them being unmarked and unknown. It's not her intention to shock you, her ultimate goal is to educate, unite, and gain justice for the Missing, Murdered, Indigenous Women.

Shared Interest Group (SIG)

"Sole" Mates

Brenda Peltier, Michael Shores, and others

March, April, and May

Dates, times, and locations will be determined once the group is formed.

Locations: Various walking/hiking trails in the surrounding area.

Maximum: 10 (if we have more members interested we'll start another group)

This is a continuation from Fall Semester 2020. Join us as we determine where and when to hike the beautiful trails in the Northwoods. This Shared Interest Group (SIG) will begin to meet in late March/early April to get our feet happy and energized. The walks/hikes will not be very strenuous and will average between 2 - 3 miles. You will need proper footwear and appropriate clothing for each outing. If interested in this SIG, please contact **Brenda Peltier at 651-226-9700 (cell)** to get your feet walking. Once the group is formed, we'll email information to each member. Some ideas include: Mud Lake Silent Trail, Holmboe Trail, Woodruff Trail, McNaughton State Trail, and other suggestions from the group. Masks and social distancing will be required.

CED VIG'S NATURE SERIES

Spring 2021

Wednesdays, 9:30 a.m. April 7 – May 12

Date	Speaker	Topic
April 7	Dr. Walter Piper Professor of Biology, Chapman University, Orange, CA Founder of The Loon Project	Causes of Population Decline in the Wisconsin Loon Population Why Loons in Wisconsin appear to be struggling.
April 14	Linda Williams Forest Health Specialist – Northeastern Wisconsin Wisconsin Department of Natural Resources	Forest Insects and Diseases from last year and what to watch for this year Updates on emerald ash borer, forest tent caterpillar, spruce budworm, mortality due to high water, oak wilt, and other issues.
April 21	Steve Petznick Career naturalist, now retired, Mosquito Hill Nature Center, New London. Avid birder, previously in speaker's bureau for the Wisconsin Society of Ornithology	The Beauty of Bluebirds Insights into the migration, feeding behavior, nesting, and brood rearing of eastern bluebirds
April 28	Randee Smith BS Ecologist, Michigan Tech Univ Coordinator for the Wisconsin Young Forest Partnership (WYFP), Rhinelander	Ruffed Grouse and Us Learn about their life cycle, habitat needs, and ways that you can get involved with this unique bird
How technology is changing practices in Natural Resources:		
May 5	Ally Magnin and Claire Viellieux DNR Snapshot Wisconsin Wisconsin Department of Natural Resources Office of Applied Science	DNR Snapshot Wisconsin: The history of the program, current operations, the Data Dashboard, how the data is used, and how citizen science makes it all possible.
May 12	Troy Walters, Outreach and Monitoring Coordinator Kari Kirschbaum, Land Protection Coordinator Northwoods Land Trust	Technology for Land Conservation Using a mobile app connected to the NWLT database to monitor conserved lands.. Using GIS to identify and protect Old Growth Forests. Citizen use of GIS.



NICOLET COLLEGE

learning in retirement

Registration Form Spring 2021

Membership Fee -- \$30 each _____
(good until June 30, 2021)

Advance Class Fee (No Refunds)
Packers/Bears Rivalry -- \$5 _____

Packer Virtual Art Tour -- \$5 _____

TOTAL Enclosed -- \$ _____

Please Print

Name 1: _____

Email: _____

Phone: _____

Name 2: _____

Email: _____

Phone: _____

Address: _____

City: _____ State: _____ Zip: _____

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