

# ENJOY THE EXPERIENCE



Arts & Community



Business & Professional Development

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SUMMER 2021

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# ARTS, CULTURE & COMMUNITY

## OUTDOOR ADVENTURE

### Outdoor Adventure in the World of COVID-19

As we move forward in this new era of COVID-19, we want to let you know that your safety is the No. 1 Priority for all of us in Nicolet's Outdoor Adventure Program and at the college as a whole.

With that in mind, and as you page through this catalog and see many new offerings along with some long-time favorites, it's important to note that in every class we will be following the prudent and precautionary guidance issued by health and medical professionals at the county, state, and federal levels.

This includes social distancing and the recommendation that we wear masks whenever practicable.

To accommodate the extra space we will need to stay six feet apart, we have scheduled indoor classes in larger classrooms than in the past and, as of this writing, the maximum number of people in each class, including the instructors, will be limited to 12. This will apply to both indoor and outdoor classes.

We all know things can change fast and we are monitoring the situation daily. If conditions improve with the COVID-19 virus, we will increase the maximum number of students for each class as appropriate. Conversely, a local surge in case numbers will trigger additional safeguards and/or restrictions.

For the latest and most up-to-date information, please visit our website at [nicoletcollege.edu/outdooradventure](http://nicoletcollege.edu/outdooradventure).

Stay safe out there and we look forward to seeing you this summer and fall!

Terry Rutlin  
Outdoor Adventure Coordinator



## Kayaking, Canoeing, & Paddleboarding

### Baker Lake to Tamarack Flowage Paddle

Join local naturalist Troy Walters for an evening paddle on two remote lakes in Vilas County as the day's winds subside and temperatures begin to cool. Participants will meet at the Baker Lake boat landing. We will paddle across the 37-acre Baker Lake, through a short, narrow "river" channel into the 236-acre Tamarack Flowage. Historically, there has been an eagle nest on this lake and loons are often spotted. This time of year will also provide views of a variety of aquatic vegetation, notably white and bullhead pond lilies. As the winds die down and the sun begins to set, we will be paddling back to the start. Barred owls have been known to vocalize and if not, Troy will try his hand at a little owl calling to see if one will come to investigate. This paddle is a true Northwoods experience with little shoreline development and boat traffic. Participants need to bring their own boat, paddles, life jackets, bug spray, water, and rain gear.

Troy Walters

6 to 9 pm

Monday, August 2

\$40

Strenuousness Rating: 2-3 – Participants should be in reasonable physical shape as we hope to paddle around five miles.

Directions: from Eagle River, head N on US-45N to Conover, turn L (west) onto west Cty. Hwy K, head 2.2 miles and turn right (north) onto Cty. Rd S, head 0.9 miles and turn left (west) onto Baker Lake Rd, stay right on Baker Lake Rd for 2.2 miles and the Boat Landing will be on the right (north). GPS 46.066531, -89.346873.

*Note that there are no restrooms.*

### Loon Paddle – Iconic Birds of the North

Not only is the Turtle-Flambeau Flowage one of the most scenic bodies of water in Wisconsin, it's also home to the most pairs of nesting loons in the state. Join biologist and loon expert Terry Dalton and her husband, Jeff Wilson, a consulting biologist, as we paddle the flowage and learn about these birds from a researcher's perspective. During the journey they'll share interesting facts about loon behavior patterns and habitat, all the while instilling a greater understanding and appreciation for this iconic bird of the north. "The Turtle-Flambeau Flowage is the mother lode for loons!," Jeff says. At 14,000 acres complete with 195 islands, the flowage also has rich populations of bald eagles and osprey and is home to terns, merlins, great blue herons, and a diversity of waterfowl and songbirds.



Terry Dalton, Jeff Wilson,

Dan Clausen

10 am to 3 pm

Friday, June 25

Turtle-Flambeau Flowage

(Exact boat landing will be determined after Terry scouts the flowage to determine the best location to view nesting loons)

\$70

\$90 with canoe or kayak rental

Strenuousness Rating: 3+/- –

Some physically demanding aspects. Requires some endurance and a level of good physical condition.

## Canoeing with Style

The grace of quietly slipping a paddle into the water to confidently move a canoe across a lake or down a river is a quintessential Northwoods experience.

By learning the finer points of a few different paddling strokes, you'll be able to steer the boat where you want instead of having the boat take you for a ride. We'll start on the Lake Julia Terrace overlooking the lake on the Nicolet Campus and go over all the introductory skills necessary to have a safe and enjoyable canoeing experience. Then we'll take to the scenic lake to practice the techniques learned on land. Instruction will be provided for both solo and tandem canoeing.

Terry Rutlin and Dan Clausen

10 am to noon

Saturday, June 19

Lake Julia Terrace, Lake Julia

Nicolet College Campus – Behind the Lakeside Center

\$35

\$55 with boat rental

Strenuous Rating: 2-3 – Slightly strenuous but does not require prior physical conditioning.

Requires some endurance.

## Introduction to Sea Kayaking

Slip into a sea kayak and a whole new world opens up to the abundance of lakes, streams, and rivers that help define the Northwoods. You'll be able to get the most out of your outdoor kayak adventures with the basic skills, tips, and techniques taught in this class. Instruction will be oriented toward those new to the sport as well as those with some experience looking to sharpen their skills and take them to the next level. Over the course of the afternoon we'll cover aspects of safety so you make it back home, different stroke techniques to masterfully control your boat, how to paddle on windy days and actually use the wind in your favor, and time-tested techniques to reduce fatigue and increase comfort for those longer adventures on the water.

Dan Clausen and Terry Rutlin

1 to 3 pm

Saturday, June 19

Lake Julia Terrace, Lake Julia

Nicolet College Campus – Behind the Lakeside Center

\$35

\$55 with boat rental

Strenuous Rating: 2-3 – Slightly strenuous but does not require prior physical conditioning.

Requires some endurance.





### Camp Pizza on the Manitowish River

Have you ever wanted to make an amazing meal over the campfire but didn't know where to start? Take a canoe trip with two people who love to eat well in the backcountry and learn how to make your own wood-fired pizzas in the wilderness. This paddle trip is all about leisure and good food. We will be paddling from Boulder Junction to a wonderful campsite on the confluence of Johnson Creek and the Manitowish River. Good food, good conversation, and some naturalist observation along the way. Beginning-level canoeing skills and experience are required for this trip.

Krystal Westphal and Tina Lee

10 am to 3 pm

Saturday, June 26

Boulder Junction, confluence of the Manitowish River and Johnson Creek  
\$50

Strenuous Rating: 2-3 – Some physically demanding aspects. Requires some endurance.

Directions: Take Hwy M northeast out of Boulder Junction. Take a right onto Hight and Fish Trap Lake Road. When the road splits, continue forward onto Dam Road. The boat launch is at the end of Dam Road. It's the Fish Trap Lake Dam launch.

### Kayak Cookout on the Willow Flowage

With limited development and access, the Willow Flowage Scenic Waters Area has long been one of our favorite places to explore as its more than 4,200 acres of water offers a paddler's paradise with more than 100 islands and backwaters. Its sense of remoteness, wildlife, and natural shoreline beckon the paddler. Not being in any hurry to get anywhere on this paddle, we'll cruise the waters, take in the scenery, view the abundant wildlife, and get a little exercise before making our way to a gorgeous island for a late afternoon cookout featuring an abundance of healthy food. The class will be led by two old timers who have elevated paddling and picnicking into an art form.

Martha Schouweiler and Dan Clausen

1 to 5 pm

Thursday, August 5

\$55 (includes the cookout)

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

Directions: From the intersection of Hwy. Y and Hwy. 8 just north of Tomahawk, take Hwy. Y north to Willow Dam Road. Turn left onto Willow Dam Road. The boat landing is ¼ mile north of the Willow Dam.

## Beginning Stand Up Paddleboarding

Up the fun factor with this stand up paddleboarding class designed to impart all the skills necessary to get the most out of this fun and enjoyable activity.

Class will take place on the scenic waters of Perch Lake in the Washburn Silent Sports Trail Area west of Rhinelander. Expert entry-level instruction will include how to get on a board (they're much more stable than many think), proper stance for optimum balance, essential paddle strokes and turning techniques, and how to get back on your board if you happen to fall off (or jump off, which is great fun particularly on a hot day!). We'll start on the scenic sand beach with a basic overview of techniques and equipment and then set off on the water for a tour of Perch Lake. Along with being a lot of fun, over time you'll experience the added benefit of improving core strength and balance skills with this lifetime sport.

Andrew Warner

11 am to 1 pm

Saturday, August 7

Washburn Lake Trailhead – Perch Lake Parking Area

\$30

Paddleboard rentals available through local sport shops

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

## Next-level Stand Up Paddleboarding

Anyone who feels comfortable on their paddleboard and is looking to take their skills to the next level will get what they are looking for in this two-hour session on scenic Trout Lake. Designed to take beginning-level paddlers to the intermediate level, students will learn a new set of skills that will allow them to feel comfortable paddling in a wider range of conditions with greater confidence. Instruction will focus on the finer points of forward acceleration and also include tips on off-side paddle strokes, the pivot turn, how to use the brace stroke to prevent falling off your board, and how different foot positions affect board performance. Depending on the weather, students will also learn how to paddle assertively in wind and waves and how to use these elements to your advantage.

Dan Clausen

1 to 3 pm

Saturday, July 24

Hwy. M Trout Lake Beach and Boat Landing just south of Boulder Junction

\$30

Strenuousness Rating: 3 – Some physically demanding aspects. Requires some endurance.



## Mountain Biking

### Beginner Mountain Biking

Would you like to learn to be more comfortable riding your mountain bike or fat bike, and perhaps ride off-road on some of the amazing mountain bike trails in our area? This course is designed for beginning riders, and will give you skills in bike fit and position, and the confidence you need to ride safely and comfortably, whether you are on paved trails, logging roads, or single track.

Instructor Val Foley has been riding and racing mountain bikes for years and is a certified Level 1 PMBIA (Professional Mountain Bike Instructors Assoc.) coach. She has coached at ladies mountain bike clinics for the past several years, and enjoys sharing the love of biking with everyone. A mountain bike and bike helmet in good condition are required to attend this course.

Val Foley

5:30 to 7:30 pm

Two consecutive Thursdays, June 17 and 24

Minocqua Zipline Trails, 7849 US-51, Minocqua

\$50

Strenuous Rating: 2-3 – Slightly strenuous with some physically demanding aspects. Requires some endurance.



### Up-A-Notch Mountain Biking

Take your mountain biking skills to new heights (literally, if that's your thing) with this class where you'll build on existing beginner-level skills for greater confidence and ability out on trails. We'll learn the skills necessary to pedal through and adeptly navigate more advanced terrain. This will include the correct technique to successfully handle rock rollovers and berms, tabletops, small drops, technical terrain like rocks, roots, and corners, as well as going over the basic skills for a refresher.

Val Foley

5:30 to 7:30 pm

Two consecutive Thursdays, July 22 and 29

Minocqua Zipline Trails, 7849 US-51, Minocqua

\$50

Strenuous Rating: 3 – Some physically demanding aspects. Requires some endurance and a level of physical conditioning.



## Dog-Powered Silent Sports

Do you enjoy silent sports like trail running, hiking, or mountain biking? Well now you can enjoy them even more with your dog! Learn about Canicross, Bikejor, and Scooterjor from 2019 Dryland Dogsledding World Championship Team USA Co-Captain, Niina Baum. She will demonstrate how your dog can participate in your favorite silent sports with you. Topics will include harness sizing, equipment needs, best practices and techniques, commands, and dog-friendly trails.

### What are Canicross, Bikejor, and Scooterjor?

**Canicross:** cross country running (or hiking) with a dog attached to you via a dog pulling harness, bungee line, and human running/trekking belt (hands-free).

**Bikejor:** mountain biking with one or two dogs attached to your bike stem via a dog pulling harness and bungee line.

**Scooterjor:** one or two dogs attached to an off-road scooter (similar to a mountain bike but with a standing platform instead of a seat and pedals) via a dog pulling harness and bungee line. Instead of pedaling you are kicking to assist the dog/s.

Each of these combines the power of both you and your dog, creating an awesome team experience you can have with your furry best friend. These activities are great for energetic dogs that love being outside or just can't be off leash. Take what you learn from this class and apply it to your next outing or adventure! Participants are invited to bring their dogs to class to try the sport of their choice.

Niina Baum

9 to 11 am

Saturday, September 25

Oneida County – Washburn Lake Silent Sports Trails Trailhead

\$30

Strenuousity Rating: 1-2 – Mostly not strenuous. Slightly strenuous if your dog pulls you down the trail.



# Permaculture & Homesteading

## 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.

Andrew Warner

Two classes. Same material will be taught in each class.

6 to 8 pm

Friday, July 23

5 to 7 pm

Friday, September 17

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

\$35

Strenuous Rating: 1 – Not strenuous at all. Mostly a stationary experience.

## Grow Your Own Shiitake and Oyster Mushrooms

Bring the flavors of the forest to your kitchen and dinner plate in this introductory hands-on workshop covering the cultivation of gourmet shiitake and oyster mushrooms. You will learn the basics of substrate selection, treatment methods, and growing requirements for these two mushroom varieties. After discussing these topics, you'll inoculate your own oyster straw bag and shiitake log to take home. Then watch the mushrooms grow and, when the time is right, enjoy the fruits of your labor in delicious dishes.

Pete Zambon and Tabitha Bennish

10 am to 3 pm

Sunday, June 6

Nicolet College Campus – Lakeside Center and Lake Julia Terrace

\$65

Strenuous Rating: 1 – Not strenuous at all. Mostly a stationary experience.





## Foraging in the Northwoods

Nature's bounty is all around us – if you know what you're looking for. Join long-time expert forager Kevin Schmitz as we take to the woods in search of any number of plants that provide sustenance as food and can be used for other purposes such as easing physical ailments. The focus will be on identifying a collection of the more useful plant species in the that can be found in yards, roadsides, and along the forest edge. We'll go into more depth on the choice edibles and give you a few delectables to look for and enjoy this summer and early fall.

Kevin Schmitz

9 to 11 am

Saturday, July 17

Nicolet College Campus – Meet at the Fieldside Center Parking Lot

\$30

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

## Fall Wild Cranberry Foraging

Enjoy the experience of harvesting your own wild cranberries in this class which will teach you where to find this delicious fruit, how to identify it, and prepare and store your cranberries. We'll venture to a sphagnum moss bog to search for and pick cranberries and also see and learn about other bog plants, including carnivorous sundew and pitcher plants. Note that we will not be standing hip deep with waders to get our cranberries like commercial growers do. Natural sphagnum moss bogs are a moist environment with reasonable footing and can be readily traversed with waterproof hiking boots or rubber boots, if you want to stay completely dry. Be sure to bring something to carry your berries. Instructor Kevin Schmitz will scout area bogs in the weeks before class to find the best producing area. After you register we'll notify you of the exact location, which is expected to be within 10 miles of Rhinelander.

Kevin Schmitz

1 to 3 pm

Saturday, October 16

Rhinelander-area Sphagnum Bog

\$30

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



### On the Hunt for Wild Mushrooms

Dig into the secretive world of wild mushrooms as we take to the field to hunt for the broad array of native mycelium that grow in the Northwoods. The focus will be on which mushrooms are absolutely scrumptious in culinary dishes and which ones need to be avoided. Along with venturing into the woods to collect wild mushrooms, the day will also include some indoor lab time to learn a little about mushroom biology, and what habitat they like. Participants may want to bring a basket to carry their bounty.

Emilymae King and Sherry Behn

Two Classes. Same content will be taught each day.

9 am to 1 pm

Saturday, August 14

Saturday, August 28

Nicolet College Campus – Northwoods Center 207 and 208 and Trails

\$45 per day

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

### Introduction to Permaculture

What's all of the buzz about? Permaculture is growing like a (useful) weed around the world. This integrative design process works with nature to provide abundance for human needs and beyond. From beginning gardeners to experienced farmers, urban to rural homesteaders, concerned citizens to self-sufficient enthusiasts, the site-specific strategies allow everyone to grow more productive landscapes. Using these sustainable principles at home contributes to food, energy, and water security. Learn about the ethics and principles of permaculture, see your site with new eyes, and allow the founding principles to guide you in your personal step-by-step design process. This workshop includes an outdoor component and a hands-on sketching activity. Please bring a notebook and an 8 ½" x 11" site plan of your property, if possible.

Aimee Heavey

9 am to noon

Saturday, July 24

Nicolet College Campus – Northwoods Center 208-209

\$35

Strenuous Rating: 1 – Not strenuous at all. Mostly a stationary experience.

## Ecological Intelligence and the Permaculture Land Ethic

With a greater understanding of ecological systems, we can apply similar patterns and system thinking in our own lives and environments, including in our permaculture designs. Nature is always conserving energy, maximizing yields, and interacting in wondrous ways; we have much to learn, from increasing garden productivity to reducing energy losses within our own homes.

Learn core ecological concepts that will expand your permaculture perspective and deepen your understanding of nature. Observe these community interactions in real time, as we wander to see the landscape in new ways and explore the newest ground-breaking discoveries in the forests we thought we knew.

Aimee Heavey

10 am to noon

Saturday, June 26

Nicolet College Campus – Northwoods Center 208-209

\$30

Strenuousness Rating: 1 – Not strenuous at all. Mostly a stationary experience.



## Toward a Deepening Connection: Land Ethics

Awareness is arguably the most important component for survival in wilderness situations, successful hunting, gardening, and efficient homestead design. In this class, we'll explore tried and true techniques for quieting the mind and enhancing the powers of observation and awareness. How to leverage these observations for your specific needs will be discussed. Walk away with the ability to maintain presence and awareness in any situation. This is an outdoor practicum; dress accordingly.

Aimee Heavey

10 am to noon

Saturday, July 31

Nicolet College Campus – Northwoods Center 208-209

\$30

Strenuousness Rating: 1 – Not strenuous at all. Mostly a stationary experience.

## Hunting & Fishing

### How to Find and Hunt Ruffed Grouse

The ruffed grouse is one of the most challenging game birds to hunt in the Northwoods, but 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, including where to find online habitat maps; 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 these birds that can literally launch from 0 to 25 mph in the blink of an eye. Ruffed grouse season opens Saturday, Sept. 11, in the Northwoods.

Terry Rutlin and Scott Biscobing

9 to 11 am

Saturday, September 11

Nicolet College Campus – Northwoods Center 207 and 208

\$30

Strenuousness Rating: 1 – Not strenuous at all. A stationary experience.

### Wild Game Cooking

Savor in the delights of learning exquisite wild game cooking techniques from three individuals 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 goose to wild turkey and venison to pheasant. And perhaps the best part is after we've learned to make these delectable, gourmet-level dishes, we'll get to sample each and every one. If you are looking to up your culinary game, this class is for you!

Todd and Veronica Berg and Joe Hein

Noon to 3 pm

Saturday, September 11

Nicolet College Campus – Culinary Arts Kitchen, Northwoods Center

\$65 – includes food tasting

Strenuousness Rating: 1 – Not strenuous at all. Mostly a stationary experience.

### Introduction to Fly Fishing and Casting

This is a great beginner's course for anyone interested in fly fishing. You'll learn about terminology, equipment for different species and situations, different kinds of flies and their use, plus different fly fishing techniques and casts. You will practice the basic forward cast, sidearm cast, wiggle cast, and roll cast, along with the flopping mend. Although all equipment will be provided, if you have your own fly rod setup, please bring it to class. You may want to use it during the practice session, and the instructor can give you feedback and pointers on its characteristics and use. Major emphasis in this class is on casting practice, with much of the other course content being handled via handout and online sources.

Bob Paine

9 am to 1 pm

Saturday, July 10

Nicolet College Campus – Northwoods Center 208-209 and Nicolet Field

\$40

Strenuousness Rating: 1 – Not strenuous at all.

## Fly Fishing for Various Species

This course covers fly fishing for the following species: trout, salmon, bass, pike, musky, crappie, yellow perch, bluegill, and other sunfishes. The course covers optimal equipment for each species for different size bodies of water and stream characteristics; top trout dry, wet, nymphs, and streamer flies for the local area; top salmon flies; top floaters, divers, suspenders, and streamers for warmwater species; top dry, wet, and nymph flies for bass and panfish; strategies for choosing flies and matching the hatch; presentation positions and strategies; casting, mending, and retrieval strategies and techniques; how to identify and interpret rise forms and how to fish them. To save classroom time, some content will be covered in both pre-class and post-class handouts. Note that there is no casting practice in this course.

Bob Paine

9 am to noon

Saturday, July 17

Nicolet College Campus – Northwoods Center 208-209

\$35

Strenuousness Rating: 1 – Not strenuous at all. A stationary experience.

## Advanced Fly Fishing and Casting

This is a great course for individuals who have mastered the basic forward cast to the extent of being able to consistently and accurately cast at least 30 feet. If you cannot meet this criterion, please do not sign up for this class. It is also helpful if you have also mastered the other casts covered in the Introduction to Fly Fishing class: sidearm, wiggle, curve, and roll casts. The class will cover the balanced equipment selection in much greater detail than the introductory course, including detailed coverage of different fly line tapers and other characteristics and their appropriate applications. You will also get one-on-one instruction on the following casts, which increase the range of conditions in which you will be able to deliver flies: pile, reach, steeple, and tuck casts, as well as the double-haul and advanced mending techniques. Although all equipment will be provided, if you have your own fly rod setup, please bring it. You may want to use it during the practice session, and the instructor can give you feedback and pointers on its characteristics and use. Major emphasis in this class is on casting and mending practice, with much of the other course content being handled via handout and online sources.

Bob Paine

1 to 4 pm

Saturday, July 17

Nicolet College Campus – Northwoods Center 208-209 and Nicolet Field

\$35

Strenuousness Rating: 1-2 – Slightly strenuous but does not require prior physical conditioning.

## Introduction to Fly Tying

Learn about the basic equipment, materials, and techniques needed to tie your own flies in this class that will meet over two Saturday afternoon. 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. Materials and tools will be provided. If you have your own tools, including vise, however, bring them. The Instructor can provide you instructions on their use if you are not familiar with them.

Bob Paine

1 to 5 pm

Two consecutive Saturdays, October 16 and 23

The Gentleperson's Sport (Instructor's Residence)

N9415 Wilderness Drive, Tomahawk

\$55 (includes both sessions)

Strenuousness rating: 1 – Not strenuous. A stationary experience.

## Outdoor Photography

### Jewels on the Water: Photography in the Apostle Islands National Lakeshore with Jeff Rennie

The constellation of 21 islands and the 12 miles of stunning Lake Superior shoreline that make up Wisconsin's Apostle Islands National Lakeshore has been called our "Jewels on the Water." The blue waters of Lake Superior, steep wave-carved sea caves, sandy beaches, and maritime history make up a unique place in the Northwoods, a landscape of stories and beauty. In this unique half-day photography tour we will be offered an introduction to the jewels of the national lakeshore with award-winning photographer and writer Jeff Rennie, author of *Jewels on the Water: Lake Superior's Apostle Islands* and Executive Director of Friends of the Apostle Islands. Jeff will provide tips for creating inspiring landscapes, capturing details, and other types of creative shots to maximize your photography along the mainland lakeshore. We'll also tour an historic Lake Superior fish tug and the National Park Service's new \$2.7 million Little Sand Bay visitor center, walk the sandy beach at Little Sand Bay, photograph the blue waters of Lake Superior, and hike the Lakeshore Trail above the famed Mawikwe Bay Caves, all with a renowned Lake Superior photographer and storyteller who knows the beauty and stories of these "Jewels on the Water" called the Apostle Islands. At this time, COVID protocols are in place in federal buildings and on federal properties so please come prepared with a mask and to follow social distancing requirements.

Jeff Rennie

2 to 6 pm

Saturday, August 21

\$55

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

Meet at the Little Sand Bay Visitor Center, 32660 Little Sand Bay Rd., 13 miles north of Bayfield.







### Photography: Seeing the Outdoors in a New Light

There's a big difference between simply clicking the shutter and taking a picture and creating exquisite photographs that tell a story and are pleasing to the eye. You'll understand the difference between the two after this class geared for beginning outdoor photographers who are looking to take their skills to the next level. Topics will include basic camera functions, aspects of composition including leading lines and the rule of thirds, and – perhaps most importantly – the many different types of light we encounter outdoors. During the second portion of the class we'll head outside for a short hike to practice what we learned in the classroom.

Jack Flint

9 am to noon

Saturday, August 7

\$35

Nicolet Campus – Northwoods Center 207-208

Strenuousness Rating: 1-2 – Slightly strenuous but does not require prior physical conditioning.

### Next-Level Outdoor Photography

Outdoor photographers with a grasp of the basics and are seeking to expand their skills are invited to take this class which will dive deeper into the different techniques and settings to add more visual elements to images. You'll learn how to imply motion with panning, how to freeze motion, and how to use aperture to manipulate the depth of field in photos. These techniques can be applied in many outdoor situations, from birds flying through the sky, deer running through a field, beautiful wildflowers discovered in the woods... the list goes on and on. Students will need to bring their own Digital Single-Lens Reflex (DSLR) camera to class. Bringing the user's manual may also come in handy.

Jack Flint

1 to 4 pm

Saturday, September 18

Nicolet College Campus – Northwoods Center 207 and 208

\$35

Strenuousness Rating: 1-2 – Slightly strenuous but does not require prior physical conditioning.

## 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 master the basics. 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.

Jack Flint

9 am to noon

Saturday, October 9

Nicolet College Campus – Northwoods Center 207 and 208

\$35

Strenuous Rating: 1-2 – Slightly strenuous but does not require prior physical conditioning.





## Slacklining

### Intro to Slacklining

A keen sense of balance is vital to many recreational and daily activities. Without it, we tip over. You can hone and sharpen your balance skills – and have a great deal of fun along the way – with this introductory slacklining class on the shores of picturesque Buck Lake. Similar at first glance to walking a tightrope, slacklining is accomplished by stretching and tensioning a one-inch to two-inch wide length of nylon webbing between two anchor points, most often trees.

Originating within the rock climbing community as a way of honing balance and passing time, it also has many benefits including maintaining concentration and increasing fitness, core strength, and balance skills. This introductory course will cover all the techniques, tips, and equipment you'll need to learn how to slackline quickly and easily, one step at a time.

Andrew Warner

1 to 3 pm

Sunday, August 1

Almon Park, Buck Lake Beach Area, just south of Rhinelander

\$30

Strenuousness Rating: 2-3 – Some physically demanding aspects. Requires some endurance.

## 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](mailto: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.

## Strenuousness rating

Which course is right for you?

S1 = Not strenuous at all. Most likely a stationary experience.

S2 = Slightly strenuous but does not require prior physical conditioning.


S3 = Some physically demanding aspects. Requires some endurance.

S4 = Challenging and requires a good physical condition.

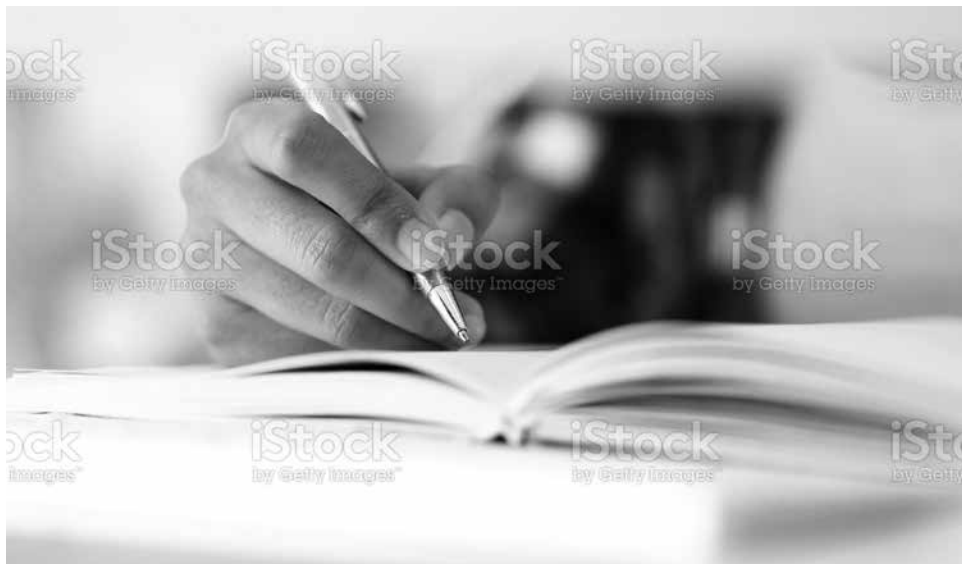
# COMMUNITY EDUCATION

Nicolet's partnership with ArtStart and the Northwoods Community Garden have allowed our Community Education program to grow in new directions. We've incorporated the School of the Arts legacy and responded to an emerging interest in folk and traditional arts to bring you a diverse line-up of exciting new opportunities.

**Register online at [www.nicoletce.tix.com](http://www.nicoletce.tix.com)**

 Links to virtual events will be sent prior to the start of class to the email address supplied during registration. If applicable, supply kits will be mailed to participants.

All classes will be subject to COVID guidelines and restrictions in place at the time of the class session. For the latest and most up-to-date information visit our website at [nicoletcollege.edu](http://nicoletcollege.edu).



## Arts & Culture


### Ode & Elegies

Where would poetry be without these two foundational forms? The Western literary canon is full of examples by Homer, Yeats, Whitman, and Auden, but contemporary poets still find much to play with in the storied traditions of the ode and the elegy. Both forms seek to elevate and pay homage to something or someone worthy of praise, but how that tribute takes shape is up to the poet. Nowadays, odes don't have to be about Grecian urns, and elegies are not always dreary (or even about death). In this class, we'll read some classic and modern takes and then try to write our own. All levels welcome.

Katie Vagnino

2 - 4 pm

Wednesday, June 16

Virtual 

\$30

***Katie Vagnino** is a poet, educator, and writer currently based in Minneapolis, MN. She earned her MFA from Emerson College and has taught creative writing at UW-Eau Claire, the Loft Literary Center, and many other places. Katie has written everything from essays and criticism to opera librettos and exhibition catalogs. Her poems have appeared in more than a dozen literary journals and have been featured on public transit. Her debut poetry collection **Imitation Crab** was published by Finishing Line Press in February of this year.*


## Scratch Printmaking: Beyond the Basics

Take your drypoint prints to a whole new level with Scratch Printmaking. In this class, we'll create drypoint prints, but also learn how to watercolor them and use the chine-collè process – a fancy term for collaging with your prints! You'll be amazed at the things you can do with your car (yes, your car!) as your press – or a die cut machine, if you have one. Previous and new class participants are welcome. We'll have a blast!

Mel Kolstad

1 - 4 pm

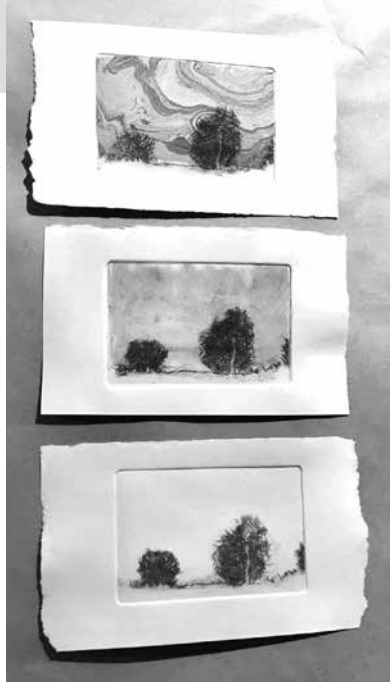
Wednesday, June 23

Virtual 

\$40 (includes a \$10 supply fee; kits will be mailed to participants)

Register by June 9

**Mel Kolstad** is an artist, speaker, instructor, and arts advocate who makes her home in Fond du Lac, WI. She is a printmaker, collagist, fiber artist, and papermaker, specializing in tiny art. She is also delighted to be a Certified Papermaker for Arnold Grummer, Inc., a member of Wisconsin Visual Artists–Northeast Chapter, a member of ArtSpace Collective in Oshkosh, and curator for the Langdon Divers Gallery, located inside the Fond du Lac Public Library. She has also given a talk at TEDx Fond du Lac about her artwork. Mel has participated in many artist residencies throughout Wisconsin and also teaches various classes around the state.



## Botanical Contact Printing

Explore printing on paper and cloth with plants. Artist and instructor Debra Jircik will share the basics of exploring the natural world through the creative process. Each participant will be sent instructions on leaves to gather for printing, a kit with paper/silk, and a resource guide. Participants will need to furnish rubber gloves, water, a pan with a lid (note: pans will not be suitable for kitchen use after using them for this process), and a hot plate or stove to steam their prints. Optional supplies from your own kitchen waste and foraging will be listed in your kit.

Debra Jircik

10 am - 1 pm

Wednesday, June 30

Virtual 

\$50 (includes a \$15 supply fee; kits will be mailed to participants)

Max 12 students

Register by June 16

After working with clay for more than 30 years, **Debra Jircik** has shifted her focus to fiber. She has been hand papermaking for more than 20 years, working with the medium in a variety of ways, and has been fortunate to study with generous teachers. She enjoys sharing art through teaching and organizing/working on collaborative community art projects and environmental installations. Her current creative practice reflects her interest in minimizing her environmental impact. She was a 2019 Artist in Residence at UW Madison's Trout Lake Limnology station. Her Circle of Life Studio, where she also offers workshops and artist retreats/residencies, is in Eagle River, WI.


## Practical Approaches to Revising Poetry

Most of the work in writing poetry happens in revision, yet it's a skill that is rarely explicitly taught. We workshop our drafts, we get lots of feedback, and then are expected to magically know how to "fix" the poem. In this hands-on class, you'll learn some concrete techniques for revision, from identifying what needs another look and what suggestions from workshop to ignore, to what to do when you get stuck and can't remember what you were trying to express in the first place. Please bring one or two poems to class that you are actively in the process of revising (i.e. pieces that you do not think are "done"). This class is intended for intermediate level poets – those who are not new to writing poetry and are interested in honing their craft.

Katie Vagnino

2 - 4 pm

Wednesday, July 21

Virtual 

\$30

## Cyanotype: Garden Edition

Have you ever wondered about the original blueprint process, cyanotype? Students in this class will use plants from the Nicolet Community Garden to create images in white on Prussian blue backgrounds. Artist Norma Dycus Pennycuff will provide hand-coated papers made in her darkroom, and nature will provide the sunlight and plants. All students need to bring is a creative spirit and an eye for composition.

Norma Dycus Pennycuff

1 - 4 pm

Wednesday, July 28

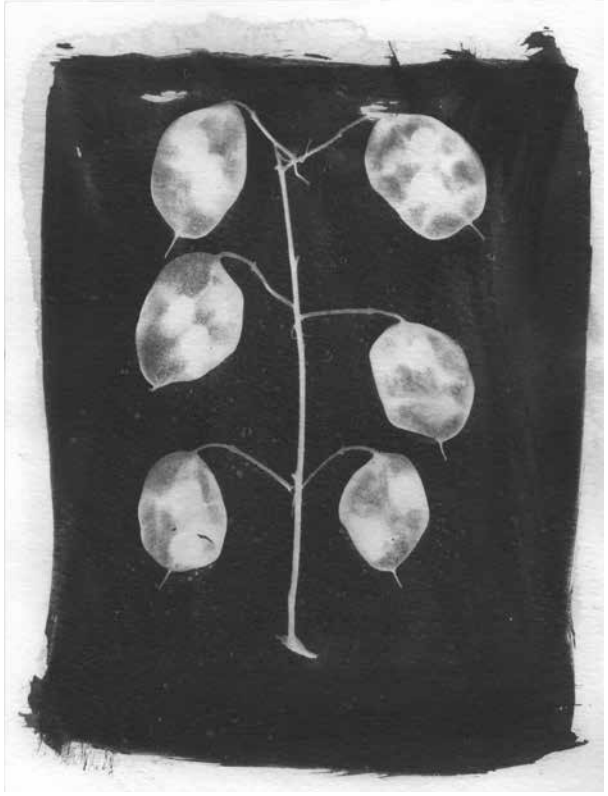
Nicolet – Fieldside Center 102

\$70 (includes a \$10 supply fee)

Register by July 21

Max 12 students

**Norma Dycus Pennycuff** was born and raised in Tennessee. She attended the University of Tennessee-Knoxville and finished a BFA in studio art with a concentration in film and photography. Her first art job was as an illustrator for Discovery Education, drawing graphics for standardized tests. In 2011 her husband found a job in Three Lakes, WI, and the family packed up and made the Northwoods their new home. Norma's love of art spread naturally to teaching and sharing art with friends and neighbors. She currently works in cyanotype as a more environmentally friendly alternative to darkroom chemistry.



## The Silk Fusion Collusion

What is silk fusion? Let's dispel confusion – it is a process of binding layers of tussah silk and embellishment fibers with an acrylic medium infusion to create a thin but very sturdy fabric that can be cut and adhered as decoration to a surface or used in sewing objects. The shimmery effect is no illusion. Fused silk, or silk paper, shimmers, is flexible, and is water resistant. Instructor Tess Imobersteg will demonstrate the silk fusion process and how to use the end product. Students will make themselves a piece of silk fusion to take home, and also use fused silk to create a small art piece. Please bring the following to class: drawing paper to create or trace a design for an art piece, pencil/eraser for drawing, scissors, apron or old shirt to protect clothes, basin or plastic box at least 10" x 12" to transport wet silk fusion, and a profusion of enthusiasm!

Tess Imobersteg

2 - 5 pm

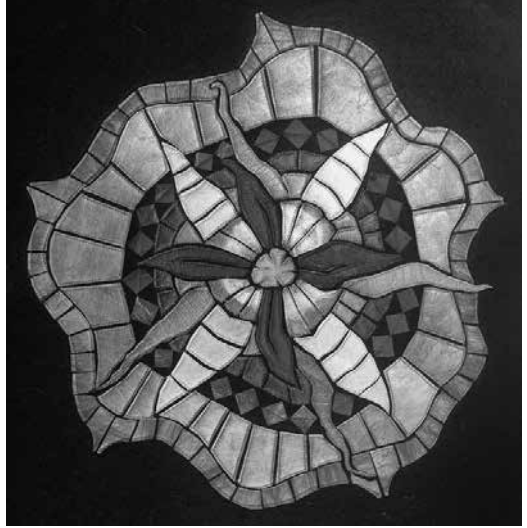
Friday, August 6

Nicolet – Fieldside Center 108

\$75 (include \$15 supply fee)

Register by July 30

Max 12 students



## Fiber Mixing/Yarn Design for Spinning

Have you wanted to mix fibers but were unsure where to start? Have you thought "my handspun llama yarn is so soft, but why doesn't it hold its shape when knit?" The instructor will walk you through some theory of yarn design, considerations of what you want to create, what you have for raw materials, and how to blend and prep the fiber for spinning. The instructor will have scales, a drum carder, two blending boards, a set of hand cards, flick carders, and a variety of natural and colored wools and fibers available. If you have them, please bring hand carders, flick carders, blending boards, spinning wheels if you want to try your yarn mixtures on the spot, and any of your own CLEAN fibers that you'd like to try to mix or want to discuss.

Tess Imobersteg

10 am - Noon

Saturday, August 7

Nicolet – Fieldside Center 108

\$50 (include \$10 supply fee)

Register by July 30

Max 12 students



## Beginning Spinning

So you've wanted to get going with spinning but weren't sure where to start? Has it been a struggle to coordinate? Take this class to discover the fun of working and learning as a group. The instructor is an experienced spinner and fiber arts artist/teacher. The class will discuss types of wheels, fibers, steps to getting started, and goals for your spinning. Please bring your spinning wheel and your own wool if you have questions about it.

Tess Imobersteg

9 am - Noon

Sunday, August 8

Nicolet – Fieldside Center 108

\$70 (include \$10 supply fee)

Register by July 30

Max 12 students

**Tess Imobersteg** is a native of Rhinelander with a lifelong interest in creative arts, a degree in Art Education, and passion to learn. She has used and taught many different media, but has always come back to fibers. She delights in the feel of fabrics and fibers in her hands and is driven to create with them as an art quilter, felter, spinner, and weaver. Tess learned to sew at a very early age from her mother, how to knit from her Swiss mother-in-law, and how to spin while living in Switzerland. She continues to branch off and try different

ways to work with fibers, and was most recently inspired to work in silk fusion and wool painting. Inspired by students, Tess offers a passion to teach and enjoys passing on skills and techniques.



## Mindfulness Drawing Outdoors

No matter your skill level, this class will teach you to approach your drawing practice mindfully. Highlighting similarities between the practices of mindfulness meditation and observational drawing, artist and instructor Jaron Childs will work with students to develop a patient, open approach to drawing their subjects. The class will focus on doing away with self-criticism while still maintaining artistic rigor as a way of developing a satisfying, lifelong relationship with drawing. This class will be held outdoors at the Northwoods Community Garden; please bring a chair and clipboard.

Jaron Childs

2 - 5 pm

Monday, August 9

Northwoods Community Garden & Nicolet – Fieldside Center 108 (alternate indoor location)

\$30 (includes a \$15 supply fee)

Register by July 29

Max 12 students

**Jaron Childs** studied painting and photography at the Minneapolis College of Art and Design. His work has been exhibited in galleries and museums in the US, UK, Italy, and Germany. In 2014 he was given a solo exhibition at the Minneapolis Institute of Arts. Childs' paintings draw on photography's relationship with memory to make inquiries about the place of humans in the natural world. In the quarterly journal *ARTPULSE*, critic Christina Schmid said of his work, "Ever so gently, Childs defies the delusions and discipline of art history's magisterial gaze and insists on finding beauty in the humble minutiae of everyday moments and memories." Childs resides in Tomahawk, WI.



## Cigar Box Assemblage

Join assemblage artist Sarah Thompson for an assemblage class designed to spark creativity. You will learn the art of arranging objects in an aesthetically pleasing way, along with collage. You'll be guided when you need it, but each piece will be unique, as you will add your own personal items. You'll need a few tools and your own special found objects. Here's what you'll need to bring to class:

- Small hammer, small pliers, handheld drill (if you have one), small screwdrivers – both Phillips and straight, and an apron
- Objects that fit in the cigar box: found feathers, toadstools, or other nature finds, special vintage photos (copies), jewelry or endearing objects, even old watercolors to personalize your art piece, old books that can be destroyed for the paper, etc.
- Water vessels for cleaning brushes

Each student will also be provided with a cigar box and supply kit to complete this unique project.

Sarah Thompson

2 - 5 pm

Thursday, August 26

Nicolet – Fieldside Center 102

\$85 (includes a \$25 supply fee)

Register by August 12

Max 12 students

**Sarah Thompson** has been answering the creative call all of her life. She grew up on an organic farm in southern Wisconsin's driftless area with no TV, which left more than enough time for her to exercise her vivid imagination. She was able to stretch her creative wings by studying fine art at the Chicago Institute of Art. Her next adventure found her working in sales, which did not satisfy her creative need, and eventually, she found her way to earning a degree in graphic design and marketing. She enjoys being able to create on a daily basis in her career, along with spending time with her husband and two wonderful children. They enjoy learning and playing amid the natural beauty of northern Wisconsin.



# Northwoods Community Garden

## Northwoods Community Garden Programming Collaborative

In the spring of 2020 a small group of community members joined to create the Northwoods Community Garden, a new initiative to help promote community, education, self-reliance, health, and stewardship by providing opportunities for gardening and permaculture to those living in the Northwoods. Nicolet College has agreed to host the garden on campus property. This partnership provides an excellent opportunity for educational and outreach programs for Northwoods residents and visitors. Programs are offered in collaboration with the Northwoods Community Garden, Oneida County 4-H, the University of Wisconsin-Extension in Oneida County, and ArtStart.

## A Teaching Garden

In addition to the gardens, food plots, and permaculture features, the Northwoods Community Garden incorporates a teaching garden, where students can explore traditional indigenous planting techniques – the original permaculture and regenerative agriculture practices, medicinal plantings, and fiber/color plantings for creating natural dyes, baskets, artwork, etc.

Community members will have the opportunity to learn through a series of virtual lectures and hands-on classes located in the Fieldside Center near the garden or in the garden if weather permits.



## Indigo Harvest and Fresh Leaf Indigo Dyeing at Northwoods Community Garden

Learn about Japanese indigo harvest and dyeing with fresh leaves on silk. Each participant will dye a small silk scarf, experience a fresh leaf cellulose vat, and take home a sample swatch of reclaimed cloth. Bring a pair of rubber gloves or disposable gloves (unless you revel in blue fingers, nails, and hands) and also a mask as some of the time we will be working in close contact with one another.

Debra Jircik

9 am – Noon

Thursday, July 22

Nicolet – Fieldside Center 102

\$75 (includes a \$15 supply fee)

Max 6 students

*After working with clay for more than 30 years, **Debra Jircik** has shifted her focus to fiber. She has been hand papermaking for more than 20 years, working with the medium in a variety of ways, and has been fortunate to study with generous teachers. She enjoys sharing art through teaching and organizing/working on collaborative community art projects and environmental installations. Her current creative practice reflects her interest in minimizing her environmental impact. Debra's most recent creative forays have been into natural dyeing and growing her own dye plants including Japanese indigo and eco-printing as they relate to her handmade paper. Debra is raising Japanese indigo for her fifth year and was awarded a [Surface Design Association](#) Personal Development Grant to go to Japan in October 2017 to study Japanese indigo, seed to dye, in the context of Japanese textile tradition. She was a 2019 Artist in Residence at UW Madison's Trout Lake Limnology station. Her Circle of Life Studio, where she also offers workshops and artist retreats/residencies, is in Eagle River, WI.*



## Plant Potions – Culinary Herbalism\*

The best way to use plants thought to improve health is to incorporate them into our daily lives and kitchens. In this workshop, we will explore the potential healing properties and flavors of wild harvested and homegrown herbs. We will use both fresh and dried materials to infuse into culinary bases of water, vinegars, botanical oils, salts, fats, and honey. This will include hands-on creation of wild tea blends, herb salts, compound butters, herbal oils, and herbal/floral-infused honeys. Participants will leave with stimulated minds and taste buds, small jars of created plant potions, and a handout with base recipes and instructions for future infusions.

Samantha Martinez

2 - 5 pm

Saturday, July 24

Nicolet – Fieldside Center 102

\$85 (includes a \$25 supply fee)

Register by July 17

Max 12 students

## Weaving the Wild – Basketry Fiber Exploration

This course will begin with an overview of different plants that have been used in basketry for thousands of years by cultures from all around the world. We will cover responsible harvesting and processing methods for a range of species that can be found in the Northwoods of Wisconsin including cattail, fireweed, nettle, cedar, willow, milkweed, birch, and more. Students will create cordage from an array of plant fibers. We will use these materials along with simple plaiting and twining techniques to create our own unique baskets – small enough to fit into the palm of your hand! No basket weaving experience required, although sufficient manual dexterity is necessary. (Examples of manual dexterity include threading a needle, opening a lidded jar, crocheting or knitting, or playing an instrument.

Samantha Martinez

2 - 5 pm

Saturday, July 31

Nicolet – Fieldside Center 102

\$85 (includes a \$25 supply fee)

Register by July 24

Max 12 students

## Wild Apothecary: First Aid Kit\*

In this workshop, we will work to create compact and lightweight herbal first aid kits using a variety of wild plants. We will cover the guidelines to responsibly harvest, when and where to find the plants used, potential healing properties of the ingredients, and situations for best use of each formula. Participants will take home their own kit, including small jars and tins of wound powder, trauma balm, nourishing vitamineral tea, antimicrobial tinctures, soothing liniments, and skin healing salves.

Samantha Martinez

2 - 5 pm

Saturday, August 7

Nicolet – Fieldside Center 102

\$85 (includes a \$25 supply fee)

Register by August 1

Max 12 students

**Samantha Martinez** was raised along the shores of a small lake in the Northwoods of Wisconsin. She is an artist and craftsperson with focus in plants and clay. Her work reflects a focus on building healthy and respectful relationships with water, land, plants, and animals. She is a passionate student of practices that support biodiversity and the restoration of culture, connection, and wellness. She feels great joy and purpose at the intersection of earth-based art/craft/life skills and education, and it is important to her that these opportunities are accessible.

## From the Garden: Herbal Remedy Making\*

Join herbalist Linda Conroy for this fun and engaging workshop. We will spend time learning about the potential healing qualities of plants and how to best prepare them. There will be three components to this program: presentation, harvest time, and hands-on remedy making. Everyone will take home recipes as well as the herbal remedies that we make in class. Participants will leave feeling confident in making their preparations at home.

Linda Conroy  
2 - 6 pm  
Monday, August 16  
Nicolet – Fieldside Center 102  
\$85 (includes a \$15 supply fee)  
Register by August 9  
Max 12 students

**Linda Conroy** dedicates her life to connecting with the green world. She is a practicing herbalist, providing herbal education, workshops, and apprenticeships. She has a certificate in permaculture design, and has presented programs nationwide for more than two decades. She is the creator of Wild Eats Community Meals as well as Moonwise Herbs. Participants in programs with Linda walk away with an appreciation of the natural world as well as skills for incorporating plants into their daily lives. Linda holds two master's degrees and is a community organizer and the founder of the Midwest Women's Herbal Conference and has been working to empower women for more than 25 years.

*\*These classes are intended to provide educational information and should not take the place of personalized medical counseling, diagnosis, and treatment from a trained health professional.*

# ArtStart.

**A proud partner of Nicolet College, ArtStart invites you to view our 2021 art exhibitions.**

**Summer Exhibition –  
John Martin Bell &  
Ash Kyrie**  
May 20 - August 7

**In Progress**  
May 26, 7 pm

**Summer Exhibition  
Reception**  
June 3, 7 pm

**Picnics**  
June 12 - 13

**In Progress**  
June 30, 7 pm

**Exhibition –  
German Neighbors**  
July 1 - 31

**In Progress**  
July 28, 7 pm

**Redikulus Dae  
2nd Hand Art Resale**  
August 4, 8-4 pm

**10th Anniversary  
Celebration**  
August 7, 7-9 pm

**Fall Exhibition –  
Marianne Fairbanks &  
Corey Fells**  
August 19 - October 30

**In Progress**  
August 25, 7 pm

**Fall Exhibition Reception**  
September 2, 7 pm

**ArtStart is located across the street from  
McDonald's in Downtown Rhinelander.**

**Visit [www.artstartrhineland.org](http://www.artstartrhineland.org)  
for more information**



# Nicolet Art Gallery

## AMASS

Ian Van D.

Installation June 4-7, 2021

On View Summer 2021

Nicolet College Campus

Artist Ian Van D. will be installing his site-responsive sculpture AMASS on the Nicolet College Campus this summer. This project is part of a series of outdoor installations that present household and rural material as ceremonious gatherings. To create these works, Ian seeks out barn wood, disregarded fence posts, old frame boards, and of course sticks and bark from the land to create totemic structures, eventually installing them directly into the ground as groupings or gatherings. The objects are meant to haunt the spaces they are installed in, and they take on an eerily figurative posture, looming over their peers, and jutting into and out of our environment. While working in Rhinelander, Ian will be working to understand the land itself and to better understand the ever-changing language of form and space. In turn, once AMASS is installed at Nicolet College, it will be a part of a larger series of installations across the United States.

To learn more about Ian Van D. and his work please visit [www.ianvand.art](http://www.ianvand.art)



## A NEW NORTHWOODS ART EXPERIENCE

The Nicolet Art Gallery focuses on integrating arts throughout the college and into the community.

A new Northwoods art experience highlights collaborations with local non-profits, public art on campus, social gatherings, and dynamic conversations.

### Art by Appointment presents "A Gift"

June 25-27, 2021

#### *A Conversation with Objects*

A silent call and response conversation between you and an unseen co-creator. Using objects, shapes, and images, you will co-create a story over the course of 45 minutes.

Designed for one person at a time. Learn more about other Art by Appointment projects please visit [www.artbyappointment.org](http://www.artbyappointment.org)

Artist: Cristina Maldonado, produced by Bethany Lacktorin



**Reserve your personal 45 minute session at the Nicolet Art Gallery  
June 25-27 by visiting [www.nicoletce.tix.com](http://www.nicoletce.tix.com).  
Please reserve by June 18 as sessions are limited.**

**PROYECTO REALIZADO CON EL APOYO DEL SISTEMA DE APOYOS  
A LA CREACIÓN Y PROYECTOS CULTURALES (FONCA)**



**CULTURA**  
SECRETARÍA DE CULTURA

**FONCA**

(Sistema de Apoyos a la Creación y Proyectos Culturales)

"In a time when we are unable to interact, when everyone seems to be shouting at each other from across the room, A Gift was a peaceful, meaningful interaction."

- SARAH, VISITOR

**A Gift**  
A unique and unusual art experience coming to the Nicolet Art Gallery  
June 25-27

## Northern National Virtual Retrospective

Opening Virtual Reception  
August 12, 2021

Nicolet College and the Northern Arts Council are pleased to announce the Northern National Virtual Retrospective. The Northern National Art Competition is a 34-year tradition. While we have had to suspend the exhibition for two years due to the pandemic, we are excited to offer this virtual retrospective and opening celebration featuring a historical overview of the birth of this illustrious competition and its impact on the arts in the Northwoods. We will revisit the Northern National Archives and highlight prizewinning artists and memorabilia. We invite past artists to post their memories, comments, and personal updates on their career trajectories on our Nicolet Gallery Facebook page.

Visit [www.nicoletcollege.edu/community/nicolet-art-gallery](http://www.nicoletcollege.edu/community/nicolet-art-gallery) for the virtual gallery.



*Into the Light by Kathryn Wedge*

## Nicolet Live!

Nicolet Live! brings a diverse offering of events to celebrate the performing arts from the Northwoods and around the world. People of all ages are entertained and enriched through theatre, music, and film events at Nicolet.

Due to COVID-19, Nicolet Live! events are currently postponed. Stay up-to-date by visiting [nicoletlive.com](http://nicoletlive.com).

NICOLET  
*Live!*





# LEARNING IN RETIREMENT

Learning in Retirement (LIR) at Nicolet College is "A place where Learning Never Retires!" LIR is created for and directed by retired and semi-retired Northwoods residents. The program offers short-term learning experiences. Most classes are a single session, while others involve multiple sessions. This is learning for the sheer pleasure of it. There are no grades, no tests, and no required attendance. **Due to COVID-19, Fall 2021 classes are virtual.** Some of our classes are recorded and we can make them available to our members to view at other times.

Here are a few examples of classes lined-up for Fall Semester 2021:

## Chair Yoga (7 sessions)

Chair yoga isn't about twisty pretzel poses or chanting. It's 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 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!

Presenter: Jane Banning

## Women in American History (3 sessions)

Join us as we look at 200 years of breaking glass ceilings! We will examine the lives of women who were pioneers in the struggle for women's rights. This is a three-part series with new and inspiring stories.

Presenter: Ted Russell

## Ask the Expert! (3 sessions)

This class will be a Q & A session with an experienced and knowledgeable expert in their field. Several areas are being considered for the talks, such as physical therapy, city matters, the justice system, seaplanes, and other ideas. Bring your questions and be prepared for engaging discussions.

Presenters: Various Experts

## Ced Vig Nature Series (6 sessions)

"Throughout the past 50 years, nothing meant more to Ced Vig than making sure his weekly Wisconsin Woodsmoke column was packed with interesting facts and anecdotes about Northwoods nature. His number one priority was pleasing, as well as educating, his loyal readers." – *New Richmond News*, November 2010.

The Ced Vig Nature Series tries to emulate these goals for our loyal LIR members and newbies! The fall 2021 series will educate us in Northwoods nature topics as diverse as wild turkeys, Wisconsin turtles, and technological advances in the science of water quality and/or wildlife ecology. We hope you will be pleased to join us – the talks are entertaining as well as informative.

Presenters: Various Experts

**To become a member, go to: [www.nicoletcollege.edu/lir](http://www.nicoletcollege.edu/lir)**

Fall semester classes begin September 8 and end mid-December, 2021. The membership registration fee is \$45. Watch for information about Fall Semester 2021 and Membership Registration beginning August 9, 2021.

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

**P: 715.365.4491 or 800.5044.3039 ext 4491 (leave a message)**

**E: [bpeltier@nicoletcollege.edu](mailto:bpeltier@nicoletcollege.edu) or [LIR@nicoletcollege.edu](mailto:LIR@nicoletcollege.edu)**

# BUSINESS & PROFESSIONAL DEVELOPMENT

## THE GRID

*Innovation without boundaries*

What can The GRID do for you?

**The GRID (Guiding Rural Innovation and Development) is a collaborative economic development initiative focused on building a culture of innovation and entrepreneurship in northern Wisconsin to generate a vibrant and diverse rural economy.**



The GRID (Guiding Rural Innovation and Development) is a collaborative economic development initiative focused on building a culture of innovation and entrepreneurship in northern Wisconsin to generate a vibrant and diverse rural economy.

The GRID is designed to provide a network among new and growing businesses and to connect them to information and resources. Collaborators include the Vilas County Economic Development Corporation, Oneida County Economic Development Corporation, Grow North Regional Economic Development Corporation, UW Extension – Oneida County, ArtStart, and Nicolet College.

Using new virtual interfaces to our advantage, The GRID is offering a new entrepreneurial training series. Join us as digital animated content guides you through the entire stream of training. The interactive website houses a large variety of training and networking opportunities. Our online toolkit approach integrates presented content, downloadable materials, and live Q&A sessions in a fun and creative way. When you visit, click around a Northwoods scene to different areas of interest according to workshop topics. In each section you can view intro videos, presentations on various topics, and download materials. Specific workshop days will include live Zoom “open house meetings” for participants to speak one-on-one with the presenters for personalized assistance. The Q&A sessions will be recorded and then available on the website for those who can’t attend. We hope to see you on our new virtual platform this spring.

**For more information or to attend a virtual event visit: [thegridwi.org](http://thegridwi.org)**



## Ed2Go online courses are affordable, fun, fast, convenient, and geared just for you.

Learn from the comfort of your home or office at the times that are most convenient to you. All of these courses are led by expert instructors, many of whom are nationally known authors, speakers, and consultants.

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

### Accounting Fundamentals

If you want to increase your financial awareness and gain a marketable skill, this course is for you. You will learn the double-entry bookkeeping, financial transactions, financial reporting, and more.

6 Weeks Access / 24 Course Hrs / \$115  
Register at [ed2go.com/Nicolet](http://ed2go.com/Nicolet)

### Marketing Your Business on the Internet

In this hands-on course, you'll discover proven methods for establishing an Internet presence and building a brand identity. You'll learn to incorporate SEO, advertising, email, social media, and more to develop an effective Internet marketing plan for your business even with little money to spend.

6 Weeks Access / 24 Course Hrs / \$115  
Register at [ed2go.com/Nicolet](http://ed2go.com/Nicolet)

### Small Business Marketing on a Shoestring

Discover how to use the same marketing tricks the big companies employ and create a personalized plan without clearing out your bank account. This course will help you master cost effective marketing strategies the provide results with hands-on activities and real-world examples.

6 Weeks Access / 24 Course Hrs / \$115  
Register at [ed2go.com/Nicolet](http://ed2go.com/Nicolet)

### Introduction to Microsoft Excel 2019/ Office 365

Learn to quickly and efficiently use Microsoft Excel 2019/Office 365 as you discover dozens of shortcuts and tricks for setting up fully formatted worksheets.

This course, taught by an experience Microsoft Excel instructor, provides in-depth knowledge for beginners that will have you using Excel like a pro.

6 Weeks Access / 24 Course Hrs / \$129  
Register at [ed2go.com/Nicolet](http://ed2go.com/Nicolet)

### Understanding the Cloud

Learn everything you need to understand cloud computing. This course explores how the cloud works, what drives it, why it is so popular, and what it can do for you.

6 Weeks Access / 24 Course Hrs / \$115  
Register at [ed2go.com/Nicolet](http://ed2go.com/Nicolet)

### Keys to Effective Communication

Become more confident, make great first impressions, get along with others, and create better personal and professional relationships. This course provides a step by step process to become a great conversationalist as you use communication to build rapport and create trust, warmth, and respect.

6 Weeks Access / 24 Course Hrs / \$115  
Register at [ed2go.com/Nicolet](http://ed2go.com/Nicolet)

### Grammar Refresher

Develop English grammar skills and take your writing and speaking to the next level. This course explores the eight parts of speech, punctuation and mechanics, foundational sentence construction, phrases, clauses, problem words, common mistakes, and more with practical, hands-on exercises.

6 Weeks Access / 24 Course Hrs / \$100  
Register at [ed2go.com/Nicolet](http://ed2go.com/Nicolet)

## For a complete listing of classes or to register visit [ed2go.com/nicoletcollege](http://ed2go.com/nicoletcollege)

*Please note that these online non-credit continuing education classes are provided by a third party educational vendor whose course offerings are not specific to Nicolet College. The third party vendor determines course curriculum, establishes course offering dates, employs the instructors, and assesses student progress and completion. Students enrolling in these courses are not considered Nicolet College students and are not eligible to receive services or benefits available to Nicolet College students. Although a certificate of completion may be issued by the third party vendor, completion of these courses is not documented on a Nicolet College transcript. Textbooks, software, supplies, and other course materials are the responsibility of the student.*

# CERTIFICATION & LICENSING

## Food & Beverage

Registration information available at [nicoletcollege.edu/food-beverage](http://nicoletcollege.edu/food-beverage)

**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. For more details or to request materials to be mailed to you, contact Continuing Education at 715.365.4544 or [ce@nicoletcollege.edu](mailto:ce@nicoletcollege.edu). Purchase a textbook which includes a scantron (needed for testing) for approximately \$114.75 or a separate scantron sheet for approximately \$43.

### Food Manager Sanitation Certification

Managers and employees in the food service 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 Nicolet - Northwoods Center 202	<b>3059</b>	6/14 1x	M	8:30 AM - 6 PM	\$69 Mellinger 62+ \$33.75
Rhinelanders Nicolet - Northwoods Center 202	<b>3060</b>	7/19 1x	M	8:30 AM - 6 PM	\$69 Mellinger 62+ \$33.75
Rhinelanders Nicolet - Northwoods Center 202	<b>3061</b>	8/23 1x	M	8:30 AM - 6 PM	\$69 Mellinger 62+ \$33.75

### Food Manager Certification Exam

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

Rhinelanders Nicolet - Northwoods Center 202	<b>3055</b>	6/14 1x	M	4 PM - 6 PM	\$40 Mellinger 62+ \$32.95
Rhinelanders Nicolet - Northwoods Center 202	<b>3056</b>	7/19 1x	M	4 PM - 6 PM	\$40 Mellinger 62+ \$32.95
Rhinelanders Nicolet - Northwoods Center 202	<b>3057</b>	8/24 1x	M	4 PM - 6 PM	\$40 Mellinger 62+ \$32.95

# 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 Nicolet - White Pine Center 206	<b>3005</b>	6/5 - 6/6 2X	SSu	8:30 AM - 4:30 PM	\$259.95 Heller/Murray
Rhinelanders Nicolet - White Pine Center 206	<b>3006</b>	6/12 - 6/13 2X	SSu	8:30 AM - 4:30 PM	\$259.95 Murray/Schneider
Rhinelanders Nicolet - White Pine Center 206	<b>3002</b>	6/14 - 6/17 4X	MTWTh	5 PM - 9 PM	\$259.95 Heller
Rhinelanders Nicolet - White Pine Center 206	<b>3007</b>	6/26 - 6/27 2X	SSu	8:30 AM - 4:30 PM	\$259.95 Heller/Logan
Rhinelanders Nicolet - White Pine Center 206	<b>3017</b>	7/12 - 7/15 4X	MTWTh	5 PM - 9 PM	\$259.95 Heller
Rhinelanders Nicolet - White Pine Center 206	<b>3016</b>	7/17 - 7/18 2X	SSu	8:30 AM - 4:30 PM	\$259.95 Heller/Knapp
Rhinelanders Nicolet - White Pine Center 206	<b>3009</b>	7/24 - 7/25 2X	SSu	8:30 AM - 4:30 PM	\$259.95 Heller/Murray
Rhinelanders Nicolet - White Pine Center 206	<b>3010</b>	8/14 - 8/15 2X	SSu	8:30 AM - 4:30 PM	\$259.95 Knapp/Murray
Rhinelanders Nicolet - White Pine Center 206	<b>3018</b>	8/28 - 8/29 2X	SSu	8:30 AM - 4:30 PM	\$259.95 Logan/Murray
Rhinelanders Nicolet - White Pine Center 206	<b>5000</b>	9/11 - 9/12 2X	SSu	8:30 AM - 4:30 PM	\$259.95 Staff
Rhinelanders Nicolet - White Pine Center 206	<b>5001</b>	10/2 - 10/3 2X	SSu	8:30 AM - 4:30 PM	\$259.95 Staff

## 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 June through October.

For the schedule of classes see above.

For questions or to register by contacting Vicki:  
715.365.4641 or  
800.544.3039 ext 4641  
vnelson@nicoletcollege.edu

## 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 Nicolet - White Pine Center 206	<b>3012</b>	6/19 1X	S	8:30 AM - 4:30 PM	\$110.13 Murray
Rhinelanders Nicolet - White Pine Center 206	<b>3013</b>	7/16 1X	F	8:30 AM - 4:30 PM	\$110.13 Murray/ Schneider
Rhinelanders Nicolet - White Pine Center 206	<b>3014</b>	7/31 1X	S	8:30 AM - 4:30 PM	\$110.13 Murray
Rhinelanders Nicolet - White Pine Center 206	<b>3015</b>	8/21 1X	S	8:30 AM - 4:30 PM	\$110.13 Murray/ Schneider
Rhinelanders Nicolet - White Pine Center 206	<b>5002</b>	9/25 1X	S	8:30 AM - 4:30 PM	\$110.13 Staff

### Public Safety

Nicolet College's Public Safety offers a broad array of training opportunities, all of which revolve around safety and emergency response. Courses are offered for individuals, and customized training is available for businesses looking for something more.

**Classes include:**

- American Heart Association Heartsaver First Aid CPR/AED
- American Heart Association Basic Life Support (BLS) & Renewal
- American Heart Association Basic Life Support (BLS) Renewal
- Emergency Medical Services & Refresher
- Entry Level and Certified Fire Service Training Courses



**For an up-to-date listing of classes visit [www.nicoletcollege.edu/publicsafety](http://www.nicoletcollege.edu/publicsafety)**

**For more information or to register call 715.365.4600 or email [publicsafety@nicoletcollege.edu](mailto:publicsafety@nicoletcollege.edu)**

### How to Read a Course Listing

#### 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.

	SECTION #	DAY(S) OF WEEK	REGULAR FEE	INSTRUCTOR
Rhinelanders Nicolet - Northwoods Center 202	<b>3048</b>	5/24 M	4 PM - 6 PM	\$40 Mellinger
	1x			62+ \$32.95
	NUMBER OF SESSIONS		SENIOR FEE IF OVER 62	

# Workplace Safety

## OSHA Training Institute Education Centers



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

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.

All courses at the Rhinelander, WI location are held at:  
 Nicolet College, Fieldside Center, 5300 Nicolet Way, Rhinelander, WI 54501  
 Registration for OSHA NSEC Courses are done through the NSEC website.

**To enroll in a course, please go to <https://www.nsec.niu.edu/nsec/course-schedules/osha-courses/index.shtml> and select the course number.**

From there you will be able to select the Rhinelander site for registration and continue with their registration process.

**Below is a list of current 2021 courses offerings through the OSHA NSEC.**

COURSE NUMBER	COURSE NAME	START	END	TIME	COST	CEUs
OSHA #7205	Health Hazard Awareness	05/21/21	05/21/21	8 am - 5 pm	\$225	0.6
OSHA #502	Update for Construction Industry Outreach Trainers	08/09/21	08/11/21	8 am - 5 pm	\$700	1.8
OSHA #503	Occupational Safety and Health Standards for General Industry	08/23/21	08/25/21	8 am - 5 pm	\$700	1.8
OSHA #510	Occupational Safety and Health Standards for the Construction Industry	09/13/21	09/16/21	8 am - 5 pm	\$850	2.6
OSHA #511	Occupational Safety and Health Standards for General Industry	09/27/21	09/30/21	8 am - 5 pm	\$850	2.6
OSHA #500	Trainer Course in Occupational Safety and Health Standards for Construction Industry	10/11/21	10/14/21	8 am - 5 pm	\$850	2.6
OSHA #501	Trainer Course in Occupational Safety and Health Standards for General Industry	10/25/21	10/28/21	8 am - 5 pm	\$850	2.6
OSHA #7005	Public Warehousing and Storage	11/15/21	11/15/21	8 am - 5 pm	\$225	0.7
OSHA #7100	Introduction to Machinery and Machine Safeguarding	11/16/21	11/16/21	8 am - 12:30 pm	\$155	0.4
OSHA #7115	Lockout/Tagout	11/17/21	11/17/21	8 am - 5 pm	\$225	.75
OSHA #7300	Understanding OSHA's Permit-Required Confined Space Standard	11/18/21	11/18/21	8 am - 5 pm	\$225	0.7
OSHA #7415	OSHA Construction Industry Requirements	12/13/21	12/14/21	8 am - 5 pm	\$400	1.2
OSHA #7405	Fall Hazard Awareness in the Construction Industry	12/15/21	12/15/21	8 am - 2 pm	\$200	0.5
OSHA #7120	Introduction to Combustible Dust Hazards	12/16/21	12/16/21	8 am - 5 pm	\$200	.65
OSHA #7410	Managing Excavation Hazards	12/17/21	12/17/21	8 am - 5 pm	\$200	.65



**NICOLET  
COLLEGE**

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

## **NICOLET COLLEGE MISSION**

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

**Nicolet College  
Continuing Education**

**715.365.4544**

**800.544.3039 ext 4544**

TTY: 800.947.3529 or 711

**ce@nicoletcollege.edu**

**nicoletcollege.edu**



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[facebook.com/nicoletcollege](https://facebook.com/nicoletcollege)



**Find us on Twitter**  
[twitter.com/nicoletcollege](https://twitter.com/nicoletcollege)

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: VP of Finance and Administration, Nicolet Area Technical College, PO Box 518, Rhineland, WI 54501-0518, Telephone: 715.365.4553 or TTY: 800.947.3529 or 711