



NICOLET COLLEGE

LEARNING IN RETIREMENT

CLASS SCHEDULE

Spring 2023



Classes Begin – January 6

Visit nicoletcollege.edu/lir for more information.

Learning in Retirement at Nicolet College

Spring 2023 Class Schedule

Thank you for your interest in Learning in Retirement at Nicolet College!

The 2022-2023 membership fee is just \$45 per person and is good through June 30, 2023. New members are always welcome, and you can join anytime.

Visit nicoletcollege.edu/lir and click on the Member Enrollment button to activate or renew your membership and pay securely by credit card.

Spring classes begin January 6, 2023 and are free with your annual membership.* Most classes will be in person, but some will be virtual using Zoom, and others will be hybrid (both in person and Zoom). Check this class schedule for details. Members will receive periodic reminder emails with class registration information and links to access the virtual/recorded sessions.

Contact Lisa Sage, Community Engagement and Foundation Support Specialist, with any questions or for more information at LIR@nicoletcollege.edu or 715.365.4491 (800.544.3039 ext. 4491).

*Additional fees are required for luncheon events.



WHAT WE'RE READING NOW

Michael Shores

Fridays: January 6 and 27, February 24, March 10 and 31,
April 21, May 12

9:30 am

Hybrid: Nicolet College, Lakeside Center 222 and Zoom

Maximum: 10 for in person



The non-fiction books 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, have stimulating discussions, or loves to listen.

SNOWSHOE SHARED INTEREST GROUP (SIG)

Steve Haugesag

Tuesdays (weather dependent): January 10, 17, 24, 31; February 7, 14, 21, 28;
March 7, 14, 21, 28

10 am

In person: Various locations

Whether you've just started or are a long-time enthusiast, snowshoeing is a great way to bond. What better way to meet new people who also love the sport than by joining the Snowshoe SIG. For more information and locations, contact Steve Haugesag at: wintersolematessnowshoeing@gmail.com

CRUISING NORWAY'S FJORDS

Steve and Susan Haugesag

Wednesday, January 11

2 pm

In person: Nicolet College, Tamarack Center 110

Enjoy a slide presentation and narrative of a recent trip to Norway's fjords and towns.

LUNCH BUNCH SHARED INTEREST GROUP (SIG)

Anne Wiedmaier, Brenda Peltier, Cookie Lough

Thursday, January 19 (then monthly)

11:30 am

In person: Rhinelander Café & Pub, 33 N Brown St, Rhinelander

Let's meet for lunch! Winter is long and we love food – what better way to enjoy than having a meal with LIR friends? Join us for monthly lunches at local eateries in our surrounding area. Our first lunch will be in January. Members will then take turns arranging lunches during the winter/spring semester or decide on locations as a group. This is a great way for members to socialize and get out of the house while experiencing different places to eat. Registration will be important!



NICOLET ART GALLERY TOURS

With Team Art

Thursdays: January 19, February 16, April 20 (see descriptions below)

1:30 pm on January 19

1 pm on February 16 and April 20

In person: Nicolet College Art Gallery, Northwoods Center

Join members of Nicolet's "Team Art" as they provide personalized tours of the winter and spring exhibitions in the College's Art Gallery. Each tour will give an insider's look into how the shows come together and the variety of media and techniques used by the artists.



Vijay Paniker
Safety Can
Stoneware ceramic

Thursday, January 19 (1:30 pm) - The Art of Automotive Exhibition

This exhibition brings together an eclectic group of artists' creations on the subject of vehicles, as a nod to the Automotive Technician programs at Nicolet College. You'll be riveted by expressions of automobile romance and aesthetics of the past, present, and future. You'll find inspiration in the beauty inherent in the mechanical and technical aspects of the automotive industry.

Thursday, February 16 (1 pm) - Wisconsin Regional Art Program (WRAP) Exhibition

This exhibition features artists from Wisconsin who will be exhibiting art in a variety of media, including 3D, acrylic, oil, and watercolor paintings, mixed media, and drawings. WRAP was established to encourage nonprofessional and emerging artists to develop their abilities. Artists winning a State Exhibit Award are eligible to compete for monetary awards at the State Day in Madison.

Thursday, April 20 (1 pm) - Nicolet Student Art Exhibition

This exhibition features the drawings, paintings, ceramics, and photography of Nicolet students. The work is the result of a variety of exercises assigned by their instructors and demonstrates foundational principles of art such as composition, contrast, design, color, line, shape, and value.

Virtual/recorded: Zoom

COMMON SCAMS AND FRAUDS TARGETING SENIORS

Detective Sergeant Emily Miller, Vilas County Sheriff's Office

Thursday, January 26

1 pm

In person: Nicolet College, Northwoods Center 207

Learn about how to protect yourself from fraud via internet, phone, email, and postal mail. Detective Sergeant Miller has 13 years in law enforcement with five years as a detective.

SMART PHONE APPS: ANNOYING PROGRAMS TO PERPLEX SENIORS

Ray Blackburn

Fridays (see dates below)

9 - 11 am

In person: Nicolet College, Tamarack Center 110

Two options to choose from:

Option 1 (Apple iPhone users)

Fridays: January 13 and 20

Option 2 (Android phone users)

Friday: February 10 and 17



Ever try to use an app for your smart phone and ended up frustrated or lost? Many folks share your experience! These classes are a follow-up to earlier smart phone classes. Each class will be broken into two parts. In part one, we'll explore the features of commonly used applications and learn how to find and install apps on your phone. In part two, we'll focus on questions and ideas generated from the first session.

Choose from two class options based on the type of phone you have. Hint, if your phone doesn't have an Apple logo on it, it's likely an Android-based phone.

UKELELE BASICS

Bill and Kim Boldon

Mondays: February 6, 13, 20

1 pm

In person: Nicolet College, Tamarack Center 110

Maximum: 25



Learn to play just three chords on the ukulele that will allow you to play hundreds of songs. Participants can join at any session.

There is no need to bring a ukulele unless you already own one.

TOP OF THE HILL LUNCH

Vicki Mendham and Culinary Arts Students

Thursday, February 9

11:30 am

In person: Nicolet College, Northwoods Center Dining Room

Maximum: 25 (advanced reservations and payment required)

Cost: \$15 (not including tip)

The "Foods of New England" buffet will offer a variety of all-you-can-eat foods that you would find in Eastern United States kitchens from Maine to Massachusetts. The food will be freshly prepared and served by Nicolet's Culinary Arts students. The meal will include a beverage choice of coffee or hot or iced tea. Other beverages will be available for an additional charge. Watch for a link in your email in early January for reservations and payment.

AUTO LAB TOUR

Ken Duesing and Chris Kolasa

Monday, February 13

9 am

In person: Nicolet College Auto Lab, White Pine Center 105



Have you always wondered what technology your mechanic uses? Or how they "tune up" your vehicle? Don't know the difference between a drive train and a freight train? Come find out on this fascinating tour of the Nicolet College Automotive Lab.

THE NEW R'S IN EDUCATION: REGULATE, RELEVANT, RESPECTFUL, AND RELATE

Panel: School Social Workers, School Psychologists, School Counselors

Tuesday, February 21

1 pm

In person: Nicolet College, Northwoods Center 207-208

Experts from the Rhinelander School District will discuss how their approach to supporting students has changed since the pandemic and the need to work with all students through trauma-sensitive and trauma-informed lenses. Students need increased support to Regulate so they can have their brains ready for education.

Educators are tasked with making daily activities Relevant to assist in creating engagement from the students. They need to be Respectful of students and families' current situations and meet them where they are as individuals and families. They must also focus on the importance of Relationships, as they are the driving force for engaging many of the students.

The panel is composed of master's degree level educators whose experience varies from 1.5 to 22 years.

ERNIE'S MATINEE MOVIES

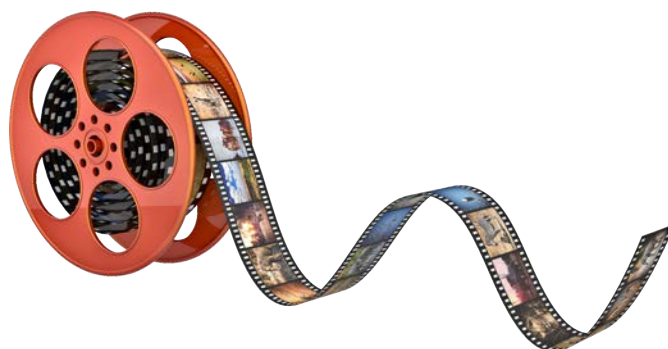
Ernie Schluter

Wednesdays: March 8, 15, 22, 29; April 5, 12, 19, 26

12:30 - 3:30 pm (doors open at Noon)

In person: Pine Lake Town Hall, Rhinelander

The Cinema has reopened with the same admission price (free). Join Ernie for a multitude of movies to enjoy in the afternoon. The series will feature many fine films. Most are based on fact, with a comedy or two as well. Bring a sack lunch if you wish. Relax and enjoy with friends!



ECHOCARDIOGRAPHY: A WINDOW TO YOUR HEART

Dr. Joel Furda

Thursday, March 9

1 pm

In person: Nicolet College Theatre, Lakeside Center

This class will offer a demonstration of the technique of echocardiography including discussion of what is normal versus various states of disease.

Echocardiography is an essential part of accurate and timely diagnosis of many cardiac abnormalities.

THE WISCONSIN IDEA

John Bogusz

Thursday, March 16

10 am

Hybrid: Nicolet College, Tamarack Center 110 and Zoom



Join former history teacher, John Bogusz, as he explores the "Wisconsin Idea," a unique concept for education, government, and society that promoted sharing, cooperation, and sustainable living. This one-hour lecture with PowerPoint presentation will also provide an opportunity for questions and discussion.

TICK BORNE ILLNESSES

Jeff Waite

Tuesday, March 28

1 pm

In person: Nicolet College Theatre, Lakeside Center

There is much yet to be learned about ticks and the diseases they can transmit to people. What is known is that in the United States nearly 500,000 people are infected each year, and around 20% of those infected develop chronic symptoms that become life altering, or in some cases life ending. Since neither ticks nor humans are planning on departing anytime soon, it's imperative to know what needs to be done to co-exist. This presentation focuses on conveying the knowledge needed to remain healthy in the epicenter of Midwestern tick populations.

THIRD ACT

Bob Fulkerson and Lani Ritter Hall

Thursday, March 30

1 pm

Zoom only

Experienced American (over age 60)? Interested in joining a movement to stabilize our climate and democracy? Learn about Third Act—how Third Actors bring their life experience, skills, and resources to build a better tomorrow. Explore Third Act's national campaigns geared towards collective action and working groups moving the needle towards a sustainable, joyous, and equitable future. Examine Third Act's working principles that are the foundation for building a strong and healthy culture right from the start, one that makes Third Act productive and joyful for those involved. As we say in Third Act—The Time is Now!

AN INTRODUCTION TO THE NORTHWOODS COMMUNITY GARDEN

Mike Haasl

Wednesday, April 5

10 am

In person: Nicolet College, Fieldside Center 108
then garden

Come learn about the new Northwoods Community Garden located in the Nicolet College Field. It's an organic garden where community members can rent plots to grow their own food. Learn about its history and the many ways it's becoming a place to teach and experience healthy food production and permaculture.



Photo by Tony Drehfal

CED VIG NATURE SERIES

Various Experts

Wednesdays: April 12 and 26, May 10 and 24

9:30 am

Hybrid: Nicolet College, Northwoods Center 207-209 and Zoom



TRAILSIDE BOTANY: IDENTIFICATION AND NATURAL HISTORY OF NORTHWOODS TREES AND SHRUBS

John Bates

Wednesday, April 12

9:30 am

Hybrid: Nicolet College Theatre, Lakeside Center and Zoom

As you walk along your favorite forest paths, you may wonder about this tree or that shrub. Every plant has a story. Each one has a personality. Come hear these stories of the natural and cultural history of our most common trees and shrubs that make us uniquely the Northwoods and not somewhere else. John Bates is an author, owner of Trails North, a naturalist guide service, and previous state forest naturalist for the Wisconsin Department of Natural Resources.

ZOOPLANKTON IN INLAND LAKES: WHO, WHAT, WHERE AND HOW THEY FIT IN FRESHWATER ECOSYSTEMS

Dr. Gretchen Gerrish

Wednesday, April 26

9:30 am

Hybrid: Nicolet College, Tamarack Center 110 and Zoom

Ever wonder about what might be in that clear drop of lake water besides H₂O? Or how any microscopic creatures or plants contribute to the health (or disease) of a lake's water? Join us to learn about zooplankton, those microscopic invertebrates that provide the food-web link between fish and algae. Find out how critical they are to the watery web of life and explore how they help natural systems deal with change over time. Gretchen Gerrish, Ph.D., is the director of UW-Madison's Trout Lake Station, Center for Limnology.

WRONG TREE: ADVENTURES IN WILDLIFE BIOLOGY

Jeff Wilson

Wednesday, May 10

9:30 am

Hybrid: Pine Lake Town Hall, Rhinelander and Zoom

Join masterful storyteller Jeff Wilson for a presentation on his memoir, "Wrong Tree – Adventures in Wildlife Biology." Wrong Tree begins on a small family farm and takes the reader on Jeff's wildlife journey from the fields of Iowa to the north woods of Wisconsin, and ultimately to far flung locations around the world. His tales involve beaver, bear, osprey, and loon, to name a few, weaving natural history and science into adventures that leave you laughing. Whether Jeff is sharing his pickup cab with beaver co-pilots, trapping and releasing black bear, or gripping the flakey bark of a pine tree as he climbs into an eagle nest, you will come away wiser about the ways of nature and inspired to seek adventure in life.

WISCONSIN BLACK BEARS: LIFE HISTORY, MANAGEMENT, AND CONSERVATION

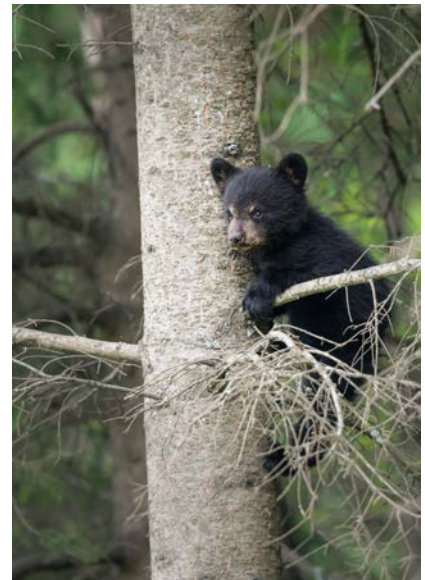
Curtis Rollman

Wednesday, May 24

9:30 am

Hybrid: Nicolet College, Northwoods Center 207-208 and Zoom

Black bears are a charismatic wildlife species that bring enjoyment to many, and Wisconsin hosts a healthy population for folks to enjoy. Join us to learn about their life history as well as their conservation and management in Wisconsin. We will talk about current Wisconsin research projects and also the benefits and challenges of a healthy black bear population - one person's cool wildlife sighting is another person's tipped over garbage can! It will be a 'beary' good session! Curtis Rollman is an Oneida County Wildlife Biologist in Wildlife Management at the Wisconsin Department of Natural Resources.



MACULAR DEGENERATION

Dr. Walt Gager

Wednesday, April 19

10 am

In person: Pine Lake Town Hall, Rhinelander

Dr. Walter Gager will share information on the topic of macular degeneration. He will discuss what is involved in the diagnosis and treatments of this serious eye disease. A time for Q and A will follow the presentation.

AGING AND MOBILITY

Kurt Klemm and Dr. Erin Nelson

Thursday, April 20

10 am

In person: Nicolet College, Tamarack Center 110



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

UNDERSTANDING CRYPTOCURRENCY

Dr. Ethan Blue

Tuesday, April 25

9 am

In person: Nicolet College, Tamarack Center 110

Will we eventually see the day when we will no longer have dollar bills and coins in our wallets? If you're wondering about cryptocurrency and how it is changing our monetary system, this class will help you understand the basics.

GUATEMALA – MEETING THE NEEDS OF THE POOREST OF THE POOR

Lynn Murphy

Thursday, April 27

10 am

In person: Nicolet College, Tamarack Center 110

Central Americans are leaving their homes in record numbers. Without a clear understanding of the root cause of the extensive poverty in the region, it can be challenging to be empathetic to the needs of the poorest of the poor who are making this dangerous journey and are seeking refuge in the United States. During this presentation, Lynn Murphy, Assistant Professor of Nursing at Bellin College in Green Bay, will be discussing what the root causes are and what is being done to assist the people of Central America.

PRESIDENTIAL ELECTIONS

Ted Russell

Mondays: May 1, 8, 15

1 pm

In person: Minocqua Public Library

Maximum: 20

Join us as we tour election history in every Presidential election from 1789 to the present. We will look at the issues and candidates and hear great stories.



OLD AGE AIN'T FOR SISSIES CONTINUED

Dr. Bill Wright

Tuesday, May 2

1 pm

In person: Nicolet College, Tamarack Center 110

In a pre-Covid class, Dr. Wright explored this popular topic and ran out of time to answer all the questions from those attending. In this "continued" class, he will discuss more challenges of aging, give updated information, and again welcome your questions.

MIDWIFERY IN ALASKA AND SOUTH AMERICA

Joan Junge

Tuesday, May 9

10 am

In person: Nicolet College, Tamarack Center 110

Joan Junge will discuss her journey as a midwife in the Peace Corps as a volunteer in the Andes. She attended home birthing among the Quechua people in Ecuador. She will also describe her adventures in rural Alaska among the Inupiat and Yupik natives for 25 years as a midwife.

TOUR OF THE ONEIDA COUNTY COURTHOUSE

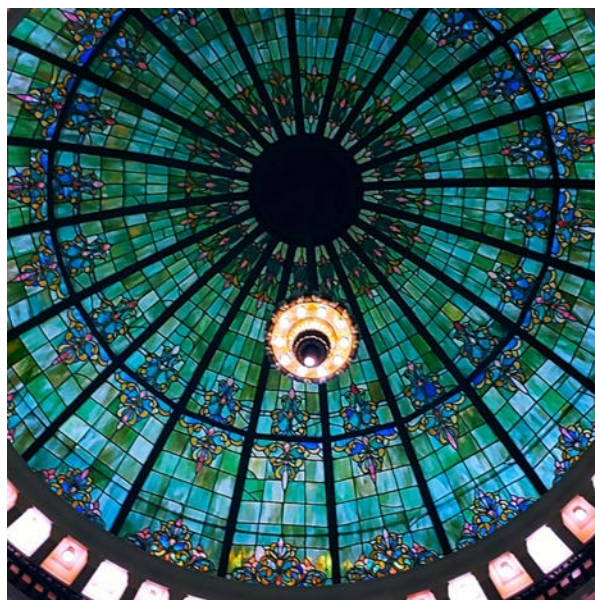
Kerry Bloedorn

Thursday, May 11

10 am

In person: Oneida County Courthouse, 1 S Oneida Ave, Rhinelander (meet at the front entrance)

Take a tour of the historic Oneida County Courthouse by Northwoods Historian Kerry Bloedorn. Learn about the forming of Oneida County, the courthouse construction, and architectural features, including its framed stained-glass dome.



Oneida County Courthouse Dome
Photo by Lisa Sage

BUILDING THE ALASKAN HIGHWAY

Ernie Schluter

Wednesday, May 10

12:30 pm

In person: Pine Lake Town Hall, Rhinelander

The Alaskan Highway, built during World War II, was an engineering marvel. Find out how and why it was built. Ernie Schluter will describe his journey in 2012 to Alaska and his experiences driving the highway. He requests that any members in the audience who have driven the highway share their experiences and stories. This program was presented in October 2013 and was well attended - 105 people. So arrive early for your seat!

MID-CENTURY MODERN ARCHITECTURE + NICOLET COLLEGE: FUTURISTIC REFLECTIONS ON DESIGN AND ARCHITECTURE

Jenny Bonardelli

Saturday, May 20

3 pm

In person: Nicolet College, Lakeside Center 2nd Floor
Commons

Take a trip down memory lane in the post-war era when architecture and interior design became inspired by clean, simple lines and honest use of materials. From its humble beginnings in 1945 and the atomic age through 1969, we will explore the visual and cultural evolution of what is now the ubiquitous design movement – Mid-Century Modern. We will also discuss the 1968 design of the structures that make up the Nicolet College campus and how they are arguably prime examples of this beloved style.



WHAT IS A SHARED INTEREST GROUP?

Dinner out? Crafts? Woodworking? Members who have a passion, the expertise, and/or an interest in a particular topic can initiate a shared interest group (SIG). The enjoyment comes when they share it with other like-minded people.

Two SIGs are featured in this catalog: Snowshoeing and Lunch Bunch. Contact the SIG leader to participate. If you would like to start your own SIG or have an idea for fall 2023, contact Lisa Sage at lir@nicoletcollege.edu or 715.365.4491. You'll enjoy meeting others with the same interests!

Location of Classes

Most directions are from Rhinelander. If you have a GPS system or app, you can enter the entire address into your device to get directions from your home to the location of the class.

Minocqua Public Library

415 Menominee Street
Minocqua, WI 54548

From Rhinelander, drive north on Hwy 47. Turn left on Midlake Rd. Turn right on Hwy 51 N (this is E Park Ave) to Menominee St.

From Tomahawk, drive north on Hwy 51; in Minocqua, turn right on E Park Ave then left on Menominee St.

Nicolet College

5364 College Drive
Rhinelander, WI 54501

The campus is located south of Rhinelander on Hwy G. When you reach the first building on campus, there is a large billboard showing the location of each building. Refer to map on last page.

- Lakeside Center
- Northwoods Center
- Tamarack Center

Oneida County Courthouse

1 S. Oneida Avenue
Rhinelander, WI 54501

The Courthouse is located in downtown Rhinelander.

Pine Lake Town Hall

4197 River Road
Rhinelander, WI 54501

In Rhinelander from the corner of N Stevens St and Dwight St (by Kwik Trip #173), turn onto Dwight St. Continue onto Eagle St. Continue onto County Hwy W. Turn left onto River Rd. Pine Lake Town Hall will be on the left.

Curriculum Committee

Special thanks to our curriculum committee for all their efforts!

Jane Banning, co-chair jabanning@gmail.com

Cookie Lough, co-chair gmacookie43@gmail.com

Karen Amstadt, Margaret Barnes, Dr. Joel Furda, Mary Grieco, Joan Hauer, Peggy Heller, Brenda Peltier, and Carol Ritter

Consider being a part of this great committee!

If you enjoy rolling up your sleeves, finding interesting places to tour, contacting potential speakers, and joining a group of other LIR members who are committed to our mission, contact Lisa Sage at lir@nicoletcollege.edu or 715.365.4491.

Did you know?

LIR provides two \$2,000 scholarships to nontraditional students at Nicolet College each year.



Nicolet College

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Rhineland, WI 54501-0518

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Email: LIR@nicoletcollege.edu

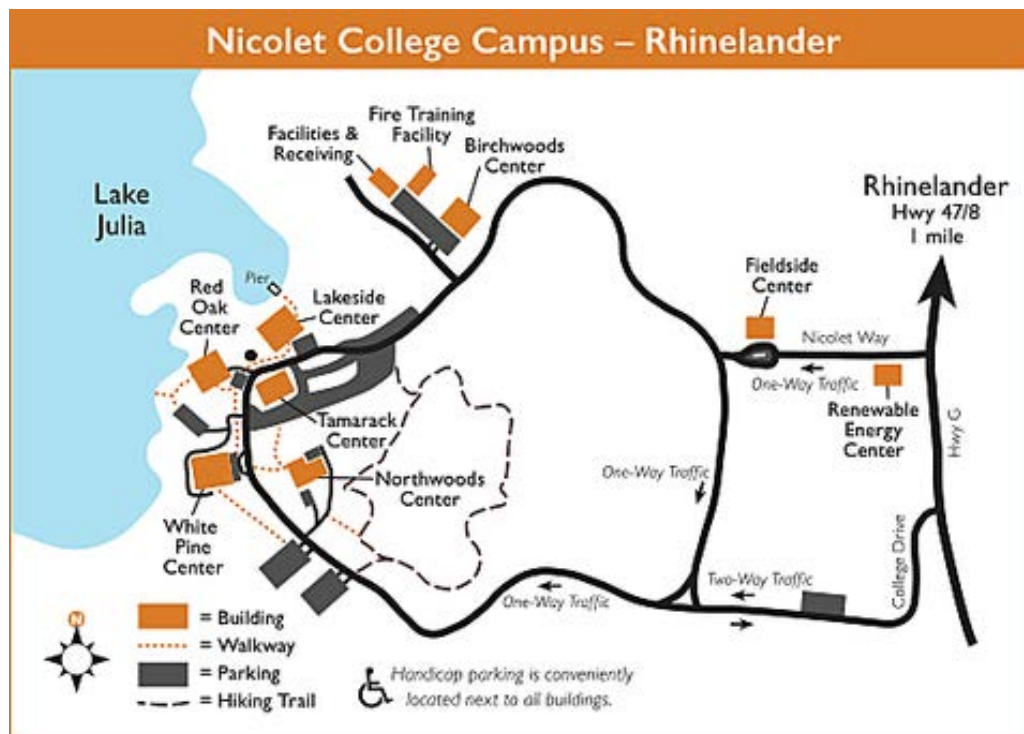
Visit LIR Online:

Go to: nicoletcollege.edu/lir

to view the current classes and to enroll in LIR.

Find us on Facebook:

facebook.com/NicoletCollegeLearninginRetirement



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

Revised 1/3/23