



NICOLET COLLEGE

learning in retirement

CLASS SCHEDULE

Fall 2023



September 12 – New Member Welcome, 11:30
Fall Kick-Off Luncheon, 12:00

September 14 – Classes Begin

Visit nicoletcollege.edu/lir for more information.

*Photograph courtesy
Steve Haugesag (LIR Member),
Steve Haugesag Photography*

Notes from the President

Dear LIR Members,

Welcome to Learning in Retirement 2023-2024. I am Margaret Barnes and will be your president. Many thanks to Cate Hallisy for her excellent leadership last year!

LIR is sponsored by Nicolet College and we are very grateful for their support. Many of our classes are held on the beautiful Nicolet College campus where age doesn't matter.

Thanks to our hard-working Curriculum Committee you will find, in this catalog, a wide variety of learning opportunities that are sure to inspire you. There are classes that focus on the environment, health, history, science, technology, and more. We are sure there will be something that will pique your interest.

Before attending a class, be sure to check the class location. We have a designated room in the lower level of the Northwoods Center, room 111. There is handicapped parking if needed and an elevator for your convenience. Other rooms on campus have been made available to us as well. Some of our classes and tours meet off-campus. There are directions and maps in the catalog to assist you.

Please consider joining one of our committees. We are successful only because of the involvement of our wonderful LIR members. We welcome new members to the Curriculum Committee where you can share your ideas and connections. Also, the Social and Entertainment Committees put on some fun gatherings and can always use an extra hand.

Enjoy your semester of learning. If you have any questions, please don't hesitate to ask me or any of our dedicated committee members. To our returning members, I can't wait to see you again. To our new members, I look forward to meeting you. Please contact me with any questions.

Margaret Barnes, LIR President • margbarnes2@gmail.com

From Our Curriculum Co-Chairs

Hello LIR Friends!

This fall 2023 catalog represents the hard work of the entire Curriculum Committee, led by Jane Banning and Cookie Lough, past co-chairs. Their energy, and Jane's considerable computer skills kept us all in focus. The committee members brought many unique ideas for classes and speakers, often from their own experiences or interests. Ideas with consensus enthusiastic committee responses were then organized by the member with the idea, who made speaker contacts, scheduled dates, and wrote class descriptions. The catalog is great evidence that collaboration is alive and well in our group and community. In fact, many of the presenters are community members, and some are even LIR members! Please thank any committee member you see for all their work. Some class ideas have been held over for spring 2024, so we have a head start.

We hope to see you at one or more of the fall classes. We tell the presenters that the audience is very interactive and full of questions. Maybe you will be the one to ask the top question of Fall 2023! The top question of spring 2023 was asked in the Ced's Series class on Black Bears: Q- "What kind of cookies do bears like?" A - (by Curt Rollman, DNR wildlife biologist for Oneida County) "Any kind! Chocolate chip, snickerdoodles, oatmeal, pecan sandies... you name it!"

If you'd like to be a part of this active committee that meets about eight times per year starting this month, August!, we'd love to have you. Please contact one of us if you'd like to join.

Carol Ritter, Curriculum Co-Chair • mikeandcarol.eaton@gmail.org

Joel Furda, Curriculum Co-Chair • jfurda@charter.net

Steering Committee

President

Margaret Barnes

Past President

Cate Hallisy

Secretary

Barb Buckel

Social Chair

Marilyn Duschl

Entertainment

Brenda Peltier

Nicolet College

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Members at Large

Diane Tatrow

Mary Ticknor

Curriculum

Committee

Co-Chairs

Joel Furda

Carol Ritter

Curriculum Committee

Karen Amstadt

Jane Banning,

past co-chair

Margaret Barnes

Mary Dean

Jane Eberly

Mary Grieco

Cate Hallisy

Joan Hauer

Karen Leathers

Cookie Lough,

past co-chair

Brenda Peltier

Social/ Entertainment Committee

Marilyn Duschl, Chair

Brenda Peltier, Chair

Mary Dean

Joan Schluter

LIR 2023-2024 Membership Enrollment

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

The 2023-2024 membership fee is just \$45.00 per person and is good through June 30, 2024. 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. No card numbers are saved in this process. You will find an easy-to-complete form that asks for some personal information so that you may receive the regular weekly email reminders with class registration information (click on the appropriate button) and links to access the virtual/recorded sessions.

To pay by check, please fill out the form on the next page and include it with your payment. Enclose a check for \$45.00 per person payable to Nicolet College. Please write LIR on the memo line. Send both the form and check to Nicolet College, Learning in Retirement, P.O. Box 518, Rhinelander, WI 54501.

Also on the LIR website is a link to the class catalog which you may review at any time.

The fall kick-off luncheon meeting is September 12, 2023, and classes begin on September 14. Any and all classes are free with your annual membership, except for a few that require an additional nominal fee at the time of registration.

Most classes will be in-person, at various locations, many on the Nicolet College campus. See the individual class descriptions or the worksheet in this catalog for the exact location and time of the classes. Also see "Locations" on page 13 in this catalog if you need to remind yourself how to find that location.

A few classes will be virtual using Zoom, or hybrid (both in-person and Zoom).

For any questions or for more information:

Email: LIR@nicoletcollege.edu • Phone: 715.365.4544

LIR 2023-2024 Class Registration

Class registration will be handled through weekly emails which will contain class date/time/location and any other pertinent information.

Class Cancellations

If Nicolet College cancels classes due to weather conditions, all LIR functions will be cancelled. A notice of the college closings will be announced on all local radio and TV stations.

If an LIR class is cancelled for other reasons, email will be sent as soon as we are aware of the cancellation.

Our Mission

Learning in Retirement values a lifelong learning process that provides education and social opportunities that are stimulating, exciting, challenging, and fun.



**Annual Membership \$45 each _____**

July 1, 2023 - June 30, 2024

You can register for membership at any time. Please send check payable to Nicolet College.

Please write LIR on the memo line. Return with payment to:

Nicolet College, Learning in Retirement, PO Box 518, Rhinelander, WI 54501-0518

Please Print

Name 1 _____

New Member ☐ Yes ☐ No

Phone _____

Would you like a weekly LIR reminder email? ☐ Yes ☐ No

Email _____

Name 2 _____

New Member ☐ Yes ☐ No

Phone _____

Would you like a weekly LIR reminder email? ☐ Yes ☐ No

Email _____

Home Address _____

City _____ State _____ Zip _____

Winter Address _____

City _____ State _____ Zip _____

Approximate dates of winter address _____

Additional Membership Details

The LIR membership year runs from July 1, 2023 to June 30, 2024, with membership fees due before attending classes. New members are welcome to join at any time.
The \$45 annual fee will allow you to attend any and all classes, programs, and social events.

Please list any suggestions for LIR course offerings, as well as special knowledge, talent, previous occupations, and/or experience you would be willing to share by leading a course or program.

_____**I would be willing to assist the
committee(s) checked below:**

- ☐ Curriculum
☐ Social/Entertainment
☐ Serve as host for a class
☐ Set-up and take-down at an activity
or presentation
☐ Other (specify) _____

Fall 2023-2024 Classes Optional Worksheet *(For personal use only)*

Name 1	Name 2	MONDAY CLASSES
		Religions of China and Japan • Sept 18, 25; Oct 2, 9, 16 @ 1:00 pm
		American History Review from 1930 to 1980 • Oct 2, 9, 16 @ 10:00 am
		Great Masters of Western Painting • Oct 23, 30; Nov 6, 13 @ 1:00 pm
		Living in the Shadow of the Saints: Irish Culture • Dec 4 @ 1:00 pm

Name 1	Name 2	TUESDAY CLASSES
		Fall Kick-Off Gathering • Sept 12 @ 12 noon
		Journaling: You Writing for You • Sept 19, 26; Oct 10, 17 @ 10:00 am
		Netherlands Travelogue • Sept 19 @ 1:00 pm
		Tour of the Kovac Planetarium • Sept 26 @ 1:00 pm
		Issues in Cardiology • Oct 3 @ 10:00 am
		Tour of Historic Homes of Rhinelander • Oct 10 @ 1:00 pm
		Living and Working in Dubai • Oct 26 @ 10:00 am
		What's the buzz with Pickleball • Nov 14 @ 11:00 am
		The Joy of Saying No • Dec 5 @ 10:00 am

Name 1	Name 2	WEDNESDAY CLASSES
		Ced Vig Nature Series • Sept 20; Oct 4, 18; Nov 1 @ 9:30 am
		Computer Basics • Sept 20 @ 1:00 pm
		A Day in the life of a Hometown Pharmacist • Sept 27 @ 1:00 pm
		Technology Assistance • Oct 4, 11, 18, 25 @ 1:00 pm
		The Lure of Beekeeping • Nov 8 @ 1:00 pm
		Digital Security • Nov 8 @ 1:00 pm
		Declutter and Downsize • Nov 15 @ 10:00 am

Name 1	Name 2	THURSDAY CLASSES
		Artificial Intelligence • Sept 14 @ 10:00 am
		Lunch Bunch • Sept 21, Oct 19, Nov 16, Dec 21 @ 11:30 am
		Tour of Forest Home Cemetery • Sept 28 @ 1:00 pm
		The Eyes Have It! • Oct 5 @ 10:00 am
		Six Pillars of Brain Health • Oct 5 @ 1:00 pm
		Tour of the Forest County Potawatomi Museum • Oct 12 @ 10:00 am
		Aging and Mobility • Oct 19 @ 10:00 am
		Energy Efficient Construction • Nov 2 @ 1:00 pm

Name 1	Name 2	FRIDAY CLASSES
		Current Events and Media Literacy • Oct 6, 20; Nov 3, 17 @ 10:00 am
		Stress and Your Body • Oct 20, 27; Nov 3, 10, 17 @ 1:00 pm

Classes at a Glance

SEPTEMBER						
Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
					1	2
3	4	5	6	7	8	9
10	11	12 – Fall Kick-Off	13	10 – Artificial Intelligence	14	15
17	1 – Religions of China and Japan	10 – Journaling 1 – Netherlands Travelogue	9:30 – (Ced's) Eagle Tree 1 – Computer Basics	11:30 – Lunch Bunch	22	23
24	1 – Religions of China and Japan	10 – Journaling 1 – Kovac Planetarium	1 – Hometown Pharmacist	1 – Forest Home Cemetery Tour	29	30

OCTOBER						
Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
1	10 – American History 1 – Religions China/Japan	10 – Issues in Cardiology	9:30 – (Ced's) Cranes 1 – Technology Assistance	10 – Eye Diseases 1 – Brain Health	10 – Current Events	7
8	10 – American History 1 – Religions China/Japan	10 – Journaling 1 – Tour of Historic Homes	1 – Technology Assistance	10 – Tour of Forest Co Potawatomi Museum	13	14
15	10 – American History 1 – Religions China/Japan	10 – Journaling	9:30 – (Ced's) USG Water 1 – Technology Assistance	10 – Aging & Mobility 11:30 – Lunch Bunch	10 – Current Events 1 – Stress & Your Body	21
22	1 – Masters of W. Painting	10 – Living & Working in Dubai	1 – Technology Assistance	26	1 – Stress & Your Body	28
29	1 – Masters of W. Painting	31				

NOVEMBER						
Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
			9:30 – (Ced's) Loons 1 – Technology Assistance	1 – Energy Efficient Construction	10 – Current Events 1 – Stress & Your Body	4
5	1 – Masters of W. Painting	7	10 – Lure of Beekeeping 1 – Digital Security	1 – Stress & Your body	10	11
12	1 – Masters of W. Painting	11 – Pickleball	10 – Declutter & Downsize	11:30 – Lunch Bunch	10 – Current Events 1 – Stress & Your Body	18
19	20	21	22	23	24	25
26	27	28	29	30		

DECEMBER						
Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
					1 1 – Stress & Your Body	2
3	1 – Shadow of Saints (Ireland)	10 – The Joy of Saying "No"	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	11:30 – Lunch Bunch	22	23
24 31	25	26	27	28	29	30

ARTIFICIAL INTELLIGENCE (AI)

Tommy Wartman
Thursday, September 14
10 am
In-Person: Nicolet College,
Tamarack Center 110

This will be a class focused on some of the most recent Artificial Intelligence software programs that are available to the average person. We will be exploring some of the capabilities of Artificial Intelligence and why it has so recently become one of the most discussed subjects in the news. Come see why some people are referring to this as "The Next Big Thing."

Maximum: 35

RELIGIONS OF CHINA AND JAPAN

David Barnhill
Mondays, September 18, 25;
October 2, 9, 16
1 pm
In-Person: Minocqua Library

These classes are introductions to the major religions of China and Japan: Confucianism, Daoism, Buddhism, Neo-Confucianism, and Shinto. We will consider their beliefs, the ways of life associated with them, their views of nature, and the way all of these manifested in poetry and painting.



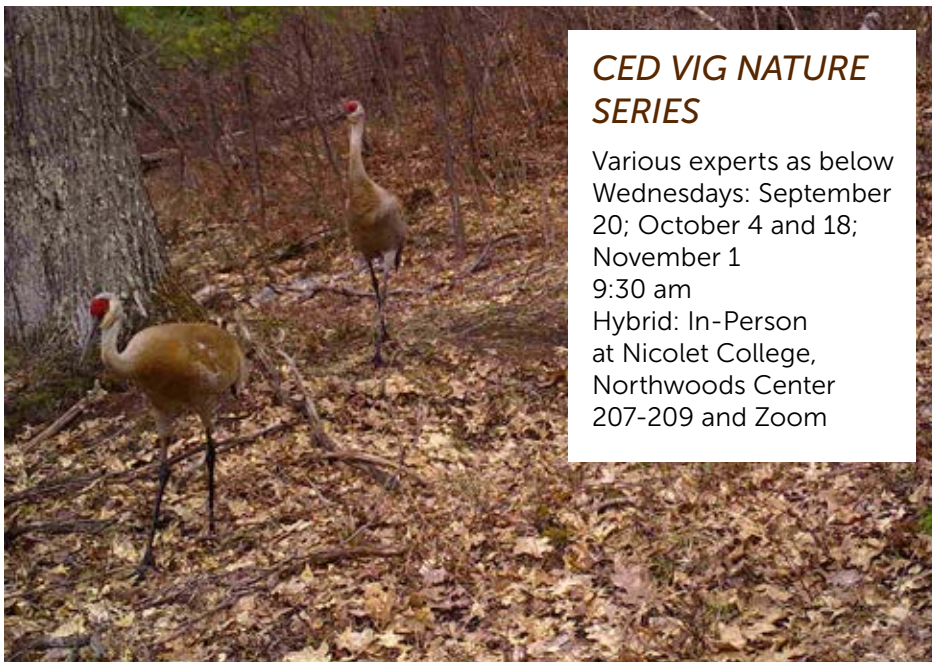
NETHERLANDS TRAVELOGUE

Steve Haugesag
Tuesday, September 19
1 pm
In-Person: Nicolet College,
Tamarack Center 110

Steve is a local nature photographer and will share his love of travel, biking, and the beauty of the Netherlands through his photography. Starting in Amsterdam he boarded a canal-style boat for five days. During this time the boat moored at different

locations, providing opportunities to bike and explore the areas. They biked through breathtaking fields of tulips, daffodils, and hyacinths. Come join Steve as he takes us through the landscapes; the locations that were visited; and gives us tips/recommendations he picked up along the way.

*Photograph courtesy
Steve Haugesag,
Steve Haugesag Photography*



CED VIG NATURE SERIES

Various experts as below
Wednesdays: September 20; October 4 and 18; November 1
9:30 am
Hybrid: In-Person at Nicolet College, Northwoods Center 207-209 and Zoom

"BENEATH THE EAGLE TREE: EARLY MORNING DREAMSCAPES IN PORTRAIT AND VERSE"

Bob Kovar
Wednesday, September 20

Bob Kovar, long-time resident and professional photographer in the Northwoods, starts his day by going outside to be present in the sunrise near a lake, taking his camera with him, of course. This began as a very personal routine, but evolved into photographs and thoughts shared on social media during the lockdown phase of the COVID-19 pandemic, and then into a self-published book. John Bates writes in his forward to the book, "Bob has mastered the art of interpretive writing, which is all about revelation, provocation and inspiration. To that heady formula, he's also added the two most often missed and dismissed pieces in nature writing – humor and sheer fun." Bob will share some of these photographs and what he has written to accompany them in a presentation that will incorporate beauty, the positive thoughts beauty gives us, and the spirit-lifting power of nature around us.

A REMARKABLE RETURN TO THE WILD

Bob Dall
Wednesday October 4

Do you know how to tell the difference between a sandhill crane and a heron in flight? Can you identify a crane's guard call compared to the unison call? Join veteran crane-counter Bob Dall, himself a Nicolet College alumnus, to learn these and more amazing and interesting facts about sandhills. Bob will also discuss some history and natural history of cranes, and give an overview of the Midwest Crane Count. He and his wife Jan have been the Oneida County coordinators of the Count for over 30 years. Bob is a retired nature educator, having worked for both Trees for Tomorrow and the WI DNR for many years.
Photo courtesy SnapShot Wisconsin, a citizen science program of the WI DNR.

USGS ROLE IN WATER MONITORING IN THE NORTHWOODS

Ryan Jirik
Wednesday, October 18

During our almost violent speed-melt this spring, high waters and flooding were experienced. Who exactly checks on water-y issues like this? Who takes measurements, keeps records, and follows trends? Why the U.S. Geological Survey, of course. Meet Ryan Jirik, one of the skilled USGS hydrologic technicians involved in this monitoring, and learn about his activities here in the Northwoods, what he observed this spring, and maybe even what trends the data he collects might show going forward.

LOONS AS WATER QUALITY MONITORS

Michael Meyer, Ph.D.
Wednesday, November 1

Mike Meyer has been studying the common loon in the Northwoods for over 25 years in his role as Environmental Toxicologist with the DNR, and later with Northland College's LoonWatch program. He will talk about loon ecology in general, and more specifically about his studies on mercury toxicity in loons. That work focuses on effects of heavy metals on loon chick survival and growth, as well as reproductive success of loons with high mercury levels. Since loons are not the only animals relying on our lakes for food sources, this work also reflects on the water quality in individual lakes in our region. Join us to hear how loons are not just symbols of the Northwoods, but are also in a sense, like the famous canary in the coal mine.

COMPUTER BASICS

Ray Blackburn
Wednesday, September 20
1 pm
In-Person: Nicolet College,
Northwoods Center 111

This class is intended to introduce you to the concepts and terminology you'll need to better understand your computer. We'll discuss files, folders, networking, email, social media, and many other concepts. Please bring your questions and confusion and we'll work to get you going forward.

Maximum: 30

LUNCH BUNCH – SHARED INTEREST GROUP

Brenda Peltier
Thursdays: September 21,
October 19, November 16,
December 21
11:30 am
In-Person: Various local restaurants
to be determined by group

It's so much fun to share a table with other LIR foodies! Join our group as we explore restaurants in our area and get to know each other better, but please note you need to join at the beginning of the fall semester. The location of each restaurant is decided by the group. We will meet at 11:30 a.m., at the restaurant, to beat the lunch crowd.

Maximum: 15



STARS ARE THE STARS AT THE KOVAC PLANETARIUM

Frank Kovac
Tuesday, September 26
1 pm
In-Person: Kovac Planetarium

A visit to the Kovac Planetarium is a visit to a treasure of the Northwoods. Visitors from far and near have gazed upon the stars created by Frank Kovac and have listened to the story of the stars told by a man who shows such passion for his work. Frank needed ten years to build the entire facility and five years to create the planetarium. You may want to bring a cushion for comfort. There is a fee of \$8.00 to be paid with your registration.

Maximum: 28

A DAY IN THE LIFE OF A HOMETOWN PHARMACIST

Dave Schiek
Wednesday, September 27
1 pm
In-Person: Nicolet College,
Tamarack Center 110

Pharmacists are often an integral part of health care teams. This class will give you an opportunity to meet a local pharmacist and hear how he deals with the daily challenges of running a local pharmacy. Bring your questions for Dave Schiek, a Hodag native who owns Hometown Pharmacy in Rhinelander.

OH, THE THINGS YOU'LL WRITE !

Jane Eberly
Tuesdays: September 19, 26;
October 10, 17
10 am
In-Person: Forth Floral, in the
greenhouse.

You'll be introduced to the discovery, reflection, creativity, reminiscing, and joy of journaling, and no, spelling doesn't matter! Journaling is "you writing for you." Sharing is optional and note that this is not a critique group. Be sure to attend the first session even if you can't attend all four.

Maximum: 10

FOREST HOME CEMETERY TOUR

Bill Vancos
Thursday, September 28
1 pm
In-Person: Forest Home Cemetery,
see description for details

Here is an opportunity to get up close and personal with some of Rhinelander's early leaders – and now residents – of Forest Home. You will learn more about individuals who helped create and form this community. For good measure, you will even learn about someone who helped revolutionize the sport of football. Forest Home Cemetery is located on Coon Street, between Newell Street and Washington Street, one block south of Lincoln Street in the City of Rhinelander. We will meet on Washington Street.

AMERICAN HISTORY – A REVIEW FROM 1930 TO 1980

Ted Russell

Mondays: October 2, 9, 16
10 am

In-Person: Nicolet College,
Tamarack Center 110

Join Ted Russell for a trip down memory lane. We will review many events we all can remember. We will review the Great Depression, World War II, Korea, The 1948 Election, The Cuban Missile Crisis, and Watergate. This will be an exciting story tour of American History. Three sessions will bring back many memories.

ISSUES IN CARDIOLOGY

Joel Furda, M.D.

Tuesday, October 3
10 am

In-Person: Nicolet College Theatre,
Lakeside Center

LIR's favorite cardiovascular internist, Dr. Joel Furda, will host an informal discussion of some of the more common cardiovascular issues we face as we age, including high blood pressure, atrial fibrillation, coronary artery disease, and congestive heart failure. Dr. Furda will briefly introduce each entity, then take audience questions about that topic. There will be no need for the doctor to hurry on to the next patient as sometimes happens during an office visit, so this will be an excellent opportunity to get a detailed overview of the effects of these conditions on the body, the possible treatments, and maybe most important of all, the best preventive measures we can all take for our health. Medical Assistant students will also be here to do blood pressure checks.

TECHNOLOGY ASSISTANCE

Ray Blackburn

Wednesdays: October 4, 11, 18, 25
1 pm

In-Person: Nicolet College,
Lakeside Center 228

Need help using your computer, tablet, smartphone, e-reader or other device? We can provide technology assistance on a variety of topics, including:

- Basic computer/internet skills;
- Microsoft Office (Word, Excel, etc.);
- Social media (Facebook, Twitter, etc.);
- Accessing e-books and library databases;
- Using a new computer or mobile device;
- ...and more!

Schedule a one-on-one session with Ray Blackburn to help solve your technology problems. To register simply call Ray at 630.460.5791. Sessions will be held at the Nicolet Lakeside Center 228.

THE "EYES" HAVE IT

Walt Gager, M.D.

Thursday, October 5
10 am

In-Person: Nicolet College,
Northwoods Center 111

Did you know that the eyes don't see? Dr. Gager will give a short description of the visual system and then open up the floor for questions of any kind concerning the four most threatening diseases to your vision. Dr. Walt is a valued member of LIR. His ophthalmology residency was at Marquette University School of Medicine.

SIX PILLARS OF BRAIN HEALTH

Sue Dierksen, AARP WI Advocate

Thursday, October 5
1 pm

In-Person: Nicolet College,
Northwoods Center 111

It's never too late to focus on your brain health! In this interactive session you will learn about the six pillars of brain health, activities that support brain health, and hopefully be inspired by others. This session is a good overview for anyone interested in learning more about brain health and will provide you with information on the latest research on brain health, lifestyle suggestions, and resources to learn more.

CURRENT EVENTS AND MEDIA LITERACY

John Bogusz

Fridays: October 6, 20;
November 3, 17

10 am

In-Person: Nicolet College,
Northwoods Center 111

This 90 min. gathering will examine and discuss current world events and will include techniques and strategies to become more media savvy. In this new world of polarized news and misinformation it's essential to be more discerning media consumers.

GET INVOLVED

*Are you interested in
volunteering for LIR's
curriculum, steering,
or social committees?
If so, please contact
715.365.4544 for
more details.*



RHINELANDER HISTORICAL MUSEUM TOUR AND WALKING TOUR OF HOUSES IN THE COURT HOUSE AREA

Bill Vancos
Tuesday, October 10
1 pm

In-Person: Historical Society
Museum

This class will be divided into two groups. Each group will spend half their time touring the Museum and the other half on a self-guided tour of older homes in the Court House neighborhood. Walking tours with maps and information on the house and early owners will be provided. Please meet at the Historical Society Museum (9 S. Pelham St. There is free parking in the lot behind McDonald's.) Museum is on two levels with a stairway to the second floor. (To see what may be involved in the Museum Tour, you can take a Virtual Tour on their website: RhinelanderHistoricalSociety.org)

*Photo courtesy Rhinelander
Historical Society web page*

FOREST COUNTY POTAWATOMI MUSEUM TOUR

Samantha Smith and Other Staff
Thursday, October 12
10 am
In-Person: Potawatomi Museum

This tour will be led by museum staff and will include the museum, cultural library, and gift shop. Journey through the many colorful displays and interactive kiosks. Witness for yourself the history of the Forest County Potawatomi Community. The Cultural Center was primarily created to educate the public with a permanent exhibit outlining significant historical and contemporary events and to pass the history, culture, and traditions to the next generation.

Maximum: 25

AGING AND MOBILITY – AVOIDING A FALL

Kurt Klemm and Dr. Erin Nelson
Thursday, October 19
10 am
In-Person: Nicolet College,
Lakeside Center, First floor
commons

The risk of falling, and fall-related accidents, rises with age. Find out how you measure up. Join Physical Therapists, Erin Nelson and Kurt Klemm, by participating in a series of simple tests used in Physical Therapy. Using standard assessments, learn if you are at risk and what you can do to prevent a fall.

STRESS AND YOUR BODY

Michael Shores
Fridays: October 20, 27;
November 3, 10, 17; December 1
1 pm
In-Person: Nicolet College,
Northwoods Center 111

This class will use materials from The Great Courses featuring Dr. Robert Sapolsky, a Stanford professor, researcher, author and engaging lecturer. He will discuss why stress is different for modern humans than for other creatures and examine our stress response and its effect upon our hearts, metabolism, digestion, child growth and development, reproduction, immune response, cancer, and our neural network. As he examines the physical effects of stress, we will begin to understand the modern chemical and cellular approach to human biology.

GREAT MASTERS OF WESTERN PAINTING

David Barnhill
Mondays: October 23, 30;
November 6, 13
1 pm
In-Person: Minocqua Public Library

Here's an opportunity to dive into the art of four great masters of Western painting: Rembrandt, JMW Turner, Monet, and Van Gogh. Each week we will review one artist's biography, and using the best slides available, we will get to know his entire oeuvre while examining in depth several of his masterpieces.

LIVING AND WORKING IN DUBAI

Kevin Schwartz and Yu Kitamura
Tuesday, October 24
10 am
In-Person: Nicolet College,
Northwoods Center 111

Join LIR members, Kevin and Yu Schwartz as they share their two-year experience living and working in Dubai, United Arab Emirates. They will share their living and working conditions as well as their multicultural experiences, where Arab and Western cultures coexist. This presentation will give an insight into what Dubai has to offer as a workplace, living environment, vacation destination, and all-around great destination.

ENERGY EFFICIENT (GREEN) CONSTRUCTION

Randy Nilsson and Tim Johnson
Thursday, November 2
1 pm
In-Person: Nicolet College,
Northwoods Center 111

How could a super energy-efficient home affect your energy budget, your life style, and maybe even your contribution to carbon neutrality in our shared world? Find out from an expert in the field who has designed and built many such homes in the Northwoods – Randy Nilsson of Great Lakes Carpentry, Inc. Randy and a colleague in this area, Tim Johnson, will explain the process of creating a home that practically runs on “zero energy”. See some examples of their work. Learn about energy efficient windows and building envelopes.

THE LURE OF BEEKEEPING: SCIENCE, MAGIC, AND MYSTERY

John Bigley
Wednesday, November 8
10 am
In-Person: Nicolet College
Northwoods Center 111

Most of us enjoy honey on toast, in tea, or just a spoonful. We all know honey comes from bees and bees pollinate plants. But how does pollen and nectar from plants end up as honey? John Bigley has been a keeper of bees for over twenty years. He says he is still learning, experimenting, studying, and occasionally gathering honey. He will conclude his presentation with honey tasting.

DIGITAL SECURITY – HOW TO PROTECT YOURSELF ONLINE

Ray Blackburn
Wednesday, November 8
1 pm
In-Person: Nicolet College,
Northwoods Center 111

In this class, we will discuss tips on how to stay safe online.

- What are the warning signs that I’m under attack?
- How can I vaccinate my computer against damaging viruses?
- How do I get antivirus software for my computer?
- Common security mistakes: Am I making them?
- What is a smart defense against malicious malware?
- How do I remove sneaky spyware from my computer?
- How do I stop scammers catching me in their “phishing” net?

Get answers to these questions and more!



WHAT’S THE BUZZ WITH PICKLEBALL?

Jane Banning and Kim Boldon
Tuesday, November 14
11 am
In-Person: Hodag Dome,
Rhinelander High School

Pickleball is the fastest-growing sport in the country. Find out what it is, how it’s played, and even try out a paddle and ball. Not a lesson, just a glimpse of what makes this activity so fun and popular.

DECLUTTERING AND DOWNSIZING: YOU CAN’T TAKE IT WITH YOU

Sue Dierksen, AARP WI Advocate
Wednesday, November 15
10 am
In-Person: Nicolet College,
Northwoods Center 111

Decluttering and Downsizing: Having too much stuff can impede people from relocating or getting health care into their homes. This engaging presentation explores why stuff is so important for some people and teaches practical, easy-to-follow tips on downsizing and decluttering. Learn how to get started!



IN THE SHADOWS OF SAINTS: AN ANTHROPOLOGIST REFLECTS ON UNDERSTANDING A RURAL IRISH COMMUNITY

John Russell, Ph.D.
Monday, December 4
1 pm
In-Person: Nicolet College,
Northwood Center 111

Mount Brandon, named for the Irish St. Brendan, on the Dingle Peninsula in West Kerry casts long shadows over nearby Gaelic speaking communities. Residents often describe themselves as "Living in the Shadows of Saints", a reference not only to the mountain's shadow but also to the religious, historical, and cultural traditions that cast their influence on the daily life in these Gaelic communities. For sixteen months I lived in one of these communities to learn about their beliefs, behaviors, and ways of life. This presentation discusses what I learned and how I came to those understandings. Images of everyday life will be used to offer context for discussion about this Irish place and its traditions and ways of life.

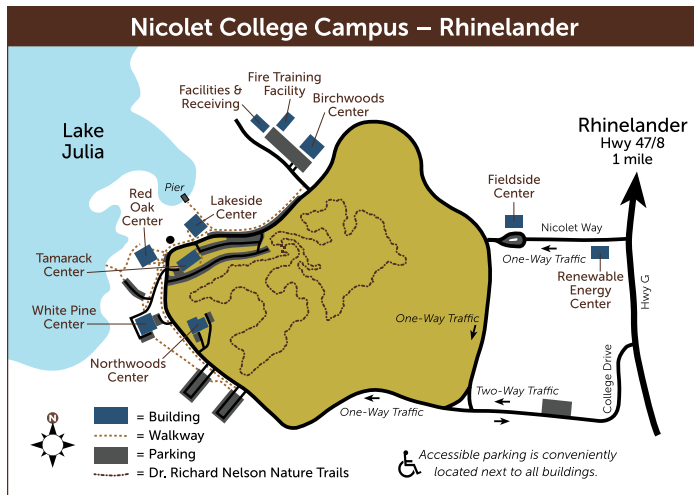
THE JOY OF SAYING NO

Jane Banning
Tuesday, December 5
10 am
Zoom Only

The Joy of Saying No, by Natalie Lue, was published in 2023. Let's talk about this book together. Get a copy from the library or order it online and we'll have a great conversation, because: "Saying yes when we should say no leaves us stuck in frustrating patterns. And when we don't say yes authentically, we say it resentfully, which leads to more problems than if we'd said no in the first place." (Goodreads).

Location of Classes

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



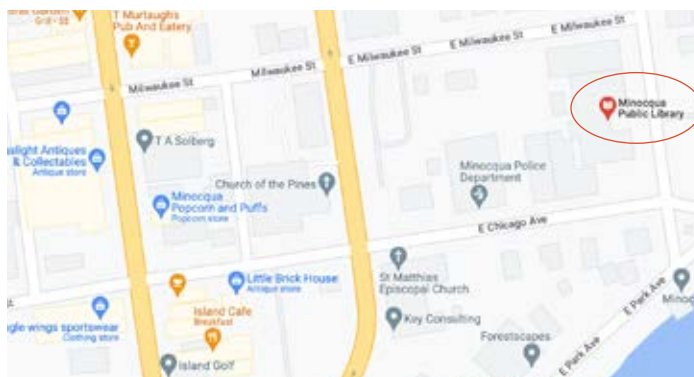
Nicolet College, Rhinelander, WI

5364 College Dr, Rhinelander, WI 54501

Home Base for LIR is the Northwoods Center, Room 111 lower level

Parking across the road, or limited handicap spaces near building. Certain classes with special needs or larger expected enrollment will meet in:

- Northwoods Center 207-209, entry level
- Tamarack Center 110, lower level
- Lakeside Center, theater or commons area, or both; 208, upper level



Minocqua Public Library

415 Menominee St, Minocqua, WI

Forth Floral

In the greenhouse

410 N Brown St, Rhinelander, WI



Kovac Planetarium

2392 Mudd Creek Road, Monico, WI

4 miles east of Monico

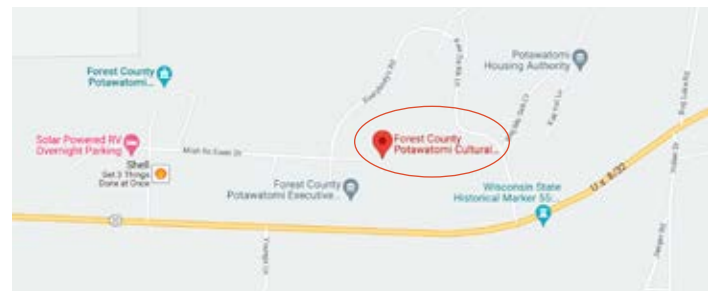
Forest Home Cemetery

On Coon Street, between Newell Street and Washington Street, one block south of Lincoln Street in the City of Rhinelander. We will meet on Washington Street.

Historical Society Museum

9 S Pelham St, Rhinelander

Free parking behind McDonald's

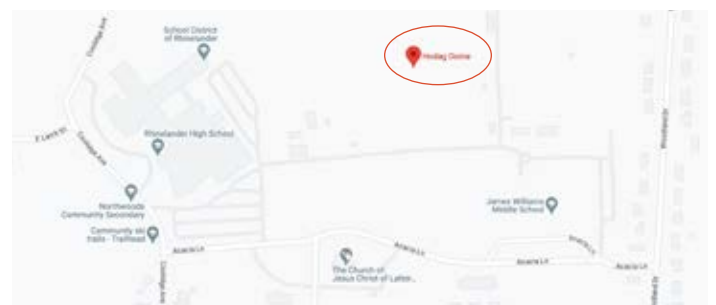


Forest County Potawatomi Museum

In the Cultural Center

5460 Everybody's Road, Crandon, WI

3 miles east of Crandon on Hwy 8



Hodag Dome

Behind Rhinelander High School

665 Coolidge Ave, Rhinelander, WI

DID YOU KNOW?

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

Contact LIR

Phone: 715.365.4544
TTY: 800.947.3529 or 711
Email: LIR@nicoletcollege.edu

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54501-0518, Phone: 715.365.4553, TTY: 800.947.3529 or 711

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