

LEARNING IN RETIREMENT **CLASS SCHEDULE**

FALL 2025



NICOLET COLLEGE

LEARNING IN RETIREMENT

MARK YOUR CALENDAR

September 9

New Member
Orientation
11:30 am

Fall Kick-Off
Luncheon
12:00 pm

September 10

Classes Begin

December 11

Holiday
Celebration
12:00 pm



*"Serenity in
Blue and Gold" –
Lake Katherine*

*Photograph
courtesy:
David Barnhill,
David Barnhill
Photography
Hazelhurst, WI*

NOTES FROM THE PRESIDENT

Dear Learning in Retirement (LIR) Members,

If you are a returning member, welcome back! If you are a new member, Welcome to Learning in Retirement!

Fall Semester 2025 is the 30-year anniversary of the partnership between LIR and Nicolet College. We are extremely fortunate to be part of this wonderful college that gives so much to its community.

My name is Brenda Peltier, and I am the President of this organization for the 2025-2026 fiscal year. I have worn many hats since I began Fall Semester 2015 as the LIR Liaison/Coordinator of LIR. I have served on the Curriculum, the Entertainment/Social, and the Steering Committees. These committees make LIR a successful program, and we welcome members with new ideas and topics.

The heart of LIR is the Curriculum Committee. Without an exciting, creative, and fun curriculum to present to our members, there would be no LIR. This fall semester the Curriculum Co-chairs and members of the committee have a great line-up of classes for you to select. You will find classes from many categories that will stimulate your brain and awaken a new topic to explore. You may acquire knowledge about what happens as we age or what's occurring in nature here in the Northwoods. Also, you will encounter new people and even develop life-long friendships. Whatever it is that attracts you to LIR, know that there is something for everyone!

I would like to thank our Past President, Mary Dean, for her leadership role and her spirit of adventure. Whether it was a challenge she encountered or a success to celebrate, she met both with a smile that was heartwarming. She is committed to LIR, and I look forward to working with her in the upcoming year.

We have a saying about LIR – it's where curiosity never retires!

Bring your curiosity, and I know you'll enjoy the classes that we have to offer.

Sincerely,
Brenda Peltier
LIR President
bpeltier101@gmail.com



FROM OUR CURRICULUM COMMITTEE CO-CHAIRS

Hello LIR Members,

We are thrilled to welcome you all to another great season of learning. First, a big thank you to all our outgoing officers, especially the Curriculum Committee Co-Chairs, Carol Ritter and Joel Furda. We appreciate all that you have done for Learning in Retirement during your time leading the Curriculum Committee. We are grateful that we have someone to go to for guidance in the upcoming years, too.

We are proud to present the wonderful offerings for Fall 2025. You will find a wide variety of interesting and fun class topics to help keep you learning. The popular Ced Vig Series is back for all you nature lovers. If you like learning about travel, two fascinating talks are in store about the Appalachian Trail and the Camino de Santiago. If you are into activity, why not try a class on Dancing for Fitness or Curling on the Grass of the Hodag Dome? You may want to tour the Hodag Dome or the Rhinelander Post Office. If you like history, you can find out about the CCC Camps or what was on the menu of the Titanic before it sank. Or maybe you want to listen to some music and learn how musical instruments work or What to Do With Grandma's Treasures. Whatever your interest, we are sure you will find a class to take this fall.

Retirement is a time to learn new things, make new friends, and explore new places. We may be getting older, but we can do so with dignity, grace, and style. We even have classes about that!

Invite your friends and relatives to enjoy Learning in Retirement and we'll see you in class!

Marilyn Pekol, Curriculum Co-Chair
Bobbie Keso-Mode, Curriculum Co-Chair

LEARNING IN RETIREMENT – COMMITTEES 2025-2026

Steering Committee

Brenda Peltier • President
Sue Richie • President-Elect
Mary Dean • Past President
Diane Tatrow • Secretary
LaNora Kleerup • Social Committee Chair
Jane & Gary Prod • Entertainment
Committee Chairs
Jean Spencer • Member at Large
Kathy Babcock • Member at Large
Marilyn Pekol • Curriculum Committee Co-Chair
Bobbie Keso-Mode • Curriculum Committee
Co-Chair
Heather Schallock • Nicolet College Representative
Melissa Haselton • Nicolet College Community
Engagement Support Specialist

Curriculum Committee

Karen Amstadt	Bobbi Keso-Mode
Margaret Barnes	Joan Laabs
Susan Brettingen	Karen Leathers
Judy Burscheid	Cookie Lough
Mary Dean	Kathy Marion
Jane Eberly	Marilyn Pekol
Joel Furda	Brenda Peltier
Mary Grieco	Carol Ritter
Mike Harvey	Sue Stodola
Joan Hauer	Peg Wanie

Social & Entertainment Committee

Mary Dean	Gary Prod
Lu Dudley	Jane Prod
Marilyn Duschl	Joan Schluter
LaNora Kleerup	Annette Theilig

LIR MEMBERSHIP ENROLLMENT

Thank you for your interest in Learning in Retirement at Nicolet College! The 2025-2026 membership fee is \$50.00 per person and is good through June 30, 2026. Your membership offers you the opportunity to attend over 60 classes. New members are always welcome, and you can join anytime.

Classes are free with your annual membership, except for a few classes that require an additional nominal fee at the door. Most classes will be in person on the Nicolet College campus, with a few classes being held at other locations. See the individual class descriptions for the exact location and time of the classes. The "Locations" page at the end of this catalog is available if you need to remind yourself how to find that location.

For any questions or for more information:

Email LIR@nicoletcollege.edu

Phone 715.365.4544

LIR 2025 Enrollment, Renewal, and Class Registration

Visit nicoletcollege.edu/lir, click the 'Member Enrollment' button to activate or renew your membership and pay securely by credit card. No card numbers are saved in this process. To pay by check, please fill out the registration form and include this form with your payment. Enclose a check for \$50.00 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, PO Box 518, Rhineland, WI 54501. Class registration is available through weekly emails which will contain class date/time/location and any other pertinent information.

Registration forms can be found at the back of your paper catalog or printed by visiting nicoletcollege.edu/lir, click on "Registration Form."

Nicolet College is committed to creating inclusive and accessible environments and events. If you need a reasonable accommodation, please contact LIR@nicoletcollege.edu or 715.365.4544.

Class Cancellations

If Nicolet College cancels classes due to weather conditions or other reasons, 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, an 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.



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HUMAN TRAFFICKING

Community and Government

Wednesday, September 10 | 1:30 pm

Nicolet College, Northwoods Center 207-209

Instructor: Detective Sergeant Emily Miller – Vilas County Sheriff's Office

Human trafficking in the Northwoods? Unbelievable, but true. Human trafficking is a form of modern slavery that occurs in every state, including Wisconsin. Talking about it is hard, but it's not just OK to talk, it's important for us elders to learn that youth are at risk. In fact, some victims feel trapped in their situations. We will learn about the specific risk factors in some youth, how sex and labor/job traffickers operate, and what resources are available locally and statewide to assist victims.

Learn about the Human Trafficking Hotline and other important issues around trafficking from Vilas County Detective Sergeant Emily Miller who has 15 years of experience in law enforcement and seven years as a detective.

If you plan to attend this class, please register when registration opens in early September through the weekly emails. This ensures you'll be notified if the class is cancelled due to a law enforcement emergency.

TECHNOLOGY ASSISTANCE

Computers and Technology

***Please call to arrange appointments**

Beginning Date: Monday, September 15

Nicolet College or Other Locations

Instructor: Ray Blackburn

Phone: 630.460.5791

Need help using your computer, tablet, smartphone, e-reader, or other device? Ray Blackburn can provide free technology assistance to LIR members on a variety of topics, including:

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

Schedule a thirty-minute one-on-one session to address your technology problems or questions. To set up a session, call Ray at 630-460-5791. Sessions to be held on the Nicolet College campus unless otherwise arranged.

An educator first, with a thirst for knowledge and a clear understanding that teaching material is always second to educating and nurturing students. An experienced software engineer and people manager with a broad experience base in education, technology and people management. Teaching experience includes being on the faculty at an inner-city school as well as adjunct faculty experience instructing students in two-year, four-year and graduate level curriculums. Technical background includes software design, development, integration, testing, deployment, and support. Managed teams of highly skilled engineers and project managers in a variety of assignments. Education: MS, Computer Science, With Distinction, DePaul University, Chicago, IL.

WORLD WAR II – GREATEST STORIES

History

Mondays, September 15, September 22, October 20, and October 27

1 pm

Nicolet College, Northwoods Center 207-209

Instructor: Ted Russell

Ted Russell will be presenting four classes which detail the major stories of Americans in World War II. Fasten your seat belts for a collection of stories from the world's best historians. One class will highlight the glorious history of women in World War II.

Ted Russell is a valued LIR member and has given many presentations throughout the years. Ted earned his bachelor's degree from Marquette University, his master's degree from the University of Chicago, and his law degree from the Illinois Institute of Technology. Ted's passion for history is undeniable!

CED VIG NATURE SERIES

Ced Vig 1

THE PELICAN RIVER FOREST PROJECT

Nature

Wednesday, September 17 | 10 am

Nicolet College, Lakeside Center Theatre

Instructors: Representative from The Conservation Fund, Oneida County Clear Water Association, Friend of the Pelican River Forest, and Others.

Hybrid: In-person and Zoom

Just a few miles east of Rhinelander along Hwy 8 is a 70,000-acre block of forest, water, and wetlands that is protected forever from development and subdivision, safeguarding what was the largest privately-owned, unprotected block of forest remaining in the state. This is the Pelican River Forest, now owned by The Conservation Fund. We will learn about the varied ecosystems in this tract, from northern hardwood, red pine, and aspen dominated forests to cedar swamps, and bogs, from whose groundwaters the Pelican River and Wolf River arise. We will be introduced to some of the iconic species of flora and fauna that flourish here. The long process that conserved these resources will be explained by several of the hundreds (maybe thousands) of groups and individuals who advocated for creating a working forest that supports forestry jobs, supports local economies through participation in the tax base, and is open to public recreation. Please join us to learn how this conservation project succeeded because of the skills and efforts of many working together.

<https://www.conservationfund.org/our-impact/projects/pelican-river-forest-wisconsin/>

<https://occwa.org/pelican-river-forest>

<https://pelicanriver.org/>

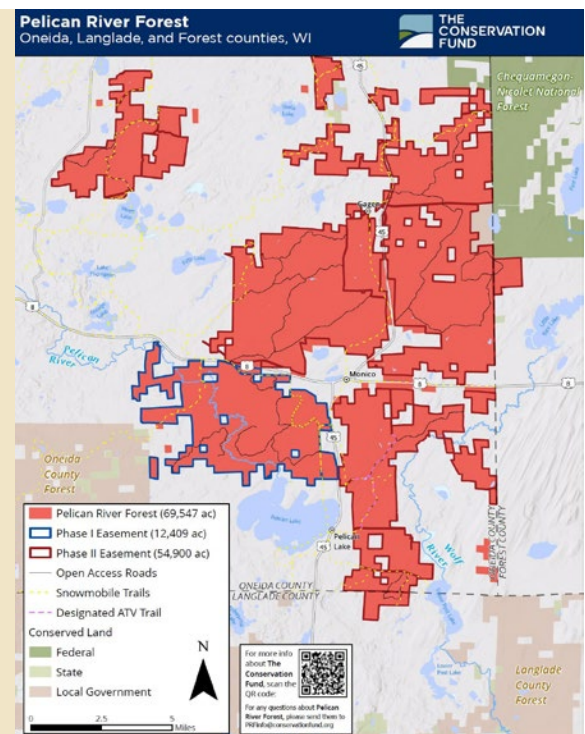


Photo credit: The Conservation Fund

LIVING WELL WITH HEARING LOSS

Health, Wellness, and Medicine

Wednesday, September 17 | 1 pm

Nicolet College, Lakeside Center Theatre

Instructor: Julie Metternick Olson

Fifty million people in the USA have some degree of hearing loss. While this invisible disability affects people of all ages, it affects people of retirement age most. It often goes undiagnosed and/or untreated. The results can be traumatic, as they include cognitive decline, depression, and more. Join Julie Olson, a Rhinelander native with personal hearing loss, to hear about these ramifications and treatment options.

Julie Metternich Olson, a 'native Hodag', has lived in the Appleton, WI area since 1971. She has BS degrees in physical education, health, and public speaking and a MS degree in Community Human Services. She was diagnosed with progressive hearing loss at age 22. After teaching high school students for several years, she became involved in research, advocacy, and providing peer support for the hard of hearing population.

She has served as president of the national board of the Hearing Loss Association of America, Inc. (HLAA), and has participated on various governing boards and committees related to hearing loss. Her experiences have led to writing and publishing opportunities, most recently a book she and her granddaughter published about how hearing loss affects families. She is an experienced public speaker and volunteer. Julie credits the excellent teachers she had at Rhinelander High School for much of her success.

LUNCH BUNCH SHARED INTEREST GROUP (SIG)

Tours and Activities (including SIGs)

Thursdays, September 18, October 16,

November 20, December 18

4 Sessions | 11:30 am

Various Restaurants in the Nicolet College Area

Instructors: Cookie Lough and Brenda Peltier

Maximum: 20

Join our group as we discover hidden gems in the Northwoods area that will tantalize your taste buds! The group is always on a quest to find restaurants that are new to the group. We meet on the 3rd Thursday of every month for good food and good company. From past experiences attendees have given this group a 5-star rating. Reviewers say, "Good friends, good food, new experiences, and lots of fun!"

Registration is limited, so don't wait to register. We look forward to seeing you! **To join Lunch Bunch, email Cookie Lough: gmacookie43@gmail.com**



Photo credit: Owner of LP's Restaurant

NOTE: This SIG is not part of the weekly registration, you will need to contact Cookie Lough at the email above. Once the maximum is reached the SIG will be closed. However, it will be posted in the weekly email to remind the 20 members who are on the list. So, register when the LIR Catalog comes out for fall semester 2025 by emailing Cookie Lough.

ARTIFICIAL INTELLIGENCE (AI) 2025

Computers and Technology

Tuesday, September 23 | 10 am

Nicolet College, Northwoods Center 207-209

Instructor: Tommy Wartmann

What's new with Artificial Intelligence (AI) in 2025? Today, Tommy is excited to share his insights on AI. He looks forward to showcasing some of the fascinating capabilities of AI and appreciates your time and interest in joining this informative and fun discussion.

Tommy Wartman is the Executive Director at Grow North Regional Economic Development and the GRID, a small business resource initiative in the Northwoods Region. Originally from Minnesota, Tommy pursued his college education in Colorado and has since built a diverse professional background across various companies. However, his true passion lies in supporting smaller firms and entrepreneurial ventures.

Recently, Tommy has been actively involved with the Small Business Administration (SBA) to help connect small businesses with vital resources in the Northwoods. He has also delivered talks on Artificial Intelligence and its potential impact on local small businesses.

THE MAN BEHIND THE CREATION OF THE TWINKIE

History

Thursday, September 25 | 1 pm

Nicolet College, Northwoods Center 207-209

Instructor: Mr. John McConachie

The Twinkie. The mere mention of this iconic treat had the power to evoke a delightful wave of nostalgia, to transport people back to the innocence of childhood. But few know much about James Alexander Dewar, the man behind the Twinkie, known affectionately as "Mr. Twinkie," who was my [the instructor's] grandfather. Pops' reputation across America was firmly established from the time I could even begin to understand who he was. To the world he was the inventor of the Twinkie, the iconic treat born in the Depression era that became a household name for nearly a century. But to me, his legacy is far more meaningful. Pops was a source of strength and inspiration. The story of how this all began will take you back to a time long ago, through the present day.



Photo credit: John McConachie, Author

John McConachie, the author, is the grandson of James Alexander Dewar, the creator of the Twinkie. He was an inspiring man who focused his life on his family. "Through my grandfather, I have done the same." This story is a labor of love.

MIGIZIKWE (EAGLE WOMAN) SHARES HER JOURNEY

Language, Culture, and Diversity

Monday, September 29 | 10 am

Nicolet College, Northwoods Center 207-209

Instructor: Mildred Schuman

Mildred "Tinker" Schuman is an Ojibwe elder from the Lac du Flambeau Band of Lake Superior Chippewa of Northern Wisconsin; she is also known as Migizikwe - Eagle Woman. She is deeply respected within the Ojibwe Nation of Lac du Flambeau as a Woman Pipe Carrier, Sweat Lodge Leader, Ogichida Chidewegon (Big Drum) Jingle Dress Dancer, and ceremonial Sundancer and Moondancer, as well as a healer, a poet, and an artist.

Tinker Schuman is also a water walker. In recent years, she organized "Water Way Walks" to raise awareness of "Mother Earth's Life Blood – The Water" both for the Lac du Flambeau community and for the surrounding communities in Vilas County, Wisconsin. This region has one of the highest density of lakes in the world. She will share her story that led her on this journey.

CED VIG NATURE SERIES

Ced Vig 2

AQUATIC INVASIVE SPECIES IN ONEIDA COUNTY

Nature

Wednesday, October 1 | 10 am

Hybrid: In-person and Zoom

Nicolet College, Northwoods Center 207-209

Instructor: Stephanie Boismenue



Photo credit: <https://www.oclw.org/ais-teams-photos-from-the-field.html>

Oneida County has 1,129 lakes covering 68,447 acres, and over 830 miles of streams. These water resources are a large part of our lifestyle, as well as our economy, and are threatened by the potential impact of aquatic invasive species. The introduction of a single AIS can negatively impact native habitats, ecosystems, fisheries, wildlife, recreational opportunities, waterfront property values, water-related business and industries, human health, and how we enjoy our time on the water.

Guided by Stephanie Boismenue, we will learn the extent and distribution of invasive species here in Oneida County as well as the programs the County sponsors through the Land and Water Conservation Department to help prevent and control the spread of aquatic invasives. These programs, plus actions by individuals like ourselves may even decrease the population density of some AIS and restore balance to ecosystems.

Stephanie is the Aquatic Invasive Species Coordinator and Conservation Technician for Oneida County. She is actively involved with monitoring and controlling AIS as well as outreach and educational programs in this field.

<https://www.oclw.org/aquatic-invasive-species-ais-program.html>

NATIVE PLANTS IN THE NORTHWOODS

Nature

Wednesday, October 1 | 1 pm
Hanson's Garden Village
2660 Hwy G, Rhinelander, WI 54501
Instructors: Beth Hanson and the Hanson's Garden Village Crew

Join us at Hanson's Garden Village in Rhinelander to tour and talk about native plants in the Northwoods. We will focus on late blooming native perennials that are important to our pollinators, seed collecting, and the stratifying process. We will also tour the native greenhouses, sand garden, and get a behind the scenes peek at a propagation greenhouse.

Beth has this to say about herself: "I am the second generation of Hanson's Garden Village along with my brother Eric. I have an Architecture and Women's Studies degree from UW-Milwaukee and spent some time with the Peace Corps in the Eastern Caribbean before returning to the business in 2011. My focus is on the big picture and the details of the business including managing the perennial department, retail department, and the office. I enjoy working with my family and sharing our mission of growing quality plants to benefit our community and the environment. My husband and I are raising three children who also enjoy being at the greenhouse."



*Photo credit: Blue Sage in bloom,
Beth Hanson*

LEARN TO FLOOR CURL

Health, Wellness, and Medicine

Tuesday, October 7 | 1 pm
Hodag Dome
863 Hodag Dome Drive, Rhinelander, WI 54501
Instructor: Terri Gleason

Floor curling is a fun inclusive and low impact adaptation of traditional ice curling that can be played indoors on gym floors or other smooth surfaces. Players will slide their stones toward a target area known as the "house" aiming to get as close to the center (the button) as possible. Teams take turns delivering stones and can use strategy to block opponents or knock their stones away. It's accessible for all ages and abilities, with no special footwear needed. Unlike traditional curling, there is no sweeping and no ice. It promotes teamwork, communication and strategy.

Terri Gleason has curled since 1992 in state and national events. Terri has served on the US Curling Board of directors, president of Wisconsin State Curling Association from 2022-2024, and is currently US Women's Curling Association president 2024-2025.



Photo credit: Terri Gleason

THE INCREDIBLE STORY OF THE CIVILIAN CONSERVATION CORPS IN THE NORTHWOODS

History

Wednesday, October 8 | 10 am
Nicolet College,
Northwoods Center 207-209
Instructor: Kerry Bloedorn

Step back into 1930's America and learn about the incredible story of the Civilian Conservation Corps in the Northwoods. Join Northwoods historian Kerry Bloedorn, director of the Pioneer Park Historical Complex and the Wisconsin CCC Museum, as he brings to life the grit and determination of the young men who rebuilt our forests, battled wildfires, and helped bring America back from the brink of the Great Depression. Discover how their hard work not only transformed the Northwoods but left a lasting legacy still visible today. With a presentation full of amazing photos from the CCC camps around the Northwoods, it will open a window into the past, and into one of the most highly regarded federal programs in US history, the Civilian Conservation Corps.

Kerry Bloedorn is the director of Rhinelander's Pioneer Park Historical Complex, host of WJFW's, *Connecting the Dots* and WXPR's *Northwoods, Moment in History*. He also writes for *New North Magazine*.



Photo credit: "CCC Boys Planting Trees" – Pioneer Park Historical Complex

HODAG DOME FIELD TRIP

Tours and Activities (including SIGs)

Thursday, October 9 | 1 pm
Hodag Dome
863 Hodag Dome Drive
Rhinelander, WI 54501
Instructor: Jerry Speich

The Hodag Dome boasts 128,000 square feet of climate-controlled space that's hosted everything from youth sports to community celebrations (RipcoFest!) to the Alzheimer's Fundraising Walk since it opened in 2021. The story behind how the Dome got started is just as impressive as the space itself. Some activities we will learn about at the dome are bocce ball and the golf simulator basics with a golf pro.

Jerry Speich, who will be giving the tour, is a longtime Rhinelander resident and an original Dome employee. Jerry is very excited to give us a tour of this beautiful facility.



Photo credit: Hodag Dome Facebook page

TITANIC MENUS: A CULINARY JOURNEY WITH TIES TO WISCONSIN

History

Monday, October 13 | 1 pm
Nicolet College, Northwoods Center 207-209
Instructor: Veronica Hinke

Delve into letters that first class Titanic passengers wrote to loved ones at home, describing the elaborate lunch feasts and other delicacies. Study the distinctly different menus from first, second, and third class. How were they different? What items are still enjoyed today and what items raise eyebrows today? The foods passengers and crew members ate are glimpses into the past. They are footnotes in history that provide insight into how people lived and experienced life during a distinct period known as the Edwardian era. Hear stories of Wisconsin residents who were aboard the Titanic, like Merrill resident, third class Titanic passenger Daniel ("Popcorn Dan") Coxon and more. Books will be available for purchase.

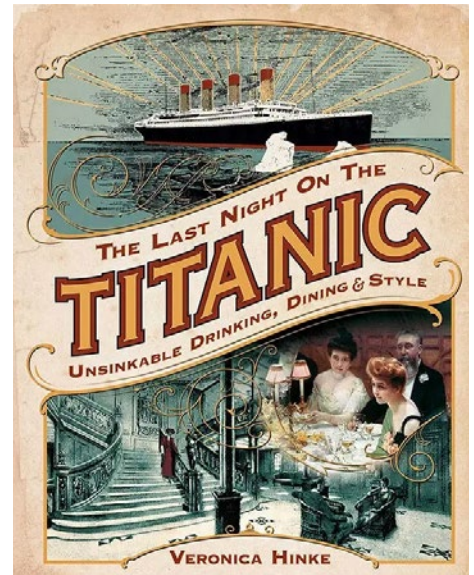


Photo credit: Veronica Hinke

Veronica Hinke is a culinary and lifestyles journalist and instructor specializing in drinking, dining, and entertainment. She is author of the *Last Night on the Titanic: Unsinkable Drinking, Dining & Style*; *Titanic: The Official Cookbook*; *Harry Potter Afternoon Tea Magic*; and *The Great Gatsby Cooking and Entertaining*.

CED VIG NATURE SERIES

Ced Vig 3 DRAGONS AND DAMSELS OF WISCONSIN

Nature

Wednesday, October 15 | 10 am
Nicolet College, Northwoods Center 207-209
Instructor: Dan Jackson
Hybrid – In-person and Zoom

Okay, so maybe you didn't believe the story that dragonflies could sew the lips of noisy children together, but that did keep me wary of them as a child. So, what are dragonflies and damselflies really like? Is there a dragonfly that actually eats large butterflies? Wisconsin is a state that has a rich diversity of habitats that are beneficial to dragonflies and damselflies. This class will be your opportunity to learn about the many species of dragonflies that live in our state and their roles in their respective ecosystems.

<https://widragonflysociety.org/html/about.html>

Dan Jackson is past president of the Wisconsin Dragonfly Society and record reviewer for the Wisconsin Odonata Survey and for Wisconsin records entered into Odonata Central. Dan travels the state monitoring populations, studying species distribution, and providing detailed photographic records from his surveys. Education and public outreach are an important part of how Dan contributes to the preservation of these fascinating insects.

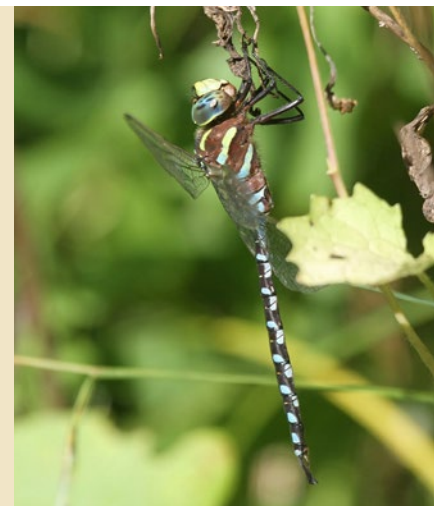


Photo credit: Dan Jackson,
<https://wiatri.net/inventory/odonata/SpeciesAccounts/>

WHAT TO DO WITH GRANDMA'S TREASURES

The Arts (literature, art, music)

Tuesday, October 21 | 1 pm

Nicolet College, Northwoods Center 207-209

Instructor: Cathy Schmit

To toss or keep or sell? That is a question to be answered as we decide what to do with old treasures when we are downsizing or clearing out the house of a loved one. Are there valuable antiques in the mix? Presenter Cathy Schmit, using her self-taught skills and experience in the world of vintage, will guide participants through a simple process of assessing antiques for what she calls "soft value." Those attending are encouraged to bring one item with which to practice new skills in a group setting.



Photo credit: Cathy Schmit

Cathy Schmit calls herself a "treasure hunter." She is interested in "rescuing" antiques, a passion that stems from generations of people before her who saw the value in treasures. After years in education, Cathy shares her interest by teaching others about what is currently happening in the world of vintage and antique items. She has discovered that folks in their retirement years often find themselves with collections of things and are forced to ponder their value and future.

WALKING 500 MILES ON THE CAMINO DE SANTIAGO

Travel

Thursday, October 23 | 10 am

Nicolet College, Northwoods Center 207-209

Instructor: Nancy Jensch

On September 2024, I departed St Jean Pied de Port, France, on foot, for a journey of 500 miles across Northern Spain to Santiago de Compostela, where St James the Apostle is believed to be entombed. The Camino de Santiago or "The Way of St James" is an ancient pilgrimage route that has been trekked since approximately 900 a.d. It is a region incredibly rich in culture and history.

Although I was traveling solo, I was rarely alone. The community of "pilgrims" from all over the world support each other on what can occasionally be a difficult route. The relationships formed were the most rewarding part of the journey.

I will try to convey the depth of this experience, as I tell stories of my walk. Useful tips and resources for anyone interested in their own pilgrimage on "The Way of St James" will be provided.

Nancy Jensch is a long-time resident of the Northwoods. She is married, a mother to three grown sons and a grandmother to three beautiful granddaughters. Currently working at Peter Christensen Health Center in Lac du Flambeau as an RN Diabetes Educator, National Board-Certified Health and Wellness Coach, and a Tobacco Treatment Specialist. She enjoys hiking, biking, downhill skiing, kayaking, and lifelong learning. Currently trying to teach herself how to play the piano and speak Spanish.



Photo credit: Nancy Jensch, from her Camino de Santiago walk

GANGSTERS OF THE NORTHWOODS

History

Tuesday, October 28 | 1 pm
Nicolet College, Northwoods Center 207-209
Instructor: Kay Krans

During Prohibition and the Great Depression there was a rise in crime in cities like Chicago, Illinois and Saint Paul, Minnesota. Gangsters needed places to hide out when the pressure was on the cities to capture criminals and end the wave of crime. Saint Paul and Chicago criminals found respite in the isolated forests of northern Wisconsin. Many found the same pleasure in the north as the everyday tourists did. Local citizens befriended, guided, hunted, and helped hide them. Some locals became business partners in the bootleg liquor trade. Learn how local citizens got involved in the liquor trade and were able to supply bootleg alcohol to Chicago and Minneapolis. Join Kay Krans for the stories she has gathered.



Photo credit: Kay Krans

Kay Krans is a graduate of the University of Wisconsin at Stevens Point and Mississippi State University. She spent her career as an adjunct lecturer on the Methods of Teaching Social Studies in the College of Education at Mississippi State University and as a high school history teacher. In retirement, Kay is a board member of the Manitowish Waters Historical Society. She divides her time between research, writing, giving presentations, and leading historical tours about the Manitowish Waters Region.

CED VIG NATURE SERIES

Ced Vig 4 NORTHWOODS FISHERIES

Nature

Wednesday, October 29 | 10 am
Nicolet College, Northwoods Center 207-209
Instructor: Nathan Lederman
Hybrid – in-person and Zoom

Join Nathan Lederman, fisheries biologist with the Wisconsin Department of Natural Resources based out of the Rhinelander Service Center, to learn about fish management in Oneida County. Nathan will lead a discussion on the methods used to collect fisheries information allowing data driven management actions to be taken in the area. An interactive discussion utilizing those data will provide attendees an opportunity to visualize trends, identify factors that may influence those trends and the kinds of management actions that can be taken to ensure the Northwoods of Wisconsin remains an angling destination.

Nathan is a graduate from the University of Wisconsin-Platteville and Minnesota State University, Mankato. Nathan practiced fisheries management on the Illinois River for six years prior to coming to Oneida County in 2022 facilitating an understanding of fisheries biology, invasive species, and lake, river, and stream ecology.



Photo credit: Nathan Lederman

MUSIC PERFORMANCE & INSTRUMENT "PETTING ZOO"

The Arts (literature, art, music)

Tuesday, November 4 | 1 pm

Nicolet College, Lakeside Center Commons

Instructor: Rhinelander Area Community Band Members

Come enjoy some music and learn how musical instruments work the way they do. Small ensembles from the Rhinelander Area Community Band will perform in a short recital. Their performance will be followed by a brief talk by the band's director, Marilyn Pekol, on the science of sound and how that relates to musical instruments. You will then have the opportunity to check out some instruments in person for a hands-on chance to understand the way musical instruments work.



Photo credit: Rhinelander Area Community Band,
Marilyn Pekol

The Rhinelander Area Community Band educates and entertains the community through performance. The group is made up of members from throughout the Northwoods. These people are likely your friends and neighbors. The band performs many concerts during the year.

CLINICAL NUTRITIONIST – NUTRITION FOR SMARTIES

Health, Wellness, and Medicine

Wednesday, November 5 | 10 am

Nicolet College, Northwoods Center 207-209

Instructor: Sydney Zettler

Unlock your body's innate healing capabilities. Become aware of the harm caused by heavy metals, chemicals, scars, food sensitivities, EMFs and dental issues. Identify the foods that promote chronic pain, inflammation, weight gain, and digestive problems. Discover the little-known but critical key to good immune system function as well as learn the top components in a nutritionally sound diet and discernment in label reading. Receive motivating guidance for charting healthy lifestyle changes. Get educated on the crucial role of environmental testing in your particular health case and learn about the most potent superfoods and super herbs.

Sydney Zettler was born and raised in northern Wisconsin and found her passion in whole body healing after visiting ORGANIQUE for her own health journey. This profound way of healing allowed her to grow spiritually, physically, and emotionally. She yearns to help others visualize and achieve their health goals. Sydney graduated from the University of Wisconsin-La Crosse with a degree in Exercise Sport Science and Nutrition. She completed the Advanced Autonomic Response Testing under Dr. Kinghardt at The Sophia Health Institute (Washington) as well as the Professional Clinical Training in Nutrition Response Testing (Florida). Sydney has also trained directly under Ashley Meyer, owner of ORGANIQUE Clinic, for six years, integrating Ashley's understanding of the environmental, emotional, and spiritual components of health into her own toolbox.

NICOLET COLLEGE LIBRARY TOUR

Tours and Activities (including SIGs)

Thursday, November 6 | 10 am
Nicolet College Library, Lakeside Center 3rd Floor
Instructor: Ali Pichowski
Maximum: 30

Explore the rich heritage and modern amenities of our college library with a special tour designed for LIR members. Join us for an engaging journey through our extensive collection of books, periodicals, and digital resources, all housed within a comfortable and welcoming environment open to students and community members.

Our knowledgeable staff will guide you through our state-of-the-art facilities, cozy reading areas, and provide insights into the library's role in fostering lifelong learning. Whether you're reconnecting with a love for literature or discovering new interests, this tour promises to be an enriching experience. Don't miss the opportunity to see how our library can become a valuable resource and a cherished retreat for you. Sign up today!

Ali Pichowski manages the instructional resources at Nicolet College, specifically the Richard J. Brown Library. A former elementary educator and library media specialist for the Three Lakes School District, Ali holds a master's degree in Library and Informational studies from UW-Milwaukee.



Photo credit: Ali Pichowski

MEETING THE CHALLENGES OF AGING: PART 1

Health, Wellness, and Medicine

Wednesday, November 12 | 10 am
Nicolet College, Northwoods Center 207-209
Instructor: Christopher Koepl, MD

Let's face it – most of us are closer to the exit than the entrance and have already experienced some differences in what we can and cannot do, both physically and mentally. There are many ways we might respond to these losses: with denial, trepidation, sadness, or even anger. Surely, there are also more positive and constructive ways that we could approach aging – if only we had a better understanding of what to expect and how to adapt. With a greater awareness of our changing capabilities that come with age, we can learn strategies to manage these changes. In this session (which we hope will be the first of several guided by your input, and interests, dear members!), Dr. Chris Koepl will introduce us to some of the physical, cognitive, and psychological aspects of aging. He will share what we can reasonably expect as well as some strategies for coping with and accepting our changing lives.

Dr. Christopher Koepl is a retired internal medicine physician with nearly 40 years of clinical experience in the Rhinelander and Crandon area. He earned his medical degree with honors from the University of North Carolina and completed post-graduate training at the University of Iowa Hospital and Clinics. He is a fellow of the American College of Physicians. For 25 years, Dr. Koepl served as a founding member and the lead physician in the Northern Wisconsin Memory Diagnostic Clinic, with a focus on memory and cognitive impairment. He has special interest in the difference between normal aging, diseases or conditions more common in older adults, and dementia. Dr. Koepl began his practice in Rhinelander in 1986 and often remarks on his privilege of growing older alongside his patients.

TOUR OF RHINELANDER POST OFFICE

Tours and Activities (including SIGS)

Thursday, November 13 | 1 pm

Rhineland Post Office

156S Courtney St, Rhineland, WI 54501

Instructor: Anthony Turek

Maximum: 30

Ever wonder what happens to your mail after you drop it in the slot? The Postal Service has undergone a lot of changes over the years. Come take a behind-the-scenes look at how all incoming and outgoing mail is processed at the Rhineland post office today.

Anthony Turek is the Postmaster in Rhineland, WI.



Photo credit: https://commons.wikimedia.org/wiki/File:Rhineland_Wisconsin_Post_Office.jpg

SMALL STEPS: AN APPALACHIAN TRAIL JOURNEY

Travel

Monday, November 17 | 2 pm

Nicolet College, Northwoods Center 207-209

Instructors: Anne Small and Murray Small

Have you ever thought of doing a long-distance backpacking hike? Join Anne Small and her young son as they share stories from their five-month, 2,200-mile trek on the Appalachian Trail. They'll even bring along the gear that they used on their hike!

Anne Small and her family have completed several long-distance trails and have a considerable amount of experience in planning, logistics for tackling long trails, as well as ways to lighten your gear for a more enjoyable adventure.



Photo credit: Anne Small

QUILTING AND NATURE PHOTOGRAPHY EXHIBITIONS AT ARTSTART

The Arts (literature, art, music)

Friday, November 21 | 10 am

ArtStart, 68 S Stevens St, Rhinelander, WI 54501

Instructors: Rene Iannarelli and David Barnhill

Maximum: 30

This tour will feature two different exhibitions on display at ArtStart from November 20, 2025, through January 7, 2026. Each artist will guide a group through their exhibit, then the groups will switch for the second half of the tour. Rene Iannarelli is a fiber artist, while David Barnhill in addition to being an art-lover/aficionado, is a photographer as well.

WITH AGE COMES LINES

Artist: M. Rene Iannarelli

During Iannarelli's 44 years of manipulating fabric, nature primarily inspires her creations – its colors, its seasons and often both. This exhibit demonstrates the artist's love for the changing environment, with a strong emphasis on the use of lines: horizontal, vertical, or angular. Lines, whether precise or wandering, are the focus in each piece or in developing an original utility quilt.

NATURE PHOTOGRAPHS

Artist: David Barnhill

Barnhill, a nature photographer, goes beyond conventional landscape photography by altering, enhancing, and challenging our vision of the natural world.

<https://artstartrhineland.org/exhibitions2024/>



Photo credit: Waterfall Abstract, Pattison State Park, David Barnhill, David Barnhill Photography, Hazelhurst, WI



Photo credit: Red Sky in Morning Sailors Take Warning by Rene Iannarelli

DANCE TO STRENGTHEN MIND AND BODY

Health, Wellness, and Medicine

Wednesday, December 3 | 1 pm

Nicolet College, Lakeside Center Commons

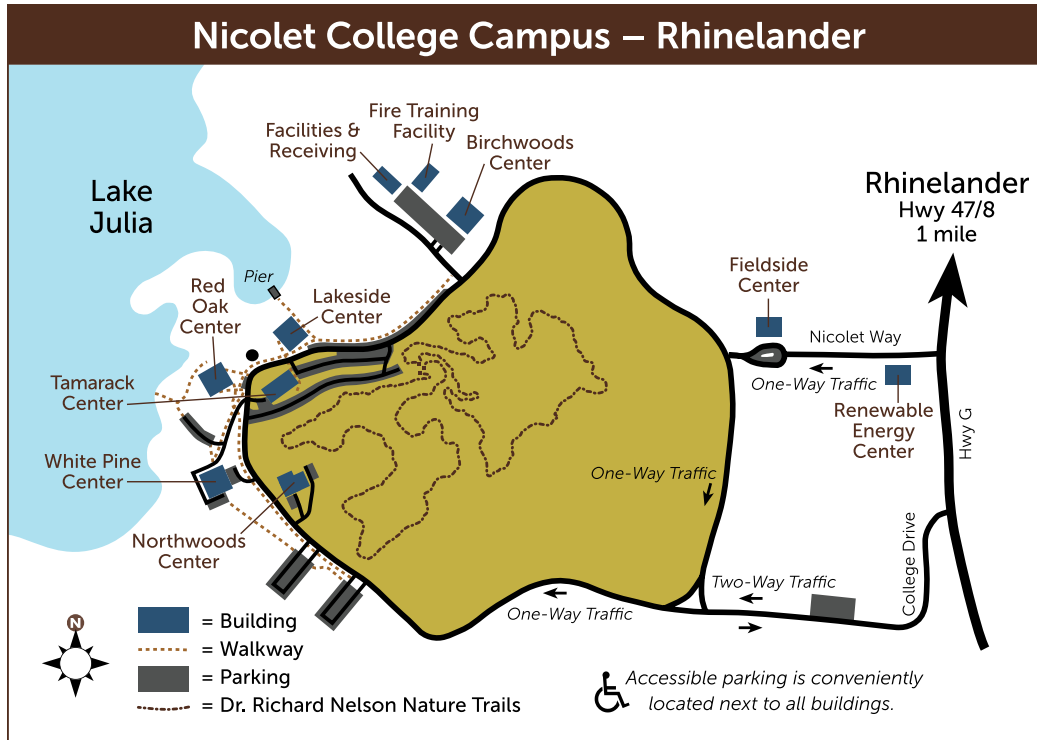
Instructors: Katy Ralph

This class will begin with a brief discussion of the numerous health benefits of dancing, followed by a demonstration and instruction in basic line dancing.

Katy Ralph is the former art gallery director at Nicolet College. She was the theater director at Elcho High School for 30 years and has been a certified dance/fitness instructor at the YMCA of the Northwoods since 2007.

LOCATION OF CLASSES

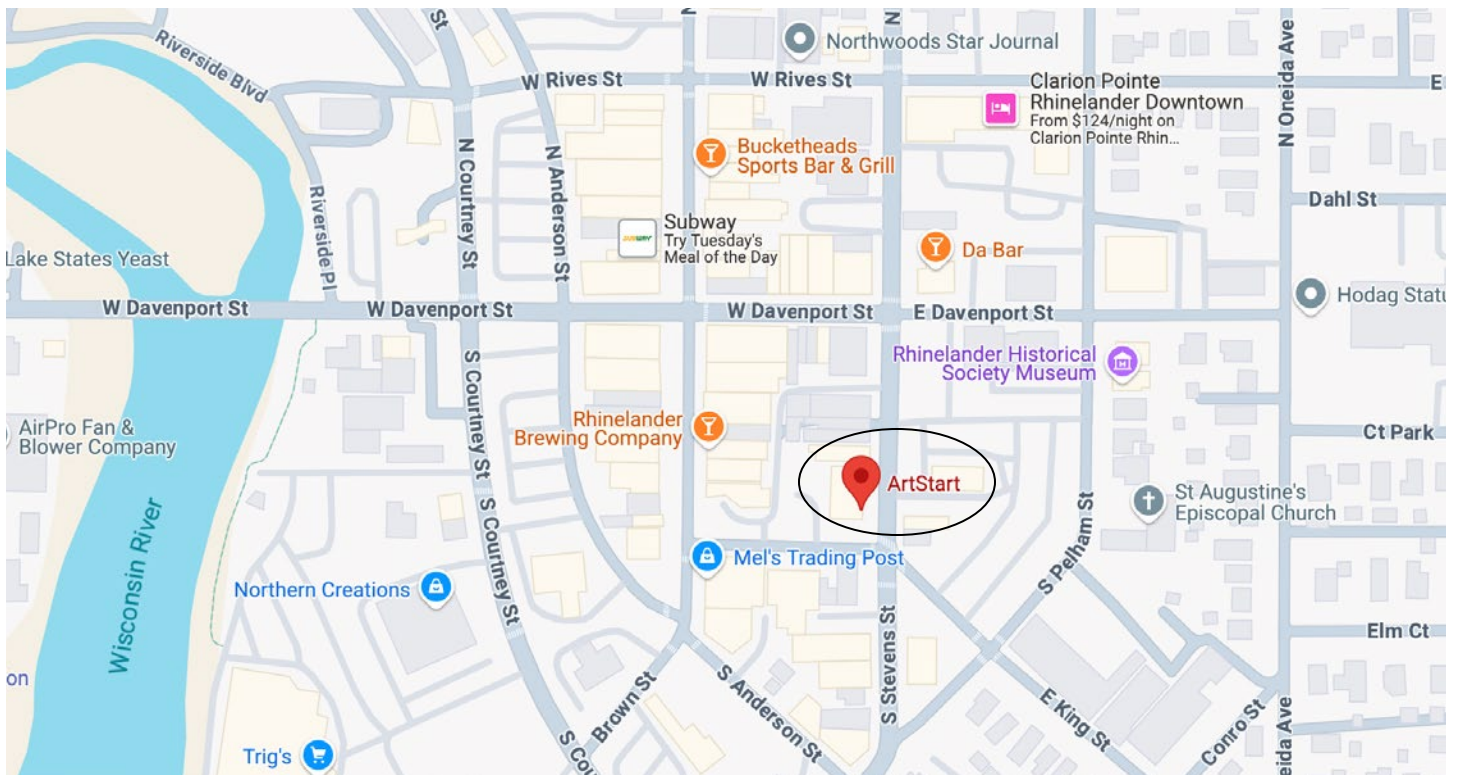
If you have a GPS system, you can enter the entire address into your device to get directions from your home to the location of the class. Or download your own maps at <https://www.google.com/maps/>



Nicolet College, Rhinelander, WI
5364 College Dr, Rhinelander, WI 54501

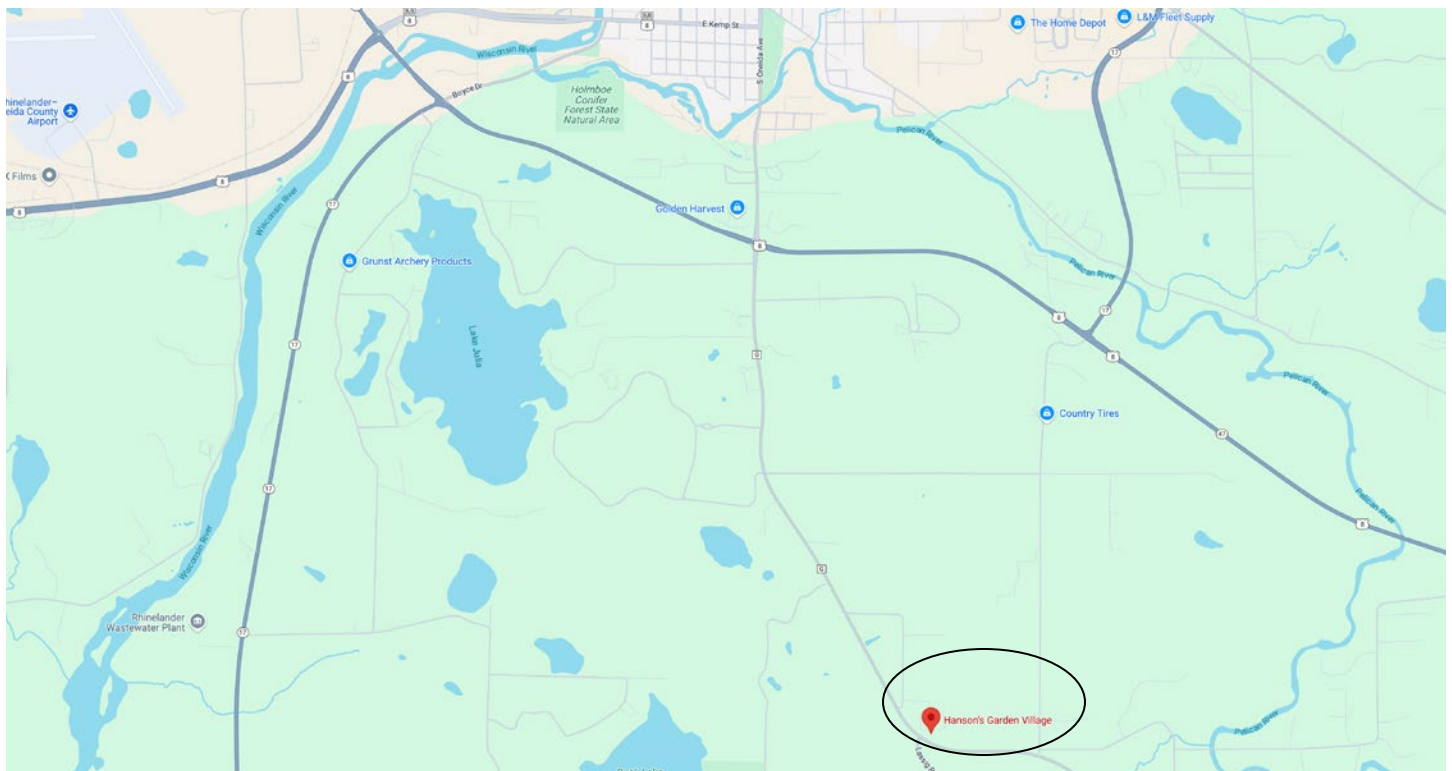
Most classes will meet in:

- Northwoods Center 111, Lower Level
- Northwoods Center 207-209, Entry Level
- Tamarack Center 110, Lower Level
- Lakeside Center, Theatre or Commons Area, or Both



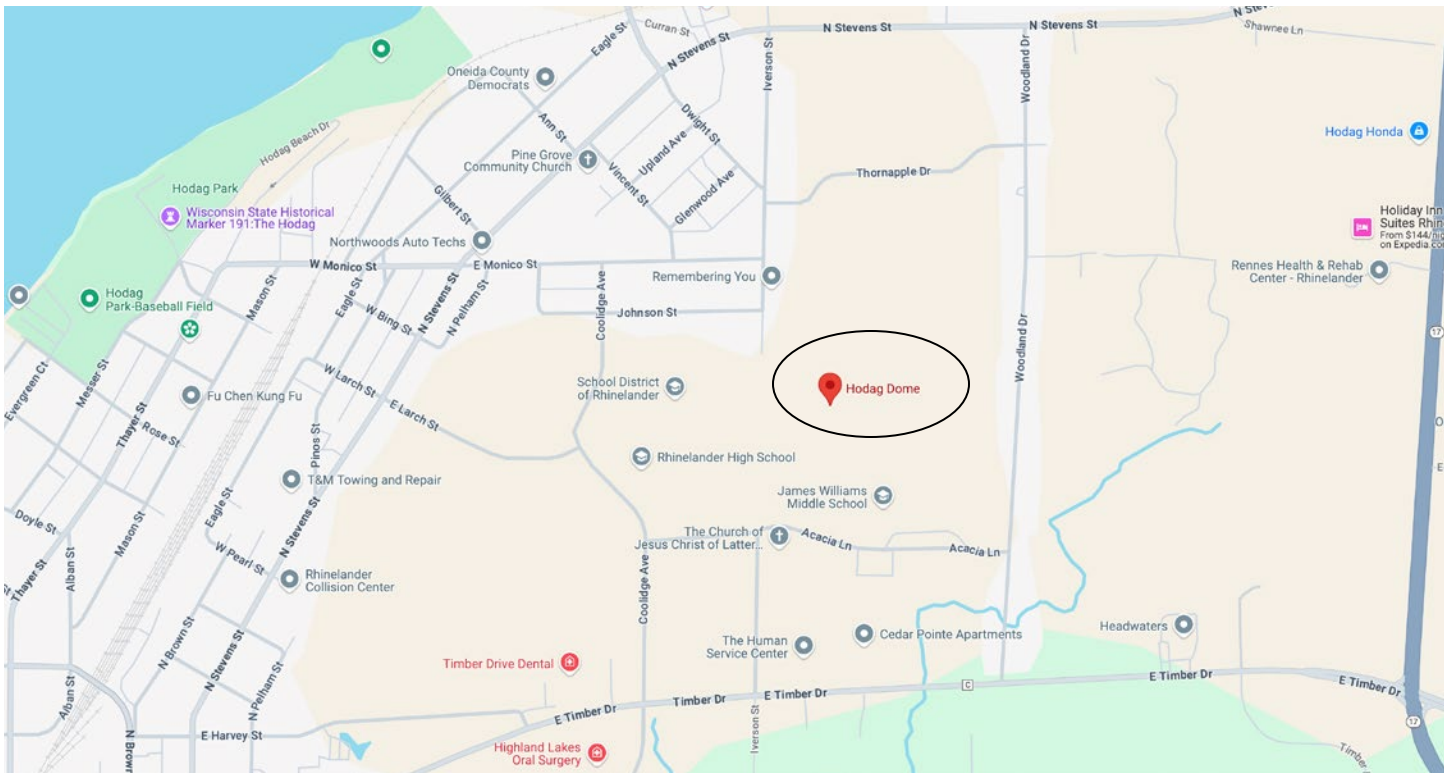
ArtStart

68 S Stevens St, Rhinelander, WI 54501

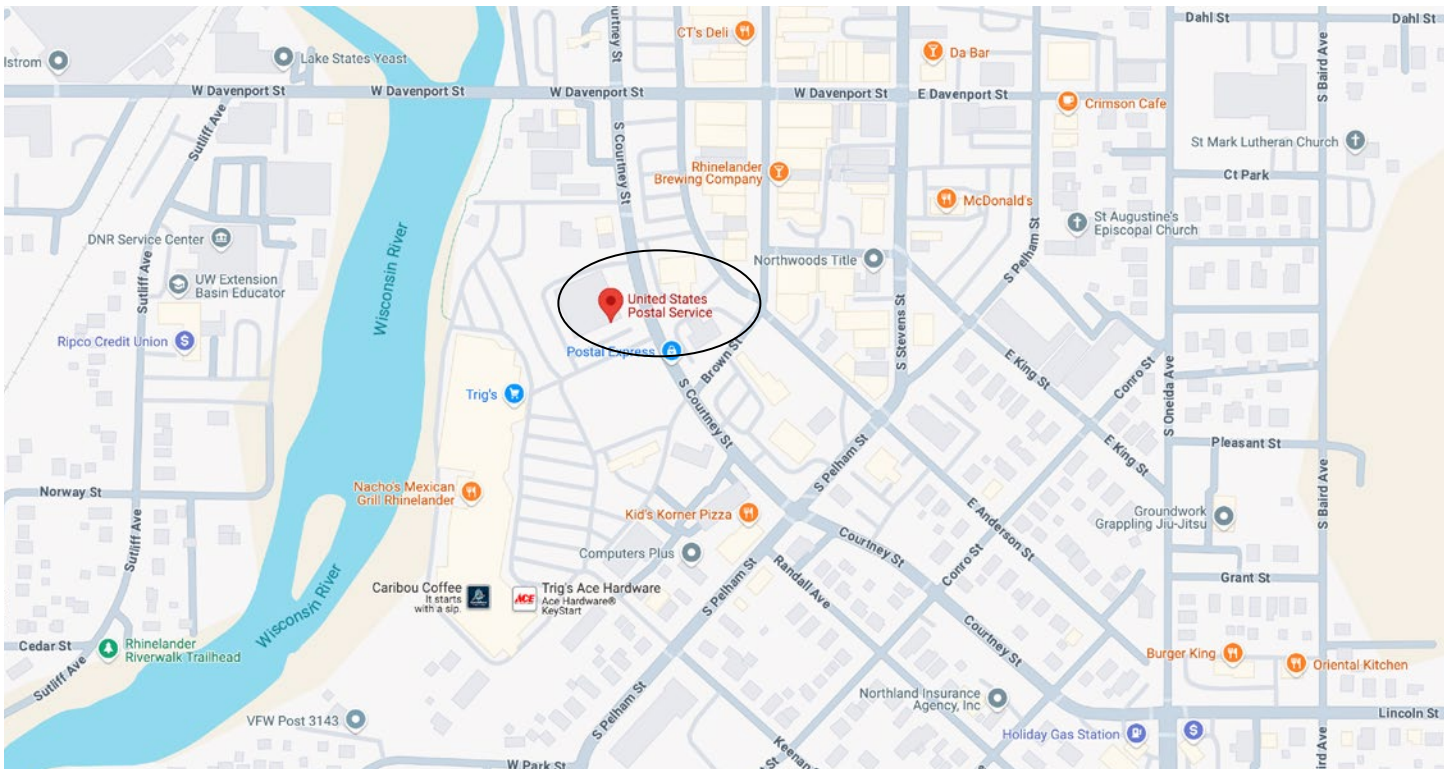


Hanson's Garden Village

2660 Hwy G, Rhinelander, WI 54501



Hodag Dome
863 Hodag Dome Drive, Rhinelander, WI 54501



Rhineland Post Office
156 S Courtney St, Rhinelander, WI 54501

FALL 2025 CLASS LISTINGS

DATE	TIME	SEPTEMBER
9/10	1:30 PM	Human Trafficking
9/15	By Appointment	Technology Assistance Begins
9/15	1:00 PM	World War II – Greatest Stories
9/17	10:00 AM	Ced Vig 1: The Pelican River Forest Project
9/17	1:00 PM	Living Well with Hearing Loss
9/18	11:30 AM	Lunch Bunch (SIG)
9/22	1:00 PM	World War II – Greatest Stories
9/23	10:00 AM	Artificial Intelligence (AI 2025)
9/25	1:00 PM	The Man Behind the Creation of the Twinkie
9/29	10:00 AM	Migizikwe (Eagle Woman) Shares Her Journey

DATE	TIME	OCTOBER
10/1	10:00 AM	Ced Vig 2: Aquatic Invasive Species in Oneida County
10/1	1:00 PM	Native Plants in the Northwoods
10/7	1:00 PM	Learn to Floor Curl
10/8	10:00 AM	The Incredible Story of the Civilian Conservation Corps in the Northwoods
10/9	1:00 PM	Hodag Dome Field Trip
10/13	1:00 PM	Titanic Menus: A Culinary Journey with Ties to Wisconsin
10/15	10:00 AM	Ced Vig 3: Dragons and Damsels of Wisconsin
10/16	11:30 AM	Lunch Bunch (SIG)
10/20	1:00 PM	World War II – Greatest Stories
10/21	1:00 PM	What to Do With Grandma's Treasures
10/23	10:00 AM	Walking 500 Miles on the Camino de Santiago
10/27	1:00 PM	World War II – Greatest Stories
10/28	1:00 PM	Gangsters of the Northwoods
10/29	10:00 AM	Ced Vig 4: Northwoods Fisheries

DATE	TIME	NOVEMBER
11/4	1:00 PM	Music Performance & Instrument "Petting Zoo"
11/5	10:00 AM	Clinical Nutritionist – Nutrition for Smarties
11/6	10:00 AM	Nicolet College Library Tour
11/12	10:00 AM	Meeting the Challenges of Aging: Part 1
11/13	1:00 PM	Tour of Rhinelander Post Office
11/17	2:00 PM	Small Steps: An Appalachian Trail Journey
11/20	11:30 AM	Lunch Bunch (SIG)
11/21	10:00 AM	Quilting and Nature Photography Exhibitions at ArtStart

DATE	TIME	DECEMBER
12/3	1:00 PM	Dance to Strengthen Mind and Body
12/11	12:00 PM	Holiday Celebration
12/18	11:30 AM	Lunch Bunch (SIG)

FALL 2025 CLASS CALENDAR



NICOLET COLLEGE

LEARNING IN RETIREMENT

SEPTEMBER 2025

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
	1	2	3	4	5	6
7	8	9 New Member Orientation 11:30 am @ LC Commons Fall Kick-Off 12:00 pm @ LC Commons	10 CLASSES BEGIN Human Trafficking 1:30 pm @ NC 207-209	11	12	13
14	15 Technology Assistance Begins World War II – Greatest Stories 1:00 pm @ NC 207-209	16	17 Ced Vig 1: The Pelican River Forest Project 10:00 am @ LC-Theatre Living Well with Hearing Loss 1:00 PM @ LC-Theatre	18 Lunch Bunch 11:30 am @ Various Locations	19	20
21	22 World War II – Greatest Stories 1:00 pm @ NC 207-209	23 Artificial Intelligence (AI 2025) 10:00 am @ NC 207-209	24	25 The Man Behind the Creation of the Twinkie 1:00 pm @ NC 207-209	26	27
28	29 Migizikwe (Eagle Woman) Shares Her Journey 10:00 am @ NC 207-209	30				



OCTOBER 2025

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
			1 Ced Vig 2: Aquatic Invasive Species in Oneida County 10:00 am @ NC 207-209 Native Plants in the Northwoods 1:00 pm @ Hanson's Garden Village	2	3	4
5	6	7 Learn to Floor Curl 1:00 pm @ Hodag Dome	8 The Story of the CCC in the Northwoods 10:00 am @ NC 207-209	9 Hodag Dome Field Trip 1:00 pm @ Hodag Dome	10	11
12 Titanic Menus: A Culinary Journey with Ties to Wisconsin 1:00 pm @ NC 207-209	13	14	15 Ced Vig 3: Dragons and Damsels of Wisconsin 10:00 am @ NC 207-209	16 Lunch Bunch 11:30 am @ Various Locations	17	18
19 World War II – Greatest Stories 1:00 pm @ NC 207-209	20	21 What to do with Grandma's Treasures 1:00 pm @ NC 207-209	22	23 Walking 500 Miles on the Camino de Santiago 10:00 am @ NC 207-209	24	25
26 World War II – Greatest Stories 1:00 pm @ NC 207-209	27	28 Gangsters of the Northwoods 1:00 pm @ NC 207-209	29 Ced Vig 4: Northwoods Fisheries 10:00 am @ NC 207-209	30	31	



NOVEMBER 2025

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
						1
2	3	4 Music Performance & Instrument Petting Zoo 1:00 pm @ LC Commons	5 Clinical Nutritionist – Nutrition for Smarties 10:00 am @ NC 207-209	6 Nicolet College Library Tour 10:00 am @ LC, Library 3rd Floor	7	8
9	10	11	12 Meeting the Challenges of Aging: Part 1 10:00 am @ NC 207-209	13 Tour of Rhinelander Post Office 1:00 pm @ Rhinelander Post Office	14	15
16	17 Small Steps: An Appalachian Trail Journey 2:00 pm @ NC 207-209	18	19	20 Lunch Bunch 11:30 am @ Various Locations	21 Quilting and Nature Photography Exhibitions at ArtStart 10:00 am @ ArtStart	22
23	24	25	26	27	28	29
30						



DECEMBER 2025

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
	1	2	3 Dance to Strengthen Mind and Body 1:00 pm @ LC Commons	4	5	6
7	8	9	10	11 Holiday Celebration 12:00 pm @ LC Commons	12	13
14	15	16	17	18 Lunch Bunch 11:30 am @ Various Locations	19	20
21	22	23	24	25	26	27
28	29	30	31			

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

Visit LIR Online

Go to: nicoletcollege.edu/lir to view the
current classes and to enroll in LIR.



NICOLET COLLEGE

LEARNING IN RETIREMENT

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

Nicolet College does not discriminate on the basis of race, color,
national origin, sex, disability, or age in its programs and activities.
Any questions concerning non-discrimination policies can be
directed to: Director of Human Resources and Title IX Coordinator,
PO Box 518, Rhineland, WI 54501-0518, Phone: 715.365.4928,
TTY: 800.947.3529 or 711

25-061



NICOLET COLLEGE

learning in retirement

**Registration Form
2025 - 2026**

Annual Membership \$50 each July 1, 2025 - June 30, 2026 **Amount Enclosed \$** _____

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 _____

Phone _____ Email _____

Home Address _____

City _____ State _____ Zip _____

New Member ☐ Yes ☐ No

Would you like to be included in the paper member directory? ☐ Yes ☐ No

I agree to have published in the member directory: (Check all that apply)

☐ None, I do not wish to be listed in the directory ☐ Home Address ☐ Email ☐ Phone Number

Name 2 _____

Phone _____ Email _____

Home Address _____

City _____ State _____ Zip _____

New Member ☐ Yes ☐ No

Would you like to be included in the paper member directory? ☐ Yes ☐ No

I agree to have published in the member directory: (Check all that apply)

☐ None, I do not wish to be listed in the directory ☐ Home Address ☐ Email ☐ Phone Number

Additional Membership Details

The LIR membership year runs from July 1, 2025 to June 30, 2026, with membership fees due before attending classes. New members are welcome to join at any time. The \$50 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) _____
