



NICOLET COLLEGE  
LEARNING IN RETIREMENT

# LEARNING



# IN



# RETIREMENT

CLASS SCHEDULE

Spring 2026

Classes Begin January 12

# NOTES FROM THE PRESIDENT

Dear LIR Members,

Happy New Year! I hope you're looking forward to another exciting semester filled with educational and social opportunities. Our LIR classes begin in January 2026 and we are truly grateful to have you as part of our wonderful organization. Please feel free to share your enthusiasm and experiences with friends and neighbors – LIR always welcomes new members.

As you peruse the new catalog of Spring classes, I am confident you'll find a wide variety of topics to spark your curiosity and interests. Our Curriculum Committee, led by Marilyn Pekol and Bobbie Keso-Mode, have coordinated their efforts with a team of passionate committee members to create a lineup that ensures that there is something for everyone. Whether your interests include nature, history, health, travel, art, or more, there are classes ready for you to discover, stimulate your mind, and connect with others who share similar interests.

Beyond the classroom, members can enjoy social events and unique excursions. This semester includes a visit to Antigo's Raptor Education Center, a tour of Nicolet College's Public Safety Department, and our "Lunch Bunch" outings, offering members the chance to connect over great food and to explore area restaurants. We also invite you to join us for social events including Bunco and our end of the year Annual Meeting and Luncheon.

We are pleased to offer once again the always popular Ced Vig classes, that will take you into the worlds of nature and science to life. Discover the habitats of ruffed grouse and chimney swifts, or explore the art of fly fishing. None of our classes would be possible without our incredible member volunteers who serve on committees and share their knowledge through their presentations. Your contributions are deeply appreciated!

We are also grateful for the continued support Nicolet College has provided LIR over the past 30 years. Their generosity is greatly appreciated. From the IT department to maintenance, support staff, and administration, they are amazing! As the saying goes, "It takes a village" if you want something to succeed. Thank you, Nicolet College!

I hope you enjoy the adventures awaiting you in this semester's classes and have fun meeting new people along the way. I look forward to seeing you in some of our classes. Remember, *Learning in Retirement is a place where curiosity never retires.*

Warm regards,  
Brenda Peltier  
LIR President



## FROM OUR CURRICULUM COMMITTEE CO-CHAIRS

Hello LIR Members,

Welcome to another great season of learning, exploring new things, and revisiting some old ones this spring. First of all, a big thank you to all our committee members. We appreciate all that you do and are grateful that we have a great team of people with which to work. Many hands make the work easier.

We are excited to share the wonderful offerings for the Spring of 2026. 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. We are also continuing with our Challenges of Aging series. To boost your mental and physical wellness, we are offering four sessions on an Introduction to Qigong, a Chinese traditional exercise and meditation experience. They say nothing is for certain except death and taxes. Well, we even have classes about that! We also have insects, music, history, tours, and...well that is just the tip of the iceberg! Whatever your interest, we are sure you will find many classes for which you will want to register.

Invite your friends and relatives to join Learning in Retirement with you and we'll see you all 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	Karen Leathers
Margaret Barnes	Cookie Lough
Susan Brettingen	Kathy Marion
Judy Burscheid	Marilyn Pekol
Mary Dean	Brenda Peltier
Joel Furda	Carol Ritter
Mary Grieco	Sue Stodola
Bobbi Keso-Mode	

### Social & Entertainment Committee

Margaret Barnes	Paulette Novak
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](mailto:LIR@nicoletcollege.edu)

Phone 715.365.4544

## LIR Enrollment, Renewal, and Class Registration

Visit [nicoletcollege.edu/lir](http://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, Rhinelander, 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](http://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](mailto: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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## TECHNOLOGY ASSISTANCE

### *Computers and Technology*

Beginning Date: Monday, January 12

\*Call for Appointment

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 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, 1990. Ray is a valued member of LIR.

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## LUNCH BUNCH

### *Tours and Activities*

Thursdays, January 15, February 19, March 19, April 16, and Tuesday, May 12

5 Sessions | 11:30 AM

Various Restaurants within the Nicolet College Area

Instructor: Brenda Peltier & Cookie Lough

Maximum: 18

Take a break from your regular routine of restaurants. Come and connect with others at our casual "Lunch Bunch" gathering. This is a great opportunity to explore various restaurants in this area, to meet new people, and to chat with friends. We meet once a month to foster connections, to build community, and enjoy a meal in a relaxed and fun atmosphere. We will meet on the third Thursday of each month, with one exception: May's gathering will be held on Tuesday, May 12.

This semester, we're trying something new. Instead of registering once for the entire semester, you'll now sign up monthly. Each Lunch Bunch date will be posted in the Weekly LIR Upcoming Classes and Events email, and registration will open two weeks before each outing. Keep an eye on your weekly email and register early—these spots fill quickly!

# MY KNEES HURT. CAN I GET A NEW ONE?

## AN INTRODUCTION TO JOINT REPLACEMENT SURGERY

### *Health/Wellness*

Thursday, January 22 | 10:00 AM

Nicolet College, Northwoods Center 207-209

Instructor: William Padgett, MD

Modern hip and knee joint replacement surgeries were first performed in the 1960s. Since then, improvements in surgical materials and techniques have greatly increased their safety and effectiveness. Today, they are among the most impactful and successful procedures performed in all of medicine.

Maybe you or a loved one is considering a joint replacement. Or maybe you've already had one replaced. Or perhaps you are just curious about what happens during a total joint replacement. We will discuss some of the technical aspects of joint replacement surgery, what to expect before and after surgery, who is and is not a candidate, potential complications and more. There will be plenty of time for questions.

Dr. Padgett is a Board-Certified Orthopedic Surgeon and a Fellow of the American Academy of Orthopedic Surgeons. He received a B.S. in Mechanical Engineering from the University of Michigan, completed medical school at the Ohio State University, and did his orthopedic residency training at the University of Wisconsin. He has resided in Rhinelander since 2001. He enjoys hunting, fishing, and playing bass in his rock band.

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## INTRODUCTION TO QIGONG

### *Health/Wellness*

Mondays, February 2, 9, 16, and 23

1:00 PM

Nicolet College, Lakeside Center Commons

Instructor: Dottie Reeder

Hybrid: In-person and Zoom

This presentation will include a brief history of Qigong and the many benefits of this practice. Simply put, Qigong is an ancient Chinese practice of meditation with synchronized movements and breathing. Qigong is beneficial to one's health and improvement of balance, body strength, and energy.

The movements are gentle and easy, and this practice can be done standing or sitting. These simple movements are easy, and the practice requires no special clothing or equipment.

Dottie Reeder began practicing Qigong in 1990. Since then, she has practiced and learned under a variety of instructors and through many workshops. She has taught Qigong practice for 15 years, which includes six years teaching for Nicolet College. She currently teaches in Eagle River, Rhinelander, Land O' Lakes, and a weekly online class.



*Photo credit: MJA Martial Arts*

## BE PREPARED. IT'S TAX TIME!

### *Finance and Business*

Thursday, February 5 | 1:00 PM

Nicolet College, Northwoods Center 207-209

Instructor: Jim Pekol

Instead of getting stressed out over your taxes, why not learn how to be prepared? This class will help you understand income tax and how the federal and state tax forms work. Learn what information you need and what you don't need to worry about. Even if you have someone else do your taxes for you, this will help you understand what information they need from you to make tax time as painless and stress free as possible. If you do your own taxes, this will get you started in the right direction.

Jim Pekol is a Staff Accountant at KerberRose, S.C. in Rhinelander and has been preparing individual tax returns for the last 16 years. His prior experience as a middle school teacher gives him the ability to explain things (when necessary) at a 7th grade level, which is perfect for the subject of income taxes.

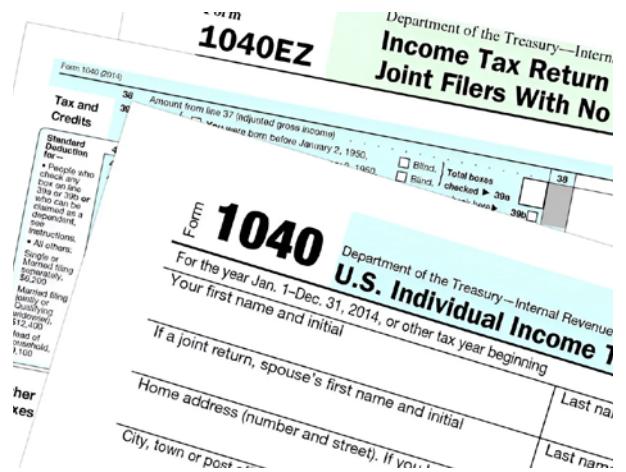


Photo credit: CPA Advisors

## MEETING THE CHALLENGES OF AGING — PART 2: COGNITIVE ASPECTS OF AGING

### *Health/Wellness*

Monday, February 9 | 10:00 AM

Snow date: Wednesday, February 11

Nicolet College, Northwoods Center 207-209

Instructor: Dr. Christopher Koepl

Hybrid: In-person and Zoom

Dr. Chris Koepl returns to build on his November discussion of the physical challenges of aging with this presentation dealing with cognitive issues. Among the many questions he will answer: What can we expect to notice about our brain function as we age? What changes, if any, in memory could be considered age-appropriate rather than early dementia? What differentiates dementia from such changes? What types of dementia are there, and how do they differ? What diagnostic evaluations or tests can diagnose cognitive impairment or dementia and how should they be used? Bring your own questions and an open, accepting mind to this class. Aging is not for sissies, but it helps to know as much as possible about the challenges we may encounter.

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.



## SCAMS: EVER MORE ENTICING

### *Community and Government*

Tuesday, February 24 | 1:00 PM

Nicolet College, Northwoods Center 207-209

Instructor: Kyle Parish

Kyle Parish, a detective sergeant with the Rhinelander Police Department, will talk about current scams, the trends of scams that have been successful, and known upcoming scams. He will offer easy strategies that you can use to protect yourself and those you know.

Detective Sergeant Kyle Parish has been in law enforcement for 20 years and has been conducting investigations, including scams, for more than 13 years. Originally from southern Wisconsin, Parish has worked for the Rhinelander Police Department for 15 years. He started his career as a community service officer, then became an undercover officer, worked patrol for five years, did drug investigations for five years, and has been a detective sergeant for eight years conducting general crime investigations.

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## INSECTS IN YOUR GARDEN

### *Nature*

Wednesday, February 25 | 10:00 AM

Nicolet College, Northwoods Center 207-209

Instructor: Matt Kramer

Hybrid: In-person and Zoom

Matt Kramer will share his wealth of knowledge of which bugs are good to have in your garden and which ones are bad. Learn how to identify those insects as well as how to encourage the good ones and discourage the bad ones. You can be more confident in having a healthy garden this season after learning about the insects that live amongst the plants.



*Photo credit: Wisconsin Horticulture*

Matt earned his Bachelor of Science from UWSP, majoring in Biology and minoring in Captive Wildlife Management. He worked in the UWSP Entomology Department for two years and was instrumental in developing the Collection Crawl event held at the university annually. He started his studies at Nicolet College and was Student of the Year in 2016. Matt is currently employed at Stoney Creek Home & Garden in Minocqua and is their bug expert. Previously, he worked as a zookeeper at Wildwood Wildlife Park Zoo & Safari and on staff at Hanson's Garden Village. He has a deep love of bugs and gardening and is happy to be working among the plants again.

## MUSIC: CRITICAL LISTENING

### *The Arts (literature, art, music)*

Thursday, February 26 | 10:00 AM

Nicolet College, Northwoods Center 207-209

Instructor: Marilyn Pekol

Music is all around us, in many different styles. You can hear music just about everywhere, but how do you really listen to what you are hearing? Learn how to actively listen to music, whatever genre you like. Give the music you hear your full attention, discover how to analyze what you are hearing and immerse yourself in the experience.



Photo credit: AP Images

Marilyn Pekol is a retired music educator. After teaching instrumental music for 27 years, she became a principal for five years until her retirement. She currently conducts the Rhinelander Area Community Band, volunteers as a host of Morning Classics on WXPB, acts as a co-chair of the LIR Curriculum Committee, and plays music professionally in a number of bands.

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## TEEN TALK VS. GRANDPA'S LINGO

### *Language, Culture, and Diversity*

Wednesday, March 4 | 1:00 PM

Nicolet College, Northwoods Center 207-209

Instructor: Darlene Machtan

Ever feel that they're speaking a different language? If you're not sure what Generation Z (born 1997-2012) or Generation Alpha (born 2013-2024) is saying, you're not alone. This session explores what current teen slang means and why they're saying it in a way you can't understand. This class might help you better understand your grandkids!

Darlene Machtan is a "retired" longtime Rhinelander resident, an English and speech teacher, writer, and traveler. She is currently spending several days a week in jail, exploring and educating yet another culture. (She'll clarify this part of her career.)

# LOST AND FOUND: THE HIDDEN PHOTO ARCHIVES OF THE RHINELANDER DAILY NEWS

## *History*

Tuesday, March 10 | 1:00 PM

Nicolet College, Northwoods Center 207-209

Instructor: Kerry Bloedorn

For decades, the *Rhineland Daily News* captured the pulse of the Northwoods through the lenses of its photographers and the words of its reporters. Over time, the paper changed ownership several times and its vast collection of photo negatives was believed to be lost or discarded altogether. Recently rediscovered, this remarkable archive holds a treasure trove of historic images spanning the 1950s through the 1990s offering a vivid window into Rhineland's people, places, and progress. For the first time since their rediscovery, these images will be shared publicly revealing everyday life, local landmarks, and community stories long unseen. Join Northwoods historian Kerry Bloedorn for a fascinating visual journey through these newly unearthed photographs and experience a trip through time as the community's story unfolds through the eyes of its photographers and writers such as Kris Gilbertson and Tom Michelle.

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

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# NUTRITION: THE TRUTHS, THE MYTHS, AND THE JOURNEY

## *Health/Wellness*

Wednesday, March 11 | 10:00 AM

Nicolet College, Northwoods Center 207-209

Instructor: Sydney Zettler

Are you ready to launch your health forward? Looking for simplicity, balance, and vitality? Then this class is for you. This isn't just another talk about diets and exercise. Sydney takes health to a whole new level that brings individuality to this lifestyle approach. You will learn about hidden environmental factors that deplete our health and well-being, food sourcing, nutritionally dense foods, the connection between mental health and physical symptoms, finding simplicity, and incorporating these practices into your busy lifestyle.

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.

## MEETING THE CHALLENGES OF AGING – PART 3: AGING WITH PURPOSE AND RESILIENCE: PSYCHOSOCIAL ASPECTS OF AGING

### *Health/Wellness*

Wednesday, March 18 | 10:00 AM

Nicolet College, Northwoods Center 207-209

Instructor: Dr. Gina Koepl

Hybrid: In-person and Zoom

We often hear about aging in terms of years, wrinkles, aches, and memory lapses – but the real story of growing older is written in our minds, our hearts, and our relationships. Aging is not just a fascinating, albeit daunting, biological process; it's a deep human and personal experience shaped by purpose, resilience, and connections. This session, part III in the series about aging, will focus on our psychosocial lives. We will explore the forces that influence how we adapt to changes in our identity and other challenges. We'll walk through mental health, mood, addiction, and motivation. And we will discuss those things that make later life not just a stage to endure, but a stage to embrace

Dr. Gina Koepl is a retired psychologist with nearly 40 years of clinical experience in the Northwoods region. She earned her doctorate degree from Duke University and completed postdoctoral training in pediatric psychology at the University of Iowa. She began her practice in Rhinelander in 1986 with a focus on children, psychological assessment, and forensic evaluations. Her career focus broadened over time to include individuals of all ages, and prior to her retirement she served as a psychologist on the Northern Wisconsin Memory Diagnostic Clinic team. Dr. Gina, as she is called, believes that very many lessons in child development resonate powerfully in our senior years.

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## THE WHAT, WHY, AND HOW OF ECHOCARDIOGRAPHY

### *Health/Wellness*

Wednesday, March 25 | 10:00 AM

Nicolet College, Northwoods Center 207-209

Instructor: Dr. Joel Furda

Hybrid: In-person and Zoom

If a picture is worth a thousand words, then how about a color video with select audio, and capabilities to precisely measure the size and determine the shape of any chamber, valve, or attached blood vessel of our heart? If this sounds beyond amazing, don't miss this class! Dr. Joel Furda will explain in ways we all can understand, how an echocardiogram works. Dr. Furda will teach us why a doctor might order this exam, what to expect if you're the one having it, and what an echo, as they are called by cardiologists, can demonstrate. You might even see an echo being performed on a real person in real time!

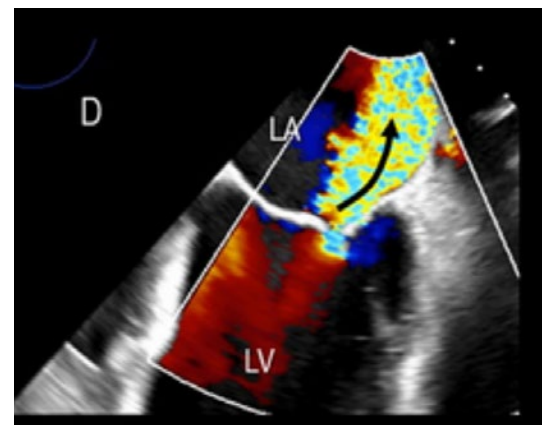


Photo credit: <https://onlinelibrary.wiley.com/doi/10.1111/echo.70101>

Dr. Joel Furda, MD, is a retired (sort of!) internal medicine specialist with nearly 50 years of experience in the medical field. He graduated from University of Iowa in 1974. He had a solo internal medicine practice on Frederick Street in Rhinelander for many years, then after additional cardiovascular training, affiliated with CardioVascular Associates and continued to serve patients in our community and region. He currently provides free cardiovascular consults through the Oneida County Public Health Department.



## CED VIG NATURE SERIES

*Ced Vig 1*

### A TOUR THROUGH THREE BILLION YEARS OF WISCONSIN GEOLOGY

#### **Nature**

Wednesday, April 1 | 10:00 AM

Nicolet College, Northwoods Center 207-209

Instructor: Jeff Lynott

Hybrid: In-person and Zoom

The Geology of Wisconsin tells the story of a land that has gone through many changes, from deep oceans with smoldering volcanoes to vast, arid deserts, tropical oceans, white sand beaches, and mountains to rival the Andes. The land has been shaped by tectonic forces, massive ice sheets and flash floods of epic proportions and it's all around us if we know where to look. We will take a photo tour across the state through three billion years of geological time and show you some places you might want to visit.

One of Jeff's mentors said there was a story in every rock. If anyone has a rock they would like identified, Jeff would be happy to look at it after the presentation, time permitting.

Jeff Lynott is a retired professional geologist with more than 40 years of experience in economic geology, environmental site investigations, and reclamation. He completed his B.S. degree in Geology at the University of Minnesota-Duluth and his M.S. degree in Geology at Michigan Technological University.

Jeff grew up in northern Minnesota, spending most of his time in either the Duluth or Ely area. It was his love of the outdoors that led him to a career in field geology which resulted in him spending nearly half of his career walking somewhere. (Because field geologists walk.) Most of his career was spent here in the Midwest, primarily northern Wisconsin, northern Minnesota, and the Upper Peninsula of Michigan. Jeff moved to Rhinelander forty years ago to work for a mining company. Five years later, when the job ended, he decided to stay and has been here ever since.



*Photo credit: Jeff Lynott, who challenges us to identify where in Wisconsin this picture was taken.*

# IDENTITY THEFT

## *Computers and Technology*

Thursday, April 2 | 1:00 PM

Nicolet College, Northwoods Center 111

Instructor: Jeffery Kersten

Identity theft continues to be a fast-growing crime in the United States. The more you learn about it, the less vulnerable you are. The Wisconsin Bureau of Consumer Protection (Jeff Kersten) will explain the different types of identity theft, how to recognize it and how to prevent it — including information about fraud alerts and security freezes. Receive tips for safeguarding personal information and how to recover from identity theft. Helpful brochures will be available.



*Photo credit: Jeff Kersten*

Jeff Kersten is an outreach specialist for the Bureau of Consumer Protection within the Wisconsin Department of Agriculture, Trade, and Consumer Protection. As an outreach specialist, Jeff travels around the state to educate the public, business, and law enforcement on common scams and fraud, privacy protection, data security, identity theft, and other areas of consumer protection. Jeff has over 12 years of experience as a police officer and is a prior consumer protection investigator for the Bureau of Consumer Protection.

## **CED VIG NATURE SERIES**

*Ced Vig 2*

### **CHIMNEY SWIFTS: "THE NIGHT SHOW MUST GO ON"**

#### ***Nature***

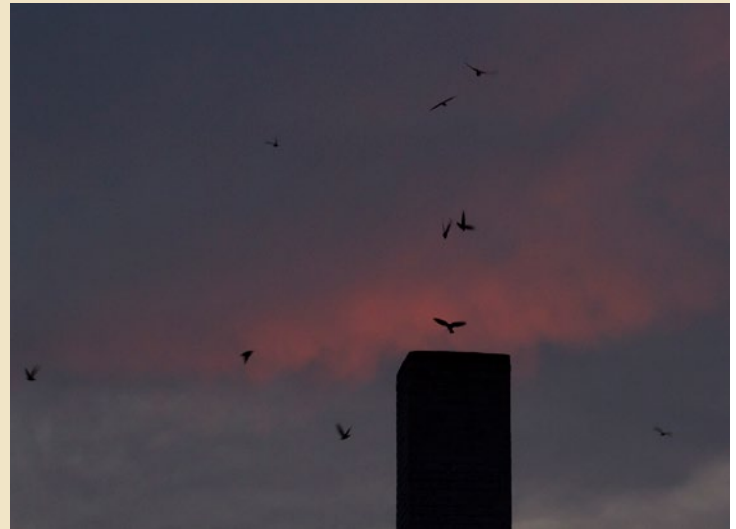
Wednesday, April 15 | 10:00 AM

Nicolet College, Northwoods Center 207-209

Instructor: Nancy Nabak

Hybrid: In-person and Zoom

Learn how to identify the charismatic chimney swift and gain insight into the status of the current population. Nancy will help us understand why chimney swifts are important to us and what we can do to overcome the challenges they face.



*Photo credit: Nancy Nabak*

Nancy is former chair, now member, of the statewide Wisconsin Chimney Swift Working Group, Vice President of the Bay Area Bird Club, and former Historian for the Wisconsin Society for Ornithology.

## AMERICAN LANDSCAPE PAINTING

### *The Arts (literature, art, music)*

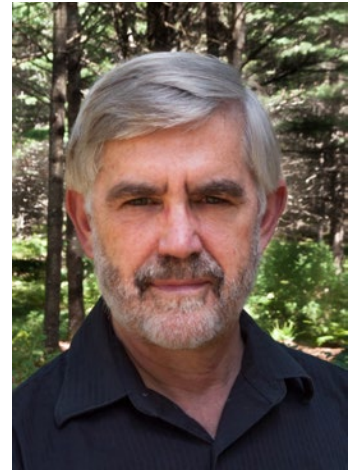
Monday, April 20, May 4, 11, and 18

1:00 PM

Minocqua Public Library

Instructor: David Barnhill

American Landscape Painting will introduce the audience to the rich tradition of landscape art in the United States. Using slides of artwork, there will be a brief review of landscape painting in Europe and then focus on the realist and poetic painters of the 19th century such as Frederic Church, Albert Bierstadt, Thomas Moran, and George Inness.



*Photo credit: David Barnhill*

David lives in the Northern Highlands region of Wisconsin, home to giant pines and hemlocks, eagles, wolves, and loons — with his artist wife and golden retriever. He began his artistic journey studying East Asian literature, art, and religion at Stanford, becoming a professor at Guildford College, a Quaker College in North Carolina. He taught courses on Chinese religion and aesthetics, Japanese religion and literature, and American nature writing. In 2003 he moved to Wisconsin where he became director of environmental studies at the University of Wisconsin Oshkosh. While building the program he taught environmental ethics, nature writing, climate change, and field studies.

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## WHERE THERE'S A WILL...

### *Finance and Business*

Tuesday, April 21 | 1:00 PM

Nicolet College, Northwoods Center 207-209

Instructor: Attorney John Schiek

When it comes to making a will, there are many questions that need to be answered. Attorney John Schiek will delve into some of the complex issues to be considered, such as: What assets will be covered? Who gets our property if there is no will? What about marital property? He will also discuss trusts and probate.

John Schiek is a Rhinelander native and a 1974 graduate of Marquette University Law School. He has been practicing general law in Rhinelander ever since then and raised his family here. John continues to practice but is now semi-retired.

## SMALL STEPS: AN APPALACHIAN TRAIL JOURNEY

### *Travel*

Thursday, April 23 | 2:00 PM  
Nicolet College, Northwoods Center 111  
Instructor: Anne Small & Murray Small  
Maximum: 20

Have you ever thought about doing a long-distance backpacking hike? Join Anne Small and her young son to learn about their five-month trek on the 2,200-mile Appalachian Trail. They will bring along the gear that they used on their hike

Anne Small and her family completed hikes of several long distance trails. They have a considerable amount of experience in planning and logistics for tackling long trails, as well as ways to lighten your gear for a happier hike.



*Photo credit: Anne Small*

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## HEARING LOSS: RISKS OF UNTREATED HEARING LOSS & ISOLATION

### *Health/Wellness*

Monday, April 27 | 1:00 PM  
Nicolet College, Lakeside Center Theatre  
Instructor: Colleen Van Rooy & Steffanie Weil  
Hybrid: In-person and Zoom

Colleen Van Roo: Having hearing loss has changed my life, I would answer questions that have never been asked. I would bluff my way through a conversation so that they don't have to repeat themselves. I would answer incorrectly because I misheard words. Growing up with hearing loss, I was very quiet, shy, and somewhat anxious. I have profound hearing loss, and I often found myself isolated in social situations. I would sit by myself and not talk to others because I knew I was not going to hear them. I would withdraw socially in noisy environments and miss out on all the fun. Does this sound like you? If so, please join us. Many people find comfort and support in connecting with others going through similar experiences.

Steffanie Weil is a Hearing Loss Advocate who has worked with CaptionCall for the past eight years; and is currently a territory outreach education manager responsible for a team of 14 Advocates spanning nine states. Prior to CaptionCall, Steffanie was a teacher working with at-risk youth in CPS and with the Kane County Juvenile Justice Department. Steffanie takes great pride in being a humanitarian who takes great joy in helping improve the lives of others. Steffanie resides in Sleepy Hollow, IL with her husband and her dog, Astrid.

Colleen Van Roo is a board member of the Wisconsin State Hearing Loss Association of America as well as the Fox Valley HLAA chapter in Appleton. A co-founder of Hear in the Fox Cities, providing financial assistance for hearing aids for children up to age 21. She is also a master phone installer for CaptionCall, helping others hear and connect again.



# THE WESTERN ALLIES INVADE HITLER'S EMPIRE

## History

Tuesday, April 28, and May 5 | 1:00 PM  
Nicolet College, Northwoods Center 207-209  
Instructor: Gary Prod

Gary Prod will delve into the history of the allied invasions to free western Europe from Nazi tyranny, including Operation Torch, the invasion of Sicily, Operations Avalanche and Anzio in Italy, and D-Day. Learn how each operation contributed to the Allied victory in World War II.



Photo credit: Public Domain

Gary Prod was a supply chain manager at We-Energies and a guest instructor at the UW Management institute. He authored several articles on contract management, negotiations and outsourcing for the National Association of Purchasing Management. He is now retired and enjoying life as an amateur historian, member of the World War I Historical Association and an active member of Learning in Retirement.

## CED VIG NATURE SERIES

### Ced Vig 3

## HABITAT MANAGEMENT FOR RUFFED GROUSE: YOUNG FOREST AND WILDLIFE OPENINGS AND TRAILS

### Nature

Wednesday, April 29 | 10:00 AM  
Nicolet College, Northwoods Center 207-209  
Instructor: Alaina Roth  
Hybrid: In-person and Zoom



Photo credit: Grouse "budding", Alaina Roth

Alaina Roth will be discussing an important habitat project led by the Wisconsin Department of Natural Resources Wildlife Management Program on the Northern Highland American Legion State Forest that pairs timber harvest for young successional forest with managed wildlife openings and trails. Open herbaceous cover rich in forbs and insects can be limiting to species living in the heavily forested landscape of the north including, ruffed grouse, turkeys, bear, woodcock, and many more. In this presentation we will learn about the biological value of these habitat types to different species and will delve into how field staff plan and complete this important work.

Alaina Roth grew up hunting, fishing, and camping with her family and developed a passion for wildlife at a young age. She pursued this passion by earning a bachelor's degree in Wildlife Management from the University of Wisconsin–Stevens Point. Following that, she worked various wildlife technician jobs across the country, ranging from studying black bears, elk, and mountain lions in New Mexico to studying quail on a working cattle ranch in Oklahoma. She later earned her master's degree from Louisiana State University, where her field research focused on Eastern wild turkey ecology. Alaina was fortunate to return to her home state and has been working for the Wisconsin DNR for the last seven years. She has served as the Vilas County wildlife biologist and the state's ruffed grouse specialist for the past three years. In her free time, she enjoys hunting, fishing, and training her dogs with her husband.

## REGI: RAPTOR EDUCATION GROUP, INC.

### *Tours and Activities*

Thursday, April 30 | 11:00 AM and 1:00 PM  
REGI Center, N2160 W Rollwood Rd, Antigo, WI 54409  
Instructor: Samantha Brooks  
Maximum: 30 People per tour  
Cost: \$6.00



Photo credit:  
[raptoreducationgroup.org](http://raptoreducationgroup.org)

During the Raptor Tour, you will be seated in our general tour area and will meet a variety of our avian ambassador species up close. One of our Wildlife Educators will have a bird safely on the glove while sharing information about the species' natural history and conservation issues they may face in the wild. The tour may include various species of hawks, owls, falcons, corvids, turkey vultures, and waterfowl. The tour begins in our Nature Center, which is where you will also pay for the tour. We are pleased to offer a discounted tour rate for your group at \$6 per person

Samantha is originally from Kansas City, Missouri, where she earned a degree in Wildlife and Natural Resource Conservation. After graduation, she worked with captive raptors and reptiles at a state park in Maryland, where she discovered her passion for educating the public about these amazing animals. After a brief time spent doing environmental education and conservation work in North Carolina, she saw an opening at REGI and moved to Antigo in 2022. Since her time at REGI, she has had the opportunity to educate thousands of people with the education birds in her care and has loved every second of it. She now serves as the Director of Education and looks forward to continuing to deliver impactful programming for conservation.

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## THE SALVAGE OF THE USS MONITOR

### *History*

Tuesday, May 5 | 10:00 AM  
Nicolet College, Northwoods Center 207-209  
Instructor: Henry Schwartz, MD, FACP

This class will take us on a 230-foot-deep dive into the Atlantic Ocean off the coast of North Carolina to see one of our country's most famous shipwrecks—the USS Monitor. This Civil War ironclad sank in 1862 in a storm off Cape Hatteras, after having successfully fought the CSS Virginia (originally the USS Merrimack). The shipwreck site became the first national marine sanctuary in 1975. Salvage operations occurred from 1999 through 2002. Henry Schwartz, MD, FACP Captain, Medical Corps, in the US Navy (Retired) will speak on his role in the salvage operations of the USS Monitor. He was present during the summers of 2001 and 2002.

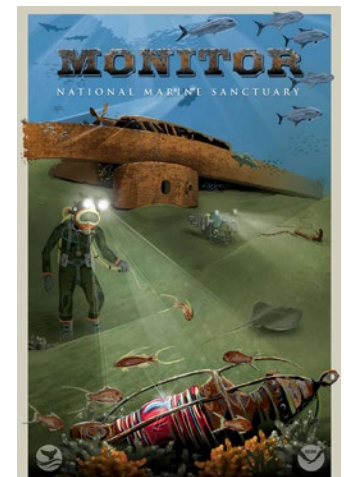


Photo credit: <https://monitor.noaa.gov/>

Henry Schwartz is a Minocqua native and a graduate of the University of Wisconsin with a Doctorate in Medicine. He served in the United States Navy on the USS James Monroe and the USS Daniel Boone. He attended Submarine School and is qualified in Submarines. From 1972 to 1981 he worked as a physician in private practice in Woodruff, Wisconsin. In 1981 he returned to active duty in the US Navy. He has experience in Navy Experimental Diving and worked as a Director of Undersea Medicine and Radiation Health with the Bureau of Medicine and Surgery in Washington DC. He was also part of the Navy Sea Systems Command and medical advisor for the Supervisor of Diving and Salvage in Washington DC.

# THE DEAD SEA SCROLLS: WHAT SECRETS CAN WE FIND?

## *History*

Wednesday, May 6 | 1:00 PM

Nicolet College, Northwoods Center 207-209

Instructor: Michael Harvey

If there's anyone who can make the Dead Sea Scrolls seem to come alive with intriguing insights, it's Michael Harvey. His fascination with ancient archaeology has led him to conduct extensive research on the subject. He will begin with a review of the 1947 discovery of more than 900 Dead Sea Scrolls and then take a closer look at additional documents and discoveries that help lay the foundation for understanding the pillars of any civilization: rulers, religion, and military.

Michael Harvey is a retired Catholic deacon for the Diocese of Superior and a graduate of Nicolet College. He was ordained 33 years ago, and has actively studied ancient archaeology, learning from numerous scholars in both archaeology and historical literature.

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## TOUR OF NICOLET COLLEGE'S PUBLIC SAFETY DEPARTMENT

### *Tours and Activities*

Thursday, May 7 | 10:00 AM

Nicolet College, Fieldside Center 102

Instructor: College Staff

Join us on a tour of Nicolet College's Public Safety Department. We will learn about this vital program and all that they offer. This includes Criminal Justice/Law Enforcement, Emergency Medical Services, Fire Safety, Traffic Safety Programs, Motorcycle Safety, and Industrial Safety.

One or two of the Public Safety Team members will deliver this.



*Photo credit: Nicolet College*



## CED VIG NATURE SERIES

*Ced Vig 4*

### EXPLORE THE ART OF FLY FISHING

#### *Nature*

Wednesday, May 13 | 10:00 AM

Nicolet College, Fieldside Center 102

Instructor: Terry Rutlin and Bob Paine

Hybrid: In-person and Zoom

Explore the fascinating world of fly fishing in this presentation that will cover the basics of fly fishing as well as some of the finer nuances. With a focus on trout fishing, topics will include an overview of the essential gear and the different techniques used to catch Brook, Brown, and Rainbow trout. Additional topics will include stream ecology, fish biology, and the current focus on habitat preservation and development in light of a changing climate. After the indoor presentation, attendees will also have the opportunity to try their hand at casting a fly rod in the Nicolet College Field, weather permitting.

Terry Rutlin worked at Nicolet College for 25 years, retiring as Public Information Officer and coordinator and instructor for the Outdoor Adventure program. While relatively new to casting flies, he just completed his fifth season of Fly Fishing. He regularly hits up streams across northern Wisconsin, the Driftless Area in southwestern Wisconsin, and streams in the U.P.

Bob Paine has been fly fishing since 1956 and has been teaching/providing fly casting coaching since around 1990. He has been teaching three different fly fishing classes in college settings and other organized venues since 2010, first in northern Illinois and then at Nicolet College since 2017. He is a member in the Pro Programs of several manufacturers of fly rods, reel, and lines. He has been teaching under the Orvis School Program since around 2012. He also taught in the free Orvis 101 classes held at the Orvis store in Lombard, Illinois, when he lived in northern Illinois. He has given numerous fly fishing presentations at various venues, including at the Wisconsin River Valley Chapter of Trout Unlimited meetings.



*Photo credit: Terry Rutlin*



## VOICES OF PRAISE PERFORMANCE

### *The Arts (literature, art, music)*

Thursday, May 14 | 1:00 PM

Nicolet College, Lakeside Center Commons

Instructor: Voices of Praise

Sing along, or sit and back enjoy music from the Voices of Praise. They will present a fun program of music and songs that are sure to delight and entertain you. Their performances typically feature well-known selections and follow a different theme each month.



*Photo credit: Marilyn Pekol*

The Voices of Praise, under the leadership of Jan Baer, are a group of singers that originally formed as a church choir at St. Mary's Catholic Church in Rhinelander. They have been serving the community through music for 50 years. The original group first sang together in July 1976, and they continue to sing at local nursing homes and assisted living establishments monthly.

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## WOMEN OF THE FUR TRADE

### *History*

Wednesday, May 20 | 10:00 AM

Nicolet College, Northwoods Center 207-209

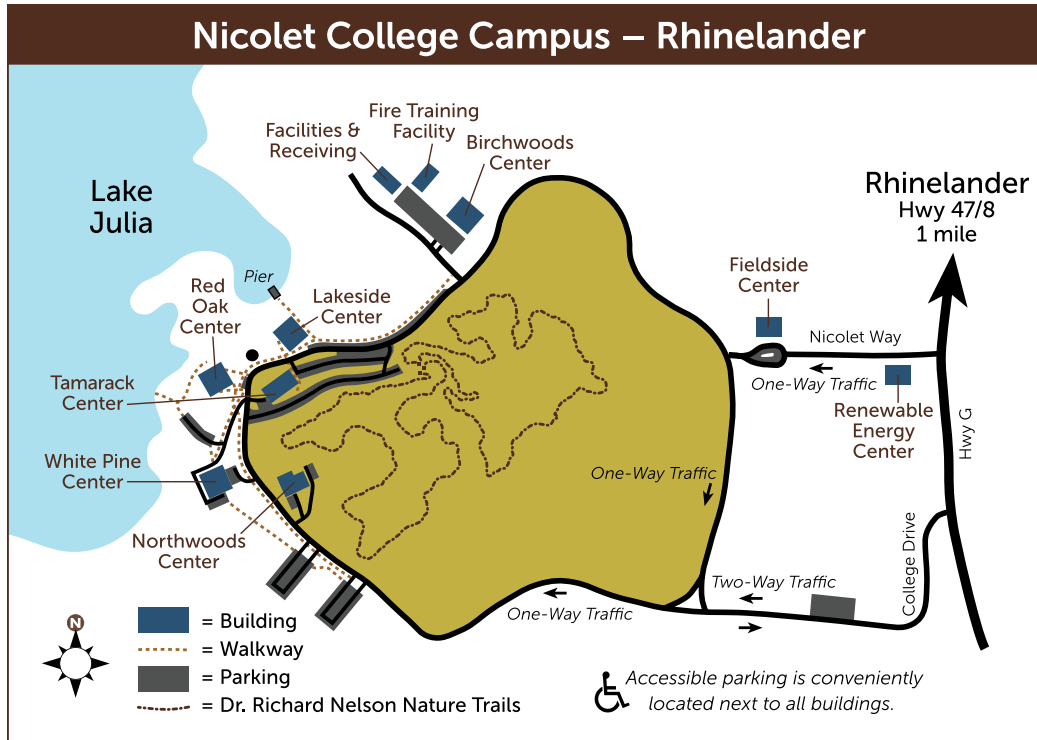
Instructor: Bob Paine

Until recently, historians have typically ignored the roles women played during the North American fur trade period (early 1600s to around 1870). This was especially true of roles typically assigned to men, such as business owner and trader. This presentation covers 15 women (indigenous, Métis, and European) and explores which of 14 different roles they played.

Bob has been a living history interpreter focusing on the fur trade for over 25 years and has read extensively on the topic. He has given presentations on various aspects of the fur trade at numerous venues, including at the Annual Gatherings of the North American Voyageur Council (NAVC). The NAVC is a non-profit educational organization for individuals interested in the fur trade era. Its membership includes researchers, reenactors, living historians, and history enthusiasts, all sharing a deep passion for the fur trade.

# LOCATION OF CLASSES

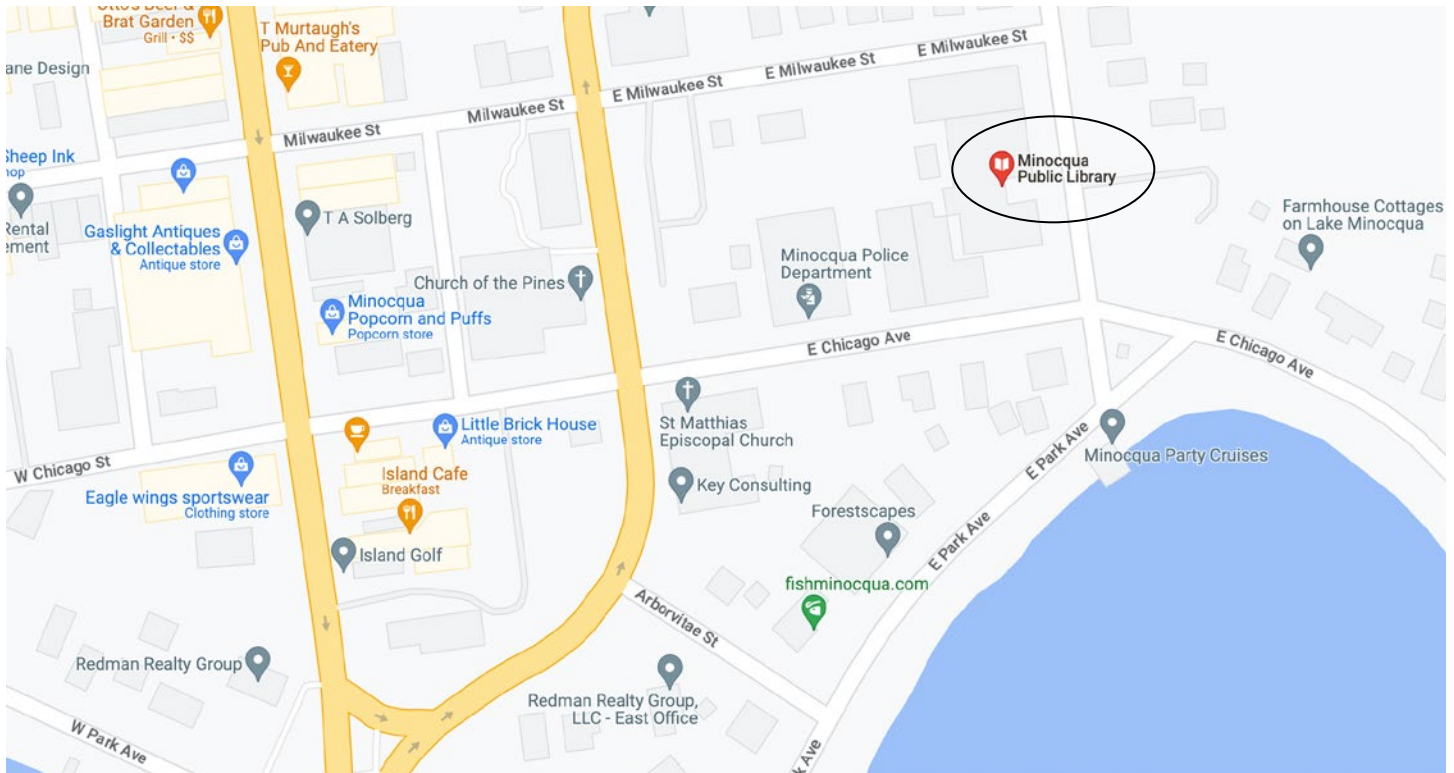
If you have a GPS system, you can enter the entire address into your device to get directions from your home to the location of the class. Or download your own maps at <https://www.google.com/maps/>



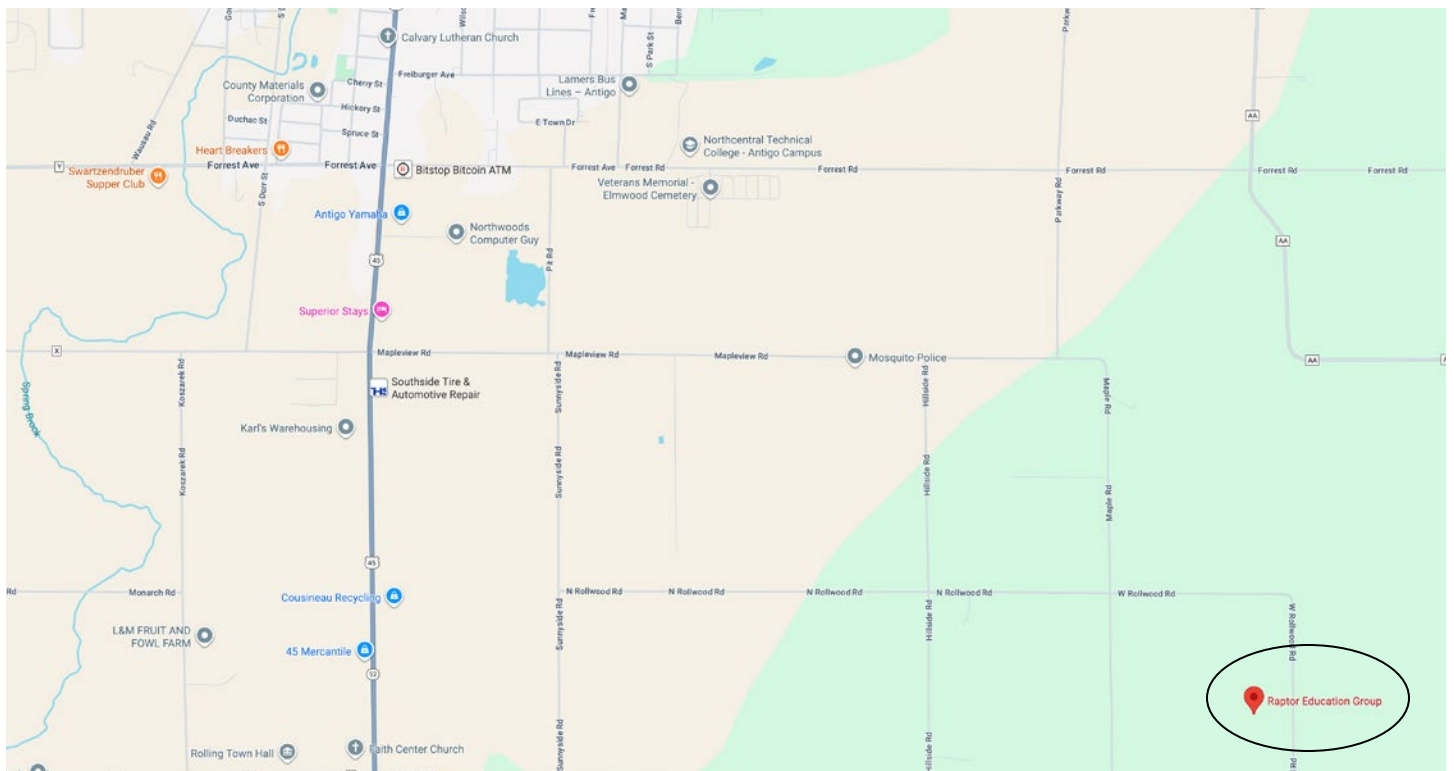
**Nicolet College, Rhinelander, WI**  
5364 College Dr, Rhinelander, WI 54501

Most classes will meet in:

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



**Minocqua Public Library**  
 415 Menominee St  
 Minocqua, WI 54548



**REGI Center**  
 N2160 W Rollwood Rd  
 Antigo, WI 54409

# SPRING 2026 CLASS LISTINGS

DATE	TIME	JANUARY
1/12	By Appointment	Technology Assistance Begins
1/15	11:30 AM	Lunch Bunch
1/22	10:00 AM	My Knees Hurt. Can I Get a New One? An Intro to Joint Replacement Surgery

DATE	TIME	FEBRUARY
2/2	1:00 PM	Introduction to Qigong
2/5	1:00 PM	Be Prepared. It's Tax Time!
2/9	10:00 AM	Meeting the Challenges of Aging — Part 2: Cognitive Aspects of Aging
2/9	1:00 PM	Introduction to Qigong
2/16	1:00 PM	Introduction to Qigong
2/19	11:30 AM	Lunch Bunch
2/23	1:00 PM	Introduction to Qigong
2/24	1:00 PM	Scams: Ever More Enticing
2/25	10:00 AM	Insects in Your Garden
2/26	10:00 AM	Music: Critical Listening

DATE	TIME	MARCH
3/4	1:00 PM	Teen Talk vs. Grandpa's Lingo
3/10	1:00 PM	Lost and Found: The Hidden Photo Archives of the Rhinelander Daily News
3/11	10:00 AM	Nutrition: The Truths, The Myths and The Journey
3/18	10:00 AM	Meeting the Challenges of Aging — Part 3: Aging with Purpose and Resilience: Psychosocial Aspects of Aging
3/19	11:30 AM	Lunch Bunch
3/25	10:00 AM	The What, Why and How of Echocardiography

DATE	TIME	APRIL
4/1	10:00 AM	<b>Ced Vig 1:</b> A Tour Through Three Billion Years of Wisconsin Geology
4/2	1:00 PM	Identity Theft
4/15	10:00 AM	<b>Ced Vig 2:</b> Chimney Swifts: "The Night Show Must Go On"
4/16	11:30 AM	Lunch Bunch
4/20	1:00 PM	American Landscape Painting
4/21	1:00 PM	Where There's a Will...
4/23	2:00 PM	Small Steps: An Appalachian Trail Journey
4/27	1:00 PM	Hearing Loss: Risks of Untreated Hearing Loss & Isolation
4/28	1:00 PM	The Western Allies Invade Hitler's Empire
4/29	10:00 AM	<b>Ced Vig 3:</b> Habitat Management for Ruffed Grouse: Young Forest and Wildlife Openings and Trails
4/30	11:00 AM	REGI: Raptor Education Group, Inc
4/30	1:00 PM	REGI: Raptor Education Group, Inc



## SPRING 2026 CLASS LISTINGS

DATE	TIME	MAY
5/4	1:00 PM	American Landscape Painting
5/5	10:00 AM	The Salvage of the USS Monitor
5/5	1:00 PM	The Western Allies Invade Hitler's Empire
5/6	1:00 PM	The Dead Sea Scrolls: What Secrets Can We Find?
5/7	10:00 AM	Tour of Nicolet College's Public Safety Department
5/11	1:00 PM	American Landscape Paintings
5/12	11:30 AM	Lunch Bunch
5/13	10:00 AM	<b>Ced Vig 4:</b> Explore the Art of Fly Fishing
5/14	1:00 PM	Voices of Praise Performance
5/18	1:00 PM	American Landscape Painting
5/20	10:00 AM	Women of the Fur Trade

# SPRING 2026 CLASS CALENDAR



NICOLET COLLEGE

LEARNING IN RETIREMENT

JANUARY 2026						
Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
				1	2	3
4	5	6	7	8	9	10
11	12 <b>CLASSES BEGIN</b>  Technology Assistance Begins	13	14	15 Lunch Bunch 11:30 am @Various Locations	16	17
18	19	20	21	22 My Knees Hurt 10:00 am @NC 207-209	23	24
25	26	27	28	29	30	31



## FEBRUARY 2026

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
1 Intro to Qigong 1:00 pm @LC Commons	2	3	4	5 Be Prepared. It's Tax Time! 1:00 pm @NC 207-209	6	7
8 Meeting the Challenges of Aging – Part 2 10:00 am @NC 207-209  Intro to Qigong 1:00 pm @LC Commons	9	10	11	12	13	14
15 Intro to Qigong 1:00 pm @LC Commons	16	17	18	19 Lunch Bunch 11:30 am @Various Locations	20	21
22 Intro to Qigong 1:00 pm @LC Commons	23	24 Scams: Ever More Enticing 1:00 pm @NC 207-209	25 Insects in Your Garden 10:00 am @NC 207-209	26 Music: Critical Listening 10:00 am @ NC 207-209	27	28

**MARCH 2026**

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
1	2	3	4 Teen Talk vs Grandpa's Lingo 1:00 pm @NC 207-209	5	6	7
8	9	10 Lost and Found: The Hidden Photo Archives of the Rhineland Daily News 1:00 pm @NC 207-209	11 Nutrition: The Truths, The Myths, and The Journey 10:00 am @NC 207-209	12	13	14
15	16	17	18 Meeting the Challenges of Aging — Part 3 10:00 am @NC 207-209	19 Lunch Bunch 11:30 am @ Various Locations	20	21
22	23	24	25 The What, Why and How of Echocardiography 10:00 am @NC 207-209	26	27	28
29	30	31				



## APRIL 2026

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
			1 Ced Vig 1: A Tour Through Three Billion Years of Wisconsin Geology 10:00 am @NC 207-209	2 Identity Theft 1:00 pm @NC 111	3	4
5	6	7	8	9	10	11
12	13	14	15 Ced Vig 2: Chimney Swifts: "The Night Show Must Go On" 10:00 am @NC 207-209	16 Lunch Bunch 11:30 am @ Various Locations	17	18
19	20 American Landscape Painting 1:00 pm @Minocqua Public Library	21 Where There's a Will... 1:00 pm @NC 207-209	22	23 Small Steps: An Appalachian Trail Journey 2:00 pm @NC 111	24	25
26	27 Hearing Loss: Risks of Untreated Hearing Loss & Isolation 1:00 pm @LC Theatre	28 The Western Allies Invade Hitler's Empire 1:00 pm @NC 207-209	29 Ced Vig 3: Habitat Management for Ruffed Grouse: Young Forest and Wildlife Openings and Trails 10:00 am @NC 207-209	30 REGI: Raptor Education Group, Inc 11:00 am & 1:00 pm @REGI Center, Antigo, WI		





## MAY 2026

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
					1	2
3	4 American Landscape Painting 1:00 pm @Minocqua Public Library	5 The Salvage of the USS Monitor 10:00 am @NC 207-209  The Western Allies Invade Hitler's Empire 1:00 pm @NC 207-209	6 The Dead Sea Scrolls 1:00 pm @NC 207-209	7 Tour of Nicolet College's Public Safety Department 10:00 am @Fieldside Center	8	9
10	11 American Landscape Painting 1:00 pm @Minocqua Public Library	12 Lunch Bunch 11:30 am @ Various Locations	13 Ced Vig 4: Explore the Art of Fly Fishing 10:00 am @FC 102	14 Voices of Praise Performance 1:00 pm @LC Commons	15	16
17	18 American Landscape Painting 1:00 pm @Minocqua Public Library	19	20 Women of the Fur Trade 10:00 am @NC 207-209	21 <b>Annual Meeting</b> 12 pm @ LC Commons	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](mailto:LIR@nicoletcollege.edu)

## Visit LIR Online

Go to: [nicoletcollege.edu/lir](http://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

25-000



NICOLET COLLEGE

learning in retirement

## Registration Form Spring 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.

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### 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) \_\_\_\_\_

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