

Chippewa Valley

LEARNING IN RETIREMENT

Spring 2020

Course Schedule and Registration Packet

In-person registration is
Wednesday, February 26,
at the
Russell J. Rassbach Heritage Museum
in Menomonie
and
The Florian Gardens in Eau Claire

See time details on page 2 inside.

cvlr.org

Steps to Register for Spring/Summer Classes and Trips

- 1. Do not renew your membership** if you renewed it last fall.
- 2. Select the classes and trips that you want and list them in order of priority.**
- 3. Write a separate check for each class or trip before in-person registration.** Having your check ready will speed up the process.
- 4. Split your sign up for classes and trips with limits with another CVLR member.** That way you are both more likely to get the offerings you want.
- 5. Print out and review the layout of registration to determine your course of action at registration.**
- 6. Register in person Wednesday, February 26.** You may also register for one other person. Use that person's membership number and name when registering for him or her.
- 7. Attend in-person registration if at all possible.** Since we operate on volunteer effort, your participation at in-person registration takes pressure off our volunteers. If you absolutely cannot attend, then mail in your registration. In-person and mail-in are the **ONLY** two ways to register. In-person registrations get priority over mail-in registrations.

Please use our cvlr.org site.

Find

- complete course listing for Spring/Summer 2020,
- more information on courses,
- bios on some of the course instructors,
- course instructions,
- links to course content,
- follow-up power points,
- class handouts, and
- reference materials.

Access and print out

- maps of registration layouts for both Menomonie and Eau Claire,
- additional copies of the membership form,
- the calendar for Spring/Summer 2020, and
- the entire pink registration booklet.

Compilation and layout by Elizabeth K. Fischer
Final editing by Sharon R. Lowry
Printing by Quality Quick Print, Eau Claire

A New Decade of CVLR Offerings

Welcome to 2020, a new decade of CVLR offerings. Once again, your devoted volunteer coordinators have compiled a unique, interesting, and informative line-up of classes and trips. The topics range from practical to philosophical, blend history with current issues, and offer insights into personal and cultural situations. We are fortunate to have a wealth of experience and skills in our members. More and more are sharing their knowledge and expertise through presentations to our group. Their involvement builds the strength of Chippewa Valley Learning in Retirement. Remember that these coordinators and presenters volunteer their time for you. Please show your appreciation by attending the classes for which you register and thanking them for their contributions.

Sharon R. Lowry
President

Before You Get to Registration

If you are a new member or didn't renew your membership last fall, either send in your membership at least a week before registration to Elizabeth whose address is on the membership form or come early to registration. **Membership opens at 9:00 a.m. at both locations.**

Before registration, select **your classes and list them in order of priority** for you.

Have your checks for any classes or trips with fees ready when you walk into registration. Put the class/trip number and your member number on the check. If you wish to be on the wait list for the offering, hold onto the check to use if there is an opening later.

Access the map. We have planned where the sign-up sheets for each offering will be placed and created a map showing the location of each. You can access these maps at cvlr.org under "How to Register." Go to the site, click on the map, and print it out. Use it to know where your priority classes/trips are located and plan your sign-up at registration. If you do not have a computer, ask a friend or grandchild to print one out for you. We will also have them available at the door at registration. We will also have them available at the door at registration.

Time Details

We will be letting members into the room to stand in line at the table for their top priority class/trip at 9:30 a.m. If you think the line for your number one selection is too long and you don't think you can get into the class/trip, go to the second one on your list. As soon as everyone has lined up in an orderly fashion, we will start sign up, anywhere between 9:30 and 9:45. **Do not start sign up until those manning the sign-up sheets in front of you say that you may do so. Registration ends at 10:30 a.m.**

Important Information about Classes with Limits

Register at either the Menomonie or Eau Claire in-person registration location for the entire line-up of classes and trips. Split the classes/trips with limits with a buddy who also wants to attend them. You get in one line, and your buddy gets in the other. Then you sign up for each other.

Remember classes with limits are split half to Menomonie and half to Eau Claire. For example, if a class has a limit of 30, 15 sign-ups will be available at in-person registration in Menomonie and 15 will be available in Eau Claire. Plan your sign-up accordingly.

At Registration, Please...

We request that you only sign up for classes you know you will attend. If others interest you and you find later that you have the time to attend, watch for "These classes next week have openings" e-mail. Inflated class sizes prompt us to make preparations to accommodate more. If the class has a limit and you do not show up, you have taken the spot of someone else who really wanted to take the class.

Change in Wait Lists

Since we have had a great deal of confusion regarding wait lists, this term we are trying a different system. We understand that signing up months in advance on a wait list can make it challenging to keep the date open. Therefore, instead of a wait list at registration, we will offer the opportunity to get on the wait list via the weekly "These classes next week have openings." This will be available two or three weeks before the class or trip with limits. Please make a note to watch for these wait list opportunities. If you have friends who are members and do not have e-mail, please watch for them, too. **We will not have any wait lists at registration. Do not look for them or be upset that you cannot find them.**

Spring/Summer 2020 Menomonie

1. **The Political Temperature for 2020**

This lecture/discussion will focus on Presidential politics as the Democratic nominees will have begun to narrow down. The focus will be on the political research by Stanley Greenberg, author of *R.I.P. G.O.P: How the New America Is Dooming the Republicans*. What will we know in March about the fate of President Trump? Come prepared to “talk politics.”

Presenter: David Cook

Coordinator: Howard Lee (715) 235-8841

Tuesday: March 10 10:00 - 11:30 a.m.

Shirley Doane Senior Center, 1412 6th Street E

2. **Eat Smart: A Survival Guide to Healthy Eating (What Is Good and Bad about Different Types of Foods and Why?)**

How to find the best foods available—in the grocery store, at the local farmer’s market, or from seed catalogs. Tips are included on ways to cook certain foods to get the most benefit from them. Johnne will share information from the research gathered by investigative journalist Jo Robinson, that reveals the nutritional history of our fruits and vegetables in her books, *Pasture Perfect* and *Eating on the Wild Side*.

Presenter: Johnne Smalley

Coordinator: Sally Felling (715) 962-4314

Wednesday: March 11 1:30 - 3:00 p.m.

Russell J. Rassbach Heritage Museum, 1820 Wakanda Street

3. **Life by Death Valley**

California is the third largest state in the U.S; impossible to absorb in a single visit. In April 2019 - on his 9th visit to the state - Steve drove 1600 miles, met five new national parks, slept on the ground, and did a private interview with the California Condor Recovery Team. Join him on a whirlwind tour of Death Valley, Sequoia National Park, Highway 1, and the newly reclaimed Condor country of south central California.

Presenter: Steve Betchkal

Coordinator: Kathie Fahrman (715) 839-9251

Thursday: March 12 1:30 - 3:00 p.m.

Russell J. Rassbach Heritage Museum, 1820 Wakanda Street

4. Foreign Affairs - Menomonie

We will view one Foreign Policy Association Great Decision 2020 DVD each week and discuss the topic. The date/topics and facilitators for Spring 2020 are listed below.

March 13 – Climate Change and the Global Order: Steve Hogseth

March 20 – India and Pakistan: Ellen Ochs

March 27 – Red Sea Security: Howard Lee

April 3 – Modern Slavery and Human Trafficking: Millie Windsor

Coordinator: Howard Lee (715) 235-8841

Fridays: March 13, 20, 27, and April 3 10:00 -11:30 a.m.

Shirley Doane Senior Center, 1412 6th Street E

5. Solving Crime from Another Time

British Paranormal investigator, psychic and author Adrian Lee, solves real Midwestern Victorian era crimes by talking to the spirits of the victims and the accused. Lee will present his paranormal evidence and extensive historical research to show how he figures out crimes from the 19th century, including ax murders, decapitations, and a man they had to hang twice. Lee has spent a year being followed by a film crew and will also show and discuss his experiences of making a documentary film about his work and identity.

Presenter: Adrian Lee

Coordinator: Elizabeth Fischer (715) 874-5633

Friday: March 13 1:30 - 3:00 p.m.

Russell J. Rassbach Heritage Museum, 1820 Wakanda Street

6. Fire Safety in Your Home

Andy will review general fire safety for seniors. Learn fire prevention strategies for your home or apartment. When should you try to put out a fire? When should you call 911? Get directions on what to do in the event of a fire. See a live demonstration on using a fire extinguisher.

Presenter: Andy Benard, Menomonie Fire Dept (715) 232-2414

Coordinator: Howard Lee (715) 235-8841

Monday: March 16 10:00 - 11:30 a.m.

Shirley Doane Senior Center, 1412 6th Street E

7. How to Downsize

How do we take control over our tendency to accumulate and keep too much stuff? Why do we resist taking action? Where do we take it all? What do we keep, and what can we purge? We don't have time to deal with everything. Getting rid of stuff is hard work. It is psychologically and emotionally draining. Connie is an organizer who will help us address downsizing and get us started..

Presenter: Connie Kees

Coordinator: Elizabeth Spader (715) 235-7003

Tuesday: March 17 10:00 - 11:30 a.m.

Russell J. Rassbach Heritage Museum, 1820 Wakanda Street

8. Homelessness in the Chippewa Valley

Is homelessness a big problem in the Chippewa Valley? Brett Geboy, Community Relations Director of Hope Gospel Mission, will fill us in on the current situation. He will also explain how Hope Gospel Mission rescues, rebuilds, and renews lives of those it helps. It works to change those lives by addressing the root causes of a person's problems and helping him or her become long-term, contributing members of our society. Find out how the organization is accomplishing that.

Presenter: Brett Geboy

Coordinator: Elizabeth Spader (715) 235-7003

Wednesday: March 18 10:00 - 11:30 a.m.

Russell J. Rassbach Heritage Museum, 1820 Wakanda Street

9. The Art and Science of Landscaping for Insects and Birds

Our home and business landscapes can be beautiful and significant for biological conservation. Unfortunately, most places are not. Joe Maurer and Mark Leach will discuss underlying aesthetic and ecological principles which can help foster life and pleasure through gardening. Their emphasis will be on native plants to benefit butterflies, other insects, and birds.

Presenters: Mark Leach, retired professor of Biology and Landscape Architect, and Joe Maurer, Professional Artist and Landscape Architect

Coordinator: Claudeen Oebser (715) 874-6054

Thursday: March 19 1:30 - 3:00 p.m.

Russell J. Rassbach Heritage Museum, 1820 Wakanda Street

10. The Restoration of Trumpeter Swans in Wisconsin

Randy Jurewicz, retired WI DNR Endangered Species Program Administrator, will review the history of the decimation of Trumpeter Swans in North America, share the management efforts that brought Trumpeter Swans back to Wisconsin, and describe the numerous state, federal and private partners that made it all possible. He will show how Trumpeter Swan eggs were collected from Alaska and include a brief travel log of his trips to Alaska.

Presenter: Randy Jurewicz

Coordinator: Kathie Fahrman (715) 839-9251

Friday: March 20 1:30 - 3:00 p.m.

Russell J. Rassbach Heritage Museum, 1820 Wakanda Street

11. Touring around Geneva

Dr. Martha Wallen will share her experiences in Geneva during five visits in the last couple years. She enjoyed the Alpine Gardens at Les Rochers de Naye, Geneva Botanical Garden, the Jet d'Eau, Les Jardins des Cinq Sens, port of Versoix, and historic buildings in Bern. She moved around by boat, modern train, cog railway, and bus. In addition to pictures of these, she will tease our taste buds with shots of delicious pastries and typical beverages.

Presenter: Dr. Martha Wallen

Coordinator: Howard Lee (715) 235-8841

Monday: March 23 10:00 - 11:30 a.m.

Shirley Doane Senior Center, 1412 6th Street E

12. Cooking with Monica: Infuse CBD into Your Recipes

What are the benefits to adding CBD to your recipes? Learn how to isolate CBD powder. Discover how to use it and the oil. Combine it with beneficial fats to increase its absorption. Find out how to make these recipes infused with CBD: "Ultimate" Breakfast Sandwich, Pistachio Banana Smoothie, BBQ Chopped Chicken Salad (in the dressing), Grilled Pizza (in the crust), Cod Pomodoro with Zoodles, and Gluten Free Chocolate Chip Cookies. Take home Colorado Hemp Honey Sriracha Popcorn and a recipe packet. **Limit 50**

Presenter: Monica Gean

Coordinator: Elizabeth Fischer (715) 874-5633

Monday: March 23 1:30 - 3:00 p.m.

Shirley Doane Senior Center cafeteria, 1412 6th Street E

Cost: \$20

13. Weaving as a Creative Art

Yvonne Nelson, experienced weaver, will discuss the basic structure of weaving, different types of looms, and types of yarns for weaving. Yvonne will show how different techniques give different results. Several woven pattern samples will be on display.

Presenter: Yvonne Nelson

Coordinator: Claudeen Oebser (715) 874-6054

Tuesday: March 24 10:00 - 11:30 a.m.

Russell J. Rassbach Heritage Museum, 1820 Wakanda Street

14. Heart and Soul: Music for Living, Surviving and Thriving

Music therapists Lee Anna Rasar and Kim Negus will explore therapeutic uses of music with people who have age-related dementia as well as with people who have had a stroke. Information about Fit to Breathe, a new program of Western Wisconsin Music in Medicine and Evolving Wellness which is a harmonica program for respiratory work, will be presented. You will learn how music is used to target cognitive, emotional, social, and physical goals with descriptions and demonstrations.

Presenters: Lee Anna Rasar, Music & Theatre Arts Dept., UWEC

Kim Negus, Western Wisconsin Music in Medicine

Coordinator: Sally Felling (715) 962-4314

Wednesday: March 25 10:00 - 11:30 a.m.

Russell J. Rassbach Heritage Museum, 1820 Wakanda Street

15. The Top 10 Films of 2019

Dustyn Dubuque, former film critic of the *River Falls Voice* and avid film connoisseur, will give a retrospective of 2019 movies. He has watched roughly 200+ movies from 2019 and will share his top ten films of the year, plus others of interest. He will cover Hollywood blockbusters, Academy Award contenders, foreign dramas, documentaries, and perhaps some of the worst ones. Dubuque believes, "There is no better medium to critically speak and think about than film."

Presenter: Dustyn Dubuque

Coordinator: Sharon R. Lowry (715) 874-5633

Thursday: March 26 1:30 - 3:00 p.m.

Russell J. Rassbach Heritage Museum, 1820 Wakanda Street

16. Talkin' Trash

Do you know where your trash goes when it's picked up curbside? Are all of your recyclables eventually recycled? Are there ways to reduce your personal contribution to our region's solid waste stream? You'll travel from curb to incinerator to landfill, and learn sustainable practices that anyone can employ to minimize the environmental impacts of living in our so-called "throwaway society."

Presenter: Professor Lauren Wentz, Ph.D., Biological Sciences,
UWEC-Barron County

Coordinator: Sally Felling (715) 962-4314

Friday: March 27 1:30 - 3:00 p.m.

Russell J. Rassbach Heritage Museum, 1820 Wakanda Street

17. The Amazing Kreskin with Ghost Sighting 2020

Kreskin is truly the world's greatest mentalist and has been for more than six decades. During his show he tells people things about themselves that only "they" could possibly know like their social security number, a street address from twenty years ago, their dog's name, or the name of a childhood friend. The longer he's on stage the more he taps into what his audience is thinking. Audience members on stage will have a ghost sighting of spirits that haunt the Mabel Tainter. Tickets will be mailed to you in advance.

Coordinator: Elizabeth Fischer (715) 874-5633

Saturday: March 28 2:00 - 4:00 p.m.

Mabel Tainter Center for the Arts, 205 Main Street East

Cost: \$23

18. Unique Animal Life of the Tiffany Wildlife Area

The Lower Chippewa River and surrounding uplands are the most ecologically diverse area in Wisconsin. The area is home to more endangered, threatened, and special concern plant and animal species than any other similar sized area in Wisconsin. The 13,000+ acre Tiffany Wildlife Area is home to many of these species. Plus it is the only area in Wisconsin where two unique animal species can be found.

Presenter: David Linderud

Coordinator: Sally Felling (715) 962-4314

Monday: March 30 1:30 - 3:00 p.m.

Russell J. Rassbach Heritage Museum, 1820 Wakanda Street

19. **Brazil: The Wild Pantanal, A Photographic Journey**

The Pantanal is known as the world's largest wetland, serving as home to thousands of species of animals and birds. This New World country counts jaguars, giant otters, anacondas, caimans, tapirs, macaws, herons, ibises, and monkeys as a few of its many inhabitants. Seasonal, heavy flooding of the Pantanal sets the stage for one of the best bird and wildlife-spotting experiences imaginable.

Presenter: Jerry and Carol Knabe

Coordinator: Joyce Robbins (715) 235-8528

Tuesday: March 31 1:30 - 3:00 p.m.

Russell J. Rassbach Heritage Museum, 1820 Wakanda Street

20. **Is This the Greatest Myth about U.S. History?**

Many, perhaps most, Americans believe that the U.S. government won its settlement of this country as a "right of conquest." But the Founding Fathers' claim to North America, most clearly stated decades later in an 1823 court decision, dates back to a Pope from the 1400's. We'll unravel the twisted history of America's founding principle: the so-called "Doctrine of Discovery."

Presenter: Frank Smoot

Coordinator: Sharon R. Lowry (715) 874-5633

Friday: April 3 1:30 - 3:00 p.m.

Russell J. Rassbach Heritage Museum, 1820 Wakanda Street

21. **Digital Photography Basics: Discussion, Demonstrations, and Hands-On**

Hubert Steve Cole along with his colleagues from the renowned Red Cedar Photographers Group will be leading the discussion, provide demonstrations, and assist the attendees with digital cameras to grasp the basic concepts of digital photography. All are encouraged (but not required) to bring their digital cameras with fully charged batteries, a camera memory card, and the camera's manual/guidebook. **Limit 25.**

Presenter: Hubert "Steve" Cole and Others

Coordinator: Howard Lee (715) 235-8841

Monday: April 6 1:30 - 3:00 p.m.

Shirley Doane Senior Center, 1412 6th Street E

22. Deciphering Events in the Middle East

Events have been unfolding across the Middle East at break-neck speed, and Cathy Sultan will help you decipher all of it. For fifteen years, Cathy lived in the Middle East, a place where skulldugery is an everyday occurrence and where the stuff of spy stories is made. And since she's a news junkie and author of five books about the region, she'll also have a tale or two to tell about her own adventures.

Presenter: Cathy Sultan

Coordinator: Sharon R. Lowry (715) 874-5633

Wednesday: April 8 1:30 - 3:00 p.m.

Russell J. Rassbach Heritage Museum, 1820 Wakanda Street

23. Creating a Narrative of Your Life for Your Children and Grandchildren

You would be surprised how the little things in your life will give your children and grands a picture of what life was like "back when." An extensive questionnaire will be provided to help you create your own story to pass on. We will also have an opportunity to share some of our past stories with each other. Even if you don't write or record your story, it will be a time to reminisce about your past.

Presenter: Elizabeth Spader

Coordinator: Elizabeth Spader (715) 235-7003

Tuesday: April 14 1:30 - 3:00 p.m.

Russell J. Rassbach Heritage Museum, 1820 Wakanda Street

24. Weisman Art Museum and Minnesota State Capitol Tours

Enjoy a guided tour of the highlights of 25,000 art works at the University of Minnesota's Weisman Art Museum and learn about the building's unique abstract design by world-renowned architect Frank Gehry. Experience the history, art and architecture of the newly renovated Minnesota State Capitol designed by Cass Gilbert. Lunch in an up-north decor at Tavern on Grand. Choose entrees of walleye or chicken when you register. **Limit 56**

Coordinators: Sally Felling (715) 962-4314

Joyce Robbins (715) 931-7611

Wednesday: April 15

The bus departs 29 Pines at 8:00 a.m. and arrives back about 5:00 p.m. The bus departs Marketplace at 8:30 a.m. and returns around 4:30 p.m.

Cost: \$54 Does not include tip for driver.

25. Visiting Cuba

With JoAnn's father being a hobby beekeeper for over 70 years, honeybees were just part of her life growing up. When she decided ten years ago to become a beekeeper like her father, she never imagined it would take her on an amazing beekeeping trip to Cuba. Her trip not only included visits to several apiary's but also to cultural and historical sites. It also coincided with Havana's celebrating 500 years as the capital city!

Presenter: JoAnn Parks

Coordinator: Elizabeth Fischer (715) 874-5633

Thursday: April 16 1:30 - 3:00 p.m.

Russell J. Rassbach Heritage Museum, 1820 Wakanda Street

26. The Life Story of John A Howe, Architect of Menomonie's Public Library

John "Jack" Howe shared a drafting table with Frank Lloyd Wright, delineated the architect's ideas, and organized the production of drawings for the Taliesin Fellowship. Jack's work was crucial to getting many of the great twentieth century buildings built. In addition, the drawings have become iconic themselves as works of art. We will watch a 60-minute film narrated by Mr. Howe telling the story of his career and discussing his work alongside one of the world's greatest architects. Robert Barros produced and directed the film.

Presenter: John Barros of Lake Elmo, Minnesota

Coordinator: Joyce Robbins (715) 235-8528

Friday: April 17 1:30 - 3:00 p.m.

Russell J. Rassbach Heritage Museum, 1820 Wakanda Street

27. Smile, You're on Candid Camera with Peter Funt

For years, we loved watching Candid Camera catch people in the act of doing something humorous. First Allen Funt and then his son Peter used the tools of their unique trade, a hidden camera and gentle humor, to capture the reactions of ordinary people to extraordinary and even bizarre situations. Enjoy lots of good laughs as Peter takes you through some side-splitting clips from the show's vast library. Tickets will be mailed to you in advance.

Coordinator: Elizabeth Fischer (715) 874-5633

Sunday: April 19 2:00 - 4:00 p.m.

Mabel Tainter Center for the Arts, 205 Main Street East

Cost: \$24

28. Roman Ruins in Catalonia

Although Greeks inhabited Catalonia in the 6th century BC, the Romans left what has become an indelible mark on this important area of northeastern Spain. Some of the most impressive and largely intact sites are located in Empuries, Tarragona and Barcelona. Chris will provide a photographic journey through the ruins. He will also include images of the villages around his and his wife’s “home” base, Roses, in the Spanish province of Girona along the Costa Brava near Spain’s border with France.

Presenter: Christopher Smith

Coordinator: Chris Smith (715) 664-8805

Monday: April 20 10:00 - 11:30 a.m.

Russell J. Rassbach Heritage Museum, 1820 Wakanda Street

29. Make Your Own Magic Hat

Learn to use cognitive-behavioral principles to be happier and have more fun in life. Recognize stress-inducing, negative thoughts and change them into positive, empowering attitudes using these time-tested techniques. Barb Hebert will share what’s in her own (mental) magic hat and explain how you can create your own.

Presenter: Barb Hebert, Licensed Clinical Social Worker

Coordinator: Marilyn Hagen (715) 946-3155

Tuesday: April 21 10:00 - 11:30 a.m.

Russell J. Rassbach Heritage Museum, 1820 Wakanda Street

30. Bracelet Workshop with Leather and Beads

This workshop will be similar to the pendent workshop of last spring. Embellish leather with a variety of glass, stone, and metal beads to create a one-of-a-kind bracelet. Several samples and styles will be available in class and at registration. All materials supplied. **Limit 20**

Presenter: Chris Oest

Coordinator: Joyce Robbins (715) 235-8528

Tuesday: April 21 1:00 - 4:00 p.m.

Russell J. Rassbach Heritage Museum, 1820 Wakanda Street

Cost: \$15

31. Your Brain Team

Did you know your gut and heart have enough brain cells to work as partners to your head brain? Together they serve you as your Brain Team, supporting each other. Oversimplifying their jobs, the gut takes care of your well-being, the heart works on social and spiritual connections, and the head brain processes thoughts, feelings, senses, learning and memory. They keep the vagus nerve very busy pulling all of this together. Come to find out more!

Presenter: Sandra Sunquist Stanton NCC, LPC, BCC

Coordinator: Sally Felling (715) 962-4314

Wednesday: April 22 10:00 - 11:30 a.m.

Russell J. Rassbach Heritage Museum, 1820 Wakanda Street

32. The Colfax Tornado

Local historian Troy Knutson will present his latest historical photos and stories from the 1958 Colfax Tornado used in his new book, published in 2019. Troy has been researching and collecting stories, photos and artifacts for over 20 years, and also published Looking Through the Lens in 2014, about the history of his home town, Colfax.

Presenter: Troy Knutson

Coordinator: Pat Eggert (715) 308-5357

Thursday: April 23 10:00 - 11:30 a.m.

Russell J. Rassbach Heritage Museum, 1820 Wakanda Street

33. Catastrophe on the Danube

During a cruise on the Danube, Bill and Jane Butsic's boat was involved in a one of the worst riverboat accidents on the Danube River in 50 years. Bill will describe what it was like being a part of the disaster, including capturing some dramatic video of the event. In addition, Bill will describe the rest of the cruise and provide images of their trip.

Presenter: Bill Butsic

Coordinator: Chris Smith (715) 664-8805

Friday: April 24 1:30 - 3:00 p.m.

Russell J. Rassbach Heritage Museum, 1820 Wakanda Street

34. Painting Papers for Collage Workshop

Join Jeanne Styczinski, children's book author and illustrator, to learn how she uses acrylic paint and everyday objects to design patterns and uses those painted papers to collage her books, cards and art. Bring an apron or old shirt, a box lunch and the ability to paint and cut with scissors. You will leave with prints and greeting cards. **Limit 20**

Presenter: Jeanne Styczinski

Coordinator: Pat Eggert

(715) 308-5357

Monday: April 27

10:00 a.m. - 2:00 p.m.

Russell J. Rassbach Heritage Museum, 1820 Wakanda Street

Cost: \$10

35. Southern African Birding Safari

Marie Young has continued her travel and birding adventures on a recent trip to Johannesburg, South Africa, Zambia, Zimbabwe, Botswana, and Victoria Falls. She traveled during their summer photographing many colorful birds with funny sounding names. In addition to birding, she toured national parks and took several safari rides. She will bring us pictures of African animals, too.

Presenter: Marie Young

Coordinator: Joyce Robbins

(715) 235-8528

Tuesday: April 28

10:00 - 11:30 a.m.

Russell J. Rassbach Heritage Museum, 1820 Wakanda Street

36. How to Relieve Pain with Essential Oils

Join us to learn how essential oils can help relieve pain, soothe sore muscles and eliminate the inflammation that can cause pain. Whether your pain is due to arthritis, neuropathy, working out or an injury, essential oils can be beneficial. We will compare essential oils to CBD oil, and samples will be passed. Learn some safety tips for using essential oils to effectively relieve your occasional or chronic pain naturally and with no side effects.

Presenter: Michelle Caron

Coordinator: Elizabeth Fischer

(715) 874-5633

Friday: May 1

10:00 - 11:30 a.m.

Russell J. Rassbach Heritage Museum, 1820 Wakanda Street

37. Poetry XVIII – Unique American Voices

This spring we'll look at some uniquely American poetic voices. Agnes will present poetry of the indigenous peoples of Turtle Island with a focus on the 2019 U.S. poet laureate Joy Harjo. Pat will demonstrate counting lines and syllables as we venture into the realm of the Cinquain, created by Adelaide Crapsey in the early 1900's. Jan and Lou will explore the Beatnik poetry of the 1950's which defied societal and literary norms, challenged materialism, and investigated spirituality. If you enjoy poetry, attend this class, which is always interesting and enlightening.

Presenters: Agnes Welsch, Patricia Smith, Jan and Lou Frase

Coordinator: Sharon R. Lowry (715) 874-5633

Tuesdays: May 5, 12, 19, and 26 10:00 - 11:30 a.m.

Shirley Doane Senior Center, 1412 6th Street E

38. Technology - Small Group

Schedule a personal technology help session to deal with your unique needs, problems, or things you want to learn. Groups will be three or less. Times will be arranged via e-mail for each person who signs up. Bring your laptop, tablet, or phone with you. Co-sponsored by the Menomonie Public Library. **Limit 15**

Presenters: Joe Hagaman and Others

Coordinator: Joe Hagaman (715) 556-7723

Weeks of May 11 and 18

Menomonie Public Library, 600 Wolske Bay Road

39. Community Health and Wellness Coalition

Health Dunn Right is an organization in Dunn County striving to promote health for everyone from mental wellness to environmental health. Learn about the organization and its efforts to address community identified health priorities. Get a more in-depth look into the work of the Mental Wellness Action Team, which includes Stephanie Hintz, Human Development and Relationships Educator for Extension Dunn County; KT Gallagher, Director of the Dunn County Health Department; and Lisa Tavares, Mental Health Action Team Co-Chair.

Presenters: Stephanie Hintz, KT Gallagher, Lisa Tavares

Coordinator: Elizabeth Spader (715) 235-7003

Tuesday: May 12 1:30 - 3:00 p.m.

Russell J. Rassbach Heritage Museum, 1820 Wakanda Street

40. Enjoy All Seasons without a Fall!

Loss of balance and mobility as you age can lead to being unable to do activities that you used to enjoy. Injuries from a fall can also lead to loss of independent living. Your sense of balance comes from information your brain gathers from your eyes, joints and vestibular system (the link between your brain and inner ear). Join physical therapist Erika as she discusses ways to keep those systems sharp and maintain mobility and quality of life you enjoy.

Presenter: Erika Schmidt, PT, Marshfield Clinic

Coordinator: Pat Eggert (715) 308-5357

Wednesday: May 13 10:00 - 11:30 a.m.

Russell J. Rassbach Heritage Museum, 1820 Wakanda Street

41. Road Trip to Idaho

Bill will share his account of a 2019 road trip that he and his wife Judy took to Sun Valley, Idaho, in search of the Annual Trailing of the Sheep Festival. Though the festival was the highlight of the trip, Bill has some interesting anecdotes about whether or not to depend on GPS, what he learned exploring the Jackson Hole area, and other interesting adventures the Hables didn't anticipate.

Presenter: Bill Hable

Coordinator: Sharon R. Lowry (715) 874-5633

Thursday: May 14 1:30 - 3:00 p.m.

Russell J. Rassbach Heritage Museum, 1820 Wakanda Street

42. Cooking with Monica: Discover the Secrets to Mexican Cuisine

What are the key ingredients to delicious, fresh Mexican recipes? How do you achieve authentic Mexican flavor in your dishes? Learn how to make tasty sauces such as Romesco Sauce (Roasted Vegetable Sauce), Pico de Gallo, and Guacamole Salsa. Find out how to create Stuffed Bell Pepper Soup, Bacalao Hash (Cod, Tomato & Potato dish), Easy Paella, Huevos Rancheros, Pork Carnitas, Empanadas, and Churros. Sample several and take home a recipe packet and Sweet Empanadas you have made yourself. **Limit 50**

Presenter: Monica Gean

Coordinator: Elizabeth Fischer (715) 874-5633

Monday: May 18 1:30 - 3:00 p.m.

Shirley Doane Senior Center cafeteria, 1412 6th St. E

Cost: \$15

43. Video Gaming

Video games and their related technologies have transformed not only the entertainment industry, but also areas such as construction, biomedical research, manufacturing, and more. Learn about how videogames are created, how they are being used today, and how they affect us. This presentation will also include a tour and demonstration by the nationally-recognized game development programs at the University of Wisconsin-Stout. Directions and parking will be provided.

Presenter: Dr, Andrew Williams

Coordinator: Joe Hagaman (715) 556-7723

Tuesday: May 19 1:30 - 3:30 p.m.

UW-Stout - Applied Arts Building, Room 321

44. Minnesota Orchestra Trip

Mozart's only Bassoon Concerto highlights the instrument's versatility in a concert that showcases the talent of the orchestra's principal bassoonist Fei Xie. Osmo Vanska also conducts: Water Atlas by Fagerlund, Ciel d'hiver by Saariaho, and Enescu's Symphony No. 1.

Limit 59

Coordinators: Jan and Bill O'Neill (715) 235-8040

Thursday: June 4

Bus departs 29 Pines at 8:30 a.m. and returns around 5:30 p.m.

Bus leaves MarketPlace at 9:00 and arrives back about 5:00 p.m.

The concert runs from 11:00 a.m. to 1:15 p.m. We will allow time after the concert for lunch on your own, The bus departs from the concert hall at 3:00 p.m.

Cost: \$56. Does not include lunch or tip for driver.

45. Minnesota Landscape Arboretum, Pollinator's Center, Historic Red Barn at the Arb, and Gertens Trip

Immerse yourself in the beauty of the gardens and the aroma of spring with roses, peonies, over 300 crab trees, and thousands more blooming plants on an hour-long tour, either riding the tram or walking through the grounds of the Minnesota Arboretum. Learn about pollinators at the Tashjian Bee and Pollinator Discovery Center. Get tips on growing fruits and vegetables at the historic Red Barn at the Arb. Savor a delicious lunch at Axel's. Find out what's new in 2020 at Gertens and shop for plants and outdoor décor. **Limit 56**

Coordinator: Elizabeth Fischer (715) 874-5633

Thursday: June 11

Bus departs 29 Pines at 7:00 a.m. and returns around 5:00 p.m.

Bus leaves MarketPlace at 7:30 and arrives back at about 4:30 p.m.

Cost: \$61 Does not include tip for driver.

46. Cooking with Monica: Heal with Life-Changing Foods III

In this third session on Life-Changing Foods, we will address how these foods help heal Lyme's Disease, RA, and Epstein-Barr Virus. Find out how oxidation, light-filled foods, and living water affect aging. Discover how to interpret and deal with cravings. Receive recipes Anthony did not include in the book. Learn how to make Pomegranate Guacamole, Zucchini Fries, Mac & "Cheese," Root Veggie Fries, Potato Nachos, Cinnamon Donuts, and more. Take home maple fudge and a recipe packet. **Limit 50**

Presenter: Monica Gean

Coordinator: Elizabeth Fischer (715) 874-5633

Monday: June 15 1:30 - 3:00 p.m.

Shirley Doane Senior Center cafeteria, 1412 6th St. E

Cost: \$15

47. Bad-est of St. Paul, Wabasha Street Caves Lunch, and James J. Hill Mansion Trip

Discover the Bad Boys, Good Time Girls, Irish Scoundrels, and Scandinavian Scandals of St. Paul on a two-hour bus tour narrated by a costumed step-on guide. Enjoy a delicious lunch at the Historic Wabasha Street Caves followed by a tour. Visit the Gilded Age mansion of the builder of the Great Northern Railway, James J. Hill. Be awed by its massive scale, fine detail, ingenious mechanical systems, thirteen bathrooms, twenty-two fireplaces, and a reception hall nearly 100 feet long. **Limit 112**

Coordinator: Elizabeth Fischer (715) 874-5633

Wednesday: June 24

The bus departs 29 Pines at 7:30 a.m. and returns around 4:30 p.m.

Pick up is at Marketplace at 8:00 a.m. We arrive back about 4:00 p.m.

Cost: \$78 Does not include tips for driver, wait staff, and guides.

48. Cabaret at the Guthrie

Inside Berlin's seedy Kit Kat Klub a flamboyant Master of Ceremonies invites patrons to partake in a musical world of beautiful cabaret life while Nazi influence grows outside and political unrest begins. This Tony Award-winning sensation is a daring and dazzling musical you won't want to miss. **Limit 112**

Coordinators: Jan and Bill O'Neill (715) 235-8040

Wednesday: July 15

Bus departs 29 Pines at 9:15 a.m. and returns around 6:00 p.m.

Bus leaves Marketplace at 9:45 and arrives back about 5:30 p.m.

We arrive at the Guthrie about 11:15, so you will have time for lunch on your own at area restaurants. The play begins at 1:00 and ends at 3:30 p.m.

Cost: \$45 Lunch and driver's tip are not included.

Spring/Summer 2020 Eau Claire

49. End of Life Wellness

A trained professional and Certified Death Doula, Betsy guides personalization of “How to have a safe, memorable, and empowering death experience.” She focuses on non-medical, holistic techniques for ANY person. This class is about what individuals can do to plan the end-of-life; whether caring for someone, grieving, or actively dying. You will receive a framework to create an end-of-life action plan with goals that can be completed within three months.

Presenter: Betsy Munro

Coordinator: Clauden Oebser (715) 874-6054

Monday: March 9 10:00 - 11:30 a.m.

L.E. Phillips Senior Center, 1616 Bellinger Street

50. Bluebird Happiness!

Back by popular demand, experts from The Bluebird Restoration Association of Wisconsin will give us an informative and closeup look at Eastern bluebirds and how nesting boxes are helping save this beautiful bird. Learn details of their life cycle, see examples of houses, and understand their protection strategies. Handouts will be provided on nesting schedules, locating and mounting nest boxes, etc. A few bluebird houses will be available for purchase.

Presenters: Larry Liegel and Rita Guidry, Eau Claire BRAW members

Coordinator: Karen Schauer (715) 559-1234

Wednesday: March 18 1:30 - 3:00 p.m.

Unity Christ Center, 1808 Folsom

51. Yellowstone Park

Join Jim on a tour of our greatest national park: Yellowstone. Jim has spent at least three to four weeks in Yellowstone every year for the past ten years. Through his photography and videos, you will tour this beautiful, world famous U.S. national park, seeing not only famous natural wonders, but incredible wildlife as well.

Presenter: Jim Backus, Magoo Nature Photography

Coordinator: Jim Urness (715) 832-5670

Thursday: March 19 10:00 - 11:30 a.m.

Peace Lutheran Church, 501 E Fillmore Ave. Enter on Nimitz St. side.

52. Robotics Showcase at the Pablo Center

In retirement we learn how much things change. In the 21st century robots build our cars, sort our Amazon orders, and vacuum our carpets! The students of today are in the process of creating the next generation of amazing robotic technology. Meet the high school First Robotics Team 5826 and the Pablo Center robotics group. You'll see what they've been creating and what they will take on next. They'll even let you drive!

Presenters: Dr. Tim Wolter and some remarkable high school/middle school students.

Coordinator: Mike Hilger (715) 839-8823

Tuesday: March 24 1:00 – 2:30 p.m.

Pablo Center at the Confluence, 128 Graham

53. The ABC's of Mason Bees

The busy mason bees, native to North America, are super pollinators. Their forte is pollinating fruit and nut trees, berry bushes, and early-bloomers. One mason bee can do the work of eighty honeybees. Sound industrious? Attend this presentation to learn how they accomplish this. If pollination is your goal and you have a desirable habitat free from pesticides and herbicides, consider these hive-less bees and optimize your garden's potential! Co-sponsored by L.E. Phillips Memorial Public Library.

Presenter: Rita K. Gundry, Master Gardener Volunteer

Coordinator: Amy Alpine (715) 835-0894

Wednesday: March 25 1:30 – 3:00 p.m.

L.E. Phillips Memorial Public Library, Eau Claire Room, lower level, 400 Eau Claire Street

54. Exploring Southwest Pottery with a Journey through the LaBelle Miller Collection

Reflecting thousands of years of tradition, Native American pottery of the American Southwest is distinctive and highly collectable. As a continuation of last fall's class, Greg will teach us more about the styles, traditions, and artists of this pottery by exploring pieces from the LaBelle Miller Southwest Pottery Collection recently acquired by the University of Wisconsin-Eau Claire. Greg Kocken, UW-Eau Claire Archivist, will display select pieces from the collection during this presentation.. Co-sponsored by L. E. Phillips Memorial Public Library.

Presenter: Greg Kocken

Coordinator: Mike Hilger (715) 832-8823

Thursday: March 26 10:30 a.m. - 12:00 p.m.

L.E. Phillips Memorial Public Library, Eau Claire Room, lower level, 400 Eau Claire Street

55. Get Inspired to Do Spring Gardening

Last fall the tornado leveled 95% of Elizabeth's ten acres of trees. She will give you a brief update on the plan to sculpt part of the land with new plantings. Knowing that we are all excited to get our hands into the dirt, Jenny will give us the basics of startup. She will share the trends for 2020 in gardening and update us on new ideas for container gardening. Bring questions about your plants, and ask the experts!

Presenter: Jenny Reit, May's Floral

Coordinator: Elizabeth Fischer

(715) 874-5633

Wednesday: April 1

1:30 – 3:00 p.m.

May's Floral, 3424 Jeffers Road

56. Top of the World to You

Utqiagvik (formerly Barrow), Alaska is the northernmost city in the U.S., but it might as well be another planet. The sea is choked with ice chunks - in July; a single watermelon costs more than a day's work, and when you go outside, you have to be on the alert for Polar Bears. The North Slope of Alaska is a strange and unique place like nowhere on Earth - top to bottom.

Presenter: Steve Betchkal

Coordinator: Kathie Fahrman

(715) 839-9251

Thursday: April 2

1:30 - 3:00 p.m.

Peace Lutheran Church, 501 E Fillmore Ave. Enter on Nimitz St. side

57. Ski Jumping in Eau Claire

Days are lengthening, and spring is on its way. However ski jumping, the longest running winter sport in Eau Claire, is expanding its time frame and bringing both Eau Claire and some local skiers world-wide attention and notoriety. Learn about the history of ski jumping in Eau Claire, recent construction, including the Olympic-sized Silver Mine Hill, the training the skiers go through, and tournaments - including possibly the Olympics – in which they may participate.

Presenter: Dan Mattoon, Former U.S. Ski Team Member

Coordinator: Barb Hebert

(715) 514-9692

Wednesday: April 8

10:00 - 11:30 a.m.

Event Center at Prestige Auto, 3525 Hwy 93 South

58. Create a Spring-inspired Floral Creation

A spring-inspired floral creation awaits the budding florist for members at Avalon Floral on Water Street, Eau Claire. Sandy O'Connell, the ever-cheerful owner, will guide members' talent to sprout a spectacular, springtime floral arrangement. This lush arrangement will rejuvenate you and your home with its refreshing awakening to our world after an elongated winter. Each attendee will receive flowers and a container.

Limit 15 per session. Sign up for one session.

Presenter: Sandy O'Connell

Coordinator: Marilyn Hagen (715) 832-8315

Monday: April 13 A 10:00 - 11:30 a.m.

Monday: April 13 B 1:30 - 3:00 p.m.

Avalon Floral, 504 Water Street

Cost: \$10

59. A Treatable Dementia – NPH (Normal Pressure Hydrocephalus)

Dorothy Sorlie will discuss the symptoms, progression, and treatment of this often misdiagnosed, or never diagnosed, condition. She endured three years of steadily decreasing health before being correctly diagnosed and returned to good health. Erin Hoelscher, her physical therapist, will share recovery information and suggest home exercises for balance improvement.

Presenters: Dorothy Sorlie; Erin Hoelscher, Physical Therapist, Dove Healthcare-South Eau Claire

Coordinator: Barbara Wimunc-Pearson (715) 836-9598

Tuesday: April 14 10:00 - 11:30 a.m.

Grace Lutheran Church, The Parlors, 202 W Grand Avenue *Enter 2nd Avenue Entrance. Park along street or in 2nd Avenue church lot along the white picket fence.*

60. Learn about Solar on Eau Claire Schools Program

Ellen and Steve Terwilliger will provide us with information about the Solar on Eau Claire Schools Program that they co-chair. Solar on Schools is part of the Couillard Solar Foundation. The foundation is donating half of the panels for a 100 kW array for 100 schools in Wisconsin. The presenters will talk about the educational, environmental, financial, and career potential benefits this program is providing throughout the state.

Presenters: Ellen and Steve Terwilliger

Coordinator: Barb Hebert (715) 514-9692

Thursday: April 16 10:00 - 11:30 a.m.

Unity Christ Center, 1808 Folsom

61. Round the World Travel with Bob Hume

Bob and Sandy Hume boarded the Viking Sun January 3rd for the 2019 World Cruise. Their cruise ended in London on May 11th arriving from a westerly course around the tip of South America. This presentation will be Part One of a series covering the initial leg of the trip from Miami to Buenos Aires. Follow along on this journey around the world for some incredible sights and stories.

Presenter: Robert Hume, DPM

Coordinator: Jim Urness (715) 832-5670

Friday: April 17 10:00 - 11:30 a.m

Peace Lutheran Church, 501 E Fillmore Ave. Enter on Nimitz St. side.

62. Eau Claire in the “Good War,” 1941-1945

The author and historian will look at the service of Eau Claire troops but will concentrate on the home front and how the war changed the city. He will stress the city's industrial contributions, women's changing roles, social activities during the conflict, various bond and collection drives, and the growing impact of the national government on the affairs of Eau Claire. Finally, he will show how the war impacted one typical family, the Price Blakeleys. Co-sponsored by L.E. Phillips Memorial Public Library.

Presenter: Brian Blakeley

Coordinator: John Stoneberg (715) 832-8315

Wednesday: April 22 1:30 – 3:00 p.m.

L.E. Phillips Memorial Public Library, Eau Claire Room, lower level,
400 Eau Claire Street

63. Exploring Poetry 5

Timing, keeping time, timepiece, timely—time pervades our culture. Poets look at inner clocks and speculate about timelessness. They ponder collisions with and surrenders to time. We will explore these features in poetry and also dip into poetry's own timing—meter. Of course, along the way we will explore how poetry reframes everyday experiences and everyday objects, enlivening our sense of the world around us. [It is not necessary to have attended Exploring Poetry from previous years.]

Presenter: Erna Kelly

Coordinator: Sharon R. Lowry (715) 874-5633

Thursdays: April 23 and 30 1:30 - 3:00 p.m.

Unity Christ Center, 1808 Folsom

64. Gardeners Know the Best Dirt

Be in the know this year when it comes to the latest new varieties, the biggest secrets of the season, and the top plants picks for 2020. In this season's new variety tour, we will introduce the biggest news for impatiens lovers in...well, forever! See must-have annuals and perennials, too. This tour never fails to bring out the urge get outside, dig in dirt, and beautify your world.

Limit 25 per session. Please sign up for one session only.

Presenters: Jessi and John Kelly, Chippewa Valley Growers owners

Coordinator: Amy Alpine (715) 835-0894

Friday: April 24 A 9:30 - 10:25 a.m.

Friday: April 24 B 10:30 - 11:25 a.m.

Friday: April 24 C 11:30 a.m. - 12:25 p.m.

Chippewa Valley Growers, 7825 Prill Road

65. The Films of Preston Sturges: Rags to Riches, Riches to Rags

Preston Sturges, one of the first great writer/director/producers, put out a series of strong comedies in the early 40's that often showcased impossible success and improbable failure: Any chump could become a hero; any hero could become chump. We'll take a look at brief clips from three of his best films. We'll also talk a bit about Sturges' own meteoric rise and dramatic fall. Co-sponsored by L.E. Phillips Memorial Public Library. **Limit 50**

Presenter: Maury Pasternack

Coordinator: Amy Alpine (715) 835-0894

Monday: April 27 1:30 - 3:00 p.m.

L.E. Phillips Memorial Public Library, Eau Claire Room, lower level,
400 Eau Claire Street

66. Child Poverty and Affordable Housing

JONAH is a faith-based, grassroots advocacy group that works to connect our neighbors and empower them to make positive change in our community. Members of two of JONAH's task forces -- the Child Poverty Task Force and the Affordable Housing Task Force -- present this workshop to explain the work they do and why they do it.

Presenters: John Wagner, Co-Chairs Susan Wolfram
and Judi Moseley

Coordinator: Barbara Wimunc-Pearson (715) 836-9598

Tuesday: April 28 1:30 - 3:00 p.m.

Grace Lutheran Church, The Parlors, 202 W Grand Avenue *Enter 2nd Avenue Entrance. Park along street or in 2nd Avenue church lot along the white picket fence.*

67. Blue Ribbons Are NOT Just for Kids in 4H

Have you ever thought about showing off your vintage treasurers, handmade mittens or quilts, baked and canned goods, garden flowers, or even your home-brewed beer or wine? Learn about the Northern Wisconsin State Fair and how to enter the family-friendly competitive exhibits. Kim will give us detailed instructions on how to enter and timelines for having the items judged and displayed. Besides receiving a pass to the fair the week you exhibit, You May Bring Home a Blue Ribbon!

Presenter: Kim Jeffers, fair representative

Coordinator: Karen Schauer (715) 559-1234

Wednesday: April 29 10:00 - 11:30 a.m.

Unity Christ Center, 1808 Folsom

68. Electric & Autonomous Vehicles: Fact, Fiction, Future

Electric vehicles (EVs) are gaining in popularity every year and make autonomous vehicles (AVs) possible. Dozens of companies are investing billions of dollars to develop both. This class will survey the current and near-term state of that development as well as explore the challenges and opportunities presented by what promises to be the biggest disruption in transportation ever—one that is predicted to happen before 2030 and impact all our lives. Co-sponsored by L.E. Phillips Memorial Public Library.

Presenter: Rick Olson

Coordinator: John Stoneberg (715) 832-8315

Wednesday: April 29 1:30 – 3:00 p.m.

L.E. Phillips Memorial Public Library, Eau Claire Room, lower level,
400 Eau Claire Street

69. *Midwestern Strange: Hunting Monsters, Martians, and the Weird in Flyover Country*

Part memoir and part journalism, Hollars' latest book offers a fascinating, funny, and quirky account of flyover folklore that also contends with the ways such oddities retain cultural footholds. By confronting these unexplained phenomena, we challenge ourselves to look beyond our presumptions and acknowledge that just because something is weird doesn't mean it is wrong.

Presenter: B.J. Hollars, Assoc. Professor English, UW-Eau Claire

Coordinator: Barbara Wimunc-Pearson (715) 836-9598

Thursday: April 30 10:00 - 11:30 a.m.

Grace Lutheran Church, The Parlors, 202 W Grand Avenue *Enter 2nd Avenue Entrance. Park along street or in 2nd Avenue church lot along the white picket fence.*

70. Sewing Fabric Bowls, Coasters, or Trivets

Learn a different sewing craft that involves using cotton clothesline, strips of fabric, and your sewing machine. The following supplies are needed. 2-3 yards of fabrics. A variety makes this more fun; they can be coordinated or not. These may be cut into 1/2 - 3/4 inch wide strips, or bring a rotary cutter and ruler to cut them in class. Also bring a sewing machine with a zigzag stitch, scissors, thread, new sharp quilting sewing machine needle or a jeans/denim needle, a binding clip, your lunch, and a snack to share.. **Limit 14**

Presenters: Sue Waldusky and Cathy Hoffman

Coordinators: Sue Waldusky (715) 835-0042

Cathy Hoffman (715) 579-6525

Tuesday: May 5 8:30 a.m. – 2:00 p.m.

L.E. Phillips Senior Center, 1616 Bellinger Street

71. Stories about the Eau Claire County Hospital and Old Orchard Cemetery

Built in 1900 as the Eau Claire County Insane Asylum and Poor Farm, the hospital provided care for thousands of patients. Learn about the hospital history and hear stories from people who worked there or had relatives as patients. Also, learn about the affiliated “Paupers” (Now Old Orchard) Cemetery.

Presenters: Jean Jirovec, Arletta Rud, Tim Hirsch, and a panel of former Hospital employees

Coordinator: Mike Hilger (715) 832-8823

Wednesday: May 6 10:00 - 11:30 a.m.

Community Room at Dove Healthcare-West, 1405 Truax Blvd.

72. Make Heartfelt Message Necklaces for Someone Special in Your Life

Join us to create two heartfelt necklace pieces with hidden messages for your mom, daughter, granddaughter, or a special friend in your life. All materials are provided for your unique wire-wrapped message and a miniature lotus journal. See a picture of the these necklaces on the CVLR website. **Limit 16**

Presenter: Lucianne Boardman

Coordinator: Claudeen Oebser (715) 874-6054

Wednesday: May 6 1:30 - 3:00 p.m.

L.E. Phillips Senior Center, 1616 Bellinger Street

Cost: \$10

73. *Runestone! A Rock Musical* at the History Theatre

1898. When Swedish immigrant Olof Ohman digs up a rock on his property near Kensington, Minnesota, with a story written in carved runes that indicate the Vikings were the first Europeans to set foot in Minnesota, he is praised for his discovery. But soon a controversy erupts, and this turns into one of Minnesota's craziest stories creating a whimsical rock & roll musical. After the 10:00 a.m. performance, we will proceed to Grand Avenue in St. Paul for lunch and shopping.

Limit 112

Coordinator: Pat Williams

(715) 839-0752

Thursday: May 7

Bus departs 29 Pines at 7:45 a.m. and returns around 4:30 p.m.

Bus leaves Marketplace at 8:15 a.m. and arrives back about 4:00 p.m.

Cost: \$48 Driver's tip and lunch are not included.

74. Foreign Affairs - Eau Claire

We will view one Foreign Policy Association's Great Decisions 2020 video each week and discuss the topic. Each Friday, there will be a different topic and leader as listed below.

May 8 U.S. Relations with the Northern Triangle Mindy Merryfield

May 15 China's Road into Latin America. LuAnn Livingston

May 29 The Philippines and the U.S. Dr. Stan Norman

June 5 Artificial Intelligence and Data Steve Hogseth

Coordinator: Lou Frase

(715) 514-2157

Fridays: May 8, 15, 29, and June 5

10:00 - 11:30 a.m.

L. E. Phillips Senior Center, 1616 Bellinger Street, Thompson Room

75. At the Edge of the Jazz Age

In 1920, as American returned to "normalcy" after WWI, our country went through drastic changes: a flu epidemic raged, tornadoes ravaged the Midwest, there was debate about a woman running our country, the KKK was flourishing, a terrorist attack killed 38 people. Using artifacts from the Chippewa Valley Museum's collections, learn what life was really like one hundred years ago. **Limit 75**

Presenter: Diana Peterson, Curator of Collections,
Chippewa Valley Museum

Coordinator: Amy Alpine

(715) 835-0894

Thursday: May 21

1:30 - 3:00 p.m.

Chippewa Valley Museum, 1204 E Half Moon Drive

76. Redistricting, Gerrymandering, and Wisconsin

Although redistricting itself is easy to define, the processes utilized in achieving electoral districts are far from it. Gerrymandering, defined as the deliberate manipulation of electoral boundaries to favor one party over another, has been a consistent practice at many levels of the American electoral system. Using Wisconsin's recent history as an example, this presentation will provide a better understanding of how gerrymandering differs from redistricting. Co-sponsored by L.E. Phillips Memorial Public Library.

Presenter: Ryan Weichelt, PhD,

Associate Professor of Geography at UWEC

Coordinator: Michael O'Halloran (715) 835-2388

Wednesday: May 27 1:30 – 3:00 p.m.

L.E. Phillips Memorial Public Library, Eau Claire Room, lower level,
400 Eau Claire Street

77. Hearing Loss and Dementia

Hearing loss affects a significant number of people over the age of 60, yet many people are in denial about the effects of hearing loss on their physical, social, and emotional well-being. There are still many stigmas and myths about hearing loss. Learn about the relationship between hearing loss and dementia and some options available today to improve your hearing. Get your questions about hearing answered.

Co-sponsored by L.E. Phillips Memorial Public Library.

Presenter: Dr. Kimberly Finlan, Doctor of Audiology

Coordinator: Barb Hebert (715) 514-9692

Thursday: May 28 1:30 – 3:00 p.m.

L.E. Phillips Memorial Public Library, Eau Claire Room, lower level,
400 Eau Claire Street

78. Play and Aging - A Winning Combination for Everyone!

Dr. Marilyn Skrivseth will discuss some of the latest research on play and what is planned with the transformation of McDonough Park into Eau Claire's First Active Aging Playground. Play is more than just fun. It is great medicine for the mind and the body. If all the benefits of play could be bottled into one prescription drug it might just become one of the most beneficial medicines in your medical cabinet.

Presenter: Marilyn Skrivseth PhD, Emerita Professor of Kinesiology

Coordinator: Michael O'Halloran (715) 835-2388

Tuesday: June 2 10:00 - 11:30 a.m.

Lutheran Church of the Good Shepherd, 1120 Cedar Street

79. Shakespeare's *The Tempest*

This play was probably Shakespeare's last, drawing the curtain on his artistic life. Here he explores the enduring truths he has always observed, noting the human capacity for evil but trusting as well in people's humanity, grace, and compassion. He also hints at the danger of European colonialism and at his own departure from the theater. *The Tempest* will be staged at this summer's Shakespeare Festival in Winona, so I hope to offer intriguing preparation.

Co-sponsored by L.E. Phillips Memorial Public Library.

Presenter: Marty Wood, Professor Emeritus, Dept. of English, UWEC

Coordinator: Michael O'Halloran (715) 835-2388

Tuesday: June 2 1:30 – 3:00 p.m.

L.E. Phillips Memorial Public Library, Eau Claire Room, lower level,
400 Eau Claire Street

80. *The United States Constitution in Film: Part of Our National Culture*

The authors of this 2018 book will examine movie portrayals of various constitutional rights and powers, illuminating how popular films have tried to engage the document and teach the viewer something about it. They will also expose myths where they exist in films, drawing conclusions about how Hollywood's constitutional lessons have changed over time, ultimately comparing these films to what the Constitution says and how the U.S. Supreme Court has interpreted it.

Co-sponsored by L.E. Phillips Memorial Public Library.

Presenters: Professors Eric T. Kasper and Quentin D. Vieregge, UWEC

Coordinator: John Stoneberg (715) 832-8315

Wednesday: June 3 1:30 – 3:00 p.m.

L.E. Phillips Memorial Public Library, Eau Claire Room, lower level,
400 Eau Claire Street

Please Note...

The views expressed in CVLR classes do not necessarily reflect the views of the CVLR board or members. Our presenters volunteer to educate others about various issues. People attending these classes can question and debate the information provided and make their own decisions as to what they do with the information. Our goal is to have a healthy exchange of ideas that maintains civility and respect for others.

Important Class Information

You will not receive a refund for trips and classes with fees. We use the monies that we collect for these trips and classes to pay the costs incurred for the offering. Your payment has been spent on reservations, admissions, bus fees, materials, etc. Thus, you may not get it back. However, you could sell your seat to another person. Contact the coordinator to find out if there is a wait list. The names on the wait list receive first priority. If no one is on the wait list, you may sell your seat to someone else, even a non-member.

If you require disability-related accommodations to participate in the programs offered by CVLR, please contact the class coordinator as soon as possible, and he/she will attempt to meet your needs.

Please list each coordinator's e-mail with your Internet service provider so that you can receive reminders about classes and trips. You will find these on the next page.

If you are having difficulty receiving CVLR e-mails, first e-mail Elizabeth at liz@psmc.com. Ask her if the e-mail address she has on file for you is the one you are currently using. If she does, then contact your Internet service provider. Ask the personnel how you list e-mail addresses as acceptable for you to receive mail. Chances are, the CVLR e-mails are going into your junk box. Once they inform you how to input acceptable addresses, list all those on the next page. That way you will have on file with your Internet service provider all e-mail addresses that could come from CVLR.

If You Have a Question on a Class or Trip

To register for a class or trip, contact Elizabeth Fischer at liz@psmc.com. If you have a question about a trip or class, contact the coordinator. You will find his or her name in the class or trip listing. The coordinators' e-mails are listed below.

Amy Alpine	amyalpine@att.net
Pat Eggert	eggertpatricia@gmail.com
Kathie Fahrman	fahrmakj@uwec.edu
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Membership in Chippewa Valley Learning in Retirement (CVLR8

If you joined in the fall of 2019, your membership is effective for one year, from September, 2019, through August, 2020. If you are not currently a member, you may become a member for the Spring/Summer 2020 session only for \$20.

This membership entitles you to sign up for classes and trips offered by CVLR in Spring/Summer 2020. Some of these classes and trips require additional fees to cover costs incurred in presenting the class or conducting the trip.

You will receive a numbered membership card. Present this card when registering and write your membership number on the sign-up sheets for classes and trips. Your membership must be renewed each year.

To become a member, complete the Membership Form below and submit it along with your \$20 membership fee to Chippewa Valley Learning in Retirement. Complete a separate form for each person.

**Chippewa Valley Learning in Retirement
Membership Form
Spring/Summer 2020**

Complete a separate form for each person.

Additional copies may be printed out at cvlr.org. Please print clearly.

Send to Elizabeth Fischer, 3922 26th St., Elk Mound, WI 54739

Membership # _____ (If new or don't know, leave blank)

Name _____

_____ Check here if this is a renewal and your address, phone, and e-mail are the same as last year. If you check here, do not fill out any lines below. If you have changes, only fill out the changes below. Leave the rest blank.

Address _____

City _____ State _____ Zip _____

E-mail _____

Telephone _____

Do not write below this line. Make \$20 check payable to CVLR.

Cash or Check # _____ Amount _____ Rec'd by _____

Mail-in Registration Form Instructions

If you are not currently a member, complete the membership form on page 32 and send it along with your \$20 membership fee for Spring 2020. *Include a stamped, self-addressed envelope to receive your membership card.*

The following pages are the mail-in registration forms. Print your name and membership number, if you are a current member, at the top of each part of the form. If you are a new member, leave the membership number blank. Place a check mark before the courses or trips in which you are interested. **Use a separate form for each member.** Copy the form or print out additional forms at cvlr.org for additional members. If there are fees for any of your selections, **do not send a check** until you are contacted that you can attend.

Please send your registration and/or membership form to
Elizabeth Fischer, Member Services
3922 26th Street, Elk Mound, WI 54739
Home phone (715) 874-5633 Cell (715) 828-0768 liz@psmc.com

Send your mail-in registration before February 26 if at all possible to help us process your membership and registration. If you are unable to send it by February 26, you may still send it after that date.

Mail-in Form Part 1

Member name _____

Member # _____ (Only one member per form.)

Check each class or trip for which you want to register.

- _____ 1. The Political Temperature for 2020
- _____ 2. Eat Smart: A Survival Guide to Healthy Eating
- _____ 3. Life by Death Valley
- _____ 4. Foreign Affairs - Menomonie
- _____ 5. Solving Crime from Another Time
- _____ 6. Fire Safety in Your Home
- _____ 7. How to Downsize
- _____ 8. Homelessness in the Chippewa Valley
- _____ 9. The Art and Science of Landscaping for Insects & Birds
- _____ 10. The Restoration of Trumpeter Swans in Wisconsin
- _____ 11. Touring around Geneva
- _____ 12. Cooking with Monica: Infuse CBD into Your Recipes \$20

Mail-in Registration Part 2

Register by mail by submitting this class selection form. Since in-person registrations have priority over mail-ins, **you are not signed up for classes with fees or limits until notified** that you may attend. Do not send checks for classes until that happens.

Member name _____

Member # _____ (Only one member per form.)

Check each class or trip for which you want to register.

- _____ 13. Weaving as a Creative Art
- _____ 14. Music for Living, Surviving and Thriving
- _____ 15. The Top 10 Films of 2019
- _____ 16. Talkin' Trash
- _____ 17. The Amazing Kreskin with Ghost Sighting 2020 \$23
- _____ 18. Unique Animal Life of the Tiffany Wildlife Area
- _____ 19. Brazil: The Wild Pantanal, A Photographic Journey
- _____ 20. Is This the Greatest Myth about U.S. History?
- _____ 21. Digital Photography Basics
- _____ 22. Deciphering Events in the Middle East
- _____ 23. Creating a Narrative of Your Life for Your Children
- _____ 24. Weisman Art Museum/Minnesota State Capitol \$54
- _____ 25. Visiting Cuba
- _____ 26. The Life Story of John A Howe
- _____ 27. Smile, You're on Candid Camera with Peter Funt \$24
- _____ 28. Roman Ruins in Catalonia
- _____ 29. Make Your Own Magic Hat
- _____ 30. Bracelet Workshop with Leather and Beads \$15
- _____ 31. Your Brain Team
- _____ 32. The Colfax Tornado
- _____ 33. Catastrophe on the Danube
- _____ 34. Painting Papers for Collage Workshop \$10
- _____ 35. Southern African Birding Safari
- _____ 36. How to Relieve Pain with Essential Oils
- _____ 37. Poetry XVIII – Unique American Voices
- _____ 38. Technology - Small Group
- _____ 39. Community Health and Wellness Coalition
- _____ 40. Enjoy All Seasons without a Fall!
- _____ 41. Road Trip to Idaho
- _____ 42. Cooking with Monica: Secrets to Mexican Cuisine \$15
- _____ 43. Video Gaming
- _____ 44. Minnesota Orchestra Trip \$56

Mail-in Registration Part 3

Register by mail by submitting this class selection form. Since in-person registrations have priority over mail-ins, **you are not signed up for classes with fees or limits until notified** that you may attend. Do not send checks for classes until that happens.

Member name _____

Member # _____ (Only one member per form.)

Check each class or trip for which you want to register.

- | | | |
|-------|---|------|
| _____ | 45. MN Landscape Arboretum, Pollinator's Center | \$61 |
| _____ | 46. Cooking with Monica: Life-Changing Foods III | \$15 |
| _____ | 47. Bad-est of St. Paul/James J. Hill Mansion Trip | \$78 |
| _____ | 48. <i>Cabaret</i> at the Guthrie | \$45 |
| _____ | 49. End of Life Wellness | |
| _____ | 50. Bluebird Happiness! | |
| _____ | 51. Yellowstone Park | |
| _____ | 52. Robotics Showcase at the Pablo Center | |
| _____ | 53. The ABC's of Mason Bees | |
| _____ | 54. Exploring Southwest Pottery | |
| _____ | 55. Get Inspired to Do Spring Gardening | |
| _____ | 56. Top of the World to You | |
| _____ | 57. Ski Jumping in Eau Claire | |
| _____ | 58. Create a Spring-inspired Floral Creation A | \$10 |
| _____ | 58. Create a Spring-inspired Floral Creation B | \$10 |
| _____ | 59. A Treatable Dementia – NPH | |
| _____ | 60. Learn about Solar on Eau Claire Schools Program | |
| _____ | 61. Round the World Travel with Bob Hume | |
| _____ | 62. Eau Claire in the "Good War," 1941-1945 | |
| _____ | 63. Exploring Poetry 5 | |
| _____ | 64. Gardeners Know the Best Dirt A | |
| _____ | 64. Gardeners Know the Best Dirt B | |
| _____ | 64. Gardeners Know the Best Dirt C | |
| _____ | 65. The Films of Preston Sturges | |
| _____ | 66. Child Poverty and Affordable Housing | |
| _____ | 67. Blue Ribbons Are NOT Just for Kids in 4H | |
| _____ | 68. Electric & Autonomous Vehicles | |
| _____ | 69. <i>Midwestern Strange</i> | |
| _____ | 70. Sewing Fabric Bowls, Coasters, or Trivets | |
| _____ | 71. Stories about the Eau Claire County Hospital | |
| _____ | 72. Make Heartfelt Message Necklaces | \$10 |

Mail-in Registration Part 4

Register by mail by submitting this class selection form. Since in-person registrations have priority over mail-ins, **you are not signed up for classes with fees or limits until notified** that you may attend. Do not send checks for classes until that happens.

Member name _____

Member # _____ (Only one member per form.)

Check each class or trip for which you want to register.

- _____ 73. *Runestone! A Rock Musical* at the History Theatre \$48
- _____ 74. Foreign Affairs - Eau Claire
- _____ 75. At the Edge of the Jazz Age
- _____ 76. Redistricting, Gerrymandering, and Wisconsin
- _____ 77. Hearing Loss and Dementia
- _____ 78. Play and Aging
- _____ 79. Shakespeare's *The Tempest*
- _____ 80. *The United States Constitution in Film*

Notes

Chippewa Valley Learning in Retirement offers educational courses, cultural experiences, and social activities for retired individuals in the Chippewa Valley. CVLR is a 501(c)(3) non-profit corporation.

Board of Directors

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Member Services

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Current Resident or