

1. APPS and More APPS

Both the Apple App Store and Google Play Store have grown to over two million apps each. Learn about the best apps for your smartphone or tablet for news, music, photography, calendar, weather, maps, social networking, travel, shopping, search, health, radio, movies, TV, books, reference, education, business, finance, utilities, fun, and games. I will be sharing my favorites and encouraging participants to share some of theirs. This class is for both Apple and Android users. Class Website: Tech for Seniors **Limit 10 per class**

Presenter: Joe Hagaman

Coordinator: Joe Hagaman (715) 556-7723

Tuesdays: February 16 **1A** or 23 **1B** (select only one) 10:00 - 11:00 a.m.

Zoom online. Invitation link will be emailed a few days prior to the presentation

2. Zoom Zoom

Many of you have already been in a Zoom meeting as a participant. Here is your chance to learn more about the Zoom app and try out some of the features with others having the same interests. This is an online class using the web meeting app ZOOM to teach people how to use Zoom. Whether you're thinking of participating in a future online class/meeting, offering one, or using Zoom to connect to remote family members and friends, this class will introduce you to the experience and help you to feel more proficient in using the built-in tools. Each class will be limited to five people to allow for all participants to act as host and actually practice using some of the Zoom features such as discussion, screen sharing, showing a Powerpoint, managing participants, chat, setting a virtual background, and even using it to play games with friends and family at a distance. Class Website: Tech for Seniors

Limit 5 per class.

Presenter: Joe Hagaman

Coordinator: Joe Hagaman (715) 556-7723

Thursdays: February 18 **2A** or 25 **2B** (select only one) 10:00 - 11:00 a.m.

Zoom online. Invitation link will be emailed a few days prior to the presentation

3. Disaster 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

Monday: March 1 10:00 - 11:00 a.m.

Zoom online. Invitation link will be emailed a few days prior to the presentation

4. Introduction to Feldenkrais: Learning with Curiosity and Gentle Movement

Feldenkrais 'Awareness Through Movement' invites us into a kind of learning we knew as young children. Although injuries, traumas and habits limit us, new brain science affirms more capacity for change than was previously imagined. Using attention and easy movement, these lessons help us rediscover our whole selves in action. You'll need a blanket to lie on, and a towel. Following this class, you'll have an opportunity to sign up for a four-week series.

Presenter: Carol Hinderlie, Guild Certified Feldenkrais Practitioner

Coordinator: Amy Alpine (715)-835-0894
amyalpine@att.net

Tuesday: March 2 1:30 - 2:30 p.m.

Zoom online. Invitation link will be emailed a few days prior to the presentation

Bio: Having completed a four-year training program in 2017, Carol is a Guild Certified Feldenkrais Practitioner. She's also been an Occupational Therapist, a writer, a restaurant owner, and retreat center executive director.

5. 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.

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

Coordinator: Karen Schauer (715) 559-1234

Wednesday: March 3 10:00 - 11:00 a.m.

Zoom online. Invitation link will be emailed a few days prior to the presentation

6. You Can Do It: Using Your Library's Free Online Resources

E-books & e-audiobooks & e-magazines, oh my! You too can learn how to access popular magazines, learn a new language, research your ancestry, read e-books, listen to e-audiobooks and find great book recommendations with your MORE library card. Don't have a regular library card? Don't worry! We'll also show you how you can get an e-card so you can start learning, reading, and exploring right away!

Presenters: Michaela K. Weggen, Reference Services Coordinator & Anna M. Zook, Reference & Digital Services Librarian

Coordinator: Amy Alpine (715)-835-0894
amyalpine@att.net

Thursday: March 4 1:30 - 2:30 p.m.

Zoom online. Invitation link will be emailed a few days prior to the presentation

Bios: Michaela is an Eau Claire native with an affinity for volleyball, Wisconsin's beautiful landscape throughout all seasons, young adult novels, and American Indian culture. She completed her Master of Library and Information Science through UW-Milwaukee in May 2015. Michaela has been a library staff member since 2013.

Anna is the Reference & Digital Services Librarian at the L.E. Phillips Memorial Public Library. She loves working with customers at the reference desk, teaching people how to use all library resources, and putting her "maker hat" on in the Dabble Box.

7. Foreign Affairs

We will view one Foreign Policy Association Great Decision 2021 DVD each week and discuss the topic. The date/topics and facilitators for Spring 2021 are listed below. Read the descriptions for each week further down.

March 5 – Global supply chains and national security Stan Norman

March 12 – Persian Gulf security issues Howard Lee

March 19 – Brexit and the European Union Margy Hagaman

March 26 – Struggles over the melting Arctic Jeanne Hogseth

Coordinator: Steve Hogseth (715) 309-4171

Fridays: March 5, 12, 19, and 26 10:00 -11:00 a.m.

Zoom online. Invitation link will be emailed a few days prior to the presentation

Due to online copyright, we cannot show the video during our Zoom sessions. You will need to view it online via Vimeo prior to each session. While you will pay a fee to do that, here is a way to get 50% off. Follow these instructions.

1) Go to <https://vimeo.com/ondemand/gd21>

2) If not a member of Vimeo, the first time you need to join to get your free membership. Go to the box in the upper right of the page, enter your name and e-mail, and create a password.

3) Once you are registered, within the link you will see Great Decisions 2021 (Season 49), with eight films. The first four films are for our March sessions:

Global Supply Chains ... Persian Gulf Security ... Britain After Brexit ... The Arctic

4) For the session in which you wish to participate, click on that film.

5) A window will open, showing the name of your film ...click on "Rent \$3.99".

6) Another window will open showing the name of your film, needed billing information, and near the bottom you will see "your promo code."

7) Enter the promo code ... 50off ...click on "Apply," and the rental cost should change from \$3.99 to \$2.00.

8) Enter your billing information.

9) To complete your order, click on "Rent \$2.00" for your chosen film.

10) Within a minute you should receive a confirming email on your film rental.

11) Follow the instructions to watch the film.

Global supply chains and national security: March 5 Stan Norman

The shutdown of global supply chains due to the Covid-19 pandemic brought to the fore an issue with the high level of global economic interdependence: what happens when one country is the main source for an item, say face masks, and then can no longer supply the item? Countries suddenly unable to meet the demand for certain supplies are faced with growing calls for economic nationalism. What are some of the lasting effects that the pandemic could have on global supply chains and trade? How would this affect national security?

Persian Gulf security issues: March 12 Howard Lee

The Persian Gulf remains tense as the rivalry between the regional powers of Saudi Arabia and Iran continues. Tensions escalated in early 2020 as the United States began to intervene in the Gulf, launching an airstrike that killed two Iranian military commanders. What are the historical influences that have led to these tensions? What role, if any, should the United States play? Is using military force a viable foreign policy option for 2021 and beyond?

Brexit and the European Union: March 19 Margy Hagaman

With the “Brexit transition period” coming to an end this year, the United Kingdom will formally leave the European Union at the start of 2021. With negotiations between the two entities continuing to stall, what does the future of Europe and the UK look like? Will the UK survive a possible Scottish vote to leave? Who will step up and take command of Europe now that Angela Merkel is out of the spotlight?

Struggles over the melting Arctic: March 26 Jeanne Hogseth

U.S. President Donald Trump left many scratching their heads when it was rumored that he was looking to purchase the large island nation of Greenland from Denmark. While any potential deal seems highly unlikely, the event shows the changing opinion within the U.S. government toward engagement with the Arctic region. Because of climate change, large sheets of arctic ice are melting, exposing vast stores of natural gas and oil. With Russia and China already miles ahead with their Arctic strategies, can the U.S. catch up?

8. First Time Deer Hunting in Retirement

Hunting in Wisconsin is a cultural event that links generations. But what if you've never tried it? Join Dr. Wolter as a retirement aged rookie hunter. Tune in for a little philosophy and a lot of practical advice, with a focus on how seniors can hunt with success. You'll hopefully be entertained, informed and motivated to try it. There will be Q and A, and maybe even a few Secrets of Deer Camp! Reach Tim at wolterkasdorf@sbcglobal.net (715) 828-4126

Presenter: Tim Wolter

Coordinator: Mike Hilger

(715) 839-8823

Wednesday: March 10

1:30 - 2:30 p.m.

Zoom online. Invitation link will be emailed a few days prior to the presentation

9. How to Help Abandoned or Injured Wildlife

Every spring Patti Stangel, owner and sole operator of Wildlife Rehabilitation and Release, Inc., becomes a bit anxious about her telephone ringing non-stop. Spring is birthing season for our wildlife friends, and a season for Patti of abandoned babies, injured mothers, and an influx of animals and birds desperately in need of enough care and feeding to be released back into the wild. With more people at home due to COVID, she has received more calls even this winter, many from hours away due to the closing of other rehabilitation organizations. Patti will explain when to be concerned about an animal or bird, how to deal with the situation, and her role in wildlife rehabilitation. She may bring a wildlife friend or two.

Presenter: Patti Stangel

Coordinator: Elizabeth Fischer

(715) 874-5633

Thursday: March 11

1:30 - 2:30 p.m.

Zoom online. Invitation link will be emailed a few days prior to the presentation

10. Telling the Stories of Treasured Artifacts

Most of us have objects connecting us with events or people in our lives—a jackknife from grandpa, a pair of boots we wore to a “go-go” dance. You are invited to show an artifact and tell its story. We will meet by Zoom for the first fifteen minutes, and then organize “Chat” rooms of five where you show your object and tell your story. Then we’ll hear one story from each “Chat” room. Reach Tim at hirschtj@uwec.edu (715) 832-0410

Presenter: Tim Hirsch

Coordinator: Mike Hilger

(715) 839-8823

Tuesday: March 16

10:00 - 11:30 a.m.

Zoom online. Invitation link will be emailed a few days prior to the presentation

11. From Distress to De-Stress: Music for your Soul during the Pandemic

Music Therapists Lee Anna Rasar and Kim Negus will explain how music affects the brain to change emotions and mood along with mental functioning and motor skills. Come to get ideas for musical engagement to create a playlist of songs and musical activities for your life.

Presenters: Lee Anna Rasar and Kim Negus, Music Therapists with Western Wisconsin Music in Medicine

Coordinator: Sally Felling

(715) 962-4314

Wednesday: March 17

1:30 - 2:30 p.m.

Zoom online. Invitation link will be emailed a few days prior to the presentation

Bios: Lee Anna Rasar teaches at the University of Wisconsin – Eau Claire and works as a music therapist at Western Wisconsin Music in Medicine. She has over 40 years of experience as a music therapist and has received over 80 grants through the university, doing research with students in many community field placements here in the Chippewa Valley.

Kim Negus is the owner of Western Wisconsin Music in Medicine. She is a music therapist with a background in Occupational Therapy as a COTA. Kim has been an active performer in the Chippewa Valley for three decades, most recently with Kaiged Acoustic, a band in which she sings and plays with her daughter and a friend.

12. 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

Tuesday: March 23

1:30 - 2:30 p.m.

Zoom online. Invitation link will be emailed a few days prior to the presentation

13. The Peoples' Maps Commission of Wisconsin, Purpose and Impact

Annemarie McClellan, Commissioner, representing the 3rd Congressional District, will discuss the reason for the creation of the Peoples' Maps Commission and its charge to hold hearings throughout the state to gain testimony from the citizenry on the redrawing of political maps to ensure a more equitable distribution of representation. The commission consists of 9 voting members. After the U.S Census is completed at the start of each decade, the Legislature in Wisconsin is responsible for redrawing the political district maps. Annemarie will update CVLR members on the process, using the input from the hearings and submit maps to the Legislature to review and vote upon in 2021. The latest example of gerrymandering in Wisconsin was in 2011. A panel of federal judges ruled it unconstitutional after the plaintiffs demonstrated it to be one of the worst examples of gerrymandering in recent American history.

Presenter: Annemarie McClellan, 3rd Congressional District Commissioner of the Peoples' Maps Commission of Wisconsin

Coordinator: Marilyn Hagen

(715) 210-0073

Wednesday: March 24

1:30 - 2:30 p.m.

Zoom online. Invitation link will be emailed a few days prior to the presentation

Bio: A 2019 Marquette Law School poll showed that 72% of Wisconsinites want to ban gerrymandering and includes Republicans, Democrats and Independents. Ms. McClellan's presentation will update the members on the Wisconsin counties which have passed resolutions or referendum in the support of Fair Maps. Annemarie is also co-president of the League of Women Voters of Greater Chippewa Valley (LWV-GCV)

14. *Aria for a Farm: Lean Together or Fall Alone* Author Victoria Brenna

Victoria Brenna will share her story of the conception and development of her newly released first novel *Aria for a Farm: Lean Together or Fall Alone*. Francis Nelson was too young to die. His strong-willed daughter, Claudia, dealing with her grief and uncertain of the role she must assume, knew that she alone could save her farm and carve out a future for herself. While their life had never been easy, times were unusually hard in May 1932 in Turtle Lake, Wisconsin. The Depression was causing the value of everything to plummet—banks were closing and interest rates on loans were skyrocketing. Hot and unpredictable weather caused by the Dust Bowl was affecting their small township as well as the rest of the country. But in this harsh and desperate environment, an unlikely love opens a world of music that gives Claudia release and a new perspective on her closed community. Her image of herself and the two men in her life is threatened when she discovers secrets of her father and man who is the antitheses of him. Can the guarded Claudia learn to lean on others or will she fall alone?

Presenter: Victoria Brenna

Coordinator: Elizabeth Fischer

(715) 874-5633

Thursday: March 25

10:00 - 11:00 a.m.

Zoom online. Invitation link will be emailed a few days prior to the presentation

15. 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

Monday: March 29

10:00 - 11:00 a.m.

Zoom online. Invitation link will be emailed a few days prior to the presentation

16. Covid Invades Catalonia

"Covid Invades Catalonia" is based on Christopher Smith's on-the-ground observations from January 9th - March 25th, 2020, including being caught in the early stages of the Spanish lockdown. Chris will share his experiences and observations leading up to the lockdown, interactions with Spanish and British friends and Rotarians, difficulties encountered leaving the country, and the current status of the pandemic in Catalonia. Images of the area will also be shown.

Presenter: Christopher Smith

Coordinator: Chris Smith

(715) 664-8805

Tuesday: March 30

10:00 - 11:00 a.m.

Zoom online. Invitation link will be emailed a few days prior to the presentation

17. Mayo Clinic Answers Your Questions on the COVID Vaccine

John Miller, Director of Pharmacy at Mayo Clinic Health System will discuss the latest information on the COVID-19 vaccination; dispelling the myths and giving the facts, including what to expect and who should receive a vaccination.

Presenter: John Miller

Coordinator: Howard Lee

(715) 235-8841

Monday: April 5

10:00 - 11:00 a.m.

Zoom online. Invitation link will be emailed a few days prior to the presentation

18. Acupressure for Reducing Stress and Anxiety

The past year has been emotionally challenging for many of us. Sarah Aiken-Felling, Acupuncturist at Inspired Balance LLC in Eau Claire, has been working with the body and Traditional Chinese Medicine wisdom for the last 2 decades. She will teach some simple acupressure and breathing techniques you can begin applying today to help you feel more emotionally regulated and settled in your body. Come ready to move a little. We will do both standing and sitting practices. You may want to have a chair, your water bottle and a pen and paper to make notes of the acupressure points and exercises.

Presenter: Sarah Aiken-Felling, MAOM, LAc, LMT/ABT, NCCAOM Dipl. OM & ABT

Coordinator: Sally Felling

(715) 962-4314

Thursday: April 8

10:00 - 11:00 a.m.

Zoom online. Invitation link will be emailed a few days prior to the presentation

Bio: Sarah Aiken-Felling. Over two decades ago, Sarah began studying holistic health care and Asian Bodywork Therapy (Amma Therapy) as a quest to reduce the occurrence of respiratory ailments, migraine headaches, and daily muscle aches. The changes in her health were so dramatic that she continued her professional training in Amma Therapy to help others improve their quality of health too. After 10 years of private practice as a Wisconsin Licensed Massage/Asian Bodywork Therapist, Sarah decided to advance her studies in Acupuncture and Chinese Herbal Medicine at Northwestern Health Sciences University in Bloomington, MN. She graduated with her Masters in Acupuncture and Chinese Herbal Medicine (MAOM) in August of 2015, and has had a steady Acupuncture practice since that time.

You can learn more about Sarah and her practice at <http://www.inspiredbalance.com>

19. Take a Virtual Springtime Tour of Avalon European Floral

Sandy O'Connell, proprietor of the Avalon European Floral, invites you to a virtual springtime tour of the Avalon European Floral. Savor the aroma of fresh plants and the display of decorative themes offered to pique your creativity of flowering and design perfection. Sandy's knowledge, energy and exquisite vitality will assist all in a verdant dawning of the awakening of the season of spring which opens the door to sunrise after a long winter. The rebirth of spring uplifts a renewal of our decorating spirit in our homes. Attend virtually, absorb ideas and ask questions..

Presenter: Sandy O'Connell of Avalon European Floral

Coordinator: Marilyn Hagen

(715) 210-0073

Friday: April 9

10:00 -11:00 a.m.

Zoom online. Invitation link will be emailed a few days prior to the presentation

20. 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. During those fifteen years she also worked for an NGO in the region, And since she's a news junkie and author of six books about the region, she'll also have a tale or two to tell about her own adventures. Her recent book will be released soon.

Presenter: Cathy Sultan

Coordinator: Elizabeth Fischer

(715) 874-5633

Wednesday: April 14

1:30 - 2:30 p.m.

Zoom online. Invitation link will be emailed a few days prior to the presentation

21. 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

Thursday: April 15

10:00 - 11:00 a.m.

Zoom online. Invitation link will be emailed a few days prior to the presentation

22. Perspectives on Global Trade

With international companies in our backyard, and products from around the world on store shelves, the global economy is part of our life. Yet, the lifeblood of this economy—international trade and investment—is often misunderstood, maligned or mysterious. Learn about the changing nature and impact of international trade from Eau Claire native Janis Lazda. Drawing on his experience in the Senate, Office of US Trade, National Security Council and the private sector, Janis will give an overview of what trade means for our communities and our country.

Presenter: Janis Lazda

Coordinator: Irene Lazda

(715) 834-1874

lazdai@uwec.edu

Friday: April 23

10:00 - 11:00 a.m.

Zoom online. Invitation link will be emailed a few days prior to the presentation

23. 2021 New Variety “Tea”

Gardening and landscaping hooked a new “crop” of participants in 2020 and is expected to hold its own again in 2021. If you want to stay ahead of the group by having the latest and greatest in your own landscape and planters this year, you won't want to miss the Chippewa Valley Growers' 2021 New Variety Tour! Co-owner Jessi Kelly will show us the best of 2021 as well as some exciting 2020 releases that you may have missed last year.

Presenter: Jessi Kelly, co-owner of Chippewa Valley Growers

Coordinator: Amy Alpine

(715)-835-0894

amyalpine@att.net

Monday: April 26

1:30 - 2:30 p.m.

Zoom online. Invitation link will be emailed a few days prior to the presentation

Bio: Jessi joined Chippewa Valley Growers in 2018 after her husband John purchased the business. In the three years since the couple has owned the business, she has had to fill a lot of previously unused brain space with plant knowledge. As a lover of hands on learning, she has been able to use former owner Dean Carstensen's and her own experiences on the job to learn the myriad of details about plant growth, habits, and benefits.

24. 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 and 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.

Presenter: Rick Olson, co-founder and former co-owner of Professional Education Systems, Inc. (PESI), Documation, LLC, and KRM Information Services, Inc.

Coordinator: John Stoneberg

(715) 832-8315

Tuesday: April 27

1:30 - 2:30 p.m.

Zoom online. Invitation link will be emailed a few days prior to the presentation