

Chippewa Valley

LEARNING IN RETIREMENT

Fall 2021

Course Schedule and Registration Packet

Registration is
by mail only.

See details inside.

cvlr.org

Steps to Register for Fall Classes

- 1. Renew your membership.** Everyone's membership has expired.
- 2. Complete the membership form for your renewal.** Let us know any address, e-mail, or phone changes. Use the back-to-back forms on pages 27 and 28. Go to cvlr.org and print out additional copies, if needed.
- 3. Receive a new membership card.** You will keep your current membership number. Find it on the mailing label of this booklet.
- 4. Complete your registration form.** Use one for each member.
- 5. Write a separate check for each class with a fee.**
- 6. Send your membership form,** check for renewal, registration form, and separate checks for each class with a fee together in one envelope.
- 7. Include a stamped, self-addressed envelope** to receive your new membership card.
- 8. Do all of this quickly** if you want to take a class with limits.

Find more details about registering on pages 1 - 2.

Please use our cvlr.org site.

Find

- complete course listing for Fall 2022,
- more information on courses,
- bios on some of the course instructors,
- course instructions,
- links to course content,
- Zoom recording links,
- follow-up power points,
- class handouts, and
- reference materials.

Access and print out

- additional copies of the membership and registration forms,
- the calendar for Fall 2022, and
- this entire pink registration booklet.

Compilation and layout by Elizabeth K. Fischer
Printing by Quality Quick Print, Eau Claire

Welcome Back to CVLR In-person Classes!

We are excited to welcome you back to in-person CVLR classes! I hope that we can stay safe and hold them. With the Delta variant threatening, we will follow the venue guidelines which are based on CDC and public health recommendations. While most of the classes this fall are in-person, we also have a few via Zoom. Be sure to check the location of each class carefully. Zoom classes are noted in bold on the calendar.

We are tapping into the additional opportunities Zoom offers. We plan to simulcast and record some lecture classes via Zoom this fall so that if you miss them for whatever reason, you can watch them either online at the time of the class or later. As we go through the term, we will let you know which classes are included. We can also bring experts from around the world to talk to us via Zoom such as Dr. Alan Titus, the paleontologist who will share his work with us in class 40. If the weather is inclement, rather than try to reschedule lecture classes we will hold them via Zoom.

Realize that our focus is still in-person classes. However, we have learned from the pandemic to be flexible. Our first concern is always your safety. That is why we are waiting until spring for in-person registration and trips. As we step into our new normal, please take time to thank our wonderful volunteer coordinators for this fall's line-up of sixty-five interesting classes.

Elizabeth K. Fischer
President

Very Important - Read Carefully

All Registration for Fall Is by Mail.

If you want to sign up for classes with limits, send in your membership renewal and registration forms quickly. Registrations are on a first come, first serve basis. If you want to take a class with a limit of six, you don't have much time to reserve your spot.

Follow the instructions on the next page.

Make sure you have checked off everything on page 32 before sending your membership renewal and registration.

You must renew your membership before your registration will be processed. All memberships are up for renewal. Send your membership renewal form and check along with your mail-in registration form and checks. **Do not send them separately.** That will delay processing your registration.

You will find two application forms back-to-back in this booklet so you can easily register two people on one page.

You may include all memberships that you are sending in one envelope and on one check. For example, two memberships for \$30 each, a total of \$60, may be submitted on one check.

- Send a separate check for each class with a fee. If the class is full when we receive your registration, we will return the check to you. **Do not send one check for all fees.**

- Include a stamped, self-addressed envelope to receive your membership card. Yes, you do need to receive a membership card. It's your receipt, and you may need to present it at some time. If you do not send an envelope, we will take the time to create one for you.

Do not skip this step.

- Receive confirmation via e-mail of the classes for which you are registered. If you do not have an e-mail, a printed copy of your registration will be included with your membership card.

Do not attempt to register via e-mail. You will not have renewed your membership and your registration will not be processed. You will experience delay in getting your registration entered.

Do not send your renewal and then attempt to register by e-mail. Send your membership renewal and class registration together.

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.

Fall 2021 Menomonie

1. **Poetry XVIII – Unique American Voices**

This fall 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. Judy 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 will present a collection of stories - poetry and/or prose - from diverse people of color and different cultures than "White America."

Presenters: Agnes Welsch, Judy Ristow, Jan Frase

Coordinator: Elizabeth Fischer (715) 874-5633

Tuesdays: September 7, 14, 21, and 28 10:00 - 11:30 a.m.

Shirley Doane Senior Center, 1412 6th Street E

2. ***I Am a Cheesehead Video***

John will show us his film, "Cheeseheads: The Documentary," the story of a man's journey to rediscover his Wisconsin roots after twenty years away. It also looks into the deeper meaning of being a Cheesehead, well beyond the clichéd notion represented in the media, and discovers that Wisconsin is a place like none other, filled with some of the most hard-working, passionate, and generous people on earth, who are a part of something bigger than themselves. He will answer questions.

Presenter: John Mitchell

Coordinator: Elizabeth Fischer (715) 874-5633

Wednesday: September 8 1:30 -3:30 p.m.

Russell J. Rassbach Heritage Museum, 1820 Wakanda Street

3. **Strong Bodies**

Extension/FoodWise is a participant in the national evidence-based StrongBodies™ program. This is a strength training program in which no experience is necessary to begin. Strength training has been shown to reduce the risk of chronic diseases such as diabetes, heart disease, osteoporosis, and arthritis. Strength training also increases strength, muscle mass, and bone density. Presenters will demonstrate exercises and modifications.

Presenters: Sandy Tarter & Nancy Fastner, FoodWise Nutrition

Coordinator: Howard Lee (715) 235-8841

Thursday: September 9 10:00 -11:30 a.m.

Shirley Doane Senior Center, 1412 6th Street E

4. Foreign Affairs - Menomonie

We will view one Foreign Policy Association Great Decision 2021 DVD each week and discuss the topic. The date/topics and facilitators for Fall 2021 are listed below. You may find out more at this website:

[Ref www.fpa.org/great_decisions/?act=gd_topics]

September 10 – The Two Koreas – LuAnn Livingston

September 17 – The End of Globalization – Paul Helgeson

September 24 – The WHO's Response to Covid-19 – Ron Seningen

October 1 – China and Africa –Mindy Merrifield

Coordinator: Steve Hogseth (715) 309-4171

Fridays: Sept 10, 17, 24, and Oct 1 10:00 -11:30 a.m.

Shirley Doane Senior Center, 1412 6th Street E

5. Special Viewing of Vietnam Veterans Exhibit

The Rassbach Museum is offering CVLR members a special viewing of Wisconsin Remembers: A Face for Every Name, a traveling exhibit featuring a photo for each of the 1,161 Wisconsinites officially listed on the Vietnam Veterans Memorial in Washington, D. C. This exhibit is being put on as a collaboration between the DCHS and the Dunn County Veterans Service office. The exhibit is compliments of Wisconsin Veterans Museum, Wisconsin Public Television, and Wisconsin Public Radio.

Presenter: Melissa Kneeland

Coordinator: Elizabeth Fischer (715) 874-5633

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

Russell J. Rassbach Heritage Museum, 1820 Wakanda Street

Cost: \$10

6. What Is Happening with Your Post Office?

The Postal Service has been in the news a great deal lately. What is going on in the region, state, and nationally with the postal service?

What is new with the local postal service serving the Menomonie area?

Chad will address general daily operations, schedules, the front desk, satellite service, workers, vehicles, and budgets. Presenter: Chad

Martinson, Post Master

Coordinator: Howard Lee (715) 235-8841

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

Russell J. Rassbach Heritage Museum, 1820 Wakanda Street

7. How Sleep Affects Alzheimer's and Dementia

Sleep is more than a passive activity. Dr. Dexter will address the importance of regular sleep, how sleep is vital for brain health, and sleep's protective and healing functions for the brain. He will teach us more about Alzheimer's and dementia. He will describe the symptoms of dementia, including confusion, impaired speech and difficulty with thought and offer treatment options and suggestions. Learn more about your brain and healthy sleep. Bring your questions.

Presenter: Dr. Donn Dexter, Mayo Clinic

Coordinator: Howard Lee (715) 235-8841

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

Shirley Doane Senior Center, 1412 6th Street E

8. Author Victoria Brenna Reads and Discusses her New Book *Aria for a Farm: Lean Together or Fall Alone*

Victoria Brenna is excited to share her successful novel *Aria for a Farm: Lean Together or Fall Alone*, its conception, and development. After Claudia's father's sudden death, she is left to save her farm in Wisconsin's 1930s. An unlikely love opens a world of music, but secrets threaten her image of her beloved father and the man who is his antitheses. Can the guarded Claudia learn to lean on others or will she fall alone?

Presenter: Victoria Brenna

Coordinator: Elizabeth Fischer (715) 874-5633

Wednesday: September 22 1:30 - 3:00 p.m.

Russell J. Rassbach Heritage Museum, 1820 Wakanda Street

9. Dealing with Fire Safety in Your Home

Andy will teach us general fire safety for seniors. Your life could depend on knowing fire prevention strategies in your home or apartment. Find out when you should try and put out a fire and when you should call 911. Learn what seniors should do in the event of a fire. He will give a live demonstration on using a fire extinguisher.

Presenter: Andy Benrud, Menomonie Fire Department

Coordinator: Howard Lee (715) 235-8841

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

Shirley Doane Senior Center, 1412 6th Street E

10. The Life Story of John A Howe, Architect of Menomonie's Public Library on Its 35th Anniversary

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. The drawings have become iconic works of art. We will watch a 60-minute film narrated by Mr. Howe telling the story of his career and discussing his work. Robert Barros produced and directed this Telly award-winning film.

Co-sponsored by the Menomonie Public Library.

Presenter: John Barros of Lake Elmo, Minnesota

Coordinator: Joyce Robbins (715) 235-8528

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

Menomonie Public Library, 600 Wolske Bay Road

11. Make Your Own Carryall Bag

Colfax quilter Diane Goers will lead a workshop on creating a fabric/mesh bag, 14 inches wide, 15 inches tall and 6 inches deep from plastic pet screen with 1 inch nylon belting for the handles. There are six outside pockets made of fabric of your choosing. The pet screen and nylon belting is included in the fee. Intermediate sewers only. Bring your own machine and fabric. **Limit 15**

Presenter: Diane Goers

Coordinator: Pat Eggert (715) 308-5357

Wednesday: September 29 9:00 a.m. - 12:00 p.m.

Russell J. Rassbach Heritage Museum, 1820 Wakanda Street

Cost: \$6

12. What Is Autism Spectrum Disorder?

Amy will present the medical background, signs, symptoms, diagnosis, and treatment for Autism Spectrum Disorder. How do you identify it? What do you do if you suspect a child has it? Kathy will share a parent's perspective from the real world, interviewing a parent with a child that has ASD. You will have a chance to ask questions of both presenters.

Presenters: Amy Burns PA-C, Pediatrics/Urgent Care – Menomonie
Kathy Weber, Parent

Coordinator: Howard Lee (715) 235-8841

Tuesday: October 5 10:00 - 11:30 a.m.

Shirley Doane Senior Center, 1412 6th Street E

13. Deciphering Events in the Middle East

Every day events unfold across the Middle East that have many of us scratching our heads. We are fortunate to have Cathy Sultan to help us decipher them. 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. 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: Elizabeth Fischer (715) 874-5633

Tuesday: October 5 1:30 - 3:00 p.m.

Russell J. Rassbach Heritage Museum, 1820 Wakanda Street

14. 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 apiaries 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

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

Russell J. Rassbach Heritage Museum, 1820 Wakanda Street

15. 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." You'll want to attend this talk before your next scheduled trash pick-up day!

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

Coordinator: Sally Felling (715) 962-4314

Thursday: October 7 1:30-3:00 p.m.

Via Zoom only

16. Don't Let Aging Be a Pain

Mild aches and pains can come with normal, healthy aging. However, moderate to severe pain, swelling, stiffness and fatigue could be a sign of something more severe that can be treated and managed. Learn the early signs of rheumatoid arthritis, things you can do to help manage at home, and when you should seek medical help. Melissa Matzumura, M.D. is a board certified rheumatologist specializing in treating pain and diseases of the joints as well as autoimmune disorders.

Presenter: Melissa Matzumura, M.D., Marshfield Medical

Coordinator: Pat Eggert (715) 308-5357

Friday: October 8 1:30 - 3:00 p.m.

Via Zoom only

17. 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

Tuesday: October 12 10:00 - 11:30 a.m.

Russell J. Rassbach Heritage Museum, 1820 Wakanda Street

18. 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

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

Russell J. Rassbach Heritage Museum, 1820 Wakanda Street

19. **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) 210-0073

Thursday: October 14 10:00 - 11:30 a.m.

Russell J. Rassbach Heritage Museum, 1820 Wakanda Street

20. **Roman Ruins in Catalonia**

Although the Greeks were the first to settle in Catalonia in the 6th century BC, it was primarily the Romans who left their mark on this important archeological area of northeastern Spain. Largely intact sites are located in Empuries, Tarragona and Barcelona. Chris will provide a photographic journey through the ruins and include images of villages showing evidence of their Roman heritage around Roses, in the Spanish province of Girona, near Spain's border with France.

Presenter: Christopher Smith

Coordinator: Chris Smith (715) 664-8805

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

Via Zoom only

21. **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: October 18 1:30 - 3:00 p.m.

Shirley Doane Senior Center cafeteria, 1412 6th Street E

Cost: \$20

22. Lyster, a Norwegian-flavored Tour to Another Time

Tour the 1866 Norwegian Lyster Church with its elaborate fretwork and carved interior which has been featured in articles by the Wisconsin Historical Society and Vesterheim Museum. You will be given a moderated tour and watch a power point of the church’s unique history and its settlers narrated by retired Judge Gary Schlosstein. Lunch will be served by the church ladies in the adjoining parish hall. They may have some Norwegian bakery treats available to sample. **Limit 60**

Presenter: Judge Gary Schlosstein

Coordinator: Marilyn Hagen (715) 210-0073

Wednesday: October 20 10:00 a.m. - 1:00 p.m.

Lyster Church, Urne Directions furnished in reminder e-mail.

Travel is on your own.

Cost: \$10 includes lunch

23. What Are PFAS? How Are They a Hazard to Your Health?

Many products derive their ability to repel water or oil from a class of chemicals known as PFAS. PFAS have been around for decades and are found in non-stick cookware, fabrics, food packaging, personal care products, firefighting foams, etc. PFAS are only recently being scrutinized as a source of groundwater contamination and hazard to human health. Tom will present the social discovery of PFAS and the efforts of contaminated communities to hold polluters accountable.

Presenter: Dr. Tom Pearson

Coordinator: Steve Hogseth (715) 309-4171

Thursday: October 21 1:30 - 3:00 p.m.

Russell J. Rassbach Heritage Museum, 1820 Wakanda Street

24. Advanced Zoom

You have already been in several Zoom meetings this past year. Here is your chance to learn more about the Zoom app and learn about some of the features you have not yet tried: hosting, screen sharing, showing a Powerpoint, managing participants, chat, setting a virtual background, polling, breakout rooms, spotlighting a participant and even using Zoom to play games with friends and family at a distance.

Limit 20 Sign up for one section only.

Presenter: Joe Hagaman

Coordinator: Joe Hagaman (715) 556-7723

Monday: October 25 A 10:00 - 11:30 a.m.

Monday: October 25 B 1:30 - 3:00 p.m.

Via Zoom only

25. Create Holiday Icicles Reminiscent of Old-Fashioned Mercury Glass

Decorate your holiday tree with icicles reminiscent of the old-fashioned mercury glass icicles or give one or two as a gift. Choose one color theme or mix and match a variety of metal and glass beads. Embellish with bead caps or not. See examples at cvlr.org. You will receive enough materials to create four ornaments. **Limit 20**

Presenter: Chris Oest

Coordinator: Joyce Robbins (715) 235-8528

Tuesday: October 26 1:00 - 4:00 p.m.

Russell J. Rassbach Heritage Museum, 1820 Wakanda Street

Cost: \$16 for 4 icicles

26. Is Homelessness a Big Problem in the Chippewa Valley?

Brett Geboy, Community Relations Director of Hope Gospel Mission, will update us on the current homeless situation in our area. What are the local solutions? He will explain how Hope Gospel Mission rescues, rebuilds, and renews the 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: October 27 10:00 - 11:30 a.m.

Russell J. Rassbach Heritage Museum, 1820 Wakanda Street

27. 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: Elizabeth Fischer (715) 874-5633

Thursday: October 28 1:30 - 3:00 p.m.

Russell J. Rassbach Heritage Museum, 1820 Wakanda Street

28. Smartphone as a Camera

Smartphone camera capabilities have improved dramatically in the past few years. You will learn how to: take good pictures, manage photos on your phone, automatically upload new photos to the cloud for backup, edit photos, organize them into albums, share with friends and relatives, special photo apps and how to convert those old prints and slides to digital files. **Limit 20 Sign up for one section only.**

Presenter: Joe Hagan

Coordinator: Joe Hagan (715) 556-7723

Monday: November 1 A 10:00 - 11:30 a.m.

Monday: November 1 B 1:30 - 3:00 p.m.

Via Zoom only

29. 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: November 2 10:00 - 11:30 a.m.

Russell J. Rassbach Heritage Museum, 1820 Wakanda Street

30. Underwater Adventures

Gain new depths of understanding of the underwater world found among the reefs of Cozumel Mexico. Join Dick Best for his latest explorations of the unique environments found in the crystal clear waters off Mexico’s Yucatan coast. The reefs of Cozumel contain some of world’s most amazing coral formations and attract divers from across the planet to experience the fascinating diversity found deep below the blue Caribbean.

Presenter: Dick Best

Coordinator: Chris Smith (715) 664-8805

Wednesday: November 3 10:00 - 11:30 a.m.

Russell J. Rassbach Heritage Museum, 1820 Wakanda Street

31. Design Fused Glass Holiday Ornaments

Design a suite of fused glass holiday ornaments or mini-suncatchers with expert guidance. Your choices for ornament shapes include square, diamond, or icicle. Start with a clear base and add plenty of colored glass to create fun designs for a pair of ornaments, with an option to add additional ornaments for a small fee as time permits. Josephine will take the projects to her studio and fire it into a beautiful work of art to be picked up November 13. **Limit 20**

Presenter: Josephine A. Geiger

Coordinator: Joyce Robbins (715) 235-8528

Thursday: November 4 10:00 - 11:30 a.m.

Russell J. Rassbach Heritage Museum, 1820 Wakanda Street

Cost: \$30 for 2 ornaments

32. Ghosts of the US-Dakota War 1862

Are you ready to experience Fort Ridgely's resident spirits, the battlefield ghosts of Native American warriors and US soldiers, the restless souls of massacre sites, and the thoughts of Chief Little Crow and Governor Henry Sibley from beyond the grave? Join ghost hunter and historian Adrian Lee on a compelling tour of the most haunted historic places of the US-Dakota War. His chilling firsthand investigations, accompanied by rich historical details, will send shivers down your spine as he recovers history from the lips of the dead.

Presenter: Adrian Lee

Coordinator: Elizabeth Fischer (715) 874-5633

Thursday: November 4 1:30 - 3:00 p.m.

Russell J. Rassbach Heritage Museum, 1820 Wakanda Street

33. The Biology of Sex

Most people know the differences between male and female bodies, but how did they come to be that way? Is it really true that everyone is either male or female, with no other options? How does testosterone affect athletic performance? Why do some transgender people feel like they were born in the wrong bodies? This engaging and interactive session will answer all of these questions and more.

Presenter: Alexandra Hall M.D.

Coordinator: Elizabeth Spader (715) 235-7003

Friday: November 5 10:00 - 11:30 a.m.

Shirley Doane Senior Center, 1412 6th St. E

34. **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, some of them tailored to the holidays. 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: November 8 1:30 - 3:00 p.m.

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

Cost: \$15

35. **Make an Acrylic-enhanced Photograph**

Create a ready-to-hang work of art starting with a digital photographic image that you have taken and either e-mailed to Chris or brought to class on a USB drive. You will learn to transfer the image to a canvas-covered board, prepare and paint the resulting image, and mount your work. Session one concentrates on image preparation and transfer, session two on revealing and enhancing the image, and session three on fine details and mounting. **This class is all three consecutive days. Limit 6**

Presenter: Christopher Smith

Coordinator: Chris Smith (715) 664-8805

Tuesday: November 9 10:00 - 11:30 a.m.

Wednesday: November 10 10:00 - 11:30 a.m.

Thursday: November 11 1:30 - 3:00 p.m.

Russell J. Rassbach Heritage Museum, 1820 Wakanda Street

Cost: \$35 includes all materials

36. **Elizabeth Releases Fourth Book in Eliza Series**

In April Elizabeth released book three in the Eliza series, *The Trapped Wizard*. This fall she is releasing book four, *Teeny Tiny Elf's Mistake*. Elizabeth will read an excerpt from each book, share their back stories, and answer questions about her writing. She is excited to have you be among the first to see the new book. You are invited to join her celebration and learn more about these books.

Presenter: Elizabeth K. Fischer

Coordinator: Elizabeth Fischer (715) 874-5633

Wednesday: November 10 1:30 - 3:00 p.m.

Russell J. Rassbach Heritage Museum, 1820 Wakanda Street

37. About Exits and Losses

We will discuss what happens when people experience a major and destabilizing EXIT, either voluntary or involuntary! Think about our experiences with Covid 19, deaths, politics, suicides, job losses, growing old, divorces, moving, in just the last few years! We have healthy and not so healthy ways to manage these events in our fast-paced lives. We will talk (and I encourage sharing of experiences) about a framework for healthier relationships with those around us, as we/they are buffeted by the many EXITS in our lives!

Presenter: Dennis Spader

Coordinator: Elizabeth Spader (715) 235-7003

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

Russell J. Rassbach Heritage Museum, 1820 Wakanda Street

38. European Travel Tips

Paul Schwartz of Menomonie has traveled to over thirty countries on vacation and loves to talk travel. He will offer travel tips to help you take that trip you have always wanted to do. He will address buying plane tickets, checking websites, packing, locating places to stay, finding interesting places to go, getting around, and more. Learn Paul's tips and tricks to get the most out of your trip.

Presenter: Paul Schwartz

Coordinator: Joe Hagaman (715) 556-7723

Tuesday: November 16 10:00 - 11:30 a.m.

Russell J. Rassbach Heritage Museum, 1820 Wakanda Street

39. Behind the Scenes at the Museum I

Learn what goes on behind the scenes at a museum in order to take in, process, collect, store, and exhibit the artifacts. Get a sneak peek at pieces carefully stored in the collections of the museum, not on display, and hear their stories. Become more aware of the rich history of where we live. Recognize that today's happenings are future historical exhibits. How can we keep our history alive for generations?

Limit 10 Sign up for one section only.

Presenter: Melissa Kneeland and Sofi Doane

Coordinator: Elizabeth Fischer (715) 874-5633

Wednesday: November 17 A 10:00 - 11:30 a.m.

Thursday: November 18 B 10:00 - 11:30 a.m.

Russell J. Rassbach Heritage Museum, 1820 Wakanda Street

Cost: \$10

40. Solving the Mystery of Grand Staircase-Escalante National Monument's 76-million-year-old Tyrannosaur Mass Murder

The 2014 discovery of a tyrannosaur dinosaur mass burial inside GSE National Monument triggered a five-year investigation into the cause of this unique fossil occurrence. The team, led by Dr. Alan Titus, Monument Paleontologist, used field-based methods and state-of-the-art analysis to paint a picture of that fateful day which led to the demise of an entire group of these predators. The results forced the team to reevaluate their views on tyrannosaur behavior, leading to conclusions which ran contrary to accepted wisdom of specialists.

Presenter: Dr. Alan Titus

Coordinator: Steve Hogseth (715) 309-4171

Wednesday: November 17 1:30 - 3:00 p.m.

Russell J. Rassbach Heritage Museum, 1820 Wakanda Street

41. Tales from the Lagoon: Finding the Lost Shtetl of Rumsheshok

Our goal was to locate one lost ancestral village, Rumsheshok, which was like thousands of small Jewish villages in Eastern Europe with a slight twist. In the early 20th century, Rumsheshok had been in central Lithuania with a population of 496. They lived in close proximity to their non-Jewish neighbors until 1941. Then everything changed. A team of scientists used sonar, divers, ground penetrating radar, and other geoscience technology to find the village in the lagoon and the mass grave. We will follow their journey of discovery.

Presenter: Harry Jol

Coordinator: Joyce Robbins (715) 235-8528

Thursday: November 18 3:00 - 4:30 p.m.

Russell J. Rassbach Heritage Museum, 1820 Wakanda Street

Watch for a Special Flyer in Early November

It is your invitation to the CVLR Holiday Luncheon at The Florian Gardens December 2. We will have entertainment by the Kristmas Kookies, refreshing punch, and a delicious meal. You will enjoy seeing The Florian Gardens decorated for the holidays

Fall 2021 Eau Claire

42. Exploring Poetry with Erna Kelly

Timing, keeping time, timepiece, timely, right on time—attention to time pervades our culture. Poets look at inner clocks; they examine collisions with and surrenders to time; they speculate about timelessness. 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.

Presenter: Erna Kelly

Coordinator: Elizabeth Fischer (715) 874-5633

Thursdays: September 9 and 16 1:30 - 3:00 p.m.

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

43. Fashion Your Own Festive Home Autumn Floral Arrangement

Bring your creativity and join Sandy O'Connell to express, style, and fashion your own festive autumn home floral arrangement. Enjoy an in-person, instructional class at the cosmopolitan, new location of Avalon Floral. Beyond the autumnal arrangement ideas, Sandy will delve into captivating and ornamental design techniques for the holiday season. Vases and fall foliage will be available for you to take home with you. **Register for one session only. Limit 20 per session.**

Presenter: Sandy O'Connell

Coordinator: Marilyn Hagen (715) 210-0073

Monday: September 13 A 1:30 - 3:00 p.m.

Monday: September 20 B 1:30 - 3:00 p.m.

Avalon European Floral Shop, 421 Water Street

Cost: \$10

44. Tree-shaped Tombstones

Ever notice when driving by a cemetery that there are some monuments that are carved realistically in the shape of trees? Or stumps thereof? There's a fascinating story behind these. They come in many variations and sizes, and with all sorts of hidden touches and symbolism. Whimsical, sad, enigmatic, you find all sorts of history in these. Following the presentation those who are so inclined will go over to Forest Hill Cemetery (park at Emery Street and Talmadge) to see a few in person!

Presenter: Dr. Tim Wolter

Coordinator: Mike Hilger (715) 839-8823

Tuesday: September 14 1:00 - 2:30 p.m.

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

45. **Build a Blue Bird House**

Make an easy construction North American Bluebird Society approved Bluebird nest box. Get help from county coordinators for the Bluebird Restoration of WI. View a display of bird nests that bluebirds and other birds have made in these nest boxes. Receive information on mounting and placement of your bird house. Use materials prepared for you, pre-cut cedar lumber and galvanized construction screws, which are included in the fee. Screwdrivers and battery-operated drills will be available for your use. **Limit 7 per session. Sign up for one session.**

Presenters: Diane Chambers, Rita Gundry and Larry Liegel – Sawyer and Eau Claire County BRAW members

Coordinator: Karen Schauer (715) 559-1234

Wednesday: September 15 A 10:00 - 11:30 a.m.

Wednesday: September 15 B 1:30 - 3:00 p.m.

Schauer Farm: 5857 Prill Rd

Cost: \$27

46. **What's Your Story? The New Chippewa Area History Center**

The Chippewa County Historical Society is building a brand-new history center at the entrance to Irvine Park in Chippewa Falls. It will house a museum, the Chippewa County Genealogy Society and its research library, and quite a bit of flexible meeting space. After a short progress report on the construction, Frank will talk about the ways he hopes the new center will include and engage the community in every aspect of the operation. **Limit 100**

Presenter: Frank Smoot, Developer, Chippewa Area History Center

Coordinator: Amy Alpine (917) 446-5983

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

L. E. Phillips Senior Center, Conference Room A (Lower Level), 1616 Bellinger Street

47. **Active Aging and Play - A Winning Combination for Everyone!**

Play is more than just fun. It might just be one of the most beneficial medicines in your medical cabinet. Dr. Marilyn Skrivseth will discuss some of the latest research on play. Then, with demonstrations of McDonough's activity areas, we will see the transformation of the park into Eau Claire's 1st Active Aging Playground. She invites anyone wishing to try out the activities to come wearing appropriate clothing and shoes. This event is outdoors rain or shine.

Presenter: Marilyn Skrivseth PhD, Emerita UWEC Prof of Kinesiology

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

Tuesday: September 21 1:30 - 3:00 p.m.

McDonough Park, 800 Centre Street

48. **Historic Schlegelmilch House Tour**

Enjoy a guided tour of this charming local landmark led by docents from the Chippewa Valley Museum. The Schlegelmilch-Barland Collection highlights themes of immigration, class structure, community, and 20th century suburbanization in the Chippewa Valley. Built in 1871 by a German immigrant merchant family, the house had already seen the boom and bust of the lumber industry and Eau Claire's transition into a "modern" city by its renovation in 1906. Tour includes a German-inspired dessert and beverage. **Sign up for one session only. Limit 16 per session.**

Presenters: Karen Jacobson and Claudeen Oebser

Coordinator: Claudeen Oebser (715) 874-6054

Thursday: September 23 A 1:30 - 2:30 p.m.

Thursday: September 23 B 2:45 - 3:45 p.m.

517 South Farwell Street, downtown (park in back and side of house)

Cost: \$10

49. **Carson Park: Stories from the Past, Crossroads in Its History**

Carson Park has been the recreational heart of Eau Claire for over a hundred years. Most of us visit the park many times a year to enjoy one its recreational or educational venues. We will review the history of the space we now call Carson Park and the decision points that would have led to a different present. We will examine the beginnings of the park's current attractions and our own personal histories with Carson Park.

Presenters: Tim Hirsch

Coordinator: Mike Hilger (715) 839-8823

Tuesday: September 28 10:00 - 11:30 a.m.

Chippewa Valley Museum in Carson Park

50. **Beyond Recycling**

Meet Eau Claire County's new Recycling and Sustainability Coordinator and learn about the county's Carbon Neutral Plan. How can we achieve Carbon Neutrality? Why does Carbon Neutrality matter and how does the Plan impact each of us? Learn how to calculate your ecological footprint. The presenter will share quick tips and practical strategies to help Eau Claire reach its goal. **Limit 100**

Presenter: Regan Watts, Eau Claire County Recycling and Sustainability Coordinator

Coordinators: Amy Alpine (917) 446-5983

Kathy Campbell (715) 835-3180

Thursday: September 30 1:30 - 3:00 p.m.

L. E. Phillips Senior Center, Conference Room A (Lower Level), 1616 Bellinger Street

51. Foreign Affairs - Eau Claire

We will view one Foreign Policy Association Great Decision 2021 DVD each week and discuss the topic. The date/topics and facilitators for Fall 2021 are listed below. You may find out more at this website:

[Ref www.fpa.org/great_decisions/?act=gd_topics]

October 8 - The Two Koreas – LuAnn Livingston

October 15 – The End of Globalization – Paul Helgeson

October 22 – The WHO’s Response to Covid-19 – Ron Seningen

October 29 – China and Africa –Mindy Merrifield

Coordinator: Steve Hogseth (715) 309-4171

Fridays: Oct 8, 15, 22, and 29 10:00 -11:30 a.m.

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

52. Altoona and its Amazing Growth and Development

Altoona’s City Administrator will talk about the continued and unprecedented economic and population growth that Altoona has experienced in recent years including the many projects, the successes, and the challenges.

Presenter: Michael Golat, City Administrator, Altoona, Wisconsin

Coordinator: John Stoneberg (715) 832-8315

Wednesday: October 13 1:30 – 3:00 p.m.

L. E. Phillips Senior Center, Conference Room A (Lower Level), 1616 Bellinger Street

53. 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

Coordinator: Jim Urness (715) 832-5670

Tuesday: October 19 10:00 - 11:30 a.m.

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

54. 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.

Presenter: Brian Blakeley

Coordinator: John Stoneberg (715) 832-8315

Tuesday: October 19 1:30 – 3:00 p.m.

L. E. Phillips Senior Center, Conference Room A & B (Lower Level),
1616 Bellinger Street

55. 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: October 21 10:00 - 11:30 a.m.

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

56. Perspectives on Global Trade

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, the 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

Friday: October 22 1:30 – 3:00 p.m.

Via Zoom only

57. 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

Tuesday: October 26 10:00 - 11:30 a.m.

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

58. 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.

Presenter: Dr. Kimberly Finlan, Doctor of Audiology

Coordinator: Barb Hebert (715) 514-9692

Wednesday: October 27 1:30 – 3:00 p.m.

L. E. Phillips Senior Center, Conference Room A (Lower Level), 1616 Bellinger Street

59. 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, Avis Automata (Chippewa Falls). You'll see what they've been creating and what they will take on next. They'll even let you drive! **Limit 40**

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

Coordinator: Mike Hilger (715) 839-8823

Friday: October 29 1:00 - 2:30 p.m.

Pablo Center at the Confluence, 128 Graham, Larson Room 3rd Floor

60. Ski Jumping in Eau Claire

Ski jumping, always a popular winter sport, has greatly expanded its presence and opportunities in Eau Claire and is bringing both Eau Claire and some local skiers attention and notoriety. Learn about the history of ski jumping in Eau Claire, recent construction including the Olympic-sized Silver Mine Hill, the training 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

Tuesday: November 2 1:30 – 3:00 p.m.

Event Center at Prestige Auto, 3525 Hwy 93 South

61. The Art and Skill of Wood Carving and Wood Burning

Bev Hilton, a member of the Western Wisconsin Wood Carving Guild, will give a demonstration and talk on wood carving combined with wood burning. She will address types of wood used, tools, techniques, and the history of the craft. She will also feature a display of wood carved and wood burned projects. **Limit 30**

Presenter: Bev Hilton

Coordinator: Clauden Oebser (715) 874-6054

Wednesday: November 3 1:30 - 2:30 p.m.

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

62. I Love Camping!

People love their houses, but still they slip away in droves to spend a night in the woods. Whether in RV's the size of semi-trailers or in sleeping bags under the open sky, nature calls, and we must abandon (some) of the comforts of home to answer. In the time of COVID, Americans rediscovered camping in dramatic, yet predictable numbers. As Steve Betchkal approaches his 500th campout, he answers the questions; Why? How? And, Did you reserve a site?

Presenter: Steve Betchkal

Coordinator: Kathie Fahrman (715) 839-9251

Tuesday: November 9 1:30 - 3:00 p.m.

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

63. Tricks of the Trade in the Movies: from *Casablanca* to *The Dark Knight Rises*

Between the release of *Casablanca* in 1942 and of *The Dark Knight Rises* in 2012, filmmakers have changed the techniques they use to tell their stories, and we viewers have had to adjust our ways of watching them. We will examine representative films to better understand what pioneer actor, comedian and stunt man, Harold Lloyd, called "our whole bag of tricks." We'll see how the tricks have changed. Presenters: Tim Hirsch and Douglas Pearson

Coordinator: Mike Hilger

(715) 839-8823

Monday: November 15

1:30 - 3:00 p.m.

L. E. Phillips Senior Center, Conference Room A (Lower Level), 1616 Bellinger Street

64. Create a Winter Porch Pot for the Holidays

Let nature be your decoration. Create your own winter porch pot with fresh evergreens and red dogwood branches. The fee for this class includes the pot, soil, seven different types of fresh evergreens and red dogwood branches. Add your own pinecones, a fancy bow, lights, and something special from your treasures. Leave with a beautiful winter decoration for your front steps or back patio.

Presenter: Jenny Reit, May's Floral

Coordinator: Elizabeth Fischer

(715) 874-5633

Tuesday: November 16

1:30 - 3:00 p.m.

May's Floral, 3424 Jeffers Road

Cost: \$38

65. Christmas of Swing

We will gather at The Florian Gardens to watch the recording of the History Theatre's presentation of "Christmas of Swing" this holiday season. Set in the 1940s, the Andrew Sisters are preparing to lift the spirits of America's soldiers with a USO show full of Christmas songs, swing tunes, and special appearances by their friends Danny Kaye, Bing Crosby, Nat King Cole, and Abbot & Costello. They intermix comedy sketches and real letters from real WWII GIs with the music.

Coordinator: Pat Williams

(715) 839-0752

Wednesday: December 15

10:00 a.m. - 1:00 p.m.

The Florian Gardens, 2340 Lorch Ave.

Cost: \$25 includes lunch

If You Have a Question on a Class...

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

Please find out from your Internet service provider how to list each coordinator's e-mail as approved so that you can receive reminders about classes.

Amy Alpine	amyalpine@att.net
Pat Eggert	eggertpatricia@gmail.com
Kathie Fahrman	fahrmakj@uwec.edu
Sally Felling	sefelling@gmail.com
Elizabeth Fischer	liz@psmc.com
Joe Hagaman	hagamanj@uwstout.edu
Marilyn Hagen	marhagen@hotmail.com
Barb Hebert	barbk Browne@gmail.com
Mike Hilger	hilgermj@uwec.edu
Steve Hogseth	stevehogseth@gmail.com
Irene Lazda	lazdai@uwec.edu
Howard Lee	leeh@uwstout.edu
Mike O'Halloran	mmohalloran@charter.net
Claudeen Oebser	coebser@gmail.com
Joyce Robbins	joyrob1@charter.net
Karen Schauer	ktschauer@gmail.com
Chris Smith	casmith@wwt.net
Elizabeth Spader	elizabeth@elizabethspader.com
John Stoneberg	jstoneberg@charter.net
Jim Urness	jimurness@charter.net
Pat Williams	proptart75@gmail.com

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 classes with fees. We use the monies that we collect for these classes to pay the costs incurred for the offering. Your payment has been spent on reservations, admissions, 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. Do that first. 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 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 prior page. That way you will have on file with your Internet service provider all e-mail addresses that could come from CVLR.

Chippewa Valley Learning in Retirement Annual Meeting

The Board of Directors would like your input for our annual meeting. You may do that by responding to an e-mail we will send in September and/or attending the Chippewa Valley Learning in Retirement Annual Meeting Tuesday, October 12, at 1:00 p.m. via Zoom. At the meeting we will review CVLR's fiscal position and what we accomplished the past year. Via either e-mail or in person, you are welcome to give your suggestions regarding CVLR and speak directly to board members.

Watch for the e-mail reminder in September. Please RSVP then if you will be attending this meeting or send us your comments and suggestions.

Thank you.

Elizabeth K. Fischer,
President

Membership in Chippewa Valley Learning in Retirement (CVLR)

Your membership is effective for one year from September, 2021 through August, 2022.

This membership entitles you to sign up for classes and trips offered by CVLR in Fall 2021 and Spring 2022 terms. 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. Also present this card when you attend classes.

Your membership must be renewed each year.

To become a member or renew your membership, complete the Member Form below and submit it along with your \$30 membership fee to Chippewa Valley Learning in Retirement (CVLR).

**Chippewa Valley Learning in Retirement
Membership Form
Fall 2021**

Complete a separate form for each person.

Include a stamped, self-addressed envelope to receive your membership card.

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

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

Membership # _____ (Find at the top of address label on packet.)

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 _____

Make \$30 check payable to CVLR. Do not write below this line.

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

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_____ 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 _____

Make \$30 check payable to CVLR. Do not write below this line.

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

Mail-in Registration Form Instructions

Complete the membership form on pages 27 or 28. Send it along with your \$30 membership fee for the Fall 2021 and Spring 2022 terms. *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, write a separate check for each class and include all those checks with your mail-in registration.

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

If you want to take a class with limits, send your mail-in registration along with your membership renewal, check for membership, and check(s) for class fees as soon as possible to reserve your spot. All registration is on a first come, first serve basis.

Mail-in Form Part 1

Member name _____

Member # _____ (Only one member per form.)

Check each class for which you want to register.

- | | | |
|-------|--|------|
| _____ | 1. Poetry XVIII – Unique American Voices | |
| _____ | 2. <i>I Am a Cheesehead Video</i> | |
| _____ | 3. Strong Bodies | |
| _____ | 4. Foreign Affairs - Menomonie | |
| _____ | 5. Special Viewing of Vietnam Veterans Exhibit | \$10 |
| _____ | 6. What Is Happening with Your Post Office? | |
| _____ | 7. How Sleep Affects Alzheimer’s and Dementia | |
| _____ | 8. Author Victoria Brenna | |
| _____ | 9. Dealing with Fire Safety in Your Home | |
| _____ | 10. The Life Story of John A Howe | |
| _____ | 11. Make Your Own Carryall Bag | \$ 6 |
| _____ | 12. What Is Autism Spectrum Disorder? | |

Mail-in Registration Part 2

If you want to take a class with limits, send your mail-in registration along with your membership renewal, check for membership, and check(s) for class fees as soon as possible to reserve your spot. All registration is on a first come, first served basis.

Member name _____

Member # _____ (Only one member per form.)

Check each class for which you want to register.

- _____ 13. Deciphering Events in the Middle East
- _____ 14. Visiting Cuba
- _____ 15. Talkin' Trash
- _____ 16. Don't Let Aging Be a Pain
- _____ 17. How to Relieve Pain with Essential Oils
- _____ 18. How to Downsize
- _____ 19. Make Your Own Magic Hat
- _____ 20. Roman Ruins in Catalonia
- _____ 21. Cooking with Monica: Infuse CBD into Your Recipes \$20
- _____ 22. Lyster, a Norwegian-flavored Tour to Another Time \$10
- _____ 23. What Are PFAS?
- _____ 24. Advanced Zoom A
- _____ 24. Advanced Zoom B
- _____ 25. Create Holiday Icicles \$16
- _____ 26. Is Homelessness a Big Problem in the Chippewa Valley
- _____ 27. Is This the Greatest Myth about U.S. History?
- _____ 28. Smartphone as a Camera A
- _____ 28. Smartphone as a Camera B
- _____ 29. Creating a Narrative of Your Life
- _____ 30. Underwater Adventures
- _____ 31. Design Fused Glass Holiday Ornaments \$30
- _____ 32. Ghosts of the US-Dakota War 1862
- _____ 33. The Biology of Sex
- _____ 34. Cooking with Monica: Life-Changing Foods III \$15
- _____ 35. Make an Acrylic-enhanced Photograph \$35
- _____ 36. Elizabeth Releases Fourth Book in Eliza Series
- _____ 37. About Exits and Losses
- _____ 38. European Travel Tips
- _____ 39. Behind the Scenes at the Museum I A \$10
- _____ 39. Behind the Scenes at the Museum I B \$10
- _____ 40. 76-million-year-old Tyrannosaur Mass Murder
- _____ 41. Finding the Lost Shtetl of Rumsheshok

Mail-in Registration Part 3

If you want to take a class with limits, send your mail-in registration along with your membership renewal, check for membership, and check(s) for class fees as soon as possible to reserve your spot. All registration is on a first come, first serve basis.

Member name _____

Member # _____ (Only one member per form.)

Check each class for which you want to register.

- _____ 42. Exploring Poetry with Erna Kelly
- _____ 43. Fashion Home Autumn Floral Arrangement A \$10
- _____ 43. Fashion Home Autumn Floral Arrangement B \$10
- _____ 44. Tree-shaped Tombstones
- _____ 45. Build a Blue Bird House A \$27
- _____ 45. Build a Blue Bird House B \$27
- _____ 46. The New Chippewa Area History Center
- _____ 47. Active Aging and Play
- _____ 48. Historic Schlegelmilch House Tour A \$10
- _____ 48. Historic Schlegelmilch House Tour B \$10
- _____ 49. Carson Park: Stories from the Past
- _____ 50. Beyond Recycling
- _____ 51. Foreign Affairs - Eau Claire
- _____ 52. Altoona and its Amazing Growth and Development
- _____ 53. A Treatable Dementia – NPH
- _____ 54. Eau Claire in the “Good War,” 1941-1945
- _____ 55. Yellowstone Park
- _____ 56. Perspectives on Global Trade
- _____ 57. Round the World Travel with Bob Hume
- _____ 58. Hearing Loss and Dementia
- _____ 59. Robotics Showcase at the Pablo Center
- _____ 60. Ski Jumping in Eau Claire
- _____ 61. The Art and Skill of Wood Carving and Wood Burning
- _____ 62. I Love Campng!
- _____ 63. Tricks of the Trade in the Movies
- _____ 64. Create a Winter Porch Pot for the Holidays \$38
- _____ 65. Christmas of Swing \$25

Checklist to Register

Have you included

- _____ **1. Your completed membership application.** Note changes in phone, e-mail, or address.
- _____ **2. Your check for membership renewal.** Multiple membership renewals may be paid via one check, but this must be a separate check than the ones for class fees.
- _____ **3. Your membership number.** Find it on the mailing label on the back cover of this pink fall booklet.
- _____ **4. Your registration form.** Use one for each member.
- _____ **5. A separate check for each class with a fee.**
- _____ **6. Your membership form,** a check for your membership renewal, registration form, and separate checks for each class with a fee together in one envelope.
- _____ **7. A stamped, self-addressed envelope** to receive your new membership card.
- _____ **8. Have you done all of this quickly** if you want to take a class with limits?

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.

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