

# Chippewa Valley

**LEARNING IN RETIREMENT**

Spring/Summer 2022

## Course Schedule and Registration Packet

In-person registration is  
Wednesday, February 23,  
**to sign-up for trips and classes with fees only**

at the  
Russell J. Rassbach Heritage Museum  
in Menomonie  
and  
The Florian Gardens in Eau Claire

**See details on page 1 inside.**

cvlr.org

## Steps to Register for Spring/Summer Classes and Trips

1. **Do not renew your membership** if you renewed it last fall. If you need to renew it, check out pages 30 - 32.
2. **Select the classes and trips that you want and list them in order of priority.**
3. **Decide if you need to attend in-person registration to sign up for trips and classes with fees.** See in-person registration on page 1.
4. **Write a separate check for each class or trip for mail-in registration and before in-person registration,** if you need to attend in-person. Having your check ready will speed up the process.
5. **Split your sign up for trips and classes with fees with another CVLR member if you are attending in-person registration.** That way you are both more likely to get the offerings you want.
6. **Print out and review the layout of registration to determine your course of action if you are attending in-person registration.**
7. **Register in person Wednesday, February 23,** if you are comfortable attending. You may also register for one other person. Use that person's membership number and name when registering.
8. **Mail your registration as soon as possible.** If you don't need to or feel comfortable attending in-person, mail your registration early. Mail-in's priority is assigned by date received.

### Use our [cvlr.org](http://cvlr.org) site to find

- complete course listing for Spring/Summer 2022,
- more information on courses,
- bios on some of the course instructors,
- course instructions,
- links to course content,
- recordings of classes,
- 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 2022, and
- the entire pink registration booklet.

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

## Normal Operations with Changes

We are slowly returning to our normal operation. This term we are offering bus trips once again but with precautions. We are also having a limited in-person registration. Be sure to read the instructions on each so that you understand the revised procedures. Board members know you want trips so we are doing our best to offer them and set up guidelines in order to keep members safe. Please respect our concern for your and all members' health and follow these rules.

As I was laying out this booklet, I was once again struck by the fascinating line-up of classes our coordinators have assembled for Spring/Summer. They have risen to the challenge and discovered topics you will find interesting. Make a point to thank them for their extra effort to do that. We appreciate them very much.

See you at class,  
Elizabeth  
President

### In-person Registration

To offer bus trips and classes with fees fairly, we need you to sign up for those classes yourself. Thus, we are having in-person registration only to sign up for trips and classes with fees. With the intent to limit the number of members attending in-person registration and the length of those members' stay, we are adjusting the rules. Please read those that follow carefully. If you have questions, contact Elizabeth at [liz@psmc.com](mailto:liz@psmc.com) or (715) 874-5633.

1. **We will not be handling memberships** at in-person registration. If you need to renew or apply for membership, do so by mail before in-person registration. You may print out the membership form at [cvlr.org](http://cvlr.org) and send it in anytime. Be sure to send it to Elizabeth's address listed in the middle of the form.

2. **Access the map** of the room from [cvlr.org](http://cvlr.org) before registration so that you can plan out your sign-up.

3. **Here are the procedures on February 23.** The doors open at 9:00. If you arrive before that time, wait in your car. The doors will be locked. Wear a mask. Once you are in the building, get in line for admission to the registration tables. If you have difficulty standing, we have a place for you to sit and will hold your place in line. Just ask. (Continued on next page.)

4. 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. **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 10:15 a.m.**

5. Register at either the Menomonie or Eau Claire in-person registration location for all classes with fees 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.

6. **Have your checks ready** before you arrive. Do not slow up the line by writing them out at the tables. If you bring your registration for non-fee classes and trips, you may leave it in a basket designated for that purpose. Be sure you have your name and membership number on every page so that we know it came from you.

7. When you are finished, grab a cookie and a cup of coffee to take with you if you like, but, for once, please do not linger to socialize. Although this goes against CVLR's mission of offering social opportunities, this time stay safe and head out.

8. If you do not feel comfortable attending in-person registration but want to take a trip or a class with a fee, mail in your registration and include a separate check for each class/trip. We will add these to the sign-up sheets after in-person and let you know if you got in. Mail your registration as soon as possible because after in-person we give priority by date of arrival.

9. 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.

10. Instead of wait lists at registration, we will offer a wait list via the weekly "These classes next week have openings" two or three weeks before the class or trip. Watch for these wait-list opportunities.

## Spring/Summer 2022 Bus Trips

Yes, bus trips now has its own separate section up front, making these listings easier for you to find. Please be aware of several rules involving bus trips.

1. Have your vaccination card ready to show at the bus door.
2. Wear a mask on the bus and likely at the venue.
3. We will be holding your check for a month or two until we are comfortable that the trip will definitely happen. We do not want to make our treasurer write out a refund to everyone if COVID worsens and venues shut down.

### 1. ***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/day Sign up for one day only.**

Coordinator: Pat Williams

(715) 450-3395

Thursday: May 12

Thursday: May 19

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: \$55 Driver's tip and lunch are not included

### 2. **Forts Folle Avoine Historical Park Trip**

Visit the historical fur traders' original site of the Montreal-based XY and North West companies along the Yellow River near Danbury, Wisconsin. The tour features authentic reenactment of the actual forts's occupants from 1802-1805. The visitors' center houses a fur trade museum, exhibits of St. Croix Chippewa (Ojibwe) tribe history, and periodic Burnett County displays. The gift shop features books, artwork, wild rice, unique jewelry, and other historical-themed items for all ages. Lunch at the Forts. **Limit 112**

Coordinator: Howard Lee

(715) 235-8841

Friday: June 3

Bus departs 29 Pines at 7:30 a.m. and returns around 5:00 p.m.

Bus leaves MarketPlace at 8:00 and arrives back about 4:30 p.m.

Cost: \$40. Does not include tip for driver.

**3. Minnesota Landscape Arboretum, Axel's, 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 and a half-long tour riding the tram. Then stroll through the grounds of the Minnesota Arboretum and check out the Visitors' Center. Savor a delicious lunch at Axel's. After lunch shop for plants and outdoor décor at Gertens. **Limit 56**

Coordinator: Elizabeth Fischer (715) 874-5633

Thursday: June 9

Bus departs 29 Pines at 6:30 a.m. and returns around 5:00 p.m.

Bus leaves MarketPlace at 7:00 and arrives back at about 4:30 p.m.

Cost: \$69 Does not include tip for driver.

**4. MN Orchestra Season Finale: Mahler's Symphony of a Thousand**

Four choirs, eight soloists and an orchestra of epic proportions join for a season finale and one final celebration of departing Music Director Osmo Vanska. Ambitious, beautiful, not-to-be-missed! Lunch on your own at any number of nearby Nicollet Mall restaurants. **Limit 112**

Coordinator: Paula Stuetgen (715) 271-9590

Sunday: June 12

Bus departs 29 Pines at 9:30 a.m. and returns around 6:00 p.m.

Bus leaves MarketPlace at 10:00 and arrives back about 5:30 p.m.

We will arrive about 11:30 a.m. and allow time before the concert for lunch on your own. The concert runs from 2:00 to 4:15 p.m. The bus boards at the concert hall immediately after the concert.

Cost: \$70. Does not include lunch or tip for driver.

**5. Bad-est of St. Paul, Wabasha Street Caves Lunch, and Landmark Center 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. Tour the Historic Wabasha Street Caves and enjoy lunch there. Visit the Landmark Center, the old Federal Courts Building for the upper Midwest, with historic architecture and take a guided tour of the newly renovated Schubert Club music museum. See a keyboard collection and learn the history and development of these instruments through the stories of their inventors, builders, and musicians. **Limit 112**

Coordinator: Elizabeth Fischer (715) 874-5633

Wednesday: June 22

The bus departs 29 Pines at 6:30 a.m. and returns around 4:30 p.m.

Pick up is at MarketPlace at 7:00 a.m. We arrive back about 4:00 p.m.

Cost: \$79 Does not include tips for driver, wait staff, and guides.

## **Spring/Summer 2022 Menomonie**

### **6. Growing Up in Hawaii**

Howard Lee was born and raised in Hawaii. He will read excerpts from his "Memoir of Growing Up in Hawaii" August 1943 - August 1961. He will share some of the unique things you may not know about the islands. Learn about his father's and mother's heritage, family, and what occupied their time on Oahu.

Presenter: Howard Lee

Coordinator: Howard Lee (715) 235-8841

Monday: March 7 10:00 - 11:30 a.m.

Shirley Doane Senior Center, 1412 6th Street E

### **7. The (FAT) Bears of Brooks Falls; Katmai National Park, King Salmon, Alaska**

Bill and Jane Butsic are intrepid travelers, but a journey to Brooks Falls in Alaska's Katmai National Park is no Sunday drive. The Park is home to brown bears. Brooks Falls serves as their refrigerator, snack bar, and fishing hole. The bears use a variety of techniques every fisherman would envy, such as stand-wait, sit-wait, dash-grab, snorkeling, pirating, and diving. Bill will show us video of their trip to see the Fat Bears and how next year you can vote for the fattest of the Fat.

Presenter: Bill Butsic

Coordinator: Christopher Smith (715) 664-8805

Tuesday: March 8 10:00 - 11:30 a.m.

Via Zoom only

### **8. 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

Wednesday: March 9 1:30 - 3:00 p.m.

Russell J. Rassbach Heritage Museum, 1820 John Russell Road

## 9. Foreign Affairs - Menomonie

We will view one Foreign Policy Association Great Decision 2022 DVD lecture each week and discuss the topic. Topics for Spring 2022 are ... Changing Demographics ... Outer space ... Climate change ... Russia and the U.S. ... More info at: [www.fpa.org/great\_decisions/?act=gd\_topics] Presenters will be ... Mindy Merryfield ... Julie Strzok-Harris ... Dennis Spader ... Steve Hogseth. Alignment of topics, presenters, and dates will be determined and emailed in advance of each session.

Coordinator: Steve Hogseth (715) 309-4171  
Fridays: March 11, 18, 25, and April 1 10:00 -11:30 a.m.  
Shirley Doane Senior Center, 1412 6th Street E

## 10. 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 a daily occurrence and where the stuff of spy stories is made. 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.

Presenter: Cathy Sultan  
Coordinator: Elizabeth Fischer (715) 874-5633  
Wednesday: March 16 1:30 - 3:00 p.m.  
Russell J. Rassbach Heritage Museum, 1820 John Russell Road

## 11. What Is Restorative Justice?

Restorative Justice is a victim-centered approach to justice, allowing people to be heard and to work together to move forward. In Barron County, over 10,000 people have been touched by the work of Barron County Restorative Justice Programs, feeling its transformative empowerment and healing. Mary Hoeft and Monika Audette, authors of *From a Single Pebble: Barron County Restorative Justice Programs*, will share stories of redemption and healing and how others can implement these practices in their own communities.

Presenters: Mary Hoeft and Monika Audette, authors  
Dana Brown, Leader, Eau Claire Restorative Justice  
Coordinator: Elizabeth Fischer (715) 874-5633  
Thursday: March 17 1:30 - 3:00 p.m.  
Russell J. Rassbach Heritage Museum, 1820 John Russell Road

## **12. Find Out the Difference Solar Energy Can Make**

Brad Gunn of Next Energy Solutions will discuss the Solar Victory Garden project underway at the Dunn County Historical Society's Rassbach Museum. He and DCHS Executive Director Melissa Kneeland will share how solar power will make a difference to the museum and the community. Brad will also talk about how you can find out if solar power is a possibility for you.

Presenters: Brad Gunn of Next Energy Solutions

DCHS Executive Director Melissa Kneeland

Coordinator: Elizabeth Fischer (715) 874-5633

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

Russell J. Rassbach Heritage Museum, 1820 John Russell Road

## **13. 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 in an Instapot in less than 30 minutes, 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 Empandas you have make yourself. **Limit 50**

Presenter: Monica Gean

Coordinator: Elizabeth Fischer (715) 874-5633

Monday: March 21 1:30 - 3:00 p.m.

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

Cost: \$15

## **14. Another Me: My Caregiver Experience with Lewy Body Dementia**

Jim Adams describes how he and his family dealt with the effects of Lewy Body Dementia with Parkinson's Disease during the last two years of his wife Diane's life. He discusses the differences between Alzheimer's Disease and Lewy Body Dementia, the progression of Diane's physical and mental symptoms and provides insight into how he, as a caretaker, and his family dealt with this devastating disease.

Presenter: Jim Adams, retired educator, and Community Educator for the Alzheimer's Association

Coordinator: Elizabeth Spader (715) 235-7003

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

Russell J. Rassbach Heritage Museum, 1820 John Russell Road

**15. Film as Art Through the Criterion Collection**

The Criterion Collection restores and save important classic and contemporary films from around the world. After years of preservation, the Collection is a robust company who provides the most sought-after physical media for cinephiles around the world. His presentation will speak about the Collection, it's importance to independent and foreign cinema, and great films in its archives that you must see!

Presenter: Dustyn Dubuque

Coordinator: Elizabeth Fischer (715) 874-5633

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

Russell J. Rassbach Heritage Museum, 1820 John Russell Road

**16. *Spies, Soldiers, Couriers, and Saboteurs: Women of the American Revolution***

Kathleen (K.M.) Waldvogel will discuss her research and journey to write her middle-grade book about little-known women from the American Revolution who risked their lives to help the Patriots defeat the British. Waldvogel will reveal how these “Founding Mothers” often played a quiet but important role in our nation’s fight for independence. She will also explain how she discovered some of these stories and the obstacles she encountered trying to verify information.

Presenter: Kathleen (K.M.) Waldvogel

Coordinator: Elizabeth Fischer (715) 874-5633

Friday: March 25 1:30 - 3:00 p.m.

Russell J. Rassbach Heritage Museum, 1820 John Russell Road

**17. The Drinking Water Crisis in North Carolina, Michigan, and Wisconsin**

We will look at what each state did about the water crisis with emphasis on Menomonie and Dunn County. For many years we have talked about how two problems affecting ground water in Dunn County could harm your health. What has been done and can be done to correct the problems? One problem may be affecting the health of several families, and the other may be affecting hundreds of families in the Menomonie area.

Presenter: Neil Koch

Coordinator: Elizabeth Spader (715) 235-7003

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

Russell J. Rassbach Heritage Museum, 1820 John Russell Road

## **18. Discover the History and Beauty of New Zealand**

Join Margy and Joe Hagaman on their two-month excursion to New Zealand - tent camping, staying in international hostels, and bareboat sailing in the Bay of Islands. Learn about the early settlers, both the British and the Maori, and what life is like today in a remote land that is similar to our west coast - but up-side-down.

Presenters: Margy and Joe Hagaman

Coordinator: Joe Hagaman (715) 556-7723

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

Russell J. Rassbach Heritage Museum, 1820 John Russell Road

## **19. Take an Excursion into Winter Monarch Butterfly Habitat**

Come along with Daniel Hagaman, guide with Natural Habitat, to explore the cool mountain forests of Mexico where millions of Monarch butterflies spend the winter. These are the great, great grandparents of the ones that flew north the previous spring. Learn more about the mysterious life cycle of the Monarch.

Presenter: Daniel Hagaman

Coordinator: Joe Hagaman (715) 556-7723

Monday: April 4 10:00 - 11:30 a.m.

Via Zoom only

## **20. Using Family Photos to Make a Quilt**

The Morlock family of Menomonie took on the daunting task of designing a quilt combining traditional quilt blocks with photos *from four generations of their family*. Elinor Morlock did the designing, *piecing*, and the sewing; Cathy Morlock assisted Elinor with getting the photo images ready for and transferred to fabric; and Jan Morlock put their presentation together for CVLR. Cathy will join zoom from her home in New Mexico.

Presenters: *Elinor, Cathy*, and Jan Morlock

Coordinator: Pat Eggert (715) 308-5357

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

Via Zoom only

**21. Tour Russia with Elizabeth and Dennis Spader**

Elizabeth and Dennis Spader will present the highlights of their interesting trip to Russia and Menomonie’s sister city, Konokova, representing the City of Menomonie and the Rotary. They also toured St. Petersburg, Moscow, and rural areas. They will share their experiences and impressions of everyday life and local institutions.

Presenters: Elizabeth and Dennis Spader

Coordinator: Elizabeth Spader (715) 235-7003

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

Russell J. Rassbach Heritage Museum, 1820 John Russell Road

**22. How to Reduce Stress with Essential Oils**

Learn how to use essential oils safely and effectively to reduce stress and promote restful sleep. A good night's sleep and lowering stress levels are both important to your overall wellness. Stress seems to be at an all-time high, and sleep seems to elude many. Essential oils have no side effects, yet are still effective. We will highlight a variety of oils that can be used, and the best ways to use them.

Presenter: Michelle Caron

Coordinator: Elizabeth Fischer (715) 874-5633

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

Russell J. Rassbach Heritage Museum, 1820 John Russell Road

**23. The Wonderful World of Butterflies and Moths**

Butterflies are probably the most appreciated members of the insect world, but how much do we really know about them? Richard’s presentation will share some of their common characteristics as well as surprising adaptations and success strategies. After a general overview and highlights of distinctive exotic species, he will emphasize lesser known, but common, Wisconsin species and how to attract them. He will offer specimens and a wide assortment of books for examination.

Presenter: Richard Breen

Coordinator: Elizabeth Spader (715) 235-7003

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

Russell J. Rassbach Heritage Museum, 1820 John Russell Road

## **24. Visiting Egypt and Jordan**

Ride down Jordan's King's Highway, oldest highway in the world. Hike through the Siq to the ancient city of Petra. Float down the Nile River in a dahabeya like the pharaohs. Walk the newly opened Avenue of Sphinx's from Luxor to Karnak temples. Join us for a photo-filled presentation of JoAnn's recent travels to Egypt and Jordan. Explore the temples, tombs and castles of yesteryear and the workshops, farms and homes of today.

Presenter: JoAnn Parks

Coordinator: Elizabeth Fischer (715) 874-5633

Wednesday: April 13 1:30 - 3:00 p.m.

Russell J. Rassbach Heritage Museum, 1820 John Russell Road

## **25. Implicit and Explicit Biases: Admit We All Have Them.**

Angie McIlquham forces us to admit our biases and evaluate how they impact our beliefs, the practices within our community, and our thoughts and responses to others. Her interactive presentation defines cultural humility and the ingrained layers in our belief system. Verna Myers, a TED Talk video, will accompany the presentation. Acknowledge that who you trust, who you feel afraid of, who you feel connected to, and who you run away from are implicit within all of us.

Presenter: Angie McIlquham, Director of Sexual Assault Victim Services

Coordinator: Marilyn Hagen (715) 210-0073

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

Russell J. Rassbach Heritage Museum, 1820 John Russell Road

## **26. Coast-to-Coast Hike Across England**

Have you ever wondered what it would be like to walk across a country? Tom and Beth will relive their September 2021 "Coast to Coast," inn-to-inn hike across northern England. Their route from the Irish Sea to the North Sea took them 203 miles through three national parks, over mountains, through working farms, and alongside countless sheep. (They tried counting them once, but promptly fell asleep.)

Presenters: Tom and Beth Arneberg

Coordinator: Joyce Robbins (715) 235-8528

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

Russell J. Rassbach Heritage Museum, 1820 John Russell Road

**27. Bruce Siebold's Stories on 80 Acres**

*Just Released.* Bruce Siebold's third book *Stories on Eighty Acres* presents a thirty-year compendium of nature photographs taken on Eighty Acres near Menomonie. His presentation will not only display the beauty of the land but will also speak to the importance of our everyday mindfulness of the Earth Mother and protecting our land for our children and grandchildren.

Presenter: Bruce Siebold

Coordinator: Christopher Smith (715) 664-8805

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

Russell J. Rassbach Heritage Museum, 1820 John Russell Road

**28. Bracelet Workshop with Leather and Beads**

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 online at cvlr.org. All materials supplied. Note this class starts at 1:00 to give more time to assemble the bracelet.

**Limit 20**

Presenter: Chris Oest

Coordinator: Joyce Robbins (715) 235-8528

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

Russell J. Rassbach Heritage Museum, 1820 John Russell Road

Cost: \$16

**29. Building Understanding between Latinx Immigrants and Local Dairy Wisconsin Farmers**

Mercedes Falk shares a motivating and insightful power point presentation on building bridges of understanding between the Latinx immigrants and local farmers in western Wisconsin. Local farmers learn the complicated history of the dairy farm workers who come to the Midwest to work and often do not return to their families for many years. Sometimes the local farmer bonds with the Latinx dairy farmer and family, connecting with him and learning about his culture and history.

Presenter: Mercedes Falk, Director of Puentes/Bridges Incorporated

Coordinator: Marilyn Hagen (715) 210-0073

Wednesday: April 27 10:00 - 11:30 a.m.

Russell J. Rassbach Heritage Museum, 1820 John Russell Road

### **30. Municipal Roads – From Concept to Concrete**

When a municipal road is considered for replacement or repair, the process of selecting a section of road is coupled with the logistics of obtaining funding, budgeting, processing public opinion, dealing with traffic, and planning for maintenance. Menomonie Public Works Director Randy Eide will help us understand the matrix of decision-making involved as our professional and elected officials decide when and how to replace or repair roads. Existing projects will be used as examples.

Presenter: City of Menomonie Public Works Director Randy Eide

Coordinator: Christopher Smith (715) 664-8805

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

Russell J. Rassbach Heritage Museum, 1820 John Russell Road

### **31. University Policing – Active Threat Procedures, Policies, and Prevention**

In this era where unthinkable violence can/does occur in places where we think that it never can nor will, preparation by people to whom we have entrusted our safety, the safety of our community, and order within our valued institutions is a paramount concern. UW-Stout Police Chief Jason Spetz will provide information about “active threat” procedures that the University, working with the community, can engage and the policies and prevention activities that will make their use unnecessary.

Presenter: University of Wisconsin-Stout Police Chief Jason Spetz

Coordinator: Christopher Smith (715) 664-8805

Thursday: April 28 10:00 - 11:30 a.m.

Russell J. Rassbach Heritage Museum, 1820 John Russell Road

### **32. Our First Neighbors**

We know surprisingly little about the people who first lived in our area, but families have lived here for 11,000 years. We also have a hard time seeing them as real people like us, who raised kids, traveled, made art, made homes, got to know their neighbors, believed in spirituality. We also fall into an idea that these folks vanished, leaving only their stone tools. But they didn't vanish. Let's unravel the tale.

Presenter: Frank Smoot

Coordinator: Elizabeth Fischer (715) 874-5633

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

Russell J. Rassbach Heritage Museum, 1820 John Russell Road

### **33. Poetry IX – Music, Poet Laureates, and Postcards**

Dan Tye will explore poetry in music through songs of favorite musical genres, and experience the role of lyricists by writing new words to well-known tunes. Yvonne Nelson will discuss Poet Laureates, teaching us the process and reading some of their poems. We will choose one whose style or topics inspire us to write our own poem. Jill Noreen will teach us how to write "Poetry from Postcards," an imaginative poem starter that evokes memories.

Presenters: Dan Tye, Yvonne Nelson, Jill Noreen

Coordinator: Elizabeth Fischer (715) 874-5633

Tuesdays: May 3, 10, 17, and 24 10:00 - 11:30 a.m.

Shirley Doane Senior Center, 1412 6th Street E

### **34. And the World Moved On: After Ida the Horrible**

Avril Font will share her harrowing experience the night of Hurricane Ida and how it changed her. Hurricane Katina, the "red book" revolution in Hong Kong, and birds flying into airplane engines in Colorado were not as frightening as the night of August 31, 2021. Using photos, she will explain her emotional saga from Ida and its aftermath. Learn how she, her husband and family members continue to resuscitate their lives, home, and community.

Presenter: Avril Font

Coordinator: Marilyn Hagen (715) 210-0073

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

Via Zoom only

### **35. The Depth and Breadth of 3D Photography**

The year 1839 that Louis Daguerre introduced his famed photographic process, Charles Wheatstone introduced a method for creating the illusion of "three-dimensions" using a device that forced a viewer's eyes to present two images to the viewer's brain as if they were a single image, thus mimicking binocular vision. More than a fad, stereoscopy enraptured the Victorian era, epitomized the boomer generation's zeal for technology, and fuels our quest for perfect simulations. Anaglyph viewing glasses provided.

Presenter: Christopher Smith

Coordinator: Christopher Smith (715) 664-8805

Wednesday: May 4 10:00 - 11:30 a.m.

Russell J. Rassbach Heritage Museum, 1820 John Russell Road

### 36. Behind the Scenes at the Museum II Recent Collections

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. See recently donated items and learn how the museum staff researches and uncovers just how much history can be below the surface of an ordinary item.

**Limit 10 Sign up for one section only.**

Presenters: Melissa Kneeland and Sofi Doane

Coordinator: Elizabeth Fischer (715) 874-5633

Wednesday: May 4 A 1:30 - 3:00 p.m.

Tuesday: May 17 B 1:30 - 3:00 p.m.

Russell J. Rassbach Heritage Museum, 1820 John Russell Road

Cost: \$10

### 37. Make an Acrylic-enhanced Photograph

Participants will create a ready-to-hang work of art starting with a digital photographic image. They will learn to transfer the image to canvas, repair/enhance it with acrylic paint, and mount their work. Session one: image preparation and transfer, Sessions two and three: acrylic image enhancement, and Session four: detailing and mounting. Image submission details will be provided prior to the class. No photographic or painting experience required. **Four consecutive days. Limit 10**

Presenter: Christopher Smith

Coordinator: Chris Smith (715) 664-8805

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

Wednesday: May 11 3:00 - 4:30 p.m.

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

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

Russell J. Rassbach Heritage Museum, 1820 John Russell Road

Cost: \$35 includes all materials

### 38. Act F.A.S.T: Stroke Awareness, Care & Risk Reduction

Someone in the U.S. has a stroke every 40 seconds and every 4 minutes someone dies of stroke. Stroke is the leading cause of long-term disability in the U.S. and reduces mobility in more than half of stroke survivors age 65 and over. Angie Gullicksrud, Mayo Clinic Health System Eau Claire Stroke Coordinator, will teach us about stroke care and treatment, ways to reduce your risk, and how you can identify stroke symptoms in yourself and others.

Presenter: Angie Gullicksrud BSN, RN

Coordinator: Howard Lee (715) 235-8841

Tuesday: May 10 1:30 - 3:00 p.m.

Shirley Doane Senior Center, 1412 6th Street E

**39. Cooking with Monica: Increase the Nutrition in Your Life-Changing Foods**

A vital ingredient to healthy daily living is consuming essential vitamins and minerals. How do you know that the food you eat has these? Discover how to determine that. See demonstrations and/or sample Aloe Vera Summer Salad, Lemon Balm Pesto, Radish Salad, Country "Fried" Cauliflower Steak with Mushroom "Gravy," Fat-Free & Dairy Free Broccoli Nacho Cheese Stuffed Potato, Nut Butter Cookie. Take home a recipe packet and Gluten Free Lemon-Lime Tartlet that you make yourself. **Limit 50**

Presenter: Monica Gean

Coordinator: Elizabeth Fischer (715) 874-5633

Monday: May 16 1:30 - 3:00 p.m.

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

Cost: \$15

**40. CAFOs vs. Surface Water Quality - What Can Be Done?**

Livestock operations in Wisconsin have become more concentrated. This has led to the proliferation of CAFOs, which provide cost savings, but contrarily also impose external costs. Zach Raff (UW-Stout) will discuss the past, present, and future of the livestock industry in WI, including reduced surface water quality from the rise in CAFOs, and related economic implications. Zach will also discuss the mechanisms behind the estimated impacts and recommendations to mitigate these external costs.

Presenter: Zach Raff, UW-Stout Asst Professor

Coordinator: Steve Hogseth (715) 309-4171

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

Russell J. Rassbach Heritage Museum, 1820 John Russell Road

**41. 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. 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.

Presenter: Rob Barros of Lake Elmo, Minnesota

Coordinator: Joyce Robbins (715) 235-8528

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

Russell J. Rassbach Heritage Museum, 1820 John Russell Road

#### **42. Dunn County Potter's Field: An Overview and Recent Research**

Dunn County Potter's Field was the final resting place of a number of people who spent time at the Dunn County Asylum for the Chronic Insane or The Dunn County Poor Farm or who died without resources to be buried including Laura Ingalls Wilder's aunt. These sites have become more visited due to genealogy research. In an effort to locate the unmarked burials, we have initiated a research program that includes drone flights and imagery and ground-penetrating radar surveys.

Presenters: Sofi Doane, Dave Williams, Harry Jol, Martin Goettl,  
and Tristan Wrkus

Coordinator: Joyce Robbins (715) 235-8528

Tuesday: May 24 1:30 - 3:00 p.m.

Russell J. Rassbach Heritage Museum, 1820 John Russell Road  
Field visit to Dunn County Potter's Field located in the north eastern corner of the DC Highway Shop yard. Rough, uneven field terrain.

#### **43. Cooking with Monica: Fresh Ideas for Preparing Berries**

Treat yourself to new, quick, and easy ideas for preparing strawberries, blueberries, and pineapple using different methods, flavorings, and combinations. Explore unique fruits such as gooseberry and goji berry. Learn the recipes for Pineapple Salsa, Cranberry Almond Chicken Salad, Wild Rice Raspberry Salad, Sweet & Sour Cashew Chicken with Cauliflower Rice, Berry Glazed Salmon, Blackberry Grilled Cheese, and Gluten Free Pineapple Upside down Cake. Take home a recipe packet and Mini Gluten Free Pineapple Upside Down Cake that you make yourself. **Limit 50**

Presenter: Monica Gean

Coordinator: Elizabeth Fischer (715) 874-5633

Monday: June 13 1:30 - 3:00 p.m.

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

Cost: \$15

#### **44. Dead & Famous: Paranormally Investigating the Celebrity Dead**

In his typical witty manner, Adrian Lee will share what he learned from celebrity ghosts. Discover what Buddy Holly said about his fatal crash, who Sinclair Lewis said was his favorite author, what Wild Bill Hickok said about Calamity Jane, who actor George Reeve said killed him, what Robert Johnson discussed at the crossroad where he allegedly sold his soul to the devil in Mississippi, what Lizzie Borden admitted to at her gravesite in Rhode Island, and more.

Presenter: Adrian Lee

Coordinator: Elizabeth Fischer (715) 874-5633

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

Russell J. Rassbach Heritage Museum, 1820 John Russell Road

## Spring/Summer 2022 Eau Claire

### 45. Refresh, Redo, or Renew Something Special for Spring

Transition your home décor from winter into spring and revitalize a room or an area by refreshing, redoing, or renewing something special. Bring in a memento and turn it into a focal point. Sandy will demonstrate how to do that using a wreath. Then she will give you suggestions and pointers for your item. If you want a completely new piece, buy one from Sandy's store. Take home a piece that carries memories with a fresh, spring look. **Register for one session only.**

**Limit 20 per session.**

Presenter: Sandy O'Connell

Coordinator: Marilyn Hagen (715) 210-0073

Monday: March 7 A 1:30 - 3:00 p.m.

Monday: March 28 B 1:30 - 3:00 p.m.

Avalon European Floral Shop, 421 Water Street

Cost: \$10

### 46. Failure Is Impossible

Eau Claire Women in Theater (ecWIT) have created another original presentation, and we are privileged to offer you the opportunity to enjoy it! "Failure Is Impossible" imagines a reunion of leading suffragists celebrating the 100th anniversary of passage of the 19th Amendment which granted women the ballot. Since March is Women's History Month, this is an exciting way to start it.

Presenters: Eau Claire Women in Theater (ecWIT)

Coordinator: Elizabeth Fischer (715) 874-5633

Tuesday: March 8 1:30 - 2:30 p.m.

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

Cost: \$10

### 47. Crex Meadows Visit

Experience Crex Meadows through the lens of local photographer Jim Backus. These 30,000 state-owned acres of marsh, woodlands, and prairie are located just north of Grantsburg, Wisconsin, and are home to 600 types of plants and 270 species of birds, including Sandhill Cranes and Trumpeter Swans. Your visit to Crex will include its beauty and variety during the spring and fall migrations.

Presenter: Jim Backus, Magoo Nature Photography

Coordinator: Jim Urness (715) 832-5670

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

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

#### **48. Shutterfly - Do More with Your Digital Photos**

With Shutterfly, you can transfer your precious photos to beautiful high quality books, coffee cups, canvas prints, pillows, puzzles, and so much more. Get step-by-step details in this small class just for CVLR members. Session will include a link to the class recording to guide you in your own projects. **Limit 10**

Presenter: Sara Reimann – Hill,

Sara's One Stop Computer Shop

Coordinator: Amy Alpine

(917) 446-5983

Thursday: March 10

1:30 – 3:00 p.m.

Via Zoom only

Cost: \$20

#### **49. Tapping and Collecting Maple Syrup**

Explore the tradition of collecting sap and making syrup here in Wisconsin. You will find out about the tools of the trade and take a guided tour of the sugar bush. Learn which trees to tap and how it is done, from tapping the tree to boiling the sap to making the syrup. Then sample the brown gold on some vanilla ice cream. **Limit 25**

Presenter: Jim Schweibert

Coordinator: Herb Ruscin

(715) 877-1642

Friday: March 11

1:00 - 3:00 p.m.

Beaver Creek Reserve, two miles north of Fall Creek on Hwy K

Cost: \$10

#### **50. 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.

Presenter: Rita Gundry, Master Gardener Volunteer

Coordinator: Karen Schauer

(715) 559-1234

Wednesday: March 16

10:00 - 11:30 a.m.

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

### 51. **Make a Barn Quilt - a Day of FUN and CREATIVITY**

Barn quilts are painted quilt squares on wood frames that are popping up on buildings across the country. Add a permanent splash of color to your yard or garden with a barn quilt. Choose from several patterns and design and paint your own square. Your project will be dry by the end of the class. Make a 2' by 2' or a 4' by 4' board. Instructions, all materials, and lunch are included in the price. Min 8, Max 12.

Presenter: Mary Kolstad

Coordinator: Karen Schauer (715) 559-1234

Tuesday: March 22 8:15 a.m. - 4:00 p.m.

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

Cost: 2' by 2' board \$60; 4' x 4' board \$95 includes a pizza lunch.

### 52. **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. In this program we will review the history of the space we now call Carson Park and 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. **Limit 50**

Presenter: Tim Hirsch

Coordinator: Mike Hilger (715) 832-8823

Tuesday: March 22 10:00 - 11:30 a.m.

Chippewa Valley Museum in Carson Park

### 53. **Balm Basics**

Learn to make your own healing and moisturizing balms. Using organic, skin-nutritious oils, infused herbs, essential oils, and local beeswax, we'll formulate a recipe and make a batch of lip balm and some moisturizing balm bars. You will take home samples of each, learn healing properties of herbs and oils, and get hands-on practice making your own natural and organic skincare products! **Limit 16**

Presenter: Nancy Brooks,

Hand-Crafted Soap and Cosmetic Guild teacher

Coordinator: Amy Alpine (917) 446-5983

Tuesday: March 22 1:30 - 3:00 p.m.

Chippewa Valley Museum in Cason Park

Cost: \$21

#### **54. Get Ready to be Blown Away...by Wind Energy**

Learn about the growing renewable energy industry by exploring the life cycle of a wind farm from development to operation. Lindsey Karls and Tim Shevket from RWE Renewables will provide details about wind energy, how turbines can power thousands of Wisconsin homes, why wind matters more now than ever, and how the world's 4th largest renewable energy company creates projects and partnership with local communities.

Presenters: Lindsey Karls, Development Outreach Manager  
and Tim Shevket, Wind Development Manager for RWE

Coordinator: Amy Alpine (917) 446-5983

Thursday: March 24 1:30 - 3:00 p.m.

Via Zoom only

#### **55. Excursion to Botswana**

In the fall of 2005 Joe undertook a three-week photo excursion to Botswana with a guide and five other photographers and presented a CVLR program on it shortly thereafter. Since then his experience with image processing has increased. That fact as well as the improvements in Photoshop and Lightroom software prompted him to rework those images as well as to tackle images that were bypassed as unsatisfactory at that time. We think you will like the new version.

Presenter: Joe Motto, MD

Coordinator: Jim Urness (715) 832-5670

Tuesday: March 29 10:00 – 11:30 a.m.

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

#### **56. Tour First Choice Computer Recycling Center**

Is there a better alternative to throwing outdated computers or appliances in the landfill? Learn how to responsibly and safely dispose of electronic equipment and appliances at the end of their lifespan. Join Ralph for a tour of First Choice Recycling. Learn what they repair, reuse, how and where electronic materials are recycled to protect our environment and reintroduced to the manufacturing stream. Regan will join the tour to answer any additional recycling questions. **Limit 30**

Presenters: Ralph Hutchens, Owner First Choice Recycling Center  
Regan Watts, Eau Claire County Recycling  
and Sustainability Coordinator

Coordinator: Kathy Campbell (715) 835-3180

Wednesday: March 30 1:30 – 3:00 p.m.

First Choice Recycling, 525 Park Ridge Court Enter at Office Door

**57. The Sesquicentennial of Eau Claire: The Economic Evolution of a Modern City, 1872-2022**

The author and historian will focus on the changes in the Eau Claire economy over the past 150 years and the way this has conditioned the social and cultural life of the city. Unlike some cities, Eau Claire was able to reinvent itself, and the history of Eau Claire is really the story of three separate communities, each contributing to the creation of the vibrant, destination city that we enjoy today. Some prominent businesses and individuals will also be looked at.

Presenter: Brian Blakeley

Coordinator: John Stoneberg (715) 832-8315

Tuesday: April 5 1:30 – 3:00 p.m.

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

**58. What Is Included in Hospice Services?**

Chances are that, sometime, we or a loved one will want to avail ourselves of hospice services. Those who have already done so have reported finding it extremely helpful, not only for the dying person but for the family as well. Amy Leonardson, Manager of Business Development for Heartland Hospice, will answer any questions you have about hospice services and offer suggestions for preparing for a death in the family.

Presenter: Amy Leonardson, Manager of Business Development for  
Heartland Hospice

Coordinator: Barb Hebert (715) 514-9692

Wednesday: April 6 1:30 – 3:00 p.m.

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

**59. Greenplants, Terrariums, Succulents and Orchids – Do I Have Your Attention Now?**

Take a look at your indoor houseplants this spring. Learn how to repot, maintain, and treat your houseplants. Terrariums are back in, and we will show you how to plant and maintain these beautiful glass gardens. We will also take a look at succulents - how to care for them indoors and then outdoors this summer. Lastly everybody loves orchids, but some feel they are hard to care for. Learn easy care for your indoor orchids.

Presenter: Angie Willier, May's Floral

Coordinator: Elizabeth Fischer (715) 874-5633

Thursday: April 7 10:00 – 11:30 a.m.

May's Floral, 3424 Jeffers Road

## 60. Exploring Poetry: Time, Meter, Rhyme

We ran out of time exploring time as a poetic topic last fall, so this session will continue with that topic as well as look into poetry's musical timing features: meter and rhyme. No need to have attended previous Exploring Poetry Sessions or to be familiar with poetry. You just need to be open to 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: April 7 and 14 1:30 - 3:00 p.m.

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

## 61. What Is Recyclable?

We all know glass, tin, and newspapers go in the recycling bin. If you've wondered what to do with cardboard, paint, electrical cords, mattresses and all the rest, Regan will teach you what belongs in the curbside bin and how to dispose of other items responsibly. Regan will clarify recycling guidelines and share new opportunities to recycle household items available in Eau Claire County.

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

Sue Waits, JONAH Environmental Task Force Co-Chair

Coordinator: Kathy Campbell (715) 835-3180

Friday: April 8 1:30 – 3:00 p.m.

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

## 62. Create a Fused Glass Garden Stake

Design a Fused Glass Garden Stake or Plant Stake. Choose a color for the base and various embellishments to fashion your own colorful, weatherproof art. The tall garden stake is on a 3' round piece of steel; the shorter plant stake is on a 18" piece of heavy-duty aluminum. If time allows, make a second stake for \$15. Your project will be fired in Jean's studio and ready to pick up on Monday, April 18, at 1:30 p.m. at the L.E. Phillips Senior Center **Limit 15**

Presenter: Jean Romanshek

Coordinator: Kathy Campbell (715) 835-3180

Monday: April 11 1:30 – 3:00 p.m.

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

Cost: \$20

**63. The Sesquicentennial of Eau Claire: The Changing Nature of National, State, and Local Politics, 1872-2022**

The author and historian will focus on the demographic, economic, and social changes in Eau Claire that led the city to abandon its firm commitment to the Grand Old Party and to become a Democratic leaning two-party community at the national and state levels. The principal focus will be on the changes that politically occurred at the local level with Eau Claire embracing three different forms of municipal governance over time. Interesting politicians will be highlighted, and the changing role of the City Manager will also be discussed.

Presenter: Brian Blakeley

Coordinator: John Stoneberg (715) 832-8315

Tuesday: April 12 1:30 – 3:00 p.m.

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

**64. Hiding in Plain Sight: Standard Language Ideology and Linguistic Bias**

How does the belief that there is only one correct way to use English foster bias about speakers who do not adhere to this imagined standard form? For further reading see entry online at cvlr.org.

Presenter: Erica J. Benson, Ph.D., Professor of Linguistics,  
UWEC English Department

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

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

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

**65. Karibu Kenya**

Almost halfway around the planet from Wisconsin is a strange new old world unlike anything you've ever known - where you dare not exit your vehicle, there are surprises around every bend in the bumpy road, and Secretarybirds, Cape Buffalos, and National Parks are King. Join naturalist and photographer Steve Betchkal on a seventeen-day tour of magnificent Southwest Kenya - without danger of being eaten by a sixteen-foot crocodile.

Presenter: Steve Betchkal

Coordinator: Kathie Fahrman (715) 839-9251

Tuesday: April 19 1:30 – 3:00 p.m.

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

**66. Thomas Hardy, Claude Monet, and Pyotr Ilych Tchaikovsky  
Walk into a Bar . .**

A famous 19th Century writer, painter, and composer are among the great success stories of their era. Find out about their somewhat obvious differences, what they have in common, and how each evolved—why they would walk into a bar together.

Presenter: Doug Pearson

Coordinator: Mike Hilger (715) 832-8823

Wednesday: April 20 1:30 - 3:00 p.m.

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

**67. Aristotle on Virtue and Happiness**

We will explore Aristotle's Nicomachean Ethics, a foundational philosophical text that is as relevant today as when it was written more than two millennia ago. Among the topics for discussion are the nature of happiness, what the virtues are and why we can't be happy without them, and his famous doctrine of the mean.

Presenter: Sean McAleer PhD, UWEC Professor, Department Chair  
Philosophy and Religious Studies

Author, *Plato's Republic, An Introduction*

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

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

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

**68. Within an Hour of Home**

Looking for a new place to hike or want to learn more about the history of our region? Not far from your front door there are worlds to explore! Join Tourism Directors from Eau Claire, Chippewa, Dunn and Barron Counties as they highlight some of the interesting sites and activities available just a short drive from your home. Add your idea within these four counties on an index card to share with the group!

Presenters: Benny Anderson, Executive Director, Visit Eau Claire;

Jackie Boos, Tourism Director, Chippewa Falls Area Chamber;

Tammy Simon, Tourism Mgr, Menomonie Area Chamber Visitor Ctr;

Dave Armstrong, Director of Tourism, Barron Cty Econ Dev Corp

Coordinator: Kathy Campbell (715) 835-3180

Monday: April 25 1:30 – 3:00 p.m.

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

## 69. Foreign Affairs - Eau Claire

We will view one Foreign Policy Association Great Decision 2022 DVD lecture each week and discuss the topic. Topics for Spring 2022 are ... Changing Demographics ... Outer space ... Climate change ... Russia and the U.S. ... More info at: [www.fpa.org/great\_decisions/?act=gd\_topics] Presenters will be ... Mindy Merryfield ... Julie Strzok-Harris ... Dennis Spader ... Steve Hogseth. Alignment of topics, presenters, and dates will be determined and emailed in advance of each session.

Coordinator: Steve Hogseth

(715) 309-4171

Fridays: April 22, 29, May 13, and 20

1:30 - 3:00 p.m.

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

## 70. An Introduction to Norwegian Rosemaling

Learn the basics of rosemaling a small plaque in the Norwegian Rogaland style. There will be a brief history of rosemaling and a few of the different styles. You will learn the steps of preparing the woodenware for rosemaling as well as the colors used for the paints. All paints, plaques, brushes and other supplies will be supplied for you. Oil paints and painting mediums are used for this class, so please take this into consideration if you have allergies. **Limit 12**

Presenter: Gail Olah

Coordinator: Claudeen Oebser

(715) 874-6054

Tuesday: May 3

12:00 - 4:00 p.m.

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

Cost: \$12

## 71. Making Your Own Body Lotion, Lip Balm and Spritzer

In this workshop you will make your own Body Lotion, Lip Balm, and Spritzer. You will create a gift set including lotion, lip balm, and spritzer base using natural products - safflower seed oil, lanolin, castor oil, distilled water, and witch hazel. Combine these with your favorite scents to make beautiful, personalized gifts or begin a lifestyle change of using less chemicals and reducing your personal carbon imprint by learning how to DIY. **Limit 12**

Presenters: Lucianne Boardman and Kathy Peterson

Coordinator: Claudeen Oebser

(715) 874-6054

Thursday: May 5

10:00 - 11:30 a.m.

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

Cost: \$15

## **72. Aromatherapy Diffuser Bracelets and Necklaces**

Make your own aromatherapy diffuser bracelet and necklace with naturally imperfect lava stone and other beads and stones. Some beads to choose from are glass beads made by artisans in Ghana, West Africa. Enjoy the Earth's force and energy in this light weight bracelet to help you enjoy peace and calm, erase bad moods and prevent a decline of energy. **Limit 16**

Presenters: Lucianne Boardman and Kathy Peterson

Coordinator: Clauden Oebser (715) 874-6054

Thursday: May 5 1:30 - 3:00 p.m.

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

Cost: \$15

## **73. STEAM Programming at Pablo Center**

See and experience the range of STEAM programming offered at Pablo Center. This presentation will include an overview of STEAM programming offered throughout the year, an update on the Pablo Center and New Auburn FIRST Robotics Competition teams, and a preview of upcoming summer programming being offered to area students. **Limit 40**

Presenter: Mike Lee

Coordinator: Mike Hilger (715) 832-8823

Friday: May 6 1:30 – 3:00 p.m.

Pablo Center, Downtown

## **74. Researching the History of the Eau Claire Police Department**

The retired police officer will give a presentation of research on the history of the Eau Claire Police Department dating back to its origin 1872 including local history, personal biographies, and genealogical aspects.

Presenter: Todd Johnson

Coordinator: John Stoneberg (715) 832-8315

Wednesday: May 11 1:30 – 3:00 p.m.

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

**75. Shakespeare's *Twelfth Night***

*Twelfth Night* is a lively romantic comedy and one of Shakespeare's best plays. Many Renaissance comedies played with mistaken identities, but this exceeds the others in wit, grace, and spirit. Playing with gender and identity, courtship and sexuality, loyalty and friendship, *Twelfth Night* enriches as it delights. The Great River Shakespeare Festival in Winona will perform it this summer. This discussion aims to encourage a fresh appreciation of one of the Bard's greatest works.

[*Twelfth Night* (1996) is a good film version available for streaming.]

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

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

Wednesday: May 25 1:30 – 3:00 p.m.

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

**76. Round the World Travel with Bob Hume Part II**

Bob and Sandy Hume boarded the Viking Sun on Jan. 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 Two of a series covering "Highlights of 2019 World Cruise from Ushuaia, Argentina to London." Follow along on this journey around the world for some incredible sights and stories.

Presenter: Robert Hume, DPM

Coordinator: Jim Urness (715) 832-5670

Thursday: May 26 10:00 – 11:30 a.m

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

**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.

## If You Have a Question on a Class or Trip

To register or ask about availability for a class or trip, contact Elizabeth Fischer at [liz@psmc.com](mailto:liz@psmc.com). If you have a question about a trip or class after you have registered, contact the coordinator. Coordinators do not know answers regarding if a class has openings or not. You will find the coordinator's name in the class or trip listing. All coordinators' e-mails are listed below.

Amy Alpine	<a href="mailto:amyalpine@att.net">amyalpine@att.net</a>
Kathy Campbell	<a href="mailto:Katc55.kc@gmail.com">Katc55.kc@gmail.com</a>
Pat Eggert	<a href="mailto:eggertpatricia@gmail.com">eggertpatricia@gmail.com</a>
Kathie Fahrman	<a href="mailto:fahrmakj@uwec.edu">fahrmakj@uwec.edu</a>
Elizabeth Fischer	<a href="mailto:liz@psmc.com">liz@psmc.com</a>
Joe Hagaman	<a href="mailto:hagamanj@uwstout.edu">hagamanj@uwstout.edu</a>
Marilyn Hagen	<a href="mailto:marhagen@hotmail.com">marhagen@hotmail.com</a>
Barb Hebert	<a href="mailto:barbkbrowne@gmail.com">barbkbrowne@gmail.com</a>
Steve Hogseth	<a href="mailto:stevehogseth@gmail.com">stevehogseth@gmail.com</a>
Mike Hilger	<a href="mailto:hilgermj@uwec.edu">hilgermj@uwec.edu</a>
Howard Lee	<a href="mailto:leeh@uwstout.edu">leeh@uwstout.edu</a>
Mike O'Halloran	<a href="mailto:mmohalloran@charter.net">mmohalloran@charter.net</a>
Claudeen Oebser	<a href="mailto:coebser@gmail.com">coebser@gmail.com</a>
Joyce Robbins	<a href="mailto:joyrob1@charter.net">joyrob1@charter.net</a>
Herb Ruscin	<a href="mailto:ruscinherb@yahoo.com">ruscinherb@yahoo.com</a>
Karen Schauer	<a href="mailto:ktschauer@gmail.com">ktschauer@gmail.com</a>
Chris Smith	<a href="mailto:casmith@wwt.net">casmith@wwt.net</a>
Elizabeth Spader	<a href="mailto:elizabeth@elizabethspader.com">elizabeth@elizabethspader.com</a>
John Stoneberg	<a href="mailto:jstoneberg@charter.net">jstoneberg@charter.net</a>
Jim Urness	<a href="mailto:jimurness@charter.net">jimurness@charter.net</a>
Pat Williams	<a href="mailto:proptart75@gmail.com">proptart75@gmail.com</a>

## **If You Are Not Currently a Member, Please Read**

**You must either renew or apply for your membership before your registration will be processed.** 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 on the next two pages so that 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 \$20 each, a total of \$40, may be submitted on one check.

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.**

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

### **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 will 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. Chances are, the CVLR e-mails are going into your junk or spam 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.

**Membership in Chippewa Valley Learning in Retirement (CVLR8**

If you joined in the fall of 2021, your membership is effective for one year, from September, 2021, through August, 2022. If you are not currently a member, you may become a member for the Spring/Summer 2022 session only for \$20.

This membership entitles you to sign up for classes and trips offered by CVLR in Spring/Summer 2022. 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 2022**

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 \_\_\_\_\_

**Membership in Chippewa Valley Learning in Retirement (CVLR8**

If you joined in the fall of 2021, your membership is effective for one year, from September, 2021, through August, 2022. If you are not currently a member, you may become a member for the Spring/Summer 2022 session only for \$20.

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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 pages 31 or 32 and send it along with your \$20 membership fee for Spring 2022. *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](http://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](mailto:liz@psmc.com)

**If you want to take a class with limits**, send your mail-in registration along with your membership renewal if necessary, check for membership, and check(s) for class fees as soon possible to reserve your spot. Both in-person and mail-in registration are first come, first serve by 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. <i>Runestone! A Rock Musical</i> at the History Theatre | \$55 |
| _____ | 2. Forts Folle Avoine Historical Park Trip                 | \$40 |
| _____ | 3. MN Landscape Arboretum, Axel's, and Gertens Trip        | \$69 |
| _____ | 4. Minnesota Orchestra Season Finale Trip                  | \$70 |
| _____ | 5. Bad-est St. Paul/Wabasha Caves/Landmrk Ctr Trip         | \$79 |
| _____ | 6. Growing Up in Hawaii                                    |      |
| _____ | 7. The (FAT) Bears of Brooks Falls                         |      |
| _____ | 8. What Is Happening with Your Post Office?                |      |
| _____ | 9. Foreign Affairs - Menomonie                             |      |
| _____ | 10. Deciphering Events in the Middle East                  |      |
| _____ | 11. What Is Restorative Justice?                           |      |
| _____ | 12. Find Out the Difference Solar Energy Can Make          |      |

## Mail-in Registration Part 2

If you want to take a class with limits, send your mail-in registration along with your membership renewal if necessary, check for membership, and check(s) for class fees as soon as possible to reserve your spot. Both in-person and mail-in registration are first come, first serve by date.

Member name \_\_\_\_\_

Member # \_\_\_\_\_ (Only one member per form.)

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

- \_\_\_\_\_ 13. Cooking with Monica: Secrets to Mexican Cuisine \$15
- \_\_\_\_\_ 14. My Caregiver Experience with Lewy Body Dementia
- \_\_\_\_\_ 15. Film as Art Through the Criterion Collection
- \_\_\_\_\_ 16. *Women of the American Revolution*
- \_\_\_\_\_ 17. The Drinking Water Crisis in Wisconsin
- \_\_\_\_\_ 18. Discover the History and Beauty of New Zealand
- \_\_\_\_\_ 19. Excursion into Winter Monarch Butterfly Habitat
- \_\_\_\_\_ 20. Using Family Photos to Make a Quilt
- \_\_\_\_\_ 21. Tour Russia with Elizabeth and Dennis Spader
- \_\_\_\_\_ 22. How to Reduce Stress with Essential Oils
- \_\_\_\_\_ 23. The Wonderful World of Butterflies and Moths
- \_\_\_\_\_ 24. Visiting Egypt and Jordan
- \_\_\_\_\_ 25. Implicit and Explicit Biases: Admit We All Have Them.
- \_\_\_\_\_ 26. Coast-to-Coast Hike Across England
- \_\_\_\_\_ 27. Bruce Siebold's Stories on 80 Acres
- \_\_\_\_\_ 28. Bracelet Workshop with Leather and Beads \$16
- \_\_\_\_\_ 29. Building Understanding between Latinx Immigrants
- \_\_\_\_\_ 30. Municipal Roads – From Concept to Concrete
- \_\_\_\_\_ 31. University Policing – Active Threat Procedures, etc.
- \_\_\_\_\_ 32. Our First Neighbors
- \_\_\_\_\_ 33. Poetry IX – Music, Poet Laureates, and Postcards
- \_\_\_\_\_ 34. And the World Moved On: After Ida the Horrible
- \_\_\_\_\_ 35. The Depth and Breadth of 3D Photography
- \_\_\_\_\_ 36. Behind the Scenes/Museum II Recent Collections A \$10
- \_\_\_\_\_ 36. Behind the Scenes/Museum II Recent Collections B \$10
- \_\_\_\_\_ 37. Make an Acrylic-enhanced Photograph \$35
- \_\_\_\_\_ 38. Act F.A.S.T: Stroke Awareness
- \_\_\_\_\_ 39. Cooking with Monica: Increase Your Nutrition \$15
- \_\_\_\_\_ 40. What Are CAFOs and What Can Be Done about Them!
- \_\_\_\_\_ 41. The Life Story of John A Howe
- \_\_\_\_\_ 42. Dunn County Potter's Field
- \_\_\_\_\_ 43. Cooking with Monica: Fresh Ideas for Berries \$15
- \_\_\_\_\_ 44. Adrian Lee Paranormally Investigating Celebrity Dead

### Mail-in Registration Part 3

If you want to take a class with limits, send your mail-in registration along with your membership renewal if necessary, check for membership, and check(s) for class fees as soon as possible to reserve your spot. Both in-person and mail-in registration are first come, first serve by date.

Member name \_\_\_\_\_

Member # \_\_\_\_\_ (Only one member per form.)

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

- |       |   |   |         |
|-------|---|---|---------|
| _____ | 45. Refresh, Redo, or Renew Something Special             | A | \$10    |
| _____ | 45. Refresh, Redo, or Renew Something Special             | B | \$10    |
| _____ | 46. <i>Failure Is Impossible</i>                          |   | \$10    |
| _____ | 47. Crex Meadows Visit                                    |   |         |
| _____ | 48. Shutterfly - Do More with Your Digital Photos         |   | \$20    |
| _____ | 49. Tapping and Collecting Maple Syrup                    |   | \$10    |
| _____ | 50. The ABC's of Mason Bees                               |   |         |
| _____ | 51. Make a Barn Quilt - a Day of FUN and CREATIVITY       |   | \$60/95 |
| _____ | 52. Carson Park: Stories from the Past                    |   |         |
| _____ | 53. Balm Basics   |   | \$21    |
| _____ | 54. Wind Energy   |   |         |
| _____ | 55. Excursion to Botswana                                 |   |         |
| _____ | 56. Tour First Choice Computer Recycling Center           |   |         |
| _____ | 57. Sesquicentennial of Eau Claire: Economic Evolution    |   |         |
| _____ | 58. What Is Included in Hospice Services?                 |   |         |
| _____ | 59. Greenplants, Terrariums, Succulents and Orchids       |   |         |
| _____ | 60. Exploring Poetry: Time, Meter, Rhyme                  |   |         |
| _____ | 61. What Is Recyclable?                                   |   |         |
| _____ | 62. Create a Fused Glass Garden Stake                     |   | \$20    |
| _____ | 63. Sesquicentennial of Eau Claire: Politics              |   |         |
| _____ | 64. Linguistic Bias                                       |   |         |
| _____ | 65. Karibu Kenya  |   |         |
| _____ | 66. Thomas Hardy, Claude Monet, & Pyotr Ilych Tchaikovsky |   |         |
| _____ | 67. Aristotle on Virtue and Happiness                     |   |         |
| _____ | 68. Within an Hour of Home                                |   |         |
| _____ | 69. Foreign Affairs - Eau Claire                          |   |         |
| _____ | 70. An Introduction to Norwegian Rosemaling               |   | \$12    |
| _____ | 71. Making Your Own Body Lotion, Lip Balm and Spritzer    |   | \$15    |
| _____ | 72. Aromatherapy Diffuser Bracelets and Necklaces         |   | \$15    |
| _____ | 73. STEAM Programming at Pablo Center                     |   |         |
| _____ | 74. Researching the History of the Eau Claire Police Dept |   |         |
| _____ | 75. Shakespeare's <i>Twelfth Night</i>                    |   |         |
| _____ | 76. Round the World Travel with Bob Hume Part II          |   |         |

# Checklist to Register

## Have you included

- \_\_\_\_\_ **1. Your registration form.** Use one for each member.
- \_\_\_\_\_ **2. Your membership number.** Find it on the mailing label on the back cover of this pink booklet.
- \_\_\_\_\_ **3. A separate check for each class with a fee.**
- \_\_\_\_\_ **4. If you were not a member in Fall 2021,** your membership form, a check for your membership, registration form, and separate checks for each class with a fee together in one envelope. Include a stamped, self-addressed envelope to send your membership card.
- \_\_\_\_\_ **5. Have you done all of this quickly** if you want to take a class with limits?

## 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

Name	Phone
Elizabeth Fischer-President liz@psmc.com	(715) 874-5633
John Stoneberg - Vice President jstoneberg@charter.net	(715) 874-5633
Kay Ironside-Treasurer ironsidekay@gmail.com	(608) 449-2392
Amy Alpine-Co-Secretary amyalpine@att.net	(917) 446-5983
Sally Felling-Co-Secretary sefelling@gmail.com	(715) 962-4314
Mike Hilger hilgermj@uwec.edu	(715) 832-8823
Claudeen Oebser coebser@gmail.com	(715) 874-6054
Joyce Robbins joyrob1@charter.net	(715) 235-8528
Herb Ruscin ruscinherb@yahoo.com	(715) 877-1642
Karen Schauer ktschauer@gmail.com	(715) 559-1234
Elizabeth Spader elizabeth@elizabethspader.com	(715) 235-7003

### Member Services

Elizabeth Fischer  
liz@psmc.com (715) 874-5633

Chippewa Valley Learning in Retirement  
1412 6th Street E  
Menomonie WI 54751  
cvlr.org

Current Resident or