

Chippewa Valley

LEARNING IN RETIREMENT

Fall 2022

Course Schedule and Registration Packet

In-person registration is
Wednesday, August 24,
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 Fall Classes and Trips

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. Go to cvlr.org and print out additional copies. Send your renewal at least a week in advance or bring it with you to registration and process it there.
3. **Receive a new membership card.** You will keep your current membership number. Find it on the mailing label of your pink fall booklet
4. **Register in person Wednesday, August 24.** You may also register for one other person. Use that person's membership number and name when registering for him or her.
5. **Attend in-person registration if at all possible.** Since we operate on volunteer effort, your participation at in-person registration takes pressure off our volunteers. If you absolutely cannot attend, then mail in your registration. In-person and mail-in are the two ways to register. In-person registrations get priority over mail-in registrations.
6. **Write a separate check for each class or trip before in-person registration.** Having your check ready will speed up the process.

Find more details about registering on pages 1 - 2.

Use our cvlr.org site to find

- complete course listing for Fall 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 Fall 2022, and
- the entire pink registration booklet.

Once Again, I Am Blown Away

Every term when I layout the booklet, I am blown away at the fascinating and diverse offerings. Those choices start with the drive of coordinators who encounter subjects that catch their interest and prompt them to think “That would be a good CVLR class.” They pursue their impulse by asking the speaker or author to give a presentation to us. In some instances their inquiries don’t work out. However, in most they do. That is amazing, especially when you consider that we ask presenters to donate their time.

I cannot stress how fortunate we are to have wonderful presenters and dogged coordinators who always have as a priority of bringing interesting programs to you. Your thankfulness means a great deal to both. Please continue to thank presenters and coordinators for enriching our lives with these classes.

See you at class,
Elizabeth
President

Before You Get to Registration

Since everyone needs to renew their memberships this fall, either send in your membership renewal at least a week before registration to Elizabeth whose address is on the membership renewal form or come early to registration. **Membership opens at 9:00 a.m. at both locations.**

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

Have your checks for any classes or trips with fees ready when you walk into registration. Put the class/trip number and your member number on the check. If you do not get into an offering, hold onto your check for it. If the other city’s sign-up doesn’t fill, we will contact you later that day or the next to let you know that we have space for you to take the class or trip. Then you can use your check.

Access the map. We have planned where the sign-up sheets for each offering will be placed and created a map showing the location of each. You can access these maps at cvlr.org under “How to Register.” Go to the site, click on the map, and print it out. Use it to know where your priority classes/trips are located and plan your sign-up at registration. We will also have them available at the door at registration.

Procedure at In-person Registration August 24

The doors open at 9:00. If you arrive before that time, wait in your car. The doors will be locked. 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.

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

Important Information about Classes with Limits

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

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

At Registration, Please...

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

If You Cannot Attend In-person Registration...

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.

Fall 2022 Bus Trips

Yes, bus trips will continue to have its own separate section up front, making these listings easier for you to find. Since we are still in uncharted COVID territory, these rules involving bus trips from Spring/Summer will continue.

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. If COVID worsens, we will hold the checks and let you know that we are doing so. We will adjust as necessary to the conditions we find this fall.

1. **Mystery Trip**

On this trip you will not solve a mystery. Instead our destination will be a mystery to you until we arrive at each stop. Be prepared to encounter the unexpected, take a close look at something new, and be awed. Elizabeth is excited to take you for a ride, listen to your speculation of our destination, and watch your reactions as the day progresses. We will have fun! **Limit 112**

Coordinator: Elizabeth Fischer (715) 874-5633

Thursday: September 22

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

Pick up is at MarketPlace at 8:00 a.m. We arrive back about 4:15 p.m.

Cost: \$79 Does not include tips for driver or wait staff.

2. **Birds in Art Trip at Leigh Yawkey Woodson Art Museum and Tour of Historic Sites, Wausau**

See 118 works of bird art at the 47th annual exhibit. Choose a hot beef sandwich, chicken salad wrap, or country grilled chicken sandwich at Wausau's Landmark 2510 Restaurant, Bakery, and Deli for lunch. Enjoy a guided tour of historic sites in Wausau narrated by a historian from the Marathon County Historical Society. We will stop at the Hawkeye Dairy Store in Abbotsford on the way home. **Limit 54**

Coordinator: Joyce Robbins (715) 931-7611

Kathy Campell (715) 559-4140

Wednesday: September 28

Bus leaves MarketPlace at 7:30 and arrives back about 5:30 p.m.

Bus departs 29 Pines at 8:00 a.m. and returns around 5:00 p.m.

Cost: \$59. Does not include tip for driver and purchases at the dairy store.

Be prepared at registration to select your lunch choice.

3. *Buddy! The Buddy Holly Story at the History Theatre*

Experience a part bio-musical, part rock 'n roll concert, and part toe-tappin' & hand-clappin' celebration of the music of Buddy Holly. His meteoric rise to fame happened as he crossed racial barriers and rose to the top of the charts in just four short years. His appearance in Minnesota was part of the legendary Winter Dance Party tour that brought him to Duluth and St. Paul just before his finale at the Surf Ballroom in Clear Lake, Iowa. 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: Elizabeth Fischer (715) 828-0768

Thursday: October 6 A

Thursday: October 13 B

Bus departs 29 Pines at 7:45 a.m. and returns around 4:00 p.m.

Bus leaves Marketplace at 8:15 a.m. and arrives back about 3:30 p.m.

Cost: \$62 Driver's tip and lunch are not included.

4. *Sally and Tom at the Guthrie Theater*

Playwright Luce has sky-high hopes for her latest script, which examines the complex relationship between Sally Hemings and Thomas Jefferson. To catch the attention of more notable producers, Luce recruits her longtime collaborator (and lover) Mike to direct, and then casts herself and Mike in the lead roles. Their creative visions align at first, but things unravel quickly as they find themselves at odds and deeply entangled in Sally and Tom's story. **Limit 112**

Coordinator: Elizabeth Fischer (715) 828-0768

Wednesday: November 2

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

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

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

Cost: \$55. Lunch and driver's tip are not included.

Watch for a Special Flyer in Early November

It is your invitation to the CVLR Holiday Luncheon at The Florian Gardens December 1. We will have entertainment, refreshing punch, and a delicious meal. You will enjoy seeing The Florian Gardens decorated for the holidays

Fall 2022 Menomonie

5. **Special Viewing of *Prohibition in Dunn County Exhibit***

Join Dunn County Historical Society Executive Director Melissa Kneeland on a special viewing of the exhibit "Prohibition in Dunn County." You will see an original "home brew joint" set up, learn about the causes of Prohibition nationally, and find out how it affected residents of Dunn County. You can even try your hand at the secret door to the "home brew joint"! The exhibit contains many original artifacts never before displayed. **Limit 15**

Presenter: DCHS Executive Director Melissa Kneeland

Coordinator: Elizabeth Fischer (715) 874-5633

Tuesday: September 6 1:30 - 3:00 p.m.

Russell J. Rassbach Heritage Museum, 1820 John Russell Road

Cost: \$10

6. **Weaving for Fun and Creativity**

Yvonne Nelson, experienced weaver, will discuss the basic structure of weaving. You will get a brief look at the components of weaving, looms, yarns, and other tools. Yvonne will present a show and tell about a variety of patterns and handwoven items. She will offer a display of weaving projects for viewing.

Presenter: Yvonne Nelson

Coordinator: Claudeen Oebser (715) 874-6054

Wednesday: September 7 10:00 - 11:30 a.m.

Russell J. Rassbach Heritage Museum, 1820 John Russell Road

7. **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. On a TED Talk video, Verna Myers 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: September 8 10:00 - 11:30 a.m.

Russell J. Rassbach Heritage Museum, 1820 John Russell Road

8. Walmart Distribution Tour

Find out how daily operations work at the Walmart Distribution Center, learn about the new 81 million dollar automation construction in process, see the daily inboard functions, watch trailers being loaded, and understand the general logistics of the operation. Walking is required. Park in the parking lot (first turn left across from Kwik Trip) off County Road B. **Limit 40**

Coordinator: Howard Lee (715) 235-8841
Thursday: September 8 1:30 - 3:00 p.m.
Walmart Distribution Center, 6100 3M Drive

9. Mayo Fall Prevention

Falls are the number one reason for trauma visits at the Mayo Health Systems Level 2 Trauma Center. The Trauma Injury Prevention and EMS Coordinator and a physical therapist will explain and demonstrate strategies and exercises to help keep you out of the Trauma Center and on your own two feet.

Presenter: Joni Gilles, RN BSN
Coordinator: Howard Lee (715) 235-8841
Friday: September 9 1:30 - 3:00 p.m.
Shirley Doane Senior Center, 1412 6th Street E

10. Ultimate iPhone

Learn how to adjust the settings on your phone and how to use the best apps for your iPhone for: news, music, photography, calendar, weather, maps, social networking, travel, shopping, search, health, radio, movies, TV, books, reference, education, business, finance, utilities, fun, and games. I will be sharing my favorites and encouraging participants to share some of theirs. We'll also try to solve some of your problems. This class is for Apple iPhone users only.

Limit 16 per section. Sign up for one section only.

Presenter: Joe Hagaman
Coordinator: Joe Hagaman (715) 556-7723
Monday: September 12 A 10:00 - 11:30 a.m.
Monday: September 19 B 10:00 - 11:30 a.m.
Class Website: Tech for Seniors
Zoom only

11. Boat Ride on the Amazon River in Brazil

Last April Marie Young enjoyed a boat ride for seven days on the Amazon River, the longest river in the world. Starting at Manaus, Brazil, she went on several canoe rides and jungle walks, visited a native village, and swam in the Amazon itself. Join her for river watching plus a visit to the historic theater in Manaus built by rubber barons.

Presenters: Marie Young

Coordinator: Joyce Robbins (715) 931-7611

Tuesday: September 13 10:00 - 11:30 a.m.

Russell J. Rassbach Heritage Museum, 1820 John Russell Road

12. How Medicare Is Being Privatized - and Why You Should Care

Medicare is being privatized by middlemen inserted into the process to “manage” the care of traditional Medicare beneficiaries through denying and manipulating their medical care. Authorized by the Trump Administration’s program Medicare Direct Contracting now rebranded as ACO-REACH, the middlemen make money in this process and threaten to end Medicare as a public, non-profit, social insurance program. Learn about the program and what you can do to insure that Medicare survives.

Presenter: Dr. Laurel Mark, Retired Internist from Madison, WI and Co-chair of Wisconsin for a National Health Program (PNHP)

Coordinator: Margy Hagaman (715) 309-8030

Wednesday: September 14 1:30 - 3:00 p.m.

Russell J. Rassbach Heritage Museum, 1820 John Russell Road

13. The New Whey: Converting a Dairy By-product into Vodka

In collaboration with a Native American - owned distillery, students at the University of Wisconsin-Stout have been employing the tools of microbiology to optimize ethanol production from cheese whey as a carbon and energy source. Find out about the broad-ranging implications of this work, including the reduction of a large waste stream in the state of Wisconsin and the production of ethanol that could be used for fuel and/or for human consumption in the form of vodka.

Presenter: Steve Nold, UW Stout professor

Coordinator: Elizabeth Spader (715) 235-7003

Thursday: September 15 10:00 - 11:30 a.m.

Russell J. Rassbach Heritage Museum, 1820 John Russell Road

14. The Metropolis of Cahokia

In the 12th century, a city rose in North America's heartland — bigger than London or Paris at the time, bigger than any city in North America for the succeeding 600 years. Thousands of workers built mounds 100 feet high, a 2-mile-long palisade, and acres of community plazas. Suburban villages spanned out for miles. Who were Cahokia's citizens and what was their world view? Why did it fall? We'll try to bring the city back to life.

Presenter: Frank Smoot

Coordinator: Elizabeth Fischer (715) 874-5633

Thursday: September 15 1:30 - 3:00 p.m.

Russell J. Rassbach Heritage Museum, 1820 John Russell Road

15. Apollo 11...Splashdown

Neil Armstrong set foot on the moon July 20, 1969. Four days later, Armstrong, Buzz Aldrin, and Michael Collins, aboard Columbia, splashed down in the Pacific Ocean. Clancy Hatleberg, retired Naval Special Warfare and Explosive Ordnance Disposal Officer, was the Officer-in-Charge and decontamination swimmer for the Swimmer Recovery Team. He was the first man to greet the astronauts upon their return to Earth. Clancy, a native of Chippewa Falls, will share his experiences related to this moment in history.

Presenter: Clancy Hatleberg

Coordinator: Steve Hogseth (715) 309-4171

Tuesday: September 20 10:00 - 11:30 a.m.

Russell J. Rassbach Heritage Museum, 1820 John Russell Road

16. Alfalawn Farm Dairy Tour

Owned and operated by Randy, David, and Dale Styer, Alfalawn Farm is a dairy farm that milks 2200 Holstein dairy cows. On this tour you will see their sixty-cow rotary parlor where the cows are milked. They will discuss the many water-saving and recycling items that used on the farm. They will also look at their sand recycling process, show their robotic calf feeders, and explain the farm's sustainability story.

Presenter: Dave and Karen Styer

Coordinator: Elizabeth Spader (715) 235-7003

Tuesday: September 20 1:30 - 3:00 p.m.

Alfalawn Farm, E2850 St Rd 72 From Menomonie take Hwy 25 south to Downsville. Turn right or West on Hwy 72. Go about 4.5 miles. The main dairy is located on the south or left hand side of the road. Parking will be available in front of the rotary parlor building at the main farm.

17. Stout Labs Tour Followed by Lunch

Tour the Engineering and Technology Robotics Lab, Plastics Engineering Lab, Cybersecurity Lab, Art and Design Printmaking Lab, Industrial Design Studio Lab, and Game Design & Development and Animation & Digital Medi Lab. Lunch immediately follows the tour. The tour involves walking around campus. **Limit 30**

Presenter: Kristi Krimpelbein, Head of Staff – UW-Stout

Coordinator: Howard Lee (715) 235-8841

Wednesday: September 21 10:00 a.m. - 1:00 p.m.

UW-Stout – Parking Information will be sent out. Members are encouraged to carpool.

Cost of lunch: \$14

18. Cooking with Monica: Learn Thai Cooking

Delight in the aromatics of lemongrass, basil, and ginger. Make a dish extraordinary with garlic, fish sauce, limes, and chilis. Discover "umami," one of the five basic tastes. Find out how to add an interesting sweetness to savory foods. Create Pad Thai in class, receive a recipe packet, and enjoy samples. Recipes include Pad Thai (pasta dish), Koa Pad (fried rice), Tom Kha Kai (chicken & coconut milk dish), Massaman "Rustic" Curry, Chicken Satay, Mango Sticky Rice and Khanom Buang (crispy pancake dessert). **Limit 50**

Presenter: Monica Gean

Coordinator: Elizabeth Fischer (715) 874-5633

Monday: September 26 12:30 - 2:00 p.m.

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

Cost: \$15

19. How to Optimize Your Gut Health with Essential Oils

Adventure into the wonders of your digestive system, and learn how essential oils can benefit you. Seventy percent of your immune system resides in your gut. In fact, optimal gut health affects all your body systems. Whether you have digestive issues or just want to maintain good digestive health, essential oils can help.

Presenter: Michelle Caron

Coordinator: Elizabeth Fischer (715) 874-5633

Tuesday: September 27 10:00 - 11:30 a.m.

Russell J. Rassbach Heritage Museum, 1820 John Russell Road

20. 3D Printing Basics

Make your own gadgets, ornaments, toys, tools, and much more! 3D printing is more affordable, accessible, and easier than ever! 3D printers work by heating a thin plastic filament and build up a structure in layers as thin as a piece of paper to make a "widget." Paul will give a live demonstration during the session for a close-up view of the process. Visit the website Thingiverse.com for project ideas.

Presenter: Paul Mommsen

Coordinator: Joyce Robbins (715) 931-7611

Thursday: September 29 10:00 - 11:30 a.m.

Russell J. Rassbach Heritage Museum, 1820 John Russell Road

21. Bad Boys and Good Time Girls

In costume Deborah Frethem, author of *Alvin Karpis and the Barker Gang in Minnesota* and four other books with History Press, will share enchanting tales of Gangsters from the 1920s and 1930s in Minnesota and Wisconsin, and some interesting anecdotes of "Ladies of the Evening." Deborah is a graduate of St. Olaf College and has been a professional storyteller and tour guide for over twenty years. She will tell some true stories of the less than savory past of the Midwest.

Presenter: Deborah Frethem

Coordinator: Elizabeth Fischer (715) 874-5633

Thursday: September 29 1:30 - 3:00 p.m.

Russell J. Rassbach Heritage Museum, 1820 John Russell Road

Cost: \$5

22. UWEC's Holocaust Mapping Program 2022 Recent Results: Finding the Execution Trenches of Liepāja

In 1941 on the west coast of Latvia, the Germans and their Latvian collaborators held a series of mass executions, many public or semi-public, in and near the city of Liepāja. In addition to Jews, they killed Roma, communists, and the mentally ill. Join us for a discussion of one site from our UWEC's 2022 Holocaust Mapping Program. Thanks to L.E. Phillips Family Foundation, International Fellows Program, and Jeff Liddicoat for their support of this program.

Presenter: Harry Jol

Coordinator: Joyce Robbins (715) 931-7611

Friday: September 30 10:00 - 11:30 a.m.

Russell J. Rassbach Heritage Museum, 1820 John Russell Road

23. Buy Your Ticket Now to See the Circus Poster from 1885

When the Berger family expanded the dining area of their restaurant in Durand, they discovered an original 9-foot high by 55-foot-long lithograph poster advertising the Great Anglo-American Circus. Dated August 17, 1885, it is believed to be the only remaining billboard for that circus and has been featured in the Smithsonian and the Atlas Obscura. Be amazed by Ron Berger's presentation of the lithograph's history and restoration. See the poster and enjoy a hearty meal, featuring broasted chicken, mashed potatoes/gravy, salad, vegetable, bread, dessert. **Limit 50**

Presenter: Ron Berger

Coordinator: Marilyn Hagen (715) 210-0073

Tuesday: October 4 10:30 a.m. - 1:30 p.m.

Riverside Bar & Grill, 318 West Main Street, Durand

Cost: \$25

24. *Monster in the Hallway*

"Life was some shade of perfect for my first nine years. Then my dad tried to kill our family by setting our beautiful, new house on fire while my little sister Sandee, our mother, and I slept," Jim Kosmos explains in his book, *Monster in the Hallway*. Find out more about Jim's book and his fascinating life, a tale of painful disasters and tragedies that he says served as his motivation to succeed. His book will be available for purchase.

Presenter: Jim Kosmos

Coordinator: Elizabeth Spader (715) 235-7003

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

Russell J. Rassbach Heritage Museum, 1820 John Russell Road

25. What's Happening in the Middle East and Ukraine

Cathy Sultan will continue with her Middle East updates. She will also offer her insights into the Ukraine war and its geopolitical repercussions. We are fortunate to have Cathy as a regular speaker who keeps us informed of the factors and factions impacting global happenings. Her perspective comes from living in the Middle East for several years and accessing media with a world view on a daily basis.

Presenter: Cathy Sultan

Coordinator: Elizabeth Fischer (715) 874-5633

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

Russell J. Rassbach Heritage Museum, 1820 John Russell Road

26. Landmark Conservancy

Landmark is a non-profit conservation organization serving twenty counties in western and northwestern Wisconsin. The group works with private landowners who wish to conserve their land in perpetuity. Conservancy staff evaluate and select potential projects based on notable conservation values. In cooperation with local municipalities, state, and federal entities, they create public preserves and trails for all to enjoy. Learn about the history, mission, vision, goals, and objectives of the Landmark Conservancy.

Presenter: Lindsay Ketchel, Executive Director

Coordinator: Howard Lee (715) 235-8841

Friday: October 7 10:00 - 11:30 a.m.

Shirley Doane Senior Center, 1412 6th Street E

27. Disappearing Quilt Block

In this class you'll make a simple quilt block. With a few slices of your rotary cutter, it will become an amazing quilt block - like Cinderella going to the ball! You'll need to bring a sewing machine, smaller cutting mat, straight edge ruler, rotary cutter, and a few pins. If you have a rotary mat, bring it along, too. We'll send you the fabric amounts you need prior to attending the class. We do not have a fee. **Limit 12**

Presenter: Barbara Hauck

Coordinator: Pat Eggert (715) 962-3903

Tuesday: October 11 9:00 a.m. - 12:00 p.m.

Russell J. Rassbach Heritage Museum, 1820 John Russell Road

28. Medicine: What's Real and What Is Not Real

Dan Johnson, M.D., retired physician and practicing pilot, offers thoughts from his career as an internist and his family history as son of a doctor about how medical care has changed over the last sixty to seventy years.

Presenter: Dan Johnson, M. D.

Coordinator: Pat Eggert (715) 962-3903

Wednesday: October 12 1:30 - 3:00 p.m.

Russell J. Rassbach Heritage Museum, 1820 John Russell Road

29. Cooking with Monica: New Ideas, Ingredients, and Preparation for Soups

Brighten your soups with new ingredients and interesting preparation methods. Make soup in the oven and modern pressure cooker (Instapot). Discover "copy cat" recipes including Minestrone, Zuppa Toscana, Lobster Bisque. Learn ingredient swaps to create more healthful soups with lower calories. Decrease fat content in classic recipes such as Baked Potato Soup, Cream of Mushroom Soup, and Creamy Garden Tomato Soup. Create delicious dessert sauces. Build your own dessert soup, sample many recipes, and take home a recipe packet. **Limit 50**

Presenter: Monica Gean

Coordinator: Elizabeth Fischer (715) 874-5633

Monday: October 17 12:30 - 2:00 p.m.

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

Cost: \$15

30. Holiday Ornament Workshop

Make your own holiday ornaments. Choose from three styles: icicles, beaded wire trees, and angel prisms. The icicles are similar to the ones created last year, and new patterns are also available. The beaded wire trees are in gold, silver, and copper. The angel prisms are complete with wings and halos. Samples will be available at registration and in class. See examples in advance at cvlr.org. You may mix and match the ornament styles. You will receive materials to create four ornaments. **Limit 20**

Presenters: Chris Oest and Cheryl Gust

Coordinator: Joyce Robbins (715) 931-7611

Tuesday: October 18 1:00 - 4:00 p.m.

Russell J. Rassbach Heritage Museum, 1820 John Russell Road

Cost: \$16

31. Dead & Famous: Paranormally Investigating the Celebrity Dead

Following Adrian's successful talk on the ghosts of the famous dead this summer, he has agreed to come back and share more of his evidence and adventures of paranormally investigating the celebrity deceased. In Adrian's typical witty fashion, he will disclose who Sinclair Lewis said was his favorite author, what Wild Bill Hickok said about Calamity Jane, what Robert Johnson discussed at the crossroad where he allegedly sold his soul to the devil in Mississippi, and more.

Presenter: Adrian Lee

Coordinator: Elizabeth Fischer (715) 874-5633

Wednesday: October 19 1:30 - 3:00 p.m.

Russell J. Rassbach Heritage Museum, 1820 John Russell Road

**32. A Viewing Window Tour- Ellsworth Cooperative Creamery
- Menomonie**

Tour the brand new facility. Watch the cheese making process through viewing windows while hearing expert cheese makers describe the process and offer history about the 110+-year-old creamery. Sample award-winning cheeses. Browse the retail store, featuring their world-famous cheese curds and exclusive cheese creations. The take-out deli features specialty grilled cheese sandwiches and hard scoop and soft serve ice cream. You must be able to walk/stand throughout the tour. Seating is not available. **Limit 20**

Presenters: Eli Newton and John Freeman

Coordinator: Sally Felling (715) 704-0937

Thursday: October 20 10:00 - 11:30 a.m.

Ellsworth Cooperative Creamery, 3001 County Road B

(.8 miles north of I-94 at Exit 45)

33. Make an Acrylic-enhanced Photograph

Create a ready-to-hang work of art starting with a digital photographic image. Learn to transfer the image to canvas, repair/enhance it with acrylic paint, and mount your 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 days. Limit 10**

Presenter: Christopher Smith

Coordinator: Chris Smith (715) 664-8805

Wednesday: Oct 26 and Thursday: Oct 27 10:00 - 11:30 a.m.

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

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

Russell J. Rassbach Heritage Museum, 1820 John Russell Road

Cost: \$35 includes all materials

34. Forgotten Brewery Caves

In the history of brewing in America, every small town had its little brewery. Today all that is left are the caves. Some are easy to find, and some are well hidden. We'll take a virtual tour of brewery caves in Wisconsin and the stories that go with them. You'll have a chance at Zymurgy Brewery to enjoy a beverage to enhance the experience. We will even discuss the mysterious brewery cave of Menomonie, lost to all time.....or is it?

Presenter: Dr. Tim Wolter

Coordinator: Mike Hilger (715) 832-8823

Wednesday: October 26 1:30 - 3:00 p.m.

Zymurgy Brewery, 624 Main Street E, Downtown

35. Elizabeth Releases *Riding the Rainbow* and *The Healing Touch*

Eliza's quest continues with a dangerous twist in the next three Eliza books. We meet new characters important to Eliza including her childhood friend Kandarry, a unicorn. This trilogy within the series features fairies and color in book 5, *Riding the Rainbow*, and the Body Elemental and healing in book 6, *The Healing Touch*. Elizabeth will share her experience writing these books, read excerpts, and answer your questions. Celebrate the release of these books with her!

Presenter: Elizabeth Fischer

Coordinator: Elizabeth Fischer (715) 874-5633

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

Russell J. Rassbach Heritage Museum, 1820 John Russell Road

36. Cooking with Monica: Be Surprised by Six Life-Changing Foods

Continuing our exploration of Life-Changing Foods, Monica will select six upon which to focus. We will not know them in advance. She will surprise us with the foods she has chosen. She will give us ideas of how to use them, explain their importance, and offer recipes that use them. Monica will go over the recipes, answer our questions, and give us plenty to eat in the samples. You will go home with a recipe packet and one of the foods. **Limit 50**

Presenter: Monica Gean

Coordinator: Elizabeth Fischer (715) 874-5633

Monday: November 7 12:30 - 2:00 p.m.

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

Cost: \$15

37. Create Fused Glass Holiday Ornaments

Design a suite of fused glass holiday ornaments or mini-suncatchers with expert guidance in a fun and casual setting. Choices for ornament shapes include square, diamond, or icicle. Learn some basic tips and tricks for fusing glass and create fun designs for a pair of ornaments with an option to add additional ornaments for a small fee as time permits. Materials and tools provided with Josephine firing it at her studio. Finished pieces will be ready to be picked up at 12 noon Tuesday, November 29, at the museum. **Limit 20**

Presenter: Josephine Geiger

Coordinator: Joyce Robbins (715) 931-7611

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

Russell J. Rassbach Heritage Museum, 1820 John Russell Road

Cost: \$30 for two ornaments.

As time permits make more for \$5/ornament material fee.

38. Make a Fused Glass Artwork

Make a fused glass artwork in a fun and casual setting – no experience needed! When you arrive, select your project, either a nightlight, pair of coasters, a small candle holder, a small dish, or a sun-catcher/hanging piece. Josephine will bring all the materials and tools. After class she will take the projects to her studio and fire them into a beautiful works of art for you. The finished pieces will be ready for pick up Tuesday, November 29, at the museum. **Limit 20**

Presenter: Josephine Geiger

Coordinator: Joyce Robbins (715) 931-7611

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

Russell J. Rassbach Heritage Museum, 1820 John Russell Road

Cost: \$30 for one project

As time permits make a second project for a \$10 material fee.

39. Drug Development - How Do We Know the Ingredients Are Safe

What goes into the development of standards for drugs to ensure the ingredients are safe and effective for diagnosed health issues? Annemarie McClellan, prior Clinical Trials Consultant for early phase oncology drugs, will share her knowledge in the development of drugs and the importance and extent of clinical trials to conclude a drug's safety. She will give examples and recommend how to get your loved one into a potentially life-saving clinical trial.

Presenter: Annemarie McClellan

Coordinator: Marilyn Hagen (715) 210-0073

Tuesday: November 15 1:30 - 3:00 p.m.

Russell J. Rassbach Heritage Museum, 1820 John Russell Road

40. The Amazing Stories of Some of Those in Potter's Field

Dunn County Potter's Field is the final resting place of a number of people who spent time at the Dunn County Asylum or the Dunn County Poor Farm. Sofi will discuss the history of the Asylum and Poor Farm and share with you the amazing life stories of some of those who were laid to rest in Potter's Field. She will also discuss the work The Friends of Potter's Field has accomplished over the past ten years.

Presenter: Sofi Doane

Coordinator: Joyce Robbins (715) 931-7611

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

Russell J. Rassbach Heritage Museum, 1820 John Russell Road

Fall 2022 Eau Claire

41. Learn about the Chippewa Valley Veterans Tribute

Find out about the Chippewa Valley Veterans Tribute at River Prairie Park in Altoona built to honor all Veterans who have served our community, to use as a tool to educate future generations, and to be a place of healing. Our group is developing this project over the next five years and planning expansion on the trail by the Eau Claire River to tell the stories of Chippewa Valley Veterans through a timeline from the Civil War to the present.

Presenter: Kay Olson

Coordinator: Herb Ruscin (715) 877-1642

Wednesday: September 7 1:30 - 3:00 p.m.

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

42. How Can Do Canines Are Helping Those with Disabilities

Can Do Canines is dedicated to enhancing the quality of life for people with disabilities by creating mutually beneficial partnerships with specially trained dogs. In addition to volunteers training puppies to behave well both in home and in public, multiple prison programs are also hosting puppies to live and train with offenders inside the prison. Learn the journey of a puppy in becoming a service dog. Many lives are touched and improved by these wonderful dogs.

Presenter: Laurie Carlson, Can Do Canines

Coordinator: Barb Hebert (715) 514-9692

Monday: September 12 1:30 – 3:00 p.m.

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

43. 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: September 13 8:00 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.

44. Tour Eau Claire's Water Treatment Plant

Eau Claire's 15 wells and water treatment plant have been in the news lately! If you weren't able to see the facility during their one-day open house, now is your chance to learn about our city's water. CVLR members will have a private walking tour of the treatment plant which will include a well house and the opportunity to view the entire facility. An elevator will be available but participants should expect to be either standing or walking for the 45-minute session. **Limit 25**

Presenter: Mark Nelson, Eau Claire Water Treatment Plant Supervisor

Coordinator: Amy Alpine (917) 446-5983

Wednesday: September 14 10:00 – 11:30 a.m.

Eau Claire Water Treatment Plant, 2712 Riverview Drive

45. Understanding Hospice

Choosing to start hospice care can be a difficult decision, and many people say they wish they had known about the benefits of hospice care sooner. Meredith Nelson, Account Liaison for Heartland Hospice, will discuss what hospice care is, the hospice care team, services provided under the Medicare hospice benefit, and more. This will be an open dialogue with time for questions and answers.

Presenter: Meredith Nelson, Heartland Hospice

Coordinator: Barb Hebert (715) 514-9692

Monday: September 19 1:30 – 3:00 p.m.

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

46. How 'Bout Dem Apples!

Join Laura Leffel on a tour of Leffel Roots Apple Orchard. Learn how they grow, harvest, and market many varieties of apples while providing a fun experience for visitors including pick-your-own pumpkins, an apple sling shot, and a delightful on-site shop. Get an introduction to grafting, pest management, picking, polishing, and more.

Note: Rain date is September 29 at the same time. Limit 35

Presenter: Laura Leffel, owner

Coordinator: Amy Alpine (917) 446-5983

Wednesday: September 21 1:30 – 3:00 p.m.

Leffel Roots Orchards, W2369 Maple Road

47. Roman Archaeology - A Month in the Trenches

For the last fifteen years Dr. Wolter has spent a few weeks in the springtime excavating at a Roman Fort site in northern England. This time it was for a full month. Many wheelbarrows - and not a few pints - were emptied. Ramble down ancient roads and through modern trans-Atlantic culture. See things the Romans threw away and things the Victorians blushed over in this step into different worlds old and new. Co-sponsored by L.E. Phillips Memorial Public Library.

Presenter: Dr. Tim Wolter

Coordinator: Mike Hilger (715) 832-8823

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

L.E. Phillips Memorial Public Library, Riverview Room, Third Floor,
400 Eau Claire Street

48. Weave a Swedish Table Runner

Learn the popular art form of Swedish Weaving to make a unique table runner! This needlecraft was popular in the 1930s and 40s. We will create a beautiful pattern on cream-colored Monk's cloth, using your choice of acrylic variegated yarn. Your completed table runner will be 16" x 23". The fabric will be prepared, and all materials provided except the yarn. Bring one skein of acrylic, variegated, worsted-weight yarn. No wool yarn please. **This is a two-session class. Attend both sessions. Limit 12**

Presenters: Mary Decker and Donell Bedroske

Coordinator: Kathy Campbell (715) 835-3180

Tuesday: October 4 12:30 - 3:00 p.m.

Monday: October 10 12:30 - 3:00 p.m.

L.E. Phillips Senior Center, Thompson Room

49. Exploring Climate Solutions for a Livable Future

What will it take to reverse global warming and protect our children and grandchildren from the worst impacts of climate change? Using the well-tested En-ROADS global climate simulator, we will explore what climate solutions are available and which ones pack the most punch at reducing greenhouse gas emissions. Working together, we will "try on" a wide variety of solutions and see what it will take to ensure a thriving future. Co-sponsored by L.E. Phillips Memorial Public Library.

Presenters: John Skoug, PHD, CCL WI-03 Liaison to Rep. Kind

Patty Scott, Co-leader, Eau Claire Chapter of Citizens' Climate Lobby
Assistant facilitators: Sue Suechting and Barb LeDuc, CCL Volunteers

Coordinator: Kathy Campbell (715) 835-3180

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

L.E. Phillips Memorial Public Library, Riverview Room, Third Floor,
400 Eau Claire Street

50. Favorite Locations, Favorite Images, Part One of Two

Over the past twenty years Joe Motto and his wife Joy have been blessed with the opportunity to travel widely throughout North America and to Antarctica, Africa, Iceland, and the like. Joe has accumulated a number of images that have become lodged in his mind as personal favorites. He and Joy want to share them with CVLR members in two separate programs, "Favorite Locations, Favorite Images, Part One and Part Two." They hope you will enjoy their programs.

Presenter: Joe Motto, MD

Coordinator: Jim Urness (715) 832-5670

Tuesday: October 18 10:00 – 11:30 a.m

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

51. Art of Breadmaking

Whether you're a beginner or a well-seasoned enthusiast, join the owners of Great Harvest Bread Company to learn more about the magic of breadmaking. Jill and Lee will explain the milling process of whole grains and how to successfully use them in your baking. We'll learn how to avoid common errors and tips to create a delicious loaf of home-baked bread. Roll up your sleeves and prepare to practice the skill of kneading! **Limit 24**

Presenters: Jill and Lee Fletcher, Owners of Great Harvest Bread

Coordinator: Kathy Campbell (715) 835-3180

Thursday: October 20 1:30 - 3:00 p.m.

Chippewa Valley Museum, L.E. Phillips Auditorium

52. A Photo Presentation on Mindfulness of the Earth Mother and Protecting Our Land for Our Children and Grandchildren

Bruce Siebold will share stories from his third book, *Stories on Eighty Acres*, a thirty-year compendium of nature photographs taken on their eighty acres near Menomonie. His presentation will display the beauty of the land and will speak to the importance of our everyday mindfulness of the Earth Mother and protecting our land for our children and grandchildren. Take time to preview Bruce's website prior to his presentation. <https://www.eightyacresphotography.com/blog>

Presenter: Bruce Siebold

Coordinator: Jim Urness (715) 832-5670

Tuesday: October 25 10:00 – 11:30 a.m

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

53. The Sesquicentennial of Eau Claire: The Impact of Religion on a Changing City

Brian will attempt to trace the growth of religion in Eau Claire from the earliest settlements to the present. The focus will be on the three principal denominations—Roman Catholicism, Lutheranism, and the mainline Protestant denominations of British origin. The use of religion as a force in maintaining ethnic identity and language, as an arbiter of morality, and as a political force will all be discussed. Co-sponsored by L.E. Phillips Memorial Public Library.

Presenter: Brian Blakeley

Coordinator: John Stoneberg (715) 832-8315

Tuesday: October 25 1:30 – 3:00 p.m.

L.E. Phillips Memorial Public Library, Riverview Room, Third Floor, 400 Eau Claire Street

54. Electric Vehicle (EV) Ownership: Pluses & Challenges

Rick explores why the sale of EVs is exploding. Then he moves on to the practical pluses and challenges of EV ownership and operation: range anxiety, battery fires, the high price of EVs, public charging availability, the impact on environment, operational safety, insane acceleration, battery development, and much more. He concludes with a brief review of the state of autonomous vehicles (AVs).

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

Presenter: Rick Olson

Coordinator: John Stoneberg (715) 832-8315

Thursday: October 27 1:30 – 3:00 p.m.

L.E. Phillips Memorial Public Library, Riverview Room, Third Floor, 400 Eau Claire Street

55. Loons in the Night

Haunting...mysterious...eerie...The vocalizations of the Common Loon are symbolic of the northwoods night, piercing the air and reminding us of the presence of this fascinating bird on northern lakes. Dr. Lauren Wentz, who has studied loon behavior for the past thirty years, will share past and recent discoveries of what loon sounds mean and what they can tell us about the lives of loons here in Wisconsin and points north. Co-sponsored by L.E. Phillips Memorial Public Library.

Presenter: Dr. Lauren Wentz,

Associate Professor of Biology at the UWEC-Barron County

Coordinator: Sally Felling (715) 704-0937

Tuesday: November 1 10:00 - 11:30 a.m.

L.E. Phillips Memorial Public Library, Riverview Room, Third Floor, 400 Eau Claire Street

56. An Inside Look at New Zealand

Explore New Zealand culture, people, animals, quicksand, quirks, and quakes with Paul and Cindy as your guides. Paul and Cindy worked, volunteered, and traveled in the islands of New Zealand six times! Discover what drew them back again and again. Let's learn together while we test our Kiwi language skills. Co-sponsored by L.E. Phillips Memorial Public Library.

Presenters: Paul Wagner and Cindy Schlosser

Coordinator: Kathy Campbell (715) 835-3180

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

L.E. Phillips Memorial Public Library, Riverview Room, Third Floor,
400 Eau Claire Street

57. Favorite Locations, Favorite Images, Part Two of Two

Over the past twenty years Joe Motto and his wife Joy have been blessed with the opportunity to travel widely throughout North America and to Antarctica, Africa, Iceland, and the like. Joe has accumulated a number of images that have become lodged in his mind as personal favorites. He and Joy want to share them with CVLR members in two separate programs, "Favorite Locations, Favorite Images, Part One and Part Two." They hope you will enjoy their programs.

Presenter: Joe Motto, MD

Coordinator: Jim Urness (715) 832-5670

Friday: November 4 10:00 – 11:30 a.m.

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

58. *Alice in Elderland: A Coming of Old-Age Story*

Aging positively and gracefully is the message of a poignant, hilarious, locally produced play that has received rave reviews since its premier. A 60-minute exploration of the delights and dilemmas of aging, "Alice in Elderland" features everyone's favorite "Wonderland" characters humorously offering advice to the beloved Alice as she enters her golden years. Audiences consistently report the play touches their hearts while tickling their funny bones. "Everytime I see it, I catch something new!" said one repeat audience member. Enjoy lunch at The Florian Gardens after the performance.

Presenters: Presented by ecWIT – Eau Claire Women in Theater

Coordinator: Elizabeth Fischer (715) 874-5633

Wednesday: November 9 10:00 – 12:30 p.m.

The Florian Gardens, 2340 Lorch Avenue

Cost: \$35

59. Photos and Stories from Botswana

Tour Deception Valley of the Kalahari Desert in Botswana through the lens of Jim Backus. See and learn about the amazing animals of Africa. Take a short side trip to a farm in Maun Botswana. Look forward to another special visit with Jim.

Presenter: Jim Backus, Magoo Nature Photography

Coordinator: Jim Urness (715) 832-5670

Friday: November 11 10:00 – 11:30 a.m

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

60. Gravestone Symbolism from Forest Hill Cemetery

Every gravestone in a cemetery tells a story. Strolling through Eau Claire's Forest Hill Cemetery, the rich history of our community comes to life through these stories in stone. Greg will briefly explore the history of Forest Hill and unpack the meaning behind the images carved into gravestones across the cemetery. Learn about some of the ordinary and extraordinary people from Eau Claire's past who are memorialized in Forest Hill.

Presenter: Greg Kocken

Coordinator: Mike Hilger (715) 832-8823

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

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

61. The Cote d'OR

No, not France. Oregon, USA; a state where sleepy volcanoes tower above pear orchards, vineyards, and lavender fields, people still rush to pump your gas for you, and the coast is populated with parkland gold, not urban sprawl. Pinot noir not provided. Co-sponsored by L.E. Phillips Memorial Public Library.

Presenter: Steve Betchkal

Coordinator: Kathie Fahrman (715) 839-9251

Monday: November 14 1:30 – 3:00 p.m.

L.E. Phillips Memorial Public Library, Riverview Room, Third Floor,
400 Eau Claire Street

62. 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, and seven different types of fresh evergreens. 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.

Jenny Reit, May's Floral

Coordinator: Elizabeth Fischer

(715) 874-5633

Tuesday: November 15

10:00 – 11:30 a.m.

May's Floral, 3424 Jeffers Road

Cost: \$40

63. The Sesquicentennial of Eau Claire: The Evolution of the City's Modern Educational System

The emphasis of Brian's presentation will be on the educational changes occurring due to such factors as school consolidation, the rise and fall of parochial schooling, and the emergence of a greater emphasis on the needs of the student as opposed to the primacy of the subject material. In so doing, his talk will focus on such dominant figures as Alberoni Kidder, Samuel Davey, Homer DeLong, and Marvin Lansing. Co-sponsored by L.E. Phillips Memorial Public Library.

Presenter: Brian Blakeley

Coordinator: John Stoneberg

(715) 832-8315

Wednesday: November 16

1:30 – 3:00 p.m.

L.E. Phillips Memorial Public Library, Riverview Room, Third Floor, 400 Eau Claire Street

64. Make Chemically Free Holiday Gifts

Make and take chemically free holiday gift giving ideas. During this workshop you will have an opportunity to create a lavender linen spray, natural perfume, and a lustrous hair spray using essential oils. Keep these gifts for yourself or gift them to someone special in your life to introduce them to safer alternatives for a healthier lifestyle. **Limit 16**

Presenter: Lucianne Boardman

Coordinator: Clauden Oebser

(715) 874-6054

Thursday: November 17

10:00 - 11:30 a.m.

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

Cost: \$15 for all three blends

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. 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	amyalpine@att.net
Kathy Campbell	Katc55.kc@gmail.com
Pat Eggert	eggertpatricia@gmail.com
Kathie Fahrman	fahrmakj@uwec.edu
Elizabeth Fischer	liz@psmc.com
Joe Hagaman	hagamanj@uwstout.edu
Marilyn Hagen	marhagen@hotmail.com
Barb Hebert	barbkbrowne@gmail.com
Steve Hogseth	stevehogseth@gmail.com
Mike Hilger	hilgermj@uwec.edu
Howard Lee	leeh@uwstout.edu
Claudeen Oebser	coebser@gmail.com
Joyce Robbins	joyrob1@charter.net
Herb Ruscin	ruscinherb@yahoo.com
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

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 Are Not Currently a Member, Please Read

You must either renew or apply for your membership before your registration will be processed. If you are registering by mail, 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. If you plan to register in person, you may get your new or renewal membership on-site August 24, or you may apply for your membership early by sending it to Elizabeth's address on the form.

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 \$30 each, a total of \$60, 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 (CVLR)

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).

Your membership must be renewed each year.

This membership entitles you to sign up for classes and trips offered by CVLR in Fall 2022 and Spring 2023 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. When registering, write your membership number on the sign-up sheets for classes and trips.

Your membership is effective for one year from September, 2022 through August, 2023.

Chippewa Valley Learning in Retirement Membership Form Fall 2022

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 _____

DO NOT write below this line. Make your \$30 check payable to CVLR.

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

Membership in Chippewa Valley Learning in Retirement (CVLR)

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).

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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 _____

DO NOT write below this line. Make your \$30 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 27 or 28 and send it along with your \$30 membership fee for September 2022 through August 2023. *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 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. Mystery Trip | | \$79 |
| _____ | 2. Birds in Art Trip | | \$59 |
| _____ | 3. <i>The Buddy Holly Story</i> at the History Theatre | A | \$62 |
| _____ | 3. <i>The Buddy Holly Story</i> at the History Theatre | B | \$62 |
| _____ | 4. <i>Sally and Tom</i> at the Guthrie Theater | | \$55 |
| _____ | 5. Special Viewing <i>Prohibition in Dunn County Exhibit</i> | | \$10 |
| _____ | 6. Weaving for Fun and Creativity | | |
| _____ | 7. Implicit and Explicit Biases: Admit We All Have Them | | |
| _____ | 8. Walmart Distribution Tour | | |
| _____ | 9. Mayo Fall Prevention | | |
| _____ | 10. Ultimate iPhone | A | |
| _____ | 10. Ultimate iPhone | B | |
| _____ | 11. Boat Ride on the Amazon River in Brazil | | |

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 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.

- _____ 12. How Medicare Is Being Privatized
- _____ 13. The New Whey: Converting a Dairy By-product
- _____ 14. The Metropolis of Cahokia
- _____ 15. Apollo 11...Splashdown
- _____ 16. Alfalawn Farm Dairy Tour
- _____ 17. Stout Labs Tour Followed by Lunch \$14
- _____ 18. Cooking with Monica: Learn Thai Cooking \$15
- _____ 19. How to Optimize Your Gut Health with Essential Oils
- _____ 20. 3D Printing Basics
- _____ 21. Bad Boys and Good Time Girls \$5
- _____ 22. Finding the Execution Trenches of Liepāja
- _____ 23. See the Circus Poster from 1885 \$25
- _____ 24. *Monster in the Hallway*
- _____ 25. What's Happening in the Middle East and Ukraine
- _____ 26. Landmark Conservancy
- _____ 27. Disappearing Quilt Block
- _____ 28. Medicine: What's Real and What Is Not Real
- _____ 29. Cooking with Monica: New Ideas for Soups \$15
- _____ 30. Holiday Ornament Workshop \$16
- _____ 31. Adrian Lee Paranormally Investigating Celebrity Dead
- _____ 32. Ellsworth Cooperative Creamery - Menomonie
- _____ 33. Make an Acrylic-enhanced Photograph \$35
- _____ 34. Forgotten Brewery Caves
- _____ 35. Elizabeth Releases *Riding the Rainbow/Healing Touch*
- _____ 36. Cooking with Monica: Six Life-Changing Foods \$15
- _____ 37. Create Fused Glass Holiday Ornaments \$30
- _____ 38. Make a Fused Glass Artwork \$30
- _____ 39. Drug Development - Are the Ingredients Safe?
- _____ 40. The Amazing Stories of Some of Those in Potter's Field
- _____ 41. Learn about the Chippewa Valley Veterans Tribute
- _____ 42. Can Do Canines Are Helping Those with Disabilities
- _____ 43. Make a Barn Quilt-a day of FUN and CREATIVITY \$60/95
- _____ 44. Tour Eau Claire's Water Treatment Plant

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 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. Understanding Hospice
- _____ 46. How 'Bout Dem Apples!
- _____ 47. Roman Archaeology - A Month in the Trenches
- _____ 48. Weave a Swedish Table Runner
- _____ 49. Exploring Climate Solutions for a Livable Future
- _____ 50. Favorite Locations, Favorite Images, Part One of Two
- _____ 51. Art of Breadmaking
- _____ 52. A Photo Presentation on Mindfulness of Earth Mother
- _____ 53. Sesquicentennial of Eau Claire: The Impact of Religion
- _____ 54. Electric Vehicle (EV) Ownership: Pluses & Challenges
- _____ 55. Loons in the Night
- _____ 56. An Inside Look at New Zealand
- _____ 57. Favorite Locations, Favorite Images, Part Two of Two
- _____ 58. *Alice in Elderland: A Coming of Old-Age Story* \$35
- _____ 59. Photos and Stories from Botswana
- _____ 60. Gravestone Symbolism from Forest Hill Cemetery
- _____ 61. The Cote d'OR
- _____ 62. Create a Winter Porch Pot for the Holidays \$40
- _____ 63. Sesquicentennial of Eau Claire: Modern Education
- _____ 64. Make Chemically Free Holiday Gifts \$15

Checklist to Register

Have you included

- _____ **1. Your membership renewal.** Everyone's membership is up for renewal. Send in the membership application and your check for \$30. Find your member number on the mailing label on the back cover of this pink booklet.
- _____ **2. Your registration form.** Use one for each member.
- _____ **3. A separate check for each trip and class with a fee.**
- _____ **4. A stamped, self-addressed envelope** to receive your new membership card.
- _____ **5. Have you done all of this quickly** if you want to take a class with limits?

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 11, 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

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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