

# Chippewa Valley

**LEARNING IN RETIREMENT**

Spring/Summer 2023

## Course Schedule and Registration Packet

In-person registration is  
Wednesday, February 22  
at the  
Russell J. Rassbach Heritage Museum  
in Menomonie  
and  
The Florian Gardens in Eau Claire

**See details on page 1 inside.**

[cvlr.org](http://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 28-29.
2. **Select the classes and trips that you want and list them in order of priority.**
3. **Attend in-person registration in particular to sign up for trips, classes with fees, and any classes that have limits.**
4. **Write a separate check for each class with a fee or trip for mail-in registration and before attending in-person registration.**  
Having your check ready speeds up the process at in-person.
5. **Split your sign up for trips and classes with fees with another CVLR member at in-person registration.** That way you are both more likely to get the offerings you want. Use that person's membership number and name when registering for him or her.
6. **Print out and review the layout of registration to determine your course of action at in-person registration.**
7. **Register in person Wednesday, February 22.**
8. **Mail your registration as soon as possible.** If you don't attend in-person registration, mail your registration early. After in-person registration is complete, 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 2023,
- 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 2023, and
- the entire pink registration booklet.

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

## The Excellence Continues

Last fall CVLR members were raving about the line-up our coordinators had put together. This spring coordinators have continued that excellence, putting forth an interesting array of offerings. From new ones including a mock court trial, honor flights, and tours of the new Children's Museum and Chippewa Area History Center to past ones being repeated such as the Tiffany Bottoms Train Ride, ecWIT *Failure Is Impossible*, and Swedish Weaving to the regular ones we always look forward to attending, you have seventy-one offerings to experience this Spring/Summer 2023 term.

Thank you for showing your appreciation to CVLR coordinators who, out of the goodness of their hearts, volunteer to assemble these classes for us to enjoy.

See you at class,  
Elizabeth  
President

### **Before You Get to In-person Registration**

**If you are a new member or need to renew your membership**, 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 and do so on site. **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.

**Access the map.** For both cities, we have planned where the sign-up sheets for each offering will be placed and created a map showing their location. You can access these maps at [cvlr.org](http://cvlr.org) under "How to Register." Go to the site, find the map for your city, click on it, and print it out. Use it to discover where your priority classes/trips are located and plan your sign-up. We will also have them available at the door at registration.

**Sign up for classes you know you will attend.** If others interest you and you find later that you are able to attend, watch for "These classes next week have openings" e-mail and respond to it. 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.

## **Procedure at In-person Registration February 22**

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.

**If you do not get into a limited offering, sign up on its yellow Overflow Sheet.** These sheets are to handle a situation where one location receives more than its limit in sign-ups and the other has fewer. In that case we use the names on the Overflow Sheet to fill the openings from the location that did not reach its limit. If a fee is required for the class, leave your check with the Overflow Sheet. You will be informed within a couple of days if you are in the class or not. If you are not, your check will be returned.

## **If You Cannot Attend In-person Registration...**

If you cannot attend 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 or trip. We will add mail-ins to the sign-up sheets after in-person registration and let you know if you got in. Mail your registration as soon as possible because after in-person registration we give priority to mail-in registrations by date of arrival.

## Bus Trips

### 1. ***The Defeat of Jesse James Musical* at the History Theatre**

Every year volunteers on horseback firing blanks reenact the town of Northfield's response to The James Gang's attempt to rob the First National Bank on September 7, 1876. This year volunteer Finn Dahlberg finds himself in a reenactment with a twist: It actually **is** September 7, 1876! The robbers are real and so are the bullets. Following the 10:00 performance, we will go to The Lexington for lunch, which is included in the cost below. **Limit 112**

Coordinator: Elizabeth Fischer (715) 828-0768

Thursday: May 4

Bus departs 29 Pines at 7:30 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: \$92 Does not include tip for driver.

### 2. **Minnesota Orchestra: Park and Ainomae Play Brahms**

Associate Concertmaster Susie Park and Associate Principal Cello Silver Ainomäe perform Brahms' Double Concerto for Violin, Cello, and Orchestra in a program also featuring Dmitri Shostakovich's First Symphony and led by British conductor Andrew Manze, the chief conductor of Hannover's NDR Radio Philharmonic. **Limit 56**

Coordinator: Elizabeth Fischer (715) 828-0768

Thursday: June 1

The bus departs 29 Pines at 8:15 a.m. and returns around 5:00 p.m.

The bus leaves MarketPlace at 9:00 and arrives back about 4:30 p.m.

We will arrive about 10:30 a.m. The concert runs from 11:00 a.m. to 1:15 p.m. After the concert, you will have time for lunch at a nearby restaurant. The bus boards to return home at 3:00 p.m.

Cost: \$59. Does not include lunch or 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, and thousands more blooming plants on an hour-long tour riding the tram or strolling through the grounds for an up-close look at the specialty gardens of the MN Arboretum, including the Japanese, Chinese, and hosta ones. Savor a delicious lunch at Axel's. After lunch shop for plants and outdoor décor at Gertens. **Limit 56**

Coordinator: Elizabeth Fischer (715) 828-0768

Thursday: June 8

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 at about 4:30 p.m.

Cost: \$76 Does not include tip for driver.

**4. MN Transportation Museum and James. J. Hill House Trip**

At the Minnesota Transportation Museum explore 50 historic train cars on site, view exhibits featuring local and regional railways, and experience a genuine operating roundhouse turntable. Enjoy lunch at The Lexington. Visit the Gilded Age mansion of the builder of the Great Northern Railway, James J. Hill. Be awed by its massive scale, fine detail, ingenious mechanical systems, thirteen bathrooms, twenty-two fireplaces, and a reception hall nearly 100 feet long. **Limit 112**

Coordinator: Elizabeth Fischer (715) 828-0768

Thursday: June 22

The bus departs 29 Pines at 7:30 a.m. and returns around 4:30 p.m. Pick up is at Marketplace at 8:10 a.m. We arrive back about 4:00 p.m. Cost: \$81 Does not include tip for the driver.

**5. Shane at the Guthrie Theater**

A reimagined Western classic. In 1889 Shane, a loner with a mysterious past, rides into the heart of Wyoming's cattle country. He's instantly idolized by young Bob Starrett, whose settler parents welcome Shane into their home and put him to work on their farm where Shane discovers the family he never had. Hostility grows between rancher Fletcher and the settlers starting their farms. **Limit 112**

Coordinator: Elizabeth Fischer (715) 828-0768

Wednesday: July 26

Bus departs 29 Pines at 9:00 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.

**6. Into the Woods at the Guthrie Theater**

An unexpected storybook musical. Once upon a time, Cinderella pines to make a cameo at the ball, Jack (of beanstalk fame) tends to his pet cow, Little Red Riding Hood sets off toward grandmother's house, and a baker and his wife discover they are barren, thanks to a curse from the neighboring witch. They all head into the woods and embark on remarkable journeys. **Limit 112**

Coordinator: Elizabeth Fischer (715) 828-0768

Wednesday: August 9

Bus departs 29 Pines at 9:00 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.

## Menomonie

### 7. **Subsurface Investigations of the Lumber Industry at Eau Claire's Half Moon Lake: Canals, Flumes, and Industrial Organic Waste**

In the nineteenth century the lumber industry was the impetus for western Wisconsin's development. Timber was moved to processing facilities via rivers. Often humans constructed waterways to connect rivers with sawmills. Eau Claire has one such instance where canals and a log flume were built to connect the Chippewa River to Half Moon Lake. Harry and Jack will highlight geospatial evidence of the lumbering infrastructure as well as industrial organic waste that remains within Half Moon Lake.

Presenters: Harry Jol and Zack Blackert

Coordinator: Joyce Robbins (715) 931-7611

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

Shirley Doane Senior Center, 1412 6th Street E

### 8. **Dermatology A to Z: Caring for Aging Skin**

From actinic keratosis to zoster (shingles)...and everything in between, Melissa will discuss the skin conditions most commonly seen in aging populations. She will share how to recognize these conditions at home and how to know when to seek help. Bring your questions.

Presenter: Melissa Koopmann, PA-C, Dermatology,  
Marshfield Clinic – Eau Claire

Coordinator: Pat Eggert (715) 308-5357

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

Russell J. Rassbach Heritage Museum, 1820 John Russell Road

### 9. **Lessons Learned in Two Parts: Photography and Habitat Establishment**

David Heemsbergen will show how preparation, practice and patience can make taking photographs more enjoyable. He will talk about the experience he and his wife Jan have had establishing pollinator habitats, discuss some of the challenges and successes, show how anyone can create a space that attracts pollinators, and show some of the variety of insects these spaces attract. He grew up in Iowa, farmed and later held various ag development positions in Papua New Guinea, Bulgaria, Armenia, Uganda and Moldova.

Presenter: David Heemsbergen

Coordinator: Pat Eggert (715) 308-5357

Tuesday: March 7 1:30 - 3:00 p.m.

Russell J. Rassbach Heritage Museum, 1820 John Russell Road

## **10. Tainter Family Mysteries**

Fifty-five years ago, Tim Hirsch first visited the Mabel Tainter Memorial in Menomonie. After the visit, he wondered how this amazing facility came to be in Menomonie in 1889. He spent five years exploring this question by doing research on the families of Andrew Tainter. Along the way, he encountered many additional questions. Some remain unanswered. Join Tim as he examines mysteries about the Tainters, some even older than the building of the Mabel Tainter Memorial. Come with your own favorite question.

Presenter: Tim Hirsch

Coordinator: Mike Hilger

(715) 832-8823

Thursday: March 9

10:00 - 11:30 a.m.

Russell J. Rassbach Heritage Museum, 1820 John Russell Road

## **11. Foreign Affairs - Menomonie**

We will view one Foreign Affairs Policy Association Great Decision 2023 DVD each week and discuss the topics. Each week a session leader will facilitate the topic. Information before each session will be e-mailed. Topics for Spring 2023 are:

March 10 War Crimes with Dr. Marie Alm

March 17 Energy Geopolitics with Barb Lyons

March 24 China and the US with Pat Eggert

March 31 Economic Warfare with Paul Helgeson

Coordinator: Howard D. Lee

(715) 235-8841

Fridays: March 10, 17, 24, 31

10:00 -11:30 a.m.

Shirley Doane Senior Center, 1412 6th Street E

## **12. Ready, Set...Go**

Are you ready to go? Will those you leave behind find it easy to settle your affairs? Will they have all that they need to complete the necessary "after death" tasks...or not? Learn how to make your aftermath as uncomplicated as possible for those you care about and give yourself the peace of mind that comes with knowing you've got it all down on paper.

Presenter: Judy Schindler

Coordinator: Elizabeth Spader

(715) 235-7003

Wednesday: March 15

10:00 -11:30 a.m.

Russell J. Rassbach Heritage Museum, 1820 John Russell Road

### **13. Experience the People, Animals, and Nature Near the Serengeti**

Get out of your comfort zone on the Kenyan/Tanzania border. Take a side trip to Kibera, the largest slum in Africa. Visit a Maasai Village and see how education is changing their controversial beliefs of FGM (female genital mutation) and polygamy. Learn about the Hadzabe that are still nomadic hunters and gatherers and speak a click language. See firsthand the severe drought that is crippling East Africa. JoAnn will take you on another one of her fascinating trips.

Presenter: JoAnn Parks

Coordinator: Elizabeth Fischer (715) 874-5633

Wednesday: March 15 1:30 - 3:00 p.m.

Russell J. Rassbach Heritage Museum, 1820 John Russell Road

### **14. Emergency Shelter – Stepping Stones**

Padraig Gallagher, Executive Director, Stepping Stones of Dunn County, will present information on the New Emergency Shelter being built for individuals facing homelessness. The presentation will have four parts: 1) An Introduction to Stepping Stones, 2) Community Need for Shelter, 3) Facility Design and Operation, 4) Need for Community Support.

Presenter: Padraig Gallagher, Executive Director,  
Stepping Stones of Dunn County

Coordinator: Howard D. Lee (715) 235-8841

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

Shirley Doane Senior Center, 1412 6th Street E

### **15. Final Five Voting**

Bridge the Divide will introduce us to Final Five Voting - a process that can improve our elections, government, and communities. This process is used in Alaska and related to the systems in Maine, Utah, and many other cities. After you register, you'll take part in a fun primary election by email. At the program you'll learn how the process works and vote in a mock general election to demonstrate the process.

Presenter: Bob Maline

Coordinators: Margy Hagaman (715) 309-8030

Heather Jerrie (715) 632-2237

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

Shirley Doane Senior Center, 1412 6th Street E

## **16. Understanding the Ukraine and the Middle East from an International Perspective**

A great deal has happened in the Ukraine since Cathy spoke with us last fall, and, of course, the Middle East situation changes daily. Cathy will update us on recent occurrences in both areas and help us understand the events from an international perspective. A news junkie and author of seven books about the region, she'll also have a tale or two to tell about her own adventures and bring her books for you to buy.

Presenter: Cathy Sultan

Coordinator: Elizabeth Fischer (715) 874-5633

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

Russell J. Rassbach Heritage Museum, 1820 John Russell Road

## **17. Cooking with Monica: Gain New Understanding and Adjust Your Use of Two Important Foods**

Keeping them a mystery until class, Monica will reveal two basic foods we consume daily and give us new information on both. Much of what is commonly accepted on these foods is misinformation. She will explain their importance, offer different ways to use them, and share recipes that incorporate these foods. Monica will go over the recipes, answer our questions, and serve plenty of samples. You will leave with a recipe packet and one of the foods. **Limit 50**

Presenter: Monica Nichols

Coordinator: Elizabeth Fischer (715) 874-5633

Monday: March 27 12:30 - 2:00 p.m.

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

Cost: \$15

## **18. Fused Glass Fun!**

Make a fused glass artwork in a fun and casual setting – no experience needed! Choose your project when you arrive: a nightlight, pair of coasters, candle holder, dish, or a sun-catcher. Josephine will bring all the materials and tools, then take the projects to her studio and fire them into a beautiful work of art. The finished pieces will be ready for pick up about two weeks after class, likely the week after Easter.

**Limit 30**

Presenter: Josephine Geiger

Coordinator: Joyce Robbins (715) 931-7611

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

Russell J. Rassbach Heritage Museum, 1820 John Russell Road

Cost: \$30 for 1 project (option make second project as time permits for \$10 material fee)

## 19. Chair Yoga for Beginners

Chair Yoga, is a gentle form of yoga that can be done while seated in a chair or using a chair for balance, making the practice more accessible to participants. Join Tina Tharp, a 200-plus-hour trained yoga instructor and Mayo Clinic Health System employee, as she leads the group through basic yoga movements to help with strength, balance, and flexibility. The session will also include guided meditation and calming breath work.

Presenter: Tina Tharp, Mayo Clinic, Menomonie

Coordinator: Howard D. Lee (715) 235-8841

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

Shirley Doane Senior Center, 1412 6th Street E Road

## 20. How a Local Woman Became a World Log-rolling Champion

The logging boom of 1800s created interest in log-rolling championships. After Tom Fleming from Eau Claire won the championship in 1898, Betty Terrill Verdon's parents Marietta Phipps Terrill and William Terrill of Menomonie got involved in these log-rolling competitions. They became a part of the Campbell Banks Sportsman Show Company, and Marietta won the female world championship. Betty will share their history through scrapbooks and stories.

Presenter: Betty Terrill Verdon

Coordinator: Elizabeth Spader (715) 235-7003

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

Russell J. Rassbach Heritage Museum, 1820 John Russell Road

## 21. Jewelry Workshop

Design earrings for pierced ears or design charms to create a one-of-a-kind necklace. Sterling silver lever backs will be supplied for pierced ears. You can create earrings or charms using crystals, silver, pewter, Czech glass, semi precious stones, copper, or wood beads. Samples will be available at registration and in class. See examples at cvlr.org, too. All materials supplied for one pair of earrings or three charms for a necklace. (Necklaces not included). **Limit 20**

Presenters: Chris Oest and Cheryl Gust

Coordinator: Joyce Robbins (715) 931-7611

Wednesday: April 5 1:00 - 4:00 p.m.

Russell J. Rassbach Heritage Museum, 1820 John Russell Road

Cost: \$15

## **22. Educate Yourself on Skin Care Conditions and Toxic Ingredients**

Do you or someone you love suffer from an annoying skin condition such as eczema, psoriasis, acne, or rosacea? Did you know being aware of what you apply to your skin, your largest organ, is just as important as what you choose to eat and drink? Aloe vera has been widely used for cosmetic and medicinal purposes for thousands of years. Learn why and experience aloe for yourself!

Presenter: Julie Talford

Coordinator: Elizabeth Fischer (715) 874-5633

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

Russell J. Rassbach Heritage Museum, 1820 John Russell Road

## **23. Noggin Knowledge**

Do you know how many different types of dementia there are? Do you know how many people in Wisconsin have been diagnosed with dementia? Do you know what to say and not to say when talking to someone that has dementia? Did you know there are evidenced-based strategies that you can use to help protect your brain as you age? Carla Berscheit will offer answers to all these questions and more.

Presenter: Carla Berscheit, Dementia Care Specialist,

Aging and Disability Resource Center of Dunn and Chippewa County

Coordinator: Clauden Oebser (715) 874-6054

Tuesday: April 11 1:30 - 3:00 p.m.

Russell J. Rassbach Heritage Museum, 1820 John Russell Road

## **24. How to Maintain a Healthy Weight**

Weight seems to be a struggle for many, especially as we age. Our metabolism slows down, but we don't feel less hungry. In fact, cravings and particularly sugar cravings can increase. Let's explore reasons behind this situation. Michelle will present natural techniques, supplements, strategies, and essential oils to keep your metabolism strong and healthy while reducing cravings and supporting healthy blood sugar levels. Whether you need to lose or gain, learn how to maintain a healthy weight.

Presenter: Michelle Caron

Coordinator: Elizabeth Fischer (715) 874-5633

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

Russell J. Rassbach Heritage Museum, 1820 John Russell Road

**25. Learn about the Red Cedar State Trail, One of Wisconsin's Most Beautiful "Rail Trails"**

One of Wisconsin's first "Rail-Trails," the Red Cedar State Trail was opened by the DNR in 1982. Find out how the rail line morphed into 14 ½ miles of beautiful trail for biking, walking, and skiing with the aid of an assortment of local volunteers and a lot of luck! Featuring easy terrain, views of the river, a bird-watching bonanza, and other wildlife sightings, the Red Cedar Trail has unplumbed potential. Ellen will share ideas for the trail's future.

Presenter: Ellen Ochs

Coordinator: Joyce Robbins

(715) 931-7611

Thursday: April 13

1:30 - 3:00 p.m.

Russell J. Rassbach Heritage Museum, 1820 John Russell Road

**26. Three Years in the Army**

Howard Lee will follow up his "Born and Raised In Hawaii" presentation with his memoir about Three Years in the Army. Howard enlisted and was inducted into the U.S. Army in 1961 at Schofield Barracks, went through basic training at Fort Ord California, and was schooled at Aberdeen Proving Grounds and for 28 months in Verdun, France. His experience shaped many of the things he eventually became involved with in later life.

Presenter: Howard Lee

Coordinator: Howard D. Lee

(715) 235-8841

Monday: April 17

10:00 -11:30 a.m.

Shirley Doane Senior Center, 1412 6th Street E

**27. Everything You Wanted to Know about Death but Didn't Know Who to Ask!**

Pat Thibado, a long-time caretaker of cemeteries in the area, will give an out-of-the-ordinary presentation on cemeteries, from purchase to moving in. Learn about green burials, perpetual care, headstones, local celebrities, notables, unknowns, and weirds! From finding lost graves to adopting old ones, discovering King Charles I to an empty-grave mystery, Pat will include tragedy, humor, tall tales, and truth. His stories will warm your heart. He will answer questions, inform, and teach you something new.

Presenter: Pat Thibado

Coordinator: Elizabeth Fischer

(715) 874-5633

Thursday: April 20

1:30 - 3:00 p.m.

Shirley Doane Senior Center, 1412 6th Street E

**28. Total Joint Replacement: A Path to a Pain Free, Active Lifestyle**

Arthritis and joint pain are the leading cause of disability in the nation. While there are multiple remedies, total joint replacement is ultimately the path for many. Our speakers will discuss when it's time to see an orthopedic specialist, what a total joint replacement surgery entails, how to prepare for surgery, and what to expect after a total joint replacement.

Presenters: Valerie Hayes, RN and Britta Mousel, RN, Orthopedics and Total Joint Replacement Coordinators at Marshfield Medical Center – Eau Claire

Coordinator: Pat Eggert (715) 308-5357

Tuesday: April 25 10:00 - 11:30 a.m.

Russell J. Rassbach Heritage Museum, 1820 John Russell Road

**29. Health Resilience**

Your mind is a very powerful tool from which thoughts come and those thoughts create your reality. What power are you giving your thoughts? Are you letting them control you? Come to explore your innate wisdom. Practice being present within your reality. Learn how to bring your thoughts to life. Learn how to be more present in the moment to live the life you desire.

Presenter: Lisa Tavares

Coordinator: Joyce Robbins (715) 931-7611

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

Russell J. Rassbach Heritage Museum, 1820 John Russell Road

**30. Families Are Forever**

Joan Custer found her sense of belonging through diligent detective investigation into her ancestry. This past summer Joan traveled to France, Germany, and Luxembourg to explore her roots and was greeted with open arms by her relatives. She also traveled extensively to meet and connect with relatives in the U.S. Joan will present the resources and unique ways she used to research her ancestry and share stories of the past lives of her relatives.

Presenter: Joan Custer

Coordinator: Marilyn Hagen (715) 210-0073

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

Russell J. Rassbach Heritage Museum, 1820 John Russell Road

### 31. Important Americans You Never Were Given a Chance to Learn About

There's a story we tell about America — a small group of smart, enlightened men had a new idea about how government could work. This inspired idea made possible the settling of this vast land. It's a tidy story, but it leaves out some important people, like Massasoit, King Philip, Blue Jacket, Little Turtle, John Ross, Black Kettle, and Coccochee, many of whom we never learned about in school. Let's learn about them now.

Presenter: Frank Smoot

Coordinator: Elizabeth Fischer (715) 874-5633

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

Russell J. Rassbach Heritage Museum, 1820 John Russell Road

### 32. Highland Park in St. Paul — What's Wisconsin Got To Do With It?

Jackie and a team of history-curious residents of St. Paul created Highland Heritage Project to research and preserve the history of the Highland Park area of St. Paul. They encountered many references to Wisconsin. She will share what the team found about the connections to Wisconsin and how this part of the country grew. Discover how Highland Park went from Old Rum town fame to farmland to industrial site to postwar housing boom to its current population-dense urban village.

Presenter: Jackie Mosio

Coordinator: Elizabeth Spader (715) 235-7003

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

Russell J. Rassbach Heritage Museum, 1820 John Russell Road

### 33. Embroidered Spring Flower Ornament

Celebrate spring and learn some embroidery stitches! You will create a pretty felt ornament using three basic embroidery stitches: Running Stitch, French Knot and Lazy Daisy Stitch. Try your hand at using freezer paper to get accurate pattern shapes. Some experience with embroidery is helpful but not necessary. You should be able to thread an embroidery needle. Students must supply a small sharp scissors, reading glasses or magnifier if needed, and bright lighting if needed.

**Limit 12 per session. Sign up for one session only.**

Presenter: Susan Leschke

Coordinator: Mark Quilling (651) 772-9398

Wednesday: May 3 A 9:00 - 11:30 a.m.

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

Russell J. Rassbach Heritage Museum, 1820 John Russell Road

Cost: \$25

### **34. Honor Flights' History, Stories, and How to Sign up**

Learn about the Honor Flight Program as Bill Hoelb explains it's history, who it serves, and why. He will give a detailed account of exactly what happens on an Honor Flight and what it takes to make it all happen. Bill will share heartwarming stories and will hold a Q&A session at the conclusion of this interesting and informative presentation. Honor Flight applications will be available for those interested.

Presenter: Bill Hoelb

Coordinator: Mark Quilling (651) 772-9398

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

Russell J. Rassbach Heritage Museum, 1820 John Russell Road

### **35. Attend a Mock Trial Staged by High School Students**

Chris Buckel and his students will simulate a trial, using CVLR members as the jury. Mr. Buckel will be the presiding judge with criminal justice students acting in the roles of attorneys for the plaintiff and defendant. Fictitious but realistic cases will be presented, complete with witness testimony, and the jury will deliberate to reach a verdict. Those in the 12-member jury will be asked to take an oath. Everyone in the audience will not. To be on the jury, call Marilyn.

Presenters: Chris Buckel, Social Studies Teacher/Students,  
St. Croix Central High School

Coordinator: Marilyn Hagen (715) 210-0073

Wednesday: May 10 12:30 - 2:00 p.m.

Russell J. Rassbach Heritage Museum, 1820 John Russell Road

### **36. Cooking with Monica: Learn How to Create Dishes from Northern India**

Experience the sweet and savory dishes of Northern India! Make moderately spicy and creamy sauces by blending together a variety of dried nuts, fruits, dairy, sunflower oils, and/or Ghee. Discover Garam Marsala, a special spice mixture that gives these dishes a distinctive flavor. Monica will create recipes for Tumeric Tea, Naan, Murg Makhani (Butter Chicken), Chole (Chickpea Curry), Kadai Paneer (Cottage Cheese Curry with Peppers & Tomatoes), and Keer (Rice Pudding). Receive a recipe packet and enjoy samples. **Limit 50**

Presenter: Monica Nichols

Coordinator: Elizabeth Fischer (715) 874-5633

Monday: May 15 12:30 - 2:00 p.m.

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

Cost: \$15

### 37. Train Ride through the Tiffany Wildlife Area

Take an open-air trip on a small antique rail-car train ride into the most ecologically diverse area of Wisconsin, The Tiffany Wildlife Area along the Lower Chippewa River. Short hikes will take us into floodplain forests, savannas, and prairies. Wear appropriate jackets and shoes for the hikes and bring a cushion for seating. This trip is sponsored by the Chippewa Valley Motor Cade Association. A DNR specialist will be on hand to give talks. **Limit 60 per section. Take one ride only.**

Presenters: David Linderud, CVMCA member and DNR specialist

Coordinator: Clauden Oebser (715) 874-6054

Tuesday: May 16 A 9:00 a.m. - 12:00 p.m.

Tuesday: May 16 B 1:30 - 4:30 p.m.

Directions and Parking will be emailed/mailed ahead of time

Cost: \$10

### 38. Hmong Families in the Chippewa Valley - Continuing to Build

Ms. True Vue will present the history of the Hmong people within the Chippewa Valley. She will focus on the Hmong culture, religion, traditions, and the Hmong involvement in the Vietnam War, which precipitated their diaspora and adaptation to new worlds. While facing occasional discrimination, she will explain how the Hmong are forging a strong future for their families and communities. If time allows, Ms. Vue may explain the Kinship Charts which show the deep family bonds.

Presenters: True Vue, Executive Director of the Eau Claire Area  
Hmong Mutual Assistance Association

Coordinator: Marilyn Hagen (715) 210-0073

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

Russell J. Rassbach Heritage Museum, 1820 John Russell Road

### 39. A Viewing Window Tour- Ellsworth Cooperative Creamery - Menomonie

Tour the newest Ellsworth Creamery cheese-making facility. Watch the cheese-making process firsthand through viewing windows while an expert cheese maker describes the process and history of the 110+-year-old Ellsworth Creamery. Sample award-winning cheeses. Browse the Creamery's largest retail store, featuring their world-famous cheese curds and new exclusive cheese creations not yet available elsewhere. 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 30**

Presenters: Eli Newton and John Freeman

Coordinator: Sally Felling (715) 704-0937

Friday: May 19 10:00 - 11:30 a.m.

Ellsworth Cooperative Creamery, 3001 County Road B

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

**40. Cooking with Monica: Add Fresh Ideas, Flavors, and Preparation to Seafood**

Tantalize your senses and pack your seafood creations with vitamins and minerals by adding nuts to your recipes. Monica will show you how with such recipes as Lemon Garlic Cod with Toasted Pine Nuts, Almond Crusted Salmon, Oven Steamed Fish with Mixed-Nut Salsa, and Gluten Free & Dairy Free Shrimp Alfredo. She will include side dishes and desserts such as Nuts about Berries Salad and Pear Cranberry Crumble. Sample recipes and take home a recipe packet.

**Limit 50**

Presenter: Monica Nichols

Coordinator: Elizabeth Fischer (715) 874-5633

Monday: June 12 12:30 - 2:00 p.m.

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

Cost: \$15

**41. Unscripted Paranormal**

Our regular and favorite British paranormal investigator, author, and psychic Adrian Lee will take you on a journey across America to haunted buildings and famous ghosts with his TV show "Unscripted Paranormal." Adrian will be showing his latest evidence and never-before-seen video footage, including interactions with the spirit of Johnny Cash and Prince. Adrian's talks are always packed with fun, interesting anecdotes, and question and answer sessions. His books will also be available to sign and buy.

Presenter: Adrian Lee

Coordinator: Elizabeth Fischer (715) 874-5633

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

Russell J. Rassbach Heritage Museum, 1820 John Russell Road

**42. Special Viewing of "Wisconsin's LGBTQ+ Historymakers"**

Museum Director Melissa Kneeland will host a special viewing of the new traveling display from the Wisconsin Historical Society "We Will Always Be Here: Wisconsin's LGBTQ+ Historymakers" featuring artwork by nipinet landsem. She will introduce you to eight individuals who have helped to empower others to make a positive change in the world, some of our LGBTQ+ visionaries, changemakers, and storytellers. The exhibit will also be augmented by the history and stories of LGBTQ+ individuals in Dunn County. **Limit 15**

Presenters: Melissa Kneeland and Sofi Doane

Coordinator: Elizabeth Fischer (715) 874-5633

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

Russell J. Rassbach Heritage Museum, 1820 John Russell Road

Cost: \$10

#### 43. KKK in Menomonie, Wisconsin

In the 1920s and 1930s, Ku Klux Klan activity spiked in Wisconsin and gave rise to Women's Klan no. 1, also known as the Grey Eagles of Chippewa Falls. Unlike what was happening nationally, this group gave attention to everyday matters, raising funds for their order and helping neighbors in need. Kinville will explain the complex legacy of these Chippewa Falls women who struggled to balance their noble intentions against the malicious ideology of the clan.

Presenter: John Kinville

Coordinator: Howard Lee (715) 235-8841

Monday: July 17 10:00 - 11:30 a.m.

Shirley Doane Senior Center, 1412 6th Street E

### Chippewa Falls/Cadott

#### 44. Tour the New Chippewa Area History Center

Join Museum Director Frank Smoot on a behind-the-scenes tour of the new Chippewa Area History Center. Get a top-to-bottom tour of the center, home to both Chippewa County's Historical and Genealogical Societies, and hear Frank talk about the development of this \$4 million building project. See exhibits showing the historical impact of the people, timber, the Chippewa River, farming, and products made in the Chippewa area. **Limit 30 per session. Sign up for one session only.**

Presenter: Frank Smoot, Museum Director

Coordinator: Sally Felling (715) 704-0937

Friday: May 5 A 10:00 - 11:30 a.m.

Friday: May 5 B 1:30 - 3:00 p.m.

Chippewa Area History Center, 12 Bridgewater Ave., Chippewa Falls

Cost: \$10 (at the entrance to Irvine Park)

#### 45. Visit the Historic Cadott Bohemian Hall

Built in 1907 and added to the National Register of Historic Places in 1992, the Bohemian Hall is now Wisconsin's last active lodge building. Learn why the Czech/Slovak people left the old country and why the lodges were so important to them in America. Discover the many different uses of the Bohemian Hall over the last century. See a demonstration on how to make the traditional Czech pastry kolache and enjoy a lunch of traditional foods. **Limit 50**

Presenters: JoAnn Parks, Dana Carlson, and Jean Dressel

Coordinator: Sally Felling (715) 704-0937

Wednesday: May 24 10:30 a.m. - 1:30 p.m.

ZCJB Bohemian Hall, 26054 135th Ave., Cadott (7 miles north of Cadott on State Hwy 27 at the intersection of 135th Ave.)

Cost: \$12

## Eau Claire

### 46. Waldemar Ager and His Norwegian-American Eau Claire

The author and historian will look at the Norwegian-born journalist and novelist and especially how retaining Norwegian culture and identity was highly important to Ager in the half-century that he lived in Eau Claire. Ager's role as a practical businessman and the head of a changing Norwegian family will also be emphasized. Co-sponsored by L.E. Phillips Memorial Public Library.

Presenter: Brian Blakeley

Coordinator: John Stoneberg

(715) 832-8315

Wednesday: March 8

1:30 – 3:00 p.m.

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

### 47. A Taste of Ayurveda

Welcome to a “bite-sized” introduction to the ancient holistic healing and self-care system of Ayurveda. This “living”, nature-based medical system originated in India some 5000 – 7000 years ago. The wisdom inherent in the Ayurvedic approach to well-being remains relevant to our growing healthcare issues and the need for effective preventive care. We will take a “bite” of some Ayurvedic principles to live life with ease rather than dis-ease. Co-sponsored by L.E. Phillips Memorial Public Library.

Presenter: Carlene Sterner

Coordinator: Joyce Robbins

(715) 931-7611

Thursday: March 9

1:30 - 3:00 p.m.

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

### 48. Tour the New Children's Museum

Tour the new innovative two-story Eau Claire Children's Museum. See play areas including Bitty City, Water Works, Body Smarts, a “nature preserve,” and more. Learn about the Museum's new in-house preschool and child development center, fitness and nutrition area, and interactive spaces especially designed to nourish social and emotional development. Expect to stand during this tour. **Limit 40**

Presenter: Michael McHorney, CEO of the Children's Museum

Coordinator: Amy Alpine

(917) 446-5983

Marilyn Hempel

(715) 839-7880

Monday: March 13

10:00 - 11:30 a.m.

Children's Museum of Eau Claire, 126 N. Barstow

#### 49. Weave a Swedish Table Runner

Learn the popular art form of Swedish Weaving to make a unique table runner! You will create a beautiful needlecraft 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 a needle provided. 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) 559-4149

Monday: March 13 12:30-3:00 p.m.

Monday, March 20 12:30-3:00 p.m.

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

Cost: \$22

#### 50. An Ordinary Eau Claire Family

The author and historian will look at American history as seen through his own and his wife's families. His *Ordinary People: A Study of Our Blakeley and Mierow Ancestors in America, 1635-2013* won a Wisconsin State Historical Society 2015 award as the best family history of the year. The emphasis will be on Eau Claire's Price-Blakeley family and how it reflected the changes occurring in the city during the last 100 years. Co-sponsored by L.E. Phillips Memorial Public Library.

Presenter: Brian Blakeley

Coordinator: John Stoneberg (715) 832-8315

Thursday: March 16 1:30 – 3:00 p.m.

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

#### 51. Homemade Soap-Making Using Plant-Based Oils

Master Gardener Rita Gundry has been making soap since she was a child. Using readily available ingredients and kitchen equipment, she will demonstrate the steps involved in making a small batch of high quality homemade soap. We will have a chance to see the proper endpoint for pouring. Each participant will receive a copy of Rita's favorite recipe and variations. Finished soap will be on display.

Co-sponsored by L.E. Phillips Memorial Public Library. **Limit 30**

Presenter: Rita Gundry

Coordinator: Amy Alpine (917) 446-5983

Friday: March 17 1:30 – 3:00 p.m.

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

## **52. 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. Jessica Wayne, Registered Nurse with Mayo Hospice, will discuss what hospice care is, the hospice care team, services provided under the Medicaid hospice benefit, and more. This will be an open dialogue with time for questions and answers.

Presenter: Jessica Wayne, Registered Nurse with Mayo Hospice

Coordinator: Barb Hebert (715) 514-9692

Tuesday: March 21 10:00 – 11:30 a.m.

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

## **53. 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 celebrate it. The performance will be followed by a delicious lunch at The Florian Gardens.

Presenters: ecWIT – Eau Claire Women in Theater

Coordinator: Elizabeth Fischer (715) 874-5633

Thursday: March 23 10:00 a.m. – 12:30 p.m.

The Florian Gardens, 2340 Lorch Avenue

Cost: \$35

## **54. The Canada Warbler in the Coal Mine**

Nature's systems are marvelous and efficient "organisms," the product of millions of years of fine-tuning. But what happens if you tinker with the parts? Join ornithologist Steve Betchkal as he explains how climate crisis is impacting birds and bird conservation. Co-sponsored by L.E. Phillips Memorial Public Library.

Presenter: Steve Betchkal

Coordinator: Kathie Fahrman (715) 839-9251

Tuesday: March 28 1:30 – 3:00 p.m.

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

## 55. What's New in Plants?

Tropical plants for inside and outside your home have new interest. Yes, you can grow tropical plants in Wisconsin outside not only temporarily in summer but some as perennials. Angie will share what's new for indoor and outdoor living spaces. Create your very own oasis to enjoy this summer. Give your home a new look for the new spring/summer season. Angie will also cover your plant care questions and maintenance, whether they are new or not!

Presenter: Angie Reit, May's Floral

Coordinator: Elizabeth Fischer (715) 874-5633

Wednesday: March 29 1:30 – 3:00 p.m.

May's Floral, 3424 Jeffers Road

## 56. Tour First Choice Computer Recycling Center

Is there an alternative to the landfill for old computers, batteries, and appliances? Learn where to responsibly and safely dispose of household items at the end of their lifespan. Join Ralph for a tour of First Choice Recycling. Learn what the company repairs, reuses, and how and where electronic materials are recycled to reintroduce them into the manufacturing stream and protect our environment. Regan and Madeline will join the tour to answer additional recycling questions.

**Limit 18 per session. Sign up for one session only.**

Presenters: Ralph Hutchens, Owner First Choice Recycling Center

Regan Watts, Eau Claire County Recycling/Sustainability Coordinator

Madeline Marchiafava, Recycling & Sustainability Intern

Coordinator: Kathy Campbell (715) 559-4149

Thursday: March 30 A 10:00 – 11:30 a.m.

Thursday: April 13 B 10:00 – 11:30 a.m.

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

## 57. Storytime with Steve & Micah...& Bea, & Cara, & Lexie, & Birdie, & Fernandina, & Sylvie

In 2022, the Eau Claire creative team of Micah Davis and Steve Betchkal won an Emmy for a story about...trees. It's the sixth Emmy for Steve and the first for Micah, though they've been nominated for five others. How do they do it? The eight of us will show you! Co-sponsored by L.E. Phillips Memorial Public Library.

Presenter: Steve Betchkal

Coordinator: Kathie Fahrman (715) 839-9251

Monday: April 3 1:30 – 3:00 p.m.

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

## **58. Obelisks and Empire**

While not quite up there with the Pyramids, obelisks are a defining image of the greatness of Ancient Egypt. From the Romans on down to modern times, swiping obelisks to grace various Imperial Capitals has been an extravagant tradition. Did you know there are twice as many obelisks in Rome as remain in Egypt? We'll visit obelisks in many locations and tell stories of what they've seen over the long years. Co-sponsored by L.E. Phillips Memorial Public Library.

Presenter: Dr. Tim Wolter

Coordinator: Mike Hilger (715) 832-8823

Tuesday: April 4 1:30 - 3:00 p.m.

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

## **59. Four National Parks**

Ride along on a Vancouver to Calgary adventure. As we travel by train or bus, we will see four Canadian National Parks and the Glacier Parkway Ice fields. Our view will be through the lens of Jim's camera. Look forward to another special visit with Jim.

Presenter: Jim Backus, Magoo Nature Photography

Coordinator: Jim Urness (715) 832-5670

Thursday: April 6 10:00 – 11:30 a.m.

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

## **60. Landfill 101**

What is the difference between a dump and a landfill? What's the history of the 7 Mile Creek Landfill? Where does all this garbage come from? Is there anything we can do to limit the growth of the landfill? Regan and Madeline will answer these questions and suggest ways to slow the trend of frequent landfill expansions. We will also learn about the services available to dispose of common household items and Eau Claire County Sustainability initiatives. Co-sponsored by L.E. Phillips Memorial Public Library.

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

Madeline Marchiafava, Recycling & Sustainability Intern

Coordinator: Kathy Campbell (715) 559-4149

Wednesday: April 12 1:30 – 3:00 p.m.

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

**61. The Joy of Nature: Photography with Rick Koziel**

Rick’s interest in photography developed as a way to share the beauty and magic of nature with others. Delight in his most memorable photographs from Yellowstone, the Grand Tetons, Alaska, the lower 48, and Africa. Find out why he believes that the “joy of nature photography is so much more than getting a great picture.”

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

Presenter: Rick Koziel

Coordinator: Amy Alpine (917) 446-5983

Tuesday: April 18 10:00 – 11:30 a.m.

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

**62. Exploring Poetry: Timing, Rhyming and More**

You do not need to be familiar with poetry or to have attended previous Exploring Poetry Sessions to attend these sessions. Just be open to how poetry reframes everyday experiences and objects to enliven our sense of the world around and within us. We have more to explore with meter and rhyme, and we will check out voice in some poets Erna discovered over the past year.

Presenter: Erna Kelly

Coordinator: Elizabeth Fischer (715) 874-5633

Tuesdays: April 18 and 25 1:30 - 3:00 p.m.

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

**63. Famous Faces of Scandal and Controversy—Mt. Rushmore and Crazy Horse Mountain**

This multimedia presentation explores the history, heated conversations, and Native American perspectives on the bucket-list destinations that are Mount Rushmore and Crazy Horse Mountain, located in the Black Hills of South Dakota. Co-sponsored by L.E. Phillips Memorial Public Library.

Presenter: Professor Debra Barker

Coordinator: Mike Hilger (715) 832-8823

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

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

#### **64. Warbirds**

"Warbird" is the term applied to any vintage military aircraft now operated by civilian organizations or individuals. The term may also apply to replicas and reproductions. Joe has visited numerous air museums and air shows, camera in hand. His presentation consists of photos of WWI and WWII warbirds on the ground and in the air.

Presenter: : Joe Motto, MD

Coordinator: Jim Urness (715) 832-5670

Thursday: April 20 10:00 – 11:30 a.m.

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

#### **65. How Is Wildlands Different from a Traditional School?**

Student choice and accountability are at the heartbeat of the school's identity and what makes Wildlands different. From their first day until graduation day, students at Wildlands are encouraged and empowered to study disciplines and areas of inquiry that they identify as interesting. Wildlands is a project-based learning school with a research and science focus. Wildlands Charter School is one of the few teacher-led schools in the country with a staff that is a functional teachers' cooperative.

Presenters: Teacher and student from Wildlands School

Coordinator: Barb Hebert (715) 514-9692

Monday: April 24 10:00 – 11:30 a.m.

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

#### **66. Getting Back into Life: Living Successfully with Aphasia**

Aphasia occurs when portions of the brain that control language are damaged by disease, stroke, tumor, traumatic brain injury, or other causes. Recently, high-profile individuals like Bruce Willis, Gabby Giffords, and John Fetterman have increased the spotlight on aphasia. In this presentation, you'll hear from community members with aphasia, their care partners, and speech-language pathologists. We'll discuss what aphasia is, ways to communicate with aphasia, and how the community can support living successfully with aphasia. Co-sponsored by L.E. Phillips Memorial Public Library.

Presenter: Dr. Thomas Sather, PhD/CCC-SLP, Associate Professor, Communication Sciences and Disorders, UWEC

Coordinator: Sally Felling (715) 704-0937

Wednesday: April 26 10:00 – 11:30 a.m.

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

**67. Create a Fused Glass Dragonfly Garden Stake**

Design a unique Fused-Glass Dragonfly Garden Stake. Choose a color for the dragonfly-shaped base and add various embellishments to create colorful, weatherproof garden art. The dragonfly is about 18" across and will be securely mounted on a 3' round piece of steel. Additionally, if you'd like to make a smaller 1 1/2" x 8" plant stake on an 18" piece of thick aluminum, the cost is \$15. **Limit 18 per session**  
**Sign up for one session only.** Pick-up is on Monday, June 5, 1:30 p.m. at L.E. Phillips Senior Center in the Thompson Room.

Presenter: Jean Romanshek

Coordinator: Kathy Campbell (715) 559-4149

Monday: May 1 A 1:30 – 3:00 p.m.

Monday: May 8 B 1:30 – 3:00 p.m.

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

Cost: \$30

**68. An Introduction to Norwegian Rosemaling**

Learn the basics of rosemaling on a small plaque in the Norwegian Rogaland style. Gail will briefly explain rosemaling and a few of its 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. Oil paints and painting mediums are used for this class. Please take this into consideration if you have allergies. **Limit 12**

Presenter: Gail Olah

Coordinator: Clauden Oebser (715) 874-6054

Tuesday: May 2 12:00 – 4:00 p.m.

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

Cost: \$12

**69. The New RCU Dabble Box Makerspace**

After a presentation about the purpose and benefits of makerspaces in public libraries, you will have a chance to experience the RCU Dabble Box Makerspace at the Eau Claire Library. Learn to design your own 3D print, see how a robot can use facial recognition to remember your name, paint a mini-portrait, and more. Multiple stations and assistance will be available for you to explore what the space has to offer! Co-sponsored by L.E. Phillips Memorial Public Library.

**Limit 40**

Presenter: Anna M. Zook, Reference & Digital Services Librarian,  
L.E. Phillips Memorial Public Library

Coordinator: Amy Alpine (917) 446-5983

Wednesday: May 17 10:00 – 11:30 a.m.

The RCU Dabble Box Makerspace, Lower level of the L.E. Phillips Memorial Public Library, 400 Eau Claire Street

## **70. Shakespeare: *The Winter's Tale* and *As You Like It***

In different ways, every Shakespeare play focuses on the importance of steadfastness in human relationships. Without love, duty, commitment, loyalty to family and friends, and kindness to strangers; the social fabric is torn, sometimes irreparably. These two plays, ten years apart in his writing career, handle the issue very differently, but both seek powerfully to reaffirm the enduring truths he considered most important. Winona's Great River Shakespeare Festival features both plays this summer. Co-sponsored by L.E. Phillips Memorial Public Library.

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

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

Wednesday: May 23 1:30 – 3:00 p.m.

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

## **71. Tour the Chippewa Valley Veterans Tribute**

Tour the Honor Mall with us and hear the history and stories of the beautiful monuments and legacy stones on permanent display for Veterans. Some local Veterans will be in attendance to tell their stories. Bring your questions. Wear your walking shoes to take a guided tour of the upcoming river trail timeline. We will show you the development phases of the Chippewa Valley Veterans Tribute. You will receive a souvenir hat and pin for attending.

Presenters: Angela Deutschlander and Kay Olson

Coordinator: Elizabeth Fischer (715) 874-5633

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

Chippewa Valley Veterans Tribute at River Prairie Park, Altoona

## **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). Coordinators do not know answers regarding if a class has openings or not. If you have a question about a trip or class after you have registered, contact the coordinator. 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>
Sally Felling	<a href="mailto:sefelling@gmail.com">sefelling@gmail.com</a>
Elizabeth Fischer	<a href="mailto:liz@psmc.com">liz@psmc.com</a>
Heather Jerrie	<a href="mailto:hjerrie34@gmail.com">hjerrie34@gmail.com</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>
Marilyn Hempel	<a href="mailto:mhempel4@gmail.com">mhempel4@gmail.com</a>
Margy Hagaman	<a href="mailto:mrhagaman@gmail.com">mrhagaman@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>
Mark Quilling	<a href="mailto:markquilling@yahoo.com">markquilling@yahoo.com</a>
Joyce Robbins	<a href="mailto:joyrob1@charter.net">joyrob1@charter.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>

## 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. Contact the coordinator to find out if there is a replacement list. Do that first. The names on that list receive first priority. If no one is on that list, you may sell your seat to someone else, even a non-member.

## **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 the application form** on the next page. Use one per person. If you need another form, copy this one or print one off at cvlr.org “How to Become a Member.” 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. Your membership card is your receipt, and you may need to present it at some time.

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

### **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 you have been instructed 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.

### **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 2022,** 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 for us to send your membership card.
- 5. If you want to take a class with limits, have you done all of this quickly?**

**Membership in Chippewa Valley Learning in Retirement (CVLR)**

If you joined in the fall of 2022, your membership is effective for one year, from September, 2022, through August, 2023. 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 2023. 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 2023**

Complete a separate form for each person.

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

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

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

Name \_\_\_\_\_

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

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

E-mail \_\_\_\_\_

Telephone \_\_\_\_\_

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

Cash or Check # \_\_\_\_\_ Amount \_\_\_\_\_ Rec'd by \_\_\_\_\_

## Mail-in Registration Form Instructions

If you are not currently a member, complete the membership form on page 29 and send it along with your \$20 membership fee for Spring 2023. *Please 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 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>The Defeat of Jesse James Musical</i> /History Theatre | \$92 |
| _____ | 2. MN Orchestra: Park and Ainomae Play Brahms                | \$59 |
| _____ | 3. MN Landscape Arboretum, Axel's, and Gertens Trip          | \$76 |
| _____ | 4. MN Transportation Museum/Hill House Trip                  | \$81 |
| _____ | 5. Into the Woods at the Guthrie                             | \$55 |
| _____ | 6. Shane at the Guthrie                                      | \$55 |
| _____ | 7. Subsurface Investigations of the Lumber Industry          |      |
| _____ | 8. Dermatology A to Z: Caring for Aging Skin                 |      |
| _____ | 9. Photography and Habitat Establishment                     |      |
| _____ | 10. Tainter Family Mysteries                                 |      |
| _____ | 11. Foreign Affairs - Menomonie                              |      |
| _____ | 12. Ready, Set...Go  |      |

## 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. Experience the Serengeti
- \_\_\_\_\_ 14. Emergency Shelter – Stepping Stones
- \_\_\_\_\_ 15. Final Five Voting
- \_\_\_\_\_ 16. Understanding the Ukraine and the Middle East
- \_\_\_\_\_ 17. Cooking with Monica: Two Important Foods \$15
- \_\_\_\_\_ 18. Fused Glass Fun! \$30
- \_\_\_\_\_ 19. Chair Yoga for Beginners
- \_\_\_\_\_ 20. Local Woman Became a World Log-rolling Champion
- \_\_\_\_\_ 21. Jewelry Workshop \$15
- \_\_\_\_\_ 22. Skin Care Conditions and Toxic Ingredients
- \_\_\_\_\_ 23. Noggin Knowledge
- \_\_\_\_\_ 24. How to Maintain a Healthy Weight
- \_\_\_\_\_ 25. Learn about the Red Cedar State Trail
- \_\_\_\_\_ 26. Three Years in the Army
- \_\_\_\_\_ 27. Everything You Wanted to Know about Death
- \_\_\_\_\_ 28. Total Joint Replacement
- \_\_\_\_\_ 29. Health Resilience
- \_\_\_\_\_ 30. Families Are Forever
- \_\_\_\_\_ 31. Important Americans You Didn't Learn about
- \_\_\_\_\_ 32. Highland Park in St. Paul
- \_\_\_\_\_ 33. Embroidered Spring Flower Ornament A \$25
- \_\_\_\_\_ 33. Embroidered Spring Flower Ornament B \$25
- \_\_\_\_\_ 34. Honor Flights' History, Stories, and How to Take
- \_\_\_\_\_ 35. Attend a Mock Trial Staged by High School Students
- \_\_\_\_\_ 36. Cooking with Monica: Dishes from Northern India \$15
- \_\_\_\_\_ 37. Train Ride through the Tiffany Wildlife Area A \$10
- \_\_\_\_\_ 37. Train Ride through the Tiffany Wildlife Area B \$10
- \_\_\_\_\_ 38. Hmong Families in the Chippewa Valley
- \_\_\_\_\_ 39. Viewing Window Tour- Ellsworth Cooperative Creamery
- \_\_\_\_\_ 40. Cooking with Monica: New Ideas with Seafood \$15
- \_\_\_\_\_ 41. Unscripted Paranormal
- \_\_\_\_\_ 42. Special Viewing Wisconsin' LGBTQ+ \$10
- \_\_\_\_\_ 43. KKK in Menomonie, Wisconsin

### 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.

- |       |   |   |      |
|-------|---|---|------|
| _____ | 44. Tour the New Chippewa Area History Center                       | A | \$10 |
| _____ | 44. Tour the New Chippewa Area History Center                       | B | \$10 |
| _____ | 45. Visit the Historic Cadott Bohemian Hall                         |   | \$12 |
| _____ | 46. Waldemar Ager and His Norwegian-American Eau Claire             |   |      |
| _____ | 47. A Taste of Ayurveda   |   |      |
| _____ | 48. Tour the New Children's Museum                                  |   |      |
| _____ | 49. Weave a Swedish Table Runner                                    |   | \$22 |
| _____ | 50. An Ordinary Eau Claire Family                                   |   |      |
| _____ | 51. Homemade Soap Making Using Plant-Based Oils                     |   |      |
| _____ | 52. Understanding Hospice   |   |      |
| _____ | 53. <i>Failure Is Impossible</i>                                    |   | \$35 |
| _____ | 54. The Canada Warbler in the Coal Mine                             |   |      |
| _____ | 55. What's New in Plants?   |   |      |
| _____ | 56. Tour First Choice Computer Recycling Center                     | A |      |
| _____ | 56. Tour First Choice Computer Recycling Center                     | B |      |
| _____ | 57. Storytime with Steve & Micah                                    |   |      |
| _____ | 58. Obelisks and Empire   |   |      |
| _____ | 59. Four National Parks   |   |      |
| _____ | 60. Landfill 101  |   |      |
| _____ | 61. Photography with Rick Koziel                                    |   |      |
| _____ | 62. Exploring Poetry: Timing, Rhyming and More                      |   |      |
| _____ | 63. Famous Faces of Scandal and Controversy                         |   |      |
| _____ | 64. Warbirds  |   |      |
| _____ | 65. How Is Wildlands Different from a Traditional School?           |   |      |
| _____ | 66. Living Successfully with Aphasia                                |   |      |
| _____ | 67. Create a Fused Glass Dragonfly Garden Stake                     | A | \$30 |
| _____ | 67. Create a Fused Glass Dragonfly Garden Stake                     | B | \$30 |
| _____ | 68. An Introduction to Norwegian Rosemaling                         |   | \$12 |
| _____ | 69. The New RCU Dabble Box Makerspace                               |   |      |
| _____ | 70. Shakespeare: <i>The Winter's Tale</i> and <i>As You Like It</i> |   |      |
| _____ | 71. Tour the Chippewa Valley Veterans Tribute                       |   |      |

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

### Board of Directors

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### Member Services

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(715) 874-5633

cvlr.org

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Current Resident or