

# Chippewa Valley

**LEARNING IN RETIREMENT**

Fall 2023

## Course Schedule and Registration Packet

In-person registration is  
Wednesday, August 23  
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 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 23.** 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.

**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 10, 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.

### Watch for a Special Flyer in Early November

It is your invitation to the CVLR Holiday Luncheon at The Florian Gardens November 30. We will have entertainment, refreshing punch, and a delicious meal. You will enjoy seeing The Florian Gardens decorated for the holidays.

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

## Two Important Announcements

After handling and returning checks to sixty-nine members who mailed in their registrations last spring, I came up with a new way to address the situation where you will not write unnecessary checks and I will not process them. Notice in this fall's mail-in form, you may not sign up for classes with fees or limits. Instead, on August 24 I will email you what is available in those classes after in-person registration. You can contact me to reserve your seat in the ones that are open which you want. Once I confirm your seat, send me your check if a fee is required.

Last spring we could have filled three sections for the Tiffany Train Ride so we brought it back this fall. If you rode it last spring, please do not sign up for the fall ride until those who didn't get a ride last spring sign up.

See you at class,  
Elizabeth  
President

### Before You Get to In-person 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 in-person registration only, select **your classes and list them in order of priority** for you. Do not do this for mail-ins.

**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 August 23**

The doors open at 9:00. 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 or a limit, mail in your registration for the non-limited and non-fee classes. The day after registration, you will receive an email about the openings available in the classes with limits, both fee and non-fee. As soon as you receive the e-mail, e-mail or call Elizabeth to reserve your seat. Once she confirms you have one, send her your check if a fee is involved. The seats will be given out on a first come, first serve basis. Be early. Everyone will receive the list of openings so don't be surprised to receive one if you already signed up at in-person the day before.

## Bus Trips

### 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 21

The bus departs 29 Pines at 8:15 a.m. and returns around 5:30 p.m. Pick up is at Marketplace at 8:45 a.m. We arrive back about 5:00 p.m. Cost: \$86 Does not include tips for driver or wait staff.

### 2. **Visit Two Hidden Gems: Rice Lake Weighing Systems and Perlick Distillery**

Tour Rice Lake Weighing Systems and view the production of small laboratory test weights to high-capacity truck scale weights in their metrology lab. Discover the diversity and impact of weighing systems in agriculture, retail, and medical fields. Enjoy a delicious lunch at Adventures Restaurant and a color tour to Perlick Distillery in Sarona. Discover how grains grown on Perlick Farm are used to create top-quality distilled spirits. Beverages available for purchase.

Coordinator: Kathy Campbell (715) 559-4149

Thursday: September 28

Bus departs 29 Pines at 7:30 a.m. and returns about 5:00 p.m. Bus leaves Marketplace at 8:00 a.m. and arrives back about 4:30 p.m. Cost: \$50 Does not include tip for the driver.

### 3. ***The Importance of Being Ernest* at the Guthrie Theater**

Meet Jack Worthing and Algernon Moncrieff — two dapper Edwardian gents who shamelessly invent people to shirk responsibility and follow their whims. Like a brilliantly paced piece of music, this masterful comedy woos theatergoers into a state of sheer delight with its mild treacheries, hilarious confusions, and endearingly flawed characters.

**Limit 112**

Coordinator: Elizabeth Fischer (715) 828-0768

Wednesday: October 4

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: \$60. Lunch and driver's tip are not included.

**4. Boy Wonder: Stassen Musical at the History Theatre**

Dubbed the “boy wonder” after being elected the youngest governor of Minnesota in 1938, Harold Stassen was a popular and progressive leader with a vision to unify America. This contemporary musical examines a time in our history that is not much different than today and asks: Who will stand up for our democracy? 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: October 19

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: \$90 Does not include tip for driver.

**Menomonie**

**5. Oaklawn Inn Tour**

Visit the former home of Andrew Tainter’s daughter, Charlotte (“Lottie”) and her husband George Seeley. The home, completed at the same time as the Mabel Tainter Memorial and The Louis Smith Tainter House, served as the Supervisor’s House for Tainter’s Oaklawn Stock Farm, of which George was Supervisor. Learn about the farm, the marriage, and more. See the house in its restored state as a history-filled bed & breakfast. (Walking tour with a flight of stairs to climb.)

**Limit 24 per tour. Sign up for one tour only.**

Presenter: Stephanie Nelson Perry

Coordinator: Mark Quilling (651) 772-9398

Tuesday: September 5 A 10:00 - 11:30 a.m.

Tuesday: September 5 B 1:30 - 3:00 p.m.

Oaklawn Inn, 423 Technology Drive E

**6. Covia Sand Plant Tour**

Come along on a fascinating tour of Covia Sand Plant. Covia mines a wide variety of high-purity quartz sand for use in construction, glass production, oil and gas production, water filtration, and foundry use. The purity of their high-quality sand makes Covia an industry leader. See how the sand is extracted from the ground and separated into its different components for a multitude of uses. And you thought sand was for beaches! **Limit 10 per tour. Sign up for one tour only.**

Presenter: Covia Sand Plant Personnel

Coordinator: Mark Quilling (651) 772-9398

Wednesday: September 6 A 10:00 - 11:30 a.m.

Thursday: September 7 B 1:30 - 3:00 p.m.

Friday: September 8 C 1:30 - 3:00 p.m.

Covia Sand Plant, N5628 580th Street

**7. *Gravedigger's Daughter and Tales from the Red Pump***

*Gravedigger's Daughter* is Debbi's memoir of growing up in the Little Elk Creek area between Eau Claire and Menomonie during the 1950s - 1970s. She helped her dairy-farmer father, John Edward Torgerson, at home and as a gravedigger for their Norwegian Lutheran church at Little Elk Creek. Tom's five-book series, *Tales from the Red Pump*, celebrates the power of Lake Superior, the beauty of northern Wisconsin tall pine forests, his family's logging days, and post Civil War homesteads in Solon Springs.

Presenters: Debra Raye (Torgerson) King and Tom King

Coordinator: Joyce Robbins (715) 931-7611

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

Russell J. Rassbach Heritage Museum, 1820 John Russell Road

**8. 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. Before each session, information on the upcoming session will be e-mailed. Topics for Fall 2023 are:

September 8 - Politics in Latin America – Paul Helgeson

September 15 - Global Famine – Barbara Lyon

September 22 - Iran at a Crossroads – Dennis Spader

September 29 - Climate Migration – Lynn Shaw

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

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

Shirley Doane Senior Center, 1412 6th Street E

**9. Ready, Set, Go...The Sequel**

Behind the hearse there will not be a U-Haul. How do we take care of the stuff we leave behind so that it is less of a burden to the loved ones we leave behind? In this sequel to her presentation on getting our paperwork in order, Judy will address how to get our material possessions in order.

Presenter: Judy Schindler

Coordinator: Elizabeth Spader (715) 235-7003

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

Russell J. Rassbach Heritage Museum, 1820 John Russell Road

## 10. Menomonie Public Library—Yesterday, Today, and Tomorrow

The Menomonie Public Library will be celebrating 150 years of service in 2024 and 40 years in its current location at 600 Wolske Bay. The library, designed by architect John Howe, is a unique building with an interesting past. Learn about the library's legacy, its current status as part of the IFLS library system, and its aspirations for the future. Find out what it costs to run a library and where that money comes from.

Presenter: Joleen Sterk

Coordinator: Elizabeth Spader (715) 235-7003

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

Russell J. Rassbach Heritage Museum, 1820 John Russell Road

## 11. Train Ride through the Tiffany Wildlife Area

Take an open-air ride on a small antique rail-car train into the most ecologically diverse area of Wisconsin in the Tiffany Wildlife Area along the Lower Chippewa River. Short stops will take us into floodplain forests, savannas, and prairies. Wear appropriate jackets and shoes for short walks and bring a cushion for seating. This trip is sponsored by the Chippewa Valley Motor Car Association and the Lower Chippewa River Alliance. A DNR specialist will be on hand to give talks.

**Limit 60 per ride. Take one ride only.**

Presenters: David Linderud, CVMCA member, and DNR specialist

Coordinator: David Linderud (715) 495-1104

Thursday: September 14 A 9:00 a.m. - 12:00 p.m.

Thursday: September 14 B 1:30 - 4:30 p.m.

Directions and Parking will be emailed/mailed ahead of time

Cost: \$10

## 12. Louis Smith Tainter Home Tour

Ever pass the Louis Smith Tainter House (at Crescent and Broadway) and wondered what's inside? Now's your chance to find out. Come along on a tour of the first and second floors of this beautiful home, originally built by Andrew Tainter as a wedding gift to his son, Louis. Now an office space, it retains much of its original charm. Following the tour, Heather Stecklien, UW Stout Archivist, will give a presentation and a Q&A session. **Limit 14 per tour. Sign up for one tour only.**

Presenters: Mark Quilling/Heather Stecklien, UW Stout Archivist

Coordinator: Mark Quilling (651) 772-9398

Monday: September 18 A 10:00 - 11:30 a.m.

Monday: September 18 B 1:30 - 3:00 p.m.

Tuesday: September 26 C 10:00 - 11:30 a.m.

Tuesday: September 26 D 1:30 - 3:00 p.m.

320 Broadway Street S



### **13. Dementia 101 - “How to Speak Dementia”**

Carla Berscheid, Dementia Care Specialist from the ADRC, will discuss normal vs. not normal aging and common types of dementia. She will then dive into what to say and not to say when assisting/caring for someone with dementia. Join us for a very helpful exchange.

Presenter: Carla Berscheid

Coordinator: Clauden Oebser (715) 874-6054

Tuesday: September 19 1:30 - 3:00 p.m.

Russell J. Rassbach Heritage Museum, 1820 John Russell Road

### **14. Treatment for Chronic Low Back Pain**

Many people experience lower back pain. Radiofrequency ablation is a treatment for chronic lower back pain due to arthritis or other joint issues. This procedure targets the nerves that are sending pain signals from the joints and is a mainstay of treatment for back pain. It can produce long-lasting relief by shutting off the communication between the nerves and the pain processing center in the brain.

Presenter: Dr. Melissa Kenevan , Mayo Hospitals

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

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

Shirley Doane Senior Center, 1412 6th Street E

### **15. Discover the Results of the Survey That Shaped Menomonie’s Outdoor Recreation Plan**

Mr. Mitch Stai, Recreation Director for the Menomonie Parks and Recreations Department, will present results of a 2021 survey that provided guidance in creating the 2023-2028 comprehensive outdoor recreation plan (CORP). Find out the points of interest of this plan including the four goals for this department, the number of city parks, how they serve the community, and present and future park improvements.

Presenter: Mitch Stai

Coordinator: Linda Bark (715) 308-6886

Monday: September 25 10:00 - 11:30 a.m.

Shirley Doane Senior Center, 1412 6th Street E

**16. Cooking with Monica: Secrets to Successful Thai Cuisine II**

Experience how to use the five elements of salty, sweet, spicy, sour and creamy to make a single dish. Add simple ingredients such as peanut butter, hoisin, and Braggs liquid aminos for “umami”. Create Khao soi, a thick, curried soup; Thai-Style Green Beans; Thai Chicken & Slaw; and Larb Gai (Thai Chicken Salad). Find out about trendy Bubble Tea (Boba) and make unique flavors of a chilled tapioca dessert beverage. Receive a recipe packet and enjoy samples. **Limit 50**

Presenter: Monica Nichols

Coordinator: Elizabeth Fischer (715) 874-5633

Monday: September 25 12:30 - 2:00 p.m.

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

Cost: \$15

**17. More Elders – More Issues**

Carmen Meyer will discuss the current state of Long-Term Care both in general and in our community. She will talk about the challenges and opportunities that we face as we prepare to serve an ever-aging population, including access to care, staffing, regulatory issues, and other pressing topics. Learn more about an important part of the healthcare system that many people need in our community.

Presenter: Carmen Meyer, Administrator of the Neighbors

Coordinator: Pat Eggert (715) 308-5357

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

Russell J. Rassbach Heritage Museum, 1820 John Russell Road

**18. Cardinal Glass Factory (Cardinal FG) Tour**

Take an interesting and informative tour of Menomonie’s Cardinal Glass Factory (now Cardinal FG). Cardinal leads the industry in the development of residential glass. Learn the fascinating processes by which insulated, coated, laminated, tempered, and float glass are made, and their various applications for residential windows and doors. A short video presentation precedes the tour, and a Q&A session follows as time permits. It can get hot, so you might want to wear your asbestos underwear! **Limit 24 per tour. Sign up for one tour only.**

Presenters: Cardinal Personnel

Coordinator: Mark Quilling (651) 772-9398

Monday: October 2 A 9:30 - 11:30 a.m.

Monday: October 2 B 1:00 - 3:00 p.m.

Cardinal FG, 2200 Stokke Parkway

## 19. Juggling 101 with Steve Russell

Impress your grandkids! Become the life of the party! Learn how to juggle! Local legend Steve Russell has agreed to teach CVLR members how to juggle! Steve claims juggling isn't only for circus performers and clowns. He swears it's great for seniors as it improves balance, mobility, hand-eye coordination, and concentration. Steve guarantees your ability to "keep three things aloft at the same time" by the end of the session. Be prepared to move around.

**Limit 40 per session. Sign up for one session only.**

Presenter: Steve Russell

Coordinator: Mark Quilling (651) 772-9398

Tuesday: October 3 A 10:00 - 11:30 a.m.

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

Russell J. Rassbach Heritage Museum, 1820 John Russell Road

## 20. Surviving in a World with Artificial Intelligence

The latest generation of AI tools has brought us general purpose tools that can be used by the public. Content generation tools can create new text or images of high enough quality to be mistaken for human work. Dr Alexi Brooks will give a whirlwind tour of generative AI. How does it work? How can we use it? What can and can't it do? How can we adapt to a world where it is increasingly in use around us?

Presenter: Alexi Brooks

Coordinator: Elizabeth Spader (715) 235-7003

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

Russell J. Rassbach Heritage Museum, 1820 John Russell Road

## 21. 'Here We Shall Remain'

In a recent Washington Post column about the Indian Welfare Act, columnist George Will argued that we shouldn't base policies on race. That seems sensible until you understand that the Indian Welfare Act isn't based on race. Indian adoptions, mascots, the 'Land Back' movement, Indian gaming, Wisconsin's 'Treaty Rights' dispute — all of these are based in an often-misunderstood concept: Sovereignty. Let's explore this through-line in American history.

Presenter: Frank Smoot

Coordinator: Elizabeth Fischer (715) 874-5633

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

Russell J. Rassbach Heritage Museum, 1820 John Russell Road

## **22. Our Electric Future: The Challenges**

Jesse Singerhouse, Dunn Energy Cooperative Manager, will discuss electric vehicles, what they have to offer consumers, and the challenges they create for the power grid. He will talk about the role renewable energy plays in power generation and what challenges exist with our future power supply. He will mention programs that people can take advantage of to use energy more efficiently.

Presenter: Jesse Singerhouse

Coordinator: Pat Eggert (715) 308-5357

Monday: October 9 1:30 - 3:00 p.m.

Shirley Doane Senior Center, 1412 6th Street E

## **23. Special Viewing of the Solar Victory Garden**

Get an up-close look at the Solar Victory Garden recently installed at the Rassbach Museum. Learn how the solar panels work, the benefits of installing solar for a non-profit, and more. Executive Director Melissa Kneeland will be guiding the tour and demonstrate how Solar is incorporated into the museum's educational offerings for elementary and life-long learners. **Limit 20**

Presenters: Melissa Kneeland

Coordinator: Elizabeth Fischer (715) 874-5633

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

Russell J. Rassbach Heritage Museum, 1820 John Russell Road

Cost: \$10

## **24. Memory Support with Essential Oils**

Learn some natural remedies including essential oils and supplements that can enhance and support your memory. Certain essential oils have been shown to support memory, improve cognitive function, and increase blood supply to the brain. Samples will be passed, and we will explore which oils to use and how to use them for healthy cognitive function.

Presenter: Michelle Caron

Coordinator: Elizabeth Fischer (715) 874-5633

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

Russell J. Rassbach Heritage Museum, 1820 John Russell Road

**25. Hear about Cathy Sultan’s Visit to Beirut**

In September Cathy Sultan will get an insider’s view of what is happening in the Middle East. Accompanied by her son and grandson, Cathy will spend most of the month on a fact-finding trip to Beirut where the US government is about to open a one-billion-dollar embassy which will be the intelligence center for the Middle East. What does that portend in a region that is tired of the endless US wars? Hear her fascinating report.

Presenter: Cathy Sultan

Coordinator: Elizabeth Fischer (715) 874-5633

Wednesday: October 11 1:30 - 3:00 p.m.

Russell J. Rassbach Heritage Museum, 1820 John Russell Road

**26. Paranormal TV Show and Live Equipment Demonstration**

Author, TV presenter, paranormal investigator, and psychic Adrian Lee will present new unseen footage from his latest TV show *Unscripted Paranormal*. Adrian delivers his informative and amusing talk with ghostly evidence gathered from across the Midwest with historical facts. Adrian will run his paranormal equipment live during the program and will bring his books to sign for attendees to purchase.

Presenter: Adrian Lee

Coordinator: Elizabeth Fischer (715) 874-5633

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

Russell J. Rassbach Heritage Museum, 1820 John Russell Road

**27. Dunn County Community Resource Guide**

Learn the in’s and out’s of how the Dunn County Community Resource Guide (online & paper) came to be along with a detailed explanation of how best to utilize these resources! Bring your smart phone and/or iPad (optional) for a hands-on exploration.

Presenter: Becky Kneer

Coordinator: Joyce Robbins (715) 931-7611

Monday: October 16 10:00 - 11:30 a.m.

Shirley Doane Senior Center, 1412 6th Street E

**28. Cooking with Monica: Add Fresh Ideas, Flavors, and Preparation to Apples**

Tempt your tastebuds with new combinations of ingredients in your apple creations! Monica will give you ideas of how to do that in such recipes as Brussels Sprout and Apple Tart with Walnut Pesto Celery & Apple; Walnut Salad with Honey Dressing; Sweet and Savory Apple, Carrot, Cabbage Slaw; Roasted Pork with “Sinner Stuffing” which includes prunes, apricots and apples; Salted Caramel Apple Tiramisu; and Apple Orchard Punch. Sample recipes and take home a recipe packet. **Limit 50**

Presenter: Monica Nichols

Coordinator: Elizabeth Fischer (715) 874-5633

Monday: October 16 12:30 - 2:00 p.m.

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

Cost: \$15

**29. Find out Which Ingredients Are Toxic to Your Skin and Which Are Safe**

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: October 17 10:00 - 11:30 a.m.

Russell J. Rassbach Heritage Museum, 1820 John Russell Road

**30. Heavy Marching: The Civil War Letters of Lute Moseley, 22nd Wisconsin**

Sara DeLuca, editor of this remarkable book of Civil War letters written by Lute Moseley, a soldier from Beloit, Wisconsin, will read excerpts from *Heavy Marching*. She will describe her journey in acquiring, curating, transcribing, researching, and editing this wealth of material. Lute Moseley fought in the Civil War as an infantry soldier in Wisconsin's 22nd Volunteers. Briefly captured and interned in a Confederate POW Camp, he returned to action and participated in Sherman's Atlanta campaign.

Presenter: Sara DeLuca

Coordinator: Sally Felling (715) 704-0937

Tuesday: October 17 1:30 - 3:00 p.m.

Russell J. Rassbach Heritage Museum, 1820 John Russell Road

**31. Protecting and Restoring Native Ecosystems in the Prairie-Forest Border Region**

Natural ecosystems—including prairies, savannas, and forests--function today more or less as they have for thousands of years. Unfortunately, the bulk of these systems have vanished. The remaining remnants are in danger of unraveling. Mark will explain several key ecosystem processes and suggest what we can do in our own neighborhoods to help natural places survive and perhaps recover. He will include examples of The Prairie Enthusiasts volunteer work.

Presenter: Mark Leach, Ph.D. Senior Scientist,

Chippewa Savannas Chapter of The Prairie Enthusiasts

Coordinator: Elizabeth Fischer (715) 874-5633

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

Russell J. Rassbach Heritage Museum, 1820 John Russell Road

**32. Back to the Future? Passenger Trains for Menomonie and the Chippewa Valley**

A scheduled passenger train has not stopped in Menomonie or Eau Claire since “The 400” made its last run in 1963. Prospects are now the best they’ve ever been for trains to return to the area in the next few years. Scott Rogers will talk about the work now underway to provide convenient, frequent train service to the Twin Cities, Milwaukee, and Chicago.

Presenter: Scott Rogers, Chair, West Central Wisconsin Rail Coalition

Coordinator: Pat Eggert (715) 308-5357

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

Russell J. Rassbach Heritage Museum, 1820 John Russell Road

**33. Stem Cells and Platelet Derived Products (PRP): A Non-Surgical Alternative to Orthopedic Surgery**

What’s the buzz about Stem Cell treatments? What are Stem Cells and what is PRP, and how are they used in the body? Do diet and exercise have an effect on these? Dr. Bergum from Interventional Orthopedic Solutions-Rochester will talk about the science of regenerative medicine, and how this is used to treat painful orthopedic conditions using your own cells to stimulate your own innate healing.

Presenter: Dr. Russell Bergum, D.O.

Coordinator: Joyce Robbins (715) 931-7611

Friday: October 20 2:00 - 3:00 p.m.

Russell J. Rassbach Heritage Museum, 1820 John Russell Road

### 34. International Students Poster Session

Find out about some international students attending UW-Stout. They will share cultural topics related to their countries in an interactive poster format. You may move from poster-to-poster during this session; meet and engage the international students; ask questions; and learn about their cultures.

Presenter: Ms .Pamela Onchuck, Academic Director of the ESL Institute, and the international students from Stout

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

Tuesday: October 24 10:00 - 11:30 a.m.

Shirley Doane Senior Center, 1412 6th Street E

### 35. Walmart Distribution Center Tour

The Menomonie Distribution recently completed the first phase of a multimillion-dollar automation remodel. It is the fifth Walmart Distribution Center out of forty-two that has completed the automation reconfiguration. See the automation in action with receiving and loading using robots. Walking is required, and no open-toe shoes are permitted. Safety vests will be distributed. **Limit 18**

Presenter: Walmart Distribution Center personnel

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

Wednesday: October 25 10:00 - 11:30 a.m.

Walmart Distribution Center, 6100 3M Dr

Park in the parking lot, first turn left across from Kwik Trip off Cty Rd B

### 36. Holiday Ornament Workshop

Select from three ornament styles: icicles, beaded wire trees, and/or angel prisms. These patterns are the same as presented in previous classes: icicles similar to the ones created in past years with new patterns available; beaded wire trees in gold, silver, or copper; and angel prisms complete with wings and halos. Samples will be available at registration and in class. See examples at cvlr.org. Mix and match. All materials supplied for four ornaments. **Limit 20**

Presenters: Chris Oest and Cheryl Gust

Coordinator: Joyce Robbins (715) 931-7611

Wednesday: October 25 1:00 - 4:00 p.m.

Russell J. Rassbach Heritage Museum, 1820 John Russell Road

Cost: \$16



**37. Discovering the Elements of Ayurveda and Astrology**

Join us for an introduction to the elements (Space [Ether], Air, Fire, Water, Earth), their interconnectedness with Astrology and Ayurveda, and their impact on the well-being of mind, body, and spirit. You will leave with a basic understanding of the energetic nature of the elements and their significance within the disciplines of Astrology and Ayurveda - a first step to applying this knowledge to foster balance, harmony, and self-awareness in our lives.

Presenters: Carleen Sterner (Ayurvedic Health Practitioner)  
Jody Kranig (Astrologer)

Coordinator: Joyce Robbins (715) 931-7611  
Thursday: October 26 1:30 - 3:00 p.m.  
Russell J. Rassbach Heritage Museum, 1820 John Russell Road

**38. *The Moore Farm Secret and The Cave Lady***

Andrew Moore lived beside Tainter Lake, and Maud Phillips lived in a cave on the Eau Claire River. Andrew loved his family but feared for their lives. Maud neglected her family. Andrew loved one woman. Maud was involved in many relationships. Andrew was a respected farmer, and Maud was a poetess. Andrew was intelligent. Maud was tried for insanity. Andrew feared authority. Maud challenged authority. The Moore Farm history remains a part of Tainter Lake. Maud is long forgotten. Hear their stories!!!!

Presenter: Jane Glenz  
Coordinator: Joyce Robbins (715) 931-7611  
Wednesday: November 1 10:00 - 11:30 a.m.  
Russell J. Rassbach Heritage Museum, 1820 John Russell Road

**39. Highlights of England, Scotland, and Ireland: A Travelogue by Ginny Helgeson**

Follow Ginny's adventures with her sister in April 2016 on a guided tour that took them from cosmopolitan London, Stonehenge, and Bath to the medieval city of Edinburgh. Passing through Wales to Holyhead, they boarded a ferry to Ireland. After arriving in the Emerald Isle, they grabbed a Guinness with Dubliners and made their way along the scenic ring of Kerry, Blarney Castle, and Cliffs of Moher, taking in stunning sea views.

Presenter: Ginny Halverson  
Coordinator: Joyce Robbins (715) 931-7611  
Wednesday: November 1 1:30 - 3:00 p.m.  
Russell J. Rassbach Heritage Museum, 1820 John Russell Road

#### 40. **Where's the Local News?**

Dunn County residents have joined together to find a way to increase local news coverage in the face of a "news desert." As print newspapers shrink and disappear, the situation is challenging many communities across the country. Find out who is involved, what they are doing, where they are in their planning process, and how their ideas will impact the availability of local news.

Presenters: Becky Kneer and Pat Eggert

Coordinator: Pat Eggert (715) 308-5357

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

Russell J. Rassbach Heritage Museum, 1820 John Russell Road

#### 41. **Elizabeth Releases Two More Books in her Eliza Series**

At the opening of book eight, *The Disturbance*, two alarming incidents seem to be related...but how? The water the South and Indian Ocean Dome is roiling, and Lugh and his crew are missing. As they attempt to figure out what is happening, Eliza learns about leprechauns, the next elemental group to be spotlighted. 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 2 1:30 - 3:00 p.m.

Russell J. Rassbach Heritage Museum, 1820 John Russell Road

#### 42. **Cooking with Monica: Discover Brain-Saving Foods**

Gain an understanding of how particular foods support proper mental health and combat symptoms of brain fog, anxiety, Alzheimer's, Lymes, and more. Tap into Anthony William's book *Brain Saver* and learn recipes using Blueberries, Turmeric, Broccoli, Pumpkin, and even Dark Chocolate. Discover the Brain Saver Salad, loaded with greens and a delicious citrus-honey dressing. Taste a Wild Blueberry Latte and Brain Detox Tonic. Sample and take home simple and delicious recipes you may enjoy every day for brain health. **Limit 50**

Presenter: Monica Nichols

Coordinator: Elizabeth Fischer (715) 874-5633

Monday: November 6 12:30 - 2:00 p.m.

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

Cost: \$15

#### 43. The Active Life of a Caribbean Reef

Following upgrades in camera equipment and editing software, Dick Best's latest video installment shows his experienced-based videographic acumen. His presentation features the beautiful and exotic aquatic life of creatures making their home in the Caribbean reefs near Cozumel, Mexico.

Presenter: Dick Best

Coordinator: Chris Smith (715) 664-8805

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

Russell J. Rassbach Heritage Museum, 1820 John Russell Road

#### 44. 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 suncatcher/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 *anytime the week after Thanksgiving*. **Limit 20**

Presenter: Josephine Geiger

Coordinator: Joyce Robbins (715) 931-7611

Wednesday: November 8 10:00 - 11:30 a.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.

#### 45. 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 along with Josephine firing it at her studio. Finished pieces will be ready to be picked up *anytime the week after Thanksgiving*. **Limit 20**

Presenter: Josephine Geiger

Coordinator: Joyce Robbins (715) 931-7611

Wednesday: November 8 1:30 - 3:00 p.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.

**46. First Nations History in Wisconsin: Unsettled History, Hopeful Future**

Wisconsin sits in the epicenter of “Indian Country,” yet indigenous people’s rich and complicated history remains off the radar screen for many state residents. Paul will explore two things. First, the story of one tribal nation, the Ho-Chunk people, focusing on the 19th-century removal era and subsequent attempts at assimilation, primarily through the boarding school experience. Second, Paul will share the challenge of bringing First Nations’s history into our schools will be discussed, especially through the lens of contested historical memory.

Presenter: Paul Rykken

Coordinator: Marilyn Hagen

(715) 210-0073

Thursday: November 9

10:00 – 11:30 a.m.

Russell J. Rassbach Heritage Museum, 1820 John Russell Road

**47. *Soul’s Journey: Remembering Who We Are***

Dr. Bob Salt will read selections from his new book *Soul’s Journey: Remembering Who We Are*, followed by discussion. In the book he shared his thirty-year journey exploring spiritual phenomena and stories which support that we are eternal souls. His book also touches on how we can understand life viewed from the perspective of the soul focusing on spiritual values along with mystical, near-death, and out-of-body experiences, death-bed visions, communication with deceased souls, and past-life memories.

Presenter: Dr. Bob Salt

Coordinator: Joyce Robbins

(715) 931-7611

Thursday: November 9

1:30 - 3:00 p.m.

Russell J. Rassbach Heritage Museum, 1820 John Russell Road

**48. How the Holocaust Began**

Follow historian James Bulgin as he uncovers the lost origins of the Holocaust after the Nazi invasion of the Soviet Union, exploring the mass shootings in Latvia and Lithuania as well as the collaboration and experimentation that led to the Final Solution. We will watch this BBC documentary which includes highlights of research conducted by the students and faculty of UWEC’s Holocaust Mapping Program. Harry Jol will answer questions and will give a brief summary of 2023’s expedition.

Presenter: Harry Jol

Coordinator: Joyce Robbins

(715) 931-7611

Wednesday: November 15

2:00 - 4:30 p.m.

Russell J. Rassbach Heritage Museum, 1820 John Russell Road

#### **49. What Does a Wildlife Rehabber Do?**

Patti Stangel, owner of Wildlife Rehab and Release, will give us a look into her life of helping injured wildlife and people who come across them. You will find her stories fascinating. She will offer information about what to do to assist wildlife that you think may be having problems, including the number one action to take. If you care about wildlife, take this opportunity to meet an expert who has learned from wildlife how to care for them.

Presenter: Patti Stangel

Coordinator: Elizabeth Fischer (715) 874-5633

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

Russell J. Rassbach Heritage Museum, 1820 John Russell Road

#### **50. Encore: Attend a Mock Trial Staged by High School Students**

Chris Buckel and his students will again 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. A fictitious case based on real life will be presented complete with witness testimony, and the jury will deliberate to reach a verdict. Those in the twelve-member jury will be asked to take an oath. To be on the jury, contact Marilyn. Treats will be served while the jury deliberates.

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

Coordinator: Marilyn Hagen (715) 210-0073

Wednesday: December 13 12:30 – 2:00 p.m.

Russell J. Rassbach Heritage Museum, 1820 John Russell Road

## **Chippewa Falls**

#### **51. Have You Heard the Words “Amateur Radio” or “Ham Radio” and Wondered What That Was All about?**

Ham radio operators have many different rewards. Like to talk to people? They make friends in places nearby or across the globe without the internet or cell phone. Like to travel? Some go to state or national parks or on summits to operate. Like to help? They help the community with Emergency Communications. Interested in how things work? They can build their own radio stations. Learn more about this far-ranging hobby and what the Ham in Ham Radio means.

Presenter: Gene Kulbeck, licensed amateur radio operator

Coordinator: Mike Hilger (715) 832-8823

Tuesday: September 12 1:30 – 3:00 p.m.

Chippewa Area History Center, 12 Bridgewater Ave.,  
at the entrance to Irvine Park.

## **52. How to Make a Mixed Media Image from a Photograph**

Chris will give a presentation, not a workshop, on how to make a work of art starting with a digital photographic image. You will learn how to select an image, how to transfer the image to canvas, how to enhance it with acrylic and/or watercolor paint, and how to frame or mount your work to best display its mixed media nature. You will not pay fees or receive materials. **Limit 40**

Presenter: Christopher Smith

Coordinator: Christopher Smith (715) 664-8805

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

Chippewa Area History Center, 12 Bridgewater Ave.,  
at the entrance to Irvine Park.

## **53. Behind the Scenes at the New Chippewa Area History Center**

This small-group tour will take you behind the scenes at the Chippewa Area History Center with the museum's developer, Frank Smoot. You'll see some cool stuff that's not on exhibit, and we'll talk about the challenges of collections. Why keep something you're not exhibiting? Should you or shouldn't you fire-up an artifact and put it into use? You will hear Frank's answers to those questions and more that museum personnel don't usually talk about. **Limit 20**

Presenter: Frank Smoot, Museum Director

Coordinator: Elizabeth Fischer (715) 874-5633

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

Chippewa Area History Center, 12 Bridgewater Ave.,  
at the entrance to Irvine Park

Cost: \$10

## **Eau Claire**

## **54. Tour the Updated Chippewa Valley Veterans Tribute**

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 along with interesting facts about those that have served from the Chippewa Valley. 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

Coordinator: Elizabeth Fischer (715) 874-5633

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

Chippewa Valley Veterans Tribute at River Prairie Park, Altoona

**55. Tour the Forest Street Community Gardens in Downtown Eau Claire**

Take a walking tour of the Shared Garden, Seasonal Plot Gardens, and Shared Herb Garden. Learn the history of the development of the Forest Street Greenspace, bringing together the support of the Eau Claire City Council and Parks Division, North River Fronts Neighborhood, Eau Claire Community Table, and Eau Claire County Extension. Learn how the Shared Garden members work as a group, sharing harvests and donating excess produce to local community kitchens and food pantries. (Rain or Shine)

**Limit 40 per session. Sign up for one session only.**

Presenters: Mari Jackson, Kim Lien, and Tami Schraufnagel

Coordinator: Sally Felling (715) 704-0937

Monday: September 11 A 10:00 - 11:30 a.m.

Monday: September 11 B 1:30 - 3:00 p.m.

Forest Street Garden Pavilion, 534 Forest St, Eau Claire

**56. Forestry: Caring for Wisconsin's Woods**

As you drive around Wisconsin and see the vast expanse of forestland, do you ever ask yourself these questions. Who owns these forests? Is somebody tending them? What products do they produce? Find out the answers and more information such as how healthy are our forests, what quantity of wood products are produced, are we growing more or less than we are harvesting, and what challenges face Wisconsin forests. Keith will discuss the forest products industries.

Presenter: Keith Krajewski, Forestry Team Leader WI DNR

Coordinator: Michael O'Halloran (715) 563-2702

Wednesday: September 13 10:00 – 11:30 a.m.

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

**57. Enjoy the Floral Nectar of Honeybees**

Based on modern research, Drew Kaiser's style of beekeeping is unique because the harvests are single-origin and frequent throughout the changing seasons. Honeybees unlock a portrait of the Chippewa Valley as told through floral nectars. Drew will hold an informal conversation about the roles of honeybees, the science behind beekeeping, and contemporary issues. You will have a chance to taste several different harvests of Kaiser's honeys and be rewarded with a token of the honeybees' hard work. **Limit 25**

Presenter: Drew Kaiser, Kaiserson Bee Company

Coordinator: Marilyn Hagen (715) 210-0073

Tuesday: September 19 10:00 – 11:30 a.m.

Avalon European Floral, 421 Water Street

Cost: \$15

## 58. Eau Claire: City of Bridges

The Chippewa and Eau Claire Rivers once provided formidable barriers between the three towns clustered at the confluence. Since the first fully functional bridge was built in 1862, Eau Claire has become a city of bridges. We will briefly trace the history of each of Eau Claire's twenty-four still functioning bridges, but we will focus mainly on the pedestrian and bicycle bridges.

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

Presenter: Tim Hirsch

Coordinator: Mike Hilger (715) 832-8823

Wednesday: September 20 10:00 – 11:30 a.m.

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

## 59. What in the World Is a 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 for yourself. Experiment with an extensive variety of arts and crafts, interact with Dabble Box robots, learn about printing with the 3D printers, and more. Assistance will be available to help you explore what the space has to offer! Co-sponsored by L.E. Phillips Memorial Public Library. **Limit 40**

Presenter: Bethany Bulgrin, Reference & Digital Services Librarian

Coordinator: Amy Alpine (917) 446-5983

Wednesday: September 20 1:30 – 3:00 p.m.

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

## 60. Foreign Exchange Student Hosting

Have you ever thought about hosting a foreign exchange student or wondered what it is all about? Mariah Saerndahl, Greenheart Exchange area coordinator, will explain the program and the benefits for both student and host. Hosting an exchange student gives you the chance to learn about new cultures, create lasting friendships, and bring the world into your home and community. For the student you welcome into your family, you are providing a cultural immersion that will be treasured forever.

Presenter: Mariah Saerndahl

Coordinator: Barb Hebert (715) 514-9692

Friday: October 6 1:30 – 3:00 p.m.

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



**61. Tour Hope Gospel’s Men’s Facility and Headquarters**

See the unique living quarters offering privacy and respect for the men of Hope’s short and long-term facility. Find out how Hope Bargain Centers and Building Hope contribute job opportunities and revenue to their facilities. Learn how they achieve a 70% success rate at helping their residents make a fresh start in the community. Hear Hope’s future plans and enjoy a special lunch prepared by their chef.

Presenter: Brent Geboy

Coordinator: LuAnn Livingston (414) 507-7740

Monday: October 9 10:00 a.m. – 12:30 p.m.

Hope Gospel Men’s Facility and Headquarters 2640 Mercantile Drive

Take an immediate right onto the service road when you turn west on Moholt.

Cost: \$10

**62. Travel to the Serengeti of Tanzania**

Travel with Jim Backus of Magoo Nature Photography in the Serengeti of Tanzania, the home of the largest mammal migration in the world. See three million animals travel on the Serengeti. The Serengeti also has the largest lion population in Africa. It has a very diverse population. Jim hopes to see you at class.

Presenter: Jim Backus, Magoo Nature Photography

Coordinator: Jim Urness (715) 832-5670

Thursday: October 12 10:00 – 11:30 a.m.

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

**63. 80 for 80, England and Scotland, Christmas on Homedale Road: A Little Art, A Little Poetry, and A Little Nostalgia**

**A Talk about Three Art Books Written by Sue and Doug Pearson**

How does a marriage survive when one partner wants to get things done—as fast as possible—and the other is a cautious perfectionist? That’s a question Doug and Sue answered over and over again. Shaping three books demanded a lot of patience—and listening. And laughter. They will introduce you to various aspects of each of the books. They will show slides, read some poetry, tell one or two stories that didn’t make it into the Christmas book, and even offer a summary video. Co-sponsored by L.E. Phillips Memorial Public Library.

Presenter: Susan and Douglas Pearson

Coordinator: Mike Hilger (715) 832-8823

Monday: October 23 10:00 - 11:30 a.m.

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

#### **64. Take a Virtual Tour of Eureka Recycling**

Where does all of our recycling go? The Minneapolis-based Material Recovery Facility will give you a behind-the-scenes look at how recyclables are collected from the region, sorted, processed, and sold. Learn about the latest recycling technologies and the critical role recycling plays in building a zero-waste future. Regan will also be available to answer any local recycling questions. Co-sponsored by L.E. Phillips Memorial Public Library.

Presenters: Katie Drews, Senior Vice President, and Trey Wodele, Director of Communications, and Regan Watts, Eau Claire County Sustainability Coordinator

Coordinator: Kathy Campbell (715) 559-4149

Monday: October 23 1:30 – 3:00 p.m.

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

#### **65. An Insider's Guide to America**

Steve Betchkal knows America like the back end of his binoculars, having visited all fifty states, Washington DC, and Puerto Rico. Jump into the passenger seat and join him as he tours the best and worst of our diverse national landscape. Co-sponsored by L.E. Phillips Memorial Public Library.

Presenter: Steve Betchkal

Coordinator: Kathie Fahrman (715) 563-5116

Tuesday: October 24 1:30 – 3:00 p.m.

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

#### **66. Spooky Plants**

Plants that kill, plants that sting, and plants that remind us of all things Halloween will be the subject of this spooky presentation. Learn more about the roles of plants in warding off vampires, discouraging werewolves, and even spawning the legends of witches riding broomsticks. From screaming mandrake root to the plant that killed Lincoln's mother, you'll encounter some of the most frightening members of the Plant Kingdom in this presentation. Co-sponsored by L.E. Phillips Memorial Public Library.

Presenter: Dr. Lauren Wentz, Professor of Biology,  
UW-Eau Claire—Barron County

Coordinator: Sally Felling (715) 704-0937

Thursday: October 26 10:00 – 11:30 a.m.

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

### 67. The Adventures of Dave Greschner

Everyone who reads the outdoor section of the LeaderTelegram has enjoyed the adventures and musings of Dave Greschner along with his nature photography. He is the retired sports/outdoor editor of the Rice Lake Chronotype. Dave will give an interesting presentation about his outdoors writing, show and tell the stories behind his wildlife photographs, and share some "inside" stories from his many years at a community newspaper. He may also read some stories from his new book.

Presenter: Dave Greschner

Coordinator: Barb Hebert (715) 514-9692

Friday: October 27 10:00 – 11:30 a.m.

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

### 68. A Trip Through Northern Laos

What do the following have in common: Buddhist temples, a nine-hour ride through the mountains on a malfunctioning bus, a cooking class, a visit to a Hmong library, and a Mekong riverboat ride? These were all part of a trip Paul Wagner and Cindy Schlosser took to northern Laos in 2012. Join Cindy and Paul to see colorful photos and hear unusual stories from their trip. Co-sponsored by L.E. Phillips Memorial Public Library.

Presenters: Paul Wagner and Cindy Schlosser

Coordinator: Kathy Campbell (715) 559-4149

Friday: October 27 1:30 – 3:00 p.m.

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

### 69. Fused-Glass Winter Porch Pot Stake

Make a porch pot stake for your holiday pot made of fused glass and weatherproofed. The glass portion will be approximately 8" tall and 2 1/2 - 4" wide, depending on your choice of design. Select from stakes with a seasonal decor, gnome, poinsettia, etc. and add your own creative design. Your stake will be fired in Jean's studio and glued onto a 3 foot steel pole. Pick-up is Tuesday, November 28, 1:30 - 2:00 p.m. at L.E. Phillips Senior Center, Thompson Room.

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

Presenter: Jean Romanshek

Coordinator: Kathy Campbell (715) 559-4149

Tuesday: October 31 A 1:30 - 3:00 p.m.

Thursday: November 16 B 1:30 - 3:00 p.m.

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

Cost: \$25 for the first stake. If time allows, the option to create a second will be an additional \$20.

## 70. Nuno Felt A Scarf

Nuno Felting is a fun method of embedding wool into silk to create a unique, lightweight fiber masterpiece. Lisa will guide us through the felting process of applying water, heat, and friction to make a beautiful scarf. All materials will be provided. Co-sponsored by L.E. Phillips Memorial Public Library. **Limit 10 per session. Sign up for one session only.**

Presenter: Lisa Swanson

Coordinator: Kathy Campbell (715) 559-4149

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

Monday: November 13 B 1:00 - 3:30 p.m.

L.E. Phillips Memorial Library, Innovation Lab, Third Floor,  
400 Eau Claire Street

Cost: \$20

## 71. The Sound of Life

We entrust so much of what we know and love to our eyesight, but much of the beauty of Planet Earth is “ear candy.” Join ecologist Steve Betchkal as he hosts an incomparable “Sound Safari” based upon amazing and alluring recordings he’s collected from around the world.

Presenter: Steve Betchkal

Coordinator: Kathie Fahrman (715) 563-5116

Tuesday: November 7 1:30 – 3:00 p.m.

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

## 72. African Photo Safari with Rick Koziel

No other place on the planet offers the same opportunities to see such a diverse variety of wildlife up close and personal as Africa! In this continuation of his CVLR program from this past April, Rick will share images of the Big Five and more from his four adventures to southern and east Africa. Co-sponsored by L.E. Phillips Memorial Public Library.

Presenter: Rick Koziel

Coordinator: Amy Alpine (917) 446-5983

Monday: November 13 10:00 – 11:30 a.m.

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

### **73. Create a Winter Porch Pot for the Holidays**

Let nature be your decoration. Create your own winter porch pot with fresh evergreens 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.

Angie Reit, May's Floral

Coordinator: Elizabeth Fischer

(715) 874-5633

Tuesday: November 14

10:00 – 11:30 a.m.

May's Floral, 3424 Jeffers Road

Cost: \$45

### **74. Books Make the Best Gifts**

Feeling overwhelmed by your holiday shopping list? Let's talk about books! Margaret Leonard of Dotters Books will present her favorite books to gift - for everyone on your list. Recommendations will include books for all the readers in your life, from babies to best friends, and maybe a few you'd like to add to your own wish list. Books will be available for perusal at the event. Co-sponsored by L.E. Phillips Memorial Public Library.

Presenter: Margaret Leonard, owner Dotters Books

Coordinator: Amy Alpine

(917) 446-5983

Tuesday: November 14

1:30 - 3:00 p.m.

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

### **75. *Expectations* by ecWIT**

Enjoy Eau Claire Women in Theater's newest show, *Expectations*. This light-hearted compilation of short pieces explores the assumptions and possibilities that shape our lives and our world. ECWIT is giving away a gift basket full of treasures, each linked to one of the stories in the show. 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

Wednesday: November 15

10:00 a.m. – 12:30 p.m.

The Florian Gardens, 2340 Lorch Avenue

Cost: \$35

## 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>
Linda Bark	<a href="mailto:barklinda@yahoo.com">barklinda@yahoo.com</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>
Marilyn Hagen	<a href="mailto:marhagen@hotmail.com">marhagen@hotmail.com</a>
Barb Hebert	<a href="mailto:barbk Browne@gmail.com">barbk Browne@gmail.com</a>
David Linderud	<a href="mailto:mdlinder@nelson-tel.net">mdlinder@nelson-tel.net</a>
LuAnn Livingston	<a href="mailto:17livil@gmail.com">17livil@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>
Chris Smith	<a href="mailto:casmith@wwt.net">casmith@wwt.net</a>
Elizabeth Spader	<a href="mailto:elizabeth@elizabethspader.com">elizabeth@elizabethspader.com</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.

### 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.

## 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 \$35 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 2023 and Spring 2024 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, 2023 through August, 2024.

### Chippewa Valley Learning in Retirement Membership Form Fall 2023

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](http://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 \$35 check payable to CVLR.**

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

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## Mail-in Registration Form Instructions

All memberships renew in the fall. Whether you are currently a member or not, complete the membership form on page 29 and send it along with your \$35 annual membership fee for Fall 2023 and Spring 2024. *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 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.

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

In-person has top priority and mail-in registration is first come, first serve.

### Mail-in Form Part 1

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

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

Check each class for which you want to register.

- \_\_\_\_\_ 7. *Gravedigger's Daughter and Tales from the Red Pump*
- \_\_\_\_\_ 8. Foreign Affairs - Menomonie
- \_\_\_\_\_ 9. Ready, Set, Go...The Sequel
- \_\_\_\_\_ 10. Menomonie Public Library—Yesterday, Today, Tomorrow
- \_\_\_\_\_ 13. Dementia 101 - "How to Speak Dementia"
- \_\_\_\_\_ 14. Treatment for Chronic Low Back Pain
- \_\_\_\_\_ 15. Discover the Results of the Survey of Men Rec Plan
- \_\_\_\_\_ 17. More Elders – More Issues
- \_\_\_\_\_ 20. Surviving in a World with Artificial Intelligence
- \_\_\_\_\_ 21. 'Here We Shall Remain'
- \_\_\_\_\_ 22. Our Electric Future: The Challenges
- \_\_\_\_\_ 24. Memory Support with Essential Oils
- \_\_\_\_\_ 25. Hear about Cathy Sultan's Visit to Beirut
- \_\_\_\_\_ 26. Paranormal TV Show and Live Equipment Demo
- \_\_\_\_\_ 27. Dunn County Community Resource Guide
- \_\_\_\_\_ 29. Find out Which Ingredients Are Toxic to Your Skin
- \_\_\_\_\_ 30. *Heavy Marching: The Civil War Letters of Lute Moseley*

## Mail-in Registration Part 2

In-person has top priority and mail-in registration is first come, first serve.

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

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

Check each class for which you want to register.

- \_\_\_\_\_ 31. Protecting and Restoring Native Ecosystems
- \_\_\_\_\_ 32. Passenger Trains for Menomonie & the Chippewa Valley
- \_\_\_\_\_ 33. A Non-Surgical Alternative to Orthopedic Surgery
- \_\_\_\_\_ 34. International Students Poster Session
- \_\_\_\_\_ 37. Discovering the Elements of Ayurveda & Astrology
- \_\_\_\_\_ 38. *The Moore Farm Secret* and *The Cave Lady*
- \_\_\_\_\_ 39. Highlights of England, Scotland, and Ireland
- \_\_\_\_\_ 40. Where's the Local News?
- \_\_\_\_\_ 41. Elizabeth Releases Two More Books in her Eliza Series
- \_\_\_\_\_ 43. The Active Life of a Caribbean Reef
- \_\_\_\_\_ 46. First Nations History in Wisconsin
- \_\_\_\_\_ 47. *Soul's Journey: Remembering Who We Are*
- \_\_\_\_\_ 48. How the Holocaust Began
- \_\_\_\_\_ 49. What Does a Wildlife Rehabber Do?
- \_\_\_\_\_ 50. Attend a Mock Trial Staged by High School Students
- \_\_\_\_\_ 51. "Amateur Radio" or "Ham Radio"
- \_\_\_\_\_ 52. How to Make a Mixed Media Image from a Photograph
- \_\_\_\_\_ 54. Tour the Updated Chippewa Valley Veterans Tribute
- \_\_\_\_\_ 56. Forestry: Caring for Wisconsin's Woods
- \_\_\_\_\_ 58. Eau Claire: City of Bridges
- \_\_\_\_\_ 60. Foreign Exchange Student Hosting
- \_\_\_\_\_ 62. Travel to the Serengeti of Tanzania
- \_\_\_\_\_ 63. A Talk about Three Art Books by Sue and Doug Pearson
- \_\_\_\_\_ 64. Take a Virtual Tour of Eureka Recycling
- \_\_\_\_\_ 65. An Insider's Guide to America
- \_\_\_\_\_ 66. Spooky Plants
- \_\_\_\_\_ 67. The Adventures of Dave Greschner
- \_\_\_\_\_ 68. A Trip Through Northern Laos
- \_\_\_\_\_ 71. The Sound of Life
- \_\_\_\_\_ 72. African Photo Safari with Rick Koziel
- \_\_\_\_\_ 74. Books Make the Best Gifts

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

### Board of Directors

Name	Phone
Elizabeth Fischer-President liz@psmc.com	(715) 874-5633
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### Member Services

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

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

Current Resident or