

# Chippewa Valley

**LEARNING IN RETIREMENT**

Spring/Summer 2024

## Course Schedule and Registration Packet

In-person registration is  
Wednesday, February 21  
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 page 31.
- 2. Select the classes and trips that you want and list them in order of priority in preparation for in-person registration.**
- 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 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 the map from [cvlr.org](http://cvlr.org) and review the layout of registration to determine your course of action at in-person registration.**
- 7. Register in person Wednesday, February 21.**
- 8. Mail your registration as soon as possible.** If you don't attend in-person registration, mail your registration. To sign up for offerings with limits, contact Elizabeth the day after in-person either by phone or email.

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	(715) 874-5633
Claudeen Oebser - Vice President	(715) 874-6054
Kay Ironside-Treasurer	(608) 449-2392
Amy Alpine	(917) 446-5983
Pat Eggert	(715) 308-5357
Barb Hebert	(715) 514-9692
Mike Hilger	(715) 832-8823
Joyce Robbins	(715) 235-8528
Elizabeth Spader	(715) 235-7003

## Wow! 81 Fascinating Offerings!

Get ready to delight in a wide array of offerings for this Spring/Summer2024 term! CVLR coordinators have assembled fascinating offerings and done their best to have multiple sessions whenever possible. I suspect you will have a difficult time choosing. Please thank the coordinators for their Herculean effort.

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. When you are allowed into the room to sign up at in-person registration, plan to stand at the table with the sign-up sheets for your number one priority class first.

**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 21**

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 want to take a class with limits and cannot attend in-person registration February 21, Elizabeth will send out an email early Thursday morning February 22 as to which offerings with limits have openings. Either call her or email her at (715) 874-5633 or (715) 828-0768 or liz@psmc.com to reserve an open seat in a limited class that you want. First calls get the seats. Then you may send your check, if a check is necessary. **Registrations for offerings with limits will not be accepted by mail.**

## Bus Trips

### 1. *Blended Harmony the Kim Loo Sisters at the History Theatre*

The remarkable Kim Loo Sisters made their way from Minneapolis to the lights of Broadway in the 1930s swing era and performed across the country, on the silver screen of Hollywood, and overseas at USO shows. Experience this new musical, an homage to family, love, their Chinese-Polish-American heritage, and the bond of these talented sisters through their lives on and off stage. Following the 10:00 performance, we will stop for a delicious lunch, which is included in the cost below. **Limit 112 each day**

Coordinator: Elizabeth Fischer (715) 828-0768

Thursdays: May 9 (A) and 16 (B)

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: \$85 includes lunch. Does not include tip for driver.

### 2. *Minnesota Orchestra: Tetzlaff Plays Brahms Violin Concerto*

A trio of German musical stars arrives at Orchestra Hall when violinist Christian Tetzlaff returns to play the music of Johannes Brahms under the baton of conductor David Afkham. Brahms' fiendishly difficult Violin Concerto sways between moments of peaceful serenity and dark, stormy scenes, standing boldly as the opening to this kaleidoscopic concert, which also features colorful works by Dutilleux and Bartók.

**Limit 56**

Coordinator: Elizabeth Fischer (715) 828-0768

Thursday: May 30

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 6

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: \$77 Does not include tip for driver.

- 4. National Eagle Center, Picnic Lunch, and Stockholm Trip**  
Experience the thrill of meeting live bald and golden eagle ambassadors in a live program at the National Eagle Center. Then climb into an eagle's nest, test your strength against an eagle's, find out how eagles soar, and view eagles on the river. After a morning with the eagles, we will have a picnic lunch at Maiden Rock Winery and Cidery catered by Monica's Nichols Nibbles food truck and browse the shops in Stockholm. **Limit 112**  
Coordinator: Elizabeth Fischer (715) 874-5633  
Thursday: June 20  
Bus departs 29 Pines at 8:30 a.m. and returns around 4:30 p.m.  
Bus leaves MarketPlace at 9:00 and arrives back about 4:00 p.m.  
Cost: \$67 Does not include tip for driver.

- 5. Little Shop of Horrors at the Guthrie Theater**  
On Skid Row, Mr. Mushnik plans to shutter his failing florist shop when his timid staffer Seymour presents an exotic-but-wilted flytrap named Audrey II. Convinced it will boost business, Seymour encourages Mr. Mushnik to display the peculiar plant, which Seymour successfully revives. As Audrey II draws much-needed crowds to the shop, Seymour makes a disturbing discovery: It needs fresh blood (and lots of it) to grow — a secret that forces Seymour into a Faustian bargain to keep his fame and fortune intact. **Limit 112**  
Coordinator: Elizabeth Fischer (715) 828-0768  
Wednesday: July 24  
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.

## Menomonie

- 6. Tour the New Cairn House Homeless Shelter in Menomonie**  
See the well-designed Cairn House, a new shelter for up to 20 individuals, men or women. Its only requirements are that guests be at least 18 years old and homeless. Staffed 24-7, Cairn House has three case managers working with its guests to connect them to foodshare, health insurance, work, filing for disability, and housing. While each guest has an individual room and bath, three areas are shared: A dining room; a resource room, and laundry room. **Limit 20**  
Presenter: Heidi Hooten, Shelter Director, Stepping Stones  
Coordinator: Howard D. Lee (715) 235-8841  
Monday: March 4 10:00 -11:30 a.m.  
Cairn House Homeless Shelter, 1518 Stout Road

**7. Ready...Set...Go...Phase 3 Downsizing and De-Cluttering**

The last two terms Judy Schindler gave advice on getting ready to go. Her third piece of advice is to enlist help. She discovered and recommends Kersten Family Junk Removal, a business that provides full service eco-friendly junk removal services. Jason will share how the family comes into your home, and, working with you, removes just about anything, carries it out so you don't have to do any work, and then disposes of it in the most eco-friendly way possible.

Presenter: Jason Kersten

Coordinator: Elizabeth Spader (715) 235-7003

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

Russell J. Rassbach Heritage Museum, 1820 John Russell Road

**8. Wild Mushrooms: An Endless Resource for Us**

Mushrooms might seem dangerous and tricky to identify, but with some basic skills, we can learn to identify mushrooms safely. Beyond table fare, the benefits of wild mushrooms offer medicinal potential, can be used as recyclable packing material, and can even help reduce pollutants in our water. Domesticating wild mushrooms for your garden helps aerate soil, break down organic material into nutrition, and even suppresses weeds! Find out how to bring mushrooms from the wild into your homes and gardens.

Presenter: Tavis Lynch

Coordinator: Elizabeth Fischer (715) 874-5633

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

Russell J. Rassbach Heritage Museum, 1820 John Russell Road

**9. Probiotics and Prebiotics, Are They Worth the Hype?**

We have been inundated with many advertisements about Probiotics and Prebiotics. Our speaker will differentiate between probiotics and prebiotics, define what they are, what they are used for, and if they are helpful. She will cover the latest evidence behind the use of pro and prebiotics and what the most recent research shows for their efficacy.

Presenter: Nicholle K. Super, RDN, CDCES, Mayo Systems

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

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

Shirley Doane Senior Center, 1412 6th Street E

## **10. Susan Thurin Shares a Lifetime of Travel**

Teaching abroad for five years with two years in the Peace Corps and marrying a man from Sweden encouraged Susan's deep love of learning about other cultures and gave her a lot of opportunity to travel. She's pulled together highlights and entertaining stories from her work years and travel in Africa, Europe, and Asia, starting in Wisconsin and including culinary tidbits from Liberia, Lapland, and Tibet, and visits to pre-historic and religious sites across the world.

Presenter: Susan Thurin

Coordinator: Elizabeth Fischer (715) 874-5633

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

Russell J. Rassbach Heritage Museum, 1820 John Russell Road

## **11. Where The Lilacs Grow: The Story of Happy Island and Old Meridean**

The Chippewa River in Dunn County is host to an island called Happy Island which once was the home of a logging town called Meridean, and eight farms. Jeanne Talford Anderson grew up on a dairy farm near new Meridean. Over the years her interest was piqued by stories she heard about the island which led to research and interviews, culminating in this book. She brings this history to life through stories and pictures.

Presenter: Jeanne Talford Anderson

Coordinator: Joyce Robbins (715) 931-7611

Thursday: March 7 1:30 - 3:30 p.m.

Russell J. Rassbach Heritage Museum, 1820 John Russell Road

## **12. Foreign Affairs**

We will view one Foreign Affairs Policy Association Great Decision 2024 DVD each week and discuss the topics. Because the topics are written and recorded in November 2023, we will view all eight topics in the Spring Term. Topic, date and leaders are:

March 8 Mideast Realignment Dennis Spader

March 15 Climate Technology and Competition Suzanne Gaines

March 22 Science Across Borders Steve Brown

April 5 China Trade Rivalry Xuedong Ding

April 12 NATO's Future Howard Lee

April 19 Understanding Indonesia Steve Hogseth

April 26 High Seas Treaty Lynn Shaw

May 3 Pandemic Preparedness Ellen Ochs

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

Fridays: March 8, 15, 22, April 5, 12, 19, 26, May 3 10:00 -11:30 a.m.

Shirley Doane Senior Center, 1412 6th Street E



### 13. Discovering the Birthplace of Democracy

Join Andrew Mercil with a review of his recent trip to Greece to discover the birthplace of democracy as he draws the parallels between the original Greek system of democracy, our American democracy, and the trials and tribulations of both.

Presenter: Andrew Mercil, Dunn County Clerk

Coordinator: Margy Hagaman (715) 309-8030

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

Russell J. Rassbach Heritage Museum, 1820 John Russell Road

### 14. An Update on the Middle East from Cathy Sultan

An update from Cathy Sultan: The Middle East is on fire; the Genocide in Gaza continues; Netanyahu insists on Israeli control from the River to the Sea; Fighting on the Israeli-Lebanese border intensifies; Iran retaliates from outside attacks; and Yemen's unyielding support for the Gazans continues, all of which is an explosive mix.

Presenter: Cathy Sultan

Coordinator: Elizabeth Fischer (715) 874-5633

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

Russell J. Rassbach Heritage Museum, 1820 John Russell Road

### 15. Are Your Family Relationships Becoming Casualties of Our Toxic Political Environment?

This Braver Angels workshop will help you preserve important family bonds while still being true to your values and political beliefs by giving you insight into why family differences over politics are uniquely challenging; helping you recognize the common roles that family members play in political conversations; and offering strategies and skills for handling family political differences in a constructive way. You can apply what you learn in this workshop with any loved one. **Note the longer time to accommodate the workshop time frame.**

Presenters: Braver Angels workshop facilitators

Coordinator: Elizabeth Spader (715) 235-7003

Tuesday: March 19 10:00 - Noon

Russell J. Rassbach Heritage Museum, 1820 John Russell Road

**16. Tour Woodland Ridge Quilt Retreat in the Former Creamery Inn Building and Enjoy a Catered Box Meal at Scatterbrain Cafe in Downsville**

Opened in 2013, Woodland Ridge Retreat hosts fiber art and quilt workshops with classes taught by national and international instructors. The retreat also provides a place for creative guests to work on their own projects. Tour the building, browse through an on-site fabric store (including some fabrics designed and created on site), and view a quilt show. Enjoy a catered, boxed meal at the nearby Scatterbrain Café before your tour. The cost is included in the class fee. **Limit 26 per tour. Sign up for one tour only.**

Presenters: Chris Daly at Woodland Ridge & staff at Scatterbrain Cafe  
Coordinator: Joyce Robbins (715) 931-7611  
Wednesday: March 20 **A** 9:00 - 11:30 a.m. (Cafe)  
Wednesday: March 20 **B** Noon - 3:00 p.m. (Cafe)  
Woodland Ridge Retreat Scatterbrain Cafe, County Road C, Downsville  
Cost: \$15.00 for meal, beverage is on your own.

**17. Tap into the Brain-saving Foods in Your Backyard**

Find out how viruses affect our brains and which wild foods and veggies you can use to help including Chaga, Pink Salt, Wild Leeks (Ramps), Dandelions, Cucumbers, Celery, Seaweed, and Microgreens. Monica will demonstrate several recipes, how to create Quark (Farmer's Cheese) and a simple microgreen growing set up. Recipes include Mushroom, Potato, & Ramp Soup; Three C's Stir Fry (Celery, Carrots & Cashews); Sprout-filled Collard Wraps with Mango Tomato Dipping Sauce; Dandelion Shortbread Cookies; and Chaga Coffee Latte. Take home recipes and microgreen seeds. **Limit 50**

Presenter: Monica Nichols  
Coordinator: Elizabeth Fischer (715) 874-5633  
Monday: March 25 12:30 - 2:00 p.m.  
Shirley Doane Senior Center cafeteria, 1412 6th St. E  
Cost: \$15

**18. Panel of Legislators Talk about Long Term Care Issues**

State legislators will talk about the state of Wisconsin's response to the crisis in Long Term Care in Western Wisconsin including the closing of nursing homes and a lack of funding & workers for home care. Bring your questions for our legislators. This is your opportunity to have your voice heard on the subject affecting so many of us.

Presenters: Representative Clint Moses, (Chair of the Aging & Long, Term Care Committee ), Representative Rob Summerfield and Senator Jeff Smith  
Coordinators: Margy Hagaman (715) 309-8030  
Pat Eggert (715) 308-5357  
Wednesday: March 27 10:00 -11:30 a.m.  
Russell J. Rassbach Heritage Museum, 1820 John Russell Road

## 19. How to Date Photographs Based on Clothing and Hairstyles

Have you looked at old photos and wondered when they were taken? Are you investigating genealogy and attempting to date a photo? Museum director Melissa Kneeland will share with you what to look for in both clothing and styling that will help you date historic photos pre1900. This will be a decade by decade walkthrough from the 1860's - 1890's. **Limit 20**

Presenter: Melissa Kneeland

Coordinator: Elizabeth Fischer (715) 874-5633

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

Russell J. Rassbach Heritage Museum, 1820 John Russell Road

Cost: \$10

## 20. Sleep, Emotions, and Essential Oils

Managing our emotions and getting quality sleep are vital for optimal health. Since the pandemic, many people are experiencing stress, anxiety, depression, and difficulty sleeping. Learn how essential oils and other natural supports can help you balance your emotions and get a restful night's sleep.

Presenter: Michelle Caron

Coordinator: Elizabeth Fischer (715) 874-5633

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

Russell J. Rassbach Heritage Museum, 1820 John Russell Road

## 21. Make a Cool Pendant with Leather Jewelry Workshop

Choose a metal, glass, or stone pendant. Add lengths of leather and embellish with pewter, copper, or glass beads to create a one-of-a-kind necklace. You create the style and choose the length to suit your fancy. All materials supplied. Check out samples at [cvlr.org](http://cvlr.org). Pendant choice is on a first come basis. Plenty of cool ones will be available. **Limit 20**

Presenters: Chris Oest and Cheryl Gust

Coordinator: Joyce Robbins (715) 931-7611

Wednesday: April 3 1:00 - 4:00 p.m.

Russell J. Rassbach Heritage Museum, 1820 John Russell Road

Cost: \$15

**22. Personalize Your Own Traditional Native American Walking Stick**

Award-winning native artist Dick Mindykowski, a tribal leader of the Lac Courte Oreilles Band of Lake Superior Chippewa, will help you personalize a walking stick he created using traditional materials. Dick will explain the Ojibwe meanings and symbolism of his traditional works of art he will have on display including walking sticks, dancing staffs, tomahawks, turtle rattles, shields, dreamcatchers, and necklaces using natural materials gathered from the woodland environment. The class fee covers the cost of your walking stick. (See more info at cvlr.org)

**Limit 40**

Presenter: Dick Mindykowski

Coordinator: Sally Felling (715) 704-0937

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

Russell J. Rassbach Heritage Museum, 1820 John Russell Road

Cost: \$40

**23. Learn about the History of Trains in Our Area**

Barb Sheldon, administrator of the Minnesota Transportation Museum and the Jackson Street Roundhouse, will verbally take us on a ride through the railroad history of this area. Extremely knowledgeable on the subject, she will share her talk that she gives several times a day at the Jackson Street Roundhouse in St. Paul, constructed by James J. Hill and one of the last roundhouses of its kind in the United States.

Presenter: Barb Sheldon

Coordinator: Elizabeth Fischer (715) 874-5633

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

Russell J. Rassbach Heritage Museum, 1820 John Russell Road

**24. The Restoration of Our 1931 Model A Woody Station Wagon**

Enjoy the story of the restoration of Tim Peterson's 1931 Model A Ford Woody Station Wagon, the precursor of today's minivan. In 2020 this vehicle was purchased in McAllen, Texas, in a totally disassembled condition. After three years, the Woody Wagon was "back on the road." Tim's firm was Architectural Design Group, and he taught many related courses at UW-Stout. His first car was a Model A, and his long-term hobby has been restoration of older vehicles, especially Model A Fords.

Presenter: Tim Peterson

Coordinator: Elizabeth Spader (715) 235-7003

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

Russell J. Rassbach Heritage Museum, 1820 John Russell Road

## 25. Is This Really the 'New World'?

Seemingly forever, the conventional wisdom has been that the Americas were peopled 12,000 or 15,000 years ago. We'll look at provocative new evidence — and different ways of understanding the past — that ask, Is this dramatically off? What if it's, say, 60,000 or 100,000 years? We'll also ask why scholars and scientists might be so slow to rethink the timeline of human habitation in the Americas.

Presenter: Frank Smoot

Coordinator: Elizabeth Fischer (715) 874-5633

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

Russell J. Rassbach Heritage Museum, 1820 John Russell Road

## 26. An African Adventure

Each of us has a “trip of a lifetime” dream. For Lucy and Mike Nicolai, being immersed in the African wilderness became such a trip. From planning to returning home, each step was an adventure. During theirs, the Nicolais lived in tents and got up close and personal with just about every animal Africa has to offer. Whether you are considering a trip or just like to dream, Mike is excited to share his experiences.

Presenters: Mike Nicolai (perhaps with a cue or two from Lucy)

Coordinator: Christopher Smith (715) 664-8805

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

Russell J. Rassbach Heritage Museum, 1820 John Russell Road

## 27. Fused Glass Fun!

Make a fused glass artwork in a fun and casual setting – no experience needed! Choose your project when you arrive. Choices include: nightlight, pair of coasters, candle holder, dish, or a sun-catcher piece. Josephine will bring all the materials and tools, then take the projects to her studio and fire them into beautiful works of art. Finished pieces will be ready for pick up (1 or 2 weeks after class). Date for pickup will be announced. Pickup will be at the Dragon Tale Book Store, 216 Main Street E across the street from the Mabel Tainter Theater in Menomonie anytime during business hours.

**Limit 20 Sign up for one section only.**

Presenter: Josephine Geiger

Coordinator: Joyce Robbins (715) 931-7611

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

Wednesday: April 17 **B** 1:30 - 3:00 p.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)

## **28. Bringing History to Videogames**

UW-Stout Historian and videogame designer Dr. Andrew Williams explains the creative process behind developing educational videogames and digital interactive experiences to teach history. By providing insights into the creative process, this highly visual presentation will cover the challenges, compromises, and rewards of translating historical material into videogames. Dr. Williams will include the videogames "The American Revolution Series," "Witness to the Revolution," and the interactive museum exhibit "Minnesota's Greatest Generation" at the Minnesota History Center.

Presenter: Dr. Andrew Williams

Coordinator: Pat Eggert

(715) 308-5357

Tuesday: April 23

10:00 -11:30 a.m.

Russell J. Rassbach Heritage Museum, 1820 John Russell Road

## **29. Drawing as Mindful Practice**

Anyone can learn to draw! We will start with a guided imagery to calm and focus your attention. Jan Theberge will facilitate drawing techniques with demos, prompts, and personal guidance. A retired art educator and artist offering art workshops and fun 'dabbling in the arts' for all ages, Jan has worked in k-12 and post secondary education. You will receive a drawing kit for use in class and future practice.

### **Limit 20**

Presenters: Jan Theberge

Coordinator: Joyce Robbins

(715) 931-7611

Wednesday: April 24

1:30 - 3:00 p.m.

Russell J. Rassbach Heritage Museum, 1820 John Russell Road

Cost: \$15

## **30. Adventures in Aotearoa | New Zealand: Travels and Field Investigations in my Favorite Place**

Through the application of subsurface imaging methods, in particular ground penetrating radar, Harry will show field results and how the International Fellows Program at the UWEC provides a unique field-based opportunity for undergraduate students. The students traveled internationally to do original field research at select sites within Aotearoa | New Zealand. He works with in-country partners, including the Te Whare Wānanga o Waitaha | University of Canterbury, and learns from the Maori community.

Presenter: Harry Jol

Coordinator: Joyce Robbins

(715) 931-7611

Thursday: April 25

2:00 - 3:30 p.m.

Russell J. Rassbach Heritage Museum, 1820 John Russell Road

**31. Grow a Bonsai Tree, Symbolizing Respect, Friendship, Loyalty, and Love**

Steve Friede, an ardent “Bonsai Artist,” has a passion for designing and caring for bonsai trees. He will explain the history and origins of bonsai; the various styles; how to choose trees; and how to decide on the design, shape, and care required as they mature. He will highlight techniques, supplies, tools, and potting methods. Over time through careful and precise training and pruning, the bonsai trees and shrubs will slowly be shaped and manipulated to create the appearance of older, mature trees in miniature.

Presenter: Steve Friede

Coordinator: Marilyn Hagen (715) 210-0073

Wednesday: May 1 10:00 - 11:30 a.m.

Russell J. Rassbach Heritage Museum, 1820 John Russell Road

**32. Tour the Robert S. Swanson Library & Learning Center (UW Stout Library)**

Tour the Robert S. Swanson Library & Learning Center. First occupied in January 1982, this ultra-modern barrier-free, five-story library and learning center was built at a cost of \$6.7 million. The building consists of 123,000 square feet, seating for 1,086 users, and space for 400,000 volumes. Learn what services the library offers the Stout students, and what services it offers the citizens of Menomonie. A Q&A session will follow. **Limit 40**

Presenter: Kate Kramschuster, Interim Library Director

Coordinator: Mark Quilling (651) 772-9398

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

Robert S. Swanson Library & Learning Center, 315 10th Avenue E.

**33. City of Menomonie Public Works Department – Wastewater Treatment Plant Tour**

The City of Menomonie Wastewater Utility collects and conveys 1.5 million gallons per day of wastewater from homes and businesses to the Wastewater Treatment Plant. Attendees will be given a guided tour through the Wastewater Treatment Plant to gain a better understanding of how wastewater is converted to clean water. Attendees will need to navigate uneven terrain and stairs. Close-toed athletic shoes or work boots are required. **Limit 10 per tour. Sign up for one tour only.**

Presenter: David Schofield, Public Works Director

Coordinator: Mark Quilling (651) 772-9398

Tuesday: May 7 **A** 10:00 - 11:30 a.m.

Tuesday: May 7 **B** 1:30 - 3:00 p.m.

City of Menomonie Public Works Department, 621 11th Avenue W.

### **34. Dunn County Judicial Center Tour**

Tour the Dunn County Judicial Center. Meet with the Clerk of Courts, the Dunn County Sheriff, the Menomonie Emergency Response Coordinator, and The Community Outreach Coordinator. Learn about the various departments and how they serve the community. See inside the courtrooms and learn about the judicial process. A Q&A session will follow. **Limit 40 Note time frame.**

Presenter: Katie Schalley, Dunn County Clerk of Courts  
Coordinator: Mark Quilling (651) 772-9398  
Friday: May 10 **10:00 - Noon**  
Dunn County Judicial Center, 815 Stokke Parkway

### **35. Cooking with Monica: Discover the Secrets to Tantalizing Mexican Menus**

Using readily available ingredients, Monica will take us on a tour of three Mexican cooking styles and show us how to create mouth-watering Mexican menus with northern Mexico, Summertime, and TexMex flavorings. Each menu features a main dish, side dish, beverage, and dessert. To tempt your tastebuds, here are the three main dishes: Quesabirria Tacos (Slow Cooked, Marinated/Seasoned Beef), Tacos Al Pastor (Pork & Pineapple), and Seafood Fajitas with Grilled Veggies. Receive a recipe packet and enjoy samples. **Limit 50**

Presenter: Monica Nichols  
Coordinator: Elizabeth Fischer (715) 874-5633  
Monday: May 13 12:30 - 2:00 p.m.  
Shirley Doane Senior Center cafeteria, 1412 6th St. E  
Cost: \$15

### **36. The Biology of Sex**

Just how do we end up with our body parts? Join Dr. Alexandra Hall for a fun and fascinating answer to these questions and more! Trained in theater, education, and medicine, Dr. Hall is known for her engaging and interactive presentations. A former family physician with extensive experience in sexual and reproductive health, she now serves as a Biology lecturer at UW-Stout and loves to share her knowledge of the incredible workings of the human body with students and the general community.

Presenter: Alexandra Hall, M.D.  
Coordinator: Elizabeth Spader (715) 235-7003  
Tuesday: May 14 10:00 - 11:30 a.m.  
Russell J. Rassbach Heritage Museum, 1820 John Russell Road



### 37. Attend a Mock Trial Staged by High School Students

Criminology students from St. Croix Central High School will perform a mock trial using CVLR members as the jury. The instructor Mr. Buckel serves as presiding judge and the students are the prosecuting and defense attorneys. The mock trial is based on a fictitious but realistic case and includes opening statements, presentation of testimonial and physical evidence, and closing arguments. The jury will deliberate to reach a verdict and announce the verdict to finish the trial. Call Marilyn to be on the jury. **Note time frame.**

Presenters: Chris Buckel and Criminology students from St. Croix Central School District

Coordinator: Marilyn Hagen (715) 210-0073

Tuesday: May 14 **12:30 - 2:00 p.m.**

Russell J. Rassbach Heritage Museum, 1820 John Russell Road

### 38. Covia Sand Plant Tour

Back by popular demand! Come along on a fascinating tour of Covia Sand Plant. Covia mines five grades of high-purity quartz sand with only one grade being regularly sold for use in glass production. Their high-quality sand makes Covia an industry leader. See how the sand is extracted, cleaned, and separated into its different components and learn about the land reclamation process currently taking place. Long pants required, no open-toed shoes or sandals. **Limit 24 Note time frame.**

Presenters: Jeremy Wagner, Plant Manager-Menomonie

Coordinator: Mark Quilling (651) 772-9398

Wednesday: May 15 **10:00 a.m. - Noon**

Covia Sand Plant, N5628 580th Street

### 39. Cardinal Glass Factory (Cardinal FG)

Back by popular demand! Take an interesting and informative tour of Menomonie's Cardinal Glass Factory (now Cardinal FG). Cardinal leads the industry in residential glass production. Learn the fascinating processes by which "float glass" is made, and its various applications for residential windows and doors. A short video presentation precedes the tour, you are encouraged to ask questions during the tour, and you get to look inside the glass-melting furnace, so it gets hot! **Limit 24 Note time frame.**

Presenter: Jan Witt, Quality Assurance Representative

Coordinator: Mark Quilling (651) 772-9398

Thursday: May 23 **9:30 - 11:30 a.m.**

Cardinal FG, 2200 Stokke Parkway

#### 40. What's For Dinner? Find your Delectable Choices in Nature

Do you know the variety of common wild edible plants which are readily available, very healthy, and easily found for human consumption? KaYing Vang, a District Conservationist for Pierce and St. Croix Counties, will share his Hmong knowledge and heritage with plant examples. KaVing will review about a dozen of the more common plants and explain the process of safe foraging. His presentation will include the threat of invasive plants threatening the edibles and what is being done to counteract this problem.

Presenter: KaYing Vang, District Conservationist, Pierce/St. Croix Counties

Coordinator: Marilyn Hagen (715) 210-0073

Thursday: May 23 1:30 - 3:00 p.m.

Russell J. Rassbach Heritage Museum, 1820 John Russell Road

#### 41. Louis Smith Tainter Home Tour

Back by popular demand! Come along on an interesting and informative tour of the first and second floors of the Louis Smith Tainter home, located at the intersection of Crescent Avenue and Broadway. This beautiful home was originally built by Andrew and Bertha Tainter as a wedding gift to their son, Louis, and his wife Effie. Now owned by UW Stout and used as office space, it retains much of its original charm. **Limit 20 per tour. Sign up for one tour only.**

Presenter: Mark Quilling

Coordinator: Mark Quilling (651) 772-9398

Tuesday: May 28 **A** 10:00 - 11:30 a.m.

Tuesday: May 28 **B** 1:30 - 3:00 p.m.

Louis Smith Tainter Home, 320 Broadway Street S

#### 42. Modern Morse Code

Morse Code is a proven, 200-year-old global communication method. You still use it daily. Thomas Wayne King (WF9I) and Debra Raye King (N9GLG), founders of UWEC Morse 2000 Outreach in 1994, will teach you about Modern Morse Code while they demonstrate and tell of their numerous unique Morse Code adventures, publications, and innovations. And, might Torgeir and Ari, both alert rams in their wonderful Icelandic Wool flock, be Morse Code Sheep? Hmm...

Presenters: Thomas Wayne King, Ed.D. (CCC-SLP/L Ret.) and Debra Raye King, M.Ed.-PD.

Coordinator: Joyce Robbins (715) 931-7611

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

Russell J. Rassbach Heritage Museum, 1820 John Russell Road

### **43. A Veteran's Honor Flight Experience**

Listen as Herb Ruscin recounts his experience of taking an Honor Flight. He will share it with you through a slide presentation and talk about the application process, the pre-flight preparation, and the actual day of the flight. Herb would like every veteran to take advantage of this once-in-a-lifetime honor! Learn how a veteran you know can experience what Herb did. Q & A to follow as time permits.

Presenter: Herb Ruscin

Coordinator: Mark Quilling (651) 772-9398

Wednesday: May 29 1:30 - 3:00 p.m.

Russell J. Rassbach Heritage Museum, 1820 John Russell Road

### **44. Patriot K9s of Wisconsin (PK9s)**

Hear about this very interesting non-profit organization that provides Psychiatric Service Dogs and training, free of charge, to disabled veterans suffering from Post-Traumatic Stress/Injury, Traumatic Brain Injury and Military Sexual Trauma. Operating out of Wausau, PK9s serves all qualified veterans throughout the Wisconsin area. Veterans are required to attend a minimum of 30 weeks of training to train and bond with their service dog. (A service dog will be present.)

Presenter: HPK9 Staff

Coordinator: Mark Quilling (651) 772-9398

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

Russell J. Rassbach Heritage Museum, 1820 John Russell Road

### **45. Cooking with Monica: Healthy Grilling**

Monica's husband Randy and their new food truck will join her in this class. He will show how to start a charcoal grill, manage the temperature and heat distribution, and perform stove top smoking. They will demonstrate creating easy marinades and foil packs that can be used in an oven or on the grill or a campfire. The recipe packet includes Ratatouille Salad Foil Pack, Pepper Jack Chicken with Succotash, Chimichurri Steak Kabobs, Cilantro-Citrus Cod with Quinoa, Smoked Garlic Chicken, Portobello & Radicchio Salad, Hot Plums, Pineapple & Berries Foil Pack. **Limit 50**

Presenters: Monica and Randy Nichols (and their food truck)

Coordinator: Elizabeth Fischer (715) 874-5633

Monday: June 10 12:30 - 2:00 p.m.

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

Cost: \$15

#### **46. Ghosts and Hauntings**

Join British paranormal investigator, author, and TV presenter Adrian Lee as he discusses the latest famous and celebrity ghosts he's encountered across America for his new book *Dead & Famous* and the TV show *Unscripted Paranormal*. With all the spooky evidence, stories, history, humor, and live equipment demonstrations, and book signing, 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 13 1:30 - 3:00 p.m.

Russell J. Rassbach Heritage Museum, 1820 John Russell Road

#### **47. Chippewa Falls WWII Hero Harry E. Kramer**

Chippewa Falls' First World War II Casualty Young Harry Wellington Kramer joined the Navy and was stationed aboard the battleship USS California. His parents anxiously followed the developments that would lead to America's involvement in World War II. During the attack on Pearl Harbor Harry was tragically killed fulfilling his duties. Compiling thirty-three letters between Harry and home, local author and history teacher John E. Kinville tells the story of a life cut short but well lived.

Presenter: John Kinville

Coordinator: Howard Lee (715) 235-8841

Monday: July 8 10:00 - 11:30 a.m.

Shirley Doane Senior Center, 1412 6th Street E

### **Chippewa Falls/Cadott**

#### **48. The History and Culture of the Ojibwe people in the Chippewa Valley**

This class will follow the history of the Native Americans in the Chippewa Valley from the first settler to the present day residents, their culture, language, and struggles to survive. Presenter Marge Hebring is a descendant of Michael Cadott who was the principal trader in the Chippewa Valley. She is a member of the Lac Courte Oreilles Band of the Lake Superior Ojibwe. **Limit 50**

Presenter: Marge Hebring

Coordinator: Claudeen Oebser (715) 874-6054

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

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

#### **49. 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 100**

Presenters: JoAnn Parks, Dana Carlson, and Jean Dressel

Coordinator: Sally Felling (715) 704-0937

Wednesday: May 8 10:30 a.m. - 1:00 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

#### **50. History of the Northern Colony & "The Past Passed Here"**

The Northern Colony (The Northern Wisconsin Center for the Developmentally Disabled) was a self-sustaining community. David Gordon will talk about life at the Colony where his in-laws taught, how and why he developed the museum's exhibit, and what he learned about the Colony and its impact on Chippewa County. After touring the museum, go to "The Past Passed Here," a living history event depicting early Chippewa County, re-enacting the lives of fur traders, lumberjacks, and artisans with demonstrations and vendors. (More info at CVLR.org) **Limit: 30**

Presenter: David Gordon, President of the Chippewa County Historical Society

Coordinator: Sally Felling (715) 704-0937

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

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

Cost: \$10

### **Eau Claire**

#### **51. *From Binghamton to the Battlefield: The Civil War Letters of Rollin B. Truesdell***

*From Binghamton to the Battlefield: The Civil War Letters of Rollin B. Truesdell* traces the experiences of author Truesdell's great-great-grandfather from the time he rushed from the family farm to answer President Lincoln's first call for volunteers until he mustered out of the Union Army. Using the 100+ letters Rollin penned as a guide, Truesdell will share the arc of Rollin's trek through the Civil War as he transitioned from eager recruit to battle-weary veteran. Co-sponsored by L.E. Phillips Memorial Public Library.

Presenter: Amy Truesdell

Coordinator: Elizabeth Fischer (715) 874-5633

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

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

## **52. Gichigami: The Great Lake Superior**

Gichigami is an Ojibwe word meaning, “a sea, a large lake.” It is also the Ojibwe name for Lake Superior. Patty and Jeff Henry have explored Lake Superior country for 50 years - camping, hiking, canoeing, cross-country skiing, skating, and snowshoeing. They will present gorgeous images from their journeys during the past decade. The photographs will be accompanied by recorded instrumental music for a wonderful multi-media experience. Co-sponsored by the L. E. Phillips Memorial Library.

Presenter: Patty and Jeff Henry

Coordinator: Amy Alpine

(917) 446-5983

Tuesday: March 12

10:00 - 11:30 a.m.

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

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

The Eau Claire creative team of Micah Davis and Steve Betchkal has been nominated for 7 Emmys. Between them they've been nominated 30 times and have won 6 Emmys. No one in Eau Claire history has been nominated for more! How do they do it? The eight of us will show you! Co-sponsored by the L. E. Phillips Memorial Library.

Presenter: Steve Betchkal

Coordinator: Kathie Fahrman

(715) 563-5116

Tuesday: March 12

1:30 - 3:00 p.m.

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

## **54. What's New in Plants?**

Tropical plants for inside and outside your home have new interest. 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

Thursday: March 14

10:00 – 11:30 a.m.

May's Floral, 3424 Jeffers Road

## 55. **The Bald Eagle: Our National Emblem**

Take a photographic journey to learn about the development of eaglets from egg to flight. View eagles during the process of nest-building, food gathering, and follow the fledglings' progress as they learn to fly. Bald Eagle identification, diet, habitat, and range will also be discussed. Don will share the challenges, skills, and equipment needed to take pictures of this majestic symbol of America. Co-sponsored by L.E. Phillips Memorial Public Library.

Presenter: Don Larson

Coordinator: Kathy Campbell (715) 559-4149

Thursday: March 14 1:30 – 3:00 p.m.

L.E. Phillips Senior Center, 1616 Bellinger Street, Conference Rooms A & B, lower level.

## 56. **Pollinator Power Hour**

Natural resource experts will provide information to assist rural and urban landowners to reduce erosion, protect water, and solve other resource problems. Learn how to create beneficial pollinator habitat for species such as Monarch and Karner Blue butterflies. Receive ideas to improve biodiversity by including native plants and site preparation. Learn of funding opportunities. Co-sponsored by L.E. Phillips Memorial Public Library.

Presenter: Myha Ewoldt, FSA Conservation Reserve Program Key Program Technician; Jamie Kraklow, NRCS Resource Conservationist; and Morgan Kramschuster, Pheasants Forever Farm Bill Biologist

Coordinator: Kathy Campbell (715) 559-4149

Monday: March 18 1:30 – 3:00 p.m.

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

## 57. **Common Threads**

Eau Claire Women in Theater (ecWIT) have created another original presentation, and we are privileged to offer you the opportunity to enjoy it! Based on real and imagined stories, ECWIT explores the memories, meaning, and feelings ascribed to articles of clothing worn in our different phases of life. *Common Threads* will have you taking a whole new look at your closet. 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

**58. Reflection of Eau Claire: 1873-1998 (A New Book Invites Us to View the Places of Yesterday)**

Take a walk back in time through historical pictures of Eau Claire. A decade before the City of Eau Claire was formed, there were 2274 people living in the three communities of West Eau Claire, North Eau Claire and the Village of Eau Claire. Since March 19, 1872, Eau Claire has continued to transform itself into a city. *Reflections of Eau Claire 1873-1998* focuses on that transformation. **Limit 40**

Presenters: Jody Kiffmeyer and Diana Peterson (CVM's archivist and editor/assistant curator, respectively)

Coordinator: Clauden Oebser (715) 874-6054

Tuesday: March 26 1:30 – 3:00 p.m.

Chippewa Valley Museum, 1204 E Half Moon Drive

**59. Toward Appreciating Religions of the World**

Moving beyond often-cited differences and beyond divisive "we're right and you're wrong" beliefs, this presentation will focus instead on the many overlooked similarities that can be found between Hinduism, Judaism, Zoroastrianism, Buddhism, Christianity, Islam, and the Baha'i Faith, with particular emphasis on the parallel lives of the Founders of faith and on the vital role religion must play in a unified and ever-advancing world civilization.

Presenter: Timothy Nyseth, retired school psychologist

Coordinator: Elizabeth Fischer (715) 874-5633

Thursday: March 28 1:30 – 3:00 p.m.

L.E. Phillips Senior Center, 1616 Bellinger Street, Conference Rooms A & B, lower level.

**60. Create a Fused Glass "Crazy Bird" Garden Stake**

Design a unique Fused-Glass "Crazy Bird" garden stake. Choose a color for the base and add various embellishments to create colorful, weatherproof garden art. The bird is approximately 8" across and will be securely mounted on a 3" round piece of steel. Limit 18 per session. Pick-up is on April 23, 1:30-2:00 p.m. at L.E. Phillips Senior Center in the Thompson Room. **Limit 18 Sign up for one session only.**

Presenter: Jean Romanshek

Tuesday: April 2 **A** 1:30 – 3:00 p.m.

Tuesday: April 9 **B** 1:30 – 3:00 p.m.

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

Cost: \$30



**61. Eau Claire Menomonie Market Tour**

Tour the new Eau Claire Menomonie Market Food Cooperative with its general manager. Learn about the history of the Co-op. Find out about the work the Menomonie Market Food Coop does to address food access, support local food and agricultural development, and work towards healthy communities. **Limit 25**

Presenter: Crystal Halvorson, Menomonie Market Food Cooperative General Manager

Coordinators: Holly Hart (715) 456-6811

Amy Alpine (917) 446-5983

Tuesday: April 9 10:30 – 11:30 a.m.

Menomonie Market Food Cooperative, 206 N. Barstow

**62. Overview and Tour of the Children's Museum**

Explore the Children's Museum's inaugural year in its new facility. Discover achievements, challenges, and get a glimpse into the future plans with programming, exhibits, and community outreach. Join us for a tour to conclude the presentation and experience the space firsthand. **Limit 25**

Presenter: Mike Lee, Children's Museum Interim CEO

Coordinators: Holly Hart (715) 456-6811

Marilyn Hempel (715) 559-6884

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

Children's Museum, 126 North Barstow

Cost: \$10

**63. Bad Girls: Career Women Who Defied Societal Conventions to Achieve Greatly**

Deb will introduce several nineteenth-century women who defied the societal constraints defining gender, race, and class to assume careers ordinarily off-limits for women. Asserting their courage, ambition, and skills as gunfighters, business entrepreneurs, published authors, political activists, and journalists, they made their own living on their own terms. The late nineteenth century and early twentieth century produced more than modern innovations. This era launched the role models, forebearers of the modern woman, who strove for personal independence and achievement. Co-sponsored by L.E. Phillips Memorial Public Library.

Presenter: Deb Barker

Coordinator: Mike Hilger (715) 832-8823

Monday: April 15 10:00 – 11:30 a.m.

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

**64. *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

Monday: April 15

1:30 – 3:00 p.m.

L.E. Phillips Senior Center, 1616 Bellinger Street, Conference Rooms A & B, lower level.

**65. Hawaii Five-OH!**

Hawaii - "The Aloha State" - is a tropical paradise...but even paradise is fragile, and the last US state is saying "goodbye" to organisms that call it home. Ornithologist and ecologist Steve Betchkal has birded every US state plus DC and Puerto Rico. Hawaii was his fiftieth. Join him as he discusses the wonder and status of Hawaii's native birds. Co-sponsored by the L. E. Phillips Memorial Library.

Presenter: Steve Betchkal

Coordinator: Kathie Fahrman

(715) 563-5116

Tuesday: April 16

1:30 - 3:00 p.m.

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

**66. Experience Alaska through Jim Backus's Lens**

Experience Alaska through the lens of Magoo Nature Photography. You will visit Lake Clark, home of the coastal grizzly bears; the sea life around Homer; glaciers & whales who make the Seward area their home; and the Chilkat Eagle Reserve in Haines. Hope to see you there!

Presenter: Jim Backus, Magoo Nature Photography

Coordinator: Jim Urness

(715) 832-5670

Thursday: April 18

10:00 – 11:30 a.m.

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

**67. “All That Matters”: A Poetry Reading**

April is National Poetry Month! Celebrate it with Peggy Trojan, an award-winning poet and former Eau Claire resident of 20 years. Peggy published her first poem in 2010 when she was seventy-seven years old, and has been published in a wide variety of journals and anthologies. Peggy is the author of two full collections and six chapbooks. She will recite excerpts from her work that have been described as “poignant, powerful storytelling. Co-sponsored by L.E. Phillips Memorial Public Library.

Presenter: Peggy Trojan

Coordinator: Kathy Campbell (715) 559-4149

Thursday: April 18 1:30 – 3:00 p.m.

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

**68. Eau Claire Renaissance: Old Buildings, New Uses**

One element in the revitalization of downtown Eau Claire is the remodeling of existing buildings from one kind of use to another—from manufacturing to housing for one example. Architects call this process “Adaptive Reuse,” and Eau Claire has dozens of successful examples. During this program, we will look at some of them, both as they were before, and how they are now. We will consider the criteria and the process used for Adaptive Reuse decisions. Co-sponsored by L.E. Phillips Memorial Public Library.

Presenter: Tim Hirsch

Coordinator: Mike Hilger (715) 832-8823

Monday: April 22 10:00 – 11:30 a.m.

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

**69. Intention and Attention: Cultivating Awareness to Help You Focus on What Matters**

Curious about the practice of mindfulness? This experiential session explores mindfulness tools that cultivate present-moment awareness to support focusing attention, managing stress, and growing our capacity for care and compassion. Research indicates that mindfulness practice is helpful in working with emotions and physical pain, as well as improving our relationships with others. You will have the opportunity to try different mindfulness tools and ask questions about beginning a mindfulness practice **Limit 40 Note different time frame.**

Presenter: Ann Brand, PhD

Coordinator: Amy Alpine (917) 446-5983

Tuesday: April 30 **10:30 - Noon**

Unity of Eau Claire, 1808 Folsom Street

Cost: \$5.00

## **70. Patent Medicine Companies of Western Wisconsin**

Throughout the 19th century and into the 20th, few regulations existed on making and advertising medicines. A dizzying array of cures, elixirs, balms, and bitters were widely marketed for man and beast. On the national scale well-known companies offered their famous concoctions such as Dr. Kilmer's Swamp Root Kidney Cure" and "Swaim's Panacea." In Western Wisconsin on a smaller scale patent medicine companies sold outrageous nostrums with astonishing claims. Meet local snake oil salesmen and learn surprising stories of local history. Co-sponsored by L.E. Phillips Memorial Public Library.

Presenter: Tim Wolter

Coordinator: Mike Hilger

(715) 832-8823

Tuesday: April 30

1:30 – 3:00 p.m.

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

## **71. Lewy Body Dementia: Two Shared Journeys**

Lewy Body Dementia (LBD) affects every aspect of a couple's life. The main symptoms of Lewy Body Dementia are described, as well as its apparent cause and treatment. The carepartners of their LBD-diagnosed spouses describe their journeys, partly through readings from a journal ("Lewy Body Dialogue") one of the couples created together. One important message is that it's possible to maintain and even deepen love on this journey. Co-sponsored by L.E. Phillips Memorial Public Library.

Presenters: Ron Potter-Efron, MSW, Ph.D. and Susan Shea, RN

Coordinator: Kathy Campbell

(715) 559-4149

Wednesday: May 1

1:30 – 3:00 p.m.

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

## **72. A Helping Hand to Wild Ones**

Are you wondering how wild animals survive, what they eat, and where they live? The most interesting question of all is what happens to a wild animal if it becomes injured or orphaned. A Chippewa Valley Wildlife Rehabilitation volunteer will share how they care for sick, injured, and orphaned animals. Find out what can you do if you do find a wild animal in need of help. Co-sponsored by the L. E. Phillips Memorial Public Library.

Presenter: Amy Peck, Education Volunteer Chippewa Valley Wildlife Rehabilitation

Coordinator: Amy Alpine

(917) 446-5983

Thursday: May 2

1:30 - 3:00 p.m.

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

### 73. What Is an Ebike? A Fast, Affordable, Eco-friendly Mode of Transportation

Are they worth the cost, how are they different from regular bikes, how do ebikes work, what is the best ebike for individual ability, what are the benefits of owning an ebike, how far can an ebike travel on a charge? Pat will address these questions and more. As older people want to engage in healthier lifestyles, ebikes have become a relaxing and pleasant mode of transportation.

Presenters: Pat Rolbiecki, owner of Riverside Bike and Skate

Coordinator: Marilyn Hagen (715) 210-0073

Wednesday: May 8 1:30 - 3:00 p.m.

L.E. Phillips Senior Center, 1616 Bellinger Street, Conference Rooms A & B, lower level.

### 74. Become an AmeriCorps Foster Grandparent

Two local AmeriCorps Seniors programs provide support for seniors 55 and older to engage in volunteer opportunities. Mary Byrns, Director of CESA 10's Foster Grandparent Program, and Kristin Walukas, Director of Western Dairyland's Retired and Senior Volunteer Program, will provide information about their respective programs. Learn about these AmeriCorps Seniors Programs and how you can make a difference by volunteering in local schools and non-profit organizations.

Presenters: Mary Byrns and Kristin Walukas

Coordinator: Marilyn Hagen (715) 210-0073

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

L.E. Phillips Senior Center, 1616 Bellinger Street, Conference Rooms A & B, lower level.

### 75. 'All Aboard' for a Trolley Tour of Historic Eau Claire

Enjoy this unique experience riding on a vintage-style trolley through some of Eau Claire's most beautiful and iconic neighborhoods and historic sites. Tour guide, George House, will share stories of historic Eau Claire. The tour includes two opportunities to exit the trolley and enjoy beautiful rivers from historic bridges, with the trolley picking you up on the other side. Appropriate clothing layers for temperature or cool breezes are recommended. Trolley is not wheelchair accessible. (More information at CVLR.org)

**Limit 22 per session. Sign up for one session only.**

Presenter: George House

Coordinator: Sally Felling (715) 704-0937

Friday: May 17 A 10:00 – 11:30 a.m.

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

Friday: May 24 C 10:00 – 11:30 a.m.

Friday: May 24 D 1:30 - 3:00 p.m.

Departs from The Local Store, 205 N. Dewey St., Eau Claire

Cost: \$25

**76. Sustainable Bargain Center Tour at Hope Gospel Mission**

Tour one of western Wisconsin's biggest recycling and reuse centers - Hope Gospel Mission Bargain Center. Get a unique behind-the-scenes look at where millions of pounds of unwanted items are recycled, reused, repurposed, and resold with the purpose of helping those struggling with addiction, mental health needs, and homelessness. Find out how generous community members promote sustainability and provide life changing programs by donating and shopping at the four area Hope Bargain Center stores at Hope Gospel Mission.

Presenters: Brett Geboy and Staff

Coordinator: LuAnn Livingston (414) 507-7740

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

Hope Gospel Mission Bargain Center, 2511 W Moholt Drive

**77. Saving Lake Altoona and Why It Matters**

Lake Altoona, a highly utilized recreational lake in Eau Claire County, is dying one grain of sand at a time. Birthed from a dam in 1938, it has been filling with sand and is expected to die in less than 30 years. 4,000 other Wisconsin lakes created by dams face the same death knell. Join us to look at the challenges, current efforts, and possible solutions to preserving Wisconsin's lakes for future generations. Co-sponsored by the L. E. Phillips Memorial Public Library.

Presenter: Michelle Skinner and Fred Kappus

Coordinators: Holly Hart (715) 456-6811

Tuesday: May 21 1:30 – 3:00 p.m.

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

**78. Tour the Erskine Ingram Historical Home Transformed into Immanuel Lutheran College**

You are invited to the campus of Immanuel Lutheran High School, College and Seminary. The Campus was originally the home of Erskine Ingram, one of the early families of the lumbering boom in Eau Claire history. The program will begin with a 15-20 minute presentation of Eau Claire and Immanuel history, followed by a 30 minute tour of the mansion and 30 minute tour of the education building. The Academic Center is handicap accessible and the lower level of the mansion can be seen with minimal stairs. **Limit 30 per session Sign up for one session only.**

Presenter: Lynette Roehl

Coordinator: Claudeen Oebser (715) 874-6054

Wednesday: May 22 **A** 10:00 – 11:30 a.m.

Wednesday: May 22 **B** 1:30 – 3:00 p.m.

Immanuel Lutheran College; 501 Grover Road, parking lot across from the Academic Center.

**79. Exploring Poetry 2024: “What We Are Made Of.”**

In 1855 Walt Whitman wrote, “I celebrate myself / I sing myself.” In the 20th century, poets continued to sing themselves—their inherited selves, whether physical or cultural, and how they have been shaped by various social and physical spaces throughout their lives. Join us in looking at poems that might open us to seeing a wider scope of humanity or suggesting new ways we can explore ourselves. See whether you agree with Whitman’s assertion: “what I assume you shall assume / For every atom belonging to me as good belongs to you.”

Presenter: Erna Kelly

Coordinator: Elizabeth Fischer (715) 874-5633

Fridays: June 14 and 21 1:30 - 3:00 p.m.

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

**80. Tour the Chippewa Valley Museum Object Theater and Paul Bunyan Logging Camp**

Take an adventure through an 1890s logging camp at the Paul Bunyan statue in Carson Park and wind through the big equipment shed, cook shanty, barn, blacksmith shop, and more. Stop at the newly renovated Tall Tales Room for youth and the young at heart. In CVM's main building enjoy a special viewing of the Object Theater experience, "Have You Heard?" This delightful 21-minute show and hands-on exhibit about music will have you singing, clapping, and maybe even dancing along. **Limit 30 per session. Sign up for one session only.**

Presenters: Chippewa Valley Museums' Staff

Coordinator: LuAnn Livingston (414) 507-7740

Tuesday: June 27 **A** 10:00 - 11:30 a.m.

Tuesday: June 27 **B** 1:30 - 3:00 p.m.

Chippewa Valley Museums, 1204 East Half Moon Drive

Cost: \$16

**81. Unity’s Pollinator Rain Garden - Why and How**

Master Gardener Mari Jackson will share a 30-minute PowerPoint presentation where you’ll learn why Unity needed a rain garden, how they got help from Rain to Rivers of Western Wisconsin, and how well it works. Learn about the Homegrown National Park organization and eight things you can do to help increase biodiversity, including keystone species, less mowing and raking! Enjoy a walk around the pollinator rain garden area to see how it all works together. **Limit 30**

Presenters: Mari Jackson

Coordinator: Sally Felling (715) 704-0937

Monday: July 15 10:00 – 11:30 a.m.

Unity Spiritual Center of Eau Claire, 1808 Folsom Street

## 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:Kadc55.kc@gmail.com">Kadc55.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>
Holly Hart	<a href="mailto:holly@hollyhart.org">holly@hollyhart.org</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>
LuAnn Llivingston	<a href="mailto:17livil@gmail.com">17livil@gmail.com</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>
Chris Smith	<a href="mailto:casmith@wwt.net">casmith@wwt.net</a>
Jim Urness	<a href="mailto:jimurness@charter.net">jimurness@charter.net</a>

### Please Note...

The views expressed in CVLR classes do not necessarily reflect the views of the CVLR board or members. Our presenters volunteer to educate others about various issues. People attending these classes can question and debate the information provided and make their own decisions as to what they do with the information. Our goal is to have a healthy exchange of ideas that maintains civility and respect for others.

### Important Class Information

**You will not receive a refund for classes with fees.** We use the monies that we collect for these classes to pay the costs incurred for the offering. Your payment has been spent on reservations, admissions, materials, etc. Thus, you 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.



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

If you joined in the fall of 2023, your membership is effective for one year, from September, 2023, through August, 2024. If you are not currently a member, you may become a member for the Spring/Summer 2024 session only for \$25.

This membership entitles you to sign up for classes and trips offered by CVLR in Spring/Summer 2024. 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 \$25 membership fee to Chippewa Valley Learning in Retirement. Complete a separate form for each person.

**Chippewa Valley Learning in Retirement  
Membership Form  
Spring/Summer 2024**

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 \_\_\_\_\_

Office use only below this line. Make \$25 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 two pages are the mail-in registration forms. Print your name and membership number, if you are a current member, at the top of each part of the form. If you are a new member, leave the membership number blank. Place a check mark before the courses or trips in which you are interested. **Use a separate form for each member.** Copy the form or print out additional forms at [cvlr.org](http://cvlr.org) for additional members.

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

If you want to take a class with limits and cannot attend in-person registration February 21, Elizabeth will send out an email early Thursday morning, February 22 as to which offerings with limits have openings. Either call her or email her at the numbers and email above to reserve an open seat. First calls get the seats. Then you may send your check, if a check is necessary. **Registrations for offerings with limits will not be accepted by mail.**

### Mail-in Form Part 1

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

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

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

- \_\_\_\_\_ 7. Ready...Set...Go...Phase 3 Downsizing/De-Cluttering
- \_\_\_\_\_ 8. Wild Mushrooms: An Endless Resource for Us
- \_\_\_\_\_ 9. Probiotics and Prebiotics, Are They Worth the Hype?
- \_\_\_\_\_ 10. Susan Thurin Shares a Lifetime of Travel
- \_\_\_\_\_ 11. The Story of Happy Island and Old Meridean
- \_\_\_\_\_ 12. Foreign Affairs
- \_\_\_\_\_ 13. Discovering the Birthplace of Democracy
- \_\_\_\_\_ 14. An Update on the Middle East from Cathy Sultan
- \_\_\_\_\_ 15. Are Your Family Relationships Becoming Casualties
- \_\_\_\_\_ 18. Panel of Legislators Talk about Long Term Care Issues
- \_\_\_\_\_ 20. Sleep, Emotions, and Essential Oils
- \_\_\_\_\_ 23. Learn about Trains in Our Area
- \_\_\_\_\_ 24. The Restoration of Our 1931 Model A Woody Station

## Mail-in Registration Part 2

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

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

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

- \_\_\_\_\_ 25. Is This Really the 'New World'?
- \_\_\_\_\_ 26. An African Adventure
- \_\_\_\_\_ 28. Bringing History to Videogames
- \_\_\_\_\_ 30. Adventures in Aotearoa | New Zealand
- \_\_\_\_\_ 31. Grow a Bonsai Tree, Symbolizing Respect, Friendship
- \_\_\_\_\_ 36. The Biology of Sex
- \_\_\_\_\_ 37. Attend a Mock Trial Staged by High School Students
- \_\_\_\_\_ 40. What's For Dinner? Find your Delectable Choices
- \_\_\_\_\_ 42. Modern Morse Code
- \_\_\_\_\_ 43. A Veteran's Honor Flight Experience
- \_\_\_\_\_ 44. Patriot K9s of Wisconsin (PK9s)
- \_\_\_\_\_ 46. Ghosts and Hauntings
- \_\_\_\_\_ 47. Chippewa Falls WWII Hero Harry E. Kramer
- \_\_\_\_\_ 51. *The Civil War Letters of Rollin B. Truesdell*
- \_\_\_\_\_ 52. Gichigami: The Great Lake Superior
- \_\_\_\_\_ 53. Storytime with Steve & Micah
- \_\_\_\_\_ 54. What's New in Plants?
- \_\_\_\_\_ 55. The Bald Eagle: Our National Emblem
- \_\_\_\_\_ 56. Pollinator Power Hour
- \_\_\_\_\_ 58. *Reflection of Eau Claire: 1873-1998*
- \_\_\_\_\_ 59. Toward Appreciating Religions of the World
- \_\_\_\_\_ 63. Bad Girls: Career Women Who Defied Conventions
- \_\_\_\_\_ 64. *Soul's Journey: Remembering Who We Are*
- \_\_\_\_\_ 65. Hawaii Five-OH!
- \_\_\_\_\_ 66. Experience Alaska through Jim Backus's Lens
- \_\_\_\_\_ 67. "All That Matters": A Poetry Reading
- \_\_\_\_\_ 68. Eau Claire Renaissance: Old Buildings, New Uses
- \_\_\_\_\_ 70. Patent Medicine Companies of Western Wisconsin
- \_\_\_\_\_ 71. Lewy Body Dementia: Two Shared Journeys
- \_\_\_\_\_ 72. A Helping Hand to Wild Ones
- \_\_\_\_\_ 73. What Is an Ebike?
- \_\_\_\_\_ 74. Become an AmeriCorps Foster Grandparent
- \_\_\_\_\_ 76. Sustainable Bargain Center Tour at Hope Gospel Store
- \_\_\_\_\_ 77. Saving Lake Altoona and Why It Matters
- \_\_\_\_\_ 79. Exploring Poetry 2024: "What We Are Made Of."
- \_\_\_\_\_ 76. Sustainable Bargain Center Tour at Hope Gospel

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

Current Resident or