

Chippewa Valley

LEARNING IN RETIREMENT

Fall 2024

Course Schedule and Registration Packet

In-person registration is
Tuesday, August 20
at the
Russell J. Rassbach Heritage Museum
in Menomonie
and
The Florian Gardens in Eau Claire

See details on page 1 inside.

cvlr.org

Steps to Register for Fall Classes and Trips

- 1. Renew your membership.** Everyone's membership has expired.
- 2. Complete the membership form for your renewal.** Let us know any address, e-mail, or phone changes. Go to cvlr.org and print out additional copies. Send your renewal at least a week in advance or bring it with you to registration and process it there.
- 3. Receive a new membership card.** You will keep your current membership number. Find it on the mailing label of your pink fall booklet
- 4. Register in person Wednesday, August 20.** You may also register for one other person. Use that person's membership number and name when registering for him or her.
- 5. Attend in-person registration if at all possible.** Since we operate on volunteer effort, your participation at in-person registration takes pressure off our volunteers. If you absolutely cannot attend, then mail in your registration. In-person and mail-in are the two ways to register. In-person registrations get priority over mail-in registrations.
- 6. Write a separate check for each class or trip before in-person registration.** Having your check ready will speed up the process.

Find more details about registering on pages 1 - 2.

Use our cvlr.org site to find

- complete course listing for Fall 2024,
- more information on courses,
- bios on some of the course instructors,
- course instructions,
- links to course content,
- recordings of classes,
- class handouts, and
- reference materials.

Access and print out

- maps of registration layouts for both Menomonie and Eau Claire,
- additional copies of the membership form,
- the calendar for Fall 2024, and
- the entire pink registration booklet.

Peruse These Offerings Carefully

Many of your favorite classes and presenters are back this fall. Combined with a sprinkling of new classes and tours, you will find seventy-three interesting offerings for Fall 2024. Our twenty-two coordinators have lined up topics that are trending and appropriate for an election year. Read through the offerings carefully and select the ones that appeal to you most. Attend in-person on Tuesday, August 20, to sign up for them. If you cannot attend that day, check the email you will receive on Thursday, August 22, and, if the classes you want are still available, call or email me to reserve your seat.

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 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 20

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 19

The bus departs 29 Pines at 7:30 a.m. and returns around 4:15 p.m. Pick up is at Marketplace at 8:00 a.m. We arrive back about 4:45 p.m. Cost: \$95 Does not include tip for driver.

2. ***Behind the Sun at the History Theatre***

Obie Kipper has finally found the house of his dreams, but there's one problem: it's 1956 and Obie's dream for the future of his family lies outside his redlined neighborhood, in an all-white neighborhood. With help from an old friend and coworker, Obie puts in motion a sensational scheme to purchase the house. This may either land him in jail or help chart the future for his family and all of Minneapolis. Following the 10:00 performance, we will go to The Holiday Inn for lunch, which is included in the cost below. **Limit 112**

Coordinator: Elizabeth Fischer (715) 828-0768

Thursday: October 3

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 Does not include tip for driver.

3. ***The Lehman Trilogy at the Guthrie Theater***

Follow the lives of the three Lehman brothers from their arrival in America through two centuries of the building of their families' investment empire to its collapse in 2008. Premiering in 2013, this play gives insight into a firm that brought the global economy to its knees.

Limit 112

Coordinator: Elizabeth Fischer (715) 828-0768

Wednesday: October 9

Bus departs 29 Pines at 9:00 a.m. and returns around 6:00 p.m. Bus leaves Marketplace at 9:45 and arrives back about 5:30 p.m. We arrive at the Guthrie about 11:15 so you will have time for lunch on your own at area restaurants. The play starts at 1:00 p.m. Cost: \$61. Lunch and driver's tip are not included.

4. Cranberry Marsh Trip

Tour the Wetherby Cranberry Marsh, owned and operated by the VanWychen Family for 100 years! Learn all about Wisconsin's state fruit. See how the cranberries are grown and harvested in the bog, then sorted and packed in their warehouse. The second part of the trip features the Discover Cranberry Museum. Learn about the history of cranberry production and evolution of the machinery from past to present. A cranberry-themed Lunch at Cranberry Country Cafe is included.

Coordinator: Kathy Campbell (715) 559-4149

Wednesday: October 16

Bus departs 29 Pines at 7:45 a.m. and returns about 3:45 p.m.

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

Cost: \$55 Does not include tip for the driver.

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

Board of Directors

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Joyce Robbins	(715) 235-8528
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Member Services

Elizabeth Fischer

liz@psmc.com

(715) 874-5633

cvlr.org

Menomonie

5. Consider Solar

Have you considered solar energy? What is the process of going solar, moving toward a cleaner and greener future? How it can lower or eliminate your electric bill, add value to your home, and reduce your carbon footprint. What are the paybacks, tax credits and more.

Presenter: Nikki Widholm, Olson Solar Energy

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

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

Shirley Doane Senior Center, 1412 6th Street E.

6. Why Do Counties Matter?

Ever called 911? Needed help from law enforcement? Wanted a copy of a marriage license or birth certificate? Searched for help for a disabled or aged loved one? Had a relative or neighbor who lost his job and couldn't afford groceries AND medical care? Learn about all the things that county government provides, and how it is all funded.

Presenter: Kris Korpela, Dunn County Manager

Coordinator: Pat Eggert (715) 308-5357

Wednesday: September 4 1:30 - 3:00 p.m.

Russell J. Rassbach Heritage Museum, 1820 John Russell Road

7. Home Sweet Home Hospital

Take this excellent opportunity to learn about new healthcare advances Mayo can now provide to patients. Telehealth's explosion during the Covid-19 pandemic makes it possible to receive healthcare nearly anywhere, including hospital-level care in the comfort of your home. Learn about the evolution of the hospital at home model of care, the benefits it offers to patients as well as its limitations which are particularly relevant to rural communities.

Presenters: Margaret Paulson, D.O. and

Angela Ederhardt, MBA Mayo Clinic Health System

Coordinator: Howard Lee (715) 235-8841

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

Shirley Doane Senior Center, 1412 6th Street E.

8. Big Dot of Happiness Tour

Started in 1999, the company designs, markets, manufactures, and ships party goods with a goal of making parties even more extraordinary. The company recently expanded its facility and product line to include home décor merchandise. The products are 100% unique, and the company is constantly re-inventing itself. It now has over 100 employees, has shipped over 500,000 orders, and has partnered with Home Depot.com, Target.com, Amazon, Wal-Mart.com, eBay, Etsy, Macy’s.com, and Michaels.com.

Limit 20 per tour. Sign up for one tour only.

Presenters: Chang Lor and company personnel

Coordinator: Mark Quilling (651) 772-9398

Thursday: September 5 **A** 1:30 - 3:00 p.m.

Tuesday: September 10 **B** 1:30 - 3:00 p.m.

Big Dot of Happiness, 412 Technology Drive E.

9. Medicare Fraud – It Could Happen to You (And Too Often Does!)

Did you know that Medicare and Medicare beneficiaries lose BILLIONS of dollars each year due to fraud, errors, and abuse? Think it can’t happen to you or doesn’t happen in Wisconsin? It could, and too often it does. Learn how you can protect yourself and Medicare and how to detect and report Medicare-related fraud with the help of Wisconsin’s Senior Medicare Patrol. Find out about currently available volunteer opportunities with SMP to help spread the message to Wisconsin Medicare beneficiaries. Resource materials will be provided.

Presenter: Jim Trip, Senior Medicare Patrol

Coordinator: Howard Lee (715) 235-8841

Monday: September 9 10:00 - 11:30 a.m.

Shirley Doane Senior Center, 1412 6th Street E.

10. Understand the New Electoral Maps for the State of Wisconsin

Last spring the Wisconsin Supreme Court determined the maps for electoral districts in the state were unconstitutional and must be redrawn. Annemarie McClellan was involved as a plaintiff in the case. She will explain the new districts, the process to arrive at them, and answer your questions about them.

Presenter: Annemarie McClellan

Coordinator: Elizabeth Fischer (715) 874-5633

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

Russell J. Rassbach Heritage Museum, 1820 John Russell Road

11. Cooking with Monica: Titillate Your Taste Buds with Asian Bites & Soups for 2

Perk up your fall menus with fresh, new ideas! Monica will share how to create Sesame Sauced Turkey Meatballs; Gyoza; Air Fryer Chicken Egg rolls (Everyone makes them!); Gingery Spinach and Gyoza Soup; Japanese Clear Onion Soup; and Air Fryer Fried Bananas. Practice stuffing and rolling egg rolls, learn more about using air fryers and InstaPots, and hear the secrets to Asian soups. Savor a new dessert with bananas. Receive a recipe packet and enjoy samples **Limit 50**

Presenter: Monica Nichols

Coordinator: Elizabeth Fischer (715) 874-5633

Monday: September 23 12:30 - 2:00 p.m.

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

Cost: \$15

12. Find Out about the Chippewa Valley VIP (Visually Impaired Persons) Support Group

Chippewa Valley VIP is a support group for people in the Chippewa Valley area who are visually impaired, or anyone who has vision issues, their caregivers, spouses and children. They've been meeting in Eau Claire nine times per year since the 1990s, and have one annual social event. The group has guest speakers, listens to podcasts, and discusses any pertinent issues. They encourage new members to join the group so no one has to go through the process alone.

Presenters: Renee Kuester-Sabranek, Pam Baril, and guide dog "Charade"

Coordinator: Mark Quilling (651) 772-9398

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

Russell J. Rassbach Heritage Museum, 1820 John Russell Road

13. A Physician's View of Universal Healthcare

Since medical school, Mark has tried to understand how and why our American healthcare delivery system evolved to be so costly, inefficient, ineffective, and unjust when compared to results that other countries achieve through their expenditure of resources to promote health for their populations. He will talk about what he has learned and offer a solution for universal healthcare in America. Like all things political, you may like it or not. Learn his findings.

Presenter: Mark Newmann, MD

Coordinator: Margy Hagaman (715) 309-8030

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

Russell J. Rassbach Heritage Museum, 1820 John Russell Road

14. Another Update on the Middle East from Cathy Sultan

Sadly, Cathy's update from last spring has potentially worsened: The Middle East is on fire; the Genocide in Gaza continues; Natanyahhu 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. Hear her international perspective on the situation.

Presenter: Cathy Sultan

Coordinator: Elizabeth Fischer (715) 874-5633

Wednesday: September 25 1:30 - 3:00 p.m.

Russell J. Rassbach Heritage Museum, 1820 John Russell Road

15. Phillips-Medisize Tour

Phillips-Medisize is a plastic injection mold factory consisting of three production facilities. The company manufactures plastic injection devices for diabetics, including Ozempic pens, anaphylactic pens, and other medical injection devices. You will experience two window tours and one tour where you will be taken onto the production floor. An injection mold will be open for you to see how it works. Products will be on display as well. **This is a cleanroom facility with a very strict set of dress requirements to which everyone MUST adhere. Go to cvlr.org on the Menomonie Schedule page and read the requirements under class 15 prior to deciding whether you wish to participate in this class. You will sign a statement that you have read them and will comply. Limit 15 per tour. Sign up for one tour only.**

Presenters: Kelly Schaumberg and Phillips-Medisize personnel

Coordinator: Mark Quilling (651) 772-9398

Thursday: September 26 **A** 10:00 - 11:30 a.m.

Thursday: September 26 **B (Note time)** 1:00 - 2:30 p.m.

Phillips-Medisize, 415 Red Cedar Street

16. What Is Behind Those Gray Doors?

Take a tour and explore with the DCHS Executive Director, Melissa Kneeland in Fulton's Workshop! It is a featured exhibit that combines area history, technology, and a hands-on makerspace in the same gallery. The gallery also features exhibits about Dunn County inventions including the Tainter Gate, the innovations of automotive genius Harry Miller, and a national award-winning Rube Goldberg machine. **Limit 20**

Presenter: Melissa Kneeland

Coordinator: Elizabeth Spader (715) 235-7003

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

Russell J. Rassbach Heritage Museum, 1820 John Russell Road

Ccst: \$10

17. **Dunn Energy Cooperative Tour**

Dunn Energy Cooperative is a rural electric cooperative that provides energy to 10,000 accounts in Dunn, Chippewa, Baron, St. Croix, Pierce and Pepin counties. The cooperative also provides water heaters, rebates, and incentives for energy efficient products to their members. It puts members who may be having trouble paying their energy bills in touch with assistance agencies that may be able to help. Dunn Energy Cooperative promises to help serve its members through integrity, accountability, and innovation. **Limit 25**

Presenter: Jolene Fisher, Director of Engagement

Coordinator: Mark Quilling (651) 772-9398

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

Dunn Energy Cooperative, N5725 600th Street

18. **911 Call Center Tour**

The 911 Call Center is the public safety answering point for all 911 calls placed in Dunn County. Dispatching is provided for the following agencies: Dunn County Sheriff's Office, Menomonie Police Department, UW Stout Police Department, Boyceville, Colfax and Elk Mount Police Departments, Menomonie Fire Department, and 11 Volunteer Fire Departments. The 911 Call Center also dispatches and monitors primary and back-up units and investigators, and dispatches eight ambulance agencies and Dunn County First Responders. **Limit 15 per tour. Sign up for one tour only.**

Presenter: Melissa Gilgenbach

Coordinator: Mark Quilling (651) 772-9398

Wednesday: October 2 **A** 10:00 - 11:30 a.m.

Wednesday: October 2 **B** 1:30 - 3:00 p.m.

Dunn County Judicial Center, 815 Stokke Parkway

19. **Is It Dementia or Could It Be Something Else?**

Carla Berscheit, Dementia Care Specialist for the ADRC of Dunn & Chippewa County, will discuss normal aging versus not normal aging, the common types of dementia, and why it is important to see your doctor and get a diagnosis because it could be a medical condition that appears like dementia. Dorothy Sorlie will share her personal story of her mis-diagnosis of dementia.

Presenters: Carla Berscheit and Dorothy Sorlie

Coordinator: Clauden Oebser (715) 874-6054

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

Russell J. Rassbach Heritage Museum, 1820 John Russell Road

20. Marijuana: Understanding Terminology, Uses and the Laws

Marijuana laws are changing throughout the US, but not in Wisconsin. Surrounding states allow medical marijuana use. A pharmacist and a CBD company owner will share their perspective, benefits, concerns, and understanding of the use of cannabis. Learn the terminology for the medical and recreational uses of marijuana. Understand the pros, cons, and choices as the laws change.

Presenters: Robert Fecik, R.Ph. Mayo Clinic Pharmacist
Ben Rippley, CEO, Sunny Skies CBD in Durand
Coordinator: Margy Hagaman (715) 309-8030
Thursday: October 10 1:30 - 3:00 p.m.
Russell J. Rassbach Heritage Museum, 1820 John Russell Road

21. I Didn't Know My Public Library Offered *That*

Discover a vibrant hub beyond books at the library. From enhancing your yoga practice to unraveling family history, from meeting a local author to listening to music under the stars on a summer's evening, the Menomonie Public Library's programs and resources cater to diverse interests and ages. Staff are available to offer support in navigating a digital environment, AND to recommend your next read. Visit to borrow, learn, and engage in a variety of enriching activities.

Limit 30 per tour. Sign up for one tour only.

Presenter: Jolene Sterk, Director
Coordinator: Joan Jepsen-Burger (484) 657-4443
Friday: October 11 **A (Note time)** 9:00 - 10:30
Friday: October 11 **B** 1:30 - 3:00 p.m.
Menomonie Public Library, S600 Wolske Bay Road

22. Cooking with Monica: Savor the Flavors of Moroccan Cuisine

Moroccan fare is renown for flavor. Monica will instill in us which spices to use and how to mix their flavors for that distinctive Moroccan taste. She will share recipes for Vegetable Tagine (Moroccan Stew); Chicken & Roasted Vegetable Couscous; Red Harissa Chicken & Rice; Harira (Moroccan Soup); and Savory M'smen (Moroccan Pancake). She will employ an InstaPot and air fryers in preparation of these recipes, helping us learn their use. Practice assembling Pistachio Baklava. Receive a recipe packet and enjoy samples. **Limit 50**

Presenter: Monica Nichols
Coordinator: Elizabeth Fischer (715) 874-5633
Monday: October 14 12:30 - 2:00 p.m.
Shirley Doane Senior Center cafeteria, 1412 6th St. E
Cost: \$15

23. Antarctica: Snowy Wilderness, Vibrant Ecosystem

Antarctica, the seventh continent, is often thought of as a barren ice cap at the southern end of the globe. Kathy's trip with Quark Expeditions showed her the grandeur and complexity of this uncommon tourist destination. She will take you along the Antarctic Peninsula to rugged landscapes, serene ocean coves, and amongst giant icebergs. She'll discuss the Antarctic ecosystem and how this frozen landscape can support an immense web of life from tiny krill to immense whales.

Presenter: Kathy Flory

Coordinator: Joyce Robbins

(715) 931-7611

Tuesday: October 15

10:00 - 11:30 a.m.

Russell J. Rassbach Heritage Museum, 1820 John Russell Road

24. Abandoned Branchline Railroads in West Central Wisconsin

Arlyn Colby will show historic photos with a presentation about railroads in West Central Wisconsin. He will describe the seven books he has written as well as share additional local railroad pictures. Questions and comments are encouraged. He will have his books for sale.

Presenter: Arlyn Colby

Coordinator: Sally Felling

(715) 704-0937

Tuesday: October 15

1:30 - 3:00 p.m.

Russell J. Rassbach Heritage Museum, 1820 John Russell Road

25. Stepping Stones and the Benefits of Service

Learn more about Stepping Stones of Dunn County and how the organization supports the Dunn County Community. Support is provided through the food pantry, emergency shelter and community connections. The many benefits of volunteering in each of the three areas will be discussed.

Presenters: Padraig Gallagher, Executive Director, and
Julie Bendel, Volunteer Coordinator

Coordinator: Howard Lee

(715) 235-8841

Thursday: October 17

10:00 - 11:30 a.m.

Shirley Doane Senior Center, 1412 6th Street E.

26. For the Love of Dogs (or Granddogs)!

Join us at the new Overdale Canine Training and Event Center in Spring Valley to learn about a variety of activities that can enrich your dog's life by providing mental and physical exercise. Activities to be showcased include: Obedience, Rally, Nosework, Trick Training, Agility, Canine Fitness and Therapy work. We will answer questions and provide contact information for other canine sports of interest to you.

Presenters: Overdale Canine Sports Staff

Coordinator: Elizabeth Fischer (715) 874-5633

Monday: October 21 10:00 - 11:30 a.m.

Overdale Canine Training and Event Center, Spring Valley

27. Learn about Podcasts and Participate in One about CVLR

What is a podcast? How is it created? Dustyn Dubuque and Becca Schoenborn, producers of the Menom Podcast, will demonstrate by recording a podcast in which you may participate as a guest by talking about CVLR. They will answer your questions about podcasts and share their experiences with the Menom Podcast since they started it in 2021.

Presenters: Dustyn Dubuque and Becca Schoenborn,
producers of the Menom Podcast

Coordinator: Elizabeth Fischer (715) 874-5633

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

Russell J. Rassbach Heritage Museum, 1820 John Russell Road

28. Five Years Teaching and Living in Liberia, England, China, and Sweden

Being "Teacher Sue" in the Peace Corps in Liberia, a "mistress" in a boys' prep school in England, and a college English teacher in Beijing and Sweden were both exciting and challenging. People are the same everywhere, but life and classroom expectations in a tropical village, a British boarding school, and the Chinese capital have differences. Susan will offer pictures and words to describe unforgettable experiences about her living situation, food, clothes, and interactions with students and local people.

Presenter: Susan Thurin

Coordinator: Elizabeth Fischer (715) 874-5633

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

Russell J. Rassbach Heritage Museum, 1820 John Russell Road

29. 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: October 24 1:30 - 3:00 p.m.

Russell J. Rassbach Heritage Museum, 1820 John Russell Road

30. What Are Essential Oils? How Do You Use Them? Are They All the Same?

Discover why essential oils have gained popularity as a natural solution for sleep, weight loss, immune support, pain relief, memory support, managing stress/anxiety/depression and much more. Essential oils are inexpensive and effective when used correctly and don't come with any side effects. Learn how to use them safely for yourself and your family. Bring your questions!

Presenter: Michelle Caron

Coordinator: Elizabeth Fischer (715) 874-5633

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

Russell J. Rassbach Heritage Museum, 1820 John Russell Road

31. Make a Memory Wire Bracelet

Blitz, bling, or boho, you pick the style. Create a design from very simple to a bit intricate. Choose from a wide variety of beads including: wood, metal, and glass. Embellish with a charm or two. Samples can be viewed on line. All materials included. **Limit 20**

Presenter: Chris Oest and Cheryl Gust

Coordinator: Joyce Robbins (715) 931-7611

Wednesday: October 30 1:00 - 4:00 p.m.

Russell J. Rassbach Heritage Museum, 1820 John Russell Road

Cost: \$16

32. Wilson Place Museum Tour

The Wilson Place Museum echoes the lifestyles of three generations of a lumber baron family. The history of the museum began in 1846 with the settling of the first white family in Menomonie, and concluded in 1974 with the death of the last member of the third generation to live in the home. Purchased in 1974 by the John Dotseth family, the family soon became aware of the home's historical importance and turned it into a museum, retaining much of the home's original contents.

Limit 15 per tour. Sign up for one tour only.

Presenters: The Wilson Place Museum staff

Coordinator: Mark Quilling (651) 772-9398

Monday: November 4 **A** 10:00 - 11:30 a.m.

Monday: November 4 **B** 1:30 - 3:00 p.m.

Friday: November 8 **C** 10:00 - 11:30 a.m.

Friday: November 8 **D** 1:30 - 3:00 p.m.

The Wilson Place Museum, 101 Wilson Court

Cost: \$20

33. Create a Fused Glass Cracker Tray or Condiment Dishes

Make a fused glass cracker tray or condiment dishes. Choose your project when you arrive. You'll start with a clear base and then add plenty of colored glass to create fun designs for a medium 11x3" serving tray or trio of 3x3" condiment dishes, with an option to add additional projects for a small fee as time permits. Learn basic tips and tricks for fusing glass. Materials and tools provided along with Josephine firing it at her studio. Finished pieces will be ready to be picked up *two weeks after the class*. **Limit 20**

Presenter: Josephine Geiger

Coordinator: Joyce Robbins (715) 931-7611

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

Russell J. Rassbach Heritage Museum, 1820 John Russell Road

Cost: \$35 for one project. As time permits, make more for \$15 material and firings fee per project.

34. Fused Glass Fun with Magnets – Keychain Fobs – Ornaments

Design a suite of fused glass magnets, keychain fobs, or holiday ornaments with expert guidance. Learn basic tips and tricks for fusing glass. ornaments with expert guidance. Start with a clear base in a variety of shapes and then add plenty of colored glass to create fun designs for a trio of magnets, key fobs, or ornaments (mix and match), Finished pieces will be ready to be picked up *two weeks after the class*.

Limit 20

Presenter: Josephine Geiger

Coordinator: Joyce Robbins (715) 931-7611

Tuesday: November 5 1:30 - 3:00 p.m.

Russell J. Rassbach Heritage Museum, 1820 John Russell Road

Cost: \$30 for one trio. Make more for \$5 material and firings fee each.

35. Hear Weird Genealogy Facts and Stories

After her husband Arthur died, Shirley got into genealogy in order to create a lasting record for her children and grandchildren. She became enthralled with the process and has done a great deal of research during which she has encountered fascinating bits of information that she will share. Prepare to laugh as you hear intriguing stories about deaths; the first burial in Dunn County; and headstones; and amazing facts such as sending children through the mail.

Presenter: Shirley Scammell

Coordinator: Elizabeth Fischer (715) 874-5633

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

Russell J. Rassbach Heritage Museum, 1820 John Russell Road

36. Mock Trial Staged by High School Students

Criminology students from St. Croix Central High School will stage a mock trial using CVLR members as the jury. The teacher, Mr. Buckel, serves as presiding judge and the students as 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.**

Presenter: Chris Buckel and Criminology students from
St. Croix Central High School

Coordinator: Marilyn Hagen (715) 210-0073

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

Russell J. Rassbach Heritage Museum, 1820 John Russell Road

37. Elizabeth Releases Book 10 *Navva's Journey* in her Eliza Series

Mittka, book nine, ended with Eliza fleeing Mittka. How does that situation resolve? Left in cruel Teacher's care as a baby, what was Navva's upbringing? How did he avoid becoming a killer as Teacher planned? Find out the answers to these questions and more in *Navva's Journey*. Be one of the first to get the book and celebrate with Elizabeth by enjoying her favorite carrot cake. She will share her experience writing this book and the series, read excerpts, and answer your questions.

Presenter: Elizabeth Fischer

Coordinator: Elizabeth Fischer (715) 874-5633

Thursday: November 7 1:30 - 3:00 p.m.

Russell J. Rassbach Heritage Museum, 1820 John Russell Road

38. Cooking with Monica: Help Your Brain with Delicious Recipes

Discover new ways to enjoy foods you love that help your brain! Monica will share how to do that with Turmeric, Broccoli/Cauliflower, and Oranges in these fascinating recipes: Curry Pockets; Mini Frittatas; Pot Pie Soup; and Sticky Sesame Cauliflower. Learn to make a Mood Shifter Juice Shot and an Orange Creamsicle Smoothie. Gain even more proficiency in using InstaPot and air fryers during this class. Receive a recipe packet and enjoy samples. **Limit 50**

Presenter: Monica Nichols

Coordinator: Elizabeth Fischer (715) 874-5633

Monday: November 11 12:30 - 2:00 p.m.

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

Cost: \$15

39. Bridging the Divide: Incorporating First Nations History into Our Schools

Interpreting and framing the diverse American story remain central to how emerging citizens define themselves, their society, and their place in the world. Using the Ho-Chunk Nation (and Wisconsin) as a case study, this presentation will focus on two questions: first, how did the educational experience of Indigenous children evolve from the post-removal period into the 20th Century? And second, how and to what extent did educators respond to calls for the inclusion of First Nations history in the schools? Note: This is a follow-up to last year's presentation.

Presenter: Paul Rykken

Coordinator: Marilyn Hagen (715) 210-0073

Tuesday: November 12 10:00 – 11:30 a.m.

Russell J. Rassbach Heritage Museum, 1820 John Russell Road

40. To, Through, and From Theodore Roosevelt National Park in North Dakota

Hubert "Steve" Cole will share photos, videos, and experiences obtained from three "camping" trips with the most recent being June 2024. Theodore Roosevelt National Park is one of his favorites among the 20 US national parks he and his bride (Vicki) have visited. They value it for its access and lower volume of "competing" visitors.

Presenter: Hubert Steve Cole

Coordinator: Christopher Smith (715) 664-8805

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

Russell J. Rassbach Heritage Museum, 1820 John Russell Roa

41. An Afternoon of Psychic Tarot Work with Adrian Lee

Adrian Lee, British author, psychic, and host of the TV show Unscripted Paranormal, will host an afternoon of psychic tarot work. He will present the history of tarot cards and how to read them with live audience readings, interactions, and demonstrations. Lee will showcase his own tarot card designs and decks to buy. Books will be available to purchase and receive his signature. He will discuss his latest adventures in the Midwest with Unscripted Paranormal.

Presenter: Adrian Lee

Coordinator: Elizabeth Fischer (715) 874-5633

Thursday: November 14 1:30 - 3:00 p.m.

Russell J. Rassbach Heritage Museum, 1820 John Russell Road

42. A Special Christmas Mabel Tainter Memorial Tour

Tour the beautiful Mabel Tainter Memorial Theater in all its holiday splendor! Built in 1889 by Andrew and Bertha Tainter in memory of their daughter Mabel, the theater was constructed to honor Mabel's love of the arts. The Mabel Tainter is recognized as one of the most historic and architecturally significant theaters in the country. As an added bonus, Christmas music will be played for your listening pleasure on the theater's original Steere & Turner organ. A goodwill offering is encouraged. **Limit 20 per tour. Sign up for one tour only.**

Presenters: The Mabel Tainter staff

Coordinator: Mark Quilling (651) 772-9398

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

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

Wednesday: December 4 **C** 10:00 - 11:30 a.m.

Wednesday: December 4 **D** 1:30 - 3:00 p.m.

The Mabel Tainter Memorial, 205 Main Street E

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 8, at 1:00 p.m. via the designated location. 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.

Lake Hallie/Chippewa Falls

43. Tour Valley Sports Academy-A \$10 million Multi-sport Training Facility

Valley Sports Academy is a training facility committed to bringing new, high-level opportunities to aspiring athletes in the Chippewa Valley. This facility spans 116,000 square feet, situated on 80 acres in Lake Hallie, featuring state-of-the-art equipment and technology. Customized skill building for various sports, including hockey, soccer, baseball and softball are led by top-notch Wisconsin trainers. Tour and see firsthand what this facility has to offer for the youth of the Chippewa Valley. **Limit 20**

Presenter: Phil Swiler, Public Relations Director

Coordinator: Marilyn Hagen (715) 210-0073

Wednesday: September 25 10:00 – 11:30 a.m.

Valley Sports Academy, 1855 125th St., Lake Hallie, between Eau Claire and Chippewa Falls

44. Is a Museum Exhibit Fair?

This tour of the Chippewa Area History Center takes you behind the scenes to talk about how museum people edit history in exhibit spaces. With every exhibit, we make choices. And it's crucial to be fair, because, if we're only telling one small part of a story, we might mislead people — or introduce a bias. So, why do we choose these objects and photos, and not others? Why do we tell this story and not another one? **Limit 20**

Presenter: Frank Smoot, Museum Director

Coordinator: Elizabeth Fischer (715) 874-5633

Tuesday: October 29 10:00 – 11:30 a.m.

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

Cost: \$10

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.

Eau Claire

45. **Become Trained in Helping Others Register to Vote**

Voter Registration Trainers from the League of Women Voters-Greater Chippewa Valley (LWV-GCV) will teach you to guide others through Wisconsin's voter registration process. Maybe you have always wanted to assist family members and friends. Perhaps you have a desire to be a much-needed poll worker. Or, you just want to be personally well versed. Voter registration methods, deadlines, required documents and eligibility, practical information to find on MyVote.WI.gov and expert resources will be covered. Bring your phone to practice on the MyVote website.

Presenters: Lori Miller and Sarah Goulet, Voter Registration Trainers

Coordinator: Marilyn Hagen (715) 210-0073

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

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

46. **'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, is recommended. Trolley is not wheelchair accessible. (More information at CVLR.org)

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

Presenter: George House, Chippewa River Trolley Tours

Coordinator: Sally Felling (715) 704-0937

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

Tuesday: September 17 B 10:00 - 11:30 a.m.

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

Cost: \$25

47. **Reef Life in Cozumel**

Dick Best will present underwater video of the creatures that inhabit the Caribbean's pristine, turquoise waters. The second largest coral system in the world, the reefs near Cozumel, Mexico, are home territory to many exotic creatures. You will see his favorite views of these creatures through his experienced videography. His clear video will take you into their daily lives. Co-sponsored by L.E. Phillips Memorial Public Library.

Presenter: Dick Best

Coordinator: Christopher Smith (715) 664-8805

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

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

48. 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**

Presenter: Ann Brand, PhD

Coordinator: Amy Alpine (917) 446-5983

Wednesday: September 11 1:30 – 3:00 p.m.

Unity of Eau Claire, 1808 Folsom Street

Cost: \$5

49. Election Process in the Chippewa Valley

With an important Presidential election occurring in November, the Dunn and Eau Claire County Clerks will team up to help clarify and assure Chippewa Valley voters that the election processes are secure, accurate, and reliable. Learn more about the election responsibilities of the County Clerk's office, the checks and balances in place before and after elections, the new legislative maps, and the importance of every vote. Co-sponsored by L.E. Phillips Memorial Public Library.

Presenters: Sue McDonald, Eau Claire County Clerk
and Andrew Mercil, Dunn County Clerk

Coordinators: Kathy Campbell (715) 559-4149

Margy Hagaman (715) 309-8030

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

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

50. Booked for Adventure: An Insider's Library Tour

Join us for a library tour where not everything you'll find is on the surface. Did you know that you can check out cake pans and snow shoes? How do librarians choose which books to buy? How has the design of libraries changed? We'll tour the entire 70,000 square foot library from top to bottom, including staff spaces not open to the public, and have plenty of time for questions. Co-sponsored by L.E. Phillips Memorial Public Library. **Limit 40**

Presenter: Bethany Bulgrin, Reference & Digital Services Librarian

Coordinator: Joan Jepsen-Burger (484) 657-4443

Friday: September 13 9:30 – 11:00 a.m.

L.E. Phillips Memorial Public Library, 400 Eau Claire Street
RCU Dabble Box, Lower Level

51. Meet A Falcon Hawk And A Falconer

Falconry is the centuries-old art of training a raptor to be a hunting companion by taking wild quarry in its natural habitat. Todd Johnson, a falconer for several years, will discuss how he came to be involved in this sport, including the intense demands placed on one who aspires to be a falconer. He will also discuss the benefits to both the raptor and falconer. We will meet Hattie, his current companion, and see videos of her in action.

Presenter: Todd Johnson

Coordinator: Barb Hebert (715) 514-9692

Monday: September 16 10:00 – 11:30 a.m.

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

52. Ensuring Safe, Clean Water

What if your water looks, tastes, and smells okay - is it? Municipal water experts committed to providing safe and sustainable drinking water will provide information about the local groundwater supply, pollution sources, contaminants, testing/monitoring, treatment process, PFAS removal, and funding. Speakers will address the role healthy ecosystems can play in maintaining clean water sources. Learn how we can avoid, reduce, and manage impacts on water-related ecosystems. Co-sponsored by L.E. Phillips Memorial Public Library.

Presenters: Matt Steinbach, Eau Claire City/County Health Environmental Sciences Division Manager; Jane Mohler, MPH, PhD., Epidemiologist and Member of Chippewa Valley Biodiversity Partnership; and Cole Cloutier, City of Eau Claire Utilities Engineer

Coordinator: Kathy Campbell (715) 559-4149

Wednesday: September 18 10:00 – 11:30 a.m.

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

53. Logging and Lumbering--Then and Now

Brian will examine the changes in the lumbering and milling of timber between the 1880s and the present time. His focus will be on the early lumber camps and mills along the Chippewa River in Eau Claire and along the Red Cedar River in Menomonie. The modern harvesting portion will focus on the 500-acre Blakeley timber farm north of Menomonie on earlier property of Knapp, Stout & Company. Co-sponsored by L.E. Phillips Memorial Public Library.

Presenter: Brian Blakeley

Coordinator: John Stoneberg (715) 832-8315

Wednesday: September 18 1:30 – 3:00 p.m.

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

54. 3-D Flower Art Workshop

In this workshop you will be designing a 3-D flower art piece (8" x 10") using recycled materials like wine and beer bottles. You will choose the color of the flower from a variety of colors and sizes of glass along with other fun items from the glass buffet. Projects will need to be picked up a couple of days later. Cyndi is the owner operator of the The Paint Shack art studio in Eau Claire for the past 12 years.

Limit 30

Presenter: Cyndi Kortbein

Coordinator: Clauden Oebser (715) 874-6054

Monday: September 30 **(Note time)** 10:00 a.m. - Noon

The Paint Shack, 2524 Gold Rd Suite 2C (up stairs, elevator available, next to Higgins Travel)

Cost: \$30

55. The Eau Claire Area School District Homeless Program - What, Who, and How You Can Help

You will receive in-depth information about the ECASD Homeless Program and the experiences of families and students who struggle with homelessness in our Eau Claire community. You will also learn how you can make an impact in the lives of these students and families and support the needs of our students locally. Co-sponsored by L.E. Phillips Memorial Public Library.

Presenter: Dani Graham, ECASD McKinney-Vento Liaison

Coordinator: Holly Hart (715) 456-6811

Tuesday: October 1 1:30 – 3:00 p.m.

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

56. What Lies Beneath: The Psychology of Money

Adrian will look at how we approach money. He will explore money personality types and our relationship to money. We will discuss how our beliefs and values impact how we use money. We explore how we use money in our daily habits and how we can change that behavior. Finally, we will look at some of the basics steps around budgeting and how to create a spending plan.

Presenter: Adrian Klenz

Coordinator: Mike Hilger (715) 832-8823

Friday: October 4 1:30 – 3:00 p.m.

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

57. Coffee in a Changing World

Are you an avid coffee drinker? Small coffee farms in Honduras and Guatemala are being challenged by climate change. Find out how the coffee belt is shifting and why global coffee norms are changing the way your coffee tastes as well as how much it costs. Learn about Farmer to Farmer's unique trade model and how you can navigate complicated coffee choices to make a difference. Take-home Farmer to Farmer coffee samples will be available. Co-sponsored by L.E. Phillips Memorial Public Library.

Co-presenters: Amber Kersting: Farmer to Farmer Operations Mgr
and Andrew Gaertner: Farmer to Farmer Project Coordinator

Coordinator: Amy Alpine (917) 446-5983

Monday: October 7 10:00 – 11:30 a.m.

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

58. How to Avoid Being Scammed

As seniors, we are being targeted by scammers via mail, phone, credit cards, and the Internet. Detective Matt Sando of the Eau Claire Police Department Financial Crimes Division will reveal common scams and give us tips on how to avoid them.

Presenter: Matt Sando, Eau Claire Police Dept Financial Crimes Div

Coordinator: LuAnn Livingston (414) 507-7740

Monday: October 7 1:30 – 3:00 p.m.

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

59. What's It All Worth? Establishing Values for Public and Natural Resources

Clean water and air, a safe neighborhood, a local public park, and a national forest -- these are things that we all value but are without price. Yet, these often compete with other, seemingly more profitable activities. Learn how economists can derive values for the resources we all value – but do not directly pay for or purchase—making policymakers and citizens more informed about the tradeoffs that they are making. Co-sponsored by L.E. Phillips Memorial Public Library.

Presenter: Dr. Thomas Kemp – Professor and Department Chair
UWEC Department of Economics

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

Tuesday: October 8 10:00 – 11:30 a.m.

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

60. Learn about the New Community Resource Center

Join Western Dairyland Economic Development Council, Hope Gospel Mission, and the City of Eau Claire to learn more about the Community Resource Center. The Center will be a central hub for shelter during the day along with many resources to provide mental health support, shine a light on substance abuse programs, and help adults living with mental illness by providing the safety and security they need as they work toward a brighter tomorrow Co-sponsored by L.E. Phillips Memorial Public Library.

Presenters: Brett Geboy (Hope Gospel Mission), Billie Hufford (City of Eau Claire), Dale Karls (Western Dairyland)

Coordinator: Holly Hart (715) 456-6811

Thursday: October 17 1:30 – 3:00 p.m.

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

61. Beaver Creek Reserve Tour and Volunteer Opportunities

With more than 400 acres of diverse habitat including upland woods, river bottom forests, wetlands, and savannah areas, Beaver Creek Reserve is home to many flora and fauna. Our nature reserve is home to the Wise Nature Center, Hobbs Observatory planetarium domes, Citizen Science Center, Wildlands Charter School, and more. Take a brief tour of the buildings, along with a short walk. We will also discuss various volunteer opportunities (eagle nest watching, butterfly house, maple sugaring, etc) available throughout the year!

Presenter: Kristen Giefer, Marketing and Program Director

Coordinator: Joan Jepsen-Burger (484) 657-4443

Friday: October 18 **A** 9:00 – 10:00 a.m.

Friday: October 18 **B** 10:30 – 11:30 a.m.

Beaver Creek Reserve S1 County Hwy K, Fall Creek

62. Fused-Glass Gnome Porch Pot Stake

Make a porch pot stake of a Gnome from fused-glass and weatherproof. Choose a color for the hat and add various embellishments to personalize it. The glass portion will be about 8" tall and 2 1/2" wide. Your stake will be fired in Jean's studio and glued onto a 3 foot steel pole. Pick-up: Monday, November 18, 1:30-2:00 p.m. at the L.E. Phillips Senior Center, Thompson Room. **Limit 18**

Presenter: Jean Romanshek

Coordinator: Kathy Campbell (715) 559-4149

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

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

Cost: \$25 for Gnome Stake. If time allows, the option to create a rectangular porch pot stake will be an additional \$20.

63. Reflecting on Mona Susan Power’s novel *A Council of Dolls*

Deb will offer background on Power’s work and the social justice issues the novel foregrounds, including the American Indian boarding school system, intergenerational trauma, and settler colonialism. Native Literature professor Debra Barker will also provide some reading strategies for approaching Power’s novel from an Indigenous perspective, focusing on the management of time, important historical events noted by various narrators, and the magic of Mona Susan Power’s Dakota storytelling. Co-sponsored by L.E. Phillips Memorial Public Library.

Presenter: Deb Barker

Coordinator: Mike Hilger (715) 832-8823

Wednesday: October 23 10:00 – 11:30 a.m.

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

64. Feed My People Tour

Embark on an informative tour of Feed My People and discover its heartwarming story of a 42-year mission. Feed My People partners with over 250 local food partners and schools in fourteen counties to ensure that nutritious food reaches those in need. The operation is made possible by countless volunteers who assist the staff in ordering, packing, assembling, and distributing orders to a diverse demographic of children, adults, and seniors. **Limit 30 per session. Sign up for one session only.**

Presenter: Michelle Pride

Coordinator: LuAnn Livingston (414) 507-7740

Wednesday: October 23 **A** 1:30 - 3:00 p.m.

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

Feed My People, 2610 Alpine Road, 1 block north of North Crossing

65. See the Northern Lights and the Bears at Churchill, Manitoba

Take a trip with Jim Backus of Magoo Photography to the subarctic of Churchill, Manitoba. Not only will you visit the polar bear capital in October and November, when the bears are in Churchill, but you will also see Churchill in February when the Aurora Borealis, aka Northern Lights, are most active.

Presenter: Jim Backus, Magoo Nature Photography

Coordinator: Jim Urness (715) 832-5670

Thursday: October 24 10:00 – 11:30 a.m.

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

66. An Eyewitness to Pearl Harbor Shares his Experience

Judge Barland was an eye witness to the attack on Pearl Harbor. He will discuss the reasons for the attack and his recollections of the attack. He will also present information about the aftermath and consequences of the attack. Finally, he will describe the circumstances of his family's return to the continental United States and how and why the family decided to move to Eau Claire. Co-sponsored by L.E. Phillips Memorial Public Library.

Presenters: Judge Thomas Barland

Coordinator: Holly Hart (715) 456-6811

Friday: October 25 10:00 – 11:30 a.m.

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

67. Fused-Glass Holiday Tree Votive

Create a one-of-a-kind holiday decoration. Decorate two or three fused-glass trees with a holiday or winter theme. The trees stand approximately 4-6" tall. These will be fired in Jean's studio and attached to an oak round stand. A small votive candle can be added to create a warm glow and unique centerpiece. Pick-up: Monday, November 18, 1:30-2:00 p.m. at the L.E. Phillips Senior Center, Thompson Room.

Limit 18

Presenter: Jean Romanshek

Coordinator: Kathy Campbell (715) 559-4149

Monday: October 28 1:30 - 3:00 p.m.

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

Cost: \$30

68. Things That Go "Hoot" in the Night

Listen closely! From the plaintive 'hoo-hoo-hoo' of the Saw-whet Owl to the probing question, 'Who cooks for you?' of the Barred Owl, northern Wisconsin forests resound with the calls of nocturnal birds. Lauren will share information about the calls and sounds of our resident owls and other night birds, all of which are heard more often than seen. Dr. Wentz's research on the nocturnal vocalizations of loons resulted in some startling nighttime encounters with other winged creatures of the Wisconsin northwoods. 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

Tuesday: October 29 1:30 – 3:00 p.m.

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

69. Prairie Haven – Restoring Native Habitat on an old WI Farm

After buying an old farm in central Buffalo County in 2000, Marcie and Mike O'Connor decided it would be fun to try to restore the land back to the way it was before it was farmed. They've planted prairies in the old crop fields, cleared overgrown bluff prairies and savanna, and restored and replanted wet prairies along the creek. Marcie will talk about some of their projects and adventures and show slides of the changes they've made on the land. She'll also show us some of the many birds and animals they've seen as the native habitat returns.

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

Presenters: Marcie and Mike O'Connor

Coordinator: Kathie Fahrman (715) 563-5116

Thursday: November 7 10:00 – 11:30 a.m.

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

70. The National Museum of Pretty Pigments Tour

Moran. Cassatt. Wiley. Van Gogh. Gérome. Sargent. Monet. Klimt. Bouguereau. Soria Aedo. O'Keeffe. Bateman. Mitchell. You know their names because you love their work. And their work stretches from New York and Birmingham and Pittsburgh, to Minneapolis, Houston, and San Francisco. Join Steve Betchkal, painting enthusiast, as his search for the greatest-artists-canvas-ever-invented returns for a limited Eau Claire engagement.

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

Presenter: Steve Betchkal

Coordinator: Kathie Fahrman (715) 563-5116

Tuesday: November 12 1:30 – 3:00 p.m.

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

71. 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

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

May's Floral, 3424 Jeffers Road

Cost: \$45

72. Handbasket Tours by ecWIT

We've all experienced a little Hell on Earth, but those devilishly frustrating moments have never been funnier than how you'll experience them in ecWIT's new show. Be ready for a heck of a good time! 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

Friday: November 15 10:00 a.m. – 12:30 p.m.

The Florian Gardens, 2340 Lorch Avenue

Cost: \$35

73. Books Make the Best Gifts - so Let's Talk about Them!

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, plus a few for you to add to your own wish list. Books will be available for perusal and sale at the event; quantities limited; cash or card accepted. Co-sponsored by L.E. Phillips Memorial Public Library.

Presenter: Margaret Leonard, owner Dotters Books

Coordinator: Amy Alpine (917) 446-5983

Monday: November 18 10:00 – 11:30 a.m.

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

Watch for a Special Flyer in Early November

It is your invitation to the CVLR Holiday Luncheon at The Florian Gardens December 5. We will have entertainment, refreshing punch, and a delicious meal. You will enjoy seeing The Florian Gardens decorated for the holidays.

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 2024 and Spring 2025 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, 2024 through August, 2025.

Chippewa Valley Learning in Retirement Membership Form Fall 2024

Complete a separate form for each person.

Include a stamped, self-addressed envelope to receive your membership card.

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

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

Membership # _____ (Find at the top of address label on packet.)

Name _____

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

Address _____

City _____ State _____ Zip _____

E-mail _____

Telephone _____

STOP! You are not authorized here. Make your \$35 check payable to CVLR.

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

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Complete a separate form for each person.

Include a stamped, self-addressed envelope to receive your membership card.

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

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

Membership # _____ (Find at the top of address label on packet.)

Name _____

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

Address _____

City _____ State _____ Zip _____

E-mail _____

Telephone _____

STOP! You are not authorized here. Make your \$35 check payable to CVLR.

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

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. 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	amyalpine@att.net
Kathy Campbell	Katc55.kc@gmail.com
Pat Eggert	eggertpatricia@gmail.com
Kathie Fahrman	fahrmakj@uwec.edu
Sally Felling	sefelling@gmail.com
Elizabeth Fischer	liz@psmc.com
Marilyn Hagen	marhagen@hotmail.com
Margy Hagaman	mrhagaman@gmail.com
Holly Hart	holly@hollyhart.org
Barb Hebert	barbkrowne@gmail.com
Joan Jepson-Burger	j.jespsonburger@gmail.com
LuAnn Livingston	17livil@gmail.com
Mike Hilger	hilgermj@uwec.edu
Howard Lee	leeh@uwstout.edu
Mike O'Halloran	mmohalloran@charter.net
Claudeen Oebser	coebser@gmail.com
Mike O'Halloran	mjohall.ec@gmail.com
Mark Quilling	markquilling@yahoo.com
Joyce Robbins	joyrob1@charter.net
Chris Smith	casmith@wwt.net
Elizabeth Spader	elizabeth@elizabethspader.com
Jim Urness	jimurness@charter.net

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.

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 or 30 and send it along with your \$35 annual membership fee for Fall 2024 and Spring 2025. *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.

Mail-in Form Part 1

Member name _____

Member # _____ (Only one member per form.)

Check each class for which you want to register.

- _____ 5. Consider Solar
- _____ 6. Why Do Counties Matter?
- _____ 7. Home Sweet Home Hospital
- _____ 9. Medicare Fraud – It Could Happen to You
- _____ 10. Understand the New Electoral Maps
- _____ 12. Find Out about the Chippewa Valley VIP
- _____ 13. A Physican’s View of Universal Healthcare
- _____ 14. Another Update on the Middle East from Cathy Sultan
- _____ 19. Is It Dementia or Could It Be Something Else?
- _____ 20. Marijuana: Understanding Terminology, Uses and Laws
- _____ 23. Antarctica: Snowy Wilderness, Vibrant Ecosystem
- _____ 24. Abandoned Branchline Railroads in West Central WI
- _____ 25. Stepping Stones and the Benefits of Service
- _____ 26. For the Love of Dogs (or Granddogs)!
- _____ 27. Learn about Podcasts and Participate in One CVLR
- _____ 28. 5 Years Teaching and Living in Liberia, England, etc.
- _____ 29. Is This Really the 'New World'?

Mail-in Registration Part 2

Member name _____

Member # _____ (Only one member per form.)

Check each class for which you want to register.

- _____ 30. What Are Essential Oils?
- _____ 35. Hear Weird Genealogy Facts and Stories
- _____ 36. Mock Trial Staged by High School Students
- _____ 37. Elizabeth Releases Book 10 *Navva's Journey*
- _____ 39. Incorporating First Nations History into Our Schools
- _____ 40. To, Through, and From Theodore Roosevelt Na'tl Park
- _____ 41. An Afternoon of Psychic Tarot Work with Adrian Lee
- _____ 45. Become Trained in Helping Others Register to Vote
- _____ 47. Reef Life in Cozumel
- _____ 49. Election Process in the Chippewa Valley
- _____ 51. Meet A Falcon Hawk And A Falconer
- _____ 52. Ensuring Safe, Clean Water
- _____ 53. Logging and Lumbering--Then and Now
- _____ 55. The Eau Claire Area School District Homeless Program
- _____ 56. What Lies Beneath: The Psychology of Money
- _____ 57. Coffee in a Changing World
- _____ 59. Establishing Values for Public and Natural Resources
- _____ 60. Learn about the New Community Resource Center
- _____ 63. Reflecting on Mona Susan Power's novel
- _____ 65. See the Northern Lights and the Bears at Churchill
- _____ 66. An Eyewitness to Pearl Harbor Shares his Experience
- _____ 68. Things That Go "Hoot" in the Night
- _____ 69. Prairie Haven – Restoring Native Habitat
- _____ 70. The National Museum of Pretty Pigments Tour
- _____ 73. Books Make the Best Gifts - so Let's Talk about Them!

Remember, you may only register by mail for classes that **do not** have limits or fees. To register for classes with limits or fees, you must either attend in-person registration or reach Elizabeth on Thursday, August 22, either via phone or email.

Chippewa Valley Learning in Retirement offers educational courses,

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

Current Resident or