

## Mail-in Registration Form Instructions

If you are not currently a member, complete the membership form on page 31 and send it along with your \$25 membership fee for Spring 2025. *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 19, Elizabeth will send out an email early Thursday morning February 20 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. Urban Farming
- \_\_\_\_\_ 8. Wild Mushrooms: A Bountiful Harvest Last Year!
- \_\_\_\_\_ 9. Menomonie (High School) Field House Fitness Tour
- \_\_\_\_\_ 10. 11,000 Years in an Hour - Frank's Last Talk to Us
- \_\_\_\_\_ 11. Foreign Affairs
- \_\_\_\_\_ 12. Adventure of a Lifetime in Kenya
- \_\_\_\_\_ 13. Aging in Place: Senior Housing Options
- \_\_\_\_\_ 14. Moving Day
- \_\_\_\_\_ 15. Yoga: Breathe, Stretch, and Restore
- \_\_\_\_\_ 17. 3-D Printing is for Everyone!
- \_\_\_\_\_ 18. What's Happening in the Middle East from Cathy Sultan
- \_\_\_\_\_ 19. What Does the Civil Air Patrol Do?
- \_\_\_\_\_ 21. A Conversation About Palliative Care and Hospice

## Mail-in Registration Part 2

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

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

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

- \_\_\_\_\_ 23. Creating Pollinator Havens and Restoring Prairies
- \_\_\_\_\_ 24. Volunteering: What's in it for Me?
- \_\_\_\_\_ 25. Boost your Health with a 5-Minute Wellness Routine
- \_\_\_\_\_ 26. The Patagonian Wilderness and Beyond
- \_\_\_\_\_ 27. AmeriCorps Seniors
- \_\_\_\_\_ 30. Spine Health and Interventional Therapy
- \_\_\_\_\_ 31. Carnival Antique Tin Toys
- \_\_\_\_\_ 32. Explore the Mountain Kingdom of Bhutan
- \_\_\_\_\_ 35. Exploring the Boundary Waters Canoe Area
- \_\_\_\_\_ 36. Local News – Where We Are and Where We Are Going
- \_\_\_\_\_ 38. Discover the Wonderful World of Ebikes/Etrikes
- \_\_\_\_\_ 41. Meet Kidney Donor Athlete, Cara!
- \_\_\_\_\_ 43. Mock Trial Staged by High School Students
- \_\_\_\_\_ 46. Healthy Soil, Healthy Plants
- \_\_\_\_\_ 47. *The Blue Trunk* Author Ann E. Lowry Shares her Story
- \_\_\_\_\_ 50. How to Be Psychic
- \_\_\_\_\_ 51. KKK Women in the Menomonee Area
- \_\_\_\_\_ 54. What Is the Ice Age Scenic Trail?
- \_\_\_\_\_ 58. Gut Health, Inflammation and How It May Accelerate Aging
- \_\_\_\_\_ 59. Yellowstone and Grand Teton National Parks
- \_\_\_\_\_ 60. AI – How It's Changing the World
- \_\_\_\_\_ 61. *Columbia, the Gem of Diversity*
- \_\_\_\_\_ 62. Great Ideas for Planting Time!
- \_\_\_\_\_ 65. Storytime with Steve & Micah...
- \_\_\_\_\_ 67. A Philosopher Looks at Happiness
- \_\_\_\_\_ 69. Share your Story through an Artifact from your Past
- \_\_\_\_\_ 70. What Lies Ahead for Me?
- \_\_\_\_\_ 71. This Is My Name: And, I Want to Write It Down
- \_\_\_\_\_ 72. What's Happening at The YMCA of the Chippewa Valley
- \_\_\_\_\_ 73. Experience Wisconsin through Jim Backus's Lens
- \_\_\_\_\_ 74. A More Effective and Equitable Justice System
- \_\_\_\_\_ 75. Healthcare in the Chippewa Valley
- \_\_\_\_\_ 76. Hmong Traditional Clothing-A Powerful Legacy
- \_\_\_\_\_ 78. How Grief and Loss Rewire the Brain
- \_\_\_\_\_ 81. A Look at Pablo Center's Education Programs
- \_\_\_\_\_ 82. Tour Hope Gospel Mission's New Hope Learning Center