

Chippewa Valley

LEARNING IN RETIREMENT

Spring/Summer 2025

Course Schedule and Registration Packet

In-person registration is
Wednesday, February 19
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 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 and review the layout of registration to determine your course of action at in-person registration.**
- 7. Register in person Wednesday, February 19.**
- 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
Pam Cernocky-Treasurer	(715) 225-8253
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Joe Hagaman	(715) 556-7723
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Mark Quilling	(651) 772-9398
Joyce Robbins	(715) 235-8528
Elizabeth Spader	(715) 235-7003

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 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.

If You Cannot Attend In-person Registration...

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 (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.**

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.

Procedure at In-person Registration February 19

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 week if you are in the class or not. If you are not, your check will be returned.

Wow! 83 Fascinating Offerings!

Having spent a great deal of time laying out this booklet, I can personally attest to an array of offerings which you will find very interesting. Once again our CVLR coordinators have done a marvelous job. Please continue to thank them for always searching for great programs for us.

See you at class,
Elizabeth
President

Bus Trips

1. **Secret Warriors at the History Theatre**

The eyes and ears of General MacArthur, “They saved countless Allied lives and shortened the war by two years.’ Discover the story of how the warriors you don’t know about inspired by the Japanese Americans who trained at Fort Snelling and Fort Savage to serve as translators and interrogators for the US armed forces during WWII, featuring two men, Koji Kimura and Tamio Takahashi, who took extraordinary risks to save their fellow soldiers. **Limit 56**

Coordinator: Elizabeth Fischer (715) 828-0768

Sunday: March 30

Bus departs 29 Pines at 11:45 a.m. and returns around 6:00 p.m.

Bus leaves Marketplace at 12:15 p.m. and arrives back about 5:30 p.m.

Cost: \$71 includes lunch. Does not include tip for driver.

2. **Whoa, Nellie: The Outlaw King of the Wild Middle West at the History Theatre**

This is the whirlwind tale of a fake detective and former child performer whose countless criminal exploits and penchant for male attire made her a Minnesota media sensation in the late 1800s. This fast-paced, funny, and surprisingly moving new musical follows the path of the enigmatic and relentless “Nellie King,” the alias by which she was best known, as her reckless disregard for the law leads to disastrous ends and a powerful emotional reckoning. **Limit 112 each day**

Coordinator: Elizabeth Fischer (715) 828-0768

Thursdays: May 22 (A) and 29 (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: \$80 includes lunch. Does not include tip for driver.

3. **Minnesota Orchestra: Fei Xie Plays Jolivet**

Wynton Marsalis’ Blues Symphony takes the 12-bar blues and explodes it into a lyrical, kaleidoscopic history of American music. A frequent Marsalis collaborator, Cristian Măcelaru has conducted the symphony in performances and a recording and then to what many consider the most difficult concerto in the bassoon repertoire played by our beloved Principal Bassoon Fei Xie. Don’t miss this trifecta of Minnesota Orchestra firsts! **Limit 56**

Coordinator: Elizabeth Fischer (715) 828-0768

Thursday: June 5

We depart 29 Pines at 8:15 a.m. and return around 5:00 p.m. We leave Marketplace at 9:00 and return about 4:30 p.m. Arriving about 10:30 a.m., we will enjoy the concert from 11:00 a.m. to 1:15 p.m. After we will have time for lunch at a nearby restaurant, boarding by 3:00 pm.. to return home. Cost: \$54 Does not include lunch or tip for driver.

- 4. Minnesota Landscape Arboretum, Char House, 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 Moe's Char House. After lunch shop for plants and outdoor décor at Gertens.

Limit 56

Coordinator: Elizabeth Fischer (715) 828-0768

Thursday: June 12

Bus departs 29 Pines at 7:30 a.m. and returns around 5:00 p.m.

Bus leaves MarketPlace at 8:00 and arrives back at about 4:30 p.m.

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

- 5. Fort Snelling and Sibley Historic Site Trip**

Learn about the site of the Dred Scott Decision, Language Schools that shortened WWII, the Dakota uprising, and the fur trade on a visit to Fort Snelling. Then tour the restored buildings of the Sibley Historic Site that tell the history of the region's fur trade and Sibley's involvement in Minnesota business and politics. He was the first governor of Minnesota and a general in the U.S.-Dakota War of 1862. Enjoy lunch at Lucky 13's Pub. **Limit 112**

Coordinator: Elizabeth Fischer (715) 874-5633

Thursday: June 26

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: \$78 Does not include tip for driver.

- 6. Cabaret at the Guthrie Theater**

Inside Berlin's sultry Kit Kat Klub, a flamboyant Master of Ceremonies invites patrons to partake in a decadent underworld of musical numbers, kicklines and torrid affairs — a welcome reprieve from the ever-growing Nazi influence just outside its doors. As the political unrest nears a tipping point, the beautiful life the cabaret promises slowly begins to fade, putting love, friendship and loyalties to the test. This performance features masterful hits such as "Willkommen," "Don't Tell Mama," and "Maybe This Time." **Limit 112**

Coordinator: Elizabeth Fischer (715) 828-0768

Wednesday: July 16

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: \$54 Lunch and driver's tip are not included.

Menomonie

7. Urban Farming

Jan and Mary are seasoned gardeners now living in town who grow a large portion of their food. They will cover 'elder friendly' gardening in small spaces and problem solving issues such as critters, poor soil, managing sun and shade, and double cropping. Growing your own food is inflation-proof, environmentally friendly, and healthy exercise.

Presenters: Jan Erdman and Mary Marin

Coordinator: Margy Hagaman (715) 309-8030

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

Russell J. Rassbach Heritage Museum, 1820 John Russell Road

8. Wild Mushrooms: A Bountiful Harvest Last Year!

Last year was the best mushroom season in decades! Take a journey around the state to see the incredible diversity our forests have to offer. From tasty edibles to deadly killers, we had it all. Learn some basic mushroom identification skills and how to identify mushroom habitat in your area. This could be the year that you harvest your own edible mushrooms from the bountiful forests of Wisconsin. Get out there and find a mushroom!

Presenter: Tavis Lynch

Coordinator: Elizabeth Fischer (715) 874-5633

Wednesday: March 5 1:30 - 3:00 p.m.

Russell J. Rassbach Heritage Museum, 1820 John Russell Road

9. Menomonie (High School) Field House Fitness Tour

Join the fun at the Menomonie Field House! For an annual fee of \$50, you can swim, take cardio and aquatics classes, and use the weight, cardio, and fitness rooms as well as the gym for open recreational purposes. Matt Riley will give a tour and discuss the program options.

NOTE: You do not need to reside in the Menomonie School District to be eligible to join.

Presenter: Matt Riley, Director of Athletics, Activities, & Community Ed

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

Thursday: March 6 10:00 - 11:00 a.m.

Menomonie High School Field House, 220 13th Ave E

Park and enter through the doors on the south side of the high school building.

10. 11,000 Years in an Hour- Frank's last talk to us

It can be difficult to keep the Indigenous history of an area clear. Our education mashes different nations together and often relegates Indigenous people to the past. We'll trace some thru-lines and important turning points in what's now northern Wisconsin to create a cohesive timeline. We will celebrate Frank with cake and coffee, too. Join us and with Frank well.

Presenter: Frank Smoot

Coordinator: Elizabeth Fischer (715) 874-5633

Thursday: March 6 1:30 - 3:30 p.m.

Russell J. Rassbach Heritage Museum, 1820 John Russell Road

11. Foreign Affairs

We will view one Foreign Affairs Policy Association Great Decision 2025 DVD each week and discuss the topics. Because the topics are written and recorded in November 2024, we will view all eight topics in the Spring Term. Topic, date and leaders are:

March 7 American Foreign Policy at a Crossroads Dennis Spader

March 14 US Changing Leadership of the World Economy Steve Hogseth

March 21 International Cooperation on Climate Change Melanie Yager

March 28 US – China Relations Jeanette Daines & Dr. Xuedong Ding

April 4 The Future of NATO and European Security Steve Brown

April 11 AI and American Security Howard Lee & Dr. Yuan Xing & AI Club Members

April 25 India: Between China, the West, and the Global South
Suzanne Gaines

May 2 After Gaza: American Policy in the Middle East Lynn Shaw

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

Fridays: March 7,14,21,28, April 4, 11, 25, May 2 10:00 -11:30 a.m.

Shirley Doane Senior Center, 1412 6th Street E

12. Adventure of a Lifetime in Kenya

Lions, giraffes and hippopotami, Oh My! On a 16-day trip, former Wisconsin educators traveled to Kenya to build a water well for Maasai villagers. Things didn't go as planned, and what resulted was an adventure of a lifetime! It included seeing magnificent animals in the wild, eating unusual foods, and establishing new friendships. The group returned with tales of chaotic traffic, a hotel on a mountaintop, historic sites to see, and more.

Presenter: Renee Howarton

Coordinator: Elizabeth Fischer (715) 874-5633

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

Russell J. Rassbach Heritage Museum, 1820 John Russell Road

13. Aging in Place: Senior Housing Options

Have you explored housing options? There are many options other than living in your own home while still aging in or near the community where you have lived. We will explore regional possibilities in Western Wisconsin and the Twin Cities area. Each state has different definitions but similar options to age in place whether our health changes, we lose a life partner, or just don't want to maintain a house anymore. Learn some of the options. This program is co-sponsored by at the Dunn County ADRC.

Presenters: Lisa Riley from Eau Claire County Aging and Disability Resources Center (ADRC) and Beckie Lueck, Manager of the Senior LinkAge Line in Minnesota

Coordinator: Margy Hagaman (715) 309-8030

Wednesday: March 12 1:30 - 3:00 p.m.

Russell J. Rassbach Heritage Museum, 1820 John Russell Road

14. Moving Day

Where will our next move be? As we age, moving to a new place is often desirable—and often necessary. Many issues surround such a move—prior planning, maintaining our agency, managing our thoughts and feelings, relating to those who are helping us in this transition, and adjusting to the new place we will call home.

Presenter: Judy Schindler

Coordinator: Elizabeth Fischer (715) 874-5633

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

Russell J. Rassbach Heritage Museum, 1820 John Russell Road

15. Chair Yoga: Breathe, Stretch, and Restore

Discover the power of effective breathing techniques, engage in gentle seated yoga postures, and experience guided meditation. These practices are thoughtfully designed to calm your mind, sharpen your focus, and cultivate a positive mindset.

Presenter: Tina Tharp, Community Engagement Specialist at Mayo Clinic Health System and Registered Yoga and Group Fitness Instructor

Coordinator: Howard D. Lee (715) 235-884

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

Shirley Doane Senior Center, 1412 6th Street E

16. Maple Sugaring Demonstration

The art of collecting sap and creating sugar and syrup originates with the Native Americans. Take a short walk on a local Menomonie/Boyceville woodlot to observe, learn, and taste maple sap “tree side,” as well as the finished product - sap in syrup and sugar form. The process of sugaring, including folklore, will be shared. Bring your sweet tooth, as tasting is a big part of this experience. **Limit 30 per session. Sign up for one session only.**

Presenter: Ed Burger

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

Tuesday: March 18 (A) 10:00 -11:30 a.m.

Tuesday: March 18 (B) 1:30 - 3:00 p.m.

Joan & Ed Burger's property, N8978 County Rd F Boyceville

17. 3-D Printing is for Everyone!

Explore the fundamentals of 3D printing machines and materials and learn how additive manufacturing techniques create unique and complex products. Free online catalogs of pre-designed parts are available to get started and will keep you excited about what to print next. Two machines will be demonstrated. Sample “prints” and various materials will be on hand for display and discussion. Take a sneak peak at Makerworld.com for ideas. Opportunities are endless!

Presenter: Paul Mommsen

Coordinator: Joyce Robbins (715) 931-7611

Tuesday: March 25 1:30 - 3:00 p.m.

Russell J. Rassbach Heritage Museum, 1820 John Russell Road

18. Find out What's Happening in the Middle East from Cathy Sultan

What's happening in the Middle East 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, Yemen's unyielding support for the Gazans continues, and Syria is now in the hands of Al Qaeda/ISIS and may never recover as a country.

Presenter: Cathy Sultan

Coordinator: Elizabeth Fischer (715) 874-5633

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

Russell J. Rassbach Heritage Museum, 1820 John Russell Road

19. What Does the Civil Air Patrol Do?

Civil Air Patrol (CAP) is the Air Force Auxiliary for ages 12-112! Learn about the history of CAP, as well as their Aerospace Education, emergency services, and Cadet Program Missions. An unrecognized force when disaster strikes, the Civil Air Patrol consists of volunteers serving America's communities, saving lives and shaping futures by teaching young people to help adults in assisting their neighbors during catastrophes. CAP also promotes aerospace, aviation, and STEM curricula in our schools.

Presenter: Capt. Kristin Walukas

Coordinator: Elizabeth Spader (715) 235-7003

Thursday: March 27 10:00 -11:00 a.m.

Russell J. Rassbach Heritage Museum, 1820 John Russell Road

20. Cooking with Monica: Add Delicious Anti-Inflammatory Recipes to your Daily Routine

Inflammation is one of two factors that greatly contribute to aging. Monica will inspire you to add more of anti-inflammatory foods into your dishes with new recipes such as Turmeric & Honey Elixir; Nutty & Fresh Feta Salad with a citrus-honey dressing; Honey-Turmeric Pomegranate Oatmeal; Burdock Root and Miso Soup; Spring Rolls with Celery, Asparagus & Veggies; and Turmeric & Ginger Chia Pudding with Fresh Berries. Enjoy samples and take home a recipe packet. **Limit 50**

Presenter: Monica Nichols

Coordinator: Elizabeth Fischer (715) 874-5633

Monday: March 31 12:30 - 2:00 p.m.

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

Cost: \$15

21. Elephant in the Room: A Conversation About Palliative Care and Hospice

Join us for a compassionate and enlightening class where we tackle the often-avoided but deeply important conversations about palliative care and hospice. This class is designed to help individuals and caregivers better understand their options, make informed decisions and approach these topics with confidence and grace. **(Note time.)**

Presenters: Adoray, Home Health and Hospice Care, Jessica Wayne R.N. ; Mayo and Carla Berscheit; Dementia care Specialist, ADRC

Coordinator: Clauden Oebser (715) 874-6054

Wednesday: April 2 **10:00 a.m.- Noon**

Russell J. Rassbach Heritage Museum, 1820 John Russell Road

22. How to Preserve your Historic Items at Home

Join Director Melissa Kneeland at the Dunn County Historical Society to learn tips about how to preserve your historic items at home. This includes photos, clothing, and paper documents. Also, learn how to consider which of your items might be a good fit for your local (or not so local) historical society. **Limit 20**

Presenter: Melissa Kneeland

Coordinator: Elizabeth Fischer (715) 874-5633

Wednesday: April 2 1:30 - 3:00 p.m.

Russell J. Rassbach Heritage Museum, 1820 John Russell Road

Cost: \$10

23. Seeds of Change: Creating Pollinator Havens and Restoring Prairies in Dunn County

Native pollinators have declined precipitously. Find out how to support these important insects on your property. Learn how to create diverse pollinator habitats and prairie restoration in rural Wisconsin. We'll cover practical tips on pollinator-friendly plantings and explore available funding opportunities. Discover the essential steps in establishing and maintaining a thriving prairie. Whether you're a landowner, farmer, or nature enthusiast, this talk will equip you with the knowledge to restore native ecosystems and boost biodiversity where you live.

Presenter: Madlen Kobs, Farm Biologist, USDA

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

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

Russell J. Rassbach Heritage Museum, 1820 John Russell Road

24. Volunteering: What's in it for Me?

We all know the benefits of volunteerism for both the recipients and those offering acts of kindness. Did you know that volunteering also provides health benefits to the volunteer as well? Learn how incorporating volunteerism into your life can increase your physical, mental, and social well-being while also benefiting individuals in your community. We will also explore volunteer opportunities that are available at Mayo Clinic Health System right here in Menomonie.

Presenter: Lisa Lockie, Volunteer Services, Menomonie Mayo Clinic Health System

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

Monday: April 7 10:00 -11:30 a.m.

Shirley Doane Senior Center, 1412 6th Street

25. Boost your Health with a 5-Minute Daily Wellness Routine

What if you could boost your health with a 5-minute daily wellness routine? We all want to live as healthy as possible, but in our busy world making time for our health has become challenging. Join us to learn how to use natural supports (supplements, essential oils, herbs and nutrition) to simplify a health routine in order to look and feel your best. We will focus on nutrition, hydration, sleep, stress, cognition, and energy.

Presenter: Michelle Caron

Coordinator: Elizabeth Fischer (715) 874-5633

Wednesday: April 9 10:00 - 11:30 a.m.

Russell J. Rassbach Heritage Museum, 1820 John Russell Road

26. The Patagonian Wilderness and Beyond

Enjoy a photo-filled presentation of the Patagonian Wilderness and Beyond. Beyond meaning from Rapa Nui to Cape Horn as we crossed the Chilean border four times. JoAnn will share another Overseas Adventure Travel trip that took her face to face with the Moai, the winds of Patagonia, the gauchos of the Steppe, and a boat ride down Glacier Alley. Along the way they met and dined with local people and discussed controversial topics to see the other side. Finally, learn why you never say the F-word in Argentina!

Presenter: JoAnn Parks

Coordinator: Elizabeth Fischer (715) 874-5633

Wednesday: April 9 1:30 - 3:00 p.m.

Russell J. Rassbach Heritage Museum, 1820 John Russell Road

27. AmeriCorps Seniors - Getting Things Done for America!

Learn about two AmeriCorps Seniors programs, the Retired and Senior Volunteer Program (RSVP) and the Foster Grandparent Program (FGP). Both programs offer rich volunteer service opportunities for individuals 55 and older. Every year, AmeriCorps matches over 143,000 AmeriCorps Seniors volunteers with service opportunities offered by our partner organizations. Captain Kristin Walukas will explain more about AmeriCorps Seniors core programs and answer your questions regarding it.

Presenter: Capt. Kristin Walukas

Coordinator: Elizabeth Spader (715) 235-7003

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

Russell J. Rassbach Heritage Museum, 1820 John Russell Road

28. Tour Season's Harvest Greenhouse and Garden Center

Season's Harvest is a full service retail greenhouse and garden center with a deep selection of exceptional plant varieties, annuals perennials, vegetables, and herbs. Owner and operator Joshua Bergman will give us a 30 to 45 minute tour of his operation. **Limit 10 per session. Sign up for one session only**

Presenter: Joshua Bergman

Coordinator: Joyce Robbins (715) 931-7611

Friday: April 11 (A) 1:00 - 1:45 p.m

Friday: April 11 (B) 2:00 - 2:45 p.m.

Wednesday: April 16 (C) 10:00 - 10:45 a.m.

Wednesday: April 16 (D) 11:00 - 11:45 a.m..

E5345 Country Road D, 4.6 Miles North of Walmart on State Road 25

29. Draw a Personal Mandala

Explore Mandala Designs as cultural and universal symbols. Create a Mandala Design on artist quality paper with drawing media. Bring along a handful of small objects that have interest for you or hold a memory such as jewelry, gadgets, found objects in nature, etc. Use these as a point of reference for design inspiration and to bring personal meaning to your drawing. Techniques in composition and drawing will be demonstrated to guide the process. All supplies will be provided.

Limit 20

Presenter: Jan Theberge

Coordinator: Joyce Robbins (715) 931-7611

Wednesday: April 16 1:30 - 3:00 p.m.

Russell J. Rassbach Heritage Museum, 1820 John Russell Road

Cost: \$25

30. Spine Health and Interventional Therapy for Chronic Back Pain

Dr. Butler will cover spinal health and wellness with specific topics including disease prevention, bone health, sleep hygiene and nutritional recommendations for a healthy back. He will discuss interventional therapy for chronic back pain, specifically focusing on radiofrequency ablation and minimally invasive lumbar decompression to treat pain from arthritis and spinal stenosis. A great session especially those experiencing spine challenges and chronic back pain.

Presenter: Dr. Casey S. Butler, MD Mayo Health System

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

Thursday: April 17 10:00 -11:30 a.m.

Shirley Doane Senior Center, 1412 6th Street E

31. Carnival Antique Tin Toys

My name is Glen Edberg, and I will be showing my collection of antique, metal carnival toys. I have about thirty or more of them. The oldest dates back to about 1898, but most are from the 1920's through the mid 1950's. The majority of them are wind up and remain in good operational condition. The first one I got was a Christmas gift, I was four-years-old. I'm now 77.

Presenter: Glen Edberg

Coordinator: Joyce Robbins (715) 931-7611

Thursday: April 17 1:30 - 3:00 p.m.

Russell J. Rassbach Heritage Museum, 1820 John Russell Road

32. Explore the Mountain Kingdom of Bhutan

Bhutan is an ancient kingdom nestled in the Himalayas just to the south of Tibet and east of Nepal. Its borders remained closed to the outside world until 1974. Mountain beauty, typical Bhutanese architecture, traditional dress, and an integral Buddhist faith combine to create an otherworldly travel experience. Join me as I relive one of my most meaningful and favorite travel adventures.

Presenter: Kathy Flory

Coordinator: Joyce Robbins (715) 931-7611

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

Russell J. Rassbach Heritage Museum, 1820 John Russell Road

33. Fused Glass Channel (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. Pick up finished pieces *two weeks* after the class at Dragon Tales Bookstore..**Limit 20**

Presenter: Josephine Geiger

Coordinator: Joyce Robbins (715) 931-7611

Wednesday: April 23 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

Make a fused glass artwork in a fun and casual setting – no experience needed! Choose your project when you arrive, starting with a clear base and adding plenty of colored glass to create fun designs: nightlight, candle holder, shallow dish, soap dish, pair of coasters, or a sun-catcher. Josephine will bring all the materials and tools, then take the projects to her studio and fire it into a beautiful work of art for you. Pick up finished pieces 2-3 weeks after class at the Dragon Tales Bookstore. **Limit 20**

Presenter: Josephine Geiger

Coordinator: Joyce Robbins (715) 931-7611

Wednesday: April 23 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. The Wilderness Next Door: Exploring the Boundary Waters Canoe Area

The million-acre Boundary Waters Canoe Area (BWCA) is the largest tract of wilderness east of the Rocky Mountains. The presenters will share their love of this wild country and many experiences through all four seasons with friends, family, and alone. Learn to explore the area from wilderness campsites, campgrounds, a bunkhouse, or historic lodge. Swap stories, shoulder a Duluth pack, or an ultralight canoe. Discover ways to access the BWCA throughout our lifespan.

Presenters: Rich Boardman and Lucianne Boardman, YMCA Camp DuNord Family Resource Staff; Barb Flom, Girl Scout Outdoor Trainer

Coordinator: Kathy Campbell (715) 559-4149

Thursday: April 24 10:00 - 11:30 a.m.

Russell J. Rassbach Heritage Museum, 1820 John Russell Road

36. Local News – Where We Are and Where We Are Going

Picture a community where everyone is informed, engaged, and connected — a place where facts matter and reliable information is at your fingertips. This is the vision of our non-profit, community-led, online, independent news initiative, Menomonie News Net, that began publishing weekly in November, 2024, after two years of meetings, study and fund raising by a group of area residents. Find out what's next.

Presenter: Becky Kneer, Menomonie News Net Advisory Board, co-editor

Coordinator: Pat Eggert (715) 308-5357

Thursday: April 24 1:30 - 3:00 p.m.

Russell J. Rassbach Heritage Museum, 1820 John Russell Road

37. **Tour the Wastewater Utility**

Back by popular demand! Any city resident who flushes a toilet or uses a sink should take this highly informative, interesting, and surprisingly odor-free tour. The plant collects and converts 1.5 million gallons of wastewater per day. Learn how your wastewater is treated and cleaned to EPA standards. You will see how the plant is operated and maintained, how the wastewater system is monitored, and how outside sources can influence the plant's operation. You will encounter uneven terrain and need to climb stairs. **Limit 10 per session. Sign up for one session only.**

Presenter: Paul Sterk, Superintendent Wastewater Utility

Coordinator: Mark Quilling (651) 772-9398

Monday: May 5 (A) 10:00 - 11:30 a.m.

Monday: May 5 (B) 1:30 - 3:00 p.m.

Wastewater Utility, 620 11th Avenue W

38. **Discover the Wonderful World of Ebikes/Etrikes**

Bicycle Larry from the Recycle Bike Shop will share in-sites on the world of Ebikes and Etrikes. He will explore the benefits of cycling, places to ride, health benefits, and the economics of cycling. Moreover, he will guide you on how to choose an affordable and reliable ebike(s)/etrike(s). He will explain the mechanical and technical support: the parts of an electric assist cycle: the regular care and maintenance of the bikes: plus state and city regulations. To top it off, you have the opportunity to ride a stationary ebike!

Presenters: Larry Theberge, Recycle Bike Shop

Coordinator: Marilyn Hagen (715) 210-0073

Wednesday: May 7 10:00 - 11:30 a.m.

Russell J. Rassbach Heritage Museum, 1820 John Russell Road

39. **Cooking with Monica: Balance Fresh Coastal Ingredients with Sweet Spices to Create Harmonious Mexican Flavors**

Learn how to use the techniques common in coastal Mexican cooking to tantalize your taste buds with a mixture of fruits, cinnamon and vanilla spices, and seafood. Monica will share an overview of how you may use grilling, marinating, and fresh herbs to make delicious dishes such as Coastal Shrimp Tacos with Mango Salsa, Veracruz-style Fish, Coconut and Lime Chicken Ceviche, and Mexican Cinnamon & Vanilla Rice Pudding. Sample some and take home a recipe packet. **Limit 50**

Presenter: Monica Nichols

Coordinator: Elizabeth Fischer (715) 874-5633

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

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

Cost: \$15

40. Create a Beaded Wall Hanging

Embellish small pieces of driftwood with a variety of beads (glass, ceramic, metal, wood, and shell). The material will be provided for two small mobiles or one large mobile. If you have something you might want to include, bring it along. Pictures are available at cvlr.org..

Limit 20

Presenters: Chris Oest and Cheryl Gust

Coordinator: Joyce Robbins (715) 931-7611

Wednesday: May 14 1:00 - 4:00 p.m.

Russell J. Rassbach Heritage Museum, 1820 John Russell Road

Cost: \$22

41. Meet Kidney Donor Athlete, Cara!

Cara Syth donated a kidney and qualified for the Boston Marathon within months of each other. At the age of 37, Cara was determined to become healthier and stronger and began running. During this time, her friend inspired her “why not?” attitude to donate a kidney. Listen to Cara’s journey of training, surgery, recovery, and marathon achievements. She has compiled a long list of races, including the New York Marathon and London Marathon. Cara’s enthusiastic delivery and personality project her “can do” motivation.

Presenter: Dr. Cara Syth, OB/GYN, Mayo, Menomonie & Eau Claire

Coordinator: Marilyn Hagen (715) 210-0073

Thursday: May 15 10:00 - 11:30 a.m.

Russell J. Rassbach Heritage Museum, 1820 John Russell Road

42. Tour the Covia Sand Plant

Back by popular demand! Take a fascinating tour of Covia Sand Plant. Covia mines several grades of high-purity quartz sand, with only one grade being regularly sold for use in glass production. The purity of their high-quality sand makes Covia an industry leader. See how the sand is extracted from the ground and cleaned and separated into its different components. Learn about the changes at Covia since first opening and about the land reclamation process currently taking place.

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

Presenter: Carter Boswell, Plant Manager

Coordinator: Mark Quilling (651) 772-9398

Thursday: May 15 (A) 1:30 - 3:00 p.m.

Friday: May 23 (B) 1:30 - 3:00 p.m.

Covia Sand Plant, N5628 580th Street

43. Change of Venue for a 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 (all prepared by the students). The jury deliberates to reach a verdict, announcing the verdict to finish the trial. **NOTE: time frame and location**

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

Coordinator: Marilyn Hagen (715) 210-0073

Tuesday: May 20 9:30 - 1130 a.m.

Dunn County Judicial Center 815 Stokke Pkwy

44. Paint Watercolor Miniatures

Watercolor painting is a popular technique among artists of all ages and skill levels due to the forgiving nature and opportunity for experimentation. You will paint miniature samplers on artist quality watercolor paper experimenting in watercolor technique. Subject categories such as landscape, clouds, water, floral, architecture, and more will be explored. All supplies will be provided. **Limit 20**

Presenter: Jan Theberge

Coordinator: Joyce Robbins (715) 931-7611

Wednesday: May 21 1:30 - 3:00 p.m.

Russell J. Rassbach Heritage Museum, 1820 John Russell Road

Cost: \$25

45. Tour Menomonie's Cardinal Glass Factory

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 applications for residential windows and doors. You may look inside the glass-melting furnace, which gets hot! NOTE: This is a walking tour, and we do a lot of it. You will climb stairs and not have a place to sit and rest once the tour starts. **Limit 24**

Presenter: Jan Witt, Quality Assurance Representative

Coordinator: Mark Quilling (651) 772-9398

Wednesday: May 28 10:00 - 11:30 a.m.

Cardinal Glass Factory (Cardinal FG), 2200 Stokke Parkway

46. **Healthy Soil, Healthy Plants**

Soil health has recently received national recognition for potentially solving some of our world climate issues. Soil health can also make a difference in your own garden's yield, planting costs, and soil erosion prevention. What exactly is soil health? How do you achieve a healthy soil? Learn about soil health, how to improve your property's soil health, and what it can mean for long-term sustainability.

Presenter: John Sippl, District Conservationist, USDA

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

Wednesday: May 28 1:30 - 2:30 p.m.

Russell J. Rassbach Heritage Museum, 1820 John Russell Road

47. **The Blue Trunk Author Ann E. Lowry Shares her Story**

Expanding upon the life of a relative in her past, Ann Lowry weaves a novel that "offers humor, sharp social commentary, startling twists, and a satisfying conclusion" according to Kirkus Blue Star Review. Like a sister to Sharon, Ann Lowry is Sharon Lowry's first cousin. She released her novel, *The Blue Trunk*, last year and will share her fascinating story with you. She was featured on NPR last year and requested to present by a CVLR member.

Presenters: Ann E. Lowry

Coordinator: Elizabeth Fischer (715) 874-5633

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

Russell J. Rassbach Heritage Museum, 1820 John Russell Road

48. **Tour an Ethanol Plant in Boyceville**

Big River Resources, LLC formed as a cooperative in 1992 with fuel and feed production objectives. It has grown into a holding company with four subsidiaries producing a combined total of 190 million gallons of ethanol annually. Learn about the operation of the plant, the interesting way by which corn is processed into ethanol, why many feel corn ethanol is critical for a clean energy future, and why ethanol is a cleaner burning fuel. This is an indoor/outdoor tour with steps to navigate, and the facility is warm in places. **Limit 20**

Presenter: Brian Kieffer, Plant Manager

Coordinator: Mark Quilling (651) 772-9398

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

Big River Resources, LLC, N10185 370th Street, Boyceville

49. Cooking with Monica: Refresh your Summer Menus by Featuring Melons in Fresh Ways

Watermelon, cantaloupe, honeydew, and even specialty melons like Pepino or Kiwano offer versatility in both savory and sweet dishes, and are nutritious and hydrating. Monica will show you the basics of cutting, peeling, and deseeding melons efficiently plus how to use melon balls and pickled melon rinds. Learn how to make Air Fryer Grilled Watermelon, Melon Salad with Mint and Feta, Melon Sorbet, Melon and Prosciutto Skewers, Grilled Chicken Tacos with Melon Salsa, and Melon Margaritas. Enjoy samples and take home a recipe packet.

Limit 50

Presenter: Monica Nichols

Coordinator: Elizabeth Fischer (715) 874-5633

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

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

Cost: \$15

50. How to Be Psychic

Have you ever wanted to have contact with the spirits of loved ones, work with energy and healing, or know how to meditate and use crystals and stones? TV presenter and renown psychic Adrian Lee will deliver his famous psychic development class. His presentations are interactive and fun, and he uses his twenty-five years of experience from all over the world to improve your metaphysical skills whether you are a complete beginner or more experienced.

Presenter: Adrian Lee

Coordinator: Elizabeth Fischer (715) 874-5633

Thursday: June 19 1:30 - 3:00 p.m.

Russell J. Rassbach Heritage Museum, 1820 John Russell Road

51. KKK Women in the Menomonie Area

In the xenophobic atmosphere of the 1920s and 1930s, Ku Klux Klan activity spiked in Wisconsin and gave rise to Women's Klan #1, the Grey Eagles of Chippewa Falls. For every minute spent upholding Prohibition and blocking Catholic Al Smith's path to the White House, they raised funds for their order and helped neighbors in need. Find out the complex legacy of these woman who struggled to balance their noble intentions against the malicious ideology of the Klan.

Presenter: John Kinville

Coordinator: Howard Lee (715) 235-8841

Monday: July 7 10:00 - 11:30 a.m.

Shirley Doane Senior Center, 1412 6th Street E

Chippewa Falls/Cornell

52. **Tour Valley Sports Academy Encore-a \$10 million Multi-sport Training Facility**

Tour this incredible 116,000-square-foot building, located on 80 acres in Lake Hallie (with future expansion). This state-of-the-art facility is committed to providing high-level opportunities customized for athletes in the Chippewa Valley. Brian/Liz Seubert founded Valley Sports Academy in 2020 because they saw a need for a multi-sport training facility in the Chippewa Valley. Top-notch trainers are hired to teach skill building for various sports, including hockey, soccer, baseball, and softball. **Limit 20**

Presenter: Phil Swiler, Public Relations Director

Coordinator: Marilyn Hagen (715) 210-0073

Monday: March 10 10:00 - 11:30 a.m.

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

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

CAHC Executive Director Jarrod Showalter speaks about the behind-the-scenes work of the museum and how the staff takes on its collections, before leading a tour of the collections spaces. We'll show some items brand-new to the collection, including some from the recently closed St. Joseph's Hospital. We'll also examine why we take what we take.. **Limit 20**

Presenter: CAHC Executive Director Jarrod Showalter

Coordinator: Elizabeth Fischer (715) 874-5633

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

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

Cost: \$10

54. **What Is the Ice Age Scenic Trail?**

The Ice Age Scenic Trail is a 1100-mile footpath stretching from Wisconsin's Interstate Park to the Door County Peninsula tracing the terminal moraine of the last glacier. How did it come into existence? Who owns it? How did it get built? Who maintains it and how? What are the user groups? How can you get involved with the trail? Jerry will answer these questions and give you more information, some of it first-hand on the trail.

Presenter: Jerry Sazama

Coordinator: Elizabeth Fischer (715) 874-5633

Friday: May 16 1:30 - 3:00 p.m.

Obey Center, 13394 Cty Hwy M, New Auburn

The David R. Obey Ice Age Interpretive Center is 7 miles east of New Auburn and 1.9 miles east of State Highway 40 on County Highway M.

Eau Claire

55. **Booked for Adventure: An Insider's (L.E. Phillips) 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. **Note the special time frame. Limit 50**

Presenter: Nancy Kerr, Library Director

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

Wednesday: March 5 9:30 – 11:00 a.m.

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

56. **Backyard Birdwatching**

Come to Beaver Creek Reserve to learn about birding in your own backyard and Beaver Creek's Avian Monitoring Program. We will discuss attracting birds to your yard, identifying feeder birds, the best times to watch, and more. The Avian Field Technician will also lead you through the many volunteer opportunities that Beaver Creek Reserve offers including songbird banding, Eastern Bluebird nest box monitoring, and Northern Saw-whet owl banding. Weather permitting, you may observe a demonstration of the songbird banding program.

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

Presenter: Claire Molina, Avian Field Technician

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

Monday: March 17 (A) 10:00 - 11:30 a.m.

Wednesday: March 19 (B) 10:00 - 11:30 a.m.

Beaver Creek Reserve S1 County Highway K, Fall Creek

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

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. This class is a hold-over from last fall so only a very few seats are open. Sign up for those and/or the overflow so that you may replace someone who cannot attend. **Available 2**

Presenter: Ann Brand, PhD

Coordinator: Amy Alpine (917) 446-5983

Wednesday: March 19 1:30 – 3:00 p.m.

Unity Christ Church of Eau Claire, 1808 Folsom Street

Cost: \$5

58. Gut Health, Inflammation and How It May Accelerate Aging

Registered dietitian Kaelin Maidment will teach us about gut health and inflammation. You'll gain a deep understanding of how inflammation accelerates the aging and disease process, and the important role that gut health can play in reducing inflammation through nutrition and lifestyle habits.

Presenter: Katelin Maidment, Registered Dietitian

Coordinator: Clauden Oebser (715) 874-6054

Thursday: March 20 1:30 – 3:00 p.m.

LE Phillips Senior Center, 1616 Bellinger St, Conference Rooms A&B, lower level

59. Yellowstone and Grand Teton National Parks

Yellowstone and Grand Teton National Parks form the core of the Greater Yellowstone Ecosystem. This diverse and fascinating landscape with thousands of hydrothermal features, majestic mountains, and the largest concentration of wildlife in the lower 48 states is also one of the largest nearly intact temperate zone ecosystems on Earth. Rick will share images, experiences, and information from his dozens of adventures to the area in the last 25 years. Co-sponsored by L.E. Phillips Memorial Public Library.

Presenter: Rick Koziel

Coordinator: Amy Alpine (917) 446-5983

Tuesday: March 25 10:00 – 11:30 a.m.

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

60. AI – How It's Changing the World and How You Can Use It

Artificial Intelligence (AI) has made major advances in the last five years, moving from obscurity to being a major factor in many areas of life, including business, media, and entertainment. We'll look at what AI is and isn't, how it has developed, how it is applied in many areas, ethical issues, and how you can start using AI. A handout with information on how you can access AI tools online will be included.

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

Presenter: Dr. Paul Wagner, Professor Emeritus, Department of Computer Science, UW-EC

Coordinator: Kathy Campbell (715) 559-4149

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

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

61. *Columbia, the Gem of Diversity*

“Colombia the gem of the birding world,
The home of the many and the bright,
The shrine of each birder's devotion,
A world offers homage to thee,
Thy mandates make nature-lovers assemble,
When biodiversity commands the view”

Join ornithologist and ecologist Steve Betchkal as he tours in stories and photos the glorious splendor of South America's richest natural landscape. Co-sponsored by L.E. Phillips Memorial Public Library.

Presenter: Steve Betchkal

Coordinator: Kathie Fahrman (715) 563-5116

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

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

62. Great Ideas for Planting Time!

Soon we will be planting our annuals, perennials, vegetables, and herbs. Get great ideas in companion planting for the vegetable garden to both keep pests away and maximize your harvest. Learn some easy step-by-step container gardening, too. We will show you the new perennials and annuals this season, offering some pretty amazing combinations that will make your yard stand out! Gardening is the number one hobby in America, and Angie can't wait to share her passion with you.

Presenter: Angie Reit, May's Floral

Coordinator: Elizabeth Fischer (715) 874-5633

Thursday: April 3 1:30 – 3:00 p.m

May's Floral, 3424 Jeffers Road

63. Create Fused-Glass Sailboat & Bird

Make a fused-glass Sailboat that will be mounted on a short, steel stake and drilled into a 4"-5" walnut round. A votive candle can be used behind the sailboat. Participants will also make a fused-glass Bird that will be mounted on a 12"-16" steel stake. Pick-up: Monday, April 28, 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: April 7 1:30 – 3:00 p.m

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

Cost: \$25 for Sailboat and Bird

64. Her Other Side

Join Eau Claire Women in Theater as they explore some of the untold stories of women. From the perspectives of power, position, and societal norms, ECWIT will portray both humorous and serious tales to leave you with food for thought to accompany your delicious lunch at The Florian Gardens.

Presenters: ecWIT – Eau Claire Women in Theater

Coordinator: Elizabeth Fischer (715) 874-5633

Tuesday: April 8 10:00 a.m. – 12:30 p.m.

The Florian Gardens, 2340 Lorch Avenue

Cost: \$35

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

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

Presenters: Steve Betchkal & Micah Davis

Coordinator: Kathie Fahrman (715) 563-5116

Tuesday: April 8 1:30 - 3:00 p.m.

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

66. Chair Yoga

From beginners to experienced yoga, all levels are welcome to join Chair Yoga. During the class, your body will be guided through a series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance, range of motion and strength. The restorative breathing exercise along with the final relaxation pose will promote stress reduction and mental clarity. **Limit 125**

Presenter: Mindy Anderson, Registered Yoga Instructor (RYT-200)

Coordinator: Kathy Campbell (715) 559-4149

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

Unity Christ Center Sanctuary, 1808 Folsom Street

67. A Philosopher Looks at Happiness

Dr. Meyer will look at ten different "takes" on avenues to happiness that come primarily from the history of philosophy and contemporary psychology. These ten avenues are: virtue, Stoicism, synthetic happiness, changing one's mind, avoiding judgment, being in nature, Buddhism, embracing difficulty, reflective wisdom, and hedonism vs. altruism. After briefly discussing these ten, there will be plenty of time for discussion. Co-sponsored by L.E. Phillips Memorial Public Library. Presenter: Matthew Meyer, Ph.D., Associate Prof of Philosophy-UWEC
Coordinator: Michael O'Halloran (715) 563-2702
Monday: April 14 10:00 – 11:30 a.m.
L.E. Phillips Memorial Public Library, Riverview Room, Third Floor,
400 Eau Claire Street

68. Make Fused-Glass Flower Garden Stake

Make a porch pot stake made of weatherproof fused-glass. Choose a color of glass and add a flower design and various embellishments. The glass portion will be approximately 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, April 28, 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: April 14 1:30 – 3:00 p.m.
L.E. Phillips Senior Center, 1616 Bellinger Street, Thompson Room
Cost: \$25

69. Share your Story through an Artifact from your Past

Come to this session with an object from your childhood: A toy, a tool, a baseball glove, a pair of boots, or a piece of jewelry. If you do not have the actual item, bring a photo or write a description. During this session, we will organize into small groups and you will have an opportunity to tell the story that goes with your artifact. For example, you might have an eggbeater you inherited from your grandmother; the same eggbeater she used when she taught you how to make a cake. Participate in person or via Zoom.
Presenter: Tim Hirsch
Coordinator: Mike Hilger (715) 832-8823
Tuesday: April 15 10:00 – 11:30 a.m.
L.E. Phillips Senior Center, 1616 Bellinger Street, Presto Room and Zoom.

70. What Lies Ahead for Me?

As you approach the end of your life, you may be pondering – what will become of my soul after my body dies? This thought-provoking class will use the world religions to address: What is the soul? From where does it come and when? What is its relationship with my body? What are its capacities? Do I need to develop my soul? Is there an afterlife, a heaven, a hell? How long will my soul exist?

Presenter: Tim Nyseth, long-time student of comparative religion

Coordinator: Elizabeth Fischer (715) 874-5633

Tuesday: April 15 1:30 – 3:00 p.m.

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

71. This Is My Name: And, I Want to Write it Down Before I Forget It

Barbara Shafer has created an important planning document to track personal likes and dislikes —all the way from grooming to food and favorite TV and music. She will explain how her book came to be and delve into the importance of everyday needs and preferences. A care provider could be in the future for you or a loved one. What should you write down to ensure the best possible caregiving?

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

Presenter: Barbara Shafer

Coordinator: Amy Alpine (917) 446-5983

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

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

72. What's Happening at The YMCA of the Chippewa Valley

Learn what's happening at the YMCA and its vision for our area. It includes items of concern and areas of excitement and focuses on long-term facility planning. It “answers the call to serve” by finding ways to help our communities grow and flourish through collaboration and meeting people’s needs; championing affordable/accessible childcare, mental health programs/services, and places to grow in community; and taking on an additional location and child care center in 2024. Co-sponsored by L.E. Phillips Memorial Public Library.

Presenter: Derek White, President and CEO - YMCA of the Chippewa Valley

Coordinator: Holly Hart (715) 456-6811

Monday: April 28 1:30 – 3:00 p.m.

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

73. Experience Wisconsin through Jim Backus's Lens

Visit Wisconsin through the discerning eye of Jim Backus & the lens of Magoo Nature Photography's camera. The main topics will be our beautiful wildlife refuges and flowing grasslands. Despite Jim's allegiance to Wisconsin, we may even visit a spot in Minnesota!

Presenter: Jim Backus, Magoo Nature Photography

Coordinator: Jim Urness (715) 832-5670

Tuesday: April 29 10:00 – 11:30 a.m.

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

74. A More Effective and Equitable Justice System

No longer is it "Lock them up and throw away the key". The Eau Claire County Criminal Justice Services Department collaborates with all department heads, county board members, and community treatment providers to enhance public safety, equity, and efficiency through data-driven strategies and innovative initiatives. It focuses on alternative programming, harm reduction, and person-centered alternatives. By fostering strong partnerships, it delivers solutions that promote positive outcomes and meaningful change.

Presenter: Tiana Glenna, EC Cty Criminal Justice Services Director

Coordinator: Barb Hebert (715) 514-9692

Tuesday: April 29 1:30 – 3:00 p.m.

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

75. Healthcare in the Chippewa Valley

Healthcare in Western Wisconsin was disrupted when two hospitals and a number of clinics closed a year ago. It is still difficult to get appointments and often there is a shortage of hospital beds in the area. New options are being explored but most people do not know about them. We will discuss options that have developed and possibilities for the future in the Chippewa Valley. Co-sponsored by L.E. Phillips Memorial Public Library.

Presenters: Robert Krause and Patti Darley from Chippewa Valley Health Cooperative

Coordinator: Margy Hagaman (715) 309-8030

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

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

76. Hmong Traditional Clothing-A Powerful Legacy

Discover the story told by Hmong clothing. It relates where one lives, one’s clan representation, and the region in which one resides. Traditional Hmong garments feature complex patterns and embroidery with bright, eye-catching colors. Since the Hmong had no form of written language, much of their history was portrayed through textiles and intricate pieces of cloth such as the Story Cloths and Flower Cloths. Pakou Thao will explain examples of these stories.

Presenter: Pakou Thao, (ECAHMAA)

Coordinator: Marilyn Hagen (715) 210-0073

Wednesday: April 30 1:30 – 3:00 p.m.

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

77. Tour the Historic Waldemar Ager House Museum

Learn about Waldemar Ager and his family, the house they shared, and life in Eau Claire in the early 20th Century. Hear about Ager’s significant contributions to preserving Nordic culture through *Reform*, the Norwegian language newspaper he edited. The restored Queen Anne-style Ager house is a representation of an 1890s Victorian home in Eau Claire, listed on the National Register of Historic Buildings. Enjoy traditional Scandinavian refreshments. (Main floor is fully accessible with stairs to the 2nd floor.) **Limit 20 per tour. Sign up for one tour only.**

Presenter: Doug Pearson & Ager Association Members

Coordinator: Sally Felling (715) 704-0937

Thursday: May 1 **A** 10:00 – 11:30 a.m.

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

Tuesday: May 13 **C** 10:00 – 11:30 a.m.

Tuesday: May 13 **D** 1:30 - 3:00 p.m.

Ager House Museum, 514 W. Madison Street

Cost: \$10

78. Wool Ewe Look at That? A Walk to Talk about Sheep, Wool, and the Environment

What happens when you mix old pasture land with a heritage breed of sheep? Take a walk on the farm to discuss watersheds and soil health, regenerative agriculture, heritage breeds of sheep, Cotswold history, and uses of wool. Lambing will hopefully be wrapped up, but jumpy cuteness will still be at high levels. Please wear boots or shoes that can be easily cleaned and dress for the weather as this will be an outside, pasture-based farm tour in an uneven terrain. **Limit 25**

Presenter: Beth Ivankovic

Coordinator: Amy Alpine (917) 446-5983

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

RAIN DATE Thursday: May 15 1:30-3:00 p.m.

S5001 William Court

79. How Grief and Loss Rewire the Brain and What You Can Do About it

Grief and loss come in many forms. Whether by the loss of a loved one, illness, injury, divorce, unfulfilled dreams, or another cause, the brain interprets grief as an emotional trauma or PTSD. Learn how grief and loss affect the brain and body, healthy strategies for coping, available resources...and most importantly, rewiring your brain!

Presenter: Lisa Wells, Dementia Care Specialist, EC County ADRC

Coordinator: Claudeen Oebser (715) 874-6054

Wednesday: May 7 1:30 - 3:00 p.m.

Unity Christ Church of Eau Claire, 1808 Folsom Street

80. The Sonnentag LEEDs the Way for Community Sustainability

Take a walking tour of the Sonnentag Events Center & Fieldhouse-- the largest publicly operated university recreational center in the nation that is LEED gold certified. Learn about the sustainability features such as geothermal heating and the community partners involved in making this state-of-the-art facility possible. The tour will take place on the main floor with an option to take the stairs/elevator to the fan deck for a bird's eye view of the Blugold Basketball/Volleyball Court. **Limit 35 per tour.**

Sign up for one tour only.

Presenter: Lily Strehlow, Sustainability Coordinator, UWEC

Coordinator: Sally Felling (715) 704-0937

Thursday: May 8 **A** 10:00 – 11:30 a.m.

Thursday: May 8 **B** 1:30 - 3:00 p.m.

Friday: May 9 **C** 10:00 – 11:30 a.m.

Friday: May 9 **D** 1:30 - 3:00 p.m.

Sonnentag Center, 1075 Menomonie Street

81. A look at Pablo Center's Education Programs STEAM Powered: Fusing Art and Science for a Brighter Future

Discover the vibrant education programs at Pablo Center! Did you know Pablo hosts three robotics teams and offers art outreach, activity clubs, six weeks of summer classes, Girls Who Code, LEGO Robotics, Odyssey of the Mind and more? Pablo nurtures creativity, innovation, and critical thinking for students K-12. Explore these exciting opportunities and participate in a hands-on art and robotics activity. Learn how Pablo is shaping the next generation of thinkers, creators, and leaders.

Presenter: Mary LaVenture, STEAM Programs Manager

Coordinator: Holly Hart (715) 456-6811

Monday: May 19 1:30 – 3:00 p.m.

Pablo Center at the Confluence, Riverfront Room

(Turn the page for two more offerings.)

82. Tour Hope Gospel Mission's New Hope Learning Center

Tour the new Hope Learning Center where residents receive counseling and education to change their lives as they journey in their recovery. Also, learn about new programs and receive an update on the Day Resource Center that will be coming to downtown Eau Claire to provide resources for the growing homeless population.

Presenters: Brett Geboy and Staff

Coordinator: LuAnn Livingston (414) 507-7740

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

Hope Gospel Mission Renewal Center for Men 2650 Mercantile Drive

83. Grace Your Garden with Hydrangeas and Irises

Have the most beautiful hydrangeas and irises in your neighborhood! Master Gardener Jeff Delaney will share his expertise and enthusiasm in growing, pruning, propagating, and placing these flowers in proper locations in your bed. Jeff's tips will help prevent planting mistakes, offer landscaping ideas, stave off threats to both hydrangeas and irises, and keep them blooming. Bring your specific questions. **Limit 25**

Presenter: Jeff Delaney, Master Gardener

Coordinator: Marilyn Hagen (715) 210-0073

Tuesday: June 10 10:00 – 11:30 a.m.

Avalon, 421 Water 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. Coordinators do not know if a class has openings. If you have a question about a trip or class **after** you have registered, contact the coordinator. Find the coordinator's name in the class or trip listing and the e-mail below. Check cvlr.org for more class info.

Amy Alpine	amyalpine@att.net
Kathy Campbell	Kac55.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
Holly Hart	holly@hollyhart.org
Margy Hagaman	mrhagaman@gmail.com
Mike Hilger	hilgermj@uwec.edu
Joan Jepsen-Burger	j.jepsen-burger@gmail.com
Howard Lee	leeh@uwstout.edu
LuAnn Livingston	17livil@gmail.com
Claudeen Oebser	coebser@gmail.com
Mike O'Halloran	mjohall.ec@gmail.com
Mark Quilling	markquilling@yahoo.com
Joyce Robbins	joyrob1@charter.net
Elizabeth Spader	elizabeth@elizabethspader.com
Jim Urness	jimurness@charter.net

Membership in Chippewa Valley Learning in Retirement (CVLR)

If you joined in the fall of 2024, your membership is effective for one year, from September, 2024, through August, 2025. If you are not currently a member, you may become a member for the Spring/Summer 2025 session only for \$25.

This membership entitles you to sign up for classes and trips offered by CVLR in Spring/Summer 2025. 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 2025**

Complete a separate form for each person.

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

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

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

Name _____

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

Address _____

City _____ State _____ Zip _____

E-mail _____

Telephone _____

DO NOT WRITE below this line. Make \$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 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 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

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

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

Current Resident or