

Together, We Learn



Classes offered outdoors,
online live and online recorded.

Details and registration online at
www.uwgb.edu/lii



Registration begins Monday, July 27, 2020 at 10 a.m. and goes through August 14, 2020 at 4 p.m., at which time registration will be suspended for the lottery to slot class rosters.

Find Inside

How to Register | Class Descriptions | Class Calendar | Worksheet for Class Selection



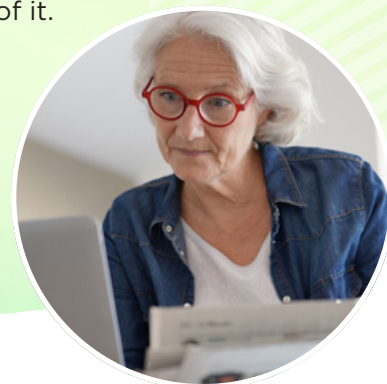
UNIVERSITY of WISCONSIN
GREEN BAY

Join Us at Lifelong Learning Institute

The Lifelong Learning Institute (LLI) is a member-led program sponsored by the University of Wisconsin-Green Bay's Division of Continuing Education and Community Engagement for adults interested in learning and community. LLI offers courses on a wide variety of topics each semester in a variety of formats and lengths. Instructors share their passions with lots of opportunities for questions, comments and discussion. No tests, no papers and no credits. Just learning for the joy and community of it.

Membership Fee:

\$125 per member per year, which includes two semesters of classes.



Keeping You Safe

As you know, due to the COVID-19 health pandemic, our society is being forced to think differently and creatively while we continue to move forward. LLI is no exception to this.

The Board of Directors approved the Curriculum Committee's recommendation to only offer fall semester classes outdoors, online live or online recorded. This decision will keep our members and presenters safe and will benefit members by being accessible wherever you may be — engaging at home, visiting the grandchildren or snowbirding elsewhere.



Bonus Classes

In early August, we will offer several bonus classes to existing LLI members that you can take for free to experience the online learning environment. Watch for a separate email about these free classes.

Online classes are accessible with any of the following:

- Desktop or laptop computer (PC or Mac)
- Tablet
- Smartphone (Android or iPhone)

The Google Chrome web browser works best and can be downloaded for free at www.google.com/chrome

With over **120 interactive and engaging classes**
to choose from, LLI offers flexible options for all new and existing members.

Inside this Issue

Registration Process.....1	Course Calendar 8	Thursday Courses.....28
Registration Worksheet 3	Monday Courses.....14	Friday Courses.....33
Registration Prep Form..... 4	Tuesday Courses.....18	Saturday Courses.....36
Course Categories..... 6	Wednesday Courses.....22	

Registration Checklist

- ✓ Registration will open on Monday, July 27, at 10 a.m. and goes through August 14, 2020, at 4 p.m., at which time registration will be suspended for the lottery program to slot class rosters.
- ✓ You may register for up to 20 courses during the initial registration period.
- ✓ Registration will re-open on August 20 for anyone who wishes to still join LLI or register for any classes not at capacity.
- ✓ We are still using the lottery to slot class rosters. When registering, you must prioritize your selections beginning with "1" as your highest priority. Use each priority once, up to 20 course selections. Please re-check your priority numbers as any errors will be corrected by LLI office staff without notice. The lottery randomizes class selection.
- ✓ Please be sure to click "Submit" at the end of registration. You will know that your registration has been successful because you will receive an email within minutes.
- ✓ You will receive your official class confirmation letter by August 21, which will list all the classes you got in. The letter will no longer be mailed to your home. Be sure LLI emails are not going into your Junk, Trash or Promotional email folders. Your confirmation email will only indicate the first session of each course, so please make a note of remaining dates listed in the catalog or calendar for reference.

Please Note: Registration must be completed online. If you do not have the means to register online, we recommend that you request assistance from a fellow LLI member, family member or contact the LLI office at lli@uwgb.edu.

Existing Member Registration

You will receive an email on the morning of Monday, July 27 when registration opens. This email will contain your personal registration link. Your registration account is based on your email address. IMPORTANT! If you have changed your email address since the last time you registered, please contact the LLI Office prior to registering at lli@uwgb.edu to update it in the system.

New Member Registration

Please register online at www.uwgb.edu/lli, click on "Catalog/Register" on the left side of the page and select the "Register Now" button. The registration process includes selecting your prioritized courses and completing the registration by making payment.

The information provided on all courses offered through LLI is intended for educational purposes only. The courses do not constitute professional advice, nor do they substitute for professional advice. The information and materials provided within represent solely the opinion of the presenter and do not replace professional advice on the topic. If you wish to seek more specific information on the topic, you should consult a professional.

Learning Environment

LLI members have been invited to take a look at LLI's online classroom. Orientation will include:

- **Training Sessions:**

Members have received newsletters with a link to LLI's online classroom where they are met by Program Specialist Susan Pike or a member of the online team who will show them around to work through any issues. Our goal is to connect one-on-one with each LLI member.

- **Learning Tools:**

Video and documentation on how to access the LLI online classroom have been emailed to members and are also available on LLI's website.



Refund Policy

LLI reserves the right to cancel any courses due to conditions beyond reasonable control, including but not limited to low enrollment, disaster, inclement weather, health emergency, unavailability of supplies, acts of God or any other circumstance. In the case of course cancellations, full or partial annual membership fees will not be refunded. Any course specific fees for canceled courses not already in session will be refunded.



Contacting LLI

Although the LLI office is indefinitely closed, please contact Program Specialist Susan Pike and volunteers by email or phone at any time.

Phone: 920-465-2356 • **Email:** lli@uwgb.edu



How Much Does an Annual Membership Cost?

The annual membership fee for LLI is \$125 — an average cost of \$10.42 per month. Two semesters. Up to 20 classes per semester.

No prerequisites. No grades. No tests. No papers.

Use this form as a guide as you register online. Registration must be completed online. If you do not have the means to register online, we recommend that you request assistance from a fellow LLI member, family member or contact the LLI office at lli@uwgb.edu.

Day	Time	No.	Course Title	Priority
				1
				2
				3
				4
				5
				6
				7
				8
				9
				10
				11
				12
				13
				14
				15
				16
				17
				18
				19
				20

Registration Prep Form

Register by placing a priority number in front of the courses you wish to attend. **Limit of 20 courses.** Rate your most desired course as 1. Use each number (1-20) only once. Refer to the calendar on [pages 8-13](#) and circle courses you wish to attend to help avoid registering for overlapping courses. A registration worksheet is located on [page 3](#) to help you select courses. Failure to follow these guidelines could result in delaying the processing of your registration.

1	Citizen Action to Protect the Waters
2	Walking on the Wildside
3	Tatting: One Round at a Time
4	Why We Get Mad...
5	Social Ballroom - Beginners Swing
6	Gamekeepers - Wisconsin Wildlife
7	Strength and Balance for Seniors
8	Role of the DNR Warden
9	From Bedpan Commandos
10	From the Holocaust to Civil Rights
11	Manitowoc Police Department K-9 Unit
12	Mind, Brain and Personality
13	Forest Health: Current Trends
14	Managing Snowy Owls and Other Raptors
15	Do You Feel Like the Tin Man
16	Bird Migration at Woodland Dunes
17	Living Deliberately: Henry David Thoreau
18	ESP Evaluation & Development, Session A
19	Continuing Issues
20	Mary Seacole, Wonderful Adventuress
21	Dementia - Communication Strategies
22	Love Your Pipes. Love the Earth
23	Wisconsin Women and Suffrage
24	Required Minimum Distribution (RMD)
25	Behind the Scenes Look at the Weidner
26	Exploring Wisconsin Geology
27	Sustainability and Solar Energy
28	Sleeping Through the Ages
29	Advance Directives - Your Voice?
30	Vehicle Contacts/Constitutional Rights

31	Where Does Your Drinking Water
32	Sanimax - The Invisible Industry
33	Healthy Living for your Brain and Body
34	Spreading the Word, About Cheese Spread
35	STALAG USA
36	Weather Basics, Part III
37	Sturgeon Moon
38	Becoming Trans-Parent
39	Jesus' Parables through the Scholar's Lens
40	Manitowoc River History - Upriver
41	Bonhoeffer in Berlin: A Virtual Tour
42	Magnetism
43	Manitowoc River History - Downriver
44	New Member Welcome
45	Crime Stoppers - Community Safer
46	Introduction to Ireland
47	An Apple a Day: A Survey of Apples
48	Group Piano
49	Writing Your Memoirs
50	Genetic Genealogy: Unearthing Family
51	Introduction to Wales
52	Medicare Basics and Open Enrollment
53	Rahr-West Art Museum
54	Bay Beach Wildlife Sanctuary
55	Presidential Election 2020
56	Piano Ensemble
57	Real Vietnam War
58	Introduction to Genealogy Research
59	Pulaski: Progress and Controversy
60	Tour: History and Evolution Altrusa House

61	The Packers Archives
62	Introduction to Drum Circles
63	Celebrate Your Right to Vote
64	Green Bay Packers Art Collection
65	Matthew, Mark, & Luke
66	Leaving the Lake House: Family Assets
67	Grief Through the Holidays
68	Olive Oils and Balsamic Vinegar
69	Submarine Program & Life in WWII
70	Kayaking the Grand Canyon Blind
71	Saga of the "Mighty Fitz"
72	We are Stardust
73	Writing Children's Stories
74	Early History of the Green Bay Fire Dept.
75	Making Your Own Kitchen Scrubbies
76	West of the Lake Gardens Tour
77	Carbohydrates and Fats
78	U.S. and Wisconsin Supreme Courts
79	Books and You
80	Ballad Poetry and Its Heritage
81	Revelation of John: Facts, Myths
82	Beginning Line Dancing
83	Needlework Open Stitch
84	ESP Evaluation & Development, Session B
85	Intergenerational Dialogue
86	End of Life Care and Advance Directives
87	Hamilton Wood Type & Printing Museum
88	Basic Line Dancing
89	Following the Money - Mysteries
90	Buddhism: Plain and Simple
91	Lester Bentley: A Two Rivers Notable

92	Aging & Disability Resource Center
93	America's Economy - Uncertainty
94	The Healing Power of Music
95	History of the U.S. Electoral College
96	Neustadher Nature Center at Collins Marsh
97	Basic Dynamics of Domestic Violence
98	Living Well With Hearing Loss
99	Becoming a Centenarian
100	Genealogy Research in Chicago
101	Time Matters: Women's Retirement
102	Immigration: Crisis at Our Border
103	The Art of Repurposing Thrift Shop Finds
104	Researching Irish Genealogy Records
105	Homelessness in Green Bay
106	Under the Robes: Sentencing
107	How We Do Dying and Death Part 1
108	Biking is Fun at Any Age
109	Credit Where Credit is...What?
110	UW-Green Bay Viking House
111	Foundations of Investing
112	Drugs in Brown County - Grandchildren
113	What? I Didn't Catch That
114	From the Heart: Reducing Stress
115	Famous Trials: Landmark Legal Cases
116	Novels by Willa Cather
117	The Salvation Army: Doughnuts to Good
118	Green Bay Mosque - Islamic Faith
119	Happiness, Hope and Healing
120	Bay of Green Bay: Past, Present and Future
121	Viruses Without Borders and COVID-19

Information included in this catalog is accurate and current at the time of printing.

Lifelong Learning Institute reserves the right to make changes to the course schedule. Visit www.uwgb.edu/lli for the most updated course schedule.

Course Title

Course Number

Arts

An Apple a Day: A Survey of Apples in the History of Art, National Identity and Religion.....	47
Rahr-West Art Museum: Painting Collections and Table Settings.....	53
Lester Bentley: Sign Painter to World Renowned Artist - A Two Rivers Notable.....	91

Crafts

Tatting: One Round at a Time	3
Making Your Own Kitchen Scrubbies.....	75
Needlework Open Stitch.....	83

Fitness (Outdoors)

Walking on the Wildside	2
Biking is Fun at Any Age.....	108

Fitness

Social Ballroom - Beginners Swing.....	5
Beginning Line Dancing	82
Basic Line Dancing.....	88

Government & Politics

Continuing Issues.....	19
Wisconsin Women and the Suffrage Movement.....	23
Crime Stoppers - Making Your Community a Safer Place to Live	45
Medicare Basics and Open Enrollment Period-ADRC	52
Presidential Election 2020	55
Update on the U.S. and Wisconsin Supreme Courts.....	78
Following the Money - Exposing the Mysteries of the US Federal Reserve System	89
America's Economy - Adrift on a Sea of Uncertainty.....	93
Immigration: Crisis at Our Border	102
Under the Robes: Sentencing.....	106

Health & Wellness

Why We Get Mad...and What We Can Do About It.....	4
Strength and Balance for Seniors	7
Do You Feel Like the Tin Man in the Wizard of Oz?.....	15
Dementia - Communication Strategies for Success.....	21
Sleeping Through the Ages.....	28

Advance Directives - Who Will Be Your Voice?	29
Healthy Living for your Brain and Body - Understanding Alzheimer's	33
Introduction to Drum Circles	62
Grief Through the Holidays.....	67
Explore the Differences and Health Benefits of Olive Oils and Balsamic Vinegar.....	68
End of Life Care and Creating Your Own Advance Directives for Medical Care.....	86
The Healing Power of Music.....	94
Living Well With Hearing Loss	98
Are There Secrets to Becoming a Centenarian?....	99
How We Do Dying and Death Part 1.....	107
What? I Didn't Catch That.....	113
From the Heart: Techniques for Reducing Stress, Building Resilience	114

History

From Bedpan Commandos to Cadet Nurses.....	9
From the Holocaust to Civil Rights.....	10
STALAG USA	35
Manitowoc River History - Upriver Discussion.....	40
Bonhoeffer in Berlin: A Virtual Tour	41
Manitowoc River History Series - Downriver	43
Real Vietnam War.....	57
Pulaski: Progress and Controversy	59
Celebrate Your Right to Vote with Susan B. Anthony	63
Submarine Program & Life in WWII Manitowoc.....	69
Saga of the "Mighty Fitz"	71
Early History of the Green Bay Fire Department ..	74
Hamilton Wood Type & Printing Museum	87
History of the United States Electoral College	95
UW-Green Bay Viking House	110
Famous Trials: Landmark Legal Cases in American History.....	115

Literature & Writing

Living Deliberately: Henry David Thoreau	17
Mary Seacole, Wonderful Adventuress.....	20
Writing Your Memoirs.....	49
Writing Children's Stories and Getting Them Published: Simple Steps on a Difficult Path	73
Books and You.....	79
Ballad Poetry and Its Heritage.....	80
Novels by Willa Cather.....	116

Music

Group Piano.....	48
Piano Ensemble.....	56

Outdoors

Bird Migration at Woodland Dunes.....	16
West of the Lake Gardens Tour.....	76

Religion

Jesus' Parables through the Scholar's Lens.....	39
Matthew, Mark, & Luke Through the Scholar's Lens.....	65
Revelation of John: Facts, Myths, & Misconceptions.....	81
Buddhism: Plain and Simple.....	90
Green Bay Mosque - Learn About the Islamic Faith.....	118

Science & Nature

Citizen Action to Protect the Waters of Northeast WI.....	1
Gamekeepers - Wisconsin Wildlife Conservation	6
Role of the DNR Warden: More Than You Think	8
Mind, Brain and Personality.....	12
Forest Health: Current Trends in Northeast Wisconsin.....	13
Managing Snowy Owls and Other Raptors at Airports.....	14
Exploring Wisconsin Geology with GIS Mapping.....	26
Sustainability and Solar Energy	27
Where Does Your Drinking Water Come From? Exploring Wisconsin's Aquifers	31
Weather Basics, Part III.....	36
Sturgeon Moon	37
Magnetism.....	42
Bay Beach Wildlife Sanctuary: Critters, Volunteering and You!.....	54
We are Stardust.....	72
Carbohydrates and Fats.....	77
Neustadher Nature Center at the Collins Marsh.....	96
Bay of Green Bay: Past, Present and Future.....	120
Viruses Without Borders and COVID-19, the Latest, but not the Last Pandemic	121

Special Interest

Manitowoc Police Department K-9 Unit	11
ESP Evaluation & Development, Session A	18
Love Your Pipes, Love the Earth and Love Your Pocketbook.....	22
Required Minimum Distribution (RMD) Planning	24
Behind the Scenes Look at the Weidner	25
Vehicle Contacts/Constitutional Rights: Officers Must Follow the Supreme Court Law of the Land....	30
Sanimax - The Invisible Industry You Need to Know About	32
Spreading the Word, About Cheese Spread, That Is	34
Becoming Trans-Parent: One Family's Journey of Gender Transition & Beyond	38
New Member Welcome.....	44
Genetic Genealogy: Unearthing Family Secrets and Solving Cold Cases.....	50
Introduction to Genealogy Research.....	58
Tour: History and Evolution of the Altrusa House....	60
The Packers Archives.....	61
Green Bay Packers Art Collection.....	64
Leaving the Lake House: How to Pass the Family Assets.....	66
Kayaking the Grand Canyon Blind.....	70
ESP Evaluation & Development, Session B.....	84
Intergenerational Dialogue	85
Aging & Disability Resource Center - Your Partner through Life Changes	92
Basic Dynamics of Domestic Violence and the Impact on Children	97
Genealogy Research in Chicago	100
Time Matters: A Women's Retirement Outlook	101
The Art of Repurposing Thrift Shop Finds (and Your Stuff).....	103
Researching Irish Genealogy Records	104
Homelessness in Green Bay	105
Credit Where Credit is...What?.....	109
Foundations of Investing	111
Drugs in Brown County - Are Your Grandchildren at Risk?.....	112
The Salvation Army: from Doughnuts to Doing the Most Good	117
Happiness, Hope and Healing	119

World & Travel

Introduction to Ireland	46
Introduction to Wales.....	51

No.	Title	Time If only listed as 10 a.m., class is a recording.	Start	Subsequent Dates				
44	New Member Welcome	10-11:30 a.m.	8/26					
16	Bird Migration at Woodland Dunes	10-11 a.m.	9/1					
45	Crime Stoppers - Making Your Community a Safer Place to Live	10 a.m.-12 p.m.	9/2					
75	Making Your Own Kitchen Scrubbies	1-3 p.m.	9/3					
76	West of the Lake Gardens Tour	1-3 p.m.	9/3					
107	How We Do Dying and Death Part 1	10 a.m.-12 p.m.	9/4					
108	Biking is Fun at Any Age	10 a.m.-12 p.m.	9/4	9/11	9/18	9/25	10/2	10/9
17	Living Deliberately: Henry David Thoreau	9-11 a.m.	9/8					
18	ESP Evaluation & Development, Session A	10 a.m.-12 p.m.	9/8					
19	Continuing Issues	1-2:30 p.m.	9/8	9/29	10/20	11/10	12/1	12/22
46	Introduction to Ireland	10 a.m.-12 p.m.	9/9					
47	An Apple a Day: A Survey of Apples in the History of Art, National Identity and Religion	1-2:30 p.m.	9/9					
77	Carbohydrates and Fats	10 a.m. 	9/10					
78	Update on the U.S. and Wisconsin Supreme Courts	10-11:30 a.m.	9/10					
109	Credit Where Credit is...What?	1-2:30 p.m.	9/11					
1	Citizen Action to Protect the Waters of Northeast WI	10 a.m.-12 p.m.	9/14					
2	Walking on the Wildside	10 a.m.-12 p.m.	9/14	9/21	9/28	10/5	10/12	
3	Tatting: One Round at a Time	1-2 p.m.	9/14	9/21	9/28	10/5	10/12	10/19
4	Why We Get Mad...and What We Can Do About It	1-2:30 p.m.	9/14					
5	Social Ballroom-Beginners Swing	1-2:30 p.m.	9/14	9/21	9/28	10/5	10/12	10/19
20	Mary Seacole, Wonderful Adventuress	9-11 a.m.	9/15					
21	Dementia-Communication Strategies for Success	10:30 a.m.-12:30 p.m.	9/15					

22	Love Your Pipes. Love the Earth and Love Your Pocketbook	9-11 a.m.	9/15	
48	Group Piano	10-11:30 a.m.	9/16	9/23 9/30 10/7
79	Books and You	1-3 p.m.	9/17	10/15 11/19 12/17
110	UW-Green Bay Viking House	1-2:30 p.m.	9/18	
6	Gamekeepers-Wisconsin Wildlife Conservation	10-11:30 a.m.	9/21	
23	Wisconsin Women and the Suffrage Movement	10 a.m.-12 p.m.	9/22	
24	Required Minimum Distribution (RMD) Planning	1-3 p.m.	9/22	
49	Writing Your Memoirs	1-3 p.m.	9/23	9/30 10/7 10/14 10/21 10/28
80	Ballad Poetry and Its Heritage	10 a.m. 	9/24	
81	Revelation of John: Facts, Myths, & Misconceptions	10 a.m. 	9/24	10/1 10/8
82	Beginning Line Dancing	10 a.m. 	9/24	10/1
83	Needlework Open Stitch	1-3 p.m.	9/24	10/1 10/8 10/15
84	ESP Evaluation & Development, Session B	1-3 p.m.	9/24	
111	Foundations of Investing	10 a.m.-12 p.m.	9/25	
25	Behind the Scenes Look at the Weidner	1-2:30 p.m.	9/29	
26	Exploring Wisconsin Geology with GIS Mapping	9-11:30 a.m.	9/29	
50	Genetic Genealogy: Unearthing Family Secrets and Solving Cold Cases	10-11:30 a.m.	9/30	
85	Intergenerational Dialogue	11 a.m.-12:20 p.m.	10/8	10/15

Registration Reminder!

Use the Registration Worksheet located on [page 3](#) of this catalog to help select courses and avoid overlapping dates or times.

New members please visit www.uwgb.edu/lli to register.

Current members will be emailed a registration link.

86	End of Life Care and Creating Your Own Advance Directives for Medical Care	1-3 p.m.	10/1	
87	Hamilton Wood Type & Printing Museum	1-3 p.m.	10/1	
112	Drugs in Brown County- Are Your Grandchildren at Risk?	10 a.m.-12 p.m.	10/2	
113	What? I Didn't Catch That	1-2:30 p.m.	10/2	
114	From the Heart: Techniques for Reducing Stress, Building Resilience	1-3 p.m.	10/2	
115	Famous Trials: Landmark Legal Cases in American History	1-3 p.m.	10/2	10/9 10/16
7	Strength and Balance for Seniors	10 a.m.-12 p.m.	10/5	
8	Role of the DNR Warden: More Than You Think	1-2:30 p.m.	10/5	
27	Sustainability and Solar Energy	10 a.m. 	10/6	10/9
28	Sleeping Through the Ages	10-11:30 a.m.	10/6	
29	Advance Directives-Who Will Be Your Voice?	10 a.m.-12 p.m.	10/6	
30	Vehicle Contacts/Constitutional Rights: Officers Must Follow the Supreme Court Law of the Land	1-2:30 p.m.	10/6	
51	Introduction to Wales	10 a.m.-12 p.m.	10/7	
52	Medicare Basics and Open Enrollment Period- ADRC	12:30-2:30 p.m.	10/7	
53	Rahr-West Art Museum: Painting Collections and Table Settings	1-3 p.m.	10/7	
88	Basic Line Dancing	10 a.m. 	10/8	10/15 10/22 10/29 11/5 11/12
89	Following the Money - Exposing the Mysteries of the US Federal Reserve System	10 a.m.-12 p.m.	10/8	
90	Buddhism: Plain and Simple	1-2:30 p.m.	10/8	10/15
91	Lester Bentley: Sign Painter to World Renowned Artist - A Two Rivers Notable	1-2:30 p.m.	10/8	
116	Novels by Willa Cather	10 a.m.-12 p.m.	10/9	10/23 11/6 11/20
117	The Salvation Army: from Doughnuts to Doing the Most Good	8:30-10 a.m.	10/9	
9	From Bedpan Commandos to Cadet Nurses	1-3 p.m.	10/12	10/19
54	Bay Beach Wildlife Sanctuary: Critters, Volunteering and You!	10 a.m. 	10/14	

55	Presidential Election 2020	10 a.m.-12 p.m.	10/14	
56	Piano Ensemble	10-11:30 a.m.	10/14	10/21 10/28 11/4
57	Real Vietnam War	1-3 p.m.	10/14	
92	Aging & Disability Resource Center- Your Partner through Life Changes	1-3 p.m.	10/15	
118	Green Bay Mosque - Learn About the Islamic Faith	10 a.m.-12 p.m.	10/16	
31	Where Does Your Drinking Water Come From? Exploring Wisconsin's Aquifers	10 a.m. 	10/20	
32	Sanimax - The Invisible Industry You Need to Know About	10 a.m.-12 p.m.	10/20	
33	Healthy Living for your Brain and Body - Understanding Alzheimer's	1-3 p.m.	10/20	
58	Introduction to Genealogy Research	10 a.m. 	10/21	
59	Pulaski: Progress and Controversy	10 a.m. 	10/21	
60	Tour: History and Evolution of the Altrusa House	10 a.m.-12 p.m.	10/21	
61	The Packers Archives	10-11:30 a.m.	10/21	
62	Introduction to Drum Circles	1-2:30 p.m.	10/21	10/28
93	America's Economy - Adrift on a Sea of Uncertainty	10 a.m.-12 p.m.	10/22	
94	The Healing Power of Music	1-2:30 p.m.	10/22	
10	From the Holocaust to Civil Rights	10-11:30 a.m.	10/26	
34	Spreading the Word, About Cheese Spread, That Is	10 a.m.-12 p.m.	10/27	
63	Celebrate Your Right to Vote with Susan B. Anthony	10 a.m. 	10/28	
64	Green Bay Packers Art Collection	10-11:30 a.m.	10/28	
65	Matthew, Mark, & Luke Through the Scholar's Lens	1-3 p.m.	10/28	11/4 11/11

Attention Lifelong Learning Institute Members:

Information included in this catalog is accurate and current at the time of printing. Lifelong Learning Institute reserves the right to make changes to the course schedule. Visit www.uwgb.edu/lli for the most updated course schedule.

95	History of the United States Electoral College	10 a.m. 	10/29	
96	Neustadher Nature Center at the Collins Marsh	10 a.m. 	10/29	
97	Basic Dynamics of Domestic Violence and the Impact on Children	10 a.m.-12 p.m.	10/29	
98	Living Well With Hearing Loss	1-3 p.m.	10/29	1/28
119	Happiness, Hope and Healing	10 a.m.-12 p.m.	10/30	
11	Manitowoc Police Department K-9 Unit	10 a.m. 	11/2	
12	Mind, Brain and Personality	10 a.m. 	11/2	11/4 11/9 11/11
13	Forest Health: Current Trends in Northeast Wisconsin	1-2:30 p.m.	11/2	
35	STALAG USA	1-3 p.m.	11/3	11/10
66	Leaving the Lake House: How to Pass the Family Assets	10 a.m.-12 p.m.	11/4	
67	Grief Through the Holidays	10 a.m.-12 p.m.	11/4	
68	Explore the Differences and Health Benefits of Olive Oils and Balsamic Vinegar	1-2:30 p.m.	11/4	
99	Are There Secrets to Becoming a Centenarian?	10-11:30 a.m.	11/5	
100	Genealogy Research in Chicago	1-3 p.m.	11/5	
14	Managing Snowy Owls and Other Raptors at Airports	1-3 p.m.	11/9	
36	Weather Basics, Part III	10 a.m.-12 p.m.	11/10	
37	Sturgeon Moon	10-11:30 a.m.	11/10	
69	Submarine Program & Life in WWII Manitowoc	1-2:30 p.m.	11/11	
70	Kayaking the Grand Canyon Blind	1-3 p.m.	11/11	
101	Time Matters: A Women's Retirement Outlook	10 a.m.-12 p.m.	11/12	
102	Immigration: Crisis at Our Border	10 a.m.-12 p.m.	11/12	
103	The Art of Repurposing Thrift Shop Finds (and Your Stuff)	10 a.m.-12 p.m.	11/12	
104	Researching Irish Genealogy Records	1-3 p.m.	11/12	
105	Homelessness in Green Bay	1-3 p.m.	11/12	11/19

15	Do You Feel Like the Tin Man in the Wizard of Oz?	10 a.m.-12 p.m.	11/16	
38	Becoming Trans-Parent: One Family's Journey of Gender Transition & Beyond	10 a.m.-12 p.m.	11/17	
39	Jesus' Parables through the Scholar's Lens	1-3 p.m.	11/17	11/19
71	Saga of the "Mighty Fitz"	10 a.m. 	11/18	
72	We are Stardust	10 a.m. 	11/18	
73	Writing Children's Stories and Getting Them Published: Simple Steps on a Difficult Path	10 a.m.-12 p.m.	11/18	
106	Under the Robes: Sentencing	10 a.m.-12 p.m.	11/19	
121	Viruses Without Borders and COVID-19, the Latest, but not the Last Pandemic	9:30-11:30 a.m.	11/28	
40	Manitowoc River History - Upriver Discussion	10 a.m.-12 p.m.	12/1	
41	Bonhoeffer in Berlin: A Virtual Tour	10 a.m.-12 p.m.	12/1	12/3
42	Magnetism	10 a.m. 	12/8	
43	Manitowoc River History Series-Downriver	10 a.m.-12 p.m.	12/8	12/15
74	Early History of the Green Bay Fire Department	1-3 p.m.	12/9	
120	Bay of Green Bay: Past, Present and Future	10-11:30 a.m.	12/11	

Are You Receiving LLI's Emails?

If not, please check your Junk, Spam, Promotions or Bulk email folders to be sure Lifelong Learning Institute emails are not going in these folders! Don't miss out on important LLI information and opportunities.



Monday

1 Citizen Action to Protect the Waters of Northeast WI (N)

Class Type: Live-Online Classroom 

Presenter: Dean Hoegger

Dates: 9/14

Time: 10 a.m.-12 p.m. **Limit:** 100

Dean Hoegger, President and Executive Director of Clean Water Action Council of Northeast Wisconsin, will share thoughts on current threats to area surface and ground waters in northeast Wisconsin with an emphasis on Manitowoc/Sheboygan Counties. These include manure spreading and spraying, municipal and industrial sewage treatment, perfluorinated chemicals (PFAS), microplastics, and the health threats from coal tar pavement sealants. He will discuss why citizen action is needed to protect our waters, detail current citizen actions, provide an update on legislative and administrative actions, and make suggestions for citizen action. He will share some excerpts from featured documentaries such as *Searching for Sustainability and Speciesism*. Discussion will follow.

2 Walking on the Wildside (R)

Class Type: Outdoors 

Presenter: Sue Schuette

Dates: 9/14 9/21 9/28 10/5 10/12

Time: 10 a.m.-12 p.m. **Limit:** 25

Enjoy the outdoors with other LLI members while hiking different trails in Brown County. We will meet each week at the designated trail. Hikes will be about one hour in length. The first week we will meet at UW-Green Bay Communiiversity Park on the Bay of Green Bay. Itinerary for each hike will be available on the LLI website. By registering for this class, you agree to follow the guidelines recommended by the CDC and UW-Green Bay (i.e. social distancing) to prevent the spread of the COVID-19 virus.

3 Tatting: One Round at a Time (R)

Class Type: Live-Online Classroom 

Presenter: Nona Litzelman

Dates: 9/14 9/21 9/28 10/5 10/12 10/19

Time: 1-2 p.m. **Limit:** 20

This course is for anyone who has already mastered the basics of shuttle tatting. This semester we will use virtual classroom technology to work together on a simple four-round motif, adding a new round at each session. Pattern and supply list will be available on the LLI website. If participants need a printed copy sent, please email the LLI office.

4 Why We Get Mad...and What We Can Do About It (N)

Class Type: Live-Online Classroom 

Presenter: Ryan C. Martin, PhD

Dates: 9/14

Time: 1-2:30 p.m. **Limit:** 75

Anger is a common and even healthy emotion that people experience everywhere from a couple of times per day to a couple of times per week. Like all emotions, it exists in us because it offered our ancestors important survival benefits. But like all emotions, it can become maladaptive when experienced too often or too intensely. This class will focus on why we get mad, and how we can express it in healthy and adaptive ways.

Watch Professor Martin's
TED Talk.



5 Social Ballroom - Beginners Swing (R)

Class Type: Live-Online Classroom 

Presenter: Brenda Hartstern & A.J. Reed

Dates: 9/14 9/21 9/28 10/5 10/12 10/19

Time: 1-2:30 p.m. **Limit:** 20

This repeated by popular demand class teaches Disco Swing, Jitterbug, and East Coast swing. The class will start with live basic steps, rotating steps, the basic step with a turn, and other moves

(N) – New Course (R) – Repeat (C) – Continuing

to up the ante! Smooth shoes are recommended to practice at home. The class will meet in the LLI online classroom. You will receive an email with the link and directions, a list of local dance contacts, and a list of YouTube video links for practice between classes.

6 Gamekeepers - Wisconsin Wildlife Conservation (N)

Class Type: Live-Online Classroom 

Presenter: Jeffrey Pritzl

Dates: 9/21

Time: 10-11:30 a.m. **Limit:** 150

The history of wildlife management has its roots right here in Wisconsin, first established as a discipline at UW-Madison in 1933. Funding mechanisms were established by a public that became increasingly concerned about the trends in wildlife population abundance affected by human activities. What was first referred to as Game Management evolved into Wildlife Management as the focus expanded from just hunted and trapped species to all wildlife and the ecosystems they depend on. Today, wildlife management is as much about helping the public manage high wildlife populations as well as those less abundant.

7 Strength and Balance for Seniors (R)

Class Type: Live-Online Classroom 

Presenter: Nick Baudhuin

Dates: 10/5

Time: 10 a.m.-12 p.m. **Limit:** 150

This course will include education on the principles of strength training, muscular anatomy and the anatomy and physiology of the three sensory systems that play a role in our ability to maintain balance. The course will cover the reasons strength and balance issues arise as we age. Participants will also learn the benefits of strengthening and strategies to improve balance.

8 Role of the DNR Warden: More Than You Think (R)

Class Type: Live-Online Classroom 

Presenter: Capt. Ben Trembl

Dates: 10/5

Time: 1-2:30 p.m. **Limit:** 150

DNR Wardens are full-time law enforcement officers with statewide authority to enforce laws protecting Wisconsin's natural resources and ensuring public safety. We will discuss the role of conservation wardens, the services they provide to the public and the tools these law enforcement officers utilize in carrying out their many responsibilities. Wardens raise the level of appreciation for our natural resources and pass on the conservation ethic to future generations through outdoor recreation safety courses, public education and outreach and safety programs.

9 From Bedpan Commandos to Cadet Nurses (N)

Class Type: Live-Online Classroom 

Presenter: Robert Cook

Dates: 10/12 10/19

Time: 1-3 p.m. **Limit:** 150

We needed nurses in the armed forces in WWII. How did we get them? What were their experiences? Where did they serve? How did we replace them on the home front? We will answer these questions and meet some truly amazing women.

10 From the Holocaust to Civil Rights (R)

Class Type: Live-Online Classroom 

Presenter: Debbie Simon Konkol, Joanne Simon Weinberg & Chris Simon Halverson

Dates: 10/26

Time: 10-11:30 a.m. **Limit:** 75

Three sisters tell of their pilgrimage to Germany and France to retrace their grandmother's recently discovered murder during the Holocaust. They tell of meeting the author of a book about the 86 victims and the director of a documentary about this tragedy. The Simon sisters discuss how this history affected their father, the Rev. Dr. Carl R. Simon, resulting in his life long fight for civil and human rights, including joining Dr. Martin Luther King Jr. in Selma, AL, in 1965.

11 Manitowoc Police Department K-9 Unit (R)

Class Type: Recorded 

Presenter: Officers Nick Place and Jason Koenig

Dates: 11/2

Time: 10 a.m. **Limit:** No limit

The K-9 Unit has been a vital tool for the citizens of Manitowoc and the surrounding communities and the officers of the Police Department since its introduction in 2009. From locating missing children to apprehending criminals, the K9's benefits are immeasurable.

12 Mind, Brain and Personality (R)

Class Type: Recorded 

Presenter: Richard Stevens, PhD

Dates: 11/2 11/4 11/9 11/11

Time: 10 a.m. **Limit:** No limit

This course examines how the human mind is influenced by brain design, human instincts and free-will. We will look at the human brain structure and some medical conditions; biological, social and moral influences on human motivations; brain death and human death; left and right brain intellects; and childhood influences on human personality. These will help us understand how humans are different from other animals.

13 Forest Health: Current Trends in Northeast Wisconsin (N)

Class Type: Live-Online Classroom 

Presenter: Bill McNee

Dates: 11/2

Time: 1-2:30 p.m. **Limit:** 150

Healthy trees and forests are better able to provide the view, shade, wildlife habitat, ecological stability and wood products that you enjoy as a property owner. This presentation will discuss the current and future threats facing local trees, and how property owners can maintain the benefits that their trees provide.

14 Managing Snowy Owls and Other Raptors at Airports (N)

Class Type: Live-Online Classroom 

Presenter: Erin Giese

Dates: 11/9

Time: 1-3 p.m. **Limit:** 150

Attendees will learn about Project SOAR (Snowy Owl Airport Rescue), whose mission is to capture and relocate Snowy Owls and other raptors that are posing as hazards at small local airports in northeastern Wisconsin. Project SOAR is co-coordinated by Erin Giese, Northeastern Wisconsin Audubon Society, and Janet Wissink, Winnebago Audubon Society, in collaboration with Lead Falconer Frank Ujazdowski. Students will learn about the biology and ecology of Snowy Owls, why these owls use airports, how Snowy Owls and other raptors are captured and relocated and our collaboration with Project SNOWstorm which tracks Snowies using GPS transmitters.

[Watch the recent Snowy Owl catch-and-release story.](#)



15 Do You Feel Like the Tin Man in the Wizard of Oz? (R)

Class Type: Live-Online Classroom 

Presenter: Gail Okray

Dates: 11/16

Time: 10 a.m.-12 p.m. **Limit:** 150

Need oil for your joints? Creaky? Stiff? Difficulty getting up and moving in the morning? This class will utilize the philosophy of Jin Shin Jyutsu, a non-invasive touch therapy that restores unity to the invisible energy pathways in the body and will inspire chronic pain patients to find hope, empowerment and healing, help manage fatigue, pain, restless leg syndrome and stress, and discover practical ways to empower you to help yourself. There are no physical restrictions for this class. Self-care is available to all. Dress comfortably. Participants will remain seated during this online class.

(N) – New Course (R) – Repeat (C) – Continuing

Tuesday

16 Bird Migration at Woodland Dunes (R)

Class Type: Outdoors 

Presenter: Jessica Johnsrud & Jim Knickelbine

Dates: 9/1

Time: 10-11 a.m. **Limit:** 18

Join us for a fun morning of bird watching at Woodland Dunes Nature Center and Preserve in Two Rivers. Learn why the preserve is an important stopover site for migrating birds. We will observe birds at the feeders and on a short bird walk around the wildlife garden and tower outside the Nature Center and the trails. Dress for the weather and bring binoculars (some available to borrow). By registering for this class, you agree to follow the guidelines recommended by the CDC and UW-Green Bay (i.e. social distancing, wearing masks, washing hands, etc.) to prevent the spread of the COVID-19 virus. Registrants will be asked to wear masks (staff will as well).

17 Living Deliberately: Henry David Thoreau (N)

Class Type: Live-Online Classroom 

Presenter: Rebecca Nesvet

Dates: 9/8

Time: 9-11 a.m. **Limit:** 25

This is a brief introduction to the life and writing of Henry David Thoreau, the nineteenth-century American writer who is considered “the father of sustainability” and inspired 1960s campus protests of the Vietnam War. Most famously, Thoreau wrote *Walden* (1854) after (long after, actually), an experimental sojourn in a cabin on Walden Pond, “a mile from any neighbor,” where he tried to “live deliberately” and engaged in self-reflection and social critique.

WALDEN



HENRY DAVID
THOREAU



Want to **reread**
this classic?

18 ESP Evaluation & Development, Session A (N)

Class Type: Live-Online Classroom 

Presenter: Deb Klein

Dates: 9/8

Time: 10 a.m.-12 p.m. **Limit:** 10

Have you ever had a gut feeling that kept you safe? How about a flash of intuition that turned out to be just what you needed? Then come join us online for a light and lively class where you will be tested for various forms of ESP through the use of Zener cards, followed by participation in a short remote-viewing session. The remainder of our time will be dedicated to exploring the terminology of ESP phenomena and learning new ways to develop your intuitive skills. Sign up for Session A or B, not both.

19 Continuing Issues (R)

Class Type: Live-Online Classroom 

Presenter: Mark Warpinski

Dates: 9/8 9/29 10/20 11/10 12/1 12/22

Time: 1-2:30 p.m. **Limit:** 50

Discussion of international, national, state and local issues. A variety of opinions is valued. Class members will respect other members' opinions and not condemn the opinions of others. Rostered members are asked to email Presenter with suggested topics of discussion 4 days prior to each class at mark.warpinski@gmail.com.

20 Mary Seacole, Wonderful Adventuress (N)

Class Type: Live-Online Classroom 

Presenter: Rebecca Nesvet

Dates: 9/15

Time: 9-11 a.m. **Limit:** 25

This is a brief introduction to an extraordinary Victorian: Mary Seacole. A Jamaican “Creole” woman born in 1805, Seacole worked as a traditional “doctress” (her word), witnessed a gold rush, traveled across the Americas, the Atlantic, and Europe, and quarreled with Florence Nightingale (they both nursed British soldiers during the Crimean war). She finally told her story in *The Wonderful Adventures of Mary Seacole in Many Lands* (1857). We’ll look at Seacole’s life and writing, and explore the controversies about how the United Kingdom now remembers her.

21 Dementia - Communication Strategies for Success (R)

Class Type: Live-Online Classroom 

Presenter: Sheri Mealy

Dates: 9/15

Time: 10:30 a.m.-12:30 p.m. **Limit:** 25

Behavioral and psychological symptoms in people with dementia can have many causes including the environment, the caregiver and the individual themselves. Learn about different types of dementia and the symptoms as well as how to communicate in ways that reduce stress for both the caregiver and person with dementia. Caregivers will walk away with tools to improve relationships and build confidence.

22 Love Your Pipes. Love the Earth and Love Your Pocketbook (R)

Class Type: Live-Online Classroom 

Presenter: Erin Schroth

Dates: 9/15

Time: 9-11 a.m. **Limit:** 40

Did you know that what you pour down the drains and flush down the toilet in your home impacts the environment, public health and your pocketbook? And did you know that when it's flooding in the area, NEW Water can receive up to 3x the amount of water — and that's not because people are flushing their toilets 3x as often? Experts from NEW Water, the brand of the Green Bay Metropolitan Sewerage District, will explain how what goes down your pipes impacts our community, how the district addresses these issues each day, and why we need YOUR help for a more sustainable community. Please note: There is a virtual tour of our facility; the link will be sent to the roster.

23 Wisconsin Women and the Suffrage Movement (N)

Class Type: Live-Online Classroom 

Presenter: Mary Lynne Donohue

Dates: 9/22

Time: 10 a.m.-12 p.m. **Limit:** 100

Wisconsin was the first state to ratify the 19th Amendment to the U.S. Constitution, granting women the right to vote. Who was behind that successful campaign? What path did suffragettes take to victory? Why did it take so long? Learn more about this complicated and most interesting political struggle, as the 19th Amendment starts its second century.

24 Required Minimum Distribution (RMD) Planning (N)

Class Type: Live-Online Classroom 

Presenter: John D. Weninger CFP

Dates: 9/22

Time: 1-3 p.m. **Limit:** 150

Join John D. Weninger, CFP, a fiduciary wealth advisor, in taking an in-depth look at age 72 required minimum distributions (RMDs). We will discuss the topic in detail, including new changes as a result of the SECURE Act, and discuss strategies you can use to save on taxes and make the most of your RMDs.

25 Behind the Scenes Look at the Weidner (R)

Class Type: Live-Online Classroom 

Presenter: Stephanie Maufort

Dates: 9/29

Time: 1-2:30 p.m. **Limit:** 150

Have you ever wondered what goes on behind the scenes at the Weidner Center? Are you aware there are four areas used for performances? Join the Weidner staff for this live virtual tour as they answer your questions and provide you with a tour of the main stage, dressing rooms, and other performing areas.

(N) – New Course (R) – Repeat (C) – Continuing

26 Exploring Wisconsin Geology with GIS Mapping (R)

Class Type: Live-Online Classroom 

Presenter: Jeff DuMez

Dates: 9/29

Time: 9-11:30 a.m. **Limit:** 100

This course will show you how to access and interact with a new online GIS map revealing Wisconsin's fascinating past and present geology. The map shows off the state's famous glacial landforms in amazing detail using new datasets derived from LiDAR technology. The map also includes thousands of bedrock outcrop locations, many of which have attached descriptions, sketches or photos. This course is a repeat, but with some new geological sites.

27 Sustainability and Solar Energy (R)

Class Type: Recorded 

Presenter: Sister Rose Jochman

Dates: 10/6 10/9

Time: 10 a.m. **Limit:** No limit

Learn how the Sisters of St. Francis of the Holy Cross (Bay Settlement Franciscans) have been living sustainably and about their most recent project. The Sisters have expanded their solar photovoltaic system on their property. Learn about their reasons for going solar, the installation process and their current solar production. A live online question and answer session will be held on Tuesday and Friday, 10/6 and 10/9 at 10 a.m.. Rostered members will be sent a link.

28 Sleeping Through the Ages (R)

Class Type: Live-Online Classroom 

Presenter: David Donarski, MD

Dates: 10/6

Time: 10-11:30 a.m. **Limit:** 50

Our ancestors slept when the sun went down. This course will address: 1. different stages of sleep; 2. dreams and why we dream; 3. the importance of sleep to our health; 4. disorders of sleep; 5. sleep deprivation; and 6. medications used for sleep.

29 Advance Directives - Who Will Be Your Voice? (R)

Class Type: Live-Online Classroom 

Presenter: Luann Travis

Dates: 10/6

Time: 10 a.m.-12 p.m. **Limit:** 50

You always have a voice in your own health care decisions, but what happens if you are no longer able to make your own medical decisions due to illness or mental incapacity? Who will be your voice? Learn about the benefits of completing an advance directive and become familiar with advance directive forms and documents.

30 Vehicle Contacts/Constitutional Rights: Officers Must Follow the Supreme Court Law of the Land (R)

Class Type: Live-Online Classroom 

Presenter: Colleen Belongea

Dates: 10/6

Time: 1-2:30 p.m. **Limit:** 50

This class is going to clarify traffic stops. You will be walked through the legal aspects of who can be identified, what can be searched, and what are the exceptions as it relates to the Constitution and Law Enforcement. We will also discuss the Constitution as it relates to the right to privacy as related to traffic stops. When can an officer ask/order a person out of a car? Who can an officer get identification from? Who can be searched under what situations/circumstances?

31 Where Does Your Drinking Water Come From? Exploring Wisconsin's Aquifers (N)

Class Type: Recorded 

Presenter: John Luczaj

Dates: 10/20

Time: 10 a.m. **Limit:** No limit

Have you ever wondered where your drinking water comes from? For many people, the source is a well. This two-part course explores the basics of groundwater flow and the geology of eastern Wisconsin's aquifers, with a focus on groundwater contamination.

32 Sanimax - The Invisible Industry You Need to Know About (R)

Class Type: Live-Online Classroom 

Presenter: Donn Johnson & Sara Romenesko

Dates: 10/20

Time: 10 a.m.-12 p.m. **Limit:** 100

Each year, Sanimax reclaims and brings to its various plants nearly two billion kilograms of by-products from the agri-food industry that would otherwise end up in landfills. These by-products are then renewed and transformed into high-quality products, some of which may surprise you! Learn about the rendering industry, its environmental impact and the local Sanimax operations.

33 Healthy Living for your Brain and Body - Understanding Alzheimer's (R)

Class Type: Live-Online Classroom 

Presenter: Ginny Nyhuis

Dates: 10/20

Time: 1-3 p.m. **Limit:** 75

For centuries we've known that the health of the brain and body are connected. Science is now able to provide insights so we can make lifestyle choices that may help the brain and body. Learn about research in the areas of diet, nutrition, exercise, cognitive activity and social engagement so as to incorporate recommendations into a plan of action. We will learn about Alzheimer disease which causes problems with memory, thinking and behavior. The stages of this disease, risk factors, current research and treatments available to address symptoms along with Alzheimer's Association resources will be discussed.

34 Spreading the Word, About Cheese Spread, That Is (R)

Class Type: Live-Online Classroom 

Presenter: Mary Lindemann

Dates: 10/27

Time: 10 a.m.-12 p.m. **Limit:** 100

Learn about cheese spread! Mary Lindemann, marketing director for Pine River Pre-Pack, will share the history of the company and how their award-winning spreads are made and marketed throughout

the United States. We will learn about the Wisconsin Cheddar that the spreads are made from and a variety of the finished unique cheese spread flavors. We'll also learn tips on how to 'Spread Beyond the Cracker,' enjoying the spreads at social gatherings and your favorite recipes!

35 STALAG USA (N)

Class Type: Live-Online Classroom 

Presenter: Robert Cook

Dates: 11/3 11/10

Time: 1-3 p.m. **Limit:** 150

During World War II the United States was home to over 400,000 German and Italian POWs. There were even some in the state of Wisconsin. In addition, we also interned over 100,000 German and Italian nationals and Japanese Americans. We will look at the places they were kept, the conditions of the camps, and how they lived, worked and played.

36 Weather Basics, Part III (C)

Class Type: Live-Online Classroom 

Presenter: Norman Schroeder

Dates: 11/10

Time: 10 a.m.-12 p.m. **Limit:** 150

This is a continuation of topics covered in Classes I and II. It will build on what was learned in previous classes, but this class can stand alone. Topics covered include: thunderstorms, tornadoes, lightning, optical effects and mid-latitude weather and storms. Presenter will include some interesting Wisconsin weather events. References for entire series of courses is online at LLI Website.

37 Sturgeon Moon (N)

Class Type: Live-Online Classroom 

Presenter: Alex Zacarias

Dates: 11/10

Time: 10-11:30 a.m. **Limit:** 150

This will be a presentation about a prehistoric fish and its relationship to humanity. Alex Zacarias, an Emmy Award winning documentary filmmaker, will present his film *Sturgeon Moon* and a discussion about the sturgeon's cultural ties to the Native Peoples of Wisconsin and to the non-native sports fisherman.

(N) – New Course (R) – Repeat (C) – Continuing

38 Becoming Trans-Parent: One Family's Journey of Gender Transition & Beyond (R)

Class Type: Live-Online Classroom 

Presenter: Annette and John Grunseth

Dates: 11/17

Time: 10 a.m.-12 p.m. **Limit:** 100

What do you do if someone you love tells you they are transgender? There are so many questions: What does it mean to transition? Will their name change? Do they have a doctor and healthcare? What happens with medication and surgery? Will they be safe? What laws will protect them? What do you say to family and friends? What is the difference between gender identity and sexual orientation? The Grunseths will share answers to these questions using PowerPoint and reading selections from their book, *Becoming Trans-Parent: One Family's Journey of Gender Transition* (accessible poetry) to share one family's story. Your questions are also welcome at the end of the presentation.

39 Jesus' Parables through the Scholar's Lens (R)

Class Type: Live-Online Classroom 

Presenter: Julie Black Harder, MD, MA

Dates: 11/17 11/19

Time: 1-3 p.m. **Limit:** 30

Did you know that parables are among the most historically authentic sayings of Jesus? That they illustrated how to live out the Kingdom of God? That they usually contain a "twist" that Jesus' audience would have found unexpected or outrageous? In this course we'll place Jesus' parables in his historical and cultural context, learn how radically counter-cultural they were, and consider how typical interpretations tend to take the "fangs" out of them. Participants will need a bible (New Revised Standard Version preferred).

40 Manitowoc River History - Upriver Discussion (N)

Class Type: Live-Online Classroom 

Presenter: Steve Olson

Dates: 12/1

Time: 10 a.m.-12 p.m. **Limit:** 150

Pictures and narrative will discuss the river from River Heights to Manitowoc Rapids such as mills harnessing the water power of the Manitowoc River, a colossal ski jump which once towered over the river bluffs, bridges, lumbering, tragedies, mysteries, as well as Native American history.

41 Bonhoeffer in Berlin: A Virtual Tour (N)

Class Type: Live-Online Classroom 

Presenter: Michael B. Lukens

Dates: 12/1 12/3

Time: 10 a.m.-12 p.m. **Limit:** 150

Bonhoeffer and Berlin are "virtually" synonymous. Bonhoeffer (1906-1945), the noted theologian, resister, and martyr, leads us to a modern reassessment of faith as well as courageous witness to truth and justice. Through historical and contemporary photos, we will take a virtual tour of critical moments in his life in Berlin, eliciting the most important dimensions of his contributions and relevance for us today.

42 Magnetism (N)

Class Type: Recorded 

Presenter: Gary Dallman

Dates: 12/8

Time: 10 a.m. **Limit:** No limit

This course presents conceptually the contents of an introductory physics text on magnetism. The main conclusion is that the topic of magnetism cannot be separated from the study of electricity.

43 Manitowoc River History Series - Downriver (N)

Class Type: Live-Online Classroom 

Presenter: Steve Olson

Dates: 12/8 12/15

Time: 10 a.m.-12 p.m. **Limit:** 150

This 2-part series will chronicle human activities along the river from Manitowoc Rapids to Lake Michigan and contains 185 photographs from 1868 to the present.

Wednesday

44 New Member Welcome (R)

Class Type: Live-Online Classroom 

Presenter: Susan Pike

Dates: 8/26

Time: 10-11:30 a.m. **Limit:** 150

As a new member of the Lifelong Learning Institute, you probably have many questions. Join us for this introductory program. Enjoy conversation and ask questions.

45 Crime Stoppers - Making Your Community a Safer Place to Live (R)

Class Type: Live-Online Classroom 

Presenter: Hans Lux Jr.

Dates: 9/2

Time: 10 a.m.-12 p.m. **Limit:** 50

Learn about Crime Stoppers on a national level and specifically how it functions in Green Bay and the surrounding area. This presentation will include a brief history of the program, personal stories of people who have been touched by Crime Stoppers, current projects the Green Bay Area Crime Stoppers are involved in and how Crime Stoppers helps the community and assists local law enforcement agencies. Following the presentation there will be time for questions and answers.

46 Introduction to Ireland (R)

Class Type: Live-Online Classroom 

Presenter: Mike Murphy & Cheryl Murphy, Harpist

Dates: 9/9

Time: 10 a.m.-12 p.m. **Limit:** 150

A light-hearted pictorial overview of the landscapes, legends, and traditional culture of a country famous for its scenic beauty, sad history, and rich literary and musical heritage.



Sign-up to receive updates
from Tourism Ireland.



47 An Apple a Day: A Survey of Apples in the History of Art, National Identity and Religion (R)

Class Type: Live-Online Classroom 

Presenter: Fr. James Neilson

Dates: 9/9

Time: 1-2:30 p.m. **Limit:** 50

Who knew this tasty fruit had such an impact on world culture?!

48 Group Piano (R)

Class Type: Live-Online Classroom 

Presenter: Heidi Lueck

Dates: 9/16 9/23 9/30 10/7

Time: 10-11:30 a.m. **Limit:** 10

This course is geared toward beginners with little or no experience. Anyone, regardless of age, musical background or talent can learn in a fun, relaxed and pressure-free environment. Basic note reading, rhythm and efficient practice techniques are taught. The class will use Alfred's *Basic Adult Piano Course Book 1* (ISBN 0882846167), which everyone should have on first day of class. This book can be purchased at Jim's Music, at bookstores or online. You will need to have your laptop, desktop or tablet close to your piano in order to participate in this online class.

49 Writing Your Memoirs (R)

Class Type: Live-Online Classroom 

Presenter: Lou Norsetter & Mary Kay Dodson

Dates: 9/23 9/30 10/7 10/14 10/21 10/28

Time: 1-3 p.m. **Limit:** 20

This ongoing class continues to be a favorite for both new and seasoned writers. Each class session focuses on different features in “life writing” to engage all levels of writing. Opportunities include sharing your 1-2 page memoirs in small and large groups, coaching from other writers, easy exercises to help writers get started, and even some suggestions for publishing. We have many returning memoirists, but love hearing from new writers, too. Consider this class even if you haven’t started a life story yet.

50 Genetic Genealogy: Unearthing Family Secrets and Solving Cold Cases (N)

Class Type: Live-Online Classroom 

Presenter: Beth Mader

Dates: 9/30

Time: 10-11:30 a.m. **Limit:** 50

Nearly 30 million people in the U.S. have taken direct-to-consumer DNA tests like AncestryDNA and 23andMe. Learn how these tests combined with genetic genealogy are solving family mysteries, identifying birth parents, and helping law enforcement solve cold cases, often using distant relatives’ DNA to point the way.



Watch TLC’s “Who Do You Think You Are?” Celebrities share their ancestry stories.

51 Introduction to Wales (R)

Class Type: Live-Online Classroom 

Presenter: Mike Murphy with Cheryl Murphy, Harpist

Dates: 10/7

Time: 10 a.m.-12 p.m. **Limit:** 100

A brief cultural, historical, and pictorial overview of Great Britain’s smallest country, famous for its spectacular castles, picturesque mountains, charming legends, distinctive music, quaint villages with unpronounceable names, and a surprising number of popular musicians, actors and poets, including Dylan Thomas.

Sign-up to receive updates from Visit Wales.



52 Medicare Basics and Open Enrollment Period - ADRC (R)

Class Type: Live-Online Classroom 

Presenter: ADRC Staff

Dates: 10/7

Time: 12:30-2:30 p.m. **Limit:** 25

Medicare Basics is an overview of the different parts of Medicare and an explanation of the different coverage options. Learn about the why, how and when to review your Medicare coverage options during the Open Enrollment Period.

53 Rahr-West Art Museum: Painting Collections and Table Settings (N)

Class Type: Live-Online Classroom 

Presenter: Diana Bolander, Assistant Director/ Curator of Collections

Dates: 10/7

Time: 1-3 p.m. **Limit:** 75

Visit the Rahr-West Art Museum, a municipal art museum in Manitowoc, for a two part, intimate experience with art. First, tour the annual “Table Setting” exhibit in which about fifty local residents design a tablescape based on a work of art. Then, take a special, behind-the-scenes look at the Museum painting storage room and learn more about a few jewels of the collection.

54 Bay Beach Wildlife Sanctuary: Critters, Volunteering and You! (R)

Class Type: Recorded 

Presenter: Lori Bankson

Dates: 10/14

Time: 10 a.m. **Limit:** No limit

Learn about how Bay Beach Wildlife Sanctuary cares for over 5,600 orphaned, injured and ill wildlife, from the point when the animal is found, to its release; how volunteers make a difference onsite and offsite to ensure proper handling and care to help the animals become wild again; and tips on helping wildlife in your backyard and determining if an animal truly needs help. Presenters will include Curator of Animals, Senior Animal Keeper and WLS onsite Animal Care volunteers.

55 Presidential Election 2020 (R)

Class Type: Live-Online Classroom 

Presenter: Michael Kraft

Dates: 10/14

Time: 10 a.m.-12 p.m. **Limit:** 150

An overview of the presidential elections in the United States, with a focus on the 2020 nominating process, campaign and likely results in the context of American politics. The course covers why presidential elections are important; puts the 2020 campaign into historical perspective; reviews the basics of presidential elections, such as the nominating process, party conventions, the Electoral College and voter participation; discusses the purpose and effects of campaigns; reviews campaign finance and reform proposals; focuses on voter turnout and how to increase it; and discusses reforms of the electoral process for 2020 and beyond.

Spend time on the candidates' websites.

www.donaldjtrump.com

www.joe Biden.com



56 Piano Ensemble (R)

Class Type: Live-Online Classroom 

Presenter: Heidi Lueck

Dates: 10/14 10/21 10/28 11/4

Time: 10-11:30 a.m. **Limit:** 10

This course is geared toward beginners with some experience reading music. However, early intermediate musicians will be given more challenging ensemble parts when available. The focus will be on enjoyment of group playing. The class will use *Adult Piano Course Duet Book 1* (ISBN 0739007807), which everyone should have on first day of class. This book can be purchased at Jim's Music, at bookstores or online. You will need to have your laptop, desktop or tablet close to your piano in order to participate in this online class.

57 Real Vietnam War (R)

Class Type: Live-Online Classroom 

Presenter: Ron W. Hoffman

Dates: 10/14

Time: 1-3 p.m. **Limit:** 50

Beginning with the role that Charlie Battery, 1/13 field artillery, played in the Vietnam War, Ron will share his experiences as a member of this Marine unit. From the time this unit first formed in California until the original members returned home, you will also learn more of the big picture of this terrible war, how it was fought, how the press misinformed people back home and how it was lost.

58 Introduction to Genealogy Research (R)

Class Type: Recorded 

Presenter: Dave Miller

Dates: 10/21

Time: 10 a.m. **Limit:** No limit

The first hour will be an introduction to genealogy, i.e. where do you start, how do you start and how do you organize your family charts, using some sites that will allow you to post your family tree online or on paper. The second hour will be a session on proving family stories (or in some cases disproving family stories).

(N) – New Course (R) – Repeat (C) – Continuing

59 Pulaski: Progress and Controversy (N)

Class Type: Recorded 

Presenter: Steve Peplinski

Dates: 10/21

Time: 10 a.m. **Limit:** No limit

Learn about the early history of the Village of Pulaski as well as the origin of the Pulaski Franciscan community that was founded in 1887. Presenter Steve Peplinski uses vintage photos, family history and a unique 1950 radio production by the Wisconsin College of the Air to illuminate events from the late 19th century, the 1920s and the 1940s and beyond that are relevant to the growth and development of the Village of Pulaski.

60 Tour: History and Evolution of the Altrusa House (R)

Class Type: Live-Online Classroom 

Presenter: Annie Bongiorno, MS

Dates: 10/21

Time: 10 a.m.-12 p.m. **Limit:** 100

Take a look inside the Altrusa House. Learn about its history and mission. Come along on the journey as it continues to evolve while impacting lives throughout the world.

61 The Packers Archives (N)

Class Type: Live-Online Classroom 

Presenter: Justine Kaempfer

Dates: 10/21

Time: 10-11:30 a.m. **Limit:** 150

The Packers Hall of Fame invites you to virtually explore some of the most unique artifacts in its archive. This class will begin with the Hall of Fame's curator discussing the museum's collection and the opportunity to interact with the museum's staff. You will then get a behind-the-scenes look at the Hall of Fame's collections space, which is not open to the public. A fee of \$5 for this online tour is to be paid directly to the Packers Hall of Fame prior to the date of the class. An online payment link will be emailed to the roster.

62 Introduction to Drum Circles (N)

Class Type: Live-Online Classroom 

Presenter: Brenda Hartstern

Dates: 10/21 10/28

Time: 1-2:30 p.m. **Limit:** 100

No Experience required! Learn the basic concepts of what a drum circle is and its purpose. What are the sounds that tribal (not snare) drums make? What is the difference between a djembe drum and a dhoubek/darbuka/tabla? What are the different things done in a drum circle? How do we achieve that peaceful Zen feeling and give musical room to those around us? This online version of the class requires only you, but you may use your own drum and noisemakers if you have them. Don't have any? Use an oatmeal box, a bucket, or just watch! A list of local drum circles and a list of YouTube video links for further reference will be shared with the class.

63 Celebrate Your Right to Vote with Susan B. Anthony (N)

Class Type: Recorded 

Presenter: Judy Crain, Bev Smith & Stu Smith

Dates: 10/28

Time: 10 a.m. **Limit:** No limit

Women's suffrage has an important role in the history of the United States. Join Bev Smith as Susan B. Anthony with Stu Smith and Judy Crain as narrators and discussants about this momentous historical achievement.

Thank you for working with us to make the
Lifelong Learning Institute at UW-Green Bay a success!

64 Green Bay Packers Art Collection (N)

Class Type: Live-Online Classroom 

Presenter: Justine Kaempfer

Dates: 10/28

Time: 10-11:30 a.m. **Limit:** 150

The Green Bay Packers collection displays over 145 pieces of art throughout the Premium Level Suites and hallways of historic Lambeau Field. The collection was created by nineteen artists, many with Wisconsin ties, who worked with their media of choice, from sketches to photographs, mixed media to oil on canvas, assemblage and more to create one-of-a-kind pieces that pay homage to the Green Bay Packers and the community that has always supported this historic franchise. The Green Bay Packers Hall of Fame presents a virtual guided tour opportunity to explore a portion of this collection. A fee of \$5 is to be paid directly to the Packers Hall of Fame prior to the date of the class. An online payment link will be emailed to the roster.

65 Matthew, Mark, & Luke Through the Scholar's Lens (R)

Class Type: Live-Online Classroom 

Presenter: Julie Black Harder, MD, MA

Dates: 10/28 11/4 11/11

Time: 1-3 p.m. **Limit:** 30

Did you know three of the biblical gospels are very different from the fourth? That the reason for this is that Matthew and Luke copied much of their material from Mark, then added their own material? That each has distinctive ideas about Jesus? Learn how biblical scholars tease out the similarities and differences between these three ancient documents and what this shows us about the ancient communities that produced them. Participants will need a bible (New Revised Standard Version preferred) and read the Gospel of Mark before session one.

66 Leaving the Lake House: How to Pass the Family Assets (N)

Class Type: Live-Online Classroom 

Presenter: Kevin Davidson, Atty. & Tracy Gibson, Atty.

Dates: 11/4

Time: 10 a.m.-12 p.m. **Limit:** 50

Learn about “successful planning” for passing on family assets when we pass away—an approach that focuses on minimizing the damaging effects of uncertainty and the court probate process. We will cover estate transition in general, as well as the unique challenges that families face when trying to keep family recreational property and peace in the family. Learn tools and techniques to ensure your family is protected from the pitfalls.

67 Grief Through the Holidays (N)

Class Type: Live-Online Classroom 

Presenter: Luann Travis

Dates: 11/4

Time: 10 a.m.-12 p.m. **Limit:** 50

The holidays are a time for families and friends to gather and make lifelong memories, but when you are grieving the loss of a loved one, it can be a difficult time as well. The holidays may serve as a reminder of the loss, not only of the person, but of tradition and celebration. Sharon S. Richardson Community Hospice will talk about the importance of making decisions that feel right for you and tips for practicing self-compassion during the holiday season.

68 Explore the Differences and Health Benefits of Olive Oils and Balsamic Vinegar (N)

Class Type: Live-Online Classroom 

Presenter: Rick Couron

Dates: 11/4

Time: 1-2:30 p.m. **Limit:** 100

Explore the differences of quality Olive Oils and Balsamic Vinegars. Learn the differences between Olive Oils that are Virgin, Extra Virgin, and Light. Some are mild, medium, or robust. Olive Oils can be fused and infused. Many Olive Oils are seasonal. Balsamic Vinegars can be dark and light depending how they are made. Learn about the healthy benefits of Olive Oil and Balsamic Vinegar and how to use in your daily diet and cooking.

(N) – New Course (R) – Repeat (C) – Continuing

69 Submarine Program & Life in WW II Manitowoc (R)

Class Type: Live-Online Classroom 

Presenter: Karen Duvalle, Submarine Curator

Dates: 11/11

Time: 1-2:30 p.m. **Limit:** 150

Enjoy a pictorial history of submarine building in Manitowoc! Learn about how Manitowoc built 28 submarines and the impact of the war on families. Building submarines in the Midwest was a new and unique endeavor, but Manitowoc produced the best-built submarines in the Navy. As a result, families moved in and created a new neighborhood, celebrities visited and the community rallied to support the war effort.

70 Kayaking the Grand Canyon Blind (R)

Class Type: Live-Online Classroom 

Presenter: Ken Braband

Dates: 11/11

Time: 1-3 p.m. **Limit:** 150

In September 2018, five blind military veterans and their guides kayaked 226 miles of the roaring Colorado River through the Grand Canyon. Each person paddled his or her solo kayak through some of the biggest, gnarliest rapids in North America during this 12-day, life-changing expedition. Join kayak instructor and guide Ken Braband as he shares stories, pictures and videos of determination, apprehension, distress, joy, camaraderie and triumph.

71 Saga of the “Mighty Fitz” (R)

Class Type: Recorded 

Presenter: Richard Stevens, PhD

Dates: 11/18

Time: 10 a.m. **Limit:** No limit

The S.S. Edmund Fitzgerald, called “The Pride of the American Flag,” was one of the fastest and largest ore-carrying vessels on the Great Lakes. She held records for largest loads, quickest times and weathered great storms on the “inland seas.” She was a young ship at only 17 years old. However, in November, 1975, she disappeared from radar in one of the most severe storms in the history of Lake Superior, the lake called “Old Treacherous.” Our course will tell of the history of the “Mighty Fitz” and the significant role of her sister ship, the

S.S. Arthur Anderson. We will also explore aspects of Great Lakes shipping, the Soo locks and the important role of shipbuilding in Sturgeon Bay, WI.

72 We are Stardust (R)

Class Type: Recorded 

Presenter: Gary Dallman

Dates: 11/18

Time: 10 a.m. **Limit:** No limit

The visible world is made from various combinations of fundamental building blocks called elements. This course investigates the origin of these elements from cosmic and stellar processes.

73 Writing Children’s Stories and Getting Them Published: Simple Steps on a Difficult Path (R)

Class Type: Live-Online Classroom 

Presenter: Michael Leannah

Dates: 11/18

Time: 10 a.m.-12 p.m. **Limit:** 24

The publishers of children’s picture books expect a fully developed story with characters, plot and resolution, all in about 400 words. If that seems simple, it is not. Learn the ins and outs of writing an engaging story for children (or for older readers), how to present it to a publisher and how to set realistic goals for yourself as a writer. Mike’s books for children include *Goodnight Whispers* and *Most People*, along with being published in magazines in the United States (*Highlights for Children*, *Ladybug*) and Australia.

74 Early History of the Green Bay Fire Department (R)

Class Type: Live-Online Classroom 

Presenter: David Siegel

Dates: 12/9

Time: 1-3 p.m. **Limit:** 40

Most human endeavors change only in response to seminal events. This is particularly true of the Green Bay Fire Department. This program will present the early history (1836-1895) of the Green Bay Fire Department, taken from the presenter’s book, “Forces of Change,” released in May 2016. Major fires will be discussed, emphasizing the resulting subsequent changes to the fire department.

Thursday

75 Making Your Own Kitchen Scrubbies (R)

Class Type: Live-Online Classroom 

Presenter: Sister Agnes Fischer

Dates: 9/3

Time: 1-3 p.m. **Limit:** 25

Join us for a fun learning experience and you'll never have to get your scrubbies at craft sales again. For this one session class, you will need a few yards of nylon net (use the half off coupon at JoAnn's), some cotton yarn (the kind used to make dishcloths), scissors and crochet hooks I, J and/or K. The printable handout can be found on the LLI website. It would be good to have that at hand for the virtual session.

76 West of the Lake Gardens Tour (R)

Class Type: Outdoors 

Presenter: Don Cisler

Dates: 9/3

Time: 1-3 p.m. **Limit:** 25

Join us as we tour one of Manitowoc's hidden gems. West of the Lake Gardens is a mixture of beautiful perennials and annuals on a peaceful spot overlooking Lake Michigan. There are six acres on the estate of John and Ruth West featuring a rose garden, Japanese sunken and formal gardens and more than 900 feet of herbaceous borders of colorful annuals. Please note, due to COVID-19, the restrooms remain closed. By registering for this class, you agree to follow the guidelines recommended by the CDC and UW-Green Bay (i.e. social distancing, wearing masks, washing hands, etc.) to prevent the spread of the COVID-19 virus.

77 Carbohydrates and Fats (R)

Class Type: Recorded 

Presenter: Gary Dallman

Dates: 9/10

Time: 10 a.m. **Limit:** No limit

Carbohydrates and fats consist of the same kinds of atoms with very different structures and functions. This course examines the basic chemistry of these two essential molecules of life.

78 Update on the U.S. and Wisconsin Supreme Courts (R)

Class Type: Live-Online Classroom 

Presenter: Dan Spielmann

Dates: 9/10

Time: 10-11:30 a.m. **Limit:** 75

This course will provide an overview of the current U.S. Supreme Court. A review of some of the significant decisions of the "Roberts" Court and an in-depth look at recent issues with the Wisconsin Supreme Court will also be presented.

79 Books and You (R)

Class Type: Live-Online Classroom 

Presenter: Rebecca Johnson & Mary Halloin

Dates: 9/17 10/15 11/19 12/17

Time: 1-3 p.m. **Limit:** 16

Members are invited to share their current readings or discuss the chosen reading assignment. We explore various genres in literature, such as mysteries, novels, nonfiction or select a specific author or book. The September reading is midwest themed, October is war themed (fiction or non-fiction), November is biography or autobiography and December is banned books.

80 Ballad Poetry and Its Heritage (R)

Class Type: Recorded 

Presenter: Mike Murphy

Dates: 9/24

Time: 10 a.m. **Limit:** No limit

Ballads are short poems that tell a story and were intended originally to be sung. This course will discuss a wide variety of famous English, Scottish, and American folk ballads, ranging from popular anonymous ballads of the 14th century to some modern ballads by contemporary singers like Dolly Parton, Gordon Lightfoot, and Bob Dylan.

81 Revelation of John: Facts, Myths, & Misconceptions (N)

Class Type: Recorded 

Presenter: Benjamin W. Cruz-Uribe

Dates: 9/24 10/1 10/8

Time: 10 a.m. **Limit:** No limit

The Revelation of John is the most controversial book of the New Testament. This book is used, misused, and abused in making prophecies concerning the end of the world. This course will study how The Revelation is associated with End Time predictions and try to separate what the book really says versus what many pundits state it means.

82 Beginning Line Dancing (R)

Class Type: Recorded 

Presenter: Jim Huss

Dates: 9/24 10/1

Time: 10 a.m. **Limit:** No limit

Beginning Line Dancing is appropriate for those who have never line danced before and those who wish to review and refresh their knowledge of basic steps and terminology before participating in Basic Line Dancing. This recording will allow you to practice the line dancing steps in the comfort of your home.

83 Needlework Open Stitch (R)

Class Type: Live-Online Classroom 

Presenter: Karen Wojahn

Dates: 9/24 10/1 10/8 10/15

Time: 1-3 p.m. **Limit:** 24

Is there a type of needlework you want to learn? Do you have an embroidery project that you want to complete? One you have always wanted to do or maybe one you started years ago? Join Karen online with any piece of hand embroidery—old or new—to work on. There will be help for you if you need it. Not sure what you want to work on? Join us for the first class and get lots of ideas.

84 ESP Evaluation & Development, Session B (N)

Class Type: Live-Online Classroom 

Presenter: Deb Klein

Dates: 9/24

Time: 1-3 p.m. **Limit:** 10

Have you ever had a gut feeling that kept you safe? How about a flash of intuition that turned out to be just what you needed? Then come join us online for a light and lively class where you will be tested for various forms of ESP through the use of Zener cards, followed by participation in a short remote-viewing session. The remainder of our time will be dedicated to exploring the terminology of ESP phenomena and learning new ways to develop your intuitive skills. Sign up for Session A or B, not both.

85 Intergenerational Dialogue (R)

Class Type: Live-Online Classroom 

Presenter: Dr. Dean VonDras

Dates: 10/8 10/15

Time: 11 a.m.-12:20 p.m. **Limit:** 50

This course is an opportunity for LLI members to share personal insights and find new understandings as they take part in an intergenerational discussion involving students from Dr. VonDras' Adulthood and Aging course. Discussion covers key topics and concerns as they occur in life-span development. The course is co-sponsored by the Human Mosaic Program of Student Life at UW-Green Bay.

86 End of Life Care and Creating Your Own Advance Directives for Medical Care (R)

Class Type: Live-Online Classroom 

Presenter: Unity Staff Member

Dates: 10/1

Time: 1-3 p.m. **Limit:** 50

As Americans, we plan for everything—our wedding, vacations, careers and retirement. Yet, the majority of us avoid planning our own end-of-life. If we don't share our healthcare wishes with those we love, others may take over at a time we are most vulnerable. Unity Hospice employee Kathy Takahashi will discuss the benefits of advance planning, initiating the end-of-life care conversation, myths associated with hospice and how to refer a loved one.

87 Hamilton Wood Type & Printing Museum (R)

Class Type: Live-Online Classroom 

Presenter: Jim Moran, Master Printer & Collections Officer

Dates: 10/1

Time: 1-3 p.m. **Limit:** 25

Hamilton Manufacturing was America's largest and longest wood type maker. Join us as we virtually tour over 40,000 sq ft of printing history, see the process, machines, the presses and product.

88 Basic Line Dancing (R)

Class Type: Recorded 

Presenter: Jim Huss

Dates: 10/8 10/15 10/22 10/29 11/5 11/12

Time: 10 a.m. **Limit:** No limit

Basic Line Dancing is appropriate for those who already understand beginning line dance terminology and will feel comfortable combining steps in new and challenging ways after a short review and demonstration of steps. Studies show that line dancing helps memory, balance, coordination and fitness. It is an enjoyable form of exercise, and you don't need a partner. This recording will allow you to practice the line dancing steps in the comfort of your home.

89 Following the Money - Exposing the Mysteries of the US Federal Reserve System (R)

Class Type: Live-Online Classroom 

Presenter: Bob Srenaski

Dates: 10/8

Time: 10 a.m.-12 p.m. **Limit:** 150

It's called "The Fed" and it is the most powerful financial institution in the world. Independent of all other branches of government, its unelected board of governors makes economic decisions that affect our everyday lives and financial well-being. Yet its structure, operations, and secretive decision-making methods are complex and shrouded in mystery. We'll pull back the curtain and expose The Fed for what it really is!

90 Buddhism: Plain and Simple (R)

Class Type: Live-Online Classroom 

Presenter: John Nemick

Dates: 10/8 10/15

Time: 1-2:30 p.m. **Limit:** 50

Buddhism is a rich tradition, both complex and direct, ancient and modern, always evolving as a world-wide philosophy and influencer. This course will look at the central principles of the Buddhist tradition and some of the forms and ideas that underlie the various 'schools.' We will examine the core teaching of the historic Buddha, paying particular attention to the concepts and practices of traditional Zen and consider the evolution of Buddhism in the modern world and its practical value. Vimala John Nemick is a Senior Teacher in the Rinzai Zen Buddhist tradition.

91 Lester Bentley: Sign Painter to World Renowned Artist - A Two Rivers Notable (N)

Class Type: Live-Online Classroom 

Presenter: Jeanne Mease

Dates: 10/8

Time: 1-2:30 p.m. **Limit:** 50

Lester W. Bentley was born in Two Rivers in 1908. He started out painting local scenes and people, progressing to portraits including Curly Lambeau and President Dwight D. Eisenhower. His paintings can be found in homes and museums throughout the world. A wrap around mural was recently uncovered in Manitowoc. You will come to appreciate the colorful life of Lester Bentley through pictures and firsthand stories of this local artist.

92 Aging & Disability Resource Center - Your Partner through Life Changes (R)

Class Type: Live-Online Classroom 

Presenter: ADRC Staff

Dates: 10/15

Time: 1-3 p.m. **Limit:** 25

The ADRC is the independent unbiased resource supporting and empowering seniors, adults with disabilities and their caregivers. The ADRC can help you get the most out of your life whether you are looking for ways to stay active; dealing with the challenges of a chronic health condition; aging disability or caring for someone else. Learn helpful tips when caring for a loved one and how to prevent falls.

93 America's Economy - Adrift on a Sea of Uncertainty (N)

Class Type: Live-Online Classroom 

Presenter: Bob Srenaski

Dates: 10/22

Time: 10 a.m.-12 p.m. **Limit:** 150

Since the 2008 Great Recession, the US economy has been in the longest sustained growth period in US history. Interest and unemployment rates are at historic lows and stock values at historic highs. But storm clouds have been forming — debt is skyrocketing, investment is down, and growth declining. It's time for a review of the factual trends that could determine the country's economic direction.

94 The Healing Power of Music (N)

Class Type: Live-Online Classroom 

Presenter: Susan Gallagher-Lepak, PhD, RN & Sarah Meredith, DMA

Dates: 10/22

Time: 1-2:30 p.m. **Limit:** 150

A powerful presentation on the benefit of music and the science behind it. Learn how music can be used for positive outcomes with several medical conditions and in your daily life.

95 History of the United States Electoral College (R)

Class Type: Recorded 

Presenter: Benjamin W. Cruz-Urbe

Dates: 10/29

Time: 10 a.m. **Limit:** No limit

The president of the United States is elected by a College of Electors. Who are these electors? Where do they come from? How are they selected? Why does this peculiar election technique even exist? What are the rules and laws governing this voting of the electors? Why do states have different numbers of electors? This course will cover the history of the Electoral College, the rules/laws governing it, and the many issues, problems and advantages associated with this process.

96 Neustadher Nature Center at the Collins Marsh (N)

Class Type: Recorded 

Presenter: Tom Ward & Marilyn Starzewski

Dates: 10/29

Time: 10 a.m. **Limit:** No limit

Collins Marsh is a 4,200 acre state wildlife area located just 20 minutes west of Manitowoc. Birders, Hunters, Photographers, Kayakers, Hikers and Bikers will all find places to explore. Hear about the Neustadher Nature Center's conservation education and learn the history of the marsh and the tower.

97 Basic Dynamics of Domestic Violence and the Impact on Children (R)

Class Type: Live-Online Classroom 

Presenter: Michaela Polewski

Dates: 10/29

Time: 10 a.m.-12 p.m. **Limit:** 100

Golden House exists to provide help and healing to victims of domestic abuse. We help hundreds of people every year with counseling, advocacy, shelter and other services as our clients begin their journey of healing. Our outreach and education programs reach thousands of students and adults, helping them understand the cycle of violence and the warning signs of domestic abuse. This course will give an overview of the basic dynamics of domestic violence and the impact it has on children.

98 Living Well With Hearing Loss (R)

Class Type: Live-Online Classroom 

Presenter: Julie Olson

Dates: 10/29

Time: 1-3 p.m. **Limit:** 40

Living with hearing loss is a two-way street, for it not only involves the person with the loss, but everyone with whom they associate. Almost all of us are impacted by this at some point in our lives. Julie is a volunteer consumer advocate/educator who will help us to understand the challenges of this problem.

99 Are There Secrets to Becoming a Centenarian? (N)

Class Type: Live-Online Classroom 

Presenter: Julia Wallace, PhD

Dates: 11/5

Time: 10 a.m.-12 p.m. **Limit:** 50

Centenarian is a term referring to a human being who lives to age 100 or beyond. A supercentenarian is a person who reaches the age of 110. Across the globe, there are more than 450,000 centenarians. Among the factors that affect the probability of living to that advanced age are gender (women outlive men), geography and the time you live in. This session will explore these factors as well as others that appear to be related to living an exceptionally long life.

100 Genealogy Research in Chicago (N)

Class Type: Live-Online Classroom 

Presenter: David Miller

Dates: 11/5

Time: 1-3 p.m. **Limit:** 100

A chance to see what archives and records may exist in your Chicago research and how to prepare for a research trip before you leave for Chicago.

101 Time Matters: A Women's Retirement Outlook (N)

Class Type: Live-Online Classroom 

Presenter: Tanessa Klug

Dates: 11/12

Time: 10 a.m.-12 p.m. **Limit:** 150

Women and men have differing considerations when it comes to long-term financial goals. Whether you are new to investing or need a refresher, this presentation will help women learn about the importance of developing a financial strategy, the impact of asset location, and the influence of inflation on your long-term goals. We will build investor IQ, discuss retirement income strategies, and address how to prepare for the unexpected.

102 Immigration: Crisis at Our Border (N)

Class Type: Live-Online Classroom 

Presenter: Barbara McClure-Lukens & Lou Ann Norsetter

Dates: 11/12

Time: 10 a.m.-12 p.m. **Limit:** 150

The impact of current immigration policy is examined through our first hand experiences. Our eyewitness reports include: crossing at Nogales and walking along the border wall, observing Streamline Court in Tucson, personal encounters with volunteers providing humanitarian aid, desert walk to migrant memorials in the Sonora Desert. A wide range of ways to respond will be discussed in this nonpartisan course.

103 The Art of Repurposing Thrift Shop Finds (and Your Stuff) (R)

Class Type: Live-Online Classroom 

Presenter: Mary Lindemann

Dates: 11/12

Time: 10 a.m.-12 p.m. **Limit:** 100

Don't throw it away — repurpose it! Join us for a fun-filled online class on thrift store shopping and repurposing to create unique, inexpensive outfits and home decor for every occasion! Mary will share her passion for thrift store finds and give us tips on items to look for.

(N) – New Course (R) – Repeat (C) – Continuing

104 Researching Irish Genealogy Records (R)

Class Type: Live-Online Classroom 

Presenter: Dave Miller

Dates: 11/12

Time: 1-3 p.m. **Limit:** 100

This session will discuss how to research Irish records, including where to start and how to prepare for a research trip to Ireland and which archives are important to research. Also, we will look at what researchers need to do before they leave the U.S. and what identification they need before they walk in the door at the archives.

105 Homelessness in Green Bay (R)

Class Type: Live-Online Classroom 

Presenter: Alexia Wood & Kris Olson

Dates: 11/12 11/19

Time: 1-3 p.m. **Limit:** 150

Why do we need the NEW Community Shelter, St. John's Homeless Shelter and The Micah Center in our community? Learn how each of these organizations and the programs they offer help the population they serve. Learn what we as a community can do to help. The Nov. 12 class will meet online with St. John's Homeless Shelter and the Nov. 19 class will feature NEW Community Shelter.

106 Under the Robes: Sentencing (C)

Class Type: Live-Online Classroom 

Presenter: Mark Warpinski

Dates: 11/19

Time: 10 a.m.-12 p.m. **Limit:** 150

Different judges and different sentences. Why? You can't say, "Lock them up and throw away the key." It is not that simple. Together we will explore the types of sentences that can be imposed and the factors that the Court must consider. As always, we will have a "high anxiety-filled" period of audience participation, all done in good educational fun.

Friday

107 How We Do Dying and Death Part 1 (R)

Class Type: Live-Online Classroom 


Presenter: Illene Cupit

Dates: 9/4

Time: 10 a.m.-12 p.m. **Limit:** 50

The fact that people die still remains a taboo topic of discussion in our contemporary society. Yet, the many rapid changes that confront us, such as technological advancements, medical practices and their ethics with regard to dying and death, and isolation of people as they grieve, demand that we bring death "out of the closet." This overview will highlight some of our major contemporary concerns and bring forth an open dialogue of what we must consider with regard to the end of life. This is the first of a two-part series. In part one we will provide an introduction to the major issues regarding the end of life that concerns us today. Part two, which will be presented in the spring, will focus specifically on grief and loss.

108 Biking is Fun at Any Age (R)

Class Type: Outdoors 

Presenter: Del Tills

Dates: 9/4 9/11 9/18 9/25 10/2 10/9

Time: 10 a.m.-12 p.m. **Limit:** 30

We bike on trails in and out of the area. Rides range from 10-24 miles. Bikers will be responsible for getting their bikes to the trailhead. Multi-speed bikes are recommended and helmets are required. An itinerary with directions for each ride will be posted on the LLI website. A completed Assumption of Risk form must be on file in the LLI office prior to the first day of class. A State Trail Pass will be required for some rides. By registering for this class, you agree to follow the guidelines recommended by the CDC and UW-Green Bay (i.e. social distancing, wearing masks, washing hands, etc.) to prevent the spread of the COVID-19 virus.

109 Credit Where Credit is... What? (N)

Class Type: Live-Online Classroom 

Presenter: Karen Murto-Gill

Dates: 9/11

Time: 1-2:30 p.m. **Limit:** 50

The basics of credit card processing — understanding from both consumer and a merchant/business viewpoint using money values. Debit and credit card, card associations, fees, discounts, security, terminals vs internet and the basics of moving money. (No fraud or identity theft will be covered.)

110 UW-Green Bay Viking House (R)

Class Type: Live-Online Classroom 

Presenter: Prof. Heidi Sherman

Dates: 9/18

Time: 1-2:30 p.m. **Limit:** 100

Did you know that UW-Green Bay is the only college campus in the world with a replica of a Viking House? In 2017, Viking reenactors Owen and Elspeth Christianson donated the house to the campus based on their long collaboration with Heidi Sherman, PhD. Dr. Sherman brought her students to “Viking Camp” at the Christianson’s for several years. Dr. Sherman will talk about the house, the work of the Christiansons and how it is used by students and community members.

111 Foundations of Investing (N)

Class Type: Live-Online Classroom 

Presenter: Kyle Lukowitz

Dates: 9/25

Time: 10 a.m.-12 p.m. **Limit:** 50

Building your investor IQ starts with understanding the basics. Whether you are new to investing or need a refresher, this presentation will discuss the importance of developing a strategy, the impact of asset allocation and the influence of inflation on your long-term goals.

112 Drugs in Brown County - Are Your Grandchildren at Risk? (R)

Class Type: Live-Online Classroom 

Presenter: Brown Co. Narcotics Investigator

Dates: 10/2

Time: 10 a.m.-12 p.m. **Limit:** 100

Drug abuse starts as early as preteens and your grandchildren are at risk. Where do drugs come from? They are possibly coming from your own medicine cabinet. Learn the signs of drug usage. It’s not only a problem of inner cities. It is also here.

113 What? I Didn’t Catch That (N)

Class Type: Live-Online Classroom 

Presenter: Michael Oldenburg, MD & Lisa Martin, AuD, CCC-A/SLP, FAAA

Dates: 10/2

Time: 1-2:30 p.m. **Limit:** 150

Hearing health is so important, but is often not thought about until it’s too late. ENT specialist, Dr. Michael Oldenburg and Lisa Martin, Doctor of Audiology will present on hearing anatomy, causes of hearing loss, the importance of prevention, hearing solutions if hearing loss occurs and how to maximize interactions with those who are hard of hearing.

114 From the Heart: Techniques for Reducing Stress, Building Resilience (R)

Class Type: Live-Online Classroom 

Presenter: David Ferguson, MD, CSA Certified Senior Advisor

Dates: 10/2

Time: 1-3 p.m. **Limit:** 20

Life sure can get complicated. Chronic emotional stress, characterized by feelings of anger, anxiety and frustration, adversely impacts our health and well-being. In this course, we will explore research that looks at the heart and its role in the mind-body connection. We’ll examine how the heart affects the brain and higher cognitive functions, like attention, memory, and problem solving. Learn techniques to improve the heart-brain interaction, decrease stress and build better resilience.

(N) – New Course (R) – Repeat (C) – Continuing

115 Famous Trials: Landmark Legal Cases in American History (N)

Class Type: Live-Online Classroom 

Presenter: Arnold Sparr, PhD

Dates: 10/2 10/9 10/16

Time: 1-3 p.m. **Limit:** 50

Notable legal cases and controversies examined within the context of past and present times: Does the “witch hunt” metaphor routinely employed in today’s fractious American political culture hold up to those made in Salem, Massachusetts, in 1692? What impact did the Amistad slave ship trials (1839-1840) have upon pre-Civil War America? Is the 2017-2018 Houston Astros sign-stealing scandal comparable to the infamous Chicago Black Sox scandal of 1919?

116 Novels by Willa Cather (R)

Class Type: Live-Online Zoom Classroom 

Presenter: Sid Bremer, PhD

Dates: 10/9 10/23 11/6 11/20

Time: 10 a.m.-12 p.m. **Limit:** 25

This class will sample novels by Midwestern writer Willa Cather. An emphasis on group discussion will be particularly valuable for LLI’s who want to read the three novels. After introductions and a Cather video at our first Zoom class, we’ll meet every other week to discuss: *O Pioneers* (1913) about an immigrant European family settling the Great Plains; *The Lost Lady* (1923) about the decline of pioneering idealism in a railroad town; and *Death Comes for the Archbishop* (1927) reflecting back on life in the earlier New Mexican territory served by a Catholic priest. Participants can purchase them at Lion’s Mouth or Barnes and Noble, or used from www.betterbooks.com or another online dealer.

117 The Salvation Army: from Doughnuts to Doing the Most Good (R)

Class Type: Live-Online Classroom 

Presenter: Renee Main & Tom Mullinix

Dates: 10/9

Time: 8:30-10 a.m. **Limit:** 50

Come along with us as we share the story of The Salvation Army, from our history of the WWI “Doughnut Girls” to Emergency Disaster Services and doing the most good in the Greater Green Bay community. Join us for our Salvation Army Corps learning session and virtual tour of our Union Court facility”.

118 Green Bay Mosque - Learn About the Islamic Faith (R)

Class Type: Live-Online Classroom 

Presenter: Hamayun Mian

Dates: 10/16

Time: 10 a.m.-12 p.m. **Limit:** 50

Learn about the Green Bay Mosque of the Islamic Society of Wisconsin.

119 Happiness, Hope and Healing (N)

Class Type: Live-Online Classroom 

Presenter: Shari Liesch, APNP, CDE

Dates: 10/30

Time: 10 a.m.-12 p.m. **Limit:** 100

Humans are wired for survival, and humor and hope play an important role. Our daily behaviors, thoughts, and resilient thinking impact our perceptions of happiness. When we are hopeful, we maintain positive expectations toward our goals, even when facing obstacles. This discussion will include a review of happiness, hope and the impact on healing and health.

Knowledge Never Retires!

A gift certificate toward an LLI Annual Membership is a wonderful gift for anyone who is retired or semi-retired — or who has free time to attend classes on some weekdays.

Lifelong Learning, just for the joy of it.

120 Bay of Green Bay: Past, Present and Future (R)

Class Type: Live-Online Classroom 

Presenter: Julia Noordyk

Dates: 12/11

Time: 10-11:30 a.m. **Limit:** 50

Since the arrival of the Europeans in the 17th century, the world's largest freshwater estuary has undergone tremendous ecological changes. The once-stunning clear water bay, surrounded by wetlands, is now threatened by an overload of nutrients and sediment, which has contributed to annual blue-green algae blooms and a dead zone. But all is not lost! Today, we are witnessing the cleanup of industrial pollutants in the Fox River and the re-construction of the Cat Island Chain on Green Bay's west shore. Take a trip through time looking at the ups and downs of our region's greatest natural asset: the Bay of Green Bay.

Saturday

121 Viruses Without Borders and COVID-19, the Latest, but not the Last Pandemic (N)

Class Type: Live-Online Classroom 

Presenter: Brian Merkel, PhD

Dates: 11/28

Time: 9:30-11:30 a.m. **Limit:** 150

The course will explore the role of humans and viruses in pandemics. COVID-19, Spanish Influenza of 1918, Smallpox, HIV, and Black Death will be highlighted. What can we do to prevent or minimize the next pandemic? Answers to questions like this will be addressed in this course.

Like Us



Stay Connected!

Our website and Facebook page are great sources for LLI information.

Check us out at www.uwgb.edu/lli
and [like us on Facebook!](#)

Your Lifelong Learning Institute Needs You!

We are challenged by an unprecedented situation and have done the best we possibly can to offer an interesting array of classes for the fall. At the same time, we are striving to keep the health and well-being of our members and presenters in mind.

It is our hope that you will continue to support Lifelong Learning Institute by returning this fall to register for classes. Your Lifelong Learning Institute is a non-profit organization, and we need our members to help us to ensure we can continue to exist.

We need you!





UNIVERSITY of WISCONSIN
GREEN BAY

Lifelong Learning Institute 2475
University of Wisconsin-Green Bay
2420 Nicolet Drive
Green Bay, WI 54311-7001

Quick Links!

**Registration opens July 27 at
10 a.m. and continues through
August 14 at 4 p.m.**

[See Registration Checklist.](#)

**Registration must be
completed online.**

[Use our handy Registration Worksheet
to choose your courses.](#)

Susan Pike Program Specialist and LLI volunteers are happy to help if you
have any issues and are available by phone or email.

More information in the Lifelong Learning Institute newsletter.

Contacting LLI:

The LLI office on the UW-Green Bay campus remains closed.

Susan continues to work from home, supported by office
volunteers and many other LLI members who have stepped
forward to help out from their homes.

The best way to contact us is by emailing lli@uwgb.edu.

