



University of Wisconsin-Green Bay
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 UNIVERSITY of WISCONSIN
 GREEN BAY



University of Wisconsin - Green Bay • Division of Outreach and Adult Access

The LIR Connection

Spring 2012 Catalog



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OFFICE HOURS – 7:45 am – 3:15 pm Monday – Thursday; 8:00 am – 12:00 pm - Friday
 PHONE: 920-465-2356 ♦ E-MAIL: lir@uwgb.edu ♦ Website: www.uwgb.edu/outreach/lir

OFFICE HOURS: Monday-Thursday, 7:45 a.m. to 3:15 p.m. | Friday 8:00 a.m. to Noon

Assistance is available - If you need help, call the LIR Office at 920-465-2356



WHAT IS LIR?

LIR is a program sponsored by the University of Wisconsin-Green Bay's Division of Outreach and Adult Access in affiliation with the Elderhostel Institute Network. It's a program for retired or semi-retired people who are interested in continuing to learn. As evidenced by this Catalog, LIR offers courses of various lengths on a wide variety of topics each semester, depending on the interests and expertise of LIR members and guest instructors. There are no tests, no papers, no credits—but there are classrooms and instructors, and lots of opportunities for questions, comments, and discussion.

Membership Fee: \$75 per member per year. (September 1 to August 31) **includes UW-Green Bay parking decal valid yearly from September to September. For Spring Semester 2012 only, new members may register for \$60.**

Benefits: LIR membership entitles you to register for twelve (12) LIR courses per semester and provides you with a UWGB parking permit for LIR use only. Membership also entitles you to participate in LIR's "It's Happening" program, which features chartered bus trips to special educational sites, programs, and events outside the Green Bay area. There are additional fees/costs for any of these travel trips. Membership also allows you to obtain a GB Bus transit pass for \$7.50 through the University Union, you must contact the LIR Office to start the process.

As a member of LIR, you will receive a Course Catalog each semester, listing descriptions, dates, and times of course offerings. You will also receive a newsletter and invitations to attend special events, including social gatherings. You are welcome to use the UW-Green Bay library for research and to register for a library card to check out materials.

Registration Reminders

- **No refunds will be given on membership or course registration fees. All registrations are processed on a lottery type basis.**
- A \$5.00 fee will be charged for all lost, stolen, or misplaced parking permits.
- **CLASSROOM LOCATIONS:** Most courses are held on-campus in Rose Hall, Rooms 220 and 230, the UW-Green Bay Mauthe Center, the Neville Public Museum, First Presbyterian Church, Kroc Center and other sites as noted.
- **INCLEMENT WEATHER: WATCH YOUR LOCAL TELEVISION STATIONS FOR CANCELLATION OF LEARNING IN RETIREMENT - UW-GREEN BAY CLASSES.**

Registration Process

1. **Members may then return their registrations by registering on-line**, mail, or by bringing them to the LIR office, ES 301 Environmental Science at UWGB.
2. If you and your spouse or significant other drive to classes together and would like to be in the same classes, **place your "linked" registrations in the same envelope**; we will consider them at the same time. **Linking registrations is designed for members who will need to ride together in the same vehicle and are taking the same classes.** Those who are disabled and/or need to ride with a specific person should place their registrations in the same envelope. It is not possible to link if all classes are not the same.
3. Current LIR Members will receive an e-mail link prompting you to register online. We encourage you to use this link to register. **Once all registrations are entered, the lottery process will begin. We expect printing of confirmations to occur approximately December 9, 2011 and mailing will occur the week of December 19, 2011.** We will only register the first 12 courses in priority order on your list (priority order being #1, 2, 3, etc.).
4. **Registration is limited to 12 courses.** Registration for additional classes constitutes a commitment to attend all the classes you have chosen.
5. Registrations received after the lottery process will be processed on a day by day basis.
6. **NO confirmation letters will be mailed to members until December 19th. Do not call** to ask if your courses have been confirmed. The information will not be available until the 19th. If you add a course after your initial registration process, an additional confirmation will be sent.
7. **KEEP YOUR CATALOG!** Your confirmation letter will only indicate the first session of each course. The remaining sessions will be in your catalog. Also check the middle of the catalog for a calendar insert.
8. A coordinator listing is on the next page of this catalog. Please call the coordinator if you have any questions about your class.

Thank you for working with us in making LIR a success!

Donor information (please print or type)

Name(s) _____
Preferred mailing address Home Business
Address _____
City _____ State _____ Zip _____
Telephone _____
Preferred e-mail: Home Business _____

Please accept my contribution of \$_____ to the Learning in Retirement (LIR) program at the University of Wisconsin-Green Bay.
My gift is (choose one): Designated for the Learning in Retirement Endowment
 Designated to be used immediately to help meet LIR operating costs
(If no designation is indicated, all monies will be placed in the Endowment Fund.)

Gift Information

Contributions are tax deductible.
All donors will receive a receipt for their tax records.

- Online at <http://www.uwgb.edu/foundation>
- A check payable to the UW-Green Bay Foundation is enclosed. (You may include LIR or LIR Endowment in the memo.)
- Authorization for a VISA MasterCard Discover American Express credit card charge is provided here (\$50 minimum gift required):
Account # _____ Exp. Date _____
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Signature _____
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- I/We will send a gift at a later date. Please send me/us a reminder in _____ (month/year).

INCREASE YOUR GIVING POWER

Many employers sponsor a matching gift program for which retirees are eligible. Obtain and complete a matching gift application from your employer — you may be able to double or even triple the amount of your contribution!

Recognition information

Name(s) as you would like it to appear in the University's Annual Report or other public announcements:

- I/We wish to remain anonymous

Please return this form to: UW-Green Bay Foundation
Cofrin Library 805
UW-Green Bay
2420 Nicolet Drive
Green Bay, WI 54311-7001

102 Music and Poetry of Love and Death, 1750-1850 (N)

Coordinators: Barb Andersen, Peg Axelson

Presenters: Art Cohrs, Michael Murphy

Dates: Feb. 24; Mar. 2

Limit: 175 **Time:** 10:00 am – 12

Location: Kroc Center A/B, 1315 Lime Kiln Road

This team-taught course will introduce some famous classical music and poems composed between 1750 and 1850 that deal with the themes of love and death. The works will be discussed in the context of the life and times of composers such as Mozart, Schubert, Schumann, Verdi and Wagner, and poets such as Wordsworth, Byron, Thomas Gray, Thomas Moore and Tennyson.

103 The Great Debate: Advocates and Opponents of the American Constitution (DVD) (R)

Coordinator: Hayden Groy

Presenter: Prof. David Voelker

Dates: Mar. 23, 30; Apr. 6

Limit: 50 **Time:** 9:00 – 11 am **Room:** RH 230

The goal of this course is to illuminate the original foundations of our American civic culture by re-enacting the Great Debate from 1787 to 1788 over ratification of the proposed Constitution. We will focus on the competing republican visions held by the proponents of the Constitution (Federalists) and their opponents (Anti-Federalists). To some extent these debates continue today, albeit in different forms. This is a multi-semester DVD course which will be concluded in Winter/Spring 2012.

104 Exploring Green Bay (N)

Coordinator/Presenter: June McCotter

Dates: Apr. 13, 20, 27

Limit: 65 **Time:** 10:00 am – 12

Location: Off Campus

If you ever wondered what the interior of that massive architectural structure on Riverside Drive in Allouez looks like, you will now be given the opportunity. Our Green Bay Correctional Institution is one of five maximum security prisons in Wisconsin. We'll tour the class rooms, chapel, library and rotunda with its historical murals. At the Bellin College of Nursing, student ambassadors will assist us for demonstrations of all the science labs and tell us about the history of the college. We will visit the Fox River Cleanup Project which is a multi-year project designed to reduce the risk to human health and environment due to PCBs in the Fox River sediment. Dredging, capping and covering is being done from Little Rapids to the bay. The dredged sediment is processed and transported to a landfill.

105 Biking is Fun at Any Age (C)

Coordinators/Presenters:

Bob & Mary Cook, Judith Hodel,

Del Tills, Julia Norton

Dates: Apr. 20*, 27*; May 4, 11, 18

Limit: 40 **Time:** 10 am – 12 - First two sessions*
10 am – 2 pm- Last three sessions

Location: Off Campus

We bike trails and back roads in and out of the area. Bikers will be responsible for getting their bikes to the trailhead. Multi-speed bikes are recommended and HELMETS ARE REQUIRED. An Assumption of Risk form will be sent with your confirmation. Please fill it out and return it to the address given on the form. A State Trail Pass will be required for some rides. An itinerary with directions for each ride will be sent with your confirmation.

106 The United States Supreme Court: Back to the Future (R)

Coordinator: Darlene Hallet

Presenter: Dan Spielmann

Date: May 4

Limit: 50 **Time:** 10:00 am – 12 **Room:** RH 230

Join us for an overview of the current U.S. Supreme Court and review of some of the significant decisions of the "Roberts" Court. We'll also look at recent issues before the Wisconsin Supreme Court.

107 Spring Wildflowers (R)

Coordinator: Jan LaSota

Presenter: Hal Sunken

Dates: May *4, *11, 18; June 1

Limit: 25 **Time:** 1 – 3 pm

Room: *RH 220/Field trips

This course will introduce participants to the common spring wildflowers of Northeast Wisconsin. Two indoor sessions will cover forest ecology and wildflower identification. Two field trips are planned. For the field trips, participants should bring hiking shoes, outdoor clothing and a wildflower guide such as Newcomb's Wildflower Guide. Participants should be prepared to walk through wooded areas and wet conditions.

Andersen, Barb	499-8550	Barbkha10@att.net
	<i>Courses: 6, 102</i>	
Ashmann, Debbie	562-2988	dashmann@live.com
	<i>Course: 72</i>	
Axelson, Peg	494-3871	axelsonmargaret@yahoo.com
	<i>Courses: 10, 54, 82, 102</i>	
Bader, Jules		jfbader@yahoo.com
	<i>Course: 20</i>	
Beaver, Barb	983-6573	bjbeaver@greenbaynet.com
	<i>Courses: 4, 27, 81, 90</i>	
Becker, Terry	498-2142	tbwes@yahoo.com
	<i>Course: 50, 62</i>	
Blakeslee, Penny	469-1399	penjank9@aol.com
	<i>Courses: 15, 16, 65, 94</i>	
Blaser, Terry	494-1021	Tblaser520@new.rr.com
	<i>Courses: 67, 95</i>	
Burrows, Barry	406-1846	bmb@itol.com
	<i>Courses: 18, 68, 88, 101</i>	
Carvenough, Wes	497-1108	wcarvenough@new.rr.com
	<i>Courses: 9, 66, 91</i>	
Clark, Jimmie	866-3269	oldblue2@hotmail.com
	<i>Course: 44</i>	
Cook, Mary	321-0379	mjcook42@att.net
	<i>Courses: 1, 70, 105</i>	
Cook, Robert	321-0379	Rcook9@att.net
	<i>Courses: 42, 53, 105</i>	
Curro, Darlene	468-8377	darzy@new.rr.com
	<i>Course: 38</i>	
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	<i>Course: 41</i>	
Daley, Kathy	499-7995	mdaley1@new.rr.com
	<i>Course: 43</i>	
Dallman, Karen	406-8206	kdallman@new.rr.com
	<i>Courses: 8, 13, 48, 70</i>	
Dirschl, Joyce	339-9215	jdirschl@att.net
	<i>Courses: 14, 83</i>	
Doro, Linda	499-3942	lindadoro@sbcglobal.net
	<i>Courses: 59, 87</i>	
Eisenreich, Mary	819-5371	maryeisenreich@att.net
	<i>Course: 65</i>	
Fass, Robert	490-0333	robertfass@sbcglobal.net
	<i>Course: 52</i>	
Gaie, Gloria	494-5944	ggaie@sbcglobal.net
	<i>Courses: 76, 99</i>	
Groy, Haydon	435-7527	hgroy@yahoo.com
	<i>Courses: 37, 103</i>	
Guzek, Margaret	336-3562	Mfg50@aol.com
	<i>Course: 55</i>	
Hallet, Darlene	468-1818	darhal@sbcglobal.net
	<i>Courses: 45, 106</i>	
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	<i>Course: 5</i>	
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	<i>Courses: 7, 67, 74</i>	
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	<i>Courses: 34, 36</i>	
Heim, Ginny	469-5628	
	<i>Courses: 12, 39, 47, 97</i>	
Heitl, Kathy	391-9535	
	<i>Courses: 12, 17, 79</i>	
Hinckley, Jim	434-0784	hinkqtrhorse@earthlink.net
	<i>Courses: 15, 16, 32</i>	
Hinckley, Pat	434-0784	pwhinckley@earthlink.net
	<i>Course: 73</i>	
Hoar, Linda	866-3971	llhoar@hotmail.com
	<i>Courses: 25, 29, 85</i>	

LIR would like to sincerely thank all presenters and coordinators who have so graciously volunteered their time to make the 2011-2012 class year a success!

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	<i>Courses: 25, 84</i>	
Hodel, Judith	915-7042	hjudykim@aol.com
	<i>Course: 105</i>	
Hyduke, Jane	863-8237	
	<i>Courses: 26, 56</i>	
Johnson, Mary	499-5094	
	<i>Courses: 12, 60, 75, 79</i>	
Kannewurf, Adolph	406-0308	adlpknnwrf@aol.com
	<i>Courses: 3, 31, 96</i>	
Katalinich, John		
Katalinich, Liz	435-9262	canaspnich@new.rr.com
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	<i>Course: 107</i>	
McCotter, June	336-5175	Mccotter.j@att.net
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Norton, Julia	863-6811	jgn253@yahoo.com
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	<i>Course: 100</i>	
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	<i>Course: 21</i>	
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Ries, Karen	494-1593	gbrieser@gmail.com
	<i>Course: 22</i>	
Ross, Ron	434-9775	Sross5@new.rr.com
	<i>Course: 78</i>	
Ruplinger, Sue	366-8090	Banasue51@aol.com
	<i>Course: 24</i>	
Schonke, Dave	468-0243	Tog321@gmail.com
	<i>Course: 19</i>	
Sechawer, Faith A.	336-5532	fsechawer1@new.rr.com
	<i>Course: 30</i>	
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	<i>Courses: 35, 87, 99</i>	
Steffek, Paul	468-8379	pncsteff@aol.com
	<i>Course: 23</i>	
Stodola, Betty	494-6609	bjstod@new.rr.com
	<i>Course: 93</i>	
Tills, Del	434-6568	deltills@att.net
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	<i>Course: 65, 94</i>	
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Vichos, Tom	468-1045	tvichos@aol.com
	<i>Courses: 35, 77</i>	
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	<i>Courses: 11, 40, 86</i>	
Watson, Jean	499-5779	jeanbean1@sbcglobal.net
	<i>Course: 33, 64</i>	
Wickman, Debbie	437-3863	Dwickman2@new.rr.com
	<i>Courses: 32, 49, 89</i>	
Williams, Mary	336-7677	Bwilliams21@new.rr.com
	<i>Courses: 28, 63, 80</i>	
Winnes, Shirley	499-4441	sawrrw@hotmail.com
	<i>Courses: 2, 28</i>	
Wojahn, Karen	662-0799	kwojahn@new.rr.com
	<i>Courses: 73, 89</i>	

Art and Music

Course Title (Type*)	Course #
The Giants of Jazz (L)	9
From Monet to Van Gogh: A History of Impressionism (L)	19
Messages and Meanings in Music Theater (L)	54
Adolph Vantertie - Hobo Art (L)	60
Music and Poetry of Love and Death (L)	101
Is the Book Better Than the Movie? (P)	26
Watercolor (P)	30
Boot Camp Painting (P)	39
Showtime (P)	51
Recreational Music Making I (P)	55
Recreational Music Making II (P)	56
Wouldn't It Be Lovely: The Music of Lerner and Loewe (P)	90
Musical Memories of WWII (P)	93

Business & Finance

Course Title (Type*)	Course #
Capital Markets Outlook (L)	7
Maximizing Your Social Security Benefits (L)	91
Why a Roth IRA? Why Now? (L)	94
Financial Forensics - What's In Your Portfolio? (P)	67
Loss of Spouse/Planning for Remarriage (P)	73

Health & Fitness

Course Title (Type*)	Course #
Common Hand Disorders (L)	15
Osteoarthritis and You (L)	16
Talking Back with the Experts (L)	28
Women and Heart Disease... Who Me? Couldn't Be (L)	29
Audiology 101: From Hearing Loss to Hearing Aids and Beyond (L)	41
Gerotranscendence II: It's Not How Old You Are That Matters (L)	95
Yoga, Cardio and Strength (P)	20
Zumba Gold (P)	22
Biking Rural Roads (P)	44
Biking is Fun at Any Age (P)	104
Joints in Motion (P)	32
Creativity and Aging (P)	33

* L=Lecture; P= Participatory

History and Religion

Course Title (Type*)	Course #
Israel, Jews and Arabs: The Long War 1948 to the Present (L)	3
When Wisconsin Was New France (L)	10
The Greatest Conquerors of Ancient Macedon, Rome, India and China (L)	14
Routes of the Voyageurs (L)	27
Mandalas - The Sacred Circle (L)	36
Bible Study: Where did the Bible Come From? (L)	40
Comprehensive Explorative of Authentic Judaism (L)	49
Political Contrasts of Uprisings Between Germany and Japan during WWII (L)	59
The Rape of Europa (L)	69
Lewis and Clark: Bi-centennial Re-Enactment (L)	71
Modern Spiritual Mentors (L)	72
The World Railroad Experience (L)	77
Buddhism For Everyone: Philosophy, History, Practice (L)	81
Belgian History of NE Wisconsin (L)	92
Introduction to Scotland (L)	98
The Great Debate: Advocates and Opponents of the American Constitution (L)	102
The United States Supreme Court: Back to the Future (L)	105

Language & Culture

Course Title (Type*)	Course #
China Experiences: A Twenty-Five Year Perspective (L)	11
Travel With Me (L)	66
German for Near Beginners (P)	38
Chinese Cooking for American Tastes (P)	75

Literature & Writing

Course Title (Type*)	Course #
Maurice Bucke, Walt Whitman and Cosmic Consciousness (L)	4
The Mystery of Shakespeare (L)	6
WWI Christmas Miracle (L)	42
Children's Literature II: What's New in 2011-2012 (L)	70
William Blake (L)	80
It's A Mystery To Me (P)	1
The Circadian Novel - A Study Group (P)	5
Writing Your Memoirs (P)	21
Creative Writing for Pleasure (P)	57
Books and You (P)	74
Trickster Tales (P)	88

Friday Courses

99 Introduction to Scotland (R)

Coordinators: Gloria Gaie, Ed Smith
Presenter: Michael Murphy
Date: Jan. 13
Limit: 175 **Time:** 10:00 am – 12
Location: Kroc Center, A/B, 1315 Lime Kiln Road

This is a light-hearted introductory overview of the geography, history and culture of a small country famous for rugged scenery, bloody conflicts, colorful kilts, quaint language, strong whisky, ear-splitting bagpipes, memorable folk ballads, and ingeniously practical thinkers and doers whose inventions transformed our world.

100 History of Planet Earth (N)

Coordinator: Ken Rabideau
Presenter: Prof. Steven Dutch
Dates: Feb. 3, 10, 17
Limit: 50 **Time:** 1- 3 pm **Room:** RH 230

Follow the history of our planet from its tumultuous birth and alien early history. Learn about moving continents, mass extinctions and ice ages, and speculate on the distant future of our planet.

101 New Tree Species for Urban Landscapes (N)

Coordinator: Barry Burrows
Presenter: Vijai Pandian
Date: Feb. 10
Limit: 50 **Time:** 10:00 am – 12 **Room:** RH 230

The lack of tree diversity poses a serious threat to our urban forests as it increases the potential for catastrophic losses from invasive species. Vijai Pandian, Brown County Horticulture Educator, will discuss new tree species suitable for urban landscapes and backyard gardens to provide necessary diversity.

96 Gerotranscendence II: It's Not How Old You Are That Matters, It's How You Are Old (R)

Coordinator: Adolph Kannewurf
Presenter: Dr. David Donarski
Dates: Apr. 19, 26; May 3
Limit: 50 **Time:** 10:00 am – 12 **Room:** RH 220

Let's look at the stages of aging with emphasis on the last half of our life. Memory, neuroplasticity, executive functions, physical and mental activity, preventions and impact on quality of life will be our guides. Basic Brain 101 and 102 neuro-anatomical and physiological functions of the brain will be presented; sleep, dreams, Alzheimer's Disease and new advances in the neurosciences will be discussed. The course is intended to be interactive, so bring your curiosity and questions.

97 History of Green Bay's Grassy Island Range Lights (N)

Coordinator: Ginny Heim
Presenter: Merlin Baenen
Date: Apr. 26
Limit: 35 **Time:** 10:00 am – 12
Location: Green Bay Yacht Club,
 100 Bay Beach Rd.

We totally rebuilt and renovated Green Bay Grassy Island's Range Lights. Work began in 1989 when these lighthouses were going to be destroyed. \$400,000 had to be raised to save these lighthouses.

98 Perennials for Everyone (R)

Coordinator: June McCotter
Presenter: Bob Mongin
Date: May 3
Limit: 25 **Time:** 10:00 am – 12
Location: UW-Extension, 1150 Bellevue St.

Learn how to select, grow and use perennials. Directed largely for beginners, the course will also be useful to more experienced gardeners.

90 The Blessings of Imperfection: A Journey to the Real Self (C)

Coordinator: Barb Beaver
Presenter: Geri Czarniecki, Ph.D.
Dates: Mar. 8, 15, 22
Limit: 50 **Time:** 10:00 am – 12 **Room:** RH 220

“We are all imposters, pretending to be who other people want us to be. What we have lost is our own significance and our peace of mind and heart”. This is a study based on the research of Dr. Brene’ Brown who has done important research on the value of letting go of who we think we are supposed to be and embracing who we really are, our authentic selves. It is a journey from half-hearted living to whole-hearted living. We will explore the ideas of love, belonging, and being enough. Letting go of needing to be perfect will free us up to be honest and resilient in our connections with our selves and others. As we own our own stories, our own history and experiences, we learn to appreciate who we really are in a meaningful and truth-filled way.

91 Wouldn’t it be Lovely: The Music of Lerner and Loewe (R)

Coordinator: Wes Carvenough
Presenters: Mary Eisenreich, Stu Smith
Date: Mar. 22
Limit: 175 **Time:** 10:00 am – 12
Location: Kroc Center, A/B, 1315 Lime Kiln Road

From a chance meeting over 50 years ago, Allan Lerner and Frederick Loewe were destined to enrich the American musical theatre with some of its most poignant, rousing and memorable lyrics, engaging books and powerful music scores (i.e. *My Fair Lady*, *Brigadoon*, *Paint Your Wagon*, *Camelot* and *Gigi*). Mary Eisenreich and Stu Smith, in their latest musical tribute to America’s great composers, bring you the best of Lerner and Loewe, their music and their colorful lives.

92 Maximizing Your Social Security Benefits (N)

Coordinator: TBD
Presenter: Jeffrey Jansen, Certified Financial Planner
Date: Mar. 22
Limit: 50 **Time:** 1 – 3 pm **Room:** RH 230

This course will explain what you need to know about whether social security can provide the income you need when you retire, how to make the most of your social security benefits and sources of retirement income beyond social security that can help bring your dreams more within reach.

93 Belgian History of NE Wisconsin (N)

Coordinator: Betty Stodola
Presenters: Barbara Chrisolm
Date: Apr. 12
Limit: 50 **Time:** 10:00 am – 12 **Room:** RH 230

This Belgian Heritage program will encompass reasons for immigration, the hardships, and the triumphs of early settlers. It will also include the Peshtigo Fire, the story of Sister Adele Brise and the apparition of the Blessed Virgin at Robinsville. The last 30 minutes will have a first person dialogue from Emmerence Gaspard Englebert, a survivor of the Peshtigo Fire.

94 Musical Memories of WWII

Coordinators: Janette Meverden, Penny Blakeslee, Zeta Turriff
Presenter: Mary Eisenreich
Date: Apr. 19
Limit: 175 **Time:** 10:00 am – 12
Location: Kroc Center, A/B, 1315 Lime Kiln Road

Here is music that helped lift the spirits and kept our great nation strong during the turbulent years of WWII. These are timeless treasures that will last for generations to come. This gives us a chance to smile and reminisce, rejoice and rediscover the great stars and songs from the WWII years.

95 Why a Roth IRA? Why Now? (N)

Coordinator: Terry Blaser
Presenter: Jeffrey Jansen, Certified Financial Planner
Date: Apr. 19
Limit: 50 **Time:** 1 – 3 pm **Room:** RH 230

A confident retirement doesn’t just happen. This informative course will help you cut through the clutter and decide if a Roth conversion is right for you. The value of balancing taxable with tax-free income in retirement and taking full advantage of all the benefits of a Roth conversion while avoiding common pitfalls will be addressed.

Science & Technology

Course Title (Type*)	Course #
Stuff of Life (L)	8
The Periodic Table (L)	13
Geologic Mapping of Brown County (L)	18
The Devastating Canterbury New Zealand Earthquakes of 2010 and 2011 (L)	25
Adopting Sustainable Lawn Care Practices (L)	45
Earthquakes and Tsunamis (L)	48
Proven Pruning Procedures for All Seasons (L)	58
Brown County Water Crisis: 1953 - 2010 (L)	84
Basics of Native Plant Use (L)	87
History of Planet Earth (L)	99
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Special Interest

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Parking

Friendly reminder regarding parking at UW-Green Bay campus.

It is mandatory that LIR members have their parking decals on their vehicles when attending an event or class on the campus or your vehicle will be ticketed by campus police. Also please park in the proper areas, e.g. only in a hand-capped spot if you are handicapped and not in areas designated as 15 minute parking zones.

Parking permits are to be used for LIR purposes only.

* L=Lecture; P= Participatory

Monday Courses

1 It's a Mystery to Me (R)

Coordinator/Presenter: Mary Cook
Dates: Jan. 9; Feb. 13; Mar 19; Apr. 23; May 21
Limit: 20 **Time:** 1 – 3 pm
Location: Barnes & Noble Book Store

This ongoing mystery novel discussion class has been meeting for more than ten years. No specific books are assigned. Participants share and discuss the authors and books they are reading.

2 Get to Know Nook (N)

Coordinator: Shirley Winnes
Presenter: Shirley VerBruggen
Dates: Jan. 23 – Session A; Jan. 30 – Session B
Limit: 20 **Time:** 10 am – 12
Location: Barnes & Noble Book Store

Get to know NOOK when you visit Barnes & Noble, 2498 S. Oneida Street, Green Bay for this introduction to e-book readers. Join us for an overview of the NOOK Wi-Fi and 3G models as well as the NOOK color tablet. The presentation will be followed by a question and answer session and plenty of time for hands-on practice.

Find out everything an e-reader can do and what model is right for you. . **Please sign up for Session A or B; do not sign up for both sessions.**

3 Israel, Jews and Arabs: The Long War 1948 to the Present (N)

Coordinators: Adolph Kannewurf, Carol Parrott
Presenter: Jerrold Rodesch
Dates: Feb. 6, 13, 20
Limit: 120 **Time:** 10:00 am – 12 **Location:** NPM

Using the PBS documentary, “The 50 Years War: Israel and the Arabs (1998),” supplemented by presentations on events since the 90s, the course will examine the political, military and diplomatic history of the creation of the state of Israel in 1948 and its aftermath. The success of the Zionist movement in creating a Jewish national state produced violent and continuing Arab opposition both within the UN-drawn boundaries of Israel and in the surrounding Arab states. A series of wars, acts of terrorism and persistent international tension have made the experience of Israel, a very important American ally, essential for an understanding of many issues in contemporary world affairs.

4 Maurice Bucke, Walt Whitman and Cosmic Consciousness (R)

Coordinator: Barb Beaver
Presenter: Laura Weller
Dates: Feb. 6, 13, 20, 27
Limit: 50 **Time:** 10:00 am – 12 **Room:** RH 220

Walt Whitman, the most quoted poet in American literature, had an interesting association with a Canadian doctor, Maurice Bucke who made great strides in the treatment of the mentally ill-mainly due to his friendship with Whitman. Whitman is the quintessential American poet. We hear him nearly every day, quoted in movies, on Public Radio and even on Levi commercials, yet few know of his unique life and the example of living mindfully that he has given us. His free verse form changed poetry forever.

5 The Circadian Novel—A Study Group (R)

Coordinator/Presenter: Lee Hartzheim
Dates: Feb. 6; Mar. 5; Apr. 2, 30
Limit: 12 **Time:** 1 – 2:30 pm
Location: Various coffee shops

Explore the world of circadian novels: books whose stories are contained within a single day. James Joyce’s “Ulysses” is the best known example, but many other books fit the category. Individuals or small groups will choose a book and lead a discussion. Before the first class, read “One Day in the Life of Ivan Denisovich” by Aleksandr Solzhenitsyn. A list of circadian novels will be discussed for further study, or you may have a personal favorite already chosen. We will meet at area coffee houses for a more casual atmosphere. The first class will meet at Karvana’s, 143 N. Broadway, Green Bay.

6 The Mystery of Shakespeare (N)

Coordinator: Barb Andersen
Presenter: Michael Murphy
Date: Feb. 13
Limit: 50 **Time:** 10:00 am – 12 **Room:** RH 230

What do we know for sure about William Shakespeare of Stratford Upon Avon? Could someone with his limited background really have written all those world-famous plays attributed to him? If he didn’t write them, who did? And why would he (or she, or them!) conceal their authorship? For 300 years these questions have been debated by English scholars, literary historians and distinguished commentators including Freud, Dickens, Mark Twain and Supreme Court Justices. This class will present an introductory balanced view of the evidence, including some recent discoveries and theories.

84 Common Bridge Conventions

Coordinator: Stu Hoar
Presenter: Howard Ott
Dates: Feb. 9, 16, 23; Mar. 1, 8; Apr. 12, 19, 26; May 3
Limit: 24 **Time:** 10:00 am – 12
Location: First Presbyterian Church
 200 S. Ashland Ave. – Pre-K Room

This course is for players who have some knowledge of the standard bridge game. They should have completed the Beginning Bridge course or have played for some time and would like to learn or review some of the modern systems of bidding.

85 Brown County Water Crisis: 1933 to 2010 (R)

Coordinator: Linda Hoar
Presenter: Prof. Benjamin Cruz-Uribe
Date: Feb. 16
Limit: 50 **Time:** 10:00 am – 12 **Room:** RH 220

Have your water rates doubled or tripled in the last three to four years? Have you wondered why there are now three water pipelines to Lake Michigan instead of just one or two? This course covers the period of time when decisions were made and actions taken in order to bring drinking water to the residents of the major municipalities in Brown County. This lecture will go over the decision making process, the people and communities involved, how the decisions were made, why various alternatives were rejected and the urban versus suburban politics that led to the current solution of the growing need for potable water. The end of the lecture will show the true costs to each community of this final alternative.

86 Automotive Maintenance for Women (R)

Coordinator: Sharon Vlotho
Presenter: Tony Teebo
Date: Feb. 16
Limit: 50 **Time:** 1-3 pm **Room:** RH 220

Basic maintenance can go a long way toward improving the safety and dependability of your vehicle, plus help avoid costly repairs down the road. We will cover the basic maintenance procedures to keep your vehicle operating at its best.

87 Crime, Criminals, Criminal Justice (R)

Coordinator: Linda Doro, Ed Smith
Presenters: Jim Arts, Police Chief
 Judge Sue Bischel, retired
Dates: Feb. 16; Mar. 1
Limit: 120 **Time:** 10:00 am–12 **Location:** NPM

Chief Arts will discuss the new police districting initiative that went into effect Jan. 1st and anything else you have questions about. Judge Sue Bischel began her career as an Assistant District Attorney and moved into the role of Judge. She has extensive knowledge of the issues that did and do face the courts.

88 Basics of Native Plant Use (N)

Coordinator: Barry Burrows
Presenters: Ceci and Pat Kiefer
Date: Feb. 23
Limit: 50 **Time:** 1- 3 pm **Room:** RH 230

What is a native plant? What are their benefits? Why are native plants better for the environment, for birds, for bugs? The owners of Stone Silo Prairie Gardens will answer these questions as well as talk about specific native plants that are popular and their use in a garden setting.

89 Trickster Tales (N)

Coordinators: Karen Wojahn, Debbie Wickman
Presenter: Prof. Joan Thron
Dates: Mar. 1, 8
Limit: 50 **Time:** 10:00 am – 12 **Room:** RH 230

Joan Didion once wrote, “We tell ourselves stories in order to live,” and there is good evidence that shows that human beings have been telling stories for thousands of years. Why this is so and what those stories (folktales) might mean, of course, are provocative questions that have yet to be definitively answered. Of all the characters in folklore, none is more mercurial than the trickster. This course will look at some of the trickster tales and some of the illustrations that attempt to pin him or her down.

79 Strategic Thinking Through Games (C)

Coordinators/Presenters: Mary Johnson, Kathy Heitl
Dates: Jan. 26; Feb. 2, 9, 16, 23; Mar. 1, 8, 15, 22, 29; Apr. 5, 12, 19, 26
Limit: 28 **Time:** 1 – 4 pm
Location: First Presbyterian Church
 200 S. Ashland Ave., Banner Hall

This course is designed to stimulate strategic thinking while learning new games to play with family and friends. Challenging card games, board games, Dominoes, Scrabble and Checkers will be featured. Games are easy to learn and suitable for large or small groups.

80 Chocolate (R)

Coordinator: Mary Williams
Presenters: Jim Seroogy, Marjorie Hitchcock
Date: Feb. 2 – Session A & Session B
Limit: 17 **Time:** 10:00 am – 12: *Session A*
Time: 1 – 3 pm: *Session B*
Location: Seroogy's – DePere, 144 Wisconsin St.

Chocolates, caramels, clusters, creams, chewies galore! Discover how for over 100 years, Seroogy's Chocolates has been creating these confections. Learn where chocolate comes from and how it is processed. Class includes tour and samples. Sign up for Session A or B. do not sign up for both sessions.

81 William Blake (R)

Coordinator: Barb Beaver
Presenter: Laura Weller
Dates: Feb 2, 9
Limit: 50 **Time:** 10:00 am - 12 **Room:** RH 220

Poet, artist, visionary and prophet, William Blake (1757-1827) took on the mammoth task of rewriting and illustrating the Old and New Testament because he did not want to be enslaved by that mythology. He maintained that humans "fell" because of psychic disintegration. He had daily visions of angels and historical personages from the next world. His best known poem begins "Tiger, tiger burning bright..." As humanity evolves, his visions gain in credence and understanding.

82 Buddhism for Everyone: Philosophy, History and Practice (R)

Coordinator: Peg Axelson
Presenter: John Nemick
Date: Feb 9, 16, 23
Limit: 70 **Time:** 10:00 am - 12
Location: First Presbyterian Church,
 200 S. Ashland Ave. Banner Hall

Buddhist practice can be invaluable as a means to reduce stress and to see how to most effectively understand the personal responsibility we have for our actions and relationships. Rev. Vimala Muni, John Nemick, is an Ordained Priest in the Hollow Bones Rinzaï Zen Tradition. He has been practicing and studying Buddhism since the early 1970s and leads Zen Meditation sessions in Green Bay. Vimala has been teaching on various aspects of Buddhism for LIR since 2007. He is a contributor to the FAITH page of the Press-Gazette and has contributed written materials to a number of sources as well as honoring regular requests as a speaker in different religious and educational settings. He is quick to point out that he is not a scholar, only a simple practitioner. The LIR session will offer an overview of the roots of Buddhism, the historical and spiritual context of this major tradition and the opportunity to look at particular aspects of the tradition of interest to LIR students. These will be open sessions with room for discussion and personal reflection. Hand-outs and a reading list will supplement the course.

83 Bridge – Adding Weak Bids to Your Bridge Repertoire (R)

Coordinator: Joyce Dirschl
Presenter: Dennie Nichols
Dates: Feb. 9, 16
Limit: 24 **Time:** 1 – 3 pm
Location: First Presbyterian Church
 200 S. Ashland Ave., Room 203

Intermediate or advanced bridge players will enjoy this class. This class is Not for beginners. Seasoned bridge players use weak bids to describe their hands. Join the experts. Instruction followed by play of the hand and hand analysis.

7 Capital Markets Outlook (N)

Coordinator: Judy Hastert
Presenter: Jeffrey Jansen,
 Certified Financial Planner
Date: Feb. 20
Limit: 50 **Time:** 1-3 pm **Room:** RH 230

This course will discuss the current outlook for the economy and financial markets in the United States and overseas. We will look at short and long term forecasts for the global economy and financial markets, with an emphasis on the current outlook. We will then discuss some ways in which investment portfolios may be affected or benefit according to current trends.

8 Stuff of Life (R)

Coordinator: Karen Dallman
Presenter: Gary Dallman
Dates: Feb. 27; Mar. 5
Limit: 50 **Time:** 10:00 am – 12 **Room:** RH 230

What is the food we eat and how does it become who we are? The course is a study of carbon molecules from carbohydrates to DNA and how they are made, what they do, and what they become.

9 The Giants of Jazz (N)

Coordinator: Wes Carvenough
Presenter: Marc Jimos
Dates: Feb. 27; Mar. 5
Limit: 50 **Time:** 5:00 – 7 pm
Location: Ashwaubenon High School

This course will introduce the participants to some of the major figures in the history of jazz. We will talk about their impact on jazz genre and spend some time listening and watching some of their performances. Some of the figures we will explore will be Louis Armstrong, Duke Ellington, Miles Davis, Charlie Parker and John Coltrane. We will be meeting in the Ashwaubenon High School band room. Please enter the high school from the main parking lot off of Willard Dr. and signs will direct you.

10 When Wisconsin was New France (N)

Coordinators: Peg Axelson, June McCotter
Presenter: Jerrold Rodesch
Dates: Mar. 5, 12, 19
Limit: 120 **Time:** 10:00 am – 12 **Location:** NPM

We will explore the history of French exploration and attempts to settle and control the western Great Lakes in the 17th and 18th centuries. The area that now is Wisconsin was an important part of the struggle of the British and French colonial empires to dominate North America. This area was emphatically part of New France in that struggle.

11 China Experiences: A Twenty-Five Year Perspective (R)

Coordinator: Sharon Vlotho
Presenter: Robert & Lena Wenger
Dates: Mar. 5, 12, 19
Limit: 50 **Time:** 10:00 am – 12 **Room:** RH 220

In this course we will share experiences and impressions gained from our frequent trips to China over the twenty-five year period from 1987 to 2012. We will begin by providing some background information about the country and its people. This introduction will be followed by the main part of the course in which photographs will be used to discuss and describe our work activities, travel experiences and people we have met. We will emphasize changes that we have observed during this time span. We will also discuss some of the issues faced by China today.

12 Brown Bag Lunch (N)

Coordinators/Presenters:
 Ginny Heim, Mary Johnson, Kathy Heitl
Dates: Mar. 5, 12, 19
Limit: 50 **Time:** 12:15 – 2 pm **Room:** RH 220

Topics of interest will be discussed over lunch. The topic will be determined at each meeting. Come for an interesting "fun" relaxing lunch. Bring a bag lunch and beverage.

13 The Periodic Table (N)

Coordinator: Karen Dallman
Presenter: Gary Dallman
Date: Mar. 12
Limit: 50 **Time:** 10:00 am – 12 **Room:** RH 230

The periodic table is said to be a chemist's most important tool. This is an examination of how we organize the building blocks of nature into a logical table based on the structure of the atoms of elements.



14 The Greatest Conquerors of Ancient Macedon, Rome, India and China (N)

Coordinator: Joyce Dirschl
Presenter: Prof. Greg Aldrete
Dates: Apr. 2, 9
Limit: 50 **Time:** 10:00 am – 12 **Room:** RH 220

Who was the greatest empire-builder of the ancient world? This two session course will outline the careers of five famous conquerors from four different ancient civilizations: Alexander the Great of Macedon; Julius Caesar of Rome; King Chandragupta and his grandson Asoka of India; and the first emperor of China, Shi Huangdi. It will explicitly compare and contrast their actions, policies, legacies, successes and failures. It will also consider their respective effects on history and which of them deserves to be considered the greatest empire-builder.

15 Common Hand Disorders (N)

Coordinators: Penny Blakeslee, Janette Meverden, Jim Hinckley
Presenter: Daniel Metz, MD
Date: Apr. 23
Limit: 50 **Time:** 10:00 am – 12 **Room:** RH 220

Do your hands hurt? Do you have numbness when you sleep at night? Does that large bump look unsightly and is it painful when you hit it? These are just a few questions that will be answered by Prevea orthopedic surgeon and physician Daniel Metz, MD. Topics to be covered include ganglion cysts, carpal tunnel syndrome, tendonitis, arthritis, trigger finger, Dupuytren's contractures and cubital tunnel syndrome. Non-operative and surgical options will be discussed in an informal setting allowing audience's questions to be answered.

16 Osteoarthritis and You (N)

Coordinators: Penny Blakeslee, Janette Meverden, Jim Hinckley
Presenter: Daniel Metz, MD
Date: April 30
Limit: 50 **Time:** 10:00 a.m. – 12 **Room:** RH 220

Remember when you felt young and full of energy—a time when aches and pains lasted for a few hours rather than weeks at a time? Did you know that there are many non-operative ways to reduce your symptoms such as vitamins, pills and injections? Prevea orthopedic surgeon and physician Daniel Metz, MD, will share with you his experience on how to make life better. He will also discuss many other options including surgeries such as joint replacement. Come find out how to improve your lifestyle.

Tuesday Courses

17 Guess Who's Coming to Dinner (R)

Presenter/Coordinator: Kathy Heitl
Dates: *Jan 3 (orientation); Jan 24; Feb 21; Mar 20; Apr 24; May 22; June 19; July 24; Aug 21
Limit: 30 **Time:** *10-12 am /5:30 pm
Location: *First Presbyterian Church, Banner Hall/Off Campus

Make new friends but keep the old. One is silver, the other is gold. Friends, food and fun will be featured when we take turns hosting a small group (6-8) in our home for a pot luck supper once a month on Tuesday evenings at 5:30 p.m.

18 Geologic Mapping of Brown County (N)

Coordinator: Barry Burrows
Presenter: Prof. John Luczaj
Date: Jan. 10
Limit: 50 **Time:** 1-3 pm **Room:** RH 220

John Luczaj has spent the last few years mapping the bedrock geology of Brown County. Learn about how the foundation of this part of Northeast Wisconsin formed—from ancient mountain belts to tropical oceans that once existed here. Specific topics will include drilling investigations, newly mapped faults, the region's deep sandstone aquifers and the Niagara escarpment.

19 From Monet to Van Gogh: A History of Impressionism (DVD) (C)

Coordinator: Dave Schonke
Presenter: Jann Schonke
Dates: Jan. 10, 17, 24, 31; Feb. 7, 14
Limit: 50 **Time:** 1-3 pm **Room:** RH 230

A course based on the most popular and loved period of art. This series of lectures will introduce you to the style, subject and function of Impressionist painting by artists including Monet, Renoir, Cassatt, Cezanne, Toulouse-Lautrec and Van Gogh. These lectures are designed as a way for you to view and discuss the Impressionists revolution with a deft mix of history, biography and art. This is the second 12 half-hour DVD lectures of a 24 lecture series.

Thursday Courses

73 Modern Spiritual Mentors (N)

Coordinator: Karen Wojahn, Pat Hinckley
Presenter: Bishop Mourneau
Date: Jan. 12
Limit: 25 **Time:** 1- 3 pm **Location:** NPM

Using Robert Ellsberg's book, *Modern Spiritual Masters*, as a base, this seminar will look at the importance of guides and mentors on our journey of life. Mentors empower us to see and live the key values of life. Such individuals as Dorothy Day, Thomas Merton and Mother Teresa will provide examples of living a full life.

74 Loss of Spouse/Planning for Remarriage (N)



Coordinator: Judy Hastert
Presenter: Jeffrey L. Jansen, Certified Financial Planner
Date: Jan. 19
Limit: 50 **Time:** 1- 3 pm **Room:** RH 230

Loss of a Spouse: When your spouse or a family member dies, you will need to handle numerous financial and legal matters. This course will briefly discuss getting organized, what procedures to follow to settle the estate, claim survivor's and death benefits and find competent advice to help you through this difficult time.

Planning for Remarriage: This course will briefly discuss the need to plan a financial strategy that considers the assets, liabilities and financial responsibilities that each partner brings to the marriage. You may have children; you may be concerned with retirement and/or estate planning. We will discuss what you can do to ensure that your future financial relationship stays healthy.

75 Books and You (C)

Coordinator/Presenter: Mary Johnson
Dates: Jan 19, Feb 16, Mar 15, Apr 12, May 10
Limit: 15 **Time:** 10:00 am - 12
Location: First Presbyterian Church, Memorial Room

Members are invited to share their current readings or discuss the chosen reading assigned. We may explore various genres in literature, such as mysteries, novels, non-fiction or select a specific author or book to read and discuss. Read any nonfiction book for the January session.

76 Chinese Cooking for American Tastes (R)

Coordinator: Gloria Gaie
Presenter: Kelly Dadam
Dates: Jan. 19; Feb. 16; Mar. 15; Apr. 19
Limit: 16 **Time:** 10:00 am – 12
Location: First Presbyterian Church, 200 S. Ashland Ave. – Banner Hall

In this class we will talk about the four different regions of China. We will prepare food from peasant meals to foods that would be used to celebrate festivals. Each class will have a short discussion period, preparation time and then the chance to gather together and enjoy what we have made. A \$20 fee for materials will be payable to UW-Green Bay when this course choice is confirmed.

77 What's New at the Wildlife Sanctuary? (R)

Coordinators: Pat & Tom Vichos
Presenter: Mike Reed
Date: Jan. 26
Limit: 150 **Time:** 1 – 3 pm
Location: Wildlife Sanctuary, 1660 E. Shore Dr.

This is the 75th anniversary year for the Wildlife Sanctuary. Please join Director Mike Reed to learn how this jewel of Green Bay has changed over the years and see what exciting new changes are in store for the future. Historic photos and more will guide you through this piece of Green Bay's natural history.

78 The World Railroad Experience (N)

Coordinator: Ron Ross
Presenter: Robert Lettenberger
Dates: Jan 26, Feb 2, 9
Limit: 60 **Time:** 10:00 am - 12
Location: National Railroad Museum, 2285 S. Broadway

Explore the development and history of railroading in a progression beginning with a global perspective and concluding with Green Bay and Northeast Wisconsin. We will discuss the origin of railroading as we know it and how rail transportation came onto the world scene. Our discussions will also include significant benchmarks in U.S. railroading. Finally, we will look into the first railroads of Wisconsin and the coming of the iron horse to Green Bay. A single \$10 fee, payable to UW-Green Bay when this course choice is confirmed, is required for Museum admission, materials, and will be collected the first day of class.

66 Travel With Me (C)

Coordinator: Wes Carvenough
Presenters: See list below
Dates: Apr. 4, 11, 18, 25
Limit: 90 **Time:** 1 – 3 pm
Location: Kroc Center, Rm. A, 1315 Lime Kiln Rd.

Explore the world through remarkable series of armchair travel experiences. View images, hear tales and get travel tips as you learn about these fascinating destinations.

Apr. 4: Russia – Stu Hoar
Apr. 11: Holland & their Tulips – Denis & Judy L'Empereur
Apr. 18: Iceland, Land of Volcanoes – Frank Czarnecki
Apr. 25: Africa, Land of Intrigue – Terry & Nancy McGrew

67 Financial Forensics: What's in Your Portfolio? (R)

Coordinators: Judy Hastert, Terry Blaser
Presenters: Roger Deets, Rebecca Agamaite, Warren Deets
Dates: Apr. 4, 11, 18, 25
Limit: 50 **Time:** 1 - 3 pm **Room:** Mauthe Cntr.

This course is designed to help you decipher a mutual fund prospectus, insurance contract, electronically traded fund (ETF) and much more. Discover why knowing what to look for is so important to your financial health. A must for anyone trying to understand investments.

68 Cooking for One and Loving It! (N)

Coordinator/Presenter: Barry Burrows
Date: Apr 18 **Limit:** 50 **Time:** 10:00 am – 12
Room: First Presbyterian Church, Banner Hall

I have been cooking for one for 50 years. Since I like to eat I prepare virtually all my meals from scratch. It generally takes no more time than it does to heat up a frozen meal. I almost never use boxed or frozen entrees. I enjoy cooking and love creating new recipes. I will share techniques, tips and recipes. Learn how to deal with leftovers and overabundance of fresh veggies from the garden. This will NOT be a cooking demonstration class—just a conversation.

69 Gardeners "Contain Yourselves" (R)

Coordinator: John Katalinich
Presenters: John & Liz Katalinich
Date: Apr. 18
Limit: 50 **Time:** 10:00 am – 12 **Room:** RH 230

Want to garden but have limited space? Want to grow tomatoes on your porch or patio? Want curb appeal with mobile plants you can "park" anywhere? How to get eye-catching color in your garden? Well, the answer to all these types of questions is pots and containers. Learn how to design and plant them all for food, foliage, flowers, fragrance and fun.

70 The Rape of Europa (N)

Coordinator: Karen Dallman
Presenter: Leonette Tackenberg
Date: Apr 18
Limit: 50 **Time:** 1- 4 pm **Room:** RH 230

This award-winning documentary film and related discussion are a blend of art history and World War II. It chronicles 12 years of the Nazis' pillaging works of art throughout Europe and the international effort to locate and return millions of art treasures.

71 Children's Literature II: What's New In 2011-2012?

Coordinator: Mary Cook
Presenter: Jeanne Pfeiffer
Date: May 9
Limit: 25 **Time:** 1 – 3 pm
Location: Barnes & Noble

There is nothing better than a good book, and we all have our old favorites. The classics are great, but are you familiar with the latest children's titles on the market? In order to entice your grandchildren to read, you need to know what is available. Join us in the children's section at Barnes & Noble for a look at the best that 2011-2012 has to offer. You won't be disappointed!

72 Lewis & Clark, Bi-Centennial Re-Enactment (N)

Coordinator: Debbie Ashmann
Presenter: Ken Altergott
Date: May 23
Limit: 50 **Time:** 10 am -12 & 1 – 3 pm
Location: First Presbyterian Church Banner Hall

It's 1803 and President Thomas Jefferson has given you the opportunity to lead the greatest American expedition of all time. You are to voyage down the Ohio River, up the Missouri River to the Rocky Mountains. Go over the mountains then down the Columbia River to the Pacific Ocean and return back over the same route. While doing that you are to document Indian Tribes encountered along the way, map the territory and document all flora and fauna. Can you imagine what the trip was like? Learn about it from Ken Altergott, a true Lewis & Clark re-enactor, who physically duplicated that journey in its entirety. It took Lewis & Clark over 3 years to do this; Ken will do it in 4 hours. Because this is a full-day session, you may want to bring a bag lunch.

20 Yoga, Cardio and Strength (R)

Coordinator: Jules Bader
Presenter: Amy Xiong
Dates: Jan. 17, 24, 31; Feb 7
Limit: 30 **Time:** 1:00 – 3:00 p.m.
Location: Western Racquet & Fitness, 2500 S Ashland Ave

Living strong: This course is designed to take you through a series of exercises that help you stay strong, mobile and active for everyday life. Exercises are low impact. The class will end with a highly modified yoga flow. Participants should wear appropriate clothing and footwear. Lockers, showers and towels are available at Western Racquet.

21 Writing Your Memoirs (C)



Coordinator: Marilyn Rabideau
Presenters: Mary Lynn Hall, Kathleen Heitl
Dates: Jan. 17, 24, 31; Feb. 7, 14, 21
Limit: 25 **Time:** 10:00 am – 12
Location: First Presbyterian Church 200 S. Ashland Ave., Memorial Room

Is writing your life's experiences for your family and friends a "one of these days" projects? Come to Memoirs to get started, to get ideas and to be inspired. In an informal setting, members share their memoirs which are then gently critiqued. Positive feedback is always part of the process. Ideas for writing and writing hints are presented. Members do not have to share. The culmination of this class usually has been a printed anthology of memoir samples.

22 Zumba Gold (R)

Coordinator: Karen Ries
Presenter: Paul Schneider
Dates: Jan. 17; Feb. 7, 21; Mar 6, 20; Apr. 3, 17; May 1, 15
Limit: 50 **Time:** 2:15 – 3:00 pm
Location: Dynamite Dancerz, 1678 E. Mason St.

Zumba Gold is a low impact, low intensity fitness/dance class. Zumba Gold utilizes Latin and other international rhythms to create a fun and easy to follow workout. Loose clothing and tennis shoes are recommended attire.

23 Continuing Issues (C)

Coordinator/Presenter: Paul Steffek
Date: Jan 17, 24, 31; Feb 7, 14, 21, 28; Mar 6, 13, 20, 27; Apr 3, 10, 17, 24
Limit: 50 **Time:** 1 – 3 pm **Room:** RH 220

This course addresses continuing issues in the United States and the world. This is a class participation course providing the opportunity to address ongoing and new issues with others of like mind, but not necessarily in agreement. It is not mandatory to enter the discussions.

24 Have Fun with Euchre (U-KER) (C)

Coordinator: Sue Ruplinger
Presenter: Bernice Lovesec
Dates: Jan. 24, 31; Feb. 7, 14, 21, 28
Limit: 32 **Time:** 10:00 am – 12
Location: First Presbyterian Church, 200 S. Ashland; Room 205

This is an easy trick-taking card game. You will learn how to determine trump, play and score. Changing partners every eight hands makes it fun and an interesting way to play with new people.

25 The Devastating Canterbury, New Zealand Earthquakes of 2010 and 2011 (N)

Coordinators: Stu & Linda Hoar
Presenter: Michael Morgan
Date: Jan 31
Limit: 120 **Time:** 10:00 am – 12 **Location:** NPM

Rupturing along previously unknown fault-lines, three major (a 7.1 and two 6.3 magnitude) earthquakes struck the Canterbury, New Zealand region near and within the garden city of Christchurch. Over 180 lives were lost. The cost of rebuilding will make it the costliest worldwide. We begin with a glimpse of New Zealand's earthquake history and then focus on why these earthquakes caused such damage. We then move to some of the region's significant economic, cultural and historical losses. We finish with insights into the incredible complexity of social, economic, cultural and environmental issues that arise when a large city, steeped in tradition, seeks a way forward after this devastating series of disasters.

26 Is the Book Better than the Movie? (C)

Coordinator: Jane Hyduke

Presenter: Paul Steffek

Dates: Jan 31; Feb 28; Mar 27; Apr 24

Limit: 50 **Time:** 9:00am- 12 **Room:** RH 220

Have you ever compared a movie made from a book and found one far superior to the other? The goal of this course is to read novels, view their screen counterparts and decide how the two compare. The first movie will be "The Firm" by John Grisham. Other selections will be announced. If you have time, read the book before the movie.

27 Routes of the Voyageurs (R)

Coordinator: Barb Beaver

Presenters: Ken Fleurant & Ron Starkey

Dates: Feb 7 & 14

Limit: 50 **Time:** 10:00 am – 12 **Room:** RH 220

Part one will present a brief history of the French-Canadian voyageurs of the 1763-1812 time periods...a look at the men who moved furs and trade goods by canoe. Focus will be on the Northwest Fur Company and their transport of furs and materials between western Lake Superior and Montreal. Topics include: equipment, schedules, techniques, clothing, food, lifestyle and company organization. A travelogue retracing voyageur routes and visits to historic fur trade sites will be presented. Part two will focus on the impact on Wisconsin and the Midwest of French and French-Canadian voyageurs, explorers and "coureurs du bois." Topics will include French family and place names, early exploration and mapping of the region, Métis (European-Native) culture and perhaps some of the paddling songs that echoed off the banks of the Rivière aux Renards (Fox River) as short, stocky men with muscled arms came to meet and marry those who were already here, and help make the area what it is today.

28 Talking Back with the Experts (N)

Coordinators: Shirley Winnes, Mary Williams

Presenter: Dr. Tom Sylvester

Date: Feb. 7

Limit: 50 **Time:** 10:00 am – 12 **Room:** RH 230

Ninety percent of Americans suffer from low back pain. How can you take steps to prevent or treat these symptoms? Join Dr. Sylvester as he and his team of experts teach you everything you need to know regarding back pain. Interactive exercise demonstrations, nutritional considerations, surgical intervention and tips on doing day-to-day activities will help keep your "Back from Talking Back."

29 Women and Heart Disease... Who Me? Couldn't Be (N)

Coordinator: Linda Hoar

Presenter: Paula Fleurant, RN, MS

Date: Feb. 14

Limit: 50 **Time:** 10:00 am – 12 **Room:** RH 230

February is National Heart Month. Heart disease is the leading cause of death for American women. You can significantly reduce your risk of heart disease if you have the information you need to know and the questions to ask your health care provider. What are your risks for developing heart disease and which ones can you change? What are the myths and truths about women and heart disease?

30 Watercolor (R)

Coordinator: Faith A. Seehawer

Presenter: Rose Kunesh

Date: Feb. 21, 28; March 6, 13, 20, 27

Limit: 35 **Time:** 10:00 am – 12

Location: Mauthe Center (EC)



A fun course for beginners or experts. Explore the intricacies of water color—color light, textures, etc.

31 Applying Critical Thinking to the Unbelievable – Part 2 (N)

Coordinator: Adolph Kannewurf

Presenter: Steve Seehawer

Date: Feb. 21, 28; Mar 6, 13

Limit: 50 **Time:** 10:00 am – 12 **Room:** RH 230

The original course, offered in Oct. of 2011, provided a critical thinking related process to use when looking at topics such as UFOs, near death experiences, ghosts, conspiracies and earth changes. That course also concentrated on raising the awareness of the students in some of those subject areas. This follow-up course will now dive a little deeper into information gathering and topical discussions as well as the instructor offering his investigative insight of 20 years. Active student participation will require computer and internet access.

60 Adolph Vandertie – Hobo Art (N)

Coordinator: Mary Johnson

Presenter: Michael Aubenger

Date: Mar. 21

Limit: 40 **Time:** 1:00 – 4:00 pm

Room: Ashwaubenon Historical Society Museum
737 Cormier Rd.

A piece of wood, a pocket knife and nothing but time; Hobo Art and Tramp Art were born. One man, Adolph Vandertie—The Grand Duke of the Hobos—created over 4,000 pieces of the folk art form, some of which are displayed in the Ashwaubenon Historical Society Museum. Michael Aubenger, Ashwaubenon Village President, will introduce the collection and explain how it came to the Museum. The documentary film, Westbound, will be shown.

61 In the Face of Disaster, How Resilient is Our Community? (N)

Coordinator: Sherry Moon

Presenter: Lucy Arendt

Dates: Mar. 28; Apr. 4

Limit: 50 **Time:** 10:00 am – 12 **Room:** RH 230

Resilient communities are able to respond effectively to natural and human-caused disasters. They bounce back, often coming back stronger and more able to deal with future challenges. Non-resilient communities falter, struggle and may never regain their former glory. New Orleans in the wake of Katrina comes to mind. My research suggests that communities can take proactive steps to ensure their collective ability to recover from just about anything – flooding, tornado, chemical spill, closure of a major employer, etc. It also suggests the conditions that make recovery difficult if not impossible. In this class, we'll explore what it means to be resilient, and what our community can do to be resilient when faced with a disaster.

62 Facebook Basics (N)

Coordinator: Terry Becker

Presenter: Students in Free Enterprise

Dates: Mar. 28; Apr. 4, 11, 18, 25; May 2

Limit: 20 **Time:** 6:30 – 7:30 pm

Location: GAC Lab

Want to learn a way to keep up with your family and friends? Come learn the basics of how to use Facebook. SIFE Students will be teaching a "Basics of Facebook" class to participants. Topics include: How to create a Facebook page, how to upload pictures, how to maintain your Facebook page and more. Come learn with SIFE!

63 Ethic Easter Baking at Kewaunee Heritage Farm (R)

Coordinator: Mary Williams

Presenter: JoAnn Vogel

Date: Apr. 4 – Session A: Session B

Limit: 18 **Times:** 8:00 am – 1 pm: *Session A*
9:00 am – 2 pm: *Session B*

Location: Kewaunee Heritage Farm,
south of Kewaunee on Hwy 52.

Easter Baking with Grandma – Sweet raised dough bunnies, Trinity bread and filled coffee cakes.

JoAnn and Dolores have over 100 years of experience baking sweet raised dough. We will teach you the methods your Grandmothers used to make their wonderful treats. A \$35 fee for supplies will be payable to UW-Green Bay when this course choice is confirmed. Sign up for Session A or B. Do not sign up for both sessions.

64 Planning Your Final Rest (R)

Coordinator: Jean Watson

Presenter: Megan Wedge

Date: Apr 4

Limit: 50 **Time:** 1- 3 pm

Location: Nicolet Memorial Gardens
2770 Bay Settlement Road.

This class will help educate and inform participants on the options for your final resting place. It will include information on what happens from the time of death to the time of a cemetery service, types of burials and options, things to think about when prearranging for your final rest. This class will include a park tour.

65 Potpourri (C)

Coordinators: Penny Blakeslee, Janette Meverden,
Mary Eisenreich, Zeta Turriff

Dates: Apr. 4, 11, 18, 25

Limit: 175 **Time:** 10:00 am – 12

Location: Kroc Center, A/B, 1315 Lime Kiln Road

This semester, Potpourri is returning to its original format. Class subjects and presenters will not be announced prior to the presentation. Each class will have a different presenter on a different subject. Subjects will reflect a wide variety of interests such as arts, sciences, recreation, community concerns, community resources and more.

54 Messages and Meanings in Music Theatre (R)

Coordinator: Peg Axelson
Presenter: Prof. Richard Stevens
Dates: Mar. 7, 14, 21, 28
Limit: 120 **Time:** 10:00 am – 12 **Location:** NPM

This workshop examines possibilities of human nature and meanings of life found in music theatre plays including *Man of La Mancha*; *Peter Pan and Hook*; *Phantom of the Opera*; and *Les Miserables*. We will explore depths of the human psyche, crescendos and diminuendos of the human spirit and resounding wonders of human imagination expressed in adventure, romance and glorious music of significant music theatre. We may “Enter into my imagination” and “Dream the impossible dream” to probe the meanings of “Second star to the right and onward to dawn,” “Why, Peter, you’ve become a pirate!” “Softly, deftly, music shall surround you,” “Take my hand and lead me to salvation,” “You alone can make my heart take wing!” and “To love another person is to see the face of God”. Thus we may discover why creativity is a unique gift to humans alone.

55 Recreational Music Making I (R)

Coordinator: Margaret Guzek
Presenter: Mary Vandersteen
Dates: Mar. 7, 14, 21, 28; Apr. 4, 11
Limit: 14 **Time:** 10:30am – 12
Location: Heid Music Store, 2201 S Oneida St

Beginners Only – If you’ve always wanted to play the piano and wish to learn at your own pace in a stress-free environment, then this course is for you. Playing piano can provide you with a new means of expression and creativity. Learn keyboard geography, reading notes and rhythm. A \$25 fee for materials will be payable to UW-Green Bay when this course choice is confirmed.

56 Recreational Music Making II (R)

Coordinator: Jane Hyduke
Presenter: Mary Vandersteen
Date: Mar. 7, 14, 21, 28; Apr. 4, 11
Limit: 14 **Time:** 1:00 – 2:30 pm
Location: Heid Music Store, 2201 S Oneida St

For those with some piano background, even if you think you have forgotten it all and wish to learn more at your own pace in a stress-free environment, then this course is for you. Learn keyboard geography, reading notes and rhythm. A \$25 fee for materials will be payable to UW-Green Bay when this course choice is confirmed.

57 Creative Writing for Pleasure (C)

Coordinator: Jan Rickert
Presenter: Arlene Molzahn
Dates: Mar. 7, 14, 21, 28; Apr. 4, 11, 18, 25; May 2
Limit: 20 **Time:** 1 – 3 pm **Room:** RH 220



This course will cover the essential elements of a short story from the beginning to the end. Learn how to make your writing come alive by developing an interesting setting and placing a character with a problem in that setting. Make your character grow and keep the reader interested until the problem is resolved and the story comes to a believable ending.

58 Proven Pruning Techniques for All Seasons (R)

Coordinator: Liz Katalinich
Presenter: John Katalinich
Date: March 14
Limit: 50 **Time:** 10:00 am – 12 **Room:** RH 230

When do you prune summer flowering plants? What should be pruned in the dormant season? How do you prune ornamental grasses? Answers to these and many other questions will be covered in this comprehensive landscape pruning class. Included are: handouts, tool usage, live plant demonstrations and specific plant identification.

59 Political Contrasts of Uprisings Between Germany and Japan During WWII

Coordinators: Linda Doro, Pat Vichos
Presenter: Prof. Cliff Ganyard
Date: Mar. 21
Limit: 50 **Time:** 1 – 3 pm **Room:** RH 230

From Rosenstrasse to Yokohama: Resistance and Oppression in Nazi Germany and Imperial Japan.

This lecture will consider two events in 1943, one which occurred in Nazi Germany and the other in Imperial Japan. The first, called the Rosenstrasse Protest, saw the arrest of several Jewish men married to German women and the protest of their wives for their release. The second involved the arrest, imprisonment and torture of several individuals for “thought crimes.” The lecture will examine these events in order to understand the need of totalitarian regimes to control their populations as well as the power of free speech.

32 Joints in Motion (N)

Coordinator: Jim Hinckley, Debbie Wickman
Presenter: Dr. Mark Schick
Date: March 6
Limit: 120 **Time:** 10:00 am – 12
Location: NPM

Imagine not being able to drive a car, pick up a pen or pull a weed from your garden. It sounds like a nightmare; but for people with arthritis, it sometimes becomes their reality. We invite you to spend time with a team of specialists that will discuss treatment and rehabilitation options for those with arthritis or hip and knee pain. We will discuss nutritional considerations along with an interactive exercise demonstration to keep your joints in motion.

33 Creativity and Aging (N)

Coordinator: Jean Watson
Presenter: Prof. Lloyd Noppe
Date: Mar. 6
Limit: 30 **Time:** 10:00 am – 12 **Room:** RH 220

Issues in creativity and aging will be introduced. The video “Do Not Go Gently” will be viewed and a discussion will be held. For example: How long can people be creative? How does creativity differ among the elderly? What is necessary to continue a creative life?

34 The Compass of World Belief (N)

Coordinator: B.J. Hathaway
Presenter: Laural Wauters
Date: Mar. 13
Limit: 50 **Time:** 10:00 am – 12 **Room:** RH 220

Discover how cultures created belief systems based on the circular directions of nature. This includes Judaism, Christianity and Islam. Learn about the traditions of the North American Medicine Wheel, the Celtic Cross, the Hindu Mandala, Sam-sara, Loka Polas, the Buddhist Eightfold Path, the Mayan Calendar and the Taoist Bagua. Connect with your own circular nature and the directions that are open within you.

35 US 41 Project Overview and Roundabout Education (R)

Coordinators: Ed Smith, Tom Vichos
Presenters: Natasha Gwindt, Randy Asman
Date: Apr. 3
Limit: 120 **Time:** 9:00 am – 12 **Location:** NPM

The reconstruction of US 41 in Brown and Winnebago counties is the largest highway construction project in the history of northeast Wisconsin. Come learn about the project, including new and improved safety features, noise walls, community sensitive design, traffic management and what will be done in 2012. Learn how the 2012 work will impact travel in the corridor. During the second half of the session, learn why WisDOT is committed to roundabouts and get some pointers on how to drive a roundabout. Staff experienced with roundabout design and education will provide driving tips.

36 Mandalas – The Sacred Circle (N)

Coordinator: B.J. Hathaway
Presenter: Laural Wauters
Date: Apr. 3
Limit: 50 **Time:** 10:00 am – 12 **Room:** RH 220

Learn about the rich history of the Mandala and how it can be used as an active form of meditation. Discover how the sacred circle has become the Archetype of Wholeness and inspired people from Carl Jung to St. Hildegard of Bingen. Learn about its origins not only in Hindu and Buddhist tradition but all cultures throughout the world.

37 Motorcycling and Aging Awareness (N)

Coordinator: Hayden Groy
Presenter: Thomas Chase
Date: April 3 – *Session A*; April 5 – *Session B*
Limit: 50 **Time:** 10:00 am – 12 **Room:** RH 230

This is an opportunity for seasoned motorcyclists to discuss with fellow riders how aging affects the rider’s ability to continue to be a “good” rider. This class will use videos, class discussions and training aids during the two-hour class. The class will be coached by Tom Chase who is a Rider Coach, certified by the Motorcycle Safety Foundation, and currently instructing motorcycle classes at NWTC. **Please sign up for Session A or B; do not sign up for both sessions.**

38 German for Near Beginners (C)

Coordinator: Darlene Curro
Presenter: Keith Halverson
Dates: Apr. 3, 10, 17, 24; May 1
Limit: 25 **Time:** 1 – 3 pm
Location: Mauthe Center

Continue to explore the German-speaking world. Learn more about a culture that has heavily influenced our life in Wisconsin. Basic conversational German is emphasized, but there is also an exposure to the written language and culture as well. Participants will be able to carry out simple conversations about themselves, family, friends, sports and free-time activities. The course will cover greetings, departures, colors, numbers to 100, food and beverages, body parts, weather words, time expressions, hobbies and free-time activities. Students who have had German classes previously will be able to review course content, and build on prior knowledge. Two texts: “German on Your Way in Five Minutes a Day” (ISBN: 1-607077-402-4) and “German-A Language Map” (ISBN-13 978-0-944502-02-0). Both texts may be purchased at Barnes and Noble prior to class.

39 Boot Camp Painting (N)

Coordinator: Ginny Heim
Presenter: Susan Parsons
Dates: April 3, 10, 17, 24; May 1, 8
Limit: 25 **Time:** 9:30 am – 12
Location: Mauthe Center

Are your art supplies and unfinished paintings, specifically oil, water color & acrylics, getting any attention? This class is for students who want to “pick up where they left off.” You supply your own materials and complete what you have started but never finished. Bring in a canvas, board or paper and continue your exploration of the art medium or mediums you have worked on before. Susan is there to help class members with questions and offer suggestions, if asked.

40 Bible Study: Where Did the Bible Come From? (R)

Coordinator: Sharon Vlotho
Presenter: Pastor Jonathan Meyer
 Beautiful Savior Lutheran Church
Dates: Apr. 10, 17
Limit: 100 **Time:** 10:00 am – 12
Location: Beautiful Savior Church,
 2160 Packerland Dr.



There are 67 books in the Holy Bible. Who wrote them? When were they written? How was it decided that these 67 books would be the accepted ones? We will take a close look at these and other questions in our study of “The History of the Holy Bible”.

41 Audiology 101: From Hearing Loss to Hearing Aids and Beyond (R)

Coordinator: Kelly Dadam
Presenter: Janet Thibert
Date: Apr. 17
Limit: 50 **Time:** 10:00 am – 12 **Room:** RH 220

The Better Hearing Institute estimates that approximately 31.5 million Americans have experienced difficulty hearing. That is about 10% of the U.S. population. These statistics highlight how common this problem is, but for many evaluations and treatment are delayed for a variety of reasons. This course will cover general anatomy of the ear and how the ears work. Common signs of hearing loss will be highlighted. Information will be provided on what to expect if you have your hearing checked by an audiologist, including: how to interpret an audiogram; the difference between a conductive, sensorineural or mixed hearing loss; the difference between a high frequency versus a flat or low frequency hearing loss, and treatment options for each of these problems. This course will also provide information on hearing aids, including the difference between analog versus digital hearing aids; the style (shape) of a hearing aid versus levels of technology (features); 1 vs 2 (monaural vs binaural) hearing aids; acclimatization-what it is and what to expect along the way; and the impact of treated hearing loss on quality of life. We will also discuss the WI State regulations for the trial use of amplification and provide information about the TEPP program. There will also be time for questions and answers throughout the course.

Wednesday Courses

48 Earthquakes and Tsunamis (N)

Coordinator: Karen Dallman
Presenter: Gary Dallman
Date: Jan. 11
Limit: 50 **Time:** 10:00 am – 12 **Room:** RH 230

Around the world, movements along tectonic plate boundaries result in earthquakes. This course surveys the types and locations of plate boundaries and explains the kinds and magnitudes of earthquake waves and the tsunamis that may occur.

49 Comprehensive Explorative of Authentic Judaism (R)

Coordinator: Debbie Wickman
Presenter: Rabbi Michael Feinstein
Dates: Jan 11, 18, 25
Limit: 50 **Time:** 10:00 am – 12 **Room:** RH 220

A user-friendly forum fitting all backgrounds. Question and Answer session following each lecture.

50 Computer Basics 101 (N)

Coordinator: Terry Becker
Presenter: Students in Free Enterprise
Dates: Jan 25; Feb. 1, 8, 15, 22, 29; Mar. 7, 21
Limit: 20 **Time:** 6:30 -7:30 pm
Location: GAC Lab

Do you know the basics of how to use a computer? If not, We've got the class for you! SIFE Students will be teaching a “Basics of Computers” class each week to participants. Topics include: computer basics, how to use an internet browser, internet security and how to create and use an e-mail account. Come and learn with SIFE!

51 Showtime (C)

Coordinators: TBD
Presenter: Doris Bezio
Dates: Feb. 1, 8, 15, 22, 29
Limit: 120 **Time:** 1 – 4 pm **Location:** NPM

Come and see movies you might have missed. Usually we show a mixture of types – Classic, Comedies, Suspense, etc. If you have a movie you would like to share with us, bring it to the first session. After seeing the film each week, we will have an optional 15 minute discussion about it.

52 E-Bay Use (R)

Coordinator: Robert Fass
Presenter: Romeo Raabe
Dates: Feb. 8, 15, 22
Limit: 50 **Time:** 10:00 am – 12 **Room:** RH 220

You will learn how to get to e-bay and search for and compare items. You will learn how to evaluate sellers, how to pay for items and how to list items for sale. During the third class, we will actually list a class attendee's item for sale.

53 The Battle for Wisconsin: Scott Walker and the Attack on the Progressive Tradition (N)

Coordinator: Bob Cook
Presenter: Prof. Andrew Kersten, UW-Green Bay
Date: Feb. 22
Limit: 175 **Time:** 10:00 am – 12
Location: Kroc Center, Room A/B
 1315 Lime Kiln Road

This past January, the newly-elected-Governor Scott Walker declared war on Wisconsin's progressive roots. Under the guise of budget repair, he and his Republican colleagues in the state legislature introduced a whole host of initiatives meant to roll back hard-won gains for workers and recast the role of government in the state to fit his own conservative ideology.

Historian Andrew E Kersten shows just how far-reaching these “reforms” really are, and why they fly in the face of the state's long progressive tradition. Kersten is a Wisconsin native, a product of the state's renowned public education system that is now under attack. He takes us back to the days of the robber barons, explaining why our forefathers fought so hard for real reform in the Progressive Era and why those principals are worth protecting today. It is recommended that you read his book with the same title prior to the class. The book is from Hill and Wang and the price is 99 cents from Amazon.com, barnesandnoble.com, and iTunes (Apple). It is not available in a print version.

The LIR Connection

42 World War I Christmas Miracle (N)

Coordinator: Robert Cook
Presenter: Rochelle Pennington
Date: Apr. 17
Limit: 90 **Time:** 1-3 pm
Location: Kroc Center- Room A
 1315 Lime Kiln Road

Author Rochelle Pennington will discuss the factual account behind the 1914 battlefield Christmas truce, featured in her new book “Christmas Gifts: Ten of the Greatest Ever Given”. The program will draw directly from the written memories of soldiers who participated in “the most extraordinary event in military history”. Vintage photographs will be presented by power-point and authentic WWI artifacts from the author’s personal collection will be on display.

43 Farm Market Kitchen (N)

Coordinator: Kathy Daley
Presenter: Mary Pat Carlson
Dates: Apr. 17 – *Session A*; May 15 – *Session B*
Limit: 50 **Time:** 10:00 am – 12 **Room:** RH 230

This class is for anyone who has ever dreamed of producing and marketing a food product but lacked the space, equipment and technical support to actually do it. This is your opportunity to learn how to manufacture, package and sell your favorite food product for profit, using a certified, shared use processing facility in a food processing incubator. Learn how 40 entrepreneurs are already creating their specialty foods in items such as breads, sauces, salad dressings, preserves, sweets, soups and cakes. See how it may be possible for you to become the next Betty Crocker at the “Farm Market Kitchen.” Please sign up for Session A or B; do not sign up for both sessions.

44 Biking Our Rural Roads (C)

Coordinator/Presenter: Jimmie Clark
Dates: Apr. 17, 24; May 1, 8, 15
Limit: 40 **Time:** 10 – 12: First two sessions
 10 – 2: Last three sessions
Location: Off Campus

We will bike trails and back roads in and out of the area. Bikers will be responsible for getting their bikes to the trail-head. Multi-speed bikes are recommended, and HELMETS ARE REQUIRED. Riders should be at the intermediate level. An Assumption of Risk form will be sent with your confirmation. Please fill it out and return it to the address given on the form. A State Trail Pass will be required for some rides.

45 Adopting Sustainable Lawn Care Practices (N)

Coordinator: Darlene Hallet
Presenter: Vijai Pandian
Date: May 1
Limit: 50 **Time:** 10:00 am – 12 **Room:** RH 220

A sustainable lawn is eco-friendly and saves money, time and effort through minimum inputs of pesticide, fertilizer and water. Learn how to create and maintain a sustainable lawn in this presentation.

46 Straw Bale Construction (N)

Coordinator: Ruth Vannieuwenhoven
Presenter: Debra Lindgren
Date: May 1
Limit: 50 **Time:** 1 – 3 pm **Room:** RH 230

Are you focusing on green low-cost construction? History, design, various construction methods, problems and combination construction will be discussed. We will also go over alternative heating, cooling, special finishes and use of recycled materials for a truly green building. Bring your open mind, questions and a notebook.

47 Gardens with Personality (R)

Coordinator: Ginny Heim
Presenters: Tom & Vonnie Baye
Dates: May 22, 29; June 5
Limit: 30 **Time:** 10:00 am – 12 **Room:** RH 230

Introduce new unique cultivars of your old favorites. One new plant or stone work with special attraction can make a difference. Tom & Vonnie will share suggestions on what to select with unusual plants, trough planters and do-it-yourself projects. Class 1: Plant discussion and selection with slides. Class 2: Information & slides of dwarf conifers, trough gardens and lawn care. Tom will demonstrate how to use rocks in landscapes; how to make troughs and easy tables; how to control deer damage. Class 3: Garden tour of Baye gardens.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10-12: Stuff of Life -Creative Writing -New France -China Experiences 12-2: Brown Bag Lunch 1-2:30: Circadian Novel 5-7: Giants of Jazz	10-12: Watercolor -Critical Thinking -Joins in Motion -Creativity & Aging 1-3: Continuing Issues 2:15-3: Zumba Gold	10-12: Music Theatre -Rec. Music Making I 1-2:30: -Rec. Music Making II 1-3: Creative Writing 6:30-7:30: -Computer Basics 101	10-12: Trickster Tales -Bridge Conventions -Crime, Criminals & Justice 1-4: Games	10-12: Love & Death Music/Poetry
10-12: Creative Writing -New France -China Experiences 12-2: Periodic Table 12-2: Brown Bag Lunch	10-12: Watercolor -Critical Thinking -Compass of World Belief 1-3: -Continuing Issues	10-12: Music Theatre -Pruning Techniques 10:30-12: Rec. Music Making I 1-2:30: -Rec. Music Making II 1-3: Creative Writing 1-3: Creative Writing	10-12: Books and You -Chinese Cooking -Blessings of Imperfection 1-4: Games	10-12: Blessings of Imperfection -Wouldn't it be Lovely 1-3: -Soc. Security Benefits 1-4: Games
10-12: Creative Writing -New France -China Experiences 12:15-2: -Brown Bag Lunch 1-3: -Mystery to Me	10-12: Watercolor 1-3: -Continuing Issues 2:15-3: -Zumba Gold 5:30: -Guess Who's Dinner	10-12: Music Theatre 10:30-12: -Rec. Music Making I 1-2:30: -Rec. Music Making II 1-3: Creative Writing 1-4: Hobo Art 6:30-7:30: -Computer Basics 101	10-12: Blessings of Imperfection 1-3: -Soc. Security Benefits 1-4: Games	10-12: Blessings of Imperfection 1-3: -Soc. Security Benefits 1-4: Games
10-12: Creative Writing	9:00-12: Book better than Movie 10-12: Watercolor 1-3: -Continuing Issues	10-12: Music Theatre -In the Face of Disaster 10:30-12: -Rec. Music Making I 1-2:30: -Rec. Music Making II 1-3: Creative Writing 6:30-7:30: -Facebook Basics	10-12: Games	9-11: Great Debate

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1-3: Mystery to Me Martin Luther King Campus closed 10-12: Nook-Session A 10-12: Memoirs -Euchre 1-3: Monet to VanGogh -Continuing Issues 2:15-3: Zumba Gold 10-12: Nook-Session B 10-12: Memoirs -Euchre 1-3: Monet to VanGogh -Continuing Issues 5:30: -Guess Who's Dinner 30 9:30-12: Book better than Movie 10-12: Memoirs -Euchre -New Zealand Earthquake 1-3: Monet to VanGogh -Yoga -Continuing Issues	10-12: Guess Who's Dinner 1-3: Mapping Br. County -Monet to VanGogh 10-12: Memoirs 1-3: Monet to VanGogh -Continuing Issues 2:15-3: Zumba Gold 10-12: Memoirs -Euchre 1-3: Monet to VanGogh -Continuing Issues 5:30: -Guess Who's Dinner 31 9:30-12: Book better than Movie 10-12: Memoirs -Euchre -New Zealand Earthquake 1-3: Monet to VanGogh -Yoga -Continuing Issues	Coordinators Mtg 10-12: Earthquakes & Tsunamis -Authentic Judaism 10-12: Authentic Judaism 1-3: Authentic Judaism 10-12: Authentic Judaism 6:30-7:30: -Computer Basics 101	Coordinators Mtg 1-3: Spiritual Mentors 10-12: Books and You -Chinese Cooking 1-3: -Loss of Spouse 10-12: Railroad Experience 1-3: -Wildlife Sanctuary 1-4: -Games	6 10-12: Scotland

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10-12: Israel, Jews and Arabs -Bucke, Whitman 1-2:30: -Mystery of Shakespeare 1-3: -Mystery to Me	10-12: Memoirs -Euchre -Voyageurs -Women & Heart Disease 1-3: -Monet to VanGogh -Continuing Issues	10-12: Showtime 6:30-7:30: -Computer Basics 101 10-12: E-Bay Use 1-4: -Showtime 6:30-7:50: -Computer Basics 101	10-12: William Blake -Railroad Experience -Chocolate – Session A 1-3: -Chocolate – Session B 1-4: Games 10-12: William Blake -Railroad Experience -Buddhism -Bridge Conventions 1-3: -Weak Bids in Bridge 1-4: -Games	1-3: Planet Earth 10-12: New Tree Species 1-3: -Planet Earth
10-12: Israel, Jews and Arabs -Bucke, Whitman 1-3: -Capitol Markers	10-12: Memoirs -Euchre -Watercolor -Critical Thinking 1-3: Continuing Issues 2:15-3: Zumba Gold 5:30: -Guess Who's Dinner 21 9:30-12: Book better than Movie 10-12: Euchre -Watercolor -Critical Thinking 1-3: Continuing Issues	10-12: E-Bay Use 1-4: -Battle for WI -Showtime 6:30-7:30: -Computer Basics 101	10-12: Buddhism -Chinese Cooking -Books and You -Bridge Conventions -Water Crisis -Crime, Criminals & Justice 1-3: Auto Maintenance 1-3: Auto Maintenance 1-4: Games 10-12: Buddhism -Bridge Conventions 1-3: -Native Plant Use 1-4: -Games	10-12: Planet Earth 10-12: Love & Death Music/Poetry
10-12: Bucke, Whitman -Creative Writing -Stuff of Life 5-7: Giants of Jazz	10-12: Book better than Movie 10-12: Euchre -Watercolor -Critical Thinking 1-3: Continuing Issues	10-12: Showtime 6:30-7:50: -Computer Basics 101	10-12: Buddhism -Bridge Conventions 1-3: -Native Plant Use 1-4: -Games	10-12: Love & Death Music/Poetry

February

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	9:30-12:12: -Boot Camp Painting 10-12: Lawn Care 10-2: Biking Rural Rds 1-3: German -Straw Bale 2:15-3: Zumba Gold	1-3: -Creative Writing 6:30-7:30: Facebook Basics	10-12: -Bridge Conventions -Gerotranscendence -Perennials	10-12: -Supreme Court 10-2: -Biking is Fun 1-3: -Spring Wild Flowers
7	9:30-12:12: -Boot Camp Painting 10-2: -Biking Rural Rds 10-12: -Farm Market Kitchen 10-2: -Biking Rural Rds 2:15-3: Zumba Gold	1-3: -Children's Literature	10-12: -Books and You	10-2: -Biking is Fun 1-3: -Spring Wild Flowers
1-3: -Mystery to Me	21 10-12: -Garden w/Personality 5:30: -Guess Who's Dinner	10-3: -Lewis and Clark	24	25
28	10-12: -Garden w/Personality	29	May	

June/July/August

- June 1 (Friday)**
1-3: Spring Wild Flowers
- June 5 (Tuesday)**
10-12: Garden w/Personality
- June 19 (Tuesday)**
5:30: Guess Who's Dinner
- July 24 (Tuesday)**
5:30: Guess Who's Dinner
- August 21 (Tuesday)**
5:30: Guess Who's Dinner

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10-12: -Creative Writing -Greatest Conquerors 1-2:30: -Circadian Novel	9-12: -US 41 Project Overview 9:30-12:12: -Boot Camp Painting 10-12: -Mandalas -Motorcycling - Session A 1-3: -Continuing Issues -German 2:15-3: -Zumba Gold	8-4: Kewanee Farm Big-A 9-2: Kewanee Farm Big -B 10-12: Potpourri -In the Face of Disaster 10:30-12: -Rec. Music Making I 1-2:30: -Rec. Music Making II 1-3: Creative Writing -Planning Final Rest -Travel with Me -Financial Forensics 6:30-7:30: -Facebook Basics	10-12: -Motorcycling- Session B 1-4: -Games	9-11: -Great Debate
10-12: -Creative Writing -Greatest Conquerors	10 9:30-12: -Boot Camp Painting 10-12: -Bible Study 1-3: -Continuing Issues -German	10-12: Potpourri 10:30-12: -Rec. Music Making I 1-2:30: -Rec. Music Making II 1-3: Creative Writing -Travel with Me -Financial Forensics 6:30-7:30: -Facebook Basics	10-12: -Books and You -Bridge Conventions -Belgium History 1-4: -Games	10-12: -Exploring Green Bay
10-12: -Creative Writing	16 9:30-12: -Boot Camp Painting 10-12: Bible Study -Audiology -Farm Market Kitchen -Biking Rural Rds 1-3: Continuing Issues -German -WWI Christmas Miracle 2:15-3: Zumba Gold	18 10-12: Potpourri -Cooking for One -Gardeners Contain Yourself 1-3: -Creative Writing -Travel with Me -Financial Forensics 1-4: Rape of Europa 6:30-7:30: -Facebook Basics	19 10-12: -Chinese Cooking -Bridge Conventions -Musical Memories WWII -Gerotranscendence 1-3: -Roth IRA 1-4: -Games	20 10-12: -Exploring Green Bay -Biking is Fun
10-12: -Common Hand Disorders 1-3: -Mystery to Me	23 9:30-12: Book better than Movie -Boot Camp Painting 10-12: -Biking Rural Rds 1-3: Continuing Issues -German 5:30: -Guess Who's Dinner	25 10-12: -Potpourri 1-3: -Creative Writing -Travel with Me -Financial Forensics 6:30-7:30: -Facebook Basics	26 10-12: -Bridge Conventions -Gerotranscendence -Range Lights 1-4: -Games	27 10-12: -Exploring Green Bay -Biking is Fun
10-12: -Osteoarthritis 1-2:30: -Circadian Novel	30	April		

LIR Profile Survey

If you are a current or returning member, in what role/s have you served as a LIR volunteer? Please check all that apply:

- Presenter
- Coordinator
- Committee Member (check one/s that apply)
 - Curriculum
 - Finance
 - Communications
 - Social
- Other (describe) _____

4. Pre-retirement or current area of primary work/expertise (check one):

- Business
- Education
- Healthcare
- Homemaker
- Law/Gov
- Trades
- Other: _____

Specific Pre-retirement Occupation: _____

5. Preference for Volunteering:

- I am willing to be a **member of a committee** (see below to check specific committee.)
- I am willing to be a **course presenter** (develops course materials and presents).
- I am willing to be a **course coordinator** (assists presenter, takes attendance, makes LIR announcements.)
- I am willing to work on **specific projects or tasks** (assists with various tasks that arise - some short-term, some ongoing.)

Committee and Office Opportunities:

- Curriculum Committee** (finds presenters, develops and schedules courses.)
- Travel Committee** (develops local, national and international trips.)
- Communications Committee** (produces publications, including the newsletter, and assists with website development.)
 - Website assistance
 - Takes pictures, videos
 - Writes articles, brochures
- Finance Committee** (develops and oversees budget and all financial matters.)
- Social Committee** (organizes social and special events, including the Annual Meeting.)
- Attendance and Growth Committee** (maintains records and develops projections.)
- Volunteer Development Committee** (helps identify and recruit volunteers, trains coordinators and fosters leadership development.)
- Office and Registration** (assists office staff.)
 - Computer skills
 - Phoning
 - Miscellaneous clerical skills

6. Any comments, ideas, suggestions for improving our LIR program? We appreciate and welcome your input. _____



VOLUNTEERS NEEDED!

Your LIR program needs your help to make it a success. We are a member-led **volunteer** organization. Except for minimal clerical office staff, our members do all the work to provide all the social events, classes, trips, tours, and other learning opportunities that are the essence of our program. We need your help. Every member brings valuable life experience to the program and everyone has the ability to help in some way.

Members who do more than just attend classes and events not only experience the enjoyment and satisfaction of contributing to the success of our organization, they also meet new people, make new friends, make fuller use of their abilities, talents and skills and perhaps develop new skills and interests. Above all, they gain a sense of accomplishment, knowing that they have played an active role in helping LIR continue to thrive.

Volunteer Opportunities

The MEMBER PROFILE SURVEY (below and on the back) lists some roles volunteers currently play in LIR. New roles will develop as our organization expands. Please fill out the survey fully and indicate if there's a specific area where you'd be willing to help. And remember that this is a very friendly and understanding peer-led volunteer organization. Prior experience or expertise in a particular area is always welcome but rarely necessary. Friendly training and team help is available to help you be effective in whatever role you play.

What's expected from Volunteers?

- Promptness** (Show up on time for meetings or assigned tasks)
- Dependability** (Let the chairperson or leader know if you can't make it)
- Initiative** (Share your ideas about how something can be done better or more efficiently)
- Responsibility** (Take your job seriously. Whatever it is, it's important to LIR's success)

LIR MEMBER PROFILE SURVEY

LIR is a volunteer, peer-led organization. The more we know about our membership, the better able we are to develop a program that successfully meets their needs and draws upon their interests to serve as presenters, discussion leaders, course coordinators, and committee members. Please help us by providing the information requested below.

Name: _____ Date: _____

Address: _____ Telephone Number: _____

City, ZIP: _____ Email Address: _____

1. Age: Under 55 55-64 65-74 75-84 85+

2. Sex: Male Female

3. Are you a new member of the UWGB LIR program?

Yes No

(OVER)

LIR REGISTRATION FORM

Please complete **one registration form per person** and indicate one of the following:

- First-time member**
- Fall 2011 member**

MAIL this form, the \$60.00 Spring Semester (only) registration fee (if applicable) **made payable to UW-Green Bay:**

Division of Outreach and Adult Access
Learning in Retirement – ES 301
University of Wisconsin-Green Bay
2420 Nicolet Drive
Green Bay, WI 54311-7001

The following items must be returned to facilitate processing of your Spring 2012 registration.

- _____ **Class registration form**
- _____ **\$60 registration fee if applicable**
- _____ **LIR member profile (new members)**

Name _____ Phone _____

Address _____

City/Zip _____ Email address _____

Vehicle License Plate Number (mandatory for parking permit) _____
(If number is not supplied, decal will not be sent)

I do not give permission to include my name, address, telephone number, and e-mail address in an LIR membership directory. **Please sign below to opt out of the membership directory.**

Signature _____

WELCOME! We are pleased that you are a member of LIR, and we encourage you to play an active role in achieving our goal of providing learning opportunities for retirees. Since we are peer-led, we invite you to volunteer as a course coordinator, present a course by sharing an area of expertise or interest, or serve on an LIR committee (Curriculum, *It's Happening*, Promotion, Finance, or Social), or work on one of the short term projects. **CIRCLE** above choices

Someone from LIR will contact you personally to discuss possible ways for you to be more active in the organization.
Best day/time to call _____

Pre-retirement occupation/s _____

Particular interests _____

Skills, hobbies, expertise, noteworthy travels or experiences

LIR ENDOWMENT FUND

We have now finalized our LIR-UWGB Gift Instrument (Endowment), the basic purpose of which is to provide funds for future LIR programs and expenses. **Contributions are tax deductible** and will allow us to grow and become even stronger in the future. If you wish to contribute (no amount is too small) to this LIR Endowment, please check the box below, indicate your contribution amount and send a **SEPARATE CHECK** made out to **UW-Green Bay LIR Fund** to the LIR office together with your fall registration check. We thank you for your generosity.



Contribution amount (separate check). \$ _____

OVER

PHONE: 920-465-2356 ♦ E-MAIL: lir@uwgb.edu ♦ Website: www.uwgb.edu/outreach/lir

