



UNIVERSITY of WISCONSIN
GREEN BAY

Lifelong Learning Institute



Spring 2020

COURSE CATALOG

Register online at www.uwgb.edu/lli

To be included in the initial class assignment, register by
Friday, December 6, 2019 at 4 p.m.

INSIDE THIS ISSUE:

- Membership and Registration Information
— *please read*
- Educational Course Descriptions
- Semester Calendar
- Registration Worksheet
- Registration Form

NOW OFFERING
COURSES IN
GREEN BAY,
MANITOWOC AND
SHEBOYGAN

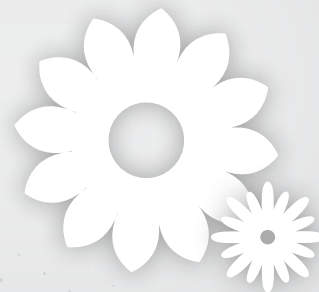


What is Lifelong Learning Institute?

The Lifelong Learning Institute (LLI) is a member-led program sponsored by the University of Wisconsin-Green Bay's Division of Continuing Education and Community Engagement for adults who are interested in learning. LLI offers courses of various lengths on a wide variety of topics each semester. There are no tests, papers or credits, but there are classrooms and instructors with lots of opportunities for questions, comments and discussion.

Membership Fee:

\$125 per member per year, which includes two semesters of classes. Membership year can be either September 1-August 31 or January 1-December 31.



Important Policy Notes

Refund Policy:

No membership or course material fee refunds.

Course Locations:

Locations are shown with course descriptions. A list with addresses is found on pages 2-3.

Inclement Weather Policy:

Watch your local television news stations for cancellation of "**Lifelong Learning - UW-Green Bay**" classes or Green Bay, Manitowoc or Sheboygan Public School System Weather cancellations.

UW-Green Bay Parking:

LLI members must submit their license plate number to the LLI Office at the time of registration. Please park in the proper areas, not in visitor lots or in 15-minute parking zones, etc. or you will be ticketed. License plate must face aisle.



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Registration Process

- **Registration will open on Friday, November 15, 2019 at 8 a.m.**
- You may register for up to 30 courses.
- Prioritize your selections beginning with '1' for your highest priority selection. Use each priority only once. *Recheck your priority numbers before submitting to be sure you did not duplicate or skip any.*
- When registering online, be sure to click 'Submit' to finalize your registration. You will receive an email confirmation within minutes that will confirm your registration was successful.
- **Registration closes on Friday, December 6, 2019 at 4 p.m.**

When registration closes, the course lottery system will run. The lottery system is a computer program that randomly slots courses using your priority selections. This process assures all members have an equal chance to enroll in courses that frequently reach capacity. Course confirmation letters will be mailed by Monday, December 16, 2019. **There are no waitlists. If you did not get into a class, contact the course coordinator if you would like to be notified of a cancellation. Leave specific contact information, including spelling of your name.** Contact the coordinator if you need to drop a course. Do not contact the LLI Office about these requests.

After initial class roster assignment, remaining classes will be made available on the LLI website and fill on a first come, first served basis.

Registration may be completed online, by mail or in person. Online registration is preferred. If you register using the form in this catalog, mail or drop it off at the LLI Office. **Registration must be received by Friday, December 6, 2019.** The LLI Office is located in Instructional Services (IS) 1040, at UW-Green Bay.

Mail registration to:

Lifelong Learning Institute, IS 1040
UW-Green Bay
2420 Nicolet Dr.
Green Bay, WI 54311

Continuing Member Registration:

You will receive an email on the morning of Friday, November 15, 2019, when registration begins. This email contains a registration link. Your registration account is based on your email address. **If you have changed your email address** since the last time you registered, please contact the LLI Office prior to registering at 920-465-2356 to update it in the system.

New Member Registration:

Please register online at www.uwgb.edu/lli, click on "Catalog/Register" on the left side of the page and select the "Register Now" button.

Linked Registration:

If you and your spouse or significant other have only **one vehicle** and **if you are registering for the same courses**, please register one person only. Then call or email the LLI Office at 920-465-2356 and request a duplicate registration linked to your original registration. Call if you have any questions.

Registration Confirmation:

A letter confirming your registration will be mailed by Monday, December 16, 2019, and will list courses you are registered for and also the courses you did not get into. Do not call the LLI Office for confirmation.

→ **Keep your course catalog.**

Your confirmation letter will only indicate the first session of each course. The remaining sessions are listed in your catalog. Please check the catalog or the calendar insert to prevent overlapping selections.



**NOW OFFERING
COURSES IN
GREEN BAY,
MANITOWOC AND
SHEBOYGAN**

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



Green Bay Area Venues

Aging-Disability Resource Center (ADRC) 300 S. Adams St., Green Bay	Little Chute Windmill 130 West Main St., Little Chute
Allouez Village Hall 1900 Libal St., Green Bay	Malcore Crematory 701 N. Baird St., Green Bay
Ashwaubenon Community Center (ACC) 936 Anderson Dr., Ashwaubenon	Marquis Yachts 790 Industrial Park Road, Pulaski
Ashwaubenon High School Auditorium 2391 S Ridge Road, Ashwaubenon	Mauthe Center, UW-Green Bay 2418 Leon Bond Dr., Green Bay
ASPIRO 1673 Dousman St., Green Bay	Medical College of Wisconsin-Green Bay 161 Reid St., De Pere
Barnes and Noble 2498 S. Oneida St., Green Bay	Neville Public Museum 210 Museum Place, Green Bay
Bay Beach Wildlife Sanctuary 1660 East Shore Drive, Green Bay	NEW Water (GB Metro Sewage) 2231 N. Quincy St., Green Bay
Belgian Heritage Center 1255 Cty Rd. DK, Brussels	Paul's Pantry 1529 Leo Frigo Way, Green Bay
Bellevue Community Center 1811 Allouez Ave., Green Bay	Pete's Garage 142 N. Broadway, Green Bay
Calvary Lutheran Church 1301 S. Ridge Road, Green Bay	Rose-Hill Gardens 472 Rose-Hill Dr., Hobart
Creative Cakes 1544 W. Mason St. Green Bay	Salvation Army 626 Union Ct., Green Bay
Festival Foods 2430 University Ave., Green Bay	Scray Cheese 2082 Old Martin Road, De Pere
First Presbyterian Church 200 S. Ashland Ave., Green Bay	Seroogy's Chocolates 144 N. Wisconsin St., De Pere
Gnome Games 1683 E. Mason St., Green Bay	Solaris Farm 7510 Pinesva Road, Reedsville
Infinity Machine and Engineering Corporation 2249 American Blvd., De Pere	St. Joseph's Convent 1235 13th Ave., Green Bay
Islamic Society of Wisconsin 1512 Velp Ave. Green Bay	Suamico Municipal Services Center 12781 Velp Ave., Green Bay
Jim's Music 1219 S. Military Ave. Green Bay	STEM Innovation Center, UW-Green Bay 2420 Nicolet Dr., Green Bay
Jones Sign Company 1711 Scheuring Road, De Pere	Stillmank Brewing Company 215 N. Henry St., Green Bay
KI International 1330 Bellevue St., Green Bay	Unity Hospice 2366 Oak Ridge Circle, De Pere
Kress Events Center, UW-Green Bay 2420 Nicolet Dr., Green Bay	UW-Green Bay, Rose Hall, RH 220, RH 230, RH 250 2420 Nicolet Dr., Green Bay
Lambeau Field 1265 Lombardi Ave., Green Bay	UW-Green Bay, University Union, UU 1965 2420 Nicolet Dr., Green Bay



Manitowoc and Sheboygan Area Venues

Glas Coffee House 924 N. 14th St., Sheboygan	Sharon S. Richardson Community Hospice 4411 Calumet Ave., Suite 4, Manitowoc
Grow It Forward 1501 Marshall St., Manitowoc	UW-Green Bay, Manitowoc Campus, Founders Hall, Room F170 705 Viebahn St., Manitowoc
Harrigan Parkside Funeral Home 628 N. Water St., Manitowoc	UW-Green Bay, Manitowoc Campus, Hillside Hall, H102 705 Viebahn St., Manitowoc
Holy Family Convent, Franciscan Sisters of Christian Charity 2409 S. Alverno Road, Manitowoc	UW-Green Bay, Sheboygan Campus, Main Building, Room 3105 One University Dr., Sheboygan
Manitowoc Public Library, Balkansky A, B, C 707 Quay St., Manitowoc	Wisconsin Maritime Museum 75 Maritime Dr., Manitowoc
Meals on Wheels 1004 S. Taylor Dr., Sheboygan	Woodland Dunes Field Station 2754 E Goodwin Road, Manitowoc
North High School, Library Room 235 2926 N. 10th Street, Sheboygan	Zabel Monuments 1232 N 8th St., Manitowoc



Parking Reminders:

1. Be sure to park in designated parking stalls ONLY and within the lines.
2. Do not park along the grass or side of a parking lot if the lot is full.
3. No overnight parking on campus.
4. LLI members cannot park in the Campus Court lot by the University Union on the Green Bay campus. This lot is for Visitors only.
5. Always park with your license plate facing OUT of parking stall visible to Campus Safety officers.
6. Failure to follow the campus parking guidelines WILL result in a parking ticket.



Green Bay Area

Course Title

Course Number

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Manitowoc & Sheboygan

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Green Bay Area

	Title	Time	Start	Subsequent Dates						
2	Taxonomy: Reconstructing the Tree of Life	10 a.m.-12 p.m.	1/6							
1	Tatting-Intermediate and Advanced	1-3 p.m.	1/6	1/13	1/27	2/10	2/24	3/2		
3	It's a Mystery to Me	1-3 p.m.	1/6	2/3	3/2	4/6	5/4			
31	Exploring Wisconsin Geology With GIS Mapping	9:30 a.m.-12 p.m.	1/7							
32	Becoming Trans-Parent: One Family's Journey of Gender Transition and Beyond	10 a.m.-12 p.m.	1/7							
33	Learn to Play Cribbage	10 a.m.-12 p.m.	1/7	1/14						
78	Sediments, Sedimentary Rocks, and the Secrets They Hold	9:30 a.m.-12 p.m.	1/8							
76	Mealtime Mentors Session A ** Cancelled **	10 a.m.-12 p.m.	1/8							
77	Mealtime Mentors	1-3 p.m.	1/8							
121	Is the Book Better Than the Movie?	9 a.m.-12 p.m.	1/9	2/13	3/12	4/9	5/14			
123	Art and Tragedy: Masterpieces of Historic Disasters	10 a.m.-12 p.m.	1/9							
122	Lord of the Rings: The Guardianship of Valar	1-3 p.m.	1/9							
163	Guess Who's Coming to Dinner?	10 a.m.-12 p.m.	1/10	1/24 8/21	2/21	3/20	4/17	5/22	6/19	7/17
34	Continuing Issues	1-3 p.m.	1/14	1/28	2/11	2/25	3/10	3/24	4/7	4/21
82	Hand-Tied Fleece Blankets	10 a.m.-12 p.m.	1/15							
81	Group Piano	10-11:30 a.m.	1/15	1/22	1/29	2/5				
79	Revisit a Short Work of Fiction	1-3 p.m.	1/15							
80	Matthew, Mark and Luke Through the Scholar's Lens	1-3 p.m.	1/15	1/22	1/29					
127	Chinese Cooking for American Taste	9-12:30 p.m.	1/16	2/20	3/19	4/16	5/21			
124	Early History of the Green Bay Fire Department	1-3 p.m.	1/16							
125	Books and You	1-3 p.m.	1/16	2/20	3/19	4/16	5/21			
126	Summer Glory: Surface Embroidery	1-3 p.m.	1/16	1/23	1/30					
164	What Makes the Great Lakes so Great?	10 a.m.-12 p.m.	1/17							
165	Mentoring 101: How to Be a Better Mentor	10 a.m.-12 p.m.	1/17							
35	Structure of Matter	10 a.m.-12 p.m.	1/21	1/28						
36	Live Long, Die Healthy	10 a.m.-12 p.m.	1/21							
37	Introduction to Role Playing	10 a.m.-12 p.m.	1/21	1/28	2/4					
128	Painting With Encaustics (Colored Beeswax)	9 a.m.-12 p.m.	1/23							
4	Brain Stretching III	1-3 p.m.	1/27	2/3						
84	Real Vietnam War	10 a.m.-12 p.m.	1/29							
83	From the Heart: Techniques for Reducing Stress, Building Resilience	1-3 p.m.	1/29							
166	How We Do Death and Dying Part 2	10 a.m.-12 p.m.	1/31							
6	Mystics of the Middle Ages	1-3 p.m.	2/3	2/17	3/2					
5	Strategic Thinking Through Games	1-3:30 p.m.	2/3	2/10	3/9	3/16	3/23	3/30	4/13	4/20
39	Creating with Found Birch Bark Session A	9:30 a.m.-12 p.m.	2/4	2/11	2/18	2/25				
38	Advanced Drawing for the Unintimidated	10 a.m.-12 p.m.	2/4	2/11	2/25	3/3	3/10			
40	Jesus' Parables Through the Scholar's Lens	1-3 p.m.	2/4	2/6						
86	Knitting II	10 a.m.-12 p.m.	2/5	2/12	2/26					
87	Seasonal Allergies	10 a.m.-12 p.m.	2/5							
85	Development of European Civilization, Part 3	1-3 p.m.	2/5	2/12	2/19	2/26				



131	Creating with Found Birch Bark Session B	9:30 a.m.-12 p.m.	2/6	2/13	2/20	2/27
129	Needlework Open Stitch	1-3 p.m.	2/6	2/13	2/20	2/27
130	Mentoring Matters	1-3 p.m.	2/6			
167	Online Voter Registration	10 a.m.-12:30 p.m.	2/7			
7	Seroogy's Chocolates Session A	10 a.m.-12 p.m.	2/10			
8	Seroogy's Chocolates Session B	1-3 p.m.	2/10			
41	Magic and Mystery of Miles Davis	5:30-7:30 p.m.	2/11			
88	Anticoagulation - From Warafin to Newer Agents	10 a.m.-12 p.m.	2/12			
89	Introduction to Genealogy Research	1-3 p.m.	2/12			
9	Through the Lens of a Sports Photographer	10 a.m.-12 p.m.	2/17			
44	Women Inventors	10 a.m.-12 p.m.	2/18	2/25		
42	Belgian Immigration to Northeast Wisconsin	1-3 p.m.	2/18			
43	Vehicle Contacts/Constitutional Rights: Officers Must Follow the Supreme Law of the Land	1-3 p.m.	2/18			
90	Beginning Line Dancing	10 a.m.-12 p.m.	2/19	2/26		
92	Piano Ensemble	10-11:30 a.m.	2/19	2/26	3/4	3/11
91	Beer: Brewing and Packaging Beer with Stillmank Brewing Company	1-3 p.m.	2/19			
132	Basic Weather Part 2	10 a.m.-12 p.m.	2/20			
168	Iran	10 a.m.-12 p.m.	2/21			
10	Sleeping Through the Ages	10 a.m.-12 p.m.	2/24			
11	Artisan Cheesemaking	10 a.m.-12 p.m.	2/24			
46	Learn to Play Backgammon	10 a.m.-12 p.m.	2/25	3/3		
45	Maximize Your Retirement & Estate Planning	1-3 p.m.	2/25	3/3		
93	Cannabidiol (CBD) Oil - What It Is, Its Use, Abuse and Legal Ramifications	10 a.m.-12 p.m.	2/26			
94	Cremation: A Hot Topic	1-3 p.m.	2/26	3/4	3/11	
133	Story of Nuclear Energy	10 a.m.-12 p.m.	2/27	3/5		
134	Famous Poems of Love and Death	10 a.m.-12 p.m.	2/27			
12	Rise and Fall of Labor Unions in the U.S.	10 a.m.-12 p.m.	3/2			
47	Shiloh Dairy: The Business of Farming	10 a.m.-12 p.m.	3/3			
95	Basic Line Dancing	10 a.m.-12 p.m.	3/4	3/11	3/18	3/25 4/1 4/8
97	Tour: Marquis Yachts	10 a.m.-12 p.m.	3/4			
96	Buddhism: Plain and Simple	1-3 p.m.	3/4	3/11		
136	Living Well with Hearing Loss	10-12 p.m.	3/5			
135	Basic Dynamics of Domestic Violence and the Impact on Children	1-3 p.m.	3/5			
13	Cluny Tatting	1-3 p.m.	3/9	3/16		
48	Understanding Dreams: Jungian Dream Analysis	1-3:30 p.m.	3/9	3/12	3/16	3/19
51	Fun with Pressed Flowers Session A	9:30 a.m.-12 p.m.	3/10	3/17	3/24	3/31
49	Restoring Green Bay Lake Sturgeon Populations	10 a.m.-12 p.m.	3/10			
50	An Integrative Approach to Pain and Inflammation	10 a.m.-12 p.m.	3/10			
52	Art of Calligraphy	10 a.m.-12 p.m.	3/10	3/17	3/24	3/31
98	Researching Irish Genealogy Records	1-3 p.m.	3/11			
99	International Space Station	1-3 p.m.	3/11			
138	Fun with Pressed Flowers Session B	9:30 a.m.-12 p.m.	3/12	3/19	3/26	4/2
139	Tool School 101: Fix A Flat Bicycle Tire	10-11:30 a.m.	3/12			
137	Food: A Cultural Culinary History	1-3 p.m.	3/12	3/19	3/26	



169	Tour: STEM Innovation Center at UW-Green Bay	10 a.m.-12 p.m.	3/13	
53	Learn to Play Chess	10 a.m.-12 p.m.	3/17	3/24 3/31
101	Beginning Spanish II	10 a.m.-12 p.m.	3/18	3/25 4/1 4/8 4/15 4/22
102	Is God One or Many?	10 a.m.-12 p.m.	3/18	
100	Beginning Spanish IV	1-3 p.m.	3/18	3/25 4/1 4/8 4/15 4/22
141	Learning To Decorate Cupcakes	10 a.m.-11:30 a.m.	3/19	
140	Learning To Decorate Cookies	1-2:30 p.m.	3/19	
142	Medical College Of Wisconsin-Green Bay	1-3:30 p.m.	3/19	
143	Bay Beach Wildlife Sanctuary: Critters, Volunteering and You!	2-4 p.m.	3/19	
170	Women At War, Part 3	10 a.m.-12 p.m.	3/20	
15	Life of A Combat Soldier	10 a.m.-12 p.m.	3/23	
16	Forest Health: Current Threats in Northeast Wisconsin	10 a.m.-12 p.m.	3/23	
17	Legal Issues in Retirement	10 a.m.-12 p.m.	3/23	3/30
14	Saga of the 'Mighty Fitz'	1-3:30 p.m.	3/23	
103	Green Bay Packers Art Collection	10-11:30 a.m.	3/25	
144	Decorating Outdoor Living Spaces	10 a.m.-12 p.m.	3/26	
171	Art of Making Vintage Rings	10 a.m.-12 p.m.	3/27	
18	Social Ballroom Dancing-Latin Flavor!	1-3 p.m.	3/30	4/6 4/13 4/20 4/27
19	Do You Feel Like the Tin Man in the Wizard of Oz?	1-3 p.m.	3/30	
104	Leaving the Lake House: How to Pass on the Family Assets	10 a.m.-12 p.m.	4/1	
146	Life Is A Journey - Travel Light On Your Trip	10 a.m.-12 p.m.	4/2	
147	Knitting in the Round with Four Needles	10 a.m.-12 p.m.	4/2	4/16 4/23 4/30
145	Different Gospel of John: Conflation Facts and Issues	1-3 p.m.	4/2	
172	Heart Valve Surgeries: 3 Inch Incisions or Less	10 a.m.-12 p.m.	4/3	
20	Strength and Balance for Seniors	10 a.m.-12 p.m.	4/6	
21	Simply Scrumptious Scones	10 a.m.-12 p.m.	4/6	
22	Role of the DNR Warden: More Than You Think	1-3 p.m.	4/6	
55	Pastas of the World	9 a.m.-12:30 p.m.	4/7	4/21
54	An Apple a Day: A Survey of Apples in the History of Art, National Identity and Religion	10 a.m.-12 p.m.	4/7	
56	Learn to Play Catan	10 a.m.-12 p.m.	4/7	4/14
57	Devastating Peshtigo Fire	1-3 p.m.	4/7	
106	Think Fast and Well	9:30 a.m.-12 p.m.	4/8	4/15



Attention Lifelong Learning Institute Members:

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



105	Learn to Play Mah Jongg	1-3 p.m.	4/8	4/15 4/22
149	Changing World of Recycling	10 a.m.-12 p.m.	4/9	
148	Author of the Gospel of Matthew	1-3 p.m.	4/9	
23	Beekeeping: 21st Century Challenges	10 a.m.-12 p.m.	4/13	
24	60s: A Living History	1-3 p.m.	4/13	4/15 4/17
58	Drawing for the Intimidated	10 a.m.-12 p.m.	4/14	4/21 4/28 5/5 5/12
61	Ins and Outs of the Accordion	10 a.m.-12 p.m.	4/14	
59	Leave a Legacy that Touches Many	1-3 p.m.	4/14	
60	Watch Innovation in Action: Infinity Machine and Engineering	1-3 p.m.	4/14	
62	Time to Tidy and Declutter: Getting Rid of Your Stuff	1-3 p.m.	4/14	
107	Hands on History: The Packers	10 a.m.-12 p.m.	4/15	
152	Beethoven's Middle Period Symphonies	10 a.m.-12 p.m.	4/16	
150	Jones Sign Company	10:30 a.m.-12:30 p.m.	4/16	
151	Great Omission of the Gospel of Luke	1-3 p.m.	4/16	
173	Green Bay Mosque - Learn About the Islamic Faith	10 a.m.-12 p.m.	4/17	
175	Introduction to Yoga and Ayurveda	10 a.m.-12 p.m.	4/17	
174	World's Greatest Churches Part 1	10 a.m.-12:15 p.m.	4/17	4/24
25	Gamekeepers - Wisconsin Wildlife Conservation	10 a.m.-12 p.m.	4/20	
67	Love Your Pipes, Love the Earth and Love Your Pocketbook	9-11 a.m.	4/21	4/28
68	Making Paper from Paper Session A	9:30 a.m.-12 p.m.	4/21	4/28 5/5 5/12
63	Antarctica	10 a.m.-12 p.m.	4/21	
64	Girl Scouts - The Future of Green Bay	10 a.m.-12 p.m.	4/21	
66	Tour KI - 100% Employee Owned	10 a.m.-12 p.m.	4/21	
69	UW-Green Bay Viking House	1-3 p.m.	4/21	
108	Managing Snowy Owls and Other Raptors at Airports	10 a.m.-12 p.m.	4/22	
109	Anything Goes: The Music of Cole Porter	10 a.m.-12 p.m.	4/22	
110	Top Ten Fastest American Women	10 a.m.-12 p.m.	4/22	
111	Making Your Own Kitchen Scrubbies	1-3 p.m.	4/22	
156	Making Paper from Paper Session B	9:30 a.m.-12 p.m.	4/23	4/30 5/7 5/14
154	End of Life Care & Creating Your Own Advance Directives for Medical Care	10 a.m.-12 p.m.	4/23	
155	Restoring Islands in Green Bay	10 a.m.-12 p.m.	4/23	
153	Primacy of the Gospel of Mark	1-3 p.m.	4/23	
65	At the Movies - Women of the World	1-4 p.m.	4/24	5/1 5/8
177	Green Bay Area Tourism Insider Program	9:30 a.m.-12 p.m.	4/24	
176	Biking is Fun at Any Age	10 a.m.-12 p.m.	4/24	5/1 5/8 5/15 5/22 5/29
178	Make Your Own Hypertufa Planter Session A	10 a.m.-12 p.m. on 4/24; 6-8 p.m. on 5/20	4/24	5/20
26	From the Holocaust to Civil Rights	10 a.m.-12 p.m.	4/27	
27	Make Your Own Hypertufa Planter Session B	1-3 p.m. on 4/27; 6-8 p.m. on 5/20	4/27	5/20
70	Green Bay Athletics: The Modern Era	10 a.m.-12 p.m.	4/28	
71	Active Memory	10 a.m.-12 p.m.	4/28	5/5



115	Art Boot Camp	9 a.m.-12 p.m.	4/29	5/1	5/13	5/15	5/20	5/22
112	Restless Spirit of Robert Frost	10 a.m.-12 p.m.	4/29					
113	Presidential Elections 2020	10 a.m.-12 p.m.	4/29					
114	Aspiro: A Special Place for Special People	1-3 p.m.	4/29					
157	Ireland's 1916 Easter Rising in History, Song and Story	10 a.m.-12 p.m.	4/30					
158	Crime Stoppers - Making Your Community a Safer Place to Live	10 a.m.-12 p.m.	4/30					
180	Origins of American Special Units	10 a.m.-12 p.m.	5/1	5/8	5/15			
179	Creative Doodling: Let Your Spirit Flow Through Art	1-3 p.m.	5/1	5/8				
28	Vital Importance of Using Native Plants in Our Gardens	1-3 p.m.	5/4					
72	Henna Body and Fabric Art	10 a.m.-12 p.m.	5/5	5/12				
73	Sturgeon Moon	10 a.m.-12 p.m.	5/5					
160	Following the Money - Exposing the Mysteries of the US Federal Reserve System	10 a.m.-12 p.m.	5/7					
159	Dutch Masters: The Age of Rembrandt	1-3 p.m.	5/7	5/14	5/21			
161	America in the Gilded Age and Progressive Era, Part 1	1-3 p.m.	5/7	5/14	5/21	5/28		
30	Race-walking for Lifetime Fitness	9:30 a.m.-12 p.m.	5/11	5/22				
29	History of Middle Eastern Dancing	1-3 p.m.	5/11	5/18				
74	The Salvation Army: From Doughnuts to Doing the Most Good	8:30-10:30 a.m.	5/12					
116	Bob Dylan's Early Songs	10 a.m.-12 p.m.	5/13					
117	Hitler's Empire - The Rise and Fall of the Nazi Party Part 2	10 a.m.-12 p.m.	5/13	5/20	5/27			
162	Paul's Pantry: Neighbors Feeding Neighbors - Leo Frigo's Recipe for Success	10 a.m.-12 p.m.	5/14					
181	Tour of Little Chute Windmill	10 a.m.-12 p.m.	5/15					
75	Tour of Belgian Heritage Center	1-3 p.m.	5/19					
118	How Historical were Roman Movies of the 50s and 60s?	10 a.m.-12:15 p.m.	5/20					
119	Century of Fashion	1:30-3 p.m.	5/20					
12	Tour of Solaris Farms: Growers of Peonies, Daylilies and Lilium	10-11:30 a.m.	6/3					

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





Manitowoc & Sheboygan

	Title	Time	Start	Subsequent Dates
213	Science and the Catholic/Christian Intellectual Tradition	10 a.m.-12 p.m.	1/9	
201	Literacy Council of Sheboygan County	10 a.m.-12 p.m.	1/15	
186	Growing Guide: Making the Most of Your Raised Bed Garden	9 a.m.-12 p.m.	1/21	
202	It's a Mystery to Me	10 a.m.-12 p.m.	2/5	3/4 4/1 5/6
214	"Spreading" the Word, About Cheese Spread, That Is	10 a.m.-12 p.m.	2/6	
215	The Art of Repurposing Thrift Shop Finds (and Your Stuff)	10 a.m.-12 p.m.	2/13	
182	Hospice Services 101	10 a.m.-12 p.m.	2/17	
187	Writing Children's Stories and Getting Them Published: Simple Steps on a Difficult Path	10 a.m.-12 p.m.	2/18	
188	Health Benefits of Olive Oil and Balsamic Vinegar	10 a.m.-12 p.m.	2/18	
189	Those Thrilling Days of Yesteryear: A Look at the Golden Age of Radio	1-3 p.m.	2/25	
216	Singing Bowls: The Sound and Vibrations of Tibetan Bowls	1-3 p.m.	2/27	
190	Options for Memorializing a Loved One	10 a.m.-12 p.m.	3/3	
203	Let's Play Mah Jongg!	10 a.m.-12 p.m.	3/4	3/11 3/18 3/25 4/1
217	Life Celebrations	1-3 p.m.	3/5	
191	Advanced Medical Directives	10 a.m.-12 p.m.	3/10	
192	Your Retirement Paycheck	10 a.m.-12 p.m.	3/10	
204	Invasive Species Threats in Manitowoc County	1-3 p.m.	3/11	
218	Art of Travel Photography and Designing a Hardcover Travel Storybook	10 a.m.-12 p.m.	3/12	3/19
219	Sharing and Preserving Digital Photos	1-3 p.m.	3/12	3/19
193	I Had No Idea: Tour and Luncheon at Meals on Wheels of Sheboygan County, Inc.	1-3 p.m.	3/17	
205	Making Maple Syrup	1-3 p.m.	3/18	
220	Women at War, Part 3	10 a.m.-12 p.m.	3/19	
195	Rise and Fall of the American Industrial Food System	10 a.m.-12 p.m.	3/24	
194	Genealogy for Beginners	1-3 p.m.	3/24	3/31
206	Wisconsin Women and the Suffrage Movement	10 a.m.-12 p.m.	3/25	

How much does an Annual Membership cost?

The annual membership fee for LLI is \$125 — an average cost of \$10.42 per month. That fee entitles members to register for up to 30 courses and includes parking on the UW-Green Bay campuses, as well as invitations to all LLI social events, coach trips and tour opportunities. Annual memberships run from September 1 to August 31 or from January 1 to December 31.

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



221	Historic Homes Of Manitowoc's Movers and Shakers in the Early 1900's	1-3 p.m.	3/26	
183	Understanding Alzheimer's & Dementia	1-3 p.m.	3/30	
207	CBD and Industrial Hemp 101	1-3 p.m.	4/1	
222	Shipwrecks of the Great Lakes	10 a.m.-12 p.m.	4/2	
223	Silk Painting Techniques Demonstration	1-3 p.m.	4/2	
228	Caregiver Fatigue for Families	10 a.m.-12 p.m.	4/3	
196	How to Become Media Literate	1-3 p.m.	4/14	
197	Tour the Historical Holy Family Convent	1-3 p.m.	4/14	
224	Travelogue: Spain - Camino de Santiago	10 a.m.-12 p.m.	4/16	
212	Citizen Action to Protect the Waters of Northeast Wisconsin	1-3 p.m.	4/16	
198	Mealtime Mentors	1-3 p.m.	4/21	
208	Books on Bikes: Promoting Literacy and Community	1-3 p.m.	4/22	
225	Ritual and Traditions to Help Us Heal	10 a.m.-12 p.m.	4/23	
199	ESP (Extra Sensory Perception) Testing and Development	10 a.m.-12 p.m.	4/28	
200	Buttoning Down the Past	1-3 p.m.	4/28	
209	Manitowoc Police Departments K-9 Unit	10 a.m.-12 p.m.	4/29	
226	Tai Chi and Qigong for Balance and Health	1-3 p.m.	4/30	
184	These Are Not Your Grandmother's Quilts!	1-3 p.m.	5/4	
185	Journey of Grief and Loss	10 a.m.-12 p.m.	5/11	
210	ESP (Extra Sensory Perception) Testing and Development	1-3 p.m.	5/13	
211	Time to Tidy and Declutter: Getting Rid of Your Stuff	1-3 p.m.	5/27	
227	Healthy Living for Your Body and Brain	10 a.m.-12 p.m.	5/28	

REGISTRATION REMINDER!

Use the Registration Worksheet located on page 32 of this catalog to help select courses and avoid overlapping times.

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

Current members will be emailed a registration link.





Monday Courses Green Bay Area

1 Tatting-Intermediate and Advanced (R)

Presenter: Nona Litzelman
Coordinator: Sue Johnson
Contact Info: 715-587-7618 • srejohnson@hotmail.com
Dates: 1/6 1/13 1/27 2/10 2/24 3/2
Limit: 20 **Time:** 1-3 p.m.
Location: RH220 except for 3/2 in RH230

This course is for those who have already learned the basics and wish to continue improving and learning new skills in shuttle tatting. Students should be willing to dedicate at least a half hour per day to their tatting projects. Supply list is available on LLI website. Some projects may require additional supplies and this will be discussed in class as needed.

2 Taxonomy: Reconstructing the Tree of Life (R)

Presenter: Professor Michael L. Draney
Coordinator: Karen Dallman
Contact Info: 920-737-0202 • kdallman@new.rr.com
Dates: 1/6
Limit: 250 **Time:** 10 a.m.-12 p.m. **Location:** RH250

One of the most profound discoveries of biology is the Tree of Life, which is the realization that all organisms on Earth are genetically related to each other. This has profound implications, one of which is that we can know a lot about an organism if we know which other organisms it is related to. But how can we know? This is the work of taxonomists and systematists, who use a variety of sources of evidence (fossils, organism traits and inherited molecules) to try to reconstruct the great Tree of Life. This is very difficult to do, for reasons we will talk about. This presentation is intended to be an interesting introduction to the topic and no prior scientific background is needed.

3 It's a Mystery to Me (R)

Presenter: Kelly Dadam
Coordinator: Powell Trotti
Contact Info: 920-328-7566 • aptrotti@gmail.com
Dates: 1/6 2/3 3/2 4/6 5/4
Limit: 16 **Time:** 1-3 p.m. **Location:** Barnes & Noble

We will discuss the latest mysteries we have read or a good work of fiction or nonfiction. Participants will have a few minutes to tell why they liked a particular book or author.

4 Brain Stretching III (N)

Presenter: Mary Kay Dodson
Coordinator: Julie Abitz
Contact Info: 920-339-8087 • rabbit1@new.rr.com
Dates: 1/27 2/3
Limit: 35 **Time:** 1-3 p.m. **Location:** RH230

Many experts on aging recommend keeping one's brain active. Some even think that doing so can help ward off the onset of dementia for some time. This class will encompass a variety of challenges for your brain, including new memory exercises and suggestions for computer sites that will stretch your brain. Come prepared to have fun and to be challenged. Brain Stretching I and II are not prerequisites for this class.

5 Strategic Thinking Through Games (R)

Presenter: Judy Hastert
Coordinator: Judy Hastert
Contact Info: 920-499-2609 • jhastert@new.rr.com
Dates: 2/3 2/10 3/9 3/16 3/23 3/30 4/13 4/20
Limit: 38 **Time:** 1-3:30 p.m.
Location: Bellevue Community Center

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

6 Mystics of the Middle Ages (N)

Presenter: Sister Elise Cholewinski
Coordinator: Dean Cherry
Contact Info: 920-822-3703 • dcherry@netnet.net
Dates: 2/3 2/17 3/2
Limit: 50 **Time:** 1-3 p.m. **Location:** RH220

We will explore the meaning of being a mystic. Then we will look at the teachings of some of the great mystics of the Middle Ages. Finally, we study the influence that they have had on modern spirituality.

7 Seroogy's Chocolates Session A (R)

Presenter: James Seroogy and Marjorie Hitchcock
Coordinator: Pati Wiegand
Contact Info: 920-429-9868 • pati_927@yahoo.com
Dates: 2/10
Limit: 20 **Time:** 10 a.m.-12 p.m.
Location: Seroogy's Chocolates

Chocolates, caramels, clusters, crèmes and chewies galore! Discover how for more than 100 years, Seroogy's

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



Chocolates has been creating these confections. Learn where chocolate comes from and how it is processed. The class includes a tour of Seroogy's DePere location and samples. Sign up for Session A or Session B. **Do not sign up for both.**

8 Seroogy's Chocolates Session B (R)

Presenter: James Seroogy and Marjorie Hitchcock
Coordinator: Theresa Reiter
Contact Info: 920-562-3652 • treiter06@gmail.com
Dates: 2/10
Limit: 20 **Time:** 1-3 p.m. **Location:** Seroogy's Chocolates

Chocolates, caramels, clusters, crèmes and chewies galore! Discover how for more than 100 years, Seroogy's Chocolates has been creating these confections. Learn where chocolate comes from and how it is processed. The class includes a tour of Seroogy's DePere location and samples. Sign up for Session A or Session B. **Do not sign up for both.**

9 Through the Lens of a Sports Photographer (N)

Presenter: Chip Manthey
Coordinator: Dean Cherry
Contact Info: 920-822-3703 • dcherry@netnet.net
Dates: 2/17
Limit: 50 **Time:** 10 a.m.-12 p.m. **Location:** RH220

Join Chip Manthey for an engaging and informative in-person presentation chronicling life as a professional sports photographer. For over two decades, Chip has roamed the sidelines of Lambeau Field, Camp Randall and numerous other Wisconsin sports venues, capturing some of the state's greatest moments in sports history. His colorful stories, deep knowledge and specialized tricks of the trade will entertain even the most casual of fans while also inspiring those who are interested in pursuing a career behind the lens.

10 Sleeping Through the Ages (R)

Presenter: David Donarski, MD
Coordinator: Jackie Bluma
Contact Info: 920-336-2629 • jackiebluma@gmail.com
Dates: 2/24
Limit: 50 **Time:** 10 a.m.-12 p.m. **Location:** RH220

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

11 Artisan Cheesemaking (R)

Presenter: Debbie Scray
Coordinator: Dean Cherry
Contact Info: 920-822-3703 • dcherry@netnet.net
Dates: 2/24
Limit: 20 **Time:** 10 a.m.-12 p.m. **Location:** Scray Cheese

Come experience the history of and an introduction to artisan cheesemaking. View fourth generation cheesemakers as they manufacture some of your favorite cheeses—Edam, Gouda, Fontina and Cheddar—and of course, squeaky curds! See LLI website for directions to Scray Cheese.

12 Rise and Fall of Labor Unions in the U.S. (R)

Presenter: Dan Spielmann
Coordinator: Nancy McGrew
Contact Info: 920-983-0859 • nmcgrew2@gmail.com
Dates: 3/2
Limit: 50 **Time:** 10 a.m.-12 p.m. **Location:** RH220

Prior to the Great Depression, labor unions had limited success and influence in America mainly because management was not required to collectively bargain with unions representing their workers. From the 1930s to the 1970s, unions represented millions of new workers as well as becoming a major political force in America. Since the 1980s, the political climate has changed dramatically for unions, culminating in the passage of Act 10 in Wisconsin in 2011. Is the union movement doomed in the twenty-first century?

13 Cluny Tatting (N)

Presenter: Nona Litzelman
Coordinator: Sue Johnson
Contact Info: 715-587-7618 • srejohnson@hotmail.com
Dates: 3/9 3/16
Limit: 20 **Time:** 1-3 p.m. **Location:** RH220

"Cluny" refers to the inclusion of woven leaves in the tatted design. Tatters can make cluny leaves using their hand as a loom, a hand-held paper loom or a simple box loom. In the first session of this course, we will learn how to make a box loom and then we'll practice the basic method for creating cluny leaves using our box looms. We will then tat a cluny motif during the second session. Participants should be able to tat a ring and chain. A supply list is available on the LLI website.



14 Saga of the 'Mighty Fitz' (R)

Presenter: Richard Stevens, Ph.D.

Coordinator: Theresa Reiter

Contact Info: 920-562-3652 • treiter06@gmail.com

Dates: 3/23

Limit: 150 **Time:** 1-3:30 p.m. **Location:** Mauthe Center

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

15 Life of A Combat Soldier (R)

Presenter: Richard Heier

Coordinator: Dean Cherry

Contact Info: 920-822-3703 • dcherry@netnet.net

Dates: 3/23

Limit: 50 **Time:** 10 a.m.-12 p.m. **Location:** RH230

This course will include the daily routine of the men and units involved in combat situations, the Vietnamese people and the geography of the area of operations of the 25th Division. Slides and discussion of actual combat situations will be presented.

16 Forest Health: Current Threats in Northeast Wisconsin (N)

Presenter: Bill McNee

Coordinator: Jim Hinckley

Contact Info: 920-217-3915 • hinkqtrhorse@earthlink.net

Dates: 3/23

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

Location: Mauthe Center

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

17 Legal Issues in Retirement (R)

Presenter: Matt Geimer, Mary Rose Orcutt and Bob Geimer

Coordinator: Theresa Reiter

Contact Info: 920-562-3652 • treiter06@gmail.com

Dates: 3/23 3/30

Limit: 50 **Time:** 10 a.m.-12 p.m. **Location:** RH220

There is much to learn as we age. In this class we will check legal issues affecting the elderly, including will, trust, power of attorney documents, guardianship, estate tax, planning for nursing home, gift tax rules and other elder law issues. Geimer Law Firm has concentrated on Elder Law issues since 1990.

18 Social Ballroom Dancing-Latin Flavor! (N)

Presenter: Brenda Hartstern

Coordinator: Dave and Dorothy Manke

Contact Info: 920-869-2032 • dmdoctor123@gmail.com

Dates: 3/30 4/6 4/13 4/20 4/27

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

Location: ACC, Grand Park Room

Live the fantasies of the Latin dance floors! This course will teach the Rumba, American Tango and a dash of Argentine Tango. The class will learn Rumba basic steps. The Tango will include basic steps with some time allotted to discuss the differences between American and Argentine Tango and Argentine history. The lessons will include time for questions and one-on-one help. It is best to sign up with a partner. Wear smooth bottom shoes.

19 Do You Feel Like the Tin Man in the Wizard of Oz? (N)

Presenter: Gail Okray

Coordinator: Theresa Reiter

Contact Info: 920-562-3652 • treiter06@gmail.com

Dates: 3/30

Limit: 150 **Time:** 1-3 p.m. **Location:** Mauthe Center

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

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



20 Strength and Balance for Seniors (R)

Presenter: Nick Baudhuin

Coordinator: Theresa Reiter

Contact Info: 920-562-3652 • treiter06@gmail.com

Dates: 4/6

Limit: 50 **Time:** 10 a.m.-12 p.m. **Location:** RH220

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

21 Simply Scrumptious Scones (R)

Presenter: Terry Smith and Sue Schuette

Coordinator: Gloria Gaie

Contact Info: 920-494-5944 • ggaie@sbcglobal.net

Dates: 4/6

Limit: 16 **Time:** 10 a.m.-12 p.m.

Location: First Presbyterian Kitchen

Participate in making delectable scones, using a simple method and recipe that allows for many sweet and savory variations. A fee of \$5 is due to UW-Green Bay upon confirmation of enrollment.

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

Presenter: Capt. Ben Trembl

Coordinator: Theresa Reiter

Contact Info: 920-562-3652 • treiter06@gmail.com

Dates: 4/6

Limit: 50 **Time:** 1-3 p.m. **Location:** RH230

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

23 Beekeeping: 21st Century Challenges (N)

Presenter: Kevin O'Donnell and Mark Lentz

Coordinator: Karen Dallman

Contact Info: 920-737-0202 • kdallman@new.rr.com

Dates: 4/13

Limit: 50 **Time:** 10 a.m.-12 p.m. **Location:** RH230

This is not your grandfather's beekeeping; insecticides, climate change, food deserts, parasites, migratory beekeeping and international honey trade are among the many environmental, social and economic challenges that have placed the honey bee in peril. Why these twenty-first century challenges cannot be met with nineteenth century "beek" practices is explored and explained by the co-president of the Door County Bee Club and by a Certified Master Beekeeper.

24 60s: A Living History (R)

Presenter: Daniel Goron

Coordinator: Vickie Keigley

Contact Info: 920-437-2510 • vakeigley@gmail.com

Dates: 4/13 4/15 4/17

Limit: 50 **Time:** 1-3 p.m. **Location:** RH220

This course is an overview of the turbulent 1960s, including changes in society, politics and family. The Vietnam War and the development of the Peace Corps will also be discussed with speakers who were involved in both. Participants will be encouraged to bring stories and pictures to share.

25 Gamekeepers - Wisconsin Wildlife Conservation (N)

Presenter: Jeffrey Pritzl

Coordinator: Jim Hinkley

Contact Info: 920-217-3915 • hinkqtrhorse@earthlink.net

Dates: 4/20

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

Location: Mauthe Center

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



26 From the Holocaust to Civil Rights (R)

Presenter: Debbie Simon Konkol, Jeanne Simon Weinberg and Chris Simon Halverson

Coordinator: Theresa Reiter

Contact Info: 920-562-3652 • treiter06@gmail.com

Dates: 4/27

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

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

27 Make Your Own Hypertufa Planter Session B (N)

Presenter: Leo Bordeleau

Coordinator: Jan LaSota

Contact Info: 920-660-9528 • bjlasota@gmail.com

Dates: 4/27 5/20

Limit: 12 **Time:** 1-3 p.m. on 4/27; 6-8 p.m. on 5/20

Location: Rose-Hill Gardens

Participants will make their own Hypertufa planter on the site of beautiful Rose Hill Gardens, under the direction of Leo Bordeleau, proprietor. All materials for the planter will be provided. Wear older clothing. Session A and Session B will meet for a combined planting demonstration the evening of May 20 from 6-8 p.m. Participants may then select discounted miniature plants and plant their containers if they choose. Select Session A or Session B. Do not choose both. A \$30 fee is due on the first day of class. Please have exact cash or a check made payable to Rose Hill Gardens. A video on creating a Hypertufa container is available on the Rose-Hill Gardens website: www.rhgardens.com

28 Vital Importance of Using Native Plants in our Gardens (R)

Presenter: Annette Weissbach, Claudia Schultz and Al Nass

Coordinator: Pati Wiegand

Contact Info: 920-429-9868 • pati_927@yahoo.com

Dates: 5/4

Limit: 150 **Time:** 1-3 p.m. **Location:** Mauthe Center

Create a "buzz" in your landscape. Learn why including native plants in our gardens is so vital to our pollinators and our food supply. An amazing variety of pollinators will be introduced and a photo display of easy-to-grow "local" native plants will round out the presentation. As stated by Doug Tallamy, author of Bringing Nature Home, "As gardeners and stewards of our land, we have never been so empowered to help save biodiversity from extinction and the need to do so has never been so great. All we need to do is plant native plants!" The three presenters of the class, Annette Weissbach, Claudia Schultz and Alan Nass, are UW Extension Master Gardener Volunteers with many years of experience in planting native gardens at home and in public settings.

29 History of Middle Eastern Dancing (R)

Presenter: Brenda aka "Mother Eve" Harstern

Coordinator: Pati Wiegand

Contact Info: 920-429-9868 • pati_927@yahoo.com

Dates: 5/11 5/18

Limit: 50 **Time:** 1-3 p.m. **Location:** Mauthe Center

Mother Eve, a local Middle Eastern Dancer, shares her passion for her craft. Whether you call it Oriental Dancing, Raqs Sharki, or just plain belly dancing, it has its reputation! Learn how the past influences the modern dancer through definitions, origins, social ideas, media, pop culture and fashion. Through a combination of lecture, Power Point, videos displays, interaction and live performance, we explore history, performers and stories of our own local belly dancing community. An opportunity for physical movement by the attendees is optional as demand and time permits. Come as you are!

30 Race-Walking for Lifetime Fitness (R)

Presenter: Professor Michael Draney

Coordinator: Karen Dallman

Contact Info: 920-737-0202 • kdallman@new.rr.com

Dates: 5/11 5/22

Limit: 24 **Time:** 9:30 a.m.-12 p.m. **Location:** RH230

Running is great exercise, but many older people can no longer tolerate the wear and tear that it entails. Walking is a fine alternative, but it lacks the intensity that leads to higher cardiovascular fitness. Consider race-walking, which combines the advantages of both! By adding some race walking techniques to your walking exercise, you can go faster, engage more of your body and increase your flexibility and mobility, all while keeping the low-impact and low-injury nature of walking. Come to class with comfortable walking attire.

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



Tuesday Courses Green Bay Area

31 Exploring Wisconsin Geology With GIS Mapping (N)

Presenter: Jeff DuMez

Coordinator: Kris Lewins

Contact Info: 920-497-1152 • klewins1225@gmail.com

Dates: 1/7

Limit: 250 **Time:** 9:30 a.m.-12 p.m. **Location:** RH250

This course will show you how to access and interact with a new online GIS map revealing Wisconsin's fascinating past and present geology. The map shows off the state's famous glacial landforms in amazing detail using new datasets derived from LiDAR technology. The map also includes thousands of bedrock outcrop locations, many of which have attached descriptions, sketches or photos. The app integrates data from the Wisconsin Geological and Natural History Survey, the United States Geological Survey and other sources.

32 Becoming Trans-Parent: One Family's Journey of Gender Transition and Beyond (N)

Presenter: Annette and John Gruneth

Coordinator: Karen Dallman

Contact Info: 920-737-0202 • kdallman@new.rr.com

Dates: 1/7

Limit: 50 **Time:** 10 a.m.-12 p.m. **Location:** RH220

What is the difference between gender identity and sexual orientation? What would you do if someone you love tells you they are transgender? What's the proper terminology to use? What about pronouns? This presentation will give you an understanding of the current social, political and health issues of gender transition. Bring your questions (yes, even the sensitive ones) for an open discussion of this timely topic.

33 Learn to Play Cribbage (R)

Presenter: Pat Fuge

Coordinator: Theresa Reiter

Contact Info: 920-562-3652 • treiter06@gmail.com

Dates: 1/7 1/14

Limit: 20 **Time:** 10 a.m.-12 p.m. **Location:** Gnome Games

Cribbage, as a two-handed card game, has been entertaining players since the seventeenth century. It is one of the most popular card games in the English-speaking

world. Cribbage affords players the anticipation of the luck of the deal and ample opportunity to exercise their skills in discarding while using the board for scoring instead of pencil and paper. You will learn the basics of play, scoring and two or three-player Cribbage while enjoying a morning of pegging out with the Gnomes.

34 Continuing Issues (C)

Presenter: Steve Jansen

Coordinator: Steve Jansen

Contact Info: 920-883-7409 • sjansen9@new.rr.com

Dates: 1/14 1/28 2/11 2/25 3/10 3/24 4/7 4/21

Limit: 50 **Time:** 1-3 p.m. **Location:** RH230

Class discussion of international, national, state and local issues. A variety of opinions is valued. Class members will respect other members' opinions and not condemn the opinions of others.

35 Structure of Matter (N)

Presenter: Gary Dallman

Coordinator: Karen Dallman

Contact Info: 920-737-0202 • kdallman@new.rr.com

Dates: 1/21 1/28

Limit: 50 **Time:** 10 a.m.-12 p.m. **Location:** RH220

The first session will examine the historical development of atomic theory from the ancient Greeks "atomos" to the quantum hydrogen atom. The second session covers basic chemistry with a focus on writing formulas, balancing equations and the mole concept.

36 Live Long, Die Healthy (N)

Presenter: John D. Shier, RN, Ph.D.

Coordinator: Pati Wiegand

Contact Info: 920-429-9868 • pati_927@yahoo.com

Dates: 1/21

Limit: 60 **Time:** 10 a.m.-12 p.m.

Location: Allouez Village Hall

Medical science has increased life expectancy from 54 in 1934 to almost 80 today. Our healthcare system, however, is designed to prolong life rather than promote health. Each person must accept full responsibility for his or her own health care. This program explains the foundations of good health with an emphasis on the practice of preventive medical care, exercise, nutrition, not smoking and using alcohol in moderation.



37 Introduction to Role Playing (R)

Presenter: Pat Fuge

Coordinator: Betty Cicero

Contact Info: 920-465-6886 • bcicero@new.rr.com

Dates: 1/21 1/28 2/4

Limit: 18 **Time:** 10 a.m.-12 p.m. **Location:** Gnome Games

Tabletop Role Playing games are an interactive social storytelling game where the players interact with the game master to tell a story about how their characters will participate to tell the collective story of grand adventure. You will learn the basics of the classic Dungeons and Dragons role-playing system in a fun and engaging adventure over three sessions. Please bring pen and paper. Rules will be taught and grand tales will be told by all!

38 Advanced Drawing for the Unintimidated (R)

Presenter: Jim Briggs

Coordinator: Andy Trotti

Contact Info: 920-328-8733 • eastconsingirl@gmail.com

Dates: 2/4 2/11 2/25 3/3 3/10

Limit: 20 **Time:** 10 a.m.-12 p.m.

Location: Bellevue Community Center

We will explore different drawing methods with an eye on completing masterpieces. The faint of heart or easily intimidated need not apply! Difficult challenges are necessary in this graphite and eraser medium. Expect to burn up those Bs and Hs, leaving no paper unscathed! A list of supplies will be posted on the LLI website.

39 Creating with Found Birch Bark Session A (R)

Presenter: Sr. Mary Ann Srnka, SSND

Coordinator: Sue Rocheleau

Contact Info: 920-609-8745 • sueroch@yahoo.com

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

Limit: 8 **Time:** 9:30 a.m.-12 p.m.

Location: St. Joseph's Convent

Participants will learn to make small vases, flowers, ornaments and magnets from found birch bark. No trees destroyed or mutilated. Please park in the lot off 13th Avenue. Participants must be able to navigate one flight of stairs to get to the classroom. A \$10 fee to be paid directly to presenter on the first day of class. Sign up for Session A or Session B. **Do not sign up for both.**

40 Jesus' Parables Through the Scholar's Lens (N)

Presenter: Julie Black Harder, MD, MA

Coordinator: Wendy Schroeder

Contact Info: 920-497-2363 • wlschroeder7@gmail.com

Dates: 2/4 2/6

Limit: 50 **Time:** 1-3 p.m. **Location:** RH 230

Did you know that parables are among the most historically authentic sayings of Jesus and that they illustrated how to live out the Kingdom of God? That they usually contain a "twist" that Jesus' audience would have found unexpected or outrageous? In this course we will place Jesus' parables in his historical and cultural context, learn how radically counter-cultural they were and consider how typical interpretations tend to take the "fangs" out of them. Participants should bring a Bible (New Revised Standard Version preferred). The presenter holds a Masters Degree in Theology and Biblical Studies and has taught Religious Studies courses at St. Norbert College.

41 Magic and Mystery of Miles Davis (N)

Presenter: Marc Jimos

Coordinator: Jim Hinckley

Contact Info: 920-217-3915 • hinkqtrhorse@earthlink.net

Dates: 2/11

Limit: 350 **Time:** 5:30-7:30 p.m.

Location: Ashwaubenon High School Auditorium

Miles Davis is one of the most influential and groundbreaking jazz musicians of the twentieth century. Spend an evening uncovering the life history of this iconic master of the trumpet. Beginning with his early years as a young bebop musician in New York, through his works in the cool school, hard bop and fusion jazz. The evening will conclude with students from Ashwaubenon High School's band program performing works by Miles Davis for the audience.

42 Belgian Immigration to Northeast Wisconsin (N)

Presenter: Shirley VerBruggen

Coordinator: Mary Braband

Contact Info: 414-916-6279 • mbraband5@gmail.com

Dates: 2/18

Limit: 50 **Time:** 1-3 p.m. **Location:** RH 220



Wisconsin author Kathleen Ernst weaves a mystery through Northeast Wisconsin in her historical novel, *The Lacemaker's Secret*. Join presenter Shirley VerBruggen for a book review and the history of Belgian immigration to our area from which Ernst drew her inspiration to write the story.

43 Vehicle Contacts/Constitutional Rights: Officers Must Follow the Supreme Law of the Land (N)

Presenter: Colleen Belongea

Coordinator: Jim Hinckley

Contact Info: 920-217-3915 • hinkqtrhorse@earthlink.net

Dates: 2/18

Limit: 50 **Time:** 1-3 p.m. **Location:** RH 230

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

44 Women Inventors (R)

Presenter: Carol Pearson

Coordinator: Karen Dallman

Contact Info: 920-737-0202 • kdallman@new.rr.com

Dates: 2/18 2/25

Limit: 50 **Time:** 10 a.m.-12 p.m. **Location:** RH 220

As they say, "Necessity is the Mother of Invention." From life rafts to disposable diapers to rocket fuel, women have invented amazing things, and yet most of us would be hard pressed to name even a single woman inventor. Learn about the women inventors whose innovations both large and small have helped shape the modern world. This topic proved to need two sessions to cover more women, so it has been expanded.

Course fees due to UW-Green Bay must be received by January 3, 2020. These fees will be noted on your confirmation letter.

45 Maximize Your Retirement & Estate Planning (R)

Presenter: John D. Weninger, CFP, and David C. Van Straten, II

Coordinator: Jim Huss

Contact Info: 920-434-3674 • jhuss2@new.rr.com

Dates: 2/25 3/3

Limit: 50 **Time:** 1-3 p.m. **Location:** RH 220

Are you proactively planning to maximize your retirement and estate? Join John Weninger, CFP, a fee-based fiduciary advisor, and attorney David Van Straten, II in learning how successful retirees can maximize their retirement years. We will discuss the strategies available to minimize taxes and create an investment portfolio built to generate income as well as the keys to successful estate planning. This class will help all who attend gain confidence that they are maximizing retirement!

46 Learn to Play Backgammon (R)

Presenter: Pat Fuge

Coordinator: Theresa Reiter

Contact Info: 920-562-3652 • treiter06@gmail.com

Dates: 2/25 3/3

Limit: 20 **Time:** 10 a.m.-12 p.m. **Location:** Gnome Games

Backgammon is one of the oldest board games known. It is a two-player game where playing pieces are moved according to the roll of dice. A player wins by removing all of his or her pieces from the board before his/her opponent. This is an introductory course where the rules will be taught and is ideal for new players.

47 Shiloh Dairy: The Business of Farming (N)

Presenter: Gordon Speirs

Coordinator: Kate Wiers

Contact Info: 920-337-2189 • kaw-tdw@sbcglobal.net

Dates: 3/3

Limit: 50 **Time:** 10 a.m.-12 p.m. **Location:** RH 230

Gordon Speirs will visit our classroom to present a program on the business of farming. He heads up a large dairy farm in the Brillion area which has grown to include almost 4,000 animals. It is their goal to be an environmentally responsible operation which requires a large staff and innovative technology. Come and learn how farming has changed in the twenty-first century.



48 Understanding Dreams: Jungian Dream Analysis (N)

Presenter: Richard Stevens, Ph.D.

Coordinator: Theresa Reiter

Contact Info: 920-562-3652 • treiter06@gmail.com

Dates: 3/9 3/12 3/16 3/19

Limit: 150 **Time:** 1-3:30 p.m. **Location:** Mauthe Center

Have you wondered why some dreams seemed so clear or important that you felt you needed to remember the details? According to one of the greatest students of human nature, Carl G. Jung, some dreams are a way in which our psyche puts together our thinking, emotions, spirituality and personal life. In some dreams our subconscious presents us understandings that help us to become more aware of who we are, to clarify major issues in our lives and to guide understanding and direction of life. Understanding the meanings of dreams usually requires a symbolic and not a literal interpretation. Our classes will explore how to better understand meanings within our significant dreams.

49 Restoring Green Bay Lake Sturgeon Populations (N)

Presenter: Michael Donofrio

Coordinator: Jim Hinckley

Contact Info: 920-217-3915 • hinkqtrhorse@earthlink.net

Dates: 3/24

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

Location: Mauthe Center

Fisheries Biologists have intently worked towards lake sturgeon restoration on the Great Lakes for the last 30+ years. Wisconsin DNR staff have focused on the Green Bay populations where remnant fisheries exist. Our efforts have mainly focused on the major tributaries (Menominee, Peshtigo, Oconto and Fox) where spawning has been documented and recruitment identified, although acoustic technology has recently allowed us to study broader movements of 300 tagged adult sturgeon.

50 An Integrative Approach to Pain and Inflammation (N)

Presenter: Tracy Page, MD

Coordinator: Janice Rickert

Contact Info: 920-785-9299 • rjrickert@yahoo.com

Dates: 3/10

Limit: 50 **Time:** 10 a.m.-12 p.m. **Location:** RH 220

Aches and pains seem to be a natural part of getting older, but don't let them stop you. Dr. Tracy Page,

Prevea Health Integrative Medicine Physician, will provide helpful tips for natural ways to improve pain and decrease inflammation.

51 Fun with Pressed Flowers Session A (R)

Presenter: Sr. Mary Ann Srnka, SSND

Coordinator: Theresa Reiter

Contact Info: 920-562-3652 • treiter06@gmail.com

Dates: 3/10 3/17 3/24 3/31

Limit: 8 **Time:** 9:30 a.m.-12 p.m.

Location: St. Joseph's Convent

Participants will learn four methods of creating with pressed flowers and will apply their learning to make greeting cards, bookmarks, stickers, angel ornaments and more. Participants must be able to navigate one flight of stairs to get to the classroom. Please park in the lot off 13th Avenue. A \$10 fee to be paid directly to presenter is due on first day of class. Please have check or exact change. Sign up for Session A or Session B. **Do not sign up for both.**

52 Art of Calligraphy (R)

Presenter: Kay Barlament

Coordinator: Pati Wiegand

Contact Info: 920-429-9868 • pati_927@yahoo.com

Dates: 3/10 3/17 3/24 3/31

Limit: 14 **Time:** 10 a.m.-12 p.m.

Location: ACC, Activity Room

Calligraphy is described by the Greeks as "beautiful writing." This four week course will get you started on creating your own artwork. Basic strokes of the Chancery style will be taught but other styles will be presented. Supply list will be available on the LLI website.

53 Learn to Play Chess (R)

Presenter: Pat Fuge

Coordinator: Bob Cook

Contact Info: 920-321-0379 • rcook9@att.net

Dates: 3/17 3/24 3/31

Limit: 20 **Time:** 10 a.m.-12 p.m. **Location:** Gnome Games

Chess is one of the oldest classic two-player strategic board games in the world. It has been part of the world of game culture since the sixth century. It is played on a sixty-four-square board with sixteen pieces, each with a unique set of moves that are used to capture your opponent's pieces, forcing a "checkmate." During the three class sessions, you will learn how each of the pieces move, capture opponent's pieces and experience the basics of the game.

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



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

Presenter: Fr. James Neilson

Coordinator: Jim Hinckley

Contact Info: 920-217-3915 • hinkqtrhorse@earthlink.net

Dates: 4/7

Limit: 50 **Time:** 10 a.m.-12 p.m. **Location:** RH 220

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

55 Pastas of the World (N)

Presenter: Kelly Dadam

Coordinator: Barry Burrows

Contact Info: 920-406-1846 • dieselsdad3@gmail.com

Dates: 4/7 4/21

Limit: 6 **Time:** 9 a.m.-12:30 p.m.

Location: First Presbyterian Kitchen

Italy is not the only country known for its pasta. European and Oriental countries have wonderful pasta also. We will explore some of these other pastas, but we won't forget Italy. A \$12 fee is due to UW-Green Bay upon confirmation of enrollment.

56 Learn to Play Catan (R)

Presenter: Pat Fuge

Coordinator: Sue Rocheleau

Contact Info: 920-609-8745 • sueroch@yahoo.com

Dates: 4/7 4/14

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

Settlers of Catan, or just Catan, is a multiplayer board game which is one of the first German-style games to become popular in the U.S. (currently #1 here). In Catan, players assume the roles of settlers, each attempting to build and develop holdings while trading and acquiring resources. This is a learn-to-play class and rules will be taught.

57 Devastating Peshtigo Fire (R)

Presenter: Arlene Molzahn

Coordinator: Pati Wiegand

Contact Info: 920-429-9868 • pati_927@yahoo.com

Dates: 4/7

Limit: 150 **Time:** 1-3 p.m. **Location:** Mauthe Center

On October 8, 1871, our state experienced the most gigantic fire in the recorded history of the United States. The deadly fire ravaged over 2,400 square miles and possibly as many as 2,500 people lost their lives. This class will cover the elements that are believed to have created the firestorm and conditions which caused the fire to be so destructive to this region of Wisconsin. Many first-person descriptions of the event will be shared and the theory that fragments of the Comet Biela may have caused the fire will be presented.

58 Drawing for the Intimidated (R)

Presenter: Jim Briggs

Coordinator: Andy Trotti

Contact Info: 920-328-8733 • eastconsingirl@gmail.com

Dates: 4/14 4/21 4/28 5/5 5/12

Limit: 20 **Time:** 10 a.m.-12 p.m.

Location: Bellevue Community Center

This course is meant for adults who have stopped drawing because someone in authority criticized their work when they were young. We will draw a variety of subjects with different drawing materials such as pencils, colored pencils, charcoal, etc. Techniques to develop results will be explored with fun and zest. A list of supplies will be posted on the LLI website.

59 Leave a Legacy that Touches Many (N)

Presenter: Heather Faulkner

Coordinator: Mary Braband

Contact Info: 414-916-6279 • mbraband5@gmail.com

Dates: 4/14

Limit: 50 **Time:** 1-3 p.m. **Location:** RH 220

Learn how one life can change many lives. You will hear about how a caring adult can make a difference in the lives of teenagers. Learn about the life of one of our Young Life Leaders and her legacy and how a life poured out to serve others can leave a legacy that touches many.

Call your coordinator if you can no longer attend class so the spot can be filled.



60 Watch Innovation in Action: Infinity Machine and Engineering (R)

Presenter: Scott Santa

Coordinator: Jim Hinckley

Contact Info: 920-217-3915 • hinkqtrhorse@earthlink.net

Dates: 4/14

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

Location: Infinity Machine and Engineering

One of Green Bay's best kept secrets, locally owned Infinity Machine and Engineering Corporation is on the world's forefront in multipurpose packaging equipment. Learn the history and global reach of Infinity MEC and tour the Green Bay facility. The tour will be less than a quarter mile walking and closed toe shoes and no loose clothing are required.

61 Ins and Outs of the Accordion (R)

Presenter: Dale Johnson

Coordinator: Dean Cherry

Contact Info: 920-822-3707 • dcherry@netnet.net

Dates: 4/14

Limit: 50 **Time:** 10 a.m.-12 p.m. **Location:** RH 230

Ins and outs and ups and downs of the accordion, the much maligned yet strangely loveable squeezebox. For the first half of the twentieth century, the accordion was arguably the most popular musical instrument in the country. But, for its lofty status during the Golden Age of the accordion, it fell in popularity during the late 1950s, until it became little more than a punchline in a series of bad jokes. What happened and why?

62 Time to Tidy and Declutter: Getting Rid of Your Stuff (R)

Presenter: Eileen Johnson

Coordinator: Theresa Reiter

Contact Info: 920-562-3652 • treiter06@gmail.com

Dates: 4/14

Limit: 50 **Time:** 1-3 p.m. **Location:** RH230

Based on the very popular book by Marie Kondo entitled *The Japanese Art of Tidying and Decluttering*, this class will help you tackle the ever-present challenge of accumulating too much stuff. At this age, we know it is time to rid our basements and attics of items we no longer need. Kondo's philosophy will help you break down the tasks of sorting and ridding your home of things that no longer spark joy in your life.

63 Antarctica (R)

Presenter: Terry McGrew and Nancy McGrew

Coordinator: Paul Strand

Contact Info: 920-435-9430 • pstrand@new.rr.com

Dates: 4/21

Limit: 248 **Time:** 10 a.m.-12 p.m.

Location: ACC, Grand Park Room

Join us as we visit Antarctica, the southernmost continent, an ice-covered landmass.

64 Girl Scouts - The Future of Green Bay (R)

Presenter: Angela Thoune

Coordinator: Pati Wiegand

Contact Info: 920-429-9868 • pati_927@yahoo.com

Dates: 4/21

Limit: 50 **Time:** 10 a.m.-12 p.m. **Location:** RH220

Every day Girl Scouting helps prepare girls for a lifetime of leadership. You will learn how things have changed to help girls develop their full individual potential; relate to others with increasing understanding, skill and respect; develop values to guide their actions and provide the foundation for sound decision-making; and contribute to the improvement of society through their abilities, leadership skills and cooperation with others. Girl Scouts is the place where future female leaders start their journey.

65 At the Movies - Women of the World (N)

Presenter: Mike Orlock

Coordinator: Donna Youngwirth

Contact Info: 920-465-1534 • dyoungwirth@new.rr.com

Dates: 4/24 5/1 5/8

Limit: 132 **Time:** 1-4 p.m.

Location: Neville Public Museum

This installment of "At the Movies" will sample three very different films that explore the roles of women within specific cultures/societies around the world. The movies are: *Like Water for Chocolate* (1992), a Mexican film about three very different sisters and their domineering mother in an age of revolution; *Volver* (2006) starring Penelope Cruz as a Spanish woman coping with business, family and the ghost of her mother and *Brooklyn* (2015), about an Irish girl in the 1950s who comes to America and discovers more than she ever imagined.



66 Tour KI - 100% Employee Owned (R)

Presenter: John Kersten

Coordinator: Dean Cherry

Contact Info: 920-822-3703 • dcherry@netnet.net

Dates: 4/21

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

This tour of KI's flagship plant in Green Bay will include operations, metal fabrication, robotic welding, chrome plating, painting, assembly and distribution. KI, a contract furniture company, manufactures innovative furniture and movable wall system solutions for educational, university, business and government markets. Participants must wear long pants and closed toe shoes. Safety glasses will be provided on site. No photography allowed. The tour will require walking during the entire tour. Please do not park in the numbered spots, as these are reserved. Enter the reception area in the front of the building, next to the railroad tracks.

67 Love Your Pipes, Love the Earth and Love Your Pocketbook (R)

Presenter: Erin Schroth

Coordinator: Vickie Keigley

Contact Info: 920-437-2510 • vakeigley@gmail.com

Dates: 4/21 4/28

Limit: 30 **Time:** 9-11 a.m. **Location:** NEW Water

Did you know that what you pour down the drains and flush down the toilet in your home impacts the environment, public health and your pocketbook? Experts from NEW Water, the brand of the Green Bay Metropolitan Sewerage District, will explain how what goes down your pipes impacts our community, how the district addresses these issues each day, and why we need YOUR help for a more sustainable community. Please note: An optional tour will be offered the following week, April 28, 9-11 a.m., for those who may not have already taken a tour of NEW Water. The gate will be locked and participants will have to buzz in to be admitted. The tour portion is not handicapped accessible and will require about a half mile of walking with some stairs.

68 Making Paper from Paper Session A (N)

Presenter: Sr. Mary Ann Srnka, SSND

Coordinator: Mary Williams

Contact Info: 920-336-7677 • bwilliams21@new.rr.com

Dates: 4/21 4/28 5/5 5/12

Limit: 8 **Time:** 9:30 a.m.-12 p.m.

Location: St. Joseph's Convent

Students will make paper by recycling paper scraps. They will learn how to embed, emboss and other decorative techniques. They will also do some paper casting. Participants must be able to navigate one flight of stairs to get to the classroom. Please park in the lot off 13th Avenue. A fee of \$10 to be paid directly to presenter is due on first day of class. Sign up for Session A or Session B. **Do not sign up for both.**

69 UW-Green Bay Viking House (R)

Presenter: Prof. Heidi Sherman

Coordinator: Mary Cook

Contact Info: 920-321-0379 • mjcook42@att.net

Dates: 4/21

Limit: 50 **Time:** 1-3 p.m. **Location:** RH 220

Did you know that UW-Green Bay is the only college campus in the world with a replica of a Viking House? In 2017, Viking reenactors Owen and Elspeth Christianson donated the house to the campus based on their long collaboration with Heidi Sherman, Ph.D. Dr. Sherman brought her students to "Viking Camp" at the Christianson's for several years. Dr. Sherman will talk about the house, the work of the Christiansons and how it is used by students and community members. After the lecture, there may be an opportunity to walk to the Viking House on campus.

Friendly reminder regarding parking on the UW-Green Bay campus.

Members must submit their vehicle license plate number to the LLI Office to ensure parking privileges. Park in the proper areas and not in areas designated as 15-minute parking zones. Park in stalls with your license plate facing out (visible from aisle.) Failure to follow these rules will result in a parking ticket!



70 Green Bay Athletics: The Modern Era (C)

Presenter: Molly Vandervest, Senior Assoc. Athletics Director

Coordinator: Jim Hinckley

Contact Info: 920-217-3915 • hinkqtrhorse@earthlink.net

Dates: 4/28

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

Location: Kress Center, Special Events Room

UW-Green Bay Athletics is celebrating 50 years of athletics during the 2019-2020 school year. Hear from current and former staff and coaches about the modern era of the program and the vision for the future. Since becoming Division I in 1981, the department has battled the challenges of being a small mid-major program and yet found success in many areas. This course will talk about how the program continues to thrive in the national landscape and the changes coming from the NCAA which will undoubtedly shape the program's future.

71 Active Memory (R)

Presenter: Julia Wallace, Ph.D.

Coordinator: Donna Youngwirth

Contact Info: 920-465-1534 • dyoungwirth@new.rr.com

Dates: 4/28 5/5

Limit: 40 **Time:** 10 a.m.-12 p.m. **Location:** RH220

As we get older, we all have memory deficits. Most of us suffer from "benign forgetfulness," but tend to worry that this will lead to problems that are more serious. Identifying these basic memory problems and learning techniques that will help alleviate these deficits is the key to these two sessions. Note: these sessions require active participants! There is no passive way you can improve your memory! There WILL be homework!

72 Henna Body and Fabric Art (R)

Presenter: Amy Wilde

Coordinator: Pati Wiegand

Contact Info: 920-429-9868 • pati_927@yahoo.com

Dates: 5/5 5/12

Limit: 20 **Time:** 10 a.m.-12 p.m.

Location: ACC, Grand Park Room

This class will focus on the beautiful art of henna painting. The instructor will explain what henna is and what it does when used on the skin. The class will also explore the use and various designs of henna on fabric and other substrates. The instructor will work individually with all participants. This class will be fun and interactive! The instructor will provide all materials for this class. A \$15 fee is due directly to Castle Art and

Import on the first day of class. Please have exact cash or a check made payable to Castle Art and Import.

73 Sturgeon Moon (N)

Presenter: Alex Zacarias

Coordinator: Jim Hinckley

Contact Info: 920-217-3915 • hinkqtrhorse@earthlink.net

Dates: 5/5

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

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

74 The Salvation Army: From Doughnuts to Doing the Most Good (R)

Presenter: Renee Main and Tom Mullinix

Coordinator: Theresa Reiter

Contact Info: 920-562-3652 • treiter06@gmail.com

Dates: 5/12

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

Location: The Salvation Army

Come along with us as we share the story of the Salvation Army, from our history of the WW1 "Doughnut Girls" to Emergency Disaster Services and doing the most good in the Greater Green Bay community. Join us at our Salvation Army Corps facility for learning, a tour and a meal. On this tour, a complimentary light breakfast will be included at the beginning of the tour.

75 Tour of Belgian Heritage Center (N)

Presenter: Barbara Engelbert Chisholm

Coordinator: Barb Derenne

Contact Info: 920-632-4888 • 2bike4us@sbcglobal.net

Dates: 5/19

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

Location: Belgian Heritage Center

Northeast Wisconsin, specifically Door County, is an area where many Belgians settled. This tour will be held at the historic Belgian Heritage Center where you can view several displays. Father Pennings started the convent school for the Belgian settlers. Mrs. Chisholm will also spend a portion of her lecture focusing on the impact of the Great Fire of 1871, which is related to the Peshtigo Fire. Map and driving directions are available on the LLI website.

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



Wednesday Courses Green Bay Area

76 Mealtime Mentors Session A (R)

Presenter: Lauren Tulig
Coordinator: Mary Schuster
Contact Info: 920-434-7271 • maryschuster2@att.net
Dates: 1/8
Limit: 30 **Time:** 10 a.m.-12 p.m. **Location:** Festival Foods

Mealtime can be stressful, but it doesn't have to be! Join Festival Foods' registered dietitian and Mealtime Mentor™, Lauren Tulig, as she shares ideas for 20-minute meals, tricks to help you eat more fruits and veggies and ways to shop smarter at the grocery store.

77 Mealtime Mentors (R)

Presenter: Lauren Tulig
Coordinator: Theresa Reiter
Contact Info: 920-562-3652 • treiter06@gmail.com
Dates: 1/8
Limit: 30 **Time:** 1-3 p.m. **Location:** Festival Foods

Mealtime can be stressful, but it doesn't have to be! Join Festival Foods' registered dietitian and Mealtime Mentor™, Lauren Tulig, as she shares ideas for 20-minute meals, tricks to help you eat more fruits and veggies and ways to shop smarter at the grocery store.

78 Sediments, Sedimentary Rocks, and the Secrets They Hold (N)

Presenter: Professor John Luczaj
Coordinator: Karen Dallman
Contact Info: 920-737-0202 • kdallman@new.rr.com
Dates: 1/8
Limit: 250 **Time:** 9:30 a.m.-12 p.m. **Location:** RH 250

Journey through the world of sedimentary rocks. By reading even microscopic changes in the rock record of these ancient sediments, we can learn about past climates, fluid-flow and much more. From fossils to energy resources to ore deposits, sedimentary rocks have it all!

For maps and directions, visit www.uwgb.edu/lli and click on Maps. Here you will find campus maps and directions to the LLI Office at UW-Green Bay and more!

79 Revisit a Short Work of Fiction (R)

Presenter: Mary Kay Dodson and Kathy Daley
Coordinator: Trudy Jacobson
Contact Info: 920-465-0106 • tjacobsot48@gmail.com
Dates: 1/15
Limit: 35 **Time:** 1-3 p.m. **Location:** RH 230

Imagine you and three others are in a lifeboat, the only four people who survived a sinking ship. You do not know each other well. Consider these three challenges: the obstacles you and your companions would have to face, how you and your fellow castaways would decide to reach the island that is within sight and how the four of you can ensure the best scenario, that being the survival of all four. This is the essence of Stephen Crane's "The Open Boat" which we'll discuss in class. You can access the text online by typing the title and author. Please choose the Project Gutenberg version of the story, which will run about 40 pages.

80 Matthew, Mark and Luke Through the Scholar's Lens (N)

Presenter: Julie Black Harder, MD, MA
Coordinator: Wendy Schroeder
Contact Info: 920-497-2363 • wlschroeder7@gmail.com
Dates: 1/15 1/22 1/29
Limit: 50 **Time:** 1-3 p.m. **Location:** RH 220

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

81 Group Piano (R)

Presenter: Heidi Lueck
Coordinator: Dianne Briggs
Contact Info: 920-336-0394 • jbriggs3@new.rr.com
Dates: 1/15 1/22 1/29 2/5
Limit: 8 **Time:** 10-11:30 a.m. **Location:** Jim's Music

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



82 Hand-Tied Fleece Blankets (N)

Presenter: Beth Ruh

Coordinator: Karen Dallman

Contact Info: 920-737-0202 • kdallman@new.rr.com

Dates: 1/15

Limit: 15 **Time:** 10 a.m.-12 p.m. **Location:** RH 220

Learn how to make hand-tied fleece blankets. These blankets make great gifts for baby showers, graduation, get-well gifts, Packers fans, hunters, etc. Making these blankets is easy and requires no sewing or special talents. A list of supplies will be listed on the LLI website.

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

Presenter: David Ferguson, MD, CSA
(Certified Senior Advisor)

Coordinator: Theresa Reiter

Contact Info: 920-562-3652 • treiter06@gmail.com

Dates: 1/29

Limit: 20 **Time:** 1-3 p.m. **Location:** RH 230

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

84 Real Vietnam War (C)

Presenter: Ron W. Hoffman

Coordinator: Pati Wiegand

Contact Info: 920-429-9868 • pati_927@yahoo.com

Dates: 1/29

Limit: 50 **Time:** 10 a.m.-12 p.m. **Location:** RH 230

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

85 Development of European Civilization, Part 3 (C)

Presenter: Dennis Wojahn

Coordinator: Karen Wojahn

Contact Info: 920-662-0799 • kwojahn@new.rr.com

Dates: 2/5 2/12 2/19 2/26

Limit: 50 **Time:** 1-3 p.m. **Location:** RH 220

This DVD course will continue a discussion of European history and will cover absolute monarchism, the Scientific and Industrial Revolutions, the Enlightenment, the French Revolution and Napoleon.

86 Knitting II (C)

Presenter: MaryLu Sachs, Kathy Eisenschink and Barb King

Coordinator: Beth Ruh

Contact Info: 920-562-3424 • bethruh641@gmail.com

Dates: 2/5 2/12 2/26

Limit: 15 **Time:** 10 a.m.-12 p.m. **Location:** RH 230

Beginning knitters are invited to continue learning more techniques: other methods of cast-on and cast-off, increasing, decreasing, cables, reading a pattern, and using circular and double pointed needles. You should have the basic skill of knit and purl stitches. Items to bring to class: size 7 circular needles-16", size 7 double pointed needles, 150 yards of worsted weight yarn, cable needle.

87 Seasonal Allergies (N)

Presenter: Bradley Locke, DO

Coordinator: Jim Hinckley

Contact Info: 920-217-3915 • hinkqtrhorse@earthlink.net

Dates: 2/19

Limit: 50 **Time:** 10 a.m.-12 p.m. **Location:** RH 220

Many of us have allergies and do what we can to treat them with at-home or over-the-counter remedies, but sometimes that is not enough. Dr Bradley Locke, Prevea Health Allergist, shares information about allergies, how to test for them and things you can do to help eliminate the triggers.

88 Anticoagulation - From Warafin to Newer Agents (N)

Presenter: Brian Barkow, PharmD

Coordinator: Pati Wiegand

Contact Info: 920-429-9868 • pati_927@yahoo.com

Dates: 2/12

Limit: 50 **Time:** 10 a.m.-12 p.m. **Location:** RH 220

This session will look at the reasons for anticoagulation, or "blood thinning," the various medications utilized to do so as well as the history behind them and the updated data supporting the newer agents.

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



Member Information

New members register at www.uwgb.edu/lli.

Returning members use the link emailed to you to register or call 920-465-2356.

Only use this form if not registering online.

Name: _____ License Plate Number: _____

Address: _____

City: _____ State: _____ ZIP: _____

Email: _____ Phone: (_____) _____

All members will be included in the LLI Directory unless a written request to be omitted is submitted to the LLI Office.

LLI parking on campus is monitored by UW-Green Bay's Public Safety Department using virtual parking permits. All LLI members must print their license plate number above without dashes or spaces.

Please complete one registration form per person.

Choose one:

- ☐ **Continuing member** (\$125 membership fee due, if applicable)
☐ **New member** (\$125 membership fee due)

Mail this form and \$125 registration fee (if applicable) checks payable to UW-Green Bay:

Lifelong Learning Institute, IS 1040
 University of Wisconsin-Green Bay
 2420 Nicolet Drive
 Green Bay, WI 54311-7001

Tuition assistance may be available for those who meet the following requirement:

Do you qualify for the Homestead Credit?

- ☐ **Yes** ☐ **No** If you qualify, can you contribute a portion? \$ _____

Please make sure the following items are included with your registration:

- ☐ **Completed Registration Form** ☐ **\$125 Registration Fee** (call 920-465-2356 with questions) ☐ **License Plate Number**
 Do you need a name badge? ☐ **Yes** ☐ **No**

Welcome to the Lifelong Learning Institute!

To save time and cost, register online.

New users can visit www.uwgb.edu/lli to register.

Returning members should have received an email with a link to the registration page.

Please call the LLI Office with questions about online registration at 920-465-2356. If you prefer not to register online, please submit this registration form to the LLI Office. As always, don't forget to double-check your priority numbers!

Donations to the Lifelong Learning Institute

Lifelong Learning Institute Program Fund

Provides funds for future LLI programs and expenses. Contributions are tax deductible and will allow us to grow and become even stronger in the future.

Lifelong Learning Institute Scholarship Fund

This fund was established to help potential members who otherwise might not be able to experience what LLI brings to a person's life. Many contribute in memory of a member who has died.

Please accept my contribution(s) of:

\$ _____ to the LLI Program Fund

\$ _____ to the LLI
Scholarship Fund

Thank you for your generosity.

Choose one:

- ☐ Gift made online at www.uwgb.edu/foundation.
☐ A check payable to the UW-Green Bay Foundation is enclosed. (Include "Lifelong Learning Institute" in the memo line.)
 Call the LLI Office at 920-465-2356 with credit card information. (\$50 minimum gift required for credit cards.)
☐ I/We will make a stock gift. Please have a UW-Green Bay Foundation staff member contact me/us.

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. **29**



Green Bay Area

Register by placing a priority number in front of the courses you wish to attend. **Limit of 30 courses.** Rate your most desired course as 1. Use each number (1-30) only once. Refer to the calendar on pages 7-13 and circle courses you wish to attend to help avoid registering for overlapping courses. A registration worksheet is located on page 32 to help you select courses. Failure to follow these guidelines could result in delaying the processing of your registration.

1	Tatting
2	Taxonomy
3	It's a Mystery to Me
4	Brain Stretching III
5	Strategic Thinking Games
6	Mystics of the Middle Ages
7	Seroogy's Chocolates Session A
8	Seroogy's Chocolates Session B
9	Through the Lens
10	Sleeping Through the Ages
11	Artisan Cheesemaking
12	Rise and Fall of Labor Unions
13	Cluny Tatting
14	Saga of the 'Mighty Fitz'
15	Life of A Combat Soldier
16	Forest Health
17	Legal Issues in Retirement
18	Social Ballroom Dancing
19	Do You Feel Like the Tin Man
20	Strength and Balance
21	Simply Scrumptious Scones
22	Role of the DNR Warden
23	Beekeeping: 21st Century
24	60s: A Living History
25	Gamekeepers
26	From the Holocaust
27	Hypertufa Planter Session B
28	Native Plants in our Gardens
29	Middle Eastern Dancing
30	Race-walking
31	Exploring Wisconsin Geology
32	Becoming Trans-Parent
33	Learn to Play Cribbage
34	Continuing Issues
35	Structure of Matter
36	Live Long, Die Healthy
37	Introduction to Role Playing
38	Advanced Drawing
39	Found Birch Bark Session A
40	Jesus' Parables
41	Magic and Mystery Miles Davis
42	Belgian Immigration
43	Vehicle Contacts

44	Women Inventors
45	Maximize Your Retirement
46	Learn to Play Backgammon
47	Shiloh Dairy: The Business
48	Understanding Dreams
49	Restoring Green Bay
50	Pain and Inflammation
51	Pressed Flowers Session A
52	Art of Calligraphy
53	Learn to Play Chess
54	An Apple a Day
55	Pastas of the World
56	Learn to Play Catan
57	Devastating Peshtigo Fire
58	Drawing for the Intimidated
59	Leave a Legacy that Touches
60	Watch Innovation in Action
61	Ins and Outs of the Accordion
62	Time to Tidy and Declutter
63	Antarctica
64	Girl Scouts
65	At the Movies - Women
66	Tour KI - 100% Employee Owned
67	Love Your Pipes, Love the Earth
68	Making Paper Session A
69	UW-Green Bay Viking House
70	Green Bay Athletics
71	Active Memory
72	Henna Body and Fabric Art
73	Sturgeon Moon
74	The Salvation Army
75	Tour of Belgian Heritage Center
- X -	76 Mealtime Mentors Session A
	77 Mealtime Mentors
	78 Sediments, Sedimentary Rocks
	79 Revisit a Short Work of Fiction
	80 Matthew, Mark and Luke
	81 Group Piano
	82 Hand-Tied Fleece Blankets
	83 From the Heart: Reducing Stress
	84 Real Vietnam War
	85 Development of European
	86 Knitting II

87	Seasonal Allergies
88	Anticoagulation
89	Intro Genealogy Research
90	Beginning Line Dancing
91	Beer: Brewing and Packaging
92	Piano Ensemble
93	Cannabidiol (CBD) Oil
94	Cremation: A Hot Topic
95	Basic Line Dancing
96	Buddhism: Plain and Simple
97	Tour: Marquis Yachts
98	Researching Irish Genealogy
99	International Space Station
100	Beginning Spanish IV
101	Beginning Spanish II
102	Is God One or Many?
103	Green Bay Packers Art
104	Leaving the Lake House
105	Learn to Play Mah Jongg
106	Think Fast and Well
107	Hands on History: The Packers
108	Managing Snowy Owls
109	Anything Goes: Cole Porter
110	Top Ten Fastest Women
111	Making Kitchen Scrubbies
112	Restless Spirit of Robert Frost
113	Presidential Elections 2020
114	Aspiro: A Special Place
115	Art Boot Camp
116	Bob Dylan's Early Songs
117	Hitler's Empire - Part 2
118	Roman Movies 50s and 60s
119	Century of Fashion
120	Tour of Solaris Farms
121	Is the Book Better
122	Lord of the Rings: Valar
123	Art and Tragedy
124	History of the GB Fire Dept.
125	Books and You
126	Surface Embroidery
127	Chinese Cooking
128	Painting With Encaustics
129	Needlework Open Stitch



130	Mentoring Matters
131	Found Birch Bark Session B
132	Basic Weather Part 2
133	Story of Nuclear Energy
134	Poems of Love and Death
135	Domestic Violence
136	Living Well with Hearing Loss
137	Food: Cultural Culinary History
138	Pressed Flowers Session B
139	Tool School 101: Fix A Flat
140	Learning To Decorate Cookies
141	Learning To Decorate Cupcakes
142	Medical College of Wis.
143	Bay Beach Wildlife Sanctuary
144	Decorating Outdoor Spaces
145	Different Gospel of John
146	Life Is A Journey - Travel Light
147	Knitting in the Round

148	Author Gospel of Matthew
149	Changing World of Recycling
150	Jones Sign Company
151	Great Omission of the Gospel
152	Beethoven's Middle Period
153	Primacy of the Gospel of Mark
154	End of Life Care
155	Restoring Islands in Green Bay
156	Paper from Paper Session B
157	Ireland's 1916 Easter Rising
158	Crime Stoppers
159	Dutch Masters: Rembrandt
160	Following the Money
161	America in the Gilded Age Part I
162	Paul's Pantry: Leo Frigo
163	Guess Who's Coming to Dinner?
164	What Makes the Great Lakes
165	Mentoring 101: Better Mentor

166	Death and Dying Part 2
167	Online Voter Registration
168	Iran
169	Tour: STEM Innovation Center
170	Women At War, Part 3
171	Art of Making Vintage Rings
172	Heart Valve Surgeries
173	Green Bay Mosque
174	Greatest Churches Part 1
175	Intro to Yoga and Ayurveda
176	Biking is Fun at Any Age
177	Green Bay Area Tourism Insider
178	Hypertufa Planter Session A
179	Creative Doodling
180	Origins of American Special Units
181	Tour of Little Chute Windmill

Manitowoc & Sheboygan

We welcome our members and new members from the Manitowoc and Sheboygan area! We ask that our Green Bay area members help us out. If you are from the Green Bay area and are choosing to register for the following courses, please assign a lower priority number i.e. 10-30 to these courses. It is important that these courses are available to our new members from these communities. Thank you for your consideration.

182	Hospice Services 101
183	Alzheimer's & Dementia
184	Not Your Grandmother's Quilts!
185	Journey of Grief and Loss
186	Growing Guide: Raised Bed
187	Writing Children's Stories
188	Health Benefits of Olive Oil
189	Golden Age of Radio
190	Memorializing a Loved One
191	Advanced Medical Directives
192	Your Retirement Paycheck
193	I Had No Idea: Meals on Wheels
194	Genealogy for Beginners
195	American Industrial Food System
196	How to Become Media Literate
197	Tour Holy Family Convent

198	Mealtime Mentors
199	ESP (Extra Sensory Perception)
200	Buttoning Down the Past
201	Literacy Council of Sheboygan
202	It's a Mystery to Me
203	Let's Play Mah Jongg!
204	Invasive Species Threats
205	Making Maple Syrup
206	Wis. Women and Suffrage
207	CBD and Industrial Hemp 101
208	Books on Bikes
209	Manitowoc Police Dept. K-9 Unit
210	ESP (Extra Sensory Perception)
211	Time to Tidy and Declutter
212	Citizen Action to Protect Waters
213	Science and the Catholic

214	"Spreading" the Word
215	The Art of Repurposing Thrift
216	Singing Bowls: Tibetan Bowls
217	Life Celebrations
218	Art of Travel Photography
219	Sharing and Preserving Photos
220	Women at War, Part 3
221	Historic Homes of Manitowoc
222	Shipwrecks of the Great Lakes
223	Silk Painting Demonstration
224	Travelogue: Spain
225	Ritual and Traditions
226	Tai Chi and Qigong for Balance
227	Healthy Living
228	Caregiver Fatigue for Families

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



Day	Time	Course Number and Title	Priority
			1
			2
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			4
			5
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Volunteers Needed!

Welcome! We are pleased that you are a member of the Lifelong Learning Institute. We encourage you to play an active role in achieving our goal of providing learning opportunities for our members. Since we are peer-led, we rely on members to volunteer as course coordinators, present a course by sharing an area of expertise or interest, serve on an LLI committee (see below) or work on short-term projects.

What is expected?

- Promptness
- Dependability
- Initiative
- Responsibility

Volunteer Opportunities

- ☐ **Set up venue/chairs for classes at Ashwaubenon Community Center**
(You will be included on class roster and will know dates at the start of semester.)
- ☐ **Committee Member**
 - ☐ **Technology Committee**
(Supports classroom technology)
 - ☐ **Curriculum Committee**
(Finds presenters, develops and schedules courses)
 - ☐ **Finance Committee**
(Develops and oversees budget and all financial matters)
 - ☐ **Publicity and Promotion Committee**
(Promotes community outreach)
 - ☐ **Social Committee**
(Organizes social and special events)
- ☐ **Course Coordinator**
(Works with presenter(s) to identify presentation requirements, and checks in members at class to ensure smooth flow of class)
- ☐ **Office and Registration**
(Assists office staff)



89 Introduction to Genealogy Research (N)

Presenter: Dave Miller

Coordinator: Pati Wiegand

Contact Info: 920-429-9868 • pati_927@yahoo.com

Dates: 2/12

Limit: 50 **Time:** 1-3 p.m. **Location:** RH 230

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

90 Beginning Line Dancing (R)

Presenter: Jim Huss

Coordinator: Barb Beaver

Contact Info: 920-328-3008 • bjbeaver40@gmail.com

Dates: 2/19 2/26

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

Location: Calvary Lutheran Church

Beginning Line Dancing is appropriate for those who have never line danced before and those who wish to review and refresh their knowledge of basic steps and terminology before participating in Basic Line Dancing. Experienced dancers are welcome to register for this class as well as help guide and assist others in learning the basic steps.

91 Beer: Brewing and Packaging Beer with Stillmank Brewing Company (R)

Presenter: Brad Stillmank

Coordinator: Stu Hoar

Contact Info: 920-866-3971 • stuhoar@msn.com

Dates: 2/19

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

Location: Stillmank Brewing Company

Learn the ins and outs of raw material selection, brewing process and packaging techniques in making craft beer in Northeastern Wisconsin, and learn to taste the product. The class will be presented by brewer and owner Brad Stillmank in their production facility. A \$10 tasting fee will be collected at the brewery at the time of the class.

92 Piano Ensemble (R)

Presenter: Heidi Lueck

Coordinator: Sue Johnson

Contact Info: 715-587-7618 • srejohnson@hotmail.com

Dates: 2/19 2/26 3/4 3/11

Limit: 8 **Time:** 10-11:30 a.m. **Location:** Jim's Music

This course is geared toward beginners with some experience reading music. However, early intermediate musicians will be given more challenging ensemble parts when available. The focus will be on enjoyment of group playing. The class will use *Adult Piano Course Duet Book 1* (ISBN 0739007807), which everyone should have on first day of class. This book can be purchased at Jim's Music, at bookstores or online. A fee of \$10 (exact cash or check) is due directly to BB Grand Piano Studio on the first day of class for a binder of legally printed sheet music.

93 Cannabidiol (CBD) Oil - What It Is, Its Use, Abuse and Legal Ramifications (N)

Presenter: Brian Barkow, PharmD

Coordinator: Jackie Bluma

Contact Info: 920-336-2629 • jackiebluma@gmail.com

Dates: 2/26

Limit: 50 **Time:** 10 a.m.-12 p.m. **Location:** RH 220

CBD use is currently a hot topic in supplement use and LLI members have expressed an interest in more information. This lecture is intended to provide information on CBD from a pharmacist's perspective. The presenter does not endorse CBD use.

94 Cremation: A Hot Topic (R)

Presenter: Dan Malcore

Coordinator: Nancy McGrew

Contact Info: 920-983-0859 • nmcgrew2@gmail.com

Dates: 2/26 3/4 3/11

Limit: 50 **Time:** 1-3 p.m. **Location:** RH 230

Cremation rate in Northeast Wisconsin is 52%. A retired funeral director discusses the legalities, the misconceptions and the options, ending with a tour of a crematory. Each session wraps up with a question and answer period. Although this can be a difficult topic, it is done in a light-hearted manner. The first two sessions will be at Rose Hall 230. The last session is a tour of Malcore Crematory.

If you see a dangerous situation on the UW-Green Bay grounds, please CALL 911 and report it to UW-Green Bay Campus Security at 920-465-2300.

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



95 Basic Line Dancing (R)

Presenter: Jim Huss

Coordinator: Barb Beaver

Contact Info: 920-328-3008 • bjbeaver40@gmail.com

Dates: 3/11 3/18 3/25 4/1 4/8 4/15

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

Location: Calvary Lutheran Church

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

96 Buddhism: Plain and Simple (R)

Presenter: John Nemick

Coordinator: Patty Payette

Contact Info: 920-544-9684 • pattypayette@new.rr.com

Dates: 3/4 3/11

Limit: 50 **Time:** 1-3 p.m. **Location:** RH 220

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

97 Tour: Marquis Yachts (N)

Presenter: Sasha Wesolowski

Coordinator: Kris Lewins

Contact Info: 920-497-1152 • g.k.lewins@sbcglobal.net

Dates: 3/4

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

This is your opportunity to visit one of the nation's top manufacturers of luxury yachts right here in northeastern Wisconsin. Make the short drive to Pulaski to learn how these boats, from 34' to 65', are constructed by local craftspeople. Marquis has recently partnered with Lexus to upgrade their manufacturing inventory. Participants must be able to climb in and out of a boat on a short ladder.

98 Researching Irish Genealogy Records (N)

Presenter: Dave Miller

Coordinator: Sue Rocheleau

Contact Info: 920-609-8745 • sueroch@yahoo.com

Dates: 3/11

Limit: 50 **Time:** 1-3 p.m. **Location:** RH 230

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

99 International Space Station (R)

Presenter: Ken Haugen

Coordinator: Fred Delie

Contact Info: 920-227-7770 • fddelie@gmail.com

Dates: 3/11

Limit: 150 **Time:** 1-3 p.m. **Location:** Mauthe Center

Our orbiting science laboratory. A brief history of its creation and ongoing scientific experiments. We will also look at some of the remarkable astronauts and review their accomplishments.

100 Beginning Spanish IV (C)

Presenter: Mary Elmer and Kathy Jerry

Coordinator: Jim Huss

Contact Info: 920-434-3674 • jhuss2@new.rr.com

Dates: 3/18 3/25 4/1 4/8 4/15 4/22

Limit: 20 **Time:** 1-3 p.m. **Location:** RH 230

This class is for those who would like to build on previously acquired Spanish language skills. We will begin with a review of what we did in Beginning Spanish III in the fall and then focus on improving conversational skills while practicing new vocabulary and sentence structures. The content varies each semester depending upon the class needs. The textbook we have been using is *Barron's E-Z Spanish Grammar* (2nd edition), which is currently out of print. Many copies are available from Amazon and other online sources. Please bring the textbook to each session as well as a folder or binder for organizing class handouts.



101 Beginning Spanish II (C)

Presenter: Marilyn Secor

Coordinator: Sue Rocheleau

Contact Info: 920-609-8745 • sueroch@yahoo.com

Dates: 3/18 3/25 4/1 4/8 4/15 4/22

Limit: 20 **Time:** 10 a.m.-12 p.m. **Location:** RH 230

Building on Beginning Spanish I content, we will learn new thematic vocabulary as well as common present tense verbs, both regular and irregular. Practice will be through short conversations, You Tube lessons, games, songs, board work and assignments. The textbook is *Spanish for Gringos, Level I* (2nd, 3rd, or 4th edition) published by Barron's. CDs are optional. Please bring a notebook, pocket folder for handouts, a pencil with a good eraser and a pack of multicolored index cards to be used as flashcards.

102 Is God One or Many? (R)

Presenter: Bob Berchmans

Coordinator: Janice Rickert

Contact Info: 920-785-9299 • rjrickert@yahoo.com

Dates: 3/18

Limit: 50 **Time:** 10 a.m.-12 p.m. **Location:** RH 220

Judaism, Christianity and Islam profess monotheism, belief in one God. The Greeks and the Romans, as well as the Hindus, on the other hand, believe that there are a multitude of gods. How did the idea and belief in one God develop? In this presentation, we will examine this intriguing question. We will also explore God in the three religions of Judaism, Christianity and Islam.

103 Green Bay Packers Art Collection (N)

Presenter: Justine Kaempfer, Museum Programs Assistant

Coordinator: Jim Hinckley

Contact Info: 920-217-3915 • hinkqtrhorse@earthlink.net

Dates: 3/25

Limit: 30 **Time:** 10-11:30 a.m. **Location:** Lambeau Field

The Green Bay Packers collection displays over 145 pieces of art throughout the Premium Level Suites and hallways of historic Lambeau Field. The collection was created by nineteen artists, many with Wisconsin ties, who worked with their media of choice, from sketches to photographs, mixed media to oil on canvas, assemblage and more to create one-of-a-kind pieces that pay homage to the Green Bay Packers and the community that has always supported this historic franchise. The Green Bay Packers Hall of Fame presents a guided tour opportunity to spend the morning exploring a portion

of this collection. Meet at the Packers Hall of Fame desk in the Lambeau Field Atrium. The tour fee of \$15 is to be paid directly to the Packers Hall of Fame at the time of the tour.

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

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

Coordinator: Trudy Jacobson

Contact Info: 920-465-0106 • tjacobsot48@gmail.com

Dates: 4/1

Limit: 50 **Time:** 10 a.m.-12 p.m. **Location:** RH 220

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

105 Learn to Play Mah Jongg (R)

Presenter: Jeanne Shaffer

Coordinator: Dianne Briggs

Contact Info: 920-336-0394 • jbriggs3@new.rr.com

Dates: 4/8 4/15 4/22

Limit: 12 **Time:** 1-3 p.m.

Location: Bellevue Community Center

Learn to play the American version of the ancient Chinese tile game, Mah Jongg, with the help of a knowledgeable player at each table of four. Mah Jongg sets will be available for use during the class. Please do not sign up for the course if you cannot attend all three classes. A fee of \$8 for the 2019 Mah Jongg card is due to UW-Green Bay upon confirmation of enrollment.



As a courtesy to our Presenters and Coordinators, please wear your nametag to each class.

If you need a nametag, contact the LLI Office at 920-465-2356 or email lli@uwgb.edu.



106 Think Fast and Well (R)

Presenter: Rolf Lulloff, MD, David Donarski, MD, Daniel Koster, MD, and Michelle Laffey Koster, DDS, MS
Coordinator: Kris Lewins
Contact Info: 920-497-1152 • klewins1225@gmail.com
Dates: 4/8 4/15
Limit: 150 **Time:** 9:30 a.m.-12 p.m.
Location: Mauthe Center

Learn how we can make our brains work in a healthy, productive and satisfying way throughout our lives. Learn how we can deal with and overcome, prevent and/or minimize the many potential challenges to our brain's health such as Alzheimer's Disease, other dementias, Parkinson's Disease, strokes, brain trauma and indeed "normal aging." This updated course will include new and exciting emphasis on diet, nutrition, supplements, lifestyle, exercise and new treatment approaches.

107 Hands on History: The Packers (N)

Presenter: Justine Kaempfer, Museum Programs Assistant
Coordinator: Jim Hinckley
Contact Info: 920-217-3915 • hinkqtrhorse@earthlink.net
Dates: 4/15
Limit: 30 **Time:** 10 a.m.-12 p.m. **Location:** Lambeau Field

The Packers Hall of Fame invites you to put on the curator's gloves, get up close to some of its most unique artifacts, and explore its exhibits. This class will begin with the Hall of Fame curator discussing the museum's collection and leading a hands-on artifact opportunity. You will then be guided through the museum by one of our tour guides sharing the stories behind many of the exhibits and displays, as well as key moments in Packers history. A \$25 fee, which includes the Hall of Fame admission, is to be paid directly to the Packers on the day of the class.

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

Presenter: Erin Giese
Coordinator: Karen Dallman
Contact Info: 920-737-0202 • kdallman@new.rr.com
Dates: 4/22
Limit: 50 **Time:** 10 a.m.-12 p.m. **Location:** RH 220

Attendees will learn about Project SOAR (Snowy Owl Airport Rescue), whose mission is to capture and relocate Snowy Owls and other raptors that are posing as hazards at small local airports in northeastern Wisconsin. Project SOAR is co-coordinated by Erin Giese, Northeastern Wisconsin Audubon Society, and Janet Wissink, Winnebago Audubon Society, in collaboration with Lead

Falconer Frank Ujazdowski. Students will learn about the biology and ecology of Snowy Owls, why these owls use airports, how Snowy Owls and other raptors are captured and relocated and our collaboration with Project SNOWstorm which tracks Snowies using GPS transmitters.

109 Anything Goes: The Music of Cole Porter (N)

Presenter: Terence O'Grady, Ph.D.
Coordinator: Barb Beaver
Contact Info: 920-328-3008 • bjbeaver40@gmail.com
Dates: 4/22
Limit: 132 **Time:** 10 a.m.-12 p.m.
Location: Neville Public Museum

We'll look at some of the greatest accomplishments of Cole Porter, one of the dominating figures in American popular music from the 1920s through the early 1950s. We'll investigate some of the key elements of his distinctive style as well as his highly original and often daringly novel lyrics.

110 Top Ten Fastest American Women (R)

Presenter: Arlene Molzahn
Coordinator: Connie Korger
Contact Info: 920-499-4779 • connie.korger@att.net
Dates: 4/22
Limit: 50 **Time:** 10 a.m.-12 p.m. **Location:** Mauthe Center

Prepare for the 2020 Olympics to be held this summer in Tokyo, Japan, by reviewing the ten most talented and overachieving United States women who have earned gold medals at previous Olympics. Their stories of determination and hard work will make you proud to be an American and will help you appreciate the effort our Olympic athletes make to represent our country. We will also take a quick glance at the women who have made the team for the Olympics this year.

111 Making Your Own Kitchen Scrubbies (R)

Presenter: Sister Agnes Fischer
Coordinator: Theresa Reiter
Contact Info: 920-562-3652 • treiter06@gmail.com
Dates: 4/22
Limit: 25 **Time:** 1-3 p.m. **Location:** RH 220

Join us for a fun learning experience and you'll never have to get your scrubbies at craft sales again. Participants need to know how to crochet. A supply list is available on the LLI website. Please contact coordinator with questions about materials.

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



112 Restless Spirit of Robert Frost (N)

Presenter: Bev Smith and Stu Smith

Coordinator: Penny Blakeslee

Contact Info: 920-469-1399

blakeslee.penelope@yahoo.com

Dates: 4/29

Limit: 130 **Time:** 10 a.m.-12 p.m.

Location: Neville Public Museum

Enjoy the works of America's most celebrated poet as he depicts realistic New England through language and situations familiar to the common listener, from the rustic homespun to the darker moments of desperation—dramatic dialogue poems that speak of his restless spirit.

113 Presidential Elections 2020 (R)

Presenter: Michael Kraft

Coordinator: Anneliese Waggoner

Contact Info: 920-435-7527 • akwaggoner@att.net

Dates: 4/29

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

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

114 Aspiro: A Special Place for Special People (R)

Presenter: Nicole Hoffmann

Coordinator: Connie Korger

Contact Info: 920-499-4776 • connie.korger@att.net

Dates: 4/29

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

From our Birth to Three Program to our Senior Program, ASPIRO helps individuals with disabilities live their best lives. We recognize that one size does not fit all and we respect the choices they and their families make for their lives. Our center-based employment and day services are offered in a specialized setting with the supports needed for success. We welcome you to learn about this valued service in Green Bay for special people.

115 Art Boot Camp (R)

Presenter: Robert Wasmund

Coordinator: Jan LaSota

Contact Info: 920-660-9528 • bjlasota@gmail.com

Dates: 4/29 5/1 5/13 5/15 5/20 5/22

Limit: 25 **Time:** 9 a.m.-12 p.m.

Location: Bellevue Community Center

Are your art supplies and unfinished paintings of oil, watercolor or acrylic getting any attention? This course is for participants who want to "pick up where you left off." You supply your own materials and complete what you have started. Please note: Class dates are Wednesdays and Fridays for three weeks. Class does not meet May 6 or May 8 and continues May 13.

116 Bob Dylan's Early Songs (N)

Presenter: Terence O'Grady, Ph.D.

Coordinator: Barb Beaver

Contact Info: 920-328-3008 • bjbeaver40@gmail.com

Dates: 5/13

Limit: 132 **Time:** 10 a.m.-12 p.m.

Location: Neville Public Museum

We'll focus on Dylan's early career from the early 1960s through the early 1970s, discussing his musical and literary influences, his role in the evolution of popular folk music and his own stylistic transformations in that period. We'll hear examples from a number of his albums including *Bob Dylan*, *The Freewheelin' Bob Dylan*, *The Times They Are a-Changin'*, *Another Side of Bob Dylan*, *Bringing it All Back Home*, *Highway 61 Revisited*, *Blonde on Blonde*, *John Wesley Harding* and *Nashville Skyline*.

117 Hitler's Empire - The Rise and Fall of the Nazi Party Part 2 (C)

Presenter: Robert Cook

Coordinator: Pati Wiegand

Contact Info: 920-429-9868 • pati_927@yahoo.com

Dates: 5/13 5/20 5/27

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

Location: ACC, Grand Park Room

This is the second part of a three-part DVD course. From 1933-1945 the National Socialists (Nazis) ruled Germany and much of Europe. In this course Professor Childers will explore the origins of their power and chart their development of a totalitarian government in Germany.



118 How Historical were Roman Movies of the 50s and 60s? (N)

Presenter: Professor Greg Aldrete

Coordinator: Pati Wiegand

Contact Info: 920-429-9868 • pati_927@yahoo.com

Dates: 5/20

Limit: 150 **Time:** 10 a.m.-12:15 p.m.

Location: Mauthe Center

Have you ever wondered how accurate your favorite movie set in ancient Rome really is? Or how filmmakers go about re-creating the colorful cultures, heroic battles, and memorable characters of the ancient world? This course will answer these questions for four Roman films of Hollywood's classic era of sword-and-sandal flicks: *Quo Vadis*, *Ben Hur*, *Spartacus* and *Cleopatra*.

119 Century of Fashion (N)

Presenter: Gail Hodek

Coordinator: Karen Dallman

Contact Info: 920-737-0202 • kdallman@new.rr.com

Dates: 5/20

Limit: 100 **Time:** 1:30-3 p.m. **Location:** Mauthe Center

This class will examine women's fashions from 1900 to 2000. Clothing and accessories worn by the presenter, her mother, grandmother, and great-grandmother will be modeled. A commentary on each outfit, timely music and cultural trends will enhance the experience.

120 Tour of Solaris Farms: Growers of Peonies, Daylilies and Lilium (N)

Presenter: Nate Bremer

Coordinator: Jan LaSota

Contact Info: 920-660-9528 • bjlasota@gmail.com

Dates: 6/3

Limit: 25 **Time:** 10-11:30 a.m. **Location:** Solaris Farm

Located in the Reedsville area, Solaris Farms grows, hybridizes and sells tree peonies, daylilies and lilium. The owner/grower is Nate Bremer, one of the largest sellers of tree peonies in the United States. We will have about an hour's lecture. You will then be free to peruse the gardens for about half an hour where you will find hundreds of plants. You should wear appropriate shoes and clothing for this garden experience. Please note: This tour would not be appropriate for those using walkers, wheelchairs or scooters due to the uneven terrain and narrow rows of the garden.

Thursday Courses Green Bay Area

121 Is the Book Better Than the Movie? (C)

Presenter: David Picard

Coordinator: Julie Lindley

Contact Info: 252-333-7287 • jlindley02@gmail.com

Dates: 1/9 2/13 3/12 4/9 5/14

Limit: 50 **Time:** 9 a.m.-12 p.m. **Location:** 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 books, view their screen counterparts and decide how the two compare. Books for spring are: 1/9 *Mutiny on the Bounty* by Charles Nordhoff and James Norman Hall; 2/13 *The Guernsey Literary and Potato Peel Pie Society* by Mary Ann Shaffer; 3/12 *Q+A: A Novel* by Vikas Swarup; 4/9 *Can You Ever Forgive Me* by Lee Israel; 5/14 *The Sisters Brothers* by Patrick deWitt.

122 Lord of the Rings: The Guardianship of Valar (N)

Presenter: Benjamin W Cruz-Urbe

Coordinator: Patty Payette

Contact Info: 920-544-9684 • patty payette@new.rr.com

Dates: 1/9

Limit: 250 **Time:** 1-3 p.m. **Location:** RH 220

In *The Lord of the Rings*, the author on a number of occasions mentions the Valar, either as a group or as individuals. Throughout the story, these guardians intervene in subtle and sometimes overt fashion to aid Frodo in his quest to destroy the Master Ring. This course will cover in detail these various acts of intervention by the Valar.

123 Art and Tragedy: Masterpieces of Historic Disasters (R)

Presenter: Mike Murphy

Coordinator: Dean Cherry

Contact Info: 920-822-3703 • dcherry@netnet.net

Dates: 1/9

Limit: 250 **Time:** 10 a.m.-12 p.m. **Location:** RH 250

This course explains the historic, biographic, artistic and literary significance of three very popular and famous paintings and one famous poem, each of which was inspired by a different tragic disaster: Picasso's *Guernica*, Gericault's *Raft of the Medusa*, Goya's *The Third of May* and Tennyson's "Charge of the Light Brigade."

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



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

Presenter: David Siegel

Coordinator: Nancy Whitfield

Contact Info: 920-865-7936 • 2atpeaceful@netnet.net

Dates: 1/16

Limit: 50 **Time:** 1-3 p.m. **Location:** RH 220

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

125 Books and You (C)

Presenter: Mary Halloin and Rebecca Johnson

Coordinator: Anita Kirschling

Contact Info: 920-432-0160 • anbkirsch@gmail.com

Dates: 1/16 2/20 3/19 4/16 5/21

Limit: 16 **Time:** 1-3 p.m. **Location:** ADRC, Board Room

Members are invited to share their current readings or discuss the chosen reading assigned. We explore various genres in literature, such as mysteries, novels, non-fiction or select a specific author or book. This is a relaxed class. The January reading will be foreign author or subject, fiction or nonfiction. The group will select subjects for following meetings at the first class.

126 Summer Glory: Surface Embroidery (N)

Presenter: Karen Wojahn

Coordinator: Sue Johnson

Contact Info: 715-587-7618 • srejohnson@hotmail.com

Dates: 1/16 1/23 1/30

Limit: 24 **Time:** 1-3 p.m. **Location:** ACC, Activity Room

In the cold of January, learn surface hand embroidery stitches that finish into a darling summer flower design on top of a box to keep on a table or give away to someone special. Surface embroidery is decorating a ground fabric that does not have a grid. A fee of \$9 for the kit, which includes fabric, thread, beads, glass treasure, needles, Altoids tin and finishing materials is due to UW-Green Bay upon confirmation of enrollment.

127 Chinese Cooking for American Taste (R)

Presenter: Kelly Dadam

Coordinator: Connie Korger

Contact Info: 920-499-4779 • connie.korger@att.net

Dates: 1/16 2/20 3/19 4/16 5/21

Limit: 6 **Time:** 9-12:30 p.m.

Location: First Presbyterian Church Kitchen

We will prepare four meals with participants doing hands-on preparation. The first class will be Lemon Chicken, stuffed mushrooms, ginger tarts and tea. If you wish to bring an apron, please do so. A fee of \$35 is due to UW-Green Bay upon confirmation of enrollment.

128 Painting With Encaustics (Colored Beeswax) (R)

Presenter: Deb O'Harrow

Coordinator: Sue Sinclair

Contact Info: 920-432-3428 • upnative1979@yahoo.com

Dates: 1/23

Limit: 8 **Time:** 9 a.m.-12 p.m.

Location: Suamico Municipal Services Center

Following a brief history of the origin of "encaustics" (painting with colored beeswax), the technique will be demonstrated, after which participants will use their knowledge to paint a landscape on paper, using an iron and the beeswax medium. Learn a new way of painting and join in the fun! No prior painting experience is necessary to enjoy the class. The instructor will provide all the materials for this course. A \$10 fee is due to UW-Green Bay upon confirmation of enrollment.

129 Needlework Open Stitch (R)

Presenter: Karen Wojahn

Coordinator: Gloria Gaie

Contact Info: 920-494-5944 • ggaie@sbcglobal.net

Dates: 2/6 2/13 2/20 2/27

Limit: 24 **Time:** 1-3 p.m. **Location:** ACC, Activity Room

Are you working on a hand embroidery project you would like to complete? Do you have one you started years ago and want to finish? Is there a type of needlework you want to learn? Bring any piece of hand embroidery, old or new, to work on. You supply the materials and we will help you and give you time to work on the piece.

Coordinators — remember to contact the LLI Office when a member is added or dropped from a course with a fee that is payable to UW-Green Bay.



130 Mentoring Matters (R)

Presenter: Heather Faulkner

Coordinator: Mary Braband

Contact Info: 414-916-6279 • mbraband5@gmail.com

Dates: 2/6

Limit: 50 **Time:** 1-3 p.m. **Location:** RH 220

Explore why mentoring matters in our community and beyond. This course will highlight why mentoring is important for you (both to give and receive) and in the lives of the youth in our community. You will learn practical ways to make mentoring part of life. The presenters are currently mentoring in our community through Young Life, a faith-based organization. As a next step, you will also learn the organizations in our community that offer mentoring services and need mentors!

131 Creating with Found Birch Bark Session B (R)

Presenter: Sr. Mary Ann Srnka

Coordinator: Vickie Keigley

Contact Info: 920-437-2510 • vakeigley@gmail.com

Dates: 2/6 2/13 2/20 2/27

Limit: 8 **Time:** 9:30 a.m.-12 p.m.

Location: St. Joseph's Convent

Participants will learn to make small vases, flowers, ornaments and magnets from found birch bark. No trees destroyed or mutilated. Please park in the lot off 13th Avenue. Participants must be able to navigate one flight of stairs to get to the classroom. A \$10 fee to be paid directly to presenter is due on the first day of class. Sign up for Session A or Session B. **Do not sign up for both.**

132 Basic Weather Part 2 (C)

Presenter: Norman Schroeder

Coordinator: Wendy Schroeder

Contact Info: 920 497-2363 • wlschroeder7@gmail.com

Dates: 2/20

Limit: 30 **Time:** 10 a.m.-12 p.m. **Location:** RH 220

We talk about it every day, but what causes Earth's weather? This course will present the basics of Atmospheric Science. It will build on information presented in Fall 2019 and cover such topics as distribution of water on Earth, the hydrological cycle, phase changes and latent heat, humidity, fog, atmospheric stability, clouds and precipitation. Future courses will apply knowledge gained from atmospheric basics to learn about tornadoes, hurricanes, mid-latitude storms, interesting weather phenomena and weather forecasting. An optional session will be arranged to observe a Weather Balloon launch from the Green Bay Office of the National Weather Service.

133 Story of Nuclear Energy (R)

Presenter: Gary Dallman

Coordinator: Karen Dallman

Contact Info: 920-737-0202 • kdallman@new.rr.com

Dates: 2/27 3/5

Limit: 50 **Time:** 10 a.m.-12 p.m. **Location:** RH 220

In 1896, Henri Becquerel accidentally exposed photographic paper to uranium ore in a closed box and discovered radioactivity. Many scientists and experiments followed which culminated in the ultimate destructive weapon, the hydrogen bomb. The Story of Nuclear Energy is about this journey of scientific investigation and discovery from 1896 to 1952.

134 Famous Poems of Love and Death (N)

Presenter: Mike Murphy and Cheryl Murphy

Coordinator: Kelly Dadam

Contact Info: 920-468-5115 • kdadam@new.rr.com

Dates: 2/27

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

For thousands of years poets have written wonderful poems about love and/or death. This course will discuss a wide-ranging selection of some of those poems in the context of the life and/or times of the author. Works discussed will include a Medieval love ballad, Renaissance sonnets and short poems by such well-known poets as Wordsworth, Byron, Poe, e.e. cummings and Dylan Thomas.

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

Presenter: Dina Borremans

Coordinator: Mary Braband

Contact Info: 414-916-6279 • mbraband5@gmail.com

Dates: 3/5

Limit: 50 **Time:** 1-3 p.m. **Location:** RH 230

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

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



136 Living Well with Hearing Loss (R)

Presenter: Julie Olson

Coordinator: Kate Wiers

Contact Info: 920-337-2189 • kaw-tdw@sbcglobal.net

Dates: 3/5

Limit: 40 **Time:** 10-12 p.m.

Location: ADRC, Board Room

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

137 Food: A Cultural Culinary History (C)

Presenter: Eileen Johnson

Coordinator: Dean Cherry

Contact Info: 920-822-3703 • dcherry@netnet.net

Dates: 3/12 3/19 3/26

Limit: 50 **Time:** 1-3 p.m. **Location:** RH 230

This is the second part of a continuing DVD series by the Great Courses. It looks at the history of how humans have produced, cooked and consumed food. How were civilizations and their food shaped by geography, native flora and fauna, technical innovations and politics? This semester we will look at food rituals of early Christianity, the Middle Ages, Renaissance, Aztecs and Mexican cooking and the Reformation Diets. We will view three lectures per session.

138 Fun with Pressed Flowers Session B (R)

Presenter: Sr. Mary Ann Srnka, SSND

Coordinator: Jim Huss

Contact Info: 920-434-3674 • jhuss2@new.rr.com

Dates: 3/12 3/19 3/26 4/2

Limit: 8 **Time:** 9:30 a.m.-12 p.m.

Location: St. Joseph's Convent

Participants will learn four methods of creating with pressed flowers and will apply their learning to make greeting cards, bookmarks, stickers, angel ornaments and more. Participants must be able to navigate one flight of stairs to get to the classroom. Please park in the lot off 13th Avenue. A \$10 fee to be paid directly to presenter is due on first day of class. Sign up for Session A or Session B. **Do not sign up for both.**

139 Tool School 101: Fix a Flat Bicycle Tire (N)

Presenter: Jim Wiegand

Coordinator: Dean Cherry

Contact Info: 920-822-3703 • dcherry@netnet.net

Dates: 3/12

Limit: 12 **Time:** 10-11:30 a.m. **Location:** Pete's Garage

Tool School 101 is a bicycle maintenance course. This class will focus on flat tire repair-changing a tire/tube. If time allows, basic adjustments on derailleurs and brakes will be explained. The class is targeted toward beginners, casual riders and weekend warriors and is a fun way to better understand how your bicycle works. Attendees are encouraged to bring a bicycle wheel and tire lever if possible.

140 Learning To Decorate Cookies (R)

Presenter: Julie Sizemore

Coordinator: Gloria Gaie

Contact Info: 920-494-5944 • ggaie@sbcglobal.net

Dates: 3/19

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

Location: Creative Cake Supplies

Julie will introduce you to new techniques, colors and cookie cutters that are trending this spring season. You will enjoy the vocabulary and equipment which you can use in your everyday baking. Friends and family will be amazed at your new skills. A \$20 materials fee will be collected by the instructor on the first day of class. Please have exact cash or a check made payable to Creative Cake Supplies.

141 Learning To Decorate Cupcakes (R)

Presenter: Julie Sizemore

Coordinator: Theresa Reiter

Contact Info: 920-562-3652 • treiter06@gmail.com

Dates: 3/19

Limit: 20 **Time:** 10 a.m.-11:30 a.m.

Location: Creative Cake Supplies

Julie will share with you what's trending in decorating cupcakes. New ideas, techniques and equipment will help you improve your baking skills for the Spring/Easter season. A \$20 materials fee will be collected by the instructor on the first day of class. Please have exact cash or a check made payable to Creative Cake Supplies.



142 Medical College Of Wisconsin-Green Bay (R)

Presenter: Kelly King

Coordinator: Sue Rocheleau

Contact Info: 920-609-8745 • sueroch@yahoo.com

Dates: 3/19

Limit: 87 **Time:** 1-3:30 p.m.

Location: Medical College of WI-Green Bay

The Medical College of Wisconsin has opened the first new medical school campus in the state in over 100 years, right here in Green Bay. Experience a personal tour of the MCW-Green Bay and learn how this regional campus is preparing future physicians for Northeast Wisconsin in an innovative three-year curriculum. To find us: MCW-Green Bay is located in the new Gehl-Mulva Science Center, 161 Reid St., DePere, WI, at St. Norbert College. Please park in the SNC Visitor Lots, P11 or P14. We will be meeting in the Michael VanAsten Auditorium, Room 1097, on the first floor of the Gehl-Mulva Science Center Building. Check Building #5 on campus map at: www.snc.edu/about/docs/campusmap.pdf.

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

Presenter: Lori Bankson

Coordinator: Jim Huss

Contact Info: 920-434-3674 • Jhuss2@new.rr.com

Dates: 3/19

Limit: 60 **Time:** 2-4 p.m.

Location: Bay Beach Wildlife Sanctuary

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

144 Decorating Outdoor Living Spaces (R)

Presenter: Vickie J Linssen

Coordinator: Kelly Dadam

Contact Info: 920-468-5115 • kdadam@new.rr.com

Dates: 3/26

Limit: 50 **Time:** 10 a.m.-12 p.m. **Location:** RH 220

Whether the goal is to create a cozy, intimate entertaining space or open up your home to the great outdoors, decorating your outdoor living space can make it inviting to you and your guests. You can accomplish this by planning your seating and then adding important finishing touches: cushions, plants and flowers, tables, rugs and more. Decorator Vickie Linssen will inspire you to turn your outdoor living space into a great place where you can relax and enjoy your solitude or have friendly conversations with company.

145 Different Gospel of John: Conflation Facts and Issues (N)

Presenter: Benjamin W Cruz-Urbe

Coordinator: Patty Payette

Contact Info: 920-544-9684 • patty payette@new.rr.com

Dates: 4/2

Limit: 150 **Time:** 1-3 p.m. **Location:** Mauthe Center

The Gospel of John has long been noted to be quite different from the other three Gospels. When combining all the Gospels together into a single story about Jesus of Nazareth, this particular Gospel presents a number of unique challenges. The course will study what are these differences and the problems they create when conflated together into a single story.

146 Life Is A Journey - Travel Light On Your Trip (R)

Presenter: Paula Fleurant, R.N.,MS

Coordinator: Theresa Reiter

Contact Info: 920-562-3652 • treiter06@gmail.com

Dates: 4/2

Limit: 50 **Time:** 10 a.m.-12 p.m. **Location:** RH 220

What baggage do you carry with you? How does it impact your daily life and contribute to stress? Explore ways to care for yourself, prevent burnout and recognize the benefits of laughter for your health.

147 Knitting in the Round with Four Needles (R)

Presenter: Mary Delie

Coordinator: Anneliese Waggoner

Contact Info: 920-435-7527 • akwaggoner@att.net

Dates: 4/2 4/16 4/23 4/30

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

Location: ACC, Activity Room

This advanced beginner class will teach you the fun of making seamless garments quickly. We will be making mittens. Students will need to be able to cast on and

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



do basic knit and purl stitches. Needle supplies: Four double-pointed needles in size 5, AND four double-pointed needles in size 7. Use worsted weight yarn (like WoolEase), two balls (about 200 grams). Patterns will be provided on first day of class. Optional: Stitch markers and a large-eye blunt needle.

148 Author of the Gospel of Matthew (N)

Presenter: Benjamin W Cruz-Uribe
Coordinator: Patty Payette
Contact Info: 920-544-9684 • patty payette@new.rr.com
Dates: 4/9
Limit: 150 **Time:** 1-3 p.m. **Location:** Mauthe Center

The traditional belief is that the author of the Gospel of Matthew was the apostle Matthew, who was called a tax collector. Recent research has brought this into question. The course will go over the newest discoveries and try to determine who did and did not write this Gospel.

149 Changing World of Recycling (R)

Presenter: Mark Walter
Coordinator: Kelly Dadam
Contact Info: 920-468-5115 • kdadam@new.rr.com
Dates: 4/9
Limit: 50 **Time:** 10 a.m.-12 p.m. **Location:** RH 230

The manner in which communities are getting rid of their solid waste is changing—with a focus on recovering as much of the waste stream as possible.

150 Jones Sign Company (R)

Presenter: Rafael Aguilo
Coordinator: Theresa Reiter
Contact Info: 920-562-3652 • treiter06@gmail.com
Dates: 4/16
Limit: 30 **Time:** 10:30 a.m.-12:30 p.m.
Location: Jones Sign Company

You will learn about Jones Sign Company, the fifth largest sign company in the U.S. Discover its 108-year history and see a variety of its products. Explore the manufacturing methods used in the welding and fabrication shops and see what it takes to get a sign from concept to fabrication and installation. Participants must wear long pants and closed toe shoes. The tour will require walking from one quarter to one half mile. Safety glasses will be provided on site.

151 Great Omission of the Gospel of Luke (N)

Presenter: Benjamin W Cruz-Uribe
Coordinator: Wendy Schroeder
Contact Info: 920-497-2363 • wlschroeder7@gmail.com
Dates: 4/16
Limit: 150 **Time:** 1-3 p.m. **Location:** Mauthe Center

Most New Testament scholars accept as factual that the author of the Gospel of Luke borrowed heavily from the Gospel of Mark. However, there exists a large contiguous section from Mark that was not copied into the Gospel of Luke. This course will look into the possible reasons behind this omission and why this can be important in understanding what the author had to say.

152 Beethoven's Middle Period Symphonies (N)

Presenter: Terence O'Grady, Ph.D.
Coordinator: Barb Beaver
Contact Info: 920-328-3008 • bjbeaver40@gmail.com
Dates: 4/16
Limit: 132 **Time:** 10 a.m.-12 p.m.
Location: Neville Public Museum

We'll take a look at Beethoven's middle period symphonies as he continues to hone his highly individualistic style. Particular emphasis will be on the dynamic Symphony No. 5 in C Minor, Op. 67 and Beethoven's Symphony No. 6 in F Major, Op. 68, the "Pastoral" symphony which represents his most fully developed experiment in program music and proved to be highly influential in the later nineteenth century.

153 Primacy of the Gospel of Mark (N)

Presenter: Benjamin W Cruz-Uribe
Coordinator: Patty Payette
Contact Info: 920-544-9684 • patty payette@new.rr.com
Dates: 4/23
Limit: 150 **Time:** 1-3 p.m. **Location:** Mauthe Center

The traditional belief relating to the importance of the four Gospels is that the Gospel of Matthew has primacy (or priority) over the other three Gospels, since it is believed to have been the first Gospel written. Over the last century, especially in recent decades, this claim has been challenged by many New Testament scholars. This course will examine the evidence to determine if the Gospel of Mark does deserve primacy over the other Gospels and why this can be important to understand what all the Gospel authors were trying to communicate to their readers.



154 End of Life Care & Creating Your Own Advance Directives for Medical Care (R)

Presenter: Kathy Takahashi, MSW, CAPSW

Coordinator: Connie Korger

Contact Info: 920-499-4779 • connie.korger@att.net

Dates: 4/23

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

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

155 Restoring Islands in Green Bay (R)

Presenter: Mark Walter

Coordinator: Jan LaSota

Contact Info: 920-660-9528 • bjasota@gmail.com

Dates: 4/23

Limit: 50 **Time:** 10 a.m.-12 p.m. **Location:** RH 220

The Cat Island Restoration recreated three islands in the lower bay, providing habitat for shorebirds and other critters. Renard Island is a man-made island built to hold material dredged from the bay and Fox River. New plans are being developed to turn it into public parkland.

156 Making Paper from Paper Session B (N)

Presenter: Sr. Mary Ann Srnka, SSND

Coordinator: Theresa Reiter

Contact Info: 920-562-3652 • treiter06@gmail.com

Dates: 4/23 4/30 5/7 5/14

Limit: 8 **Time:** 9:30 a.m.-12 p.m.

Location: St. Joseph's Convent

Students will make paper by recycling paper scraps. They will learn how to embed, emboss and other decorative techniques. They will also do some paper casting. Participants must be able to navigate one flight of stairs to get to the classroom. Please park in the lot off 13th Avenue. A fee of \$10 to be paid directly to presenter is due on first day of class. Sign up for Session A or Session B. **Do not sign up for both.**

157 Ireland's 1916 Easter Rising in History, Song and Story (R)

Presenter: Mike Murphy and Cheryl Murphy

Coordinator: Barry Burrows

Contact Info: 920-406-1846 • dieselsdad3@gmail.com

Dates: 4/30

Limit: 50 **Time:** 10 a.m.-12 p.m. **Location:** RH 220

Using pictures, poems, songs and stories, this class will provide the historic and cultural context of Ireland's most famous attempt to free itself from 500 years of British rule. The Irish rebellion of Easter week 1916 was a tragic fiasco at the time, but ironically turned out to be the decisive turning point in Ireland's long struggle to become a nation once again.

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

Presenter: Hans Lux and Jeffery Kennedy

Coordinator: Jan LaSota

Contact Info: 920-660-9528 • bjasota@gmail.com

Dates: 4/30

Limit: 50 **Time:** 10 a.m.-12 p.m. **Location:** RH 230

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

159 Dutch Masters: The Age of Rembrandt (N)

Presenter: Eileen Johnson

Coordinator: Eileen Johnson

Contact Info: 920-337-6432 • ejohnson007@new.rr.com

Dates: 5/7 5/14 5/21

Limit: 50 **Time:** 1-3 p.m. **Location:** RH 230

This DVD course will be the opening portion of a four-semester series. We will be lectured by professor William Kloss who is Art Historian at The Smithsonian Institution. Subject matter will include art and society in sixteenth century Netherlands, political and cultural changes taking place and early artists such as Frans Hals, Jan Steen, Pieter de Hooch and Vermeer.



160 Following the Money - Exposing the Mysteries of the US Federal Reserve System (N)

Presenter: Robert Srenaski

Coordinator: Mary Braband

Contact Info: 414-916-6279 • mbraband5@gmail.com

Dates: 5/7

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

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

161 America in the Gilded Age and Progressive Era, Part 1 (R)

Presenter: Robert Cook

Coordinator: Mary Cook

Contact Info: 920-321-0379 • mjcook42@att.net

Dates: 5/7 5/14 5/21 5/28

Limit: 150 **Time:** 1-3 p.m. **Location:** Mauthe Center

This is the first part of a three-part DVD course. Over six innovative decades, the United States went from an agrarian, isolationist country to the world's greatest industrial power and a geopolitical superpower. Meet inventors, conservationists, robber barons, civil rights activists and passionate progressives who together forged a new nation.

162 Paul's Pantry: Neighbors Feeding Neighbors - Leo Frigo's Recipe for Success (R)

Presenter: Craig Robbins

Coordinator: Theresa Blaser

Contact Info: 920-494-1021 • tblaser520@new.rr.com

Dates: 5/14

Limit: 25 **Time:** 10 a.m.-12 p.m. **Location:** Paul's Pantry

Hear the history of how Paul's Pantry started and how storied Green Bay philanthropist and activist Leo Frigo's dream became a reality as Paul's Pantry became one of the largest food pantries in the United States. Take a tour of Paul's Pantry and learn how it is possible to provide seven tons of free groceries to nearly 200 households each day.

Friday Courses Green Bay Area

163 Guess Who's Coming to Dinner? (R)

Presenter: Marilyn Rabideau

Coordinator: Marilyn Rabideau

Contact Info: 920-866-9646 • mrabideau@centurytel.net

Dates: 1/10 1/24 2/21 3/20 4/17 5/22 6/19 7/17 8/21

Limit: 30 **Time:** 10 a.m.-12 p.m. **Location:** RH 220 for 1/10

Make new friends but keep the old; one is silver, but the other is gold. Friends, food and fun will be featured when we take turns hosting a small group (about 8) in our home for a potluck supper once a month on Friday evenings at 5:30 p.m. First session meets in Rose Hall 220 at 10 a.m.

164 What Makes the Great Lakes So Great? (R)

Presenter: Julia Noordyk

Coordinator: Karen Wojahn

Contact Info: 920-662-0799 • kwojahn@new.rr.com

Dates: 1/17

Limit: 50 **Time:** 10 a.m.-12 p.m. **Location:** RH 220

The talk will be about the Great Lakes as one of the most treasured resources on Earth. You will learn about the issues facing the Great Lakes and what Sea Grant is doing to help coastal communities overcome these challenges. We will end with a game of trivia to test your knowledge on why the Great Lakes are so great.

165 Mentoring 101: How to Be a Better Mentor (R)

Presenter: Nancy Roth

Coordinator: Theresa Reiter

Contact Info: 920-562-3652 • treiter06@gmail.com

Dates: 1/17

Limit: 50 **Time:** 10 a.m.-12 p.m. **Location:** RH 230

At its core, mentoring is a relationship that is future focused. The mentor helps the mentee live in his or her future now. This relationship can be formal or informal and it can change and evolve as people change. The staff at Big Brothers Big Sisters of Northeastern Wisconsin will help you realize the traits you have to be a better mentor and how to use your skills for good. Learn from the first-person experiences of our panel of mentors and mentees about how they have been affected by mentoring, and had a lot of fun along the way.



166 How We Do Death and Dying Part 2 (R)

Presenter: Illene Cupit

Coordinator: Theresa Reiter

Contact Info: 920-562-3652 • treiter06@gmail.com

Dates: 1/31

Limit: 50 **Time:** 10 a.m.-12 p.m. **Location:** RH 220

All humans (and most likely some animal species) experience the emotional consequences of losing someone they have loved. This universal experience, known as grief, encompasses emotional, physical, psychological and spiritual dimensions. There are many aspects of grief that we all have in common, and yet it is highly individualized in terms of who died, our relationship to the deceased, how the death occurred and the coping strategies that are used to negotiate the grief. This workshop will go beyond stages to fully explore current knowledge and thinking about grief. In addition, we will discuss the remarkable resiliency that most humans have in the face of loss.

167 Online Voter Registration (R)

Presenter: Lori Hochschild and CJ Peters

Coordinator: Nona Litzelman

Contact Info: 920-461-2120 • nlitzelman@gmail.com

Dates: 2/7

Limit: 20 **Time:** 10 a.m.-12:30 p.m. **Location:** RH 230

Learn to assist citizens to register to vote using the MyVote website. Whether you are helping family and friends, or looking to volunteer with an organization, this course will give you the basics of voter registration for voters with a Wisconsin driver license or ID. For those without license or ID, you will learn how to use the paper form, EL-131. We will then cover information on voter ID and the process of voters applying for a free voter ID.

168 Iran (R)

Presenter: Sofie Jonas

Coordinator: Janice Rickert

Contact Info: 920-785-9299 • rjrickert@yahoo.com

Dates: 2/21

Limit: 132 **Time:** 10 a.m.-12 p.m.

Location: Neville Public Museum

This class will talk about Persian history and culture, Persian holidays and costumes and food and family structure. It will also cover education in Persia both before and after the revolution. The presenter was born in 1973 in Iran, lived there for thirty-five years and would like to share her journey with you.

169 Tour: STEM Innovation Center at UW-Green Bay (R)

Presenter: Judith Knudsen

Coordinator: Vickie Keigley

Contact Info: 920-437-2510 • vakeigley@gmail.com

Dates: 3/13

Limit: 40 **Time:** 10 a.m.-12 p.m.

Location: STEM Innovation Center

Here is an opportunity to learn about and tour the newest building on the UW-Green Bay campus—the STEM Innovation Center. This center serves as the home of UW-Green Bay's new School of Engineering, non-profit Einstein Project, which supports STEM education in local school districts in Wisconsin, Extension Brown County and Brown County Land and Water Conservation. This is a county building on a university campus and borders regents' land, so it's a very unique partnership. The STEM Innovation will be the inaugural tenant in the Phoenix Innovation Park, a county-developed innovation park on university land, to attract STEM entities to the region. Map and directions will be available on LLI website.

170 Women At War, Part 3 (C)

Presenter: Michael F Dilley

Coordinator: Pati Wiegand

Contact Info: 920-429-9868 • pati_927@yahoo.com

Dates: 3/20

Limit: 70 **Time:** 10 a.m.-12 p.m.

Location: Allouez Village Hall

This session will center on a code-breaking team of women who were charged with decrypting and analyzing coded messages from the Russian NKVD (the predecessor of the KGB) during World War II and after. A well-kept secret and one of the most important operations of the National Security Agency, the work of this team had wide-spread use in determining the work of the NKVD. You needn't have attended previous sessions of this class.

Knowledge Never Retires!

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

Lifelong Learning, just for the joy of it.



171 Art of Making Vintage Rings (R)

Presenter: Carole Phillips

Coordinator: Pati Wiegand

Contact Info: 920-429-9868 • pati_927@yahoo.com

Dates: 3/27

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

Location: ACC, Activity Room

Join Carole as she teaches you to make vintage rings using buttons she has found, or you can bring your own. This morning you will also be making a bracelet of crystal beads. Put your creativity to use as you design some new jewelry. A fee of \$10.00 to be paid directly to presenter is due on first day of class. Please have exact cash.

172 Heart Valve Surgeries: 3 Inch Incisions or Less (N)

Presenter: Karen Nelson, M.D.

Coordinator: Jim Hinckley

Contact Info: 920-217-3915 • hinkqtrhorse@earthlink.net

Dates: 4/3

Limit: 50 **Time:** 10 a.m.-12 p.m. **Location:** RH 220

There will be a brief discussion of heart valve disease followed by a description of the techniques to repair or replace three of the four heart valves through these small incisions, without opening the breast bone. The benefits, including less pain, shorter hospital stays and quicker recovery, will be highlighted.

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

Presenter: Hamayun Mian

Coordinator: Bob Cook

Contact Info: 920-321-0379 • rcook9@att.net

Dates: 4/17

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

Location: Green Bay Mosque of the Islamic Society of WI

Visit and learn about the Green Bay Mosque of the Islamic Society of Wisconsin. As a courtesy, women should wear a headscarf and men should remove their hats.

174 World's Greatest Churches Part 1 (N)

Presenter: Dean Cherry

Coordinator: Karen Dallman

Contact Info: 920-737-0202 • kdallman@new.rr.com

Dates: 4/17 4/24

Limit: 50 **Time:** 10 a.m.-12:15 p.m. **Location:** RH 220

Using DVDs from "The Great Courses," we will explore the historical, religious, social and architectural context of churches from around the world. Part 1 will examine the early Christian Churches, the Church of the Holy Sepulchre in Jerusalem, Hagia Sophia in Istanbul, Cave Churches in Turkey and churches in Russia and Romania. Many accompanying photographs will illustrate the churches as they are presented. An informative slideshow of a specific church also will be included.

175 Introduction to Yoga and Ayurveda (R)

Presenter: Kathy Eichinger

Coordinator: Kris Lewins

Contact Info: 920-497-1152 • klewins1225@gmail.com

Dates: 4/17

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

Location: Bellevue Community Center

Yoga and are-you-what? You've probably heard about and maybe practiced yoga, but you might be curious to learn about Yoga's sister science—Ayurveda (pronounced r-u-VAY-da). This class is for the person who wants to incorporate additional natural foods in order to take care of themselves. Wear comfortable clothing and bring a mat or towel for gentle stretching.

176 Biking is Fun at Any Age (R)

Presenter: Del Tills

Coordinator: Rita Dufour

Contact Info: 920-499-8708 • ritaldufour@hotmail.com

Dates: 4/24 5/1 5/8 5/15 5/22 5/29

Limit: 40 **Time:** 10 a.m.-12 p.m. **Location:** Local Trails

We bike on trails in and out of the area. Rides range from 10-24 miles. Bikers will be responsible for getting their bikes to the trailhead. Multi-speed bikes are recommended and helmets are required. An itinerary with directions for each ride will be posted on the LLI website. A completed Assumption of Risk form must be on file in the LLI office prior to the first day of class. A State Trail Pass will be required for some rides.



177 Green Bay Area Tourism Insider Program (R)

Presenter: Jessica Diederich; Brad Toll, President and CEO; Sally Graham, Visitor Services Coordinator

Coordinator: Theresa Reiter

Contact Info: 920-562-3652 • treiter06@gmail.com

Dates: 4/24

Limit: 70 **Time:** 9:30 a.m.-12 p.m.

Location: ACC, Grand Park Room

Are there any events going on in town this weekend? Where are the best steakhouses? What is there to do with kids around here? Where will you take family and friends coming to visit? If you are ever faced with any of these questions, the Tourism Insider Program was designed for you! The Greater Green Bay Convention and Visitors Bureau is excited to invite you to become a tourism insider! The Tourism Insider Program (TIPS) is interactive training that will arm you with great information about the area to help you navigate your way through our community any time of the year. Once you complete the training, you will become a Certified Tourism Insider and will receive a certificate and pin to show off to friends and family. You will also get a Quick Facts Guide with Frequently Asked Questions and quick suggestions for future reference.

178 Make Your Own Hypertufa Planter Session A (N)

Presenter: Leo Bordeleau

Coordinator: Patty Payette

Contact Info: 920-544-9684 • pattypayette@new.rr.com

Dates: 4/24 5/20

Limit: 12 **Time:** 10 a.m.-12 p.m. on 4/24; 6-8 p.m. on 5/20

Location: Rose-Hill Gardens

Participants will make their own Hypertufa planter on the site of beautiful Rose Hill Gardens, under the direction of Leo Bordeleau, proprietor. All materials for the planter will be provided. Wear older clothing. Session A and Session B will meet for a combined planting demonstration the evening of May 20 from 6-8 p.m. Participants may then select discounted miniature plants and plant their containers if they choose. Select Session A or Session B. Do not choose both. A \$30 fee is due on the first day of class. Please have exact cash or a check made payable to Rose Hill Gardens. A video on creating a Hypertufa container is available on the Rose Hill Gardens website: www.rhgardens.com

179 Creative Doodling: Let Your Spirit Flow Through Art (R)

Presenter: Judy Sarasin Aragona

Coordinator: Theresa Reiter

Contact Info: 920-562-3652 • treiter06@gmail.com

Dates: 5/1 5/8

Limit: 20 **Time:** 1-3 p.m. **Location:** ACC, Activity Room

Come and explore the unique technique of doodling. No artistic ability needed. It uses repetition and pattern to quiet the mind and bring about relaxation, enjoyment and enhanced creativity. The idea is to let yourself be carried away by the creative process and allow the design to grow and flow out of you.

180 Origins of American Special Units (N)

Presenter: Michael F Dilley

Coordinator: Pati Wiegand

Contact Info: 920-429-9868 • pati_927@yahoo.com

Dates: 5/1 5/8 5/15

Limit: 60 **Time:** 10 a.m.-12 p.m.

Location: Allouez Village Hall

This lecture series will be an overview of special operations military organizations that have fought in America and for America. The first session will cover the period from 1630 to 1781. The second session will cover the period from 1792 to 1942. The third session will cover the period 1942 to the present. A brief history of units and their operations will be included. Bibliographic information for each mission/unit discussed will be available on the LLI website.

181 Tour of Little Chute Windmill (R)

Presenter: Harriet Jensen

Coordinator: Nancy Whitfield

Contact Info: 920-865-7936 • 2atpeaceful@netnet.net

Dates: 5/15

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

Location: Little Chute Windmill

Make the short drive to Little Chute to enjoy the authentic, fully-functioning Dutch windmill and Heritage Center. The windmill was patterned after an 1850s Dutch design from the North Brabant area in the Netherlands. In addition to learning how the windmill came to be, there are also short films, historic displays and even an on-site genealogist. Carpool with a friend if you can, and plan to have lunch and check out the shops in Little Chute. A tour fee of \$6 is to be paid directly to the Little Chute Windmill at the time of the tour. Please have exact cash.

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



We welcome our members and new members from the Manitowoc and Sheboygan areas!

If you are from the Green Bay area and are choosing to register for the following courses, please assign a lower priority number (i.e., 10-30) to these courses. It is important that these courses are available to our new members from these communities. Thank you for your consideration.

Monday Courses Manitowoc & Sheboygan

182 Hospice Services 101 (N)

Presenter: Luann Travis
Coordinator: Marge Jehle
Contact Info: 920-684-7468 • margejehle@gmail.com
Dates: 2/17
Limit: 40 **Time:** 10 a.m.-12 p.m.
Location: Sharon Richardson Community Hospice, Manitowoc

When a loved one receives a terminal diagnosis, it can be a scary and emotional time. But terminal doesn't necessarily mean immediate and it doesn't mean being alone. A hospice team can help you and your family understand all of your hospice options for comfort care and family support.

183 Understanding Alzheimer's & Dementia (N)

Presenter: Ginny Nyhuis
Coordinator: Susan Pike
Contact Info: 920-465-2356 • lli@uwgb.edu
Dates: 3/30
Limit: 24 **Time:** 1-3 p.m.
Location: Sheboygan Campus, Main Building 3105

Alzheimer's is not normal aging. It's a disease of the brain that causes problems with memory, thinking and behavior. Join us to learn about the impact of Alzheimer's, the difference between Alzheimer's and dementia, Alzheimer's disease stages and risk factors, current research and treatments available to address some symptoms and Alzheimer's Association resources.

184 These Are Not Your Grandmother's Quilts! (N)

Presenter: Nan Groll
Coordinator: Faye Malek
Contact Info: faye.malek4901@gmail.com
Dates: 5/4
Limit: 25 **Time:** 1-3 p.m.
Location: Manitowoc Library, Balkansky Community Room A

Come to a trunk show of quilts made by hand and others made using current quilting methods. Enjoy the story behind each quilt and learn the techniques used to complete them. Hear about the quilt appraisal process and be amazed at their value! Participants can bring along a sample of their work or share a favorite quilting tip.

185 Journey of Grief and Loss (N)

Presenter: Luann Travis
Coordinator: Jeanne Pfeiffer
Contact Info: 920-457-4633 • jpfeiffer53@att.net
Dates: 5/11
Limit: 40 **Time:** 10 a.m.-12 p.m.
Location: Sharon S. Richardson Community Hospice, Manitowoc

Grief is a part of life because loss is a part of life. Grief is as individual and unique as the person we have lost. Learn about the stages of grief, how to cope with grief and how to help others who grieve.

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



Tuesday Courses

Manitowoc & Sheboygan

186 Growing Guide: Making the Most of Your Raised Bed Garden (N)

Presenter: Amber Daus

Coordinator: Liz Koehler

Contact Info: 920-242-3750 • lizkoehler@gmail.com

Dates: 1/21

Limit: 150 **Time:** 9 a.m.-12 p.m. **Location:** Grow It Forward

Are you eager to get started making a raised bed garden? Learn everything you need to know step-by-step: how to plan, what to plant, how to plant, water and caring for your garden. Get a head start before spring!

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

Presenter: Michael Leannah

Coordinator: Jean Rausch

Contact Info: 920-905-4877 • jrausch0712@gmail.com

Dates: 2/18

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

Location: Sheboygan Campus, Main Building 3105

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

188 Health Benefits of Olive Oil and Balsamic Vinegar (R)

Presenter: Rick Couron

Coordinator: Liz Koehler

Contact Info: 920-242-3750 • lizkoehler@gmail.com

Dates: 2/18

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

Location: Manitowoc Campus, F170

Enhance your culinary skills! The focus of this continuing education course will be on using olive oils and balsamic vinegar in cooking. We'll review the history of the first olive oils and balsamic vinegars and how they were

used. We'll see how olives are harvested and learn about the varieties of oils and vinegars. Everyone will be able to try samples and come away with an appreciation for quality olive oil and balsamic vinegars!

189 Those Thrilling Days of Yesteryear: A Look at the Golden Age of Radio (R)

Presenter: Michael Leannah

Coordinator: Jean Rausch

Contact Info: 920-905-4877 • jrausch0712@gmail.com

Dates: 2/25

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

Location: Sheboygan Campus, Main Building 3105

From 1930 through 1960, America and the world got much of their news and entertainment from the radio. Join us for a look—and a listen—back to that wonderful era. We'll analyze and enjoy snippets from comedies, police dramas, westerns, thrillers and more. Participants will come away with an understanding of what radio once meant to us and how its effects still linger in the world today.

190 Options for Memorializing a Loved One (N)

Presenter: Eric Zabel

Coordinator: Nancy Lindgren

Contact Info: nancy.h.lindgren@gmail.com

Dates: 3/3

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

Location: Zabel Monuments

This class will involve discussion and display of some unique and beautiful ways to memorialize your loved one. See how layout, design, and production of different types of stonework is done on site. Q & A time to follow.

191 Advanced Medical Directives (N)

Presenter: Luann Travis

Coordinator: Jeanne Pfeiffer

Contact Info: 920-457-4633 • jpfeiffer53@att.net

Dates: 3/10

Limit: 40 **Time:** 10 a.m.-12 p.m.

Location: Sharon S. Richardson Community Hospice, Manitowoc

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

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



192 Your Retirement Paycheck (N)

Presenter: Nathan Raddatz and Joseph Jost

Coordinator: Jean Rausch

Contact Info: 920-905-4877 • jrausch0712@gmail.com

Dates: 3/10

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

Location: Manitowoc Campus, F170

In this class, we will be talking about using various resources to create a stream of income to support the full, rich life you've earned and help make your savings last. Maybe you plan to spend more time with loved ones, or take that vacation you've always dreamed of. Perhaps you'll master a new hobby, or even pursue a different career. Whatever your vision for retirement is, we will discuss ways to help you get there.

193 I Had No Idea: Tour and Luncheon at Meals on Wheels of Sheboygan County, Inc. (N)

Presenter: Kelly Anderson, CEO

Coordinator: Jeanne Pfeiffer

Contact Info: 920-457-4633 • jpfeiffer53@att.net

Dates: 3/17

Limit: 40 **Time:** 1-3 p.m. **Location:** Meals on Wheels

This is your chance to gain an inside look at North America's most successful FRESH meal delivery program and be "in the know" about what happens in your community. No other program grows, locally sources, and utilizes fresh fruits and vegetables as is done in Sheboygan County. This is credited to the community's agricultural backbone and successful manufacturers who help guide the way. This one-of-a-kind program includes a special lunch created by a top-notch culinary team as well as a behind the scenes tour of the facility, including gardens and a greenhouse. Meals on Wheels is located across from Aldi's. A \$10 fee is payable directly to Meals on Wheels on first day of class.

194 Genealogy for Beginners (R)

Presenter: Ann Keckonen

Coordinator: Jeanne Pfeiffer

Contact Info: 920-457-4633 • jpfeiffer53@att.net

Dates: 3/24 3/31

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

Location: Sheboygan Campus, Main Building 3105

Have you ever wondered how to search for your ancestors or how to preserve the information and photos you already have about ancestors who have long since passed away? This course will address both issues, using Ancestry.com as a starting basis for this hobby. We will also address what to do with old photos if family members do not want them. The presenter has many

photos of old family members from the 1800s and early 1900s, but her children are uninterested in preserving them. She is determined to share these with anyone in future generations who might want access to them. The course will show that it is an easy and fun hobby.

195 Rise and Fall of the American Industrial Food System (N)

Presenter: John Ellerman

Coordinator: Jane Hertel

Contact Info: 920-863-6214 • herteljm@gmail.com

Dates: 3/24

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

Location: Manitowoc Campus, F170

Food safety, recalls, over-processed foods and food additives are a part of our industrial food system. Is there something wrong with our food system and where do we go from here?

196 How to Become Media Literate (R)

Presenter: Shirley VerBruggen

Coordinator: Jeanne Pfeiffer

Contact Info: 920-457-4633 • jpfeiffer53@att.net

Dates: 4/14

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

Location: Sheboygan Campus, Main Building 3105

Don't be duped by fake news! Media literacy is the ability to identify different types of media, understand why it was created and determine if it is credible. This session will help attendees understand the role of media in our culture and learn the essential skills to assess, analyze, evaluate and create messages. Join presenter Shirley VerBruggen, M.B.A. and business and marketing educator, for this course on a hot topic.

197 Tour the Historical Holy Family Convent (N)

Presenter: Sister Caritas Strodthoff, Archives Director

Coordinator: Faye Malek

Contact Info: faye.malek4901@gmail.com

Dates: 4/14

Limit: 20 **Time:** 1-3 p.m. **Location:** Holy Family Convent

Tour the historical Holy Family Convent, home of the Franciscan Sisters of Christian Charity in Manitowoc to help celebrate their 150th anniversary! Learn of its history while visiting their Heritage Art Display Room, Generose Hall which is the original home of Holy Family College, and St. Francis Chapel which has beautiful stained glass windows that are over 115 years old. See these historical highlights and much more on your guided tour. The convent is wheelchair accessible.



198 Mealtime Mentors (N)

Presenter: Casey Crevier

Coordinator: Jane Hertel

Contact Info: 920-863-6214 • herteljm@gmail.com

Dates: 4/21

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

Location: Manitowoc Campus, F170

Overwhelmed at the grocery store? Confused about what you should be eating? Stuck in a meal rut? Join Festival Foods registered dietitian and Mealtime Mentor, Casey Crevier, in debunking nutrition myths, breaking down the Nutrition Facts Panel and learning how to navigate the grocery store like a pro.

199 ESP (Extra Sensory Perception) Testing and Development (N)

Presenter: Deb Klein

Coordinator: Jeanne Pfeiffer

Contact Info: 920-457-4633 • jpfeiffer53@att.net

Dates: 4/28

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

Location: Sheboygan Campus, Main Building 3105

Have you ever had a gut feeling that kept you safe? How about a flash of intuition that turned out to be just what you needed at the time? Then come join us for a light and lively class where you will be tested for various forms of ESP through the use of Zener cards, followed by participation in a short remote-viewing session. The remainder of our time will be dedicated to learning new ways of developing your intuitive skills, and sharing personal stories about ESP phenomena.

200 Buttoning Down the Past (N)

Presenter: Pat Prange

Coordinator: Jean Rausch

Contact Info: 920-905-4877 • jrausch0712@gmail.com

Dates: 4/28

Limit: 60 **Time:** 1-3 p.m. **Location:** Manitowoc Library, Balkansky Community Room A

Join Pat as she takes you on a journey through the history of all things buttons. Explore Manitowoc's history which includes four button factories. Learn about the dating of buttons and the many materials made into buttons through the years including the hand carved Bethlehem Pearl buttons. Acquire fun and interesting ideas for crafting with buttons.

Wednesday Courses Manitowoc & Sheboygan

201 Literacy Council of Sheboygan County (N)

Presenter: Carol Dussault

Coordinator: Jean Rausch

Contact Info: 920-905-4877 • jrausch0712@gmail.com

Dates: 1/15

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

Location: Sheboygan Campus, Main Building 3105

What is the Literacy Council and how does its work impact residents of Sheboygan County? This small non-profit has a big impact in our county. We teach English, help adults improve their reading/writing skills, assist businesses to improve the skills of their workforce, and provide an interesting volunteer experience. We have experience working with many different languages and cultures and have information about the diversity and population trends in the county.

202 It's a Mystery to Me (N)

Presenter: Jeanne Pfeiffer

Coordinator: Jeanne Pfeiffer

Contact Info: 920-457-4633 • jpfeiffer53@att.net

Dates: 2/5 3/4 4/1 5/6

Limit: 20 **Time:** 10 a.m.-12 p.m.

Location: Glas Coffee Shop

Are you a mystery reader looking for that next good read? Bring one of your favorite mysteries to share and join in the camaraderie of fellow mystery lovers. Each member will share a favorite mystery each meeting. You'll walk away with a new reading list each month.

203 Let's Play Mah Jongg! (N)

Presenter: Connie Vandre

Coordinator: Connie Vandre

Contact Info: 920-698-0708 • cjvandre@yahoo.com

Dates: 3/4 3/11 3/18 3/25 4/1

Limit: 8 **Time:** 10 a.m.-12 p.m.

Location: Sheboygan Campus, Main Building 3105

"Four-Crak...Red...Six-Dot...Take...Mah Jongg!" These are some of the terms you will hear as you learn the fascinating tile game called Mah Jongg. Join this five-week class to learn the official rules of the American version of Mah Jongg. Topics covered include tile names and terminology, determination of a hand, set up and play of the game and winning strategies. Continuous

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



attendance is highly encouraged as each lesson builds on the previous lesson. Tile sets needed to learn the game will be provided. Limited to 8 players.

204 Invasive Species Threats in Manitowoc County (N)

Presenter: Tom Ward
Coordinator: Faye Malek
Contact Info: faye.malek4901@gmail.com
Dates: 3/11
Limit: 25 **Time:** 1-3 p.m.
Location: Manitowoc Campus, F170

There are over 75 invasive species in Manitowoc County, many of which have colonized and infiltrated the ecosystem. As a conservationist, Tom Ward will focus on a small number of species identified as threatening and worth waging a battle. He will also address the status of water quality from local lakes, including options to protect and improve these valuable resources.

205 Making Maple Syrup (N)

Presenter: Jessica Johnsrud
Coordinator: Jane Hertel
Contact Info: 920-863-6214 • herteljm@gmail.com
Dates: 3/18
Limit: 35 **Time:** 1-3 p.m. **Location:** Woodland Dunes

Visit Woodland Dunes Field Station and learn about the process of making maple syrup. The tools the Native Americans, early settlers and modern makers use will be shown. Tap some trees, collect sap, and boil it down and taste the final product! The Field Station requires a quarter mile walk on an old driveway. Conditions can be muddy or icy, depending on weather. Dress accordingly.

206 Wisconsin Women and the Suffrage Movement (N)

Presenter: Mary Lynn Donohue
Coordinator: Jean Rausch
Contact Info: 920-905-4877 • jrausch0712@gmail.com
Dates: 3/25
Limit: 24 **Time:** 10 a.m.-12 p.m.
Location: Sheboygan Campus, Main Building 3105

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

207 CBD and Industrial Hemp 101 (N)

Presenter: Liz Binversie
Coordinator: Faye Malek
Contact Info: faye.malek4901@gmail.com
Dates: 4/1
Limit: 60 **Time:** 1-3 p.m. **Location:** Manitowoc Library, Balkansky Community Room A

In 2018, Wisconsin made it legal to grow and process industrial hemp. The most popular use of this plant is for CBD, which can be used in tinctures, oils, lotions, and other products. Learn about the basics of CBD and how it is produced from industrial hemp plants. We will also discuss considerations that consumers should keep in mind when thinking about purchasing CBD products.

208 Books on Bikes: Promoting Literacy and Community (N)

Presenter: Stacy Gloede and Kate Kiel
Coordinator: Jeanne Pfeiffer
Contact Info: 920-457-4633 • jpfeiffer53@att.net
Dates: 4/22
Limit: 25 **Time:** 1-3 p.m.
Location: North High School Library

Books on bikes is a community outreach and literacy program designed to encourage all members of our community to get excited about reading. Join us as we discuss the importance of literacy in our lives and the many ways you can promote and enjoy reading. www.booksonbikessheboygan.org

Our website and Facebook page are great sources for LLI information.
 Check us out at www.uwgb.edu/lli and like us on Facebook!



209 Manitowoc Police Departments K-9 Unit (R)

Presenter: Officer Jason Koenig

Coordinator: Liz Koehler

Contact Info: 920-242-3750 • lizkoehler@gmail.com

Dates: 4/29

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

Location: Manitowoc Campus, F170

The K-9 Unit has been a vital tool for the citizens of Manitowoc and the surrounding communities and the officers of the Police Department since its introduction. From locating missing children to apprehending criminals, the K-9's benefits are immeasurable. Join Officer Koenig along with his K-9 partner as he shares information about the program and demonstrates his K-9 partner's skills in action.

210 ESP (Extra Sensory Perception) Testing and Development (N)

Presenter: Deb Klein

Coordinator: Jean Rausch

Contact Info: 920-905-4877 • jrausch0712@gmail.com

Dates: 5/13

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

Location: Manitowoc Campus, F170

Have you ever had a gut feeling that kept you safe? How about a flash of intuition that turned out to be just what you needed at the time? Then come join us for a light and lively class where you'll be tested for various forms of ESP through the use of Zener cards, followed by participation in a short-remote viewing session. The remainder of our time will be dedicated to learning new ways of developing your intuitive skills and sharing personal stories about ESP phenomena.

211 Time to Tidy and Declutter: Getting Rid of Your Stuff (N)

Presenter: Eileen Johnson

Coordinator: Marge Jehle

Contact Info: 920-684-7468 • margejehle@gmail.com

Dates: 5/27

Limit: 49 **Time:** 1-3 p.m.

Location: Manitowoc Campus, Hillside Hall H102

Based on the very popular book by Marie Kondo entitled *The Japanese Art of Tidying and Decluttering*, this class will help you to tackle the ever-present challenge of accumulating too much stuff. It's time to rid our basements and attics of things we no longer need. This philosophy will help you get started on reducing your clutter.

212 Citizen Action to Protect the Waters of Northeast Wisconsin (N)

Presenter: Dean Hoegger

Coordinator: Jane Hertel

Contact Info: 920-863-6214 • herteljm@gmail.com

Dates: 4/16

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

Location: Manitowoc Campus, F170

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

Thursday Courses Manitowoc & Sheboygan

213 Science and the Catholic/Christian Intellectual Tradition (N)

Presenter: Sister Marie Kolbe Zamora, OSF, S.T.D.

Coordinator: Faye Malek

Contact Info: faye.malek4901@gmail.com

Dates: 1/9

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

Location: Manitowoc Library, Balkansky Community Room A

After discussing the difference between "Theology" and "Religion," this course will explore the intellectual foundations of the Catholic/Christian Intellectual Tradition and the positive attitude toward science that is inherent to this tradition. Participants are encouraged to read a brief article in preparation for the course titled "Atheism, Scientism and the Lingering of the Numinous" by Patrick Keeney. A link to this article can be found on the LLI website in the PRESENTERS' COURSE HANDOUTS section. Presenter Sister Marie Kolbe Says the "table of learning" welcomes those who differ from ourselves. Therefore, her presentation is suitable for persons from any background, whether actively religious or disaffiliated from religion.

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



214 “Spreading” the Word, About Cheese Spread, That Is (N)

Presenter: Mary Lindemann

Coordinator: Jean Rausch

Contact Info: 920-905-4877 • jrausch0712@gmail.com

Dates: 2/6

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

Location: Manitowoc Campus, F170

Learn about cheese! The basics of cheese will be reviewed, then we'll learn how Pine River Pre-Pack cheese spread is made and marketed nationwide. Tips on how to pack cheese for mailing and/or shipping will be shared, along with ideas on serving cheese at social gatherings. Best of all, we'll be able to sample unique cheese spread flavors!

215 The Art of Repurposing Thrift Shop Finds (and Your Stuff) (N)

Presenter: Mary Lindemann

Coordinator: Jean Rausch

Contact Info: 920-905-4877 • jrausch0712@gmail.com

Dates: 2/13

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

Location: Manitowoc Campus, F170

Don't throw it away—repurpose it! Join us for a fun-filled class on thrift store shopping and repurposing to create unique, inexpensive outfits and home décor for every occasion! Mary will share her passion for thrift store finds and give us tips on items to look for. We'll also hear tips from this traveling salesperson on how to pack a carry-on suitcase for business and pleasure.

216 Singing Bowls: The Sound and Vibrations of Tibetan Bowls (R)

Presenter: Gina Armstrong

Coordinator: Nancy Lindgren

Contact Info: nancy.h.lindgren@gmail.com

Dates: 2/27

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

Location: Manitowoc Campus, F170

Experience for yourself the sound and vibrations of Tibetan bowls. Sound therapy can offer another level of relaxation. Gina Armstrong, licensed massage therapist, will guide us through some self-care exercises and a meditation.

217 Life Celebrations (N)

Presenter: Andrew Harrigan

Coordinator: Liz Koehler

Contact Info: 920-242-3750 • lizkoehler@gmail.com

Dates: 3/5

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

Location: Harrigan Parkside Funeral Home

This class will include a tour of Harrigan Parkside Funeral Home, Gathering Center, Crematory and Chapel. There will be a discussion of funeral services and everyone will have an opportunity to ask questions of the owner/licensed funeral director.

218 Art of Travel Photography and Designing a Hardcover Travel Storybook (R)

Presenter: Jon Keckonen

Coordinator: Jeanne Pfeiffer

Contact Info: 920-457-4633 • jpfeiffer53@att.net

Dates: 3/12 3/19

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

Location: Sheboygan Campus, Main Building 3105

With the advent of digital photography, computer-based editing programs and smartphone photography, the art of travel photography has gone through significant changes. We will discuss various reasons people take photos while traveling, the equipment they use and some of the ways they can accomplish their objectives. The instructor is not a professional photographer but photography has been a lifelong hobby. He has traveled to six of the seven continents and has often shared both his photos and videos with audiences upon return from his trips. The second week of the class will be an overview of how to make digital photo books of travel experiences, including journaling, and suggestions for telling the story effectively.

Thank you to our LLI Volunteers!

Because of you, we are able to keep our membership fees quite low compared to similar programs around the state.



219 Sharing and Preserving Digital Photos (R)

Presenter: Ann Keckonen

Coordinator: Jean Rausch

Contact Info: 920-905-4877 • jrausch0712@gmail.com

Dates: 3/12 3/19

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

Location: Sheboygan Campus, Main Building 3105

Many people are taking thousands of digital photos with cell phones, tablets or cameras, but most of these pictures never make it to a safe storage program. This course will be a demonstration on how to preserve precious family photos and how to share them easily with friends and family. The second week will be a working session addressing questions that may arise during the week when participants are using a free program to get started on organizing and storing their photos.

220 Women at War, Part 3 (N)

Presenter: Michael F Dilley

Coordinator: Marge Jehle

Contact Info: 920-684-7468 • margejehle@gmail.com

Dates: 3/19

Limit: 69 **Time:** 10 a.m.-12 p.m.

Location: Manitowoc Campus, Hillside Hall H102

This session will center on a code-breaking team of women who were charged with decrypting and analyzing coded messages from the Russian NKVD (the predecessor of the KGB) during World War II and after. A well-kept secret and one of the most important operations of the national Security Agency, the work of this team had wide-spread use in determining the work of the NKVD.

221 Historic Homes Of Manitowoc's Movers and Shakers in the Early 1900s (N)

Presenter: Marge Jehle

Coordinator: Jean Rausch

Contact Info: 920-905-4877 • jrausch0712@gmail.com

Dates: 3/26

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

Location: Manitowoc Campus, F170

In the early 1900s, Manitowoc was the location of some prestigious and impressive homes on "both sides of the river." Some remain and some are lost to time. Who were these movers and shakers and where they lived are the topics of this presentation.

222 Shipwrecks of the Great Lakes (N)

Presenter: Cathy Green

Coordinator: Faye Malek

Contact Info: faye.malek4901@gmail.com

Dates: 4/2

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

Location: WI Maritime Museum

The Great Lakes have a rich maritime heritage, which can be explored through the study of shipwrecks. Join underwater archaeologist and Wisconsin Maritime Museum Executive Director Cathy Green as she dives into the stories and study of these underwater museums.

223 Silk Painting Techniques Demonstration (N)

Presenter: Patty Aker

Coordinator: Jeanne Pfeiffer

Contact Info: 920-457-4633 • jpfeiffer53@att.net

Dates: 4/2

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

Location: Sheboygan Campus, Main Building 3105

Many silk painting techniques will be discussed:

1) Hands-on demonstration of exactly how texture and images are produced on the fabric. 2) How the silk art can be displayed or worn. 3) Information on websites to explore and where to purchase supplies.

224 Travelogue: Spain - Camino de Santiago (N)

Presenter: Jon Keckonen

Coordinator: Susan Pike

Contact Info: 920-465-2356 • lli@uwgb.edu

Dates: 4/16

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

Location: Sheboygan Campus, Main Building 3105

In April of 2018, Jon Keckonen and friend, Dr. Robert Cline, traveled to Spain where they trekked a portion of the Camino de Santiago, a pilgrimage to the Cathedral of Santiago de Compostela in northwestern Spain where legend has it that the remains of St. James the Elder are held. Jon will discuss the history of the Camino, also known as The Way of St. James, as well as the numerous routes leading to Santiago. The movie *The Way*, released in 2010 and starring Martin Sheen, was about an American ophthalmologist who decides to walk the ancient spiritual trail with ashes of his son who died while on the Camino. The movie inspired many Americans, including Jon and Bob, to walk "The Way."

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



225 Ritual and Traditions to Help Us Heal (N)

Presenter: Marianne Brandt

Coordinator: Nancy Lindgren

Contact Info: nancy.h.lindgren@gmail.com

Dates: 4/23

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

Location: Sharon S. Richardson Community Hospice, Manitowoc

Learn how rituals and traditions can relieve our feelings of loss. Discussion of unique ways of honoring a loved one's memory.

226 Tai Chi and Qigong for Balance and Health (R)

Presenter: Jerry Galas

Coordinator: Liz Koehler

Contact Info: 920-242-3750 • lizkoehler@gmail.com

Dates: 4/30

Limit: 50 **Time:** 1-3 p.m. **Location:** Manitowoc Library, Balkansky Community Room A

Learn simple and powerful movements to build balance, strength and energy, improve sleep, reduce stress and safeguard your health. These movements were developed 4,000 years ago by Chinese Taoist monks, the scientists of their time, and are for all ages and physical conditions.

227 Healthy Living for Your Body and Brain (N)

Presenter: Ginny Nyhuis

Coordinator: Susan Pike

Contact Info: 920-465-2356 • lli@uwgb.edu

Dates: 5/28

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

Location: Sheboygan Campus, Main Building 3105

For centuries, we have known that the health of the body and brain are connected. But now science is able to provide insights into how to make lifestyle choices that may help you keep your body and brain healthy as you age. Join us to learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement. You'll learn hands-on tools to help you incorporate these insights into a plan for healthy aging.

228 Caregiver Fatigue for Families (N)

Presenter: Luann Travis

Coordinator: Jeanne Pfeiffer

Contact Info: 920-457-4633 • jpfeiffer53@att.net

Dates: 4/3

Limit: 40 **Time:** 10 a.m.-12 p.m.

Location: Sharon S. Richardson Community Hospice, Manitowoc

Caregiving can be very rewarding, but the stress and responsibilities that come with it cannot be denied. Learn how to recognize signs of caregiver fatigue, use tools to support self-care and identify community resources.

Cofrin Library at UW-Green Bay

LLI members can use the Cofrin Library free of charge. Just stop at the desk, show your public library card and the attendant will issue you a card for the Cofrin Library. This card provides access to the UW-Green Bay campus library, as well as the entire University of Wisconsin library system through the Interlibrary Loan Program.

UW-GREEN BAY CAMPUS MAP

UW-Green Bay Map Key

1. Studio Arts (SA)
2. Theatre Hall (TH)
3. Student Services (SS)
4. University Union (UU)
5. David A. Cofrin Library (CL)
6. Instructional Services (IS) ★
7. Environmental Sciences (ES)
8. Laboratory Sciences (LS)
9. John M. Rose Hall (RH) ★
10. L.G. Wood Hall (WH)
11. Mary Ann Cofrin Hall (MAC)
12. Circle Entrance
13. Weidner Center for the Performing Arts ★
14. Student Housing
15. Office of Residence Life (Hendrickson Center)
16. Mauthe Center ★
17. Kress Events Center
18. Facilities Management
19. Shipping and Receiving
20. Lambeau Cottage
21. Communiiversity Park
22. Shorewood Golf Course
23. Cofrin Arboretum
24. Playing Fields, Courts
25. Santaga Soccer Stadium
26. Weather Station
27. Heating/Cooling Plant
28. Phoenix Park
29. Viking House
30. Residence Life Maintenance
31. Brown County STEM Innovation Center ★
32. Information Kiosk

Campus Information

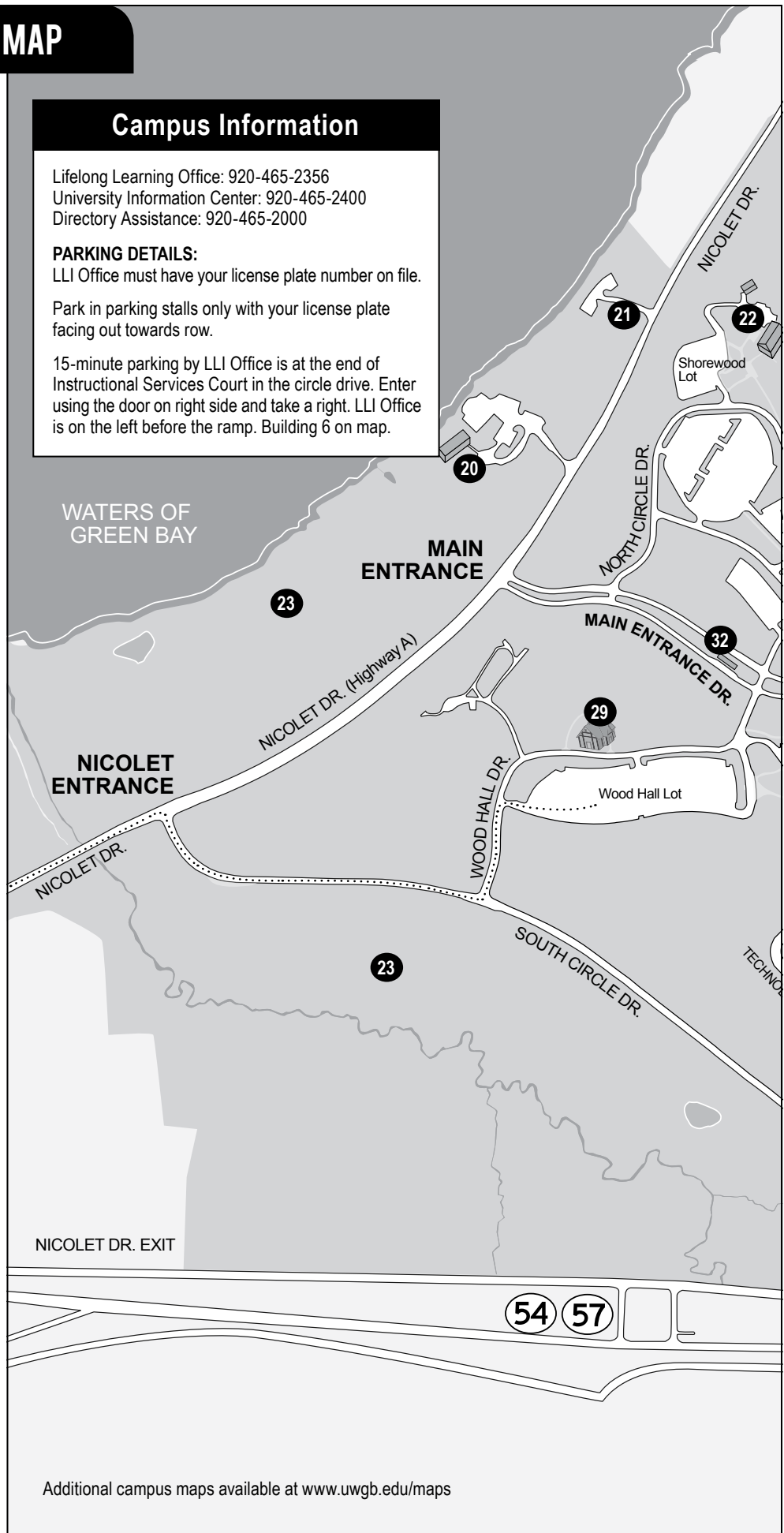
Lifelong Learning Office: 920-465-2356
 University Information Center: 920-465-2400
 Directory Assistance: 920-465-2000

PARKING DETAILS:

LLI Office must have your license plate number on file.

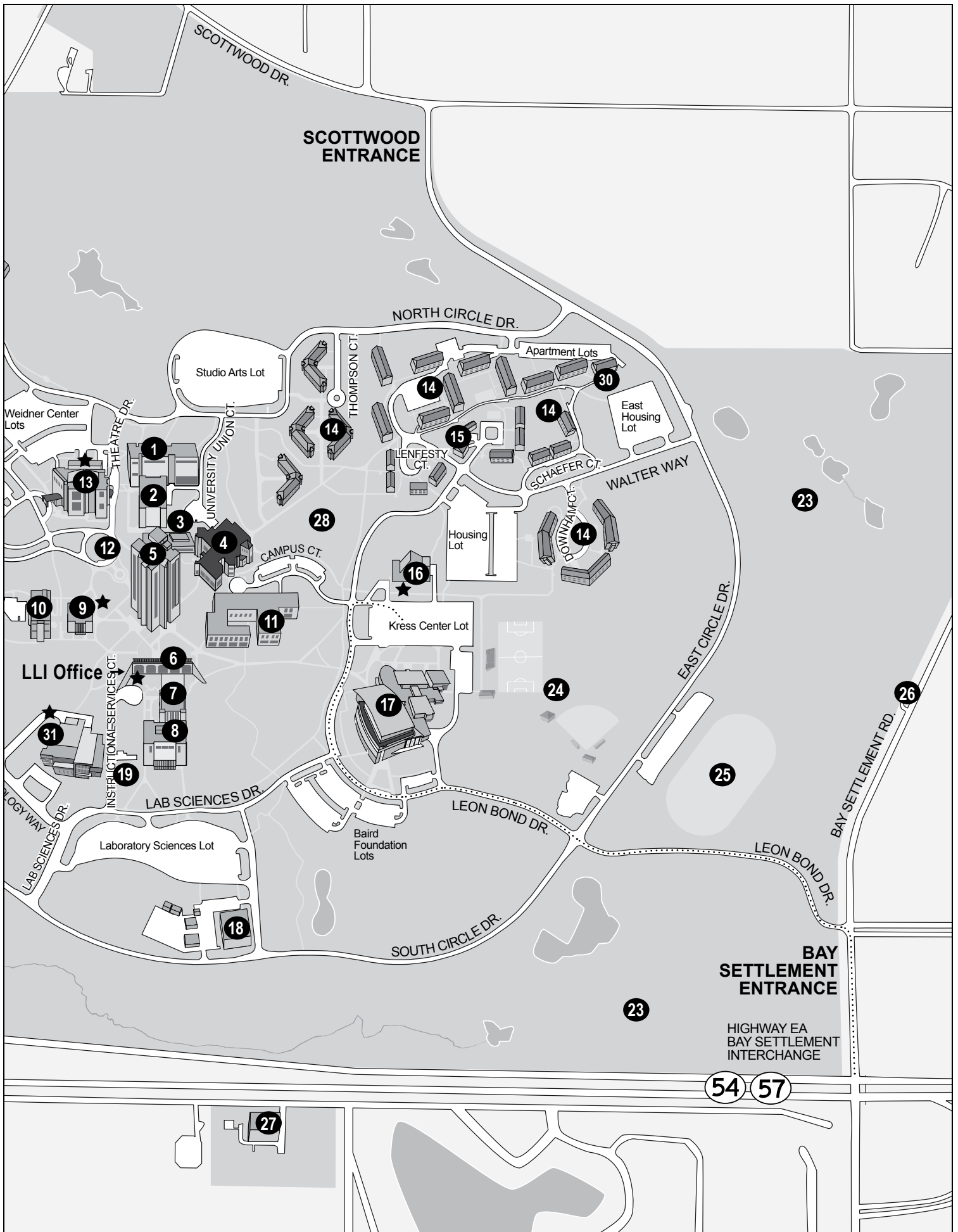
Park in parking stalls only with your license plate facing out towards row.

15-minute parking by LLI Office is at the end of Instructional Services Court in the circle drive. Enter using the door on right side and take a right. LLI Office is on the left before the ramp. Building 6 on map.



UNIVERSITY of WISCONSIN
GREEN BAY

Additional campus maps available at www.uwgb.edu/maps



Manitowoc Campus Map Key

1. Hillside Hall, Room H102 ★
2. Founders Hall, Room F170 ★
3. Lakeside Hall

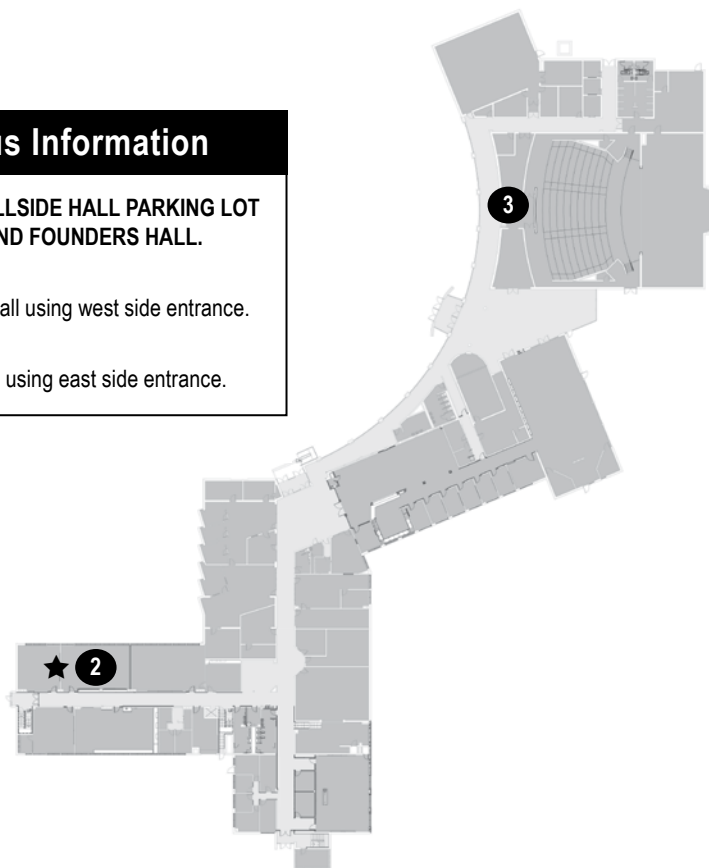
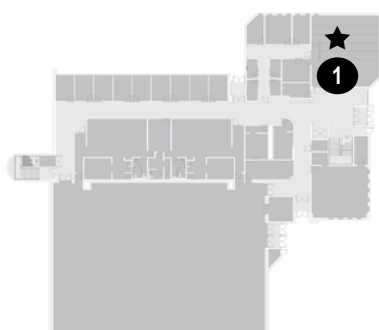
Campus Information

PARK IN THE HILLSIDE HALL PARKING LOT OR IN LOT BEHIND FOUNDERS HALL.

ROOM F170:
Enter Founders Hall using west side entrance.

ROOM H102:
Enter Hillside Hall using east side entrance.

LLI MEMBERS PARK HERE



Sheboygan Campus Map Key

1. Acuity Technology Center, Library ★
2. Main Building, Wombat Room ★
3. Main Building, Room 3105 ★
4. Student Commons, Dining
5. Learning Resources Building
6. Brotz Science Building
7. Fine Arts Building
8. Physical Education Building

Campus Information

PARK IN WEST PARKING LOT.

ROOM 3105:
Enter using Main entrance. Go up a level to Main Building 2, turn left and go down the hall, then a right into Main Building 3. Room 3105 is on the right.

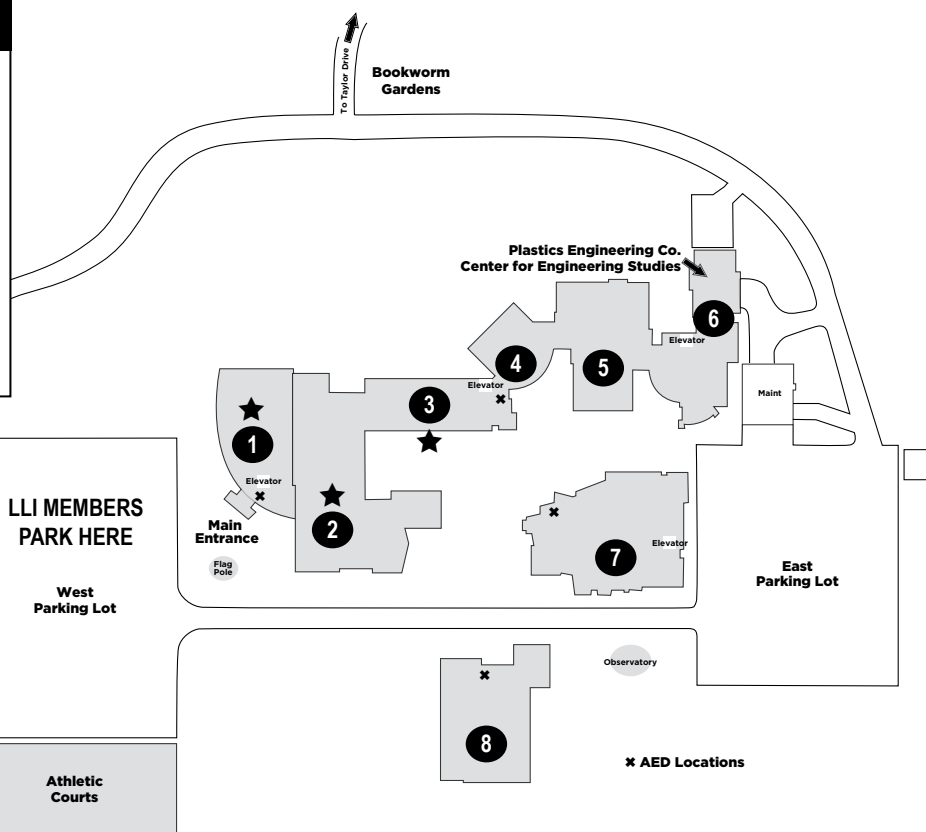
WOMBAT ROOM:
Enter using Main entrance. Take a left into the Library. Continue to your right and exit the Library. Turn left. Wombat Room is on your left at end of hall.

LLI MEMBERS PARK HERE

West Parking Lot

Athletic Courts

To Union Avenue





2020 LLI Travel Opportunities

Four *Footlights*

FOR THE

4 shows, 4 theatres

The Lion King

February 6, 2020
1:30 p.m.
Milwaukee

Giraffes strut. Birds swoop. Gazelles leap. The entire Serengeti comes to life as never before. Disney's *The Lion King* makes its triumphant return to Milwaukee at the Marcus Center—the world's #1 musical!



Wicked

March 12, 2020 • 2 p.m.
Madison

Long before Dorothy drops in, two other girls meet in the land of Oz. One, born with emerald-green skin, is smart, fiery and misunderstood. The other is beautiful, ambitious and very popular. *Wicked* tells the story of these two unlikely friends.

Guys & Dolls

April 9, 2020 • 1:30 p.m.
Fort Atkinson

One of Broadway's hottest shows is back as a brand new production. This blockbuster won seven Tony Awards including Best Musical in 1951 and four more in 1992. Some of the most unforgettable characters ever to walk across a stage.

Dirty Rotten Scoundrels

May 7, 2020 • 1 p.m.
Wisconsin Dells

The show centers around two competing con men. They agree to a winner-takes-all competition. Whoever swindles their latest mark first can stay, while the other must leave town.

Sign-up for 1 show, 2 shows or all 4! Learn more and register at www.uwgb.edu/day-trips

All prices include breakfast snack, lunch and dinner
Pickups in Marinette, Green Bay, Manitowoc and Sheboygan

Danube River Cruise

October 12-23, 2020

Cruise along the peaceful Danube River, stopping at some of Central Europe's most splendid capitals and charming towns along the way. The cruise will depart from Budapest, Hungary, and end in Nuremberg, Germany, with eight days of must-see landmarks and picturesque beauty. Book by March 15, 2020, to ensure cabin availability.





UNIVERSITY of WISCONSIN
GREEN BAY

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

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GREEN BAY WI

Save the Date



Winter Social

Wednesday, December 4, 2019
11 a.m.
Riverside Ballroom
Green Bay



Spring Fling & Annual Meeting

Wednesday, May 6, 2020
11 a.m.
Tundra Lodge
Green Bay



More information to follow in Lifelong Learning Institute newsletter.

ROAD SCHOLAR

Adventures in Lifelong Learning

Road Scholar Educational Adventures are created by Elderhostel,
the not-for-profit world leader in lifelong learning since 1975.

OFFICE HOURS:

Monday-Thursday 8 a.m.-4 p.m. and Friday 8 a.m.-12 p.m.
Located in Instructional Services (IS) 1040 on the UW-Green Bay campus