

Door County Learning in Retirement

2022 FALL COURSE CATALOG



Door County
Learning in
Retirement



Online Registration
nwtc.edu/LIR

Registration opens
August 8, 2022

In-Person Registration Assistance
By appointment

Mail/Drop-Off Registrations Accepted



NORTHEAST

WI Technical College

— STURGEON BAY CAMPUS —

Door County Learning in Retirement • 920-746-4947 • Email: dclir@nwtc.edu

2022-2023 BOARD OF DIRECTORS

(Announced at the Annual Membership Meeting following the Spring Election)

Renee' Bauernfeind
Pam Gillespie - **Secretary**
Suzanne Holvenstot
Mary Koski
Jim Mitsche - **President**
Todd Rockway
Deborah Rosenthal - **Treasurer**
Fran Uteg - **Vice President**
Mary Beth Williams

Members at Large NWTC Campus Manager

April A. Konitzer • 920-746-4904

COMMITTEES

Past President

Suzanne Holvenstot • 920-743-1089

Curriculum Co-Chairs

Mary Koski • 920-493-9345

Fran Uteg • 706-781-5900

Financial Chair *DCLIR Treasurer*

Deborah Rosenthal • 920-659-3279

Social Chair

Membership Co-Chairs

Renee Bauernfeind • 920-246-4682

Suzanne Holvenstot • 920-743-1089

Mary Beth Williams 920-746-4070

DCLIR Administrative Assistants

Joanne Hicks

Monica Nelson

SC111- OFFICE & CLASSROOM:

Closest entrance and parking is on South side of building. Handicapped spaces are available. Call the office for Wheelchair assistance.

Office hours -M-Th 9am-3pm

Door County Learning in Retirement NWTC

229 North 14th Avenue

Sturgeon Bay, WI 54235

PHONE: 920-746-4947

E-MAIL: dclir@nwtc.edu

WEBSITE: nwtc.edu/LIR

FACEBOOK: facebook.com/dclir

WELCOME TO DOOR COUNTY LEARNING IN RETIREMENT PURSUE YOUR LOVE OF LEARNING

Door County Learning in Retirement is dedicated to facilitating quality, lifelong learning in an open, ongoing forum for older adults in Northeastern Wisconsin. DCLIR classes are peer-led and intended to be informational and for the enjoyment of the participants. Presenters and Coordinators are volunteers.

DCLIR is sponsored in partnership with Northeast Wisconsin Technical College – Sturgeon Bay Campus.

- Fall 2022 classes are available In-person and on the ZOOM platform. Access to the ZOOM link for virtual classes will be emailed to registered members prior to the start date for each class.
- Classes are held at the NWTC-Sturgeon Bay Campus unless otherwise noted in the class descriptions.

MEMBERSHIP

- Door County Learning in Retirement is a membership-only organization. An annual membership fee of \$70 paid with Fall registration covers both Fall and Spring terms. (A membership can be purchased later for Spring term only at a cost of \$50) Members may register for as many classes as they wish, there is not a per-class registration fee. Classes are open to registered members only.
- Registration remains open and membership can be purchased at any time.

REGISTRATION GUIDELINES

- Please register only for the classes you plan to attend.
- Purchase a membership, register, pay fees and manage classes online (encouraged)
- Mail or drop off registrations are accepted with the annual membership fee of \$70 and any specific class fees. (If paying by check, make payable to NWTC)
- Please keep a copy of your registration and check it with the confirmation letter. Wait Listed classes do not appear on the confirmation letter.
- Class fees (for materials, admission to tours, etc.) are due with registration and are nonrefundable unless a replacement is found to fill the seat.
- You will receive an email or letter of confirmation for classes in which you are enrolled. Please keep a copy of these emails/letters. If you are on a wait list for a class, you will be contacted when a seat becomes available.

FINANCIAL ASSISTANCE is available

Contact the DCLIR Office for scholarship information.

Inclement Weather?

When Sturgeon Bay Public School OR NWTC classes are canceled due to inclement weather, DCLIR classes will also be canceled. Watch or listen for school closing on your local TV or radio stations or check NWTC's website at nwtc.edu.

Dear Friend of Door County Learning in Retirement,

We are pleased to present the Fall 2022 catalog of courses and the opportunity for you to participate in Door County Learning in Retirement. We are grateful that you've been able to adapt with us as we continue to provide classes in new ways during uncertain times. Thank you for the positive feedback which helps us improve our processes and serve you better.

The Fall 2022 term offers three ways for members to participate in DCLIR classes:

- **In-person** - providing the traditional class experience.
For your safety, we continue to follow NWTC and other class venue guidelines regarding class size, social distancing, and masking. (*Class locations are included with the course descriptions and on the calendar*).
- **ZOOM** - enabling members to participate in classes anywhere there is an internet connection.
- **ZIP (Zoom or In-person)** giving members the choice to attend class in-person or online.

We sincerely hope that you will continue to support Door County Learning in Retirement as you pursue your love for lifelong learning in-person and virtually.

Sincerely,

Mary Koski, Fran Uteg
Curriculum Co-Chairs
Door County Learning in Retirement

Registration Details

Register online

- **FIRST** - Access the DCLIR website at nwtc.edu/LIR
 - On the right side of the page, click on the blue button 'Online Registration'
 - This brings you to the DCLIR Member Portal – this portal enables you to update your contact information, purchase a membership with credit card, and register for classes
- **SECOND** - On the upper right-hand corner of the Member Portal page, click 'Login'.
If you are a current user in the online site continue login with your username and password.
 - If you are new to online registration or have forgotten your username and password - DO NOT enter any information into the username/password boxes. Instead, click on the '**Forgot Password**' link. You will be prompted to enter your email address. (Please notify the office if you enter an email address that is different from the one currently used for DCLIR messages or receive the message 'You have an account in our system but it is not currently active').
 - An email will be sent to you with your username. Continue to follow directions as prompted. When this process is complete, click the Membership tab on the upper left-hand side of the page to purchase your membership for \$70.
- *We can help with the registration process. Please call the office to schedule an appointment.*

Use a traditional registration form

- Complete the form included in the catalog.
- Mail or drop the form at the DCLIR office.
- Include annual membership fee of \$70 and any class fees if applicable. Make all checks payable to NWTC.

COURSES BY PLATFORM

IN-PERSON CLASSES

Course # Title

1	A Fine Kettle of Fish	41	Horseshoe Bay Farms Tour
2	Appeasement to Apocalypse	43	Into the Ring of Fire: Climbing the Cascade Volcanoes
3	At the Movies: Apocalypse	44	Investing in Retirement: Win by Not Losing
4	Belgian Heritage Center Tour & Presentation of Belgian History	46	Is That Really True?
5	Belgian Pie- A County Tradition	47	Joint Pain
6	Belgian Roadside Chapels	48	Living Your Life in Full: Means and Methods
7	Boys & Girls Club of Door County	50	Meet the Beatles
8, 9	Butter Almond Toffee	51	Melissa Scarf Knitalong
11	Christmas Tree Ship- The Saga of a Legendary Ship and Its Beloved Captain	52	Mexican Train (Dominoes)
12	Civilian Response to Active Threats	53	Mission Trip to Honduras
13	Communication: Stand Up, Speak Up, and Know When to Sit Down	54	Modern Dairy Farm Tour
14, 15	Cracker Baking	57	Open Door Bird Sanctuary Tour
16	Crossroads: Conifers of Door County	58	Outsmart the Scammers
17	Crossroads: Dark Skies and Wildlife	59	Painting with Coffee, Tea, Fruit and Veggies
18	Crossroads: Fifty-two Weeks at Crossroads	60	Paper Basket Weaving
19	Crossroads: Hiking Tour: Five Bridges/ Seven Natural Communities	61	Pirates of Chemo -The Rehearsals
20	Crossroads: Hiking Tour: The History of the Ida Bay Preserve	62, 63	Pirates of Chemo -The Performance
21	Crossroads: "It's Because of the Glaciers" Part 2	64	Placebo Effect- It's Not Just Medical
22	CSI- Door County/Sturgeon Bay	66	Pumpkin Pie with a No-Fail Crust
25	Dillions' Law- How You Can Help to Save a Life	71	Renewable Energy-Nuts and Bolts
26	Door 44 Winery/Vineyard Tour and Tasting	72	Rock 'n' Roll Is Here to Stay: Exploring the Early Days
27, 28	Door County Land Trust: Ship Canal Walk	73	Silk Scarf Dyeing
29, 30	Energy Efficient Homes and Cars	74	Soap Making
32	Exploring Yoga	75	Sourdough Bread Making
33	Fall Fishing	76	Spreading the Word, About Cheese Spread That Is!
35	Getting Started with Google Docs	77, 78	Strawberry Creek Fish Hatchery Tour
36	Green Armoire	79	Stretching for Seniors- (How to Finally Reach Your Toes!)
37	Green Bay Packers Lambeau Field "Legendary Tour"	80, 81	Sunshine Resources of Door County Tour
39	A Guide to Writing Your Story(ies)	82	Through the Lens of a Sports Photographer
40	Hardanger	85	Trends in Classical Chamber Music: Where do we go next?
		87	Upcycled Clothing
		88	Upper East Side (of Sturgeon Bay) Treat: Making Bagels & Lox

COURSES BY PLATFORM (Continued)

IN-PERSON CLASSES

Course #	Title
90	Waseda Farms Tour
91	What You Always Wanted to Know About Voting/Elections in Door County
92	Whitetails Unlimited: National Headquarters Tour
93	Whodunnit
94	Woodshop 101
95	Writing: Traits, Process and What It Means for Your Writing
96	YMCA: Essentrics Stretch and Tone
97	YMCA: Moving for Better Balance
99	Fire Extinguisher/Safety Talk
100	Holocaust: Millie's Story Revisited

IN-PERSON AND ZOOM CLASSES (BLENDED)

Course #	Title
10	Chinese Exercise
23	Death and Life of Lake Michigan Fisheries
24	Deep-Energy Retrofit: Warming up an Existing House
31	English Language Oddities
34	Getting Herbs in Your Life
38	Guardianship Basics
42	Hospice 101 & Advance Directives
45	Is Laughter the Best Medicine? Or How I Made It Onto the Scoreboard at Fox Cities Stadium
49	Marketplace & Medicare: Know Your Options
55	MM: Cutting Strings- Putting Self Over Family in Retirement
56	MM: Judgement Proof? Do you Qualify

65	Probate Basics
67	Quantum PC: Basic Cyber and Internet Security
68	Quantum PC: Basics of Wi-Fi
69	Quantum PC: Computer Backup and Disaster Recovery
70	Quantum PC: Learning to Use Your Apple/Mac Device
83	To Your Health: Vitamin/Mineral Supplements
84	Transportation Options for Door County Residents
86	Understanding Alzheimer's and Dementia
98	YMCA: Strength Training for Every Body
99	Fire Extinguisher/Safety Talk
100	Holocaust: Millie's Story Revisited

ZOOM ONLY CLASSES

Course #	Title
89	U.S. History Through the Eyes of the Supreme Court

**Class limits may change to due to CDC guidelines*

**IP=In-Person*

In-Person In-Person & Zoom Zoom Only

Visit us at nwtc.edu/LIR

Learning in Retirement

COURSES BY AREA OF INTEREST

COOKING-GARDEN-HOME

- 8 Butter Almond Toffee AM
- 9 Butter Almond Toffee PM
- 14 Cracker Baking AM
- 15 Cracker Baking PM
- 66 Pumpkin Pie with a No-Fail Crust
- 75 Sourdough Bread Making
- 76 Spreading the Word,
About Cheese Spread That is!
- 88 Upper East Side (of Sturgeon Bay) Treat:
Making Bagels & Lox

CRAFT-GAME-HOBBY

- 26 Door 44 Winery/Vineyard Tour and Tasting
- 33 Fall Fishing
- 36 Green Armoire
- 40 Hardanger
- 51 Melissa Scarf Knitalong
- 52 Mexican Train (Dominoes)
- 59 Painting with Coffee, Tea, Fruit and Veggies
- 60 Paper Basket Weaving
- 73 Silk Scarf Dyeing
- 74 Soap Making
- 82 Through the Lens of a Sports Photographer
- 87 Upcycled Clothing
- 94 Woodshop 101

DOOR COUNTY FOCUS

- 4 Belgian History with Tour of
Belgian Heritage Center
- 5 Belgian Pie- A County Tradition
- 6 Belgian Roadside Chapels
- 7 Boys & Girls Club of Door County Tour
- 41 Horseshoe Bay Farms Tour
- 54 Modern Dairy Farm Tour
- 80 Sunshine Resources of Door County Tour A
- 81 Sunshine Resources of Door County Tour B
- 90 Waseda Farms Tour
- 92 Whitetails Unlimited:
National Headquarters Tour

ENVIRONMENT-NATURE

- 16 Crossroads: Conifers of Door County
- 17 Crossroads: Dark Skies and Wildlife
- 18 Crossroads: Fifty-two Weeks at Crossroads
- 19 Crossroads: Hiking Tour:
Five Bridges/Seven Natural Communities
- 20 Crossroads: Hiking Tour:
The History of the Ida Bay Preserve
- 21 Crossroads: "It's Because of the Glaciers" Part 2
- 23 Death and Life of Lake Michigan Fisheries
- 24 Deep-Energy Retrofit: Warming up an Existing House
- 27 Door County Land Trust: Ship Canal Walk A.M.
- 28 Door County Land Trust: Ship Canal Walk P.M.
- 57 Open Door Bird Sanctuary Tour
- 77 Strawberry Creek Fish Hatchery Tour (A)
- 78 Strawberry Creek Fish Hatchery Tour (B)

HEALTH-FITNESS-SCIENCE

- 10 Chinese Exercise for Seniors
- 12 Civilian Response to Active Threats
- 13 Communication: Stand Up, Speak Up,
and Know When to Sit Down
- 25 Dillions Law
- 32 Exploring Yoga
- 34 Getting Herbs in Your Life
- 45 Is Laughter the Best Medicine? Or How I Made
It onto the Scoreboard at Fox Cities Stadium
- 47 Joint Pain
- 64 Placebo Effect
- 79 Stretching for Seniors -
(How to Finally Reach Your Toes!)
- 83 To Your Health: Vitamin/Mineral Supplements
- 96 YMCA: Essentrics Stretch and Tone
- 97 YMCA: Moving for Better Balance
- 98 YMCA: Strength Training for Every Body
- 99 Fire Extinguisher/Safety Talk

Visit us at nwtc.edu/LIR

Learning in Retirement

COURSES BY AREA OF INTEREST

HISTORY-CULTURE-GOVERNMENT

- 1 A Fine Kettle of Fish
- 2 Appeasement to Apocalypse:
The Origins of WW11 and the Causes of the
Cold War: 1928-1953
- 3 At the Movies: Apocalypse When?
- 11 Christmas Tree Ship - The Saga of a
Legendary Ship and its Much Beloved Captain
- 46 Is That Really True?
- 50 Meet the Beatles
- 53 Mission Trip to Honduras
- 64 Placebo Effect- It's Not Just Medical
- 72 Rock 'n' Roll Is Here to Stay:
Exploring the Early Years
- 85 Trends in Classical Chamber Music:
Where do we go next?
- 89 U.S. History Through the Eyes of the
Supreme Court/Constitutional Law
- 91 What You Always Wanted to Know
About Voting/Elections in Door County
- 100 Holocaust: Millie's Story Revisited

LANGUAGE-LITERATURE-WRITING

- 31 English Language Oddities
- 39 (A) Guide to Writing Your Story(ies)
- 61 Pirates of Chemo - The Rehearsals
- 62 Pirates of Chemo -
The Performance - Wednesday
- 63 Pirates of Chemo -
The Performance - Thursday
- 93 Whodunnit
- 95 Writing: Traits, Process and
What It Means for Your Writing

MATH-SCIENCE-TECHNOLOGY

- 22 CSI- Door County/Sturgeon Bay
- 29 Energy Efficient Homes and Cars A.M.
- 30 Energy Efficient Homes and Cars P.M.
- 35 Getting Started with Google Docs
- 67 Quantum PC: Basic Cyber and
Internet Security
- 68 Quantum PC: Basics of Wi-Fi
- 69 Quantum PC: Computer Backup
and Disaster Recovery
- 70 Quantum PC: Learning to Use Your
Apple/Mac Device
- 71 Renewable Energy- Nuts and Bolts

SENIOR ISSUES

- 4 Board on Aging & Long Term Care
- 38 Guardianship Basics
- 42 Hospice 101 & Advance Directives
- 44 Investing in Retirement: Win by Not Losing
- 48 Living Your Life in Full: Means and Methods
- 49 Marketplace & Medicare: Know Your Options
- 55 Money Management: Cutting Strings-
Putting Self Over Family in Retirement
- 56 Money Management:
Judgement Proof? Do you Qualify
- 58 Outsmart the Scammers
- 65 Probate Basics
- 84 Transportation Options for
Door County Residents
- 86 Understanding Alzheimer's and Dementia

TRAVEL

- 37 Green Bay Packers Lambeau Field
"Legendary Tour"
- 43 Into the Ring of Fire:
Climbing the Cascade Volcanoes

*Class limits may change to due to CDC guidelines

*IP=In-Person

In-Person In-Person & Zoom Zoom Only

Visit us at nwtc.edu/LIR

Learning in Retirement

COURSES BY DAY

*Class limits may change to due to CDC guidelines

*IP=In-Person

In-Person In-Person & Zoom Zoom Only

MONDAY

- 5 Belgian Pie
- 8 Butter Almond AM
- 9 Butter Almond PM
- 11 Christmas Tree Ship
- 14 Cracker Baking AM
- 15 Cracker Baking PM
- 17 Crossroads-Dark Skies
- 19 Crossroads- 5 Bridges
- 22 CSI- Door Co/Stur. Bay
- 33 Fall Fishing
- 40 Hardanger
- 43 Into the Ring of Fire
- 46 Is That Really True
- 48 Living Your Life in Full
- 49 Marketplace & Medicare
- 51 Melissa Scarf
- 66 Pumpkin Pie
- 67 Quantum- Basic Cyber
- 74 Soap Making
- 75 Sourdough Bread
- 79 Stretching for Seniors
- 80 Sunshine Resources A
- 81 Sunshine Resources A
- 85 Trends in Classical
- 88 Making Bagels & Lox
- 98 Strength Training

TUESDAY

- 10 Chinese Exercise
- 12 Civilian Response
- 13 Communication
- 18 Crossroads- 52 Weeks
- 20 Crossroads- Ida Bay
- 21 Crossroads- Glaciers
- 26 Door 44 Winery
- 37 Lambeau Field Tour
- 39 Guide to Writing
- 44 Investing in Retirement
- 50 Meet the Beatles
- 53 Mission Trip-Honduras
- 54 Modern Dairy Farm Tour
- 55 MM- Cutting Strings
- 56 MM- Judgement Proof
- 59 Painting with Coffee
- 64 Placebo Effect
- 65 Probate Basics
- 70 Quantum- Apple/Mac
- 72 Rock 'n' Roll
- 76 Spreading the Word
- 86 Understanding Alzheimer's
- 94 Woodshop 101

WEDNESDAY

- 1 A Fine Kettle of Fish
- 2 Appeasement to Apocalypse
- 23 Lake Michigan Fisheries
- 24 Deep-Energy Retrofit
- 25 Dillions' Law
- 29 Energy Efficient AM
- 30 Energy Efficient PM
- 31 English Language Oddities
- 32 Exploring Yoga
- 36 Green Armoire
- 45 Is Laughter Best Medicine
- 47 Joint Pain
- 57 Open Door Bird Sanctuary
- 61 Pirates of Chemo Rehearsals
- 62 Pirates of Chemo Perform
- 68 Quantum- Basics of Wi-Fi
- 73 Silk Scarf Dyeing
- 82 Through the Lens
- 91 Voting/Elections in Door Co.
- 92 Whitetails Unlimited
- 96 YMCA- Eccentrics
- 97 YMCA- Better Balance

THURSDAY

- 3 At the Movies
- 4 Belgian History with Tour
- 6 Belgian Roadside Chapels
- 7 Boys & Girls Club Tour
- 16 Crossroads- Conifers
- 27 Ship Canal A.M.
- 28 Ship Canal P.M.
- 34 Getting Herbs
- 35 Google Docs
- 38 Guardianship Basics
- 41 Horseshoe Bay Farms Tour
- 42 Hospice 101
- 52 Mexican Train (Dominoes)
- 58 Outsmart the Scammers
- 63 Pirates of Chemo Performance
- 69 Quantum-Computer Backup
- 77 Strawberry Creek Tour A
- 78 Strawberry Creek Tour B
- 83 To Your Health
- 84 Transportation Options
- 89 U.S History- Supreme Court
- 90 Waseda Farms
- 93 Whodunit
- 95 Writing Traits
- 99 Fire Extinguisher
- 100 Holocaust: Millie's Story Revisited

FRIDAY

- 60 Paper Basket Weaving
- 71 Renewable Energy
- 87 Upcycled Clothing

Visit us at nwtc.edu/LIR

Learning in Retirement

COURSE LOCATION

**ADRC: AGING AND DISABILITY
RESOURCE CENTER OF DOOR COUNTY**
916 N 14th Ave, Sturgeon Bay

BAYVIEW LUTHERAN CHURCH
340 W Maple St, Sturgeon Bay

BELGIAN HERITAGE CENTER
1255 County Road DK Brussels

BOYS & GIRLS CLUB OF DOOR COUNTY
55 S Third Ave, Sturgeon Bay

CROSSROADS AT BIG CREEK
2041 Michigan St, Sturgeon Bay

**DNR STRAWBERRY CREEK CHINOOK
FACILITY (HATCHERY)**
County Rd U & Strawberry Lane,
Sturgeon Bay

DOOR COUNTY COFFEE PARKING LOT
5773 State Highway 42, Carlsville

**DOOR COUNTY
LAND TRUST (STURGEON BAY SHIP
CANAL NATURE PRESERVE)**
5340 Lake Lane & 5200 Lake Lane,
Sturgeon Bay

DOOR COUNTY YMCA (SB)
2041 Michigan St, Sturgeon Bay

DOOR COUNTY YMCA (NORDOR)
3866 Gibraltar Rd, Fish Creek

DOOR 44 WINERY
5464 County Rd P, Sturgeon Bay

HORSESHOE BAY FARMS
7212 Horseshoe Bay Dr, Egg Harbor

**LAKE MICHIGAN WIND & SUN @
HIPPENSTEEL FARM**
1015 County Rd U, Sturgeon Bay

LAMBEAU FIELD
1265 Lombardi Ave, Green Bay

**OFENBECK HOME
STEVE OFENBECK, CRAFTSMAN**
3422 N Lake Michigan Dr, Sturgeon Bay

OLSON FAMILY FARM
580 COUNTY RD S, STURGEON BAY

OPEN DOOR BIRD SANCTUARY
4114 County Rd I, Sturgeon Bay

**SB FIRE DEPARTMENT TRAINING
FACILITY SHILOH ROAD NEAR DOG PARK**
Sturgeon Bay

SUNSHINE RESOURCES
55 W Yew St, Sturgeon Bay

WASEDA FARMS
7281 Logerquist Rd, Baileys Harbor

WHITETAILS UNLIMITED INC.
2100 Michigan St, Sturgeon Bay

****Classes are held at
NWTC Sturgeon Bay
unless otherwise noted.***

Visit us at nwtc.edu/LIR

Learning in Retirement

September 2022

*Class limits may change to due to CDC guidelines

*IP=In-Person

In-Person In-Person & Zoom Zoom Only

Su	Monday	Tuesday	Wednesday	Thursday	Friday	Sa
				1	2	3
4	5 LABOR DAY	6	7 #92 Whitetails Unlimited Tour 10-12 Whitetails #29 Energy Efficient Homes & Cars AM 10-12 Meet at DC Coffee #30 Energy Efficient Homes & Cars PM 1-3 Meet at DC Coffee	8 #93 Whodunit 10-12 Zoom (1/6) #90 Waseda Farm Tour 1-3:30 Waseda Farm	9	10
11 PATRIOT DAY GRAND-PARENTS DAY	12 #48 Living Your Life in Full 10-12 NWTC #19 Crossroads: Hiking Tour 5 Bridges 10-12 Crossroads #33 Fall Fishing 1-3 NWTC	13 #54 Modern Dairy Farm 10-12 Olson Farms #72 Rock n' Roll is Here to Stay 1-3:30 NWTC	14 #45 Is Laughter the Best Medicine 10-12 NWTC/Zoom #57 Open Door Bird Sanctuary Tour 1-3:30 Open Door Bird Sanctuary #97 YMCA: Moving for Better Balance 1-3 Northern Door YMCA	15 Board Mtg 8:00am #27 Door County Land Trust: Ship Canal Walk AM 10-12 Stur. Bay Ship Canal Property #58 Outsmart the Scammers 1-3 NWTC #28 Door County Land Trust: Ship Canal Walk PM 1-3 Stur. Bay Ship Canal Property	16 #71 Renewable Energy Hippensteel Farm 10-12	17 CONSTITUTION DAY
18	19 #80 Sunshine Resources of Door County Tour A 10-12 Sunshine Resources #5 Belgian Pie - 12:30-4 NWTC Kitchen #67 Quantum: Basic Cyber & Internet Security NWTC/Zoom 1-3	20 #20 Crossroads: Hiking Tour: Ida Preserve 10-12 Crossroads #37 Green Bay Packers Tour 1-3 Lambeau Field, Green Bay	21 #47 Joint Pain 10-12 NWTC #61 Pirates of Chemo Rehearsals 1-4 NWTC 1/5	22 #93 Whodunit? 10-12 NWTC 2/6 #4 Belgian Heritage Center Tour 1-3 Belgian Heritage Center #35 Google Docs 1-3 NWTC 1/3	23 AUTUMNAL EQUINOX (GMT)	24
25	26 ROSH HASHANAH #49 Marketplace & Medicare 10-12 NWTC/Zoom #46 Is That Really True? 1-3 NWTC	27 #44 Investing in Retirement 10-12 NWTC #50 Meet the Beatles 1-3:30 NWTC	28 #1 A Fine Kettle 10-12 NWTC 1/6 #61 Pirates of Chemo Rehearsals 1-4 NWTC 2/5	29 #84 Transportation Options for Door County Residents 10-12 NWTC/Zoom #35 Google Docs 1-3 NWTC 2/3 #99 Fire Extinguisher/ Safety Talk 1-3 SBFD Tr Center Shiloh Road	30 #87 Upcycled Clothing 10-12 NWTC	

Visit us at nwtc.edu/LIR

Learning in Retirement

October 2022

*Class limits may change to due to CDC guidelines

*IP=In-Person

☐ In-Person ◐ In-Person & Zoom ■ Zoom Only

Su	Monday	Tuesday	Wednesday	Thursday	Friday	Sa
						1
2	3 #40 Hardanger 10-12 Bay View Church 1/6 #75 Sourdough 1-3 NWTC Kit #74 Soap Making 1-3 NWTC	4 #12 Civilian Response 10-12 ADRC #10 Chinese Exercise 1-3 NWTC/Zoom 1/3 #26 Door 44 Tour 1-3 Door 44	5 YOM KIPPUR #82 Through the Lens 10-12 NWTC #91 What You Always Wanted to Know About Voting in DC 10-12 ADRC #25 Dillon's Law 1-3 NWTC	6 #77 Strawberry Creek A 10-12 Strawberry Creek Chinook Facility (Subject to Chg) #93 Whodunit? 10-12 NWTC 3/6 #35 Google Docs 1-3 NWTC 3/3	7	8
9	10 COLUMBUS DAY #40 Hardanger 10-12 Bay View Church 2/6 #79 Stretching for Seniors 1-3 NWTC	11 #21 Crossroads: Its Because of the Glaciers Part 2 10-12 Crossroads #10 Chinese Exercise 1-3 NWTC/Zoom 2/3 #94 Woodshop 101 12:30 - 4:30 Ofenbeck Home	12 #1 A Fine Kettle 10-12 NWTC 2/6 #32 Exploring Yoga 1-3 YMCA Sturgeon Bay #68 Quantum: Basics of Wi-Fi 1-3 NWTC/Zoom	13 #78 Strawberry Creek B 10-12 Strawberry Creek Chinook (Subject to Change) #6 Belgian Chapel Tour 1-4 #41 Horseshoe Bay Farms Tour 1-3 Horseshoe Bay Farms	14	15 SWEETEST DAY
16 BOSS'S DAY	17 #40 Hardanger 10-12 Bay View Church 3/6 #66 Pumpkin Pie 1-3 NWTC Kitchen	18 #59 Painting With Coffee, Tea, Fruit & Veggies 10-12 NWTC #10 Chinese Exercise 1-3 NWTC/Zoom 3/3	19 #1 A Fine Kettle 10-12 NWTC 3/6 #96 YMCA: Essentrics Stretch & Tone 1:15-3 YMCA SB #73 Silk Scarf Dyeing 1-3 NWTC	20 Board Mtg 8:00am #93 Whodunit? 10-12 NWTC 4/6 #7 Boys & Girls Club Tour 10-12 Boys & Girls Club #42 Hospice 101 & Advance Directive 1-3 NWTC/Zoom	21	22
23	24 UNITED NATIONS DAY #40 Hardanger 10-12 Bay View Church 4/6 #22 CSI - Door County/ Sturgeon Bay 1-3 ADRC	25 #86 Understanding Alzheimer's and Dementia 10-12 NWTC/Zoom #76 Spreading the Word, About Cheese Spread That is! 1-3 NWTC	26 #1 A Fine Kettle 10-12 NWTC 4/6 #62 Pirates of Chemo Performance (A) 1-4:30 NWTC	27 #89 US History Thru Eyes of Supreme Court 10-12:30 Zoom 1/4 #63 Pirates of Chemo Performance (B) 1-4:30 ADRC #100 Holocaust: Millie's Story Revisited 1-3 Crossroads	28	29
30	31 HALLOWEEN #40 Hardanger 10-12 Bay View Church 5/6 #88 Upper East Side-Bagels & Lox 1-3 NWTC Kitchen					

Visit us at nwtc.edu/LIR

Learning in Retirement

NOVEMBER 2022

*Class limits may change to due to CDC guidelines

*IP=In-Person

In-Person In-Person & Zoom Zoom Only

Su	Monday	Tuesday	Wednesday	Thursday	Friday	Sa
		1 #39 Guide to Writing Your Stories 10-12 NWTC #64 Placebo Effect 1-3 NWTC	2 #1 A Fine Kettle 10-12 NWTC 5/6 #23 Death and Life of Lake Michigan Fisheries 1-3 NWTC/Zoom	3 #89 US History Thru Eyes of Supreme Court 10-12:30 Zoom 2/4 #93 Whodunit? 10-12 NWTC 5/6 #52 Mexican Train 1-3 NWTC	4 #60 Paper Basket Weaving 9-12 NWTC 1/3	5
6	7 #40 Hardanger 10-12 Bay View Church 6/6 #14 Cracker Baking AM 10-12 NWTC Kit #15 Cracker Baking PM 1-3 NWTC Kit #11 The Christmas Tree Ship 1-3 NWTC	8 ELECTION DAY #13 Communication 10-12 NWTC	9 #24 Deep Energy Retrofit- NWTC/Zoom 10-12 #2 Appeasement 1-3:30 Crossroads 1/2	10 #89 US History Thru Eyes of Supreme Court 10-12:30 Zoom 3/4 #95 Writing Traits 10-12 NWTC #3 At the Movies 1-4 Crossroads 1/2 #34 Getting Herbs in Your Life 1-3 NWTC/Zoom 1/2	11 VETERANS DAY #60 Paper Basket Weaving 9-12 NWTC 2/3	12
13	14 #51 Melissa Scarf-Knitalong 10-12 NWTC #17 Crossroads: Dark Skies 10-12 Crossroads #85 Trends in Classical Chamber Music: Where Do We Go Next? 1-3 NWTC 1/2	15 #55 MM:Cutting Strings 10-12 NWTC/Zoom 1/2 #70 Quantum: Learning to Use Your Apple/Mac Device 1-3 NWTC/Zoom	16 #1 A Fine Kettle 10-12 NWTC 6/6 #36 The Green Armoire 1-3 NWTC #2 Appeasement 1-3:30 Crossroads 2/2	17 Board Mtg 8:00am #89 US History Thru Eyes of Supreme Court 10-12:30 Zoom 4/4 #93 Whodunit? 10-12 NWTC 6/6 #3 At the Movies 1-4 Crossroads 2/2 #34 Getting Herbs in Your Life 1-3 NWTC/Zoom 2/2	18 #60 Paper Basket Weaving 9-12 NWTC 3/3	19
20	21 #81 Sunshine Resources of Door County Tour 10-12 Sunshine Resources #85 Trends in Classical Chamber Music: Where Do We Go Next? 1-3 NWTC 2/2	22 #55 MM: Cutting Strings 10-12 NWTC/Zoom 2/2 #65 Probate Basics 1-3 NWTC/Zoom	23	24 THANKSGIVING	25	26
27	28 #98 YMCA: Strength Training 1-3 NWTC/Zoom	29 #53 Mission Trip to Honduras 1-3 NWTC	30 #31 English Language Oddities 10-12 NWTC/Zoom 1/3			

Visit us at nwtc.edu/LIR

Learning in Retirement

December 2022

*Class limits may change to due to CDC guidelines

*IP=In-Person

□ In-Person ◻ In-Person & Zoom ■ Zoom Only

Su	Monday	Tuesday	Wednesday	Thursday	Friday	Sa
				1 #69 Quantum: Computer Backup 1p-3p NWTC/Zoom	2	3
4	5 #8 Butter Almond Toffee AM 10-12 NWTC Kitchen #9 Butter Almond Toffee PM 1-3 NWTC Kitchen	6 #56 MM: Judgement Proof 10-12 NWTC/Zoom	7 PEARL HARBOR #31 English Language Oddities 10-12 NWTC/Zoom 2/3	8 #38 Guardianship Basics 10-12 NWTC/Zoom #83 To Your Health: Using Vitamin & Mineral Supplements 1-3 NWTC 1/2 #16 Crossroads: Conifers of Door County 1-3:30 Crossroads	9	10
11	12 #43 Into the Ring of Fire 1-3 NWTC	13 #18 Crossroads: Fifty-Two Weeks 10-12 Crossroads	14 #31 English Language Oddities 10-12 NWTC/Zoom 3/3	15 DCLIR Board Mtg 8:00 #83 To Your Health: Using Vitamin & Mineral Supplements 1-3 NWTC/Zoom 2/2	16	17
18 HANUKKAH BEGINS	19	20	21 DEC. SOLSTICE (GMT)	22	23	24 CHRISTMAS EVE
25 CHRISTMAS DAY	26 KWANZAA BEGINS	27	28	29	30	31 NEW YEAR'S EVE

Visit us at nwtc.edu/LIR

Learning in Retirement

COURSE DESCRIPTIONS

A Fine Kettle of Fish

Course #: 1

Presenter: John Stevenson & Ed Eickenberg
Coordinator: Tom Gaertner, 414-791-9900
E-Mail: tggaertner@gmail.com
Date: Wednesdays, September 28,
October 12, 19 and 26, and
November 2 and 16
Session(s): 6
Time: 10:00 a.m. - 12:00 p.m.
Location: NWTC
Limit: 25

Friendly, roundtable discussions of timely and/or historic issues in domestic politics, foreign affairs, religion, education, business, science, healthcare, and sports led by the presenter or co-presenter. We will base our discussions on news and opinion pieces drawn from sources such as The New York Times, The Wall Street Journal, USA Today, Christian Science Monitor, Science News, The Door County Advocate, Peninsula Pulse and from news covered by the mass media. A most important source is suggestions from our participants.

Area of Interest: *History-Culture-Government*

Appeasement to Apocalypse: The Origins of WWII and the Causes of the Cold War: 1928-1953

Course #: 2

Presenter: Larry Desotell
Coordinator: Mary Beth Williams, 920-746-4070
E-Mail: mbwilliams3045@gmail.com
Date: Wednesday, November 9 & 16
Session(s): 2
Time: 1:00 p.m. - 3:30 p.m.
Location: Crossroads
Limit: 80

The class will examine the impact of isolationism and appeasement on the reaction of the United States and Europe to the expansion of German power in Europe in the 1930s. It will then analyze how western Europe and the United States used the lesson of appeasement to create the Cold War policy of Containment from the end of World War II through the Korean War.

Area of Interest: *History-Culture-Government*

At the Movies: Apocalypse When?

Course #: 3

Presenter: Mike Orlock
Coordinator: Liz Orlock, 920-559-9235
E-Mail: liz.orlock@gmail.com
Date: Thursdays, November 10 & 17
Session(s): 2
Time: 1:00 p.m. - 4:00 p.m.
Location: Crossroads
Limit: 80

The Cold War of the early 1960's with Russian Premier Nikita Khrushchev pounding his shoes on a desktop, promising to "bury" the United States; and President John Kennedy responding that America will defend every ally and meet any communist aggression with like force, ushered in an era of hysteria and fear that was reflected in certain films of the era, both serious and satirical. This session of "At the Movies" will examine the politics and polemics of two very different films from that time: Stanley Kubrick's black comedy about nuclear war, **Dr. Strangelove**; and John Frankenheimer's classic assassination thriller, **The Manchurian Candidate**.

Area of Interest: *History-Government-Culture*

Belgian History with Tour of Belgian Heritage Center

Course #: 4

Presenter: Barb (Englebert) Chisholm
Coordinator: Don Guth, 920-255-3174
E-Mail: donguth@icloud.com
Date: Thursday, September 22
Session(s): 1
Time: 1:00 p.m. - 3:00 p.m.
Location: Belgian Heritage Center
Limit: 30

Tour of the Center & Convent/School- birthplace of the Norbertine Father in the United States who went on to found St. Norbert College. Presentation on Belgian History & Great Fire of 1871 (AKA Peshtigo Fire). Donations Welcome.

Area of Interest: *Door County Focus*

Visit us at nwtc.edu/LIR

Learning in Retirement

Belgian Pie - A County Tradition

Course #: 5

Presenter: Joanne Guilette
Coordinator: Laure Zenefski, 920-743-4333
E-Mail: laureze@hotmail.com
Date: Monday, September 19
Session(s): 1
Time: 12:30 p.m. - 4:00 p.m.
Location: NWTC kitchen
Limit: 10
Fee: \$10.00 due with registration
(no later than September 1)

Have you ever wanted to learn how to make Belgian pies? Here's your chance! Joanne will convince you that this is easy as pie! She will share recipes with all participants, provide two fillings, pie tins, and all ingredients. Participants will make and work with dough; pies will be baked in class. All you need to bring is an apron, appetite and the ability to take two pies home with you!

Area of Interest: *Door County Focus*

Belgian Roadside Chapels

Course #: 6

Presenter: Barb Chisolm
Coordinator: Don Guth, 920-255-3174
E-Mail: donguth@icloud.com
Date: Thursday, October 13
Session(s): 1
Time: 1:00 p.m. - 4:00 p.m.
Location: TBD
Limit: 20
Fee: \$10.00, please cash only.

Your tour will encompass 7-8 Belgian roadside chapels to include the Shrine of Our Lady of Good Help in Champion. Many of these were originally built in the 1870's after the Great Fire of 1871. Each chapel has its own unique story as to why it was built. This practice of building chapels continues today, and your tour does include a few of the newer ones. The class is limited to 20 people as we must carpool and caravan to the chapels. That will put 4 in each car with Barb's car in the lead. **Please be aware this tour includes walking on uneven ground.**

Fee: The cost of the tour will be \$10.00, payable on the date of the tour. These fees benefit the Belgian Heritage Center.

Area of Interest: *Door County Focus*

Boys & Girls Club of Door County Tour

Course #: 7

Presenter: Chelsea Dahms
Coordinator: Brenda Lange, 920-495-7903
E-Mail: blange512@gmail.com
Date: Thursday, October 20
Session(s): 1
Time: 10:00 a.m. - 12:00 p.m.
Location: Boys & Girls Club of Door County
Limit: 20

Tour the Boys and Girls Club of Door County facility and learn of volunteer options. Parking located in the back of the building.

*Please be aware the tour has stairs.

Area of Interest: *Door County Focus*

Butter Almond Toffee AM

Course #: 8

Presenter: Sally Everhardus/Pat Bopray
Coordinator: Pat Bopray, 920-621-6635
E-Mail: pathar6635@live.com
Date: Monday, December 5
Session(s): 1
Time: 10:00 a.m.-12:00 p.m.
Location: NWTC kitchen
Limit: 6
Fee: \$15.00 due with registration
to guarantee your seat in the class.

Butter Almond Toffee (BAT) is made from just five ingredients and can take you to Taste Bud Nirvana! It is not just for the holidays but does add to your arsenal of gifts to share that goes beyond traditional cookie plates.

Area of Interest: *Cooking-Garden-Home*

HELPFUL HINTS FOR A FULFILLING SEMESTER

DOOR COUNTY LEARNING IN RETIREMENT IS A MEMBERSHIP-ONLY ORGANIZATION.

Catalogs come out twice each year. An annual membership fee of \$70 paid with Fall registration covers both Fall and Spring terms. Courses are open to members only. Registration remains open and membership can be purchased at any time. Please contact the DCLIR Office for details.

Visit us at nwtc.edu/LIR

Butter Almond Toffee PM

Course #: 9

Presenter: Sally Everhardus/Pat Bopray
Coordinator: Pat Bopray, 920-621-6635
E-Mail: pathar6635@live.com
Date: Monday, December 5
Session(s): 1
Time: 1:00 p.m.-3:00 p.m.
Location: NWTC kitchen
Limit: 6
Fee: \$15.00 due with registration
to guarantee your seat in the class.

Butter Almond Toffee (BAT) is made from just five ingredients and can take you to Taste Bud Nirvana! It is not just for the holidays but does add to your arsenal of gifts to share that goes beyond traditional cookie plates.

Area of Interest: *Cooking-Garden-Home*

Chinese Exercise for Seniors

Course #: 10 In-Person

Course #: 10 Zoom

Presenter: Roy Rasmussen
Coordinator: DCLIR Office, 920-746-4947
E-Mail: dclir@nwtc.edu
Date: Tuesday, October 4, 11, 18
Session(s): 3
Time: 1:00 p.m. - 3:00 p.m.
Location: NWTC, Zoom
Limit: 15 In-Person, 25 Zoom

Learn energy-boosting exercises used by millions of senior citizens in China. These simple, non-impact exercises promote circulation, flexibility, balance, coordination, and concentration: great for stiff joints and stress management. Class focuses on stretching, sitting, standing and moving exercises derived from Tai Chi and other internal arts, with other exercises included as time permits.

Area of Interest: *Health-Fitness-Science*

(The) Christmas Tree Ship - The Saga of a Legendary Ship and its Much Beloved Captain

Course #: 11

Presenter: Virginia Feld Johnson
Coordinator: Don Guth, 920-255-3174
E-Mail: donguth@icloud.com
Date: Monday, November 7
Session(s): 1
Time: 1:00 p.m. - 3:00 p.m.
Location: NWTC
Limit: 25

The story of the ship Rouse Simmons which disappeared beneath the waves in a winter gale in November 1912. Captain Herman E. Schenemann, who was born in the settlement of Ahnapee, now Algoma, was a 30-year veteran of hauling Christmas trees from Michigan and Northern Wisconsin to the docks of Chicago. The schooner was last seen with its load of 5000 trees, with its distress flag up, heading south off the shore of Kewaunee.

This class will examine the history of the ship, its cargo, captain, and crew, and the October 1971 discovery of its final resting place.

Area of Interest: *History-Culture-Government*

HELPFUL HINTS FOR A FULFILLING SEMESTER

HAVE YOU CHECKED YOUR E-MAIL?

Technology – can't live with it, can't live without it! Our main communication with members is via e-mail. We send out reminders, announcements, class changes or cancellations, special meetings and notices which may happen 'last minute'. Please check your e-mail on a regular basis and let us know if your e-mail address has changed. Registration confirmation is by email. Thank you!

Visit us at nwtc.edu/LIR

Civilian Response to Active Threats

Course #: 12

Presenter: Dan Brinkman,
Assistant Chief of Police,
Sturgeon Bay Police Department

Coordinator: Mike LeClair, 920-901-9955

E-Mail: michaeln.leclair@yahoo.com

Date: Tuesday, October 4

Session(s): 1

Time: 10:00 a.m. - 12:00 p.m.

Location: ADRC

Limit: 25

This course was formerly titled Civilian Response to Active Shooter Events. But recently, the people responsible for these events have begun using vehicles in more of their attacks. Firearms are still the number one weapon of choice, however. Since the Columbine High School massacre in 1999, there has been a paradigm shift in how law enforcement AND civilians respond to active shooter events and how we now work together to minimize casualties. We will discuss what law enforcement will do when that alarm sounds and how civilians have taken a more active role in reducing the number of deaths during these events. Civilians are now taught what they need to do to better survive an attack. Simply hiding and hoping the attacker will not find you is not an option, and it NEVER was. The participants will learn AVOID DENY DEFEND (ADD) and how ADD can save your life in an active threat event. The class will hear what physiological changes occur with their body during a highly stressful event and what they can do to combat those changes to get back in the game of survival. We will discuss the importance of having a plan in place for an active threat event.

Area of Interest: *Health-Fitness-Science*

Communication: Stand Up, Speak Up, and Know When to Sit Down

Course #: 13

Presenter: Chip Manthey
Coordinator: Mary Koski, 920-493-9345

E-Mail: marykoski25@gmail.com

Date: Tuesday, November 8

Session(s): 1

Time: 10:00 a.m. - 12:00 p.m.

Location: NWTC

Limit: 30

This will focus on enhancing communication skills, including how to create better presentations and how to handle nerves. We will discuss non-verbal communication and listening skills with the intent of increasing our ability to communicate more effectively.

Area of Interest: *Health-Fitness-Science*

Cracker Baking AM

Course #: 14

Presenter: Sally Everhardus
Coordinator: Pat Bopray, 920-621-6635

E-Mail: pathar6635@live.com

Date: Monday, November 7

Session(s): 1

Time: 10:00 a.m. - 12:00 p.m.

Location: NWTC kitchen

Limit: 6

Fee: \$15 Fee due at time of registration to guarantee your seat in the class.

Love those seedy, savory crackers available in specialty stores? Or the fruit and nut combination taste treats that never seem to have enough pieces in the package?

You will learn how to make crispy treats that are good as they are or with butter, cheeses, spreads, prosciutto.....even for taking as hostess gifts.

Two different methods, many variations suggested—unlock your culinary creativity!

Each participant will leave with sample crackers baked in the class.

Please note that there are nuts and seeds in these; avoid if you are ALLERGIC.

Area of Interest: *Cooking-Garden-Home*

Visit us at nwtc.edu/LIR

Cracker Baking PM

Course #: 15

Presenter: Sally Everhardus
Coordinator: Pat Bopray, 920-621-6635
E-Mail: pathar6635@live.com
Date: Monday, November 7
Session(s): 1
Time: 1:00 p.m. - 3:00 p.m.
Location: NWTC kitchen
Limit: 6
Fee: \$15 Fee due at time of registration to guarantee your seat in the class.

Love those seedy, savory crackers available in specialty stores? Or the fruit and nut combination taste treats that never seem to have enough pieces in the package?

You will learn how to make crispy treats that are good as they are or with butter, cheeses, spreads, prosciutto.....even for taking as hostess gifts.

Two different methods, many variations suggested—unlock your culinary creativity!

Each participant will leave with sample crackers baked in the class.

Please note that there are nuts and seeds in these; avoid if you are ALLERGIC.

Area of Interest: *Cooking-Garden-Home*

Crossroads: Conifers of Door County

Course #: 16

Presenter: Coggin Heeringa
Coordinator: Joe Kopec, 920-818-0112
E-Mail: joekopec@gmail.com
Date: Thursday, December 8
Session(s): 1
Time: 1:00 p.m. - 3:30 p.m.
Location: Crossroads at Big Creek
Limit: 70

In December, our thoughts turn to evergreens. This class will cover identification and characteristics of local conifer species and touch on some of the emerging threats to conifers. It will end with a merry look at the history of Christmas trees. An optional hike will follow the presentation.

Area of Interest: *Environment-Nature*

Crossroads: Dark Skies and Wildlife

Course #: 17

Presenter: Coggin Heeringa
Coordinator: Joe Kopec, 920-818-0112
E-Mail: joekopec@gmail.com
Date: Monday, November 14
Session(s): 1
Time: 10:00 a.m.-12:00 p.m.
Location: Crossroads at Big Creek
Limit: 70

For years, members of the Door Peninsula Astronomical Society have been working to "Keep the Door Dark," but few people are aware of how detrimental artificial light at night can be for wildlife and even plants. This program will explore recent research relating to birds, insects, amphibians, and, by extension, plants. Become enlightened about the benefits of Dark Skies.

Area of Interest: *Environment - Nature*

Crossroads: Fifty-two Weeks at Crossroads

Course #: 18

Presenter: Coggin Heeringa
Coordinator: Mary Koski, 920-493-9345
E-Mail: marykoski25@gmail.com
Date: Tuesday, December 13
Session(s): 1
Time: 10:00 a.m. - 12:00 p.m.
Location: Crossroads at Big Creek
Limit: 20

As seasons change, so does Crossroads at Big Creek. This lecture, through slides and narrative, will visit Crossroads as it progresses through a typical year, stressing ecology, meaning the relationships of plants and animals to one another and to their physical surroundings.

Area of Interest: *Environment-Nature*

Visit us at nwtc.edu/LIR

Crossroads: Hiking Tour: Five Bridges/Seven Natural Communities

Course #: 19

Presenter: Coggin Heeringa
Coordinator: John Koski, 920-493-9344
E-Mail: sturgeonbay2@gmail.com
Date: Monday, September 12
Session(s): 1
Time: 10:00 a.m. - 12:00 p.m.
Location: Crossroads at Big Creek
Limit: 20

This gentle two-hour hike will lead participants over five bridges. Along the way, the group will visit seven unique natural communities—all within a relatively small area: Emergency Marsh, Boreal Forest, Wet-Mesic Forest, Alder Thicket, Door County Sedge Meadow and Northern Mesic Forest. Become familiar with various habitats and learn what Crossroads is doing to protect and/or restore them.

Area of Interest: *Environment-Nature*

Crossroads: Hiking Tour: The History of the Ida Bay Preserve

Course #: 20

Presenter: Coggin Heeringa
Coordinator: Andrea Esau, 920-868-5117
E-Mail: us4rloons@wi.rr.com
Date: Tuesday, September 20
Session(s): 1
Time: 10:00 a.m. - 12:00 p.m.
Location: Crossroads at Big Creek
Limit: 20

In 2014, The Nature Conservancy legally transferred ownership of the Ida Bay Preserve to Crossroads. This 64-acre parcel is a remarkable showcase for interpreting geology and forest ecology but is also a microcosm of Door County history. In addition to First Nation habitation, spanning several thousand years, logging, quarrying, farming, fruit growing, commerce and the hospitality industry are all part of the land history of the preserve. On this gentle hike, participants will visit historical sites and learn stories of the land and the people.

Area of Interest: *Environment-Nature*

Crossroads: "It's Because of the Glaciers" Part 2

Course #: 21

Presenter: Coggin Heeringa
Coordinator: Gwenn Graboyes, 414-315-4546
E-Mail: gwenn.graboyes@gmail.com
Date: Tuesday, October 11
Session(s): 1
Time: 10:00 a.m.-12:00 p.m.
Location: Crossroads at Big Creek
Limit: 70

In the ten thousand years since the glacial retreat, the Great Lakes, the land, and the people who have lived on the Door Peninsula have undergone numerous changes. This class will explore the land and human history of the Door Peninsula since the end of the last Ice Age.

Area of Interest: *Environment-Nature*

CSI- Door County/Sturgeon Bay

Course #: 22

Presenter: Chad Mielke/Pat McCarty
Coordinator: Mike LeClair, 920-901-9955
E-Mail: michaeln.leclair@yahoo.com
Date: Monday, October 24
Session(s): 2
Time: 1:00 p.m. - 3:00 p.m.
Location: ADRC
Limit: 30

This class will provide an insight into the techniques used to gather evidence and solve crimes. Some of these techniques have been used for decades, while others are on the cutting-edge of technology. Recent cases solved in Door County are highlighted in the presentation.

Area of Interest: *Math-Science-Technology*

HELPFUL HINTS FOR A FULFILLING SEMESTER

The DCLIR's office and classroom number is SC111.

Facing the main entrance, we are at the far left (South) of the building. Our entrance is located off the South parking lot, which has a turnaround for drop-offs, as well as handicapped parking spaces. Additional handicapped spaces and parking are in the Front lot.

Visit us at nwtc.edu/LIR

(The) Death and Life of Lake Michigan Fisheries

Course #: 23 In-Person

Course #: 23 ZOOM

Presenter: Mark Holey

Coordinator: Mary Beth Williams, 920-746-4070

E-Mail: mbwilliams3045@gmail.com

Date: Wednesday, November 2

Session(s): 1

Time: 1:00 p.m. - 3:00 p.m.

Location: NWTC, Zoom

Limit: 30 In-person, 25 Zoom

This course will review the changes in the Lake Michigan fish community from the early 1900s to present. In the style of Dan Egan's 2017 book "The Death and Life of the Great Lakes", topics will include the decline of the native fish community, the impact of invasive species, and how management agencies have responded to the ups and downs of the fisheries specific to Lake Michigan.

Area of Interest: *Environment-Nature*

Deep-Energy Retrofit:

Warming up an Existing House

Course #: 24 In-Person

Course #: 24 ZOOM

Presenter: Virge Temme, CPHC

Coordinator: Fran Uteg, 706-781-5900

E-Mail: fran.uteg@gmail.com

Date: Wednesday, November 9

Session(s): 1

Time: 10:00 a.m. - 12:00 p.m.

Location: NWTC, Zoom

Limit: 30 In-Person, 25 Zoom

Homes generate nearly 1/3 of the greenhouse gasses that are impacting global climate change. Of these, the greatest contributors by far are existing homes. Learn about the considerations, strategies, costs and potential incentives involved in making an existing home warmer and more energy efficient.

Area of Interest: *Environment-Nature*

Dillions' Law- How You Can Help to Save a Life

Course #: 25

Presenter: Angel Mueller

Coordinator: Don Guth, 920-255-3174

E-Mail: donguth@icloud.com

Date: Wednesday, October 5

Session(s): 1

Time: 1:00 p.m. - 3:00 p.m.

Location: NWTC

Limit: 30

The lecture and skills training will enable you to recognize a severe allergic reaction and administer the lifesaving medication epinephrine. When you leave this course, you will be state certified to administer epinephrine and be protected from liability under Wisconsin law.

Area of Interest: *Health-Fitness-Science*

Door 44 Winery/Vineyard Tour and Tasting

Course #: 26

Presenter: Steve Johnson

Coordinator: Andrea Esau, 920-868-5117

E-Mail: us4rloons@wi.rr.com

Date: Tuesday, October 4

Session(s): 1

Time: 1:00 p.m. - 3:00 p.m.

Location: Door 44 Winery, Sturgeon Bay

Limit: 25

Fee: \$10 fee due at registration to guarantee your spot in the class.

Walk in our Door 44 Vineyard where we will discuss everything from soil to glass, as well as how and why we grow and make the wine we do. We will eventually end up in the production area. Along the way, we will sample five different wines and demonstrate the five S's of wine appreciation. We will discuss the basics of wine growing and wine making but also delve into such as terroir, wine appellations, and wine chemistry, in other words, the joy of wine.

Area of Interest: *Craft-Game-Hobby*

HELPFUL HINTS FOR A FULFILLING SEMESTER

WHEELCHAIRS ARE AVAILABLE.

Call the DCLIR office (920-746-4947) and we'll meet you at the South entrance door.

Visit us at nwtc.edu/LIR

Learning in Retirement

20

**Class limits may change to due to CDC guidelines*

Door County Land Trust: Ship Canal Walk A.M.

Course #: 27

Presenter: Carl Cochrane
Coordinator: Bill Utley, 920-333-0523
E-Mail: butley2@gmail.com
Date: Thursday, September 15
Session(s): 1
Time: 10:00 a.m. - 12:00 p.m.
Location: Sturgeon Bay Ship Canal
Limit: 15

Carl Cochrane, retired biology/environmental science teacher from Sturgeon Bay High School, knows the Ship Canal Preserve like no one else. Join Carl as he leads a relaxed walking tour of the preserve, pointing out its unique topography, endangered plant and animal species, and the fascinating human history of the largest tract of undeveloped land within the city limits. The hike, over uneven terrain, is about 1.5 miles, so please dress accordingly. Please keep in mind you may be standing for long periods of time. Map and directions will be emailed to participants.

NOTE: This is the same as Ship Canal Walk P.M.

Area of Interest: *Environment -Nature*

Door County Land Trust: Ship Canal Walk P.M.

Course #: 28

Presenter: Carl Cochrane
Coordinator: Bill Utley, 920-333-0523
E-Mail: butley2@gmail.com
Date: Thursday, September 15
Session(s): 1
Time: 10:00 a.m. - 12:00 p.m.
Location: Sturgeon Bay Ship Canal
Limit: 15

Carl Cochrane, retired biology/environmental science teacher from Sturgeon Bay High School, knows the Ship Canal Preserve like no one else. Join Carl as he leads a relaxed walking tour of the preserve, pointing out its unique topography, endangered plant and animal species, and the fascinating human history of the largest tract of undeveloped land within the city limits. The hike, over uneven terrain, is about 1.5 miles, so please dress accordingly. Please keep in mind you may be standing for long periods of time. Map and directions will be emailed to participants.

NOTE: This is the same as Ship Canal Walk A.M.

Area of Interest: *Environment -Nature*

Energy Efficient Homes and Cars A.M.

Course #: 29

Presenter: Guy Fortin and Judy Samida
Coordinator: Bill Utley, 920-333-0523
E-Mail: butley2@gmail.com
Date: Wednesday, September 7
Session(s): 1
Time: 10:00 a.m. - 12:00 p.m.
Location: Meet at DC Coffee Parking Lot
Limit: 12

Ready or not, renewable energy is already a huge part of our lifestyle. Whether in the homes where we live or the cars we will drive, Americans must learn to cut energy costs, reduce consumption/waste, and live more sustainably. Join us for a tour of Judy and Guy's home just west of Carlsville and learn how care, planning and research have helped this couple approach a net zero energy cost in their daily living both at home and on the road.

Area of Interest: *Math-Science-Technology*

Energy Efficient Homes and Cars P.M.

Course #: 30

Presenter: Guy Fortin and Judy Samida
Coordinator: Bill Utley, 920-333-0523
E-Mail: butley2@gmail.com
Date: Wednesday, September 7
Session(s): 1
Time: 1:00 p.m. - 3:00 p.m.
Location: Meet at DC Coffee Parking Lot
Limit: 12

Ready or not, renewable energy is already a huge part of our lifestyle. Whether in the homes where we live or the cars we will drive, Americans must learn to cut energy costs, reduce consumption/waste, and live more sustainably. Join us for a tour of Judy and Guy's home just west of Carlsville and learn how care, planning and research have helped this couple approach a net zero energy cost in their daily living both at home and on the road.

Area of Interest: *Math-Science-Technology*

Visit us at nwtc.edu/LIR

English Language Oddities

Course #: 31 In-Person

Course #: 31 Zoom

Presenter: Bill Bauernfeind

Coordinator: Renee Bauernfeind, 920-246-4682

E-Mail: rjk2247@gmail.com

Date: Wednesdays, November 30,
December 7 and 14

Session(s): 3

Time: 10:00 a.m. - 12:00 p.m.

Location: NWTC, Zoom

Limit: 30 In-Person, 25 Zoom

We will take a tour of the origins of the English language from its roots to present day, and then explore some of the quirks, oddities, and befuddlements that have infiltrated and provide our many unique traits. English may not be the most difficult language to learn- of course, it is tied for first- but it is without a doubt the most interesting in its variety or use of idioms, subtlety, and ability to express thoughts. Come GHOTI with us!

Area of Interest: *Language-Literature-Writing*

Exploring Yoga

Course #: 32

Presenter: Dwight Zeller

Coordinator: Suzanne Holvenstot, 920-743-1089

E-Mail: suzscott7@icloud.com

Date: Wednesday, October 12

Session(s): 1

Time: 1:00 p.m. - 3:00 p.m.

Location: YMCA, Sturgeon Bay

Limit: 21

Yoga is for everyone! Did you know that the health benefits of Yoga are sometimes referred to as anti-aging? Yoga poses can improve circulation, flexibility, balance, strength, and even memory. Not only are these great benefits, but the meditation techniques can help decrease stress levels and improve mental focus. There are many styles of Yoga. In this class we will explore the history of yoga and practice some of the gentle poses that can be done sitting, standing, or even lying down. Please come comfortably dressed with good shoes with non-slip soles.

Area of Interest: *Health-Fitness-Science*

Fall Fishing

Course #: 33

Presenter: Gary Nault

Coordinator: Mike LeClair, 920-901-9955

E-Mail: michaeln.leclair@yahoo.com

Date: Monday, September 12

Session(s): 1

Time: 1:00 p.m. - 3:00 p.m.

Location: NWTC

Limit: 30

Gary Nault is a local fisherman and guide with expertise in both open water and ice fishing. For this course he will discuss ice fishing equipment, techniques, baits and safety, and will also be available for questions.

Area of Interest: *Craft-Game-Hobby*

Getting Herbs in Your Life

Course #: 34 In-Person

Course #: 34 Zoom

Presenter: David LaLuzerne

Coordinator: Carole Nevins, 920-743-9666

E-Mail: dclir@nwtc.edu

Date: Thursdays, November 10 and 17

Session(s): 2

Time: 1:00 p.m. - 3:00 p.m.

Location: NWTC, Zoom

Limit: 30 In-Person, 25 Zoom

The best way to use medicinal herbs is to incorporate them into your life. Make them a part of your meals; use them as part of your body care rituals; drink them for enjoyment and health. In this class, you'll learn about the long history of herbal use around the world. Our ancestors always knew how to use plants for their health benefits. Many societies around the world have incorporated health giving herbs into their diets - curries are ayurvedic medicine. Even today, body care product manufacturers are commonly using infusions in their products. Join me and find out how easy it is to find herbs in Door County and incorporate health supporting herbs into your life.

Area of Interest: *Health-Fitness-Science*

Visit us at nwtc.edu/LIR

Getting Started with Google Docs

Course #: 35

Presenter: Mary Koski, Betsy Koski
Coordinator: Mary Koski, 920-493-9345
E-Mail: marykoski25@gmail.com
Date: Thursdays, September 22, 29 &
October 6
Session(s): 3
Time: 1:00 p.m. - 3:00 p.m.
Location: NWTC
Limit: 30

Have you tried to work with others to share a document, plan an event, or edit a newsletter? Are you tired of sharing endless paper drafts and email attachments? If so, Google Docs is for you! Google Docs is a free internet program designed for collaboration. It can be accessed on the internet by computers, tablets or even smartphones. Please bring your own device or borrow one from NWTC. In this class, you will learn to create and share Google Docs. You will learn how to edit or comment on shared docs. You'll also learn how to create folders to organize the documents you create. If time permits, we will take a quick look at Google Spreadsheets and Google Presentation. You will need a Gmail or Google Account.

Area of Interest: *Math-Science-Technology*

(The) Green Armoire

Course #: 36

Presenter: Mary Lindemann
Coordinator: Audrey Perry, 920-255-3100
E-Mail: aapwi@hotmail.com
Date: Wednesday, November 16
Session(s): 1
Time: 1:00 p.m. - 3:00 p.m.
Location: NWTC
Limit: 15

Don't throw it away, repurpose it! Mary will share her 42 years of thrift store shopping experience to give participants a different perspective on "stuff." Join her to learn unique ways to create inexpensive outfits, jewelry and home décor. Hear tips from this traveling salesperson on how to pack for a trip either for business or pleasure.

Area of Interest: *Craft-Game-Hobby*

HELPFUL HINTS FOR A FULFILLING SEMESTER

CLASS FEE

Class fees (for materials, admission to an onsite venue, etc.) are due with registration. Fees collected cannot be refunded unless a replacement is confirmed to fill the seat. Please note that the fees collected will have already been forwarded to the presenter or venue to use in preparing for the class. Please notify the class coordinator as soon as possible if you cannot attend. It often takes the coordinator more than a week to find a replacement. No refunds are guaranteed.

Visit us at nwtc.edu/LIR

Green Bay Packers Lambeau Field "Legendary Tour"

Course #: 37

Presenter: Green Bay Packers Organization

Coordinator: Joe Kopeck, 920-818-0112

E-Mail: joekopeck@gmail.com

Date: Tuesday, September 20

Session(s): 1

Time: 1:00 p.m. - 3:00 p.m.

Location: Lambeau Field

Limit: 30

Fee: \$25 Payable by August 20 to receive your spot.

Join us for a behind the scenes tour of the legendary NFL Green Bay Packers Lambeau Field and see improvements out on Lambeau Field. Green Bay and Lambeau Field are unique in the NFL with one of the most storied histories of any NFL team. Even if you've attended games, you'll want to participate in this select group and gain insights from the entertaining guides. Plan on lunch or go to the Hall of Fame on your own before or after the tour.

- Begin in the Atrium
- Go to a club level suite
- Go to field level and walk through the players' tunnel
 - Lee Rummel Press Box
 - Visitor's Locker Room

Plan on driving to Green Bay on your own (parking is free in the adjoining parking lot) and meet us at 12:45pm in the Atrium at the Visitors Desk. There will be an LIR sign for the group.

We will begin the tour at 1pm. This tour is a walking tour and will include steps. It will last for two hours. The cost for the tour is \$25 payable by August 20 to guarantee your spot in the class. (Fee can be paid online, if paying by check make checks payable to NWTC.)

If you fail to attend this class, there are no cancellations nor refunds. This is the policy of the Green Bay Packers Organization

Area of Interest: *Travel*

Guardianship Basics

Course #: 38 In-Person

Course #: 38 Zoom

Presenter: Jennifer Moeller, Door County Circuit Court Commissioner & Register in Probate

Coordinator: Fran Uteg, 706-781-5900

E-Mail: fran.uteg@gmail.com

Date: Thursday, December 8

Session(s): 1

Time: 10:00 a.m. - 12:00 p.m.

Location: NWTC, Zoom

Limit: 30 In-Person, 25 Zoom

Guardianship Basics is an overview of guardianship law, including 2021 modifications to Wisconsin law. Attendees will learn about the different types of guardianships and alternatives to guardianship. Time will be set aside for questions. No legal advice will be provided.

Area of Interest: *Senior Issues*

(A) Guide to Writing Your Story(ies)

Course #: 39

Presenter: Dan Powers

Coordinator: Suzanne Holvenstot, 920-743-1089

E-Mail: suzscott7@icloud.com

Date: Tuesday, November 1

Session(s): 1

Time: 10:00 a.m. - 12:00 p.m.

Location: NWTC

Limit: 12

The course is based on a **Great Course** by Joyce Maynard and what I learned writing my own semi-autobiographical novel, *How Long A Shadow*. The course focus is on turning personal life experiences and events into interesting - perhaps even inspiring - written stories. Whether you're writing for yourself, your family or want to consider a wider audience, the course will explore practical ways to identify, approach and focus so you can get your personal stories written in a way that will invite readers into your life and world.

Area of Interest: *Language-Literature-Writing*

Visit us at nwtc.edu/LIR

Hardanger

Course #: 40

Presenter: Lana Ferry
Coordinator: Laure Zenefski, 920-743-4333
E-Mail: laureze@hotmail.com
Date: Mondays October 3, 10, 17, 24, 31
and November 7
Session(s): 6
Time: 10:00 a.m. - 12:00 p.m.
Location: Bay View Lutheran
Limit: 15
Fee: New participants only, payable at the
first class \$20.00 for kit.

Come learn the art of a heritage Norwegian stitchery called Hardanger (har-dung-er), a beautiful, decorative embroidery. This is a form of counted thread cutwork that combines satin stitch, buttonhole stitch, drawn work and needle weaving. This makes an intricate and fascinating needlework project. Whether you are new, intermediate or an advanced student, all levels of expertise are welcome! Some students are "hooked" and love this creative embroidery. Please bring your sewing magnifier light and embroidery scissors if you have them. New to Hardanger? Please register by September 1 to facilitate planning.

Area of Interest: *Craft-Game-Hobby*

Horseshoe Bay Farms Tour

Course #: 41

Presenter: Drew Richmond
Coordinator: John Swanson, 920-743-4786
E-Mail: swanpiper@yahoo.com
Date: Thursday, October 13
Session(s): 1
Time: 1:00 p.m. - 3:00 p.m.
Location: Horseshoe Bay Farms
Limit: 20
Fee: \$5 Fee due at time of registration
to guarantee your seat in the class.

Tour the historic grounds of this iconic heritage site. Learn about the evolution from Native lands to Horseshoe Bay Settlement and United Fruit Growers establishment. The tour includes several of the barns, gardens and structures that supported the farm throughout its history. The master plan that bridges the past to the present will be reviewed. Tour involves walking and standing.

Area of Interest: *Door County Focus*

Hospice 101 & Advance Directives

Course #: 42 In-Person

Course #: 42 Zoom

Presenter: Dr. Amy James and Cathy Mileski,
RN, CHPN
Coordinator: Gwenn Graboyes, 414-315-4546
E-Mail: gwenn.graboyes@gmail.com
Date: Thursday, October 20
Session(s): 1
Time: 1:00 p.m. - 3:00 p.m.
Location: NWTC, Zoom
Limit: 20 In-person, 25 Zoom

The **Hospice 101** segment will cover hospice benefits for the entire family, hospice philosophy, eligibility guidelines and benefits and the difference between Hospice, Palliative and Acute care.

The **Advance Directive** segment will discuss the fact that 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 the time we are most vulnerable. A Unity Hospice social worker will discuss the benefits of advance planning, initiating the end-of-life care conversations, myths associated with hospice and how to refer a loved one.

Area of Interest: *Senior Issues*

HELPFUL HINTS FOR A FULFILLING SEMESTER

KEEP YOUR CATALOG and **confirmation letter or email** for future reference! Find course listings, coordinator contact information, times, dates, location, and fees. You will also find the catalog, updates and/or changes to the schedule on our website at nwtc.edu/LIR.

Visit us at nwtc.edu/LIR

Into the Ring of Fire: Climbing the Cascade Volcanoes

Course #: 43

Presenter: Kevin Quinn
Coordinator: Patti Quinn, 240-441-4451
E-Mail: patti.quinn@gmail.com
Date: Monday, December 12
Session(s): 1
Time: 1:00 p.m. - 3:00 p.m.
Location: NWTC
Limit: 30

The Ring of Fire encompasses a huge region surrounding the Pacific Ocean, containing, by some accounts, up to 1,000 recently active volcanoes. Over the past 15 years Kevin climbed a series of these volcanoes in North, Central and South America. In this presentation he will discuss the history of the Ring of Fire, the power of volcanic eruptions to reshape the environment and their potential threat to population centers while describing his climbs of 5 specific volcanoes in one of the most active regions of volcanic activity in the entire Ring of Fire – the Cascade Mountain Range along the Pacific coast of the United States.

Area of Interest: *Travel*

Investing in Retirement: Win by Not Losing

Course #: 44

Presenter: Ryan Rimmel
Coordinator: Gail Harrmann, 920-450-6414
E-Mail: gailharrmann3@gmail.com
Date: Tuesday, September 27
Session(s): 1
Time: 10:00 a.m. - 12:00 p.m.
Location: NWTC
Limit: 25

This seminar provides information on creating an educated, effective retirement plan that helps enhance financial security and stability for years to come. The skills learned in this course help emphasize the importance of the investors retirement goals and how to archive such personal goals. Ryan Rimmel represents a business that first opened its doors in 1945 and is a three generation agency.

Area of Interest: *Senior Issues*

Is Laughter the Best Medicine? Or How I Made It onto the Scoreboard at Fox Cities Stadium.

Course #: 45 In-Person

Course #: 45 Zoom

Presenter: Dave Moscinski
Coordinator: Mary Koski, 920-493-9345
E-Mail: marykoski25@gmail.com
Date: Wednesday, September 14
Session(s): 1
Time: 10:00 a.m. - 12:00 p.m.
Location: NWTC, Zoom
Limit: 30 In-Person, 25 Zoom

With a heart attack, two heart surgeries, several cancer operations, a yearlong gall bladder issue and two strokes, which caused me to learn how to walk, talk, chew, swallow and breathe again, the ability to laugh was medicine unto itself. (The aide acted surprised when I told her the liquid being poured into my stomach feeding tube tasted too sweet.) Come learn the ability to laugh and love, are gifts your soul will cherish. (Reminder- don't attempt to blow up a balloon through the hole of your trach. Come to the session and I will tell you why you should not.) I will also share the story of how I made it on the scoreboard at Fox Cities Stadium. You are never too old to hit away.

Area of Interest: *Health-Fitness-Science*

Is That Really True?

Course #: 46

Presenter: George Roenning
Coordinator: Mary Koski, 920-493-9345
E-Mail: marykoski25@gmail.com
Date: Monday, September 26
Session(s): 1
Time: 1:00 p.m. - 3:00 p.m.
Location: NWTC
Limit: 30

We are regularly presented with statements, whether it be in politics, acquaintances' comments, the media (broadcast or especially social) or other sources which raise the questions "Is that really true?" In this class you will be given strategies and resources to address this question using critical thinking and a structured approach.

Area of Interest: *History-Culture-Government*

Visit us at nwtc.edu/LIR

Joint Pain

Course #: 47

Presenter: Dr. Daniel Tomaszewski
Coordinator: Mary Koski, 920-493-9345
E-Mail: marykoski25@gmail.com
Date: Wednesday, September 21
Session(s): 1
Time: 10:00 a.m. - 12:00 p.m.
Location: NWTC
Limit: 30

Dr. Tomaszewski, DCMH Orthopedic Surgeon will discuss, in an open forum format, the symptoms, causes, and treatment options of joint pain. Participants are encouraged to ask questions during the presentation.

Area of Interest: *Health-Fitness-Science*

Living Your Life in Full: Means and Methods

Course #: 48

Presenter: Dr. Chris Stout
Coordinator: Karen Callahan, 815-793-8276
E-Mail: alss.callahan@gmail.com
Date: Monday, September 12
Session(s): 1
Time: 10:00 a.m. - 12:00 p.m.
Location: NWTC
Limit: 30

This presentation will feature a number of inspiring first-hand stories from all walks of life highlighting what we can do to help others, and live richer, fuller lives. I am not a fan of the word "retire." Instead, I believe that most able-bodied people wake up most days and say, "I want to do good work today. I want to put my brain to work, put my muscles to work, and be productive in society." If this sounds like you, then you have come to the right presentation. I have hosted the Living a Life in Full podcast for 5 seasons and learned a great deal from my guests. I published the series "*The New Humanitarians*" and run a nonprofit for a decade. For more information:

<https://linktr.ee/drchrisstout>

Area of Interest: *Senior Issues*

Marketplace & Medicare: Know Your Options

Course #: 49 In-Person

Course #: 49 Zoom

Presenter: Melissa Andrews
Coordinator: Karen Callahan, 815-793-8276
E-Mail: alss.callahan@gmail.com
Date: Monday, September 26
Session(s): 3
Time: 10:00 a.m. - 12:00 p.m.
Location: NWTC, Zoom
Limit: 30 In-Person, 25 Zoom

Are you overwhelmed and unsure about your health insurance options? Are you or your spouse planning retirement and need guidance on developing a plan? Join Melissa Andrews of Olive Benefits for an educational session discussing your health insurance options and gain tips on how to compare them, and ensuring you make an informed choice.

Area of Interest: *Senior Issues*

Meet the Beatles

Course #: 50

Presenter: Steve Gomoll
Coordinator: Renee Bauernfeind, 920-246-4682
E-Mail: rjk2247@gmail.com
Date: Tuesday, September 27
Session(s): 1
Time: 1:00 p.m. - 3:30 p.m.
Location: NWTC
Limit: 30

Were you one of the 73 million people sitting in front of your television set on Sunday night, February 9, 1964? If so, then you have "Met the Beatles." However – do you really know them? Do you understand what a musical and cultural phenomenon they were? Did you realize how much their music changed over their brief six years together after that date? If not, Steve will take you on a Magical Mystery Tour of their amazing trip down that Long and Winding Road into rock and roll history and beyond.

Area of Interest: *History-Culture-Government*

Visit us at nwtc.edu/LIR

Melissa Scarf Knitalong

Course #: 51

Presenter: Miriam Malenius
Coordinator: Hein Moritz, 865-292-8675
E-Mail: Hein@moritz.org
Date: Monday, November 14
Session(s): 1
Time: 10:00 a.m. - 12:00 p.m.
Location: NWTC
Limit: 8

The Melissa Scarf is an easy to knit triangular scarf with a bobble edge on all three sides. It is a fun knit and will be a lovely gift to yourself or a friend. A supply list will be sent.

Area of Interest: *Craft-Game-Hobby*

Mexican Train (Dominoes)

Course #: 52

Presenter: George Roenning & John Stevenson
Coordinator: Brenda Lange, 920-495-7903
E-Mail: blange512@gmail.com
Date: Thursday, November 3
Session(s): 1
Time: 1:00 p.m. - 3:00 p.m.
Location: NWTC
Limit: 20

This course will teach you all you need to know to enjoy Mexican Train, a fun dominoes game for all ages. We will provide information about type of dominoes needed, rules (including variations, to make life interesting!), and provide visuals of actual games to enhance your learning.

Area of Interest: *Craft-Game-Hobby*

Mission Trip to Honduras

Course #: 53

Presenter: Pastor Peter Mannoja
Coordinator: Joanne Hicks, 920-746-4947
E-Mail: joanne.hicks@nwtc.edu
Date: Tuesday, November 29
Session(s): 1
Time: 1:00 p.m. - 3:00 p.m.
Location: NWTC
Limit: 30

Join Pastor Mannoja as he shares his experience of his recent mission trip to Honduras. A joint community volunteer work crew from Sturgeon Bay delivered much needed medical supplies, as well as labor to repair plumbing and painting.

Area of Interest: *History-Culture-Government*

Modern Dairy Farm Tour

Course #: 54

Presenter: Richard Olson
Coordinator: Monica Nelson, 920-746-4947
E-Mail: monica.nelson@nwtc.edu
Date: Tuesday, September 13
Session(s): 1
Time: 10:00 a.m. - 12:00 p.m.
Location: Olson Family Farms
Limit: 20

We will have a tour of our robotic milking facility and a chance to see how our animals are raised, fed and cared for.

Area of Interest: *Door County Focus*

HELPFUL HINTS FOR A FULFILLING SEMESTER

PLEASE BE CONSIDERATE!

If you are unable to attend a confirmed course for any reason, please contact the course coordinator as listed in the catalog.

Visit us at nwtc.edu/LIR

Money Management: Cutting Strings- Putting Self Over Family in Retirement

Course #: 55 In-Person

Course #: 55 Zoom

Presenter: Leslie Boden
Coordinator: DCLIR Office, 920-746-4947
E-Mail: dclir@nwtc.edu
Date: Tuesday, November 15 and 22
Session(s): 1
Time: 10:00 a.m. - 12:00 p.m.
Location: NWTC, Zoom
Limit: 30 In-Person, 25 Zoom

We will walk through tools to determine ones overall financial health. From here we'll walk through ways families can help each other but stay independent. We will also explore ways to cut financial ties in a financially healthy way. If time allows, we will touch on wills and trusts.

Area of Interest: *Senior Issues*

Money Management: Judgement Proof? Do you Qualify

Course #: 56 In-Person

Course #: 56 Zoom

Presenter: Leslie Boden
Coordinator: Laurel Wise, 920-743-1764
E-Mail: ljwise5589@gmail.com
Date: Tuesday, December 6
Session(s): 1
Time: 10:00 a.m. - 12:00 p.m.
Location: NWTC, Zoom
Limit: 30 In-Person, 25 Zoom

Program covers what it means to be judgement proof. We will walk through the process of determining if someone is judgment proof, how it works & what to think about in how it affects retirement.

What is the meaning of Judgment Proof?

Judgment proof is a **description of a person who does not have enough assets for a creditor to seize when a court order requires dept repayment.** A debtor who is broke and unemployed can be considered judgment proof, as can a debtor who only has certain legally protected types of assets or income.

Area of Interest: *Senior Issues*

Open Door Bird Sanctuary Tour

Course #: 57

Presenter: Rob Hults
Coordinator: Renee Bauernfeind, 920-246-4682
E-Mail: rjk2247@gmail.com
Date: Wednesday, September 14
Session(s): 2
Time: 1:00 p.m. - 3:30 p.m.
Location: Open Door Bird Sanctuary
Limit: 30
Fee: \$10 due at registration to guarantee your spot.

Experience Birds of Prey at Open Door Bird Sanctuary! We are a 34-acre nature center that provides homes for un-releasable birds of prey. Our birds have become incredible ambassadors of the environment and work with us to inspire and educate the public via outreach in Door County and beyond. If you've never visited us at our beautiful Jacksonport property, we have 18 birds of prey, including several types of owls, hawks, eagles, small falcons and a turkey vulture. If you have visited us before, come again and see how we've grown! We will create a 2 ½ hour tour especially for DCLIR that will have you sharing our belief in the importance of the connection we share with nature and the avian world. The Sanctuary is outdoors and on uneven ground, so please dress accordingly and wear sturdy shoes. Carpooling is encouraged but not necessary.

Area of Interest: *Environment-Nature*

Outsmart the Scammers

Course #: 58

Presenter: Ben Fletcher
Coordinator: Don Guth, 920-255-3174
E-Mail: donguth@icloud.com
Date: Thursday, September 15
Session(s): 1
Time: 1:00 p.m. - 3:00 p.m.
Location: NWTC
Limit: 30

This course will help give participants the information they need to Outsmart the Scammers. We review the best ways to protect your private information and protect yourself and others from the common and uncommon scams people see in retirement.

Area of Interest: *Senior Issues*

Visit us at nwtc.edu/LIR

Painting with Coffee, Tea, Fruit and Veggies

Course #: 59

Presenter: Miriam Malenius & Hein Moritz
Coordinator: Hein Moritz, 865-292-8675
E-Mail: hein@moritz.org
Date: Tuesday, October 18
Session(s): 1
Time: 10:00 a.m - 12:00 p.m.
Location: NWTC
Limit: 12

Leave your watercolors at home; bring your brushes, paper and enthusiasm. We will be painting with beverages, fruit and veggies that have been prepared for painting. Door County's fall leaves will be the subject of our paintings. A supply list will be sent.

Area of Interest: *Craft-Game-Hobby*

Paper Basket Weaving

Course #: 60

Presenter: Megan Dietz
Coordinator: Gwen Mitsche, 518-669-8390
E-Mail: gwen.mitsche@gmail.com
Date: Fridays November 4, 11, and 18
Session(s): 3
Time: 9:00 a.m. - 12:00 p.m.
Location: NWTC
Limit: 8
Fee: \$25 fee to be paid at time of registration to guarantee your seat in the class.

Learn to weave a basket from beautifully painted paper. In the first session you will be painting your paper using a variety of acrylic paints. The other two sessions will be devoted to weaving the paper into a cat-head style basket that is a perfect size to use on a table as a candy dish or to hold artificial flowers. No prior weaving experience is necessary; all necessary materials are provided. Baskets can be decorated with beads (not provided.) Contact presenter at bayshorebaskets@yahoo.com prior to class for information on bead sizes and quantities, which will be discussed during the first class. NOTE: YOU MUST BE PRESENT AT THE FIRST CLASS IF YOU WISH TO CONTINUE.

First class: Wear old clothes. Bring stamps, sponges, or special brushes, if you like; paint and basic brushes will be provided. You will be painting your own paper for your basket, and it can get messy!

Second and third classes: bring a pencil, ruler, or tape measure (measure up to 6 inches), and sharp scissors for paper. Paper, floss, and other tools will be provided.

Area of Interest: *Craft-Game-Hobby*

Pirates of Chemo - The Rehearsals

Course #: 61

Presenter: Renee (Kujawski) Bauernfeind
Coordinator: Renee (Kujawski) Bauernfeind, 920-246-4682
E-Mail: rjk2247@gmail.com
Date: Wednesdays, September 21, 28 (there will be additional rehearsals to be determined by participants, plus 2 performances)
Session(s): 5
Time: 1:00 p.m. - 4:00 p.m.
Location: NWTC
Limit: 6

This course will present a staged reading of Paul Shutte's dramatic comedy, "The Pirates of Chemo," about a breast cancer support group of very eclectic characters that decide to branch out of the typical support group mold in their own unique way. This play was last presented in Door County in 2012 and we will be reviving it for Breast Cancer Awareness Month. There will be 5 rehearsals: the first two on September 21 and 28, *with the next 3 being determined by the group. There will be 2 performances on **October 26-27** open to DCLIR members and a limited number of their friends or relatives. No memorization is required, but participants should be comfortable speaking in public. You must be able to attend all 5 rehearsals and both performances. Note: This course partners with course number "The Pirates of Chemo- The Performance"

Area of Interest: *Language-Literature-Writing*

Visit us at nwtc.edu/LIR

**Pirates of Chemo -
The Performance - Wednesday**

Course #: 62

Presenter: Renee (Kujawski) Bauernfeind
Coordinator: Mary Beth Williams, 920-746-4070
E-Mail: mbwilliams3045@gmail.com
Date: Wednesday, October 26
Session(s): 1
Time: 1:00 p.m. - 4:00 p.m.
Location: NWTC
Limit: 30

This course will present a staged reading of Paul Shutte's dramatic comedy, "The Pirates of Chemo," about a breast cancer support group of very eclectic characters that decide to branch out of the typical support group mold in their own unique way. This show was last presented in Door County in 2012 and we will be performing it for Breast Cancer Awareness Month. The playwright, Paul Shutte, has been an aeronautical engineer for 34 years. He's also an actor and a playwright. The play has been produced 22 times and has raised nearly \$30,000 for breast cancer support. There will be no admission fee, but all donations will be gratefully accepted and will be donated 100% to the Sue Baldwin Fund of Sister Bay, WI. Director Renee Kujawski is a retired actor, director and theatrical jack of all trades. Many will remember Renee as an Administrative Assistant.

Area of Interest: *Language-Literature-Writing*

**Pirates of Chemo -
The Performance- Thursday**

Course #: 63

Presenter: Renee (Kujawski) Bauernfeind
Coordinator: Mary Koski, 920-493-9345
E-Mail: marykoski25@gmail.com
Date: Thursday, October 27
Session(s): 1
Time: 1:00 p.m. - 4:30 p.m.
Location: ADRC
Limit: 50

This course will present a staged reading of Paul Shutte's dramatic comedy, "The Pirates of Chemo," about a breast cancer support group of very eclectic characters that decide to branch out of the typical support group mold in their own unique way. This show was last presented in Door County

in 2012 and we will be performing it for Breast Cancer Awareness Month. The playwright, Paul Shutte, has been an aeronautical engineer for 34 years. He's also an actor and a playwright. The play has been produced 22 times and has raised nearly \$30,000 for breast cancer support. There will be no admission fee, but all donations will be gratefully accepted and will be donated 100% to the Sue Baldwin Fund of Sister Bay, WI. Director Renee Kujawski is a retired actor, director and theatrical jack of all trades. Many will remember Renee as an Administrative Assistant.

Area of Interest: *Language-Literature-Writing*

Placebo Effect- It's Not Just Medical

Course #: 64

Presenter: George Roenning
Coordinator: Mary Koski, 920-493-9345
E-Mail: marykoski25@gmail.com
Date: Tuesday, November 1
Session(s): 1
Time: 1:00 p.m. - 3:00 p.m.
Location: NWTC
Limit: 30

The Placebo Effect describes a situation in which a treatment with no known medical effect produces a response. In this course the history of placebo use will be discussed along with its more interesting aspects and non-medical applications. We will also cover and discuss the ethics of placebo use.

Area of Interest: *Health-Fitness-Science*

**HELPFUL HINTS FOR A
FULFILLING SEMESTER**

**DO YOU WANT TO REGISTER FOR
ADDITIONAL CLASSES?**

- Check online member portal.
- Classes with space available are listed.
- Contact class coordinator or DCLIR office.

Visit us at nwtc.edu/LIR

Probate Basics

Course #: 65 In-Person

Course #: 65 Zoom

Presenter: Jennifer Moeller

Coordinator: DCLIR Office, 920-746-4947

E-Mail: dclir@nwtc.edu

Date: Tuesday, November 22

Session(s): 1

Time: 1:00 p.m. - 3:00 p.m.

Location: NWTC, Zoom

Limit: 30 In-Person, 25 Zoom

Probate Basics is an overview of probate court including discussion concerning wills, probate of estate, and select issues related to guardianship. Attendees will learn what happens when a person passes away. We will discuss considerations before a death. Time will be set aside for questions. No legal advice will be provided.

Area of Interest: *Senior Issues*

Pumpkin Pie with a No-Fail Crust

Course #: 66

Presenter: Cathy Conger

Coordinator: Chuck Conger 920-333-1725

E-Mail: ccdcw@gmail.com

Date: Monday, October 17

Session(s): 1

Time: 1:00 p.m. - 3:00 p.m.

Location: NWTC kitchen

Limit: 10

Fee: \$10 fee to be paid at time of registration to guarantee your seat in the class.

Do you buy frozen pie crusts because you find a scratch crust intimidating? Or maybe you've always wanted to learn to bake a pie, but it looks too hard. In this class you will make a pie crust from scratch with an easy, almost foolproof method. We will also make a pumpkin filling. Become a pie maker just in time for the holidays! The fee covers ingredients for one pumpkin pie.

Materials list: students should bring a 2-qt, storage container, a rolling pin if you have one, an apron (if desired), and a 9-inch pie plate.

Area of Interest: *Cooking-Garden-Home*

Quantum PC: Basic Cyber and Internet Security

Course #: 67 In-Person

Course #: 67 Zoom

Presenter: Nathan Drager

Coordinator: John Swanson, 920-743-4786

E-Mail: swanpiper@yahoo.com

Date: Monday, September 19

Session(s): 1

Time: 1:00 p.m. - 3:00 p.m.

Location: NWTC, Zoom

Limit: 30 In-Person, 25 Zoom

The focus of this class will be on the new types of remote scams, often triggered from a phone call, or pop-up ad on the victim's computer. We will be presenting information on how to identify these types of scams, and how to take proactive and preventive measures against these attacks. This will include the proper implementation and use of security and firewall software, as well as an understanding of the concepts and techniques employed in these attacks. We will also touch on what steps to take if you have been the target of an attack, how to secure the device, and what can be done to further protect your credit and identity.

This class adapts to the changing environment of the internet, so even if you've taken it before- it's always worthwhile to repeat it!

Area of Interest: *Math-Science-Technology*

HELPFUL HINTS FOR A FULFILLING SEMESTER

DCLIR is a Volunteer Organization.

Make a difference and get involved. Not sure what you want to get involved with as a volunteer for DCLIR? Contact any members of the Board of Directors or the Learning in Retirement Office at 920.746.4947.

Visit us at nwtc.edu/LIR

Quantum PC: Basics of Wi-Fi

Course #: 68 In-Person

Course #: 68 Zoom

Presenter: Nathan Drager

Coordinator: DCLIR Office, 920-746-4947

E-Mail: dclir@nwtc.edu

Date: Wednesday, October 12

Session(s): 1

Time: 1:00 p.m. - 3:00 p.m.

Location: NWTC, Zoom

Limit: 30 In-Person, 25 Zoom

Did you know that the responsibility of all internet service providers stops at the wall of your home? Once the signal is inside your house, it's up to you to troubleshoot your connection issues- and this class can help you with that. You won't need to be an IT genius to do it, either. This course will teach you the basics of Wi-Fi and demonstrate how to get the most out of your wireless network.

Topics will include proper router setup and placement, wireless security, addressing dead spots, how to lower your internet bill, extenders and (regulars?) and alternatives to ISP-provided Wi-Fi. We will try to address your individual questions, but since everyone owns a variety of devices and uses different internet plans, we will do our best to answer your concerns, or point you in the right direction.

Area of Interest: *Math-Science-Technology*

Quantum PC: Computer Backup and Disaster Recovery

Course #: 69 In-Person

Course #: 69 Zoom

Presenter: Nathan Drager

Coordinator: Laurel Wise, 920-743-1764

E-Mail: ljwise5589@gmail.com

Date: Thursday, December 1

Session(s): 1

Time: 1:00 p.m. - 3:00 p.m.

Location: NWTC, Zoom

Limit: 30 In-Person, 25 Zoom

The focus of this course will be on backing up your computer, with an emphasis on building a routine, automated backup system. Instruction will be given on performing this task using the free, built-in tools included with both Mac and Windows operating systems. We will discuss various types of backup devices, how to backup multiple devices to One Drive, cloud storage and offsite backup options, and how to restore your computer from a backup. **This class adapts to the changing environment of the internet, so even if you've taken it before- it's always worthwhile to repeat it!**

Area of Interest: *Math-Science-Technology*

Quantum PC:

Learning to Use Your Apple/Mac Device

Course #: 70 In-Person

Course #: 70 Zoom

Presenter: Erin Helgeson

Coordinator: DCLIR Office, 920-746-4947

E-Mail: dclir@nwtc.edu

Date: Tuesday, November 15

Session(s): 1

Time: 1:00 p.m. - 3:00 p.m.

Location: NWTC, Zoom

Limit: 30 In-Person, 25 Zoom

So, you acquired a fancy, new Apple/Mac iThingy, but don't know the first thing about getting it to work for you. Or, maybe you have more advanced questions about your device. In either case, this class is the right place to solve your problems. Instead of letting your iPhone, iPad or iMac laptop just sit there in its box, macMommy Erin will answer your questions, help you get started, and demonstrate the many useful ways your device can make your life a bit easier. **This class adapts to the changing features of Apple/Mac devices, so even if you've taken it before- it's always worthwhile to repeat it!**

Area of Interest: *Math-Science-Technology*

Visit us at nwtc.edu/LIR

Renewable Energy- Nuts and Bolts

Course #: 71

Presenter: John Hippensteel
Coordinator: John Swanson, 920-743-4786
E-Mail: swanpiper@yahoo.com
Date: Friday, September 16
Session(s): 1
Time: 10:00 a.m. - 12:00 p.m.
Location: Lake Michigan Wind & Sun at
Hippensteel Farm
Limit: 15

See and learn about the latest in renewable energy systems on a guided tour of Lake Michigan Wind and Sun, Ltd. at the Hippensteel Farm. How do these systems work? What are the benefits and differences? Are there drawbacks? How do we connect these systems to our house or business and the utility provider? Learn the answers to these questions and more in this timely class. Please note: This class includes field walking, standing and stairs.

Area of Interest: *Math-Science-Technology*

Rock 'n' Roll Is Here to Stay: Exploring the Early Years

Course #: 72

Presenter: Steve Gomoll
Coordinator: Renee Bauernfeind, 920-246-4682
E-Mail: rjk2247@gmail.com
Date: Tuesday, September 13
Session(s): 1
Time: 1:00 p.m. - 3:00 p.m.
Location: NWTC
Limit: 30

Rock 'n' Roll music originated in the early 1950's from the musical genres of rhythm and blues, boogie-woogie, and country music. We'll take a blast into the past and do the stroll down memory lane to explore the evolution of Rock 'n' Roll through the eras of rockabilly, doo-wop, teen idols, folk, surf, Motown, and the British Invasion. Images and videos of the artists and songs we remember will be used to tell the story of this musical progression from the early 1950 into 1960. I think we can all agree that Rock 'n' Roll IS here to stay!

Area of Interest: *History-Culture-Government*

Silk Scarf Dyeing

Course #: 73

Presenter: Sally Everhardus/Pat Bopray
Coordinator: Pat Bopray, 920-621-6635
E-Mail: pathar6635@live.com
Date: Wednesday, October 19
Session(s): 1
Time: 1:00 p.m. - 3:00 p.m.
Location: NWTC
Limit: 10
Fee: \$28 fee to be paid at time of registration to guarantee your seat in the class.

Learn to dye silk scarves using plant materials from your garden/yard. The instructor will share what works, what doesn't and what makes muddy colors based on her own experiments and documentation. From splotches of color to ikat-like patterning to the reactions of different metals to the dyes and mordants, this is a non-toxic, direct-dye process. Even with planning, each finished scarf is made of unexcepted "happy accidents." This is not for the OCDs among us.

A suggested list of dye materials will be sent ahead- plan to bring plant materials to class. At the end of this session, you will have three scarves of differing sizes to wear or give as gifts- and the skills to make more of your own. Please note these colors are subtle and unlike commercially available dyes. Presenters will display samples of naturally dyed silk.

Area of Interest: *Craft-Game-Hobby*

HELPFUL HINTS FOR A FULFILLING SEMESTER

PRESENTERS:

Have you a skill or a topic you want to share? Become a DCLIR Presenter. Contact the office, obtain a Course Proposal form, complete, and return to the DCLIR Office.

Visit us at nwtc.edu/LIR

Soap Making

Course #: 74

Presenter: Ann Emmerich
Coordinator: Mary Koski, 920-493-9345
E-Mail: marykoski25@gmail.com
Date: Monday, October 3
Session(s): 1
Time: 1:00 p.m. - 3:00 p.m.
Location: NWTC
Limit: 15
Fee: \$10 fee to be paid at time of registration to guarantee your seat in the class.

Have you ever wanted to learn how to make your own soap or learn the chemistry behind it? Ann has been making soap for years and she, along with her daughter, had a small soap making business. You will learn the triumphs and pitfalls of soap-making, the chemistry behind turning simple ingredients into bars of gently, moisturizing soap, and will be given the resource information so you can make soap in your own kitchen. This class will be a demonstration of the process from start to finish. You will be close to the table to observe and then will be able to cut two bars from the loaf of soap Ann made the prior evening to take home with you.

Area of Interest: *Craft-Game-Hobby*

HELPFUL HINTS FOR A FULFILLING SEMESTER

Please register only for the classes you plan to attend.

Sourdough Bread Making

Course #: 75

Presenter: Pat Bopray
Coordinator: Sally Everhardus, 920-883-8819
E-Mail: sallyeverhardus@yahoo.com
Date: Monday, October 3
Session(s): 1
Time: 1:00 p.m. - 3:00 p.m.
Location: NWTC kitchen
Limit: 6
Fee: \$3 fee due at time of registration to guarantee your seat in the class.

Pat spent time during the pandemic shut down learning basics of sourdough bread baking. She will share techniques she has experimented with that work for her. The class will feed their starter, mix and set to rise a loaf of bread. Learn techniques for baking in a cast iron pot, slashing to encourage oven spring and a good ear on the loaf and of course sample a freshly baked loaf. Also, ideas for using the discard and recipes will be shared.

Area of Interest: *Cooking-Garden-Home*

Spreading the Word, About Cheese Spread That Is!

Course #: 76

Presenter: Mary Lindemann
Coordinator: Audrey Perry, 920-255-3100
E-Mail: aapwi@hotmail.com
Date: Tuesday, October 25
Session(s): 1
Time: 1:00 p.m. - 3:00 p.m.
Location: NWTC
Limit: 20

Learn the origin of the iconic Midwest snack... cheese spread! Gain insight into the art of cheese. Learn how a local Wisconsin company, Pine River Pre-Pack, crafts their cheese spreads and markets them across the country. 'Spread beyond the cracker' and get creative cooking and entertaining ideas. Best of all enjoy samples of various flavors.

Area of Interest: *Cooking-Garden-Home*

Visit us at nwtc.edu/LIR

Learning in Retirement

Strawberry Creek Fish Hatchery Tour (A)

Course # 77

Presenter: Nick Legler
Coordinator: Mike LeClair, 920-901-9955
E-Mail: michaeln.leclair@yahoo.com
Date: Thursday, October 6
(Tentative subject to change)

Session(s): 1

Time: 10:00 a.m. - 12:00 p.m.

Location: DNR Strawberry Creek
Chinook Facility

Limit: 20

The Wisconsin Department of Natural Resources (WDNR) operates three salmon and trout egg collection facilities on Lake Michigan tributaries. The Strawberry Creek Salmon Spawning Facility or weir (SCW) located in Sturgeon Bay, WI, of Door County and has been operated since the early 1970's. SCW is WDNR's primary egg collection facility for Chinook salmon and typically provides the entire egg supply needed by WDNR to produce chinook for stocking into Lake Michigan. A long-term average of 4,600 Chinook or 'king' salmon return to Strawberry Creek every fall for their seasonal spawning run, where DNR staff collect data to inform management decisions and eggs to support hatchery production and stocking. These salmon are initially stocked into Strawberry Creek, swim around Lake Michigan for about 1-3 years (some longer), and then return 'home' to Strawberry Creek to spawn. This tour will provide an opportunity for up close observation of chinook salmon and DNR's egg collection process, along with an overview and discussions with DNR staff. This event will be held rain or shine, so dress appropriately. Chairs are not available, so be prepared to stand for the entire presentation. You must be able to walk on uneven terrain, etc. (NOTE: Parking is limited so we will meet at the Knights of Columbus Hall, corner of "U" and Tacoma Beach Road, and carpool from there.) Directions: From the North, after crossing the Bayview Bridge, turn left on U. From the South, turn right on U just before the Bayview Bridge. Follow U for approximately one mile. Turn left (east) on Strawberry Lane. Follow Strawberry Lane for approximately one mile. The facility is on the right (south) side of the road.

Area of Interest: *Environment-Nature*

Strawberry Creek Fish Hatchery Tour (B)

Course #: 78

Presenter: Nick Legler
Coordinator: Joe Kopeck, 920-818-0112
E-Mail: joekopeck@gmail.com
Date: Thursday, October 13
(Tentative subject to change)

Session(s): 1

Time: 10:00 a.m. - 12:00 p.m.

Location: DNR Strawberry Creek
Chinook Facility

Limit: 20

The Wisconsin Department of Natural Resources (WDNR) operates three salmon and trout egg collection facilities on Lake Michigan tributaries. The Strawberry Creek Salmon Spawning Facility or weir (SCW) located in Sturgeon Bay, WI, of Door County and has been operated since the early 1970's. SCW is WDNR's primary egg collection facility for chinook salmon and typically provides the entire egg supply needed by WDNR to produce chinook for stocking into Lake Michigan. A long-term average of 4,600 chinook or 'king' salmon return to Strawberry Creek every fall for their seasonal spawning run, where DNR staff collect data to inform management decisions and eggs to support hatchery production and stocking. These salmon are initially stocked into Strawberry Creek, swim around Lake Michigan for about 1-3 years (some longer), and then return 'home' to Strawberry Creek to spawn. This tour will provide an opportunity for up close observation of chinook salmon and DNR's egg collection process, along with an overview and discussions with DNR staff. This event will be held rain or shine, so dress appropriately. Chairs are not available, so be prepared to stand for the entire presentation. You must be able to walk on uneven terrain, etc. (NOTE: Parking is limited so we will meet at the Knights of Columbus Hall, corner of "U" and Tacoma Beach Road, and carpool from there.) Directions: From the North, after crossing the Bayview Bridge, turn left on U. From the South, turn right on U just before the Bayview Bridge. Follow U for approximately one mile. Turn left (east) on Strawberry Lane. Follow Strawberry Lane for approximately one mile. The facility is on the right (south) side of the road.

Area of Interest: *Environment-Nature*

Visit us at nwtc.edu/LIR

Stretching for Seniors- (How to Finally Reach Your Toes!)

Course #: 79

Presenter: Ann Emmerich
Coordinator: DCLIR Office, 920-746-4947
E-Mail: dclir@nwtc.edu
Date: Monday, October 10
Session(s): 1
Time: 1:00 p.m. - 3:00 p.m.
Location: NWTC
Limit: 15

Learn a simple stretching routine that will be easy to fit into your day. The program will be designed for people with good motion (can get on the floor) but also for those who prefer to exercise in or around a chair or bed. In addition to information on general fitness in aging, there will be plenty of time for Q&A. It will be a fun and interactive session. Come dressed in comfortable, loose-fitting clothing (not shorts) and socks. Please bring a bottle of water, a belt, pillow, and large towel.

Area of Interest: *Health-Fitness-Science*

Sunshine Resources of Door County Tour A

Course #: 80

Presenter: Jeremy Paszczak
Coordinator: John Koski, 920-493-9344
E-Mail: sturgeonbay2@gmail.com
Date: Monday, September 19
Session(s): 1
Time: 10:00 a.m. - 12:00 p.m.
Location: Sunshine Resources, Sturgeon Bay
Limit: 10

Sunshine Resources of Door County (known as Sunshine House) is a 501(c)3 not-for-profit organization. Sunshine House Inc. was started in Door County by a handful of parents in 1971. These parents wanted more for their children to experience and be a part of and with their determination Sunshine House Inc. evolved into the great organization it is today. We are still operating this not-for-profit organization 50 years later with the same Mission – of achieving full participation in society of people with special needs. Join us to learn more and tour the facility.

Area of Interest: *Door County Focus*

Sunshine Resources of Door County Tour B

Course #: 81

Presenter: Jeremy Paszczak
Coordinator: John Swanson, 920-743-4786
E-Mail: swanpiper@yahoo.com
Date: Monday, November 21
Session(s): 1
Time: 10:00 a.m. - 12:00 p.m.
Location: Sunshine Resources, Sturgeon Bay
Limit: 10

Sunshine Resources of Door County (known as Sunshine House) is a 501(c)3 not-for-profit organization. Sunshine House Inc. was started in Door County by a handful of parents in 1971. These parents wanted more for their children to experience and be a part of and with their determination Sunshine House Inc. evolved into the great organization it is today. We are still operating this not-for-profit organization 50 years later with the same Mission – of achieving full participation in society of people with special needs. Join us to learn more and tour the facility.

Area of Interest: *Door County Focus*

Through the Lens of a Sports Photographer

Course #: 82

Presenter: Chip Manthey
Coordinator: DCLIR Office, 920-746-4947
E-Mail: dclir@nwtc.edu
Date: Wednesday, October 5
Session(s): 1
Time: 10:00 a.m. - 12:00 p.m.
Location: NWTC
Limit: 30

Join Chip Manthey for an engaging and informative presentation chronicling life as a professional sports photographer. For over two decades, Chip roamed the sidelines of Lambeau Field, Camp Randall, and numerous other Wisconsin sports venues. He captured some of the state's greatest moments in sports history. His colorful studies, 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.

Area of Interest: *Craft-Game-Hobby*

Visit us at nwtc.edu/LIR

Learning in Retirement

To Your Health: Vitamin/Mineral Supplements

Course #: 83 In-Person

Course #: 83 Zoom

Presenter: Dave LaLuzerne
Coordinator: Pam Gillespie, 920-743-0210
E-Mail: pamh400@aol.com
Date: Thursday, December 8 & 15
Session(s): 2
Time: 1:00 p.m. - 3:00 p.m.
Location: NWTC, Zoom
Limit: 30 In-Person, 25 Zoom

There is so much advertising and promotion about vitamin and mineral supplements out there, and there are so many questions to go along with it. Do I need to take vitamins? What do vitamins do for me - if anything? How much should I take? Can I take too much? What is the best source for vitamins and minerals? My doctor says I don't need vitamin and mineral supplements, but all the big drug companies sell them. What is a person to do? I hope I can answer these questions and any others you might have. This class will cover the facts and the misunderstandings about vitamin and mineral supplementation.

Area of Interest: *Health-Fitness-Science*

Transportation Options for Door County Residents

Course #: 84 In-Person

Course #: 84 Zoom

Presenter: Kim Gilson- Door-Tran
Coordinator: DCLIR Office, 920-746-4947
E-Mail: dclir@nwtc.edu
Date: Thursday, September 29
Session(s): 1
Time: 10:00 a.m. - 12:00 p.m.
Location: NWTC, Zoom
Limit: 30 In-Person, 25 Zoom

Door-Tran is a creative community network dedicated to connecting people to transportation services that are affordable, available, and accessible. You are invited to the presentation and learn how Door-Tran and other local transportation programs can get people where they need to go. Kim Gilson, Volunteer Coordinator with Door-Tran, will provide participants with information to help them decide the best fit for their transportation needs.

Area of Interest: *Senior Issues*

Trends in Classical Chamber Music: Where do we go next?

Course #: 85

Presenter: Dr. Allyson Fleck and Noah Schaffrick
Coordinator: Mary Beth Williams, 920-746-4070
E-Mail: mbwilliams3045@gmail.com
Date: Monday, November 14 & 21
Session(s): 2
Time: 1:00 p.m. - 3:00 p.m.
Location: NWTC
Limit: 30

Chamber music is known for its small ensembles and intimate settings. This course will explore the history of chamber music and its trends in western musicology. Through two sessions, this class will explore progressive musical styles and where chamber music is going in the 21st century.
Week 1 - The history of chamber music through the 20th century
Week 2 - Chamber music of the 21st century and the future

Area of Interest: *History-Culture-Government*

Understanding Alzheimer's and Dementia

Course #: 86 In-Person

Course #: 86 Zoom

Presenter: Julie Roznowski-Olson,
Volunteer Community Educator &
Retired Nurse Practitioner
Coordinator: Mary Beth Williams, 920-746-4070
E-Mail: mbwilliams3045@gmail.com
Date: Tuesday, October 25
Session(s): 1
Time: 10:00 a.m. - 12:00 p.m.
Location: NWTC, Zoom
Limit: 30 In-Person, 25 Zoom

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. Alzheimer's Association resources.

Area of Interest: *Senior Issues*

Visit us at nwtc.edu/LIR

Learning in Retirement

Upcycled Clothing

Course #: 87

Presenter: Bonnie Connolly and Joan Mahoney
Coordinator: Monica Nelson, 920-746-4947
E-Mail: monica.nelson@nwtc.edu
Date: Friday, September 30
Session(s): 1
Time: 10:00 a.m. - 12:00 p.m.
Location: NWTC
Limit: 20

Join Bonnie and Joan as they take you through their sewing and creating garment history. Learn to regard old clothes and other collected memorabilia in an artful manner after seeing what materials can be combined to assemble a new garment.

Area of Interest: *Craft-Game-Hobby*

Upper East Side (of Sturgeon Bay) Treat: Making Bagels & Lox

Course #: 88

Presenter: Jim Mitsche, Bonnie Connolly
Coordinator: Pat Bopray, 920-621-6635
E-Mail: pathar6635@live.com
Date: Monday, October 31
Session(s): 1
Time: 1:00 p.m. - 3:00 p.m.
Location: NWTC kitchen
Limit: 20

Do you love bagels and lox, that NYC Upper East Side icon? Well, come learn how to make bagels and lox the Sturgeon Bay Upper East Side way. Making lox takes only salmon, salt, sugar, and time, 2 days of curing and no cooking or smoking. Bagels are simpler to make than you imagine, too. This class will show you how to make both at your own home. Plus, history, how curing works, and recipe suggestions, all in just 2 hours. Samples, too.

Area of Interest: *Cooking-Garden-Home*

U.S. History Through the Eyes of the Supreme Court/Constitutional Law

Course #: 89 Zoom

Presenter: Lou Covotsos
Coordinator: Renee Bauernfeind, 920-246-4682
E-Mail: rjk2247@gmail.com
Date: Thursday October 27,
November 3, 10, 17
Session(s): 4
Time: 10:00 a.m. - 12:30 p.m.
Location: Zoom
Limit: 25

Beginning with an overview of legal analysis (i.e. what lawyers do) by delving into a common law case (something the students will be asked to read) that illustrates the role of precedent as well as how the common law develops over time, the class will explore how the United States Supreme Court became a co-equal branch of government and dominant over state courts in the early 19th century. We will then go on to highlight landmark decisions that shed light on fundamental issues in United States history.

The Supreme Court played, and continues to play, a major role in historical, social, and cultural issues such as reproduction, marriage, and housing. The Court ruled on issues of sectionalism and slavery, playing a crucial role as an underlying cause of the Civil War. The Court became a roadblock to the establishment of the modern welfare state, and it was/is instrumental in defining the roles of women, African Americans, and Native Americans, for example.

A major theme of the class that underlines the role of the Supreme Court (or any appellate-level court) in American History is whether courts find law or make law?

Area of Interest: *History-Culture-Government*

HELPFUL HINTS FOR A FULFILLING SEMESTER

Please notify class coordinator as soon as possible if you cannot attend a class.

Visit us at nwtc.edu/LIR

Learning in Retirement

Waseda Farms Tour

Course #: 90

Presenter: Tom Lutsey

Coordinator: John Swanson, 920-743-4786

E-Mail: swanpiper@yahoo.com

Date: Thursday, September 8

Session(s): 1

Time: 1:00 p.m. - 3:30 p.m.

Location: Waseda Farms, Baileys Harbor

Limit: 20

This outdoor class will be held at Waseda Farms in Baileys Harbor. Waseda Farms is a certified organic beef, pork, egg and produce farm. Take this class to better understand where local, organic food comes from. Tour includes a 2-mile wagon ride through the fields and details the history of the farm. Dress Warmly! There will be a fair amount of standing, wear comfortable shoes.

Area of Interest: *Door County Focus*

What You Always Wanted to Know About Voting/Elections in Door County

Course #: 91

Presenter: Door County Clerk Jill Lau

Coordinator: Jill Gaertner, 414-902-3676

E-Mail: jillottog@gmail.com

Date: Wednesday, October 5

Session(s): 1

Time: 10:00 a.m. - 12:00 p.m.

Location: ADRC

Limit: 50

With an increased interest in how elections are conducted in Door County, the Door County Clerk's office will provide information specific to our local elections including the duties of the Chief Election Official of the County:

- Election administration
- Filing officer for County candidates
- Conducts all federal, state, county, local and school elections, in coordination with the municipalities and school districts
- Coordination of election equipment
- Programming of elections
- Publishing legal notices
- Preparation, printing, distribution of ballots and supplies to municipal clerks
- Tabulation results and ensuring the accuracy of all county-wide elections
- County Board of Canvass
- Election training for Municipal Clerks and Chief Inspectors
- Maintain the Statewide Voter Registration System (WisVote), providing services to 18 Door County municipalities.

Area of Interest: *History-Culture-Government*

Whitetails Unlimited:

National Headquarters Tour

Course #: 92

Presenter: Kelly Tassoul

Coordinator: Joanne Hicks, 920-746-4947

E-Mail: joanne.hicks@nwtc.edu

Date: Wednesday, September 7

Session(s): 1

Time: 10:00 a.m. - 12:00 p.m.

Location: Whitetails Unlimited,
2100 Michigan St. Sturgeon Bay

Limit: 20

Visit the national headquarters of Whitetails Unlimited, located right here in Sturgeon Bay. Learn the process of non-profit organization that supports conservation, education and the hunting tradition of whitetail deer.

Area of Interest: *Door County Focus*

HELPFUL HINTS FOR A FULFILLING SEMESTER

INCLEMENT WEATHER?

When Sturgeon Bay Public School OR NWTC classes are canceled due to inclement weather, DCLIR classes will also be canceled. Watch or listen for school closings on your local TV or radio stations, or check NWTC's website at nwtc.edu.

Visit us at nwtc.edu/LIR

Learning in Retirement

Whodunnit

Course #: 93

Presenter: Lynn Kaczmarek
Coordinator: Liz Orlock, 920-559-9235
E-Mail: liz.orlock@gmail.com
Date: Thursday, September 8, 22
October 6, 20
November 3, 17
Session(s): 6
Time: 10:00 a.m. - 12:00 p.m.
Location: NWTC
Limit: 15

Wondering what to read next? Join our mystery reading discussion group. Lynn Kaczmarek, retired Managing Editor of the national publication "Mystery News," will lead the group, introducing you to new and not-so-new authors in five sub-genres: British, Historical, Amateur Sleuth, International Settings and Wild Card. There are over 1500 mysteries published every year. Let us help you find the ones that are just right for you! Come to the first class prepared to talk about your favorite (or most recently read) mystery.

Area of Interest: *Language-Literature-Writing*

Woodshop 101

Course #: 94

Presenter: Steve Ofenbeck
Coordinator: Ann Emmerich, 920-639-2262
E-Mail: Enid3420@gmail.com
Date: Tuesday, October 11
Session(s): 1
Time: 12:30 p.m. - 4:30 p.m.
Location: Ofenbeck Home
Limit: 4
Fee: \$45 fee due at time of registration to guarantee your seat in the class.

Steve will explain what the different machinery and tools do, how to operate them, and the safety practices for each. This is a hands-on class. At the end of the class, you will take home the project you have made.

Area of Interest: *Craft-Game-Hobby*

Writing: Traits, Process and What It Means for Your Writing

Course #: 95

Presenter: Dan Powers
Coordinator: Mary Koski, 920-493-9345
E-Mail: marykoski25@gmail.com
Date: Thursday, November 10
Session(s): 1
Time: 10:00 a.m. - 12:00 p.m.
Location: NWTC
Limit: 15

This course will draw on what I have learned from years of teaching writing to students, coaching teachers on best practices for teaching writing, as well as my own writing of poetry and a recently written and published novel. I'll share and explain the traits of writing that every writer, regardless of genre, needs to consider and understand. We'll look at the idea of "reading like a writer and writing like a reader" and various aspects of the creative and writing processes. The goal is to consider practical and specific ideas for approaching and understanding our own writing and creativity.

Area of Interest: *Language-Literature-Writing*

YMCA: Essentrics Stretch and Tone

Course #: 96

Presenter: Micaela Inman
Coordinator: Suzanne Holvenstot, 920-743-1089
E-Mail: suzscott7@icloud.com
Date: Wednesday, October 19
Session(s): 1
Time: 1:15 p.m. - 3:00 p.m.
Location: YMCA Sturgeon Bay
Limit: 30

A dynamic, full body workout that simultaneously combines stretching and strengthening, while engaging all muscles. Through standing and floor work (**ability to get up and down easily from the floor**), this class will increase your flexibility, core strength, mobility for a healthy and toned body.

Area of Interest: *Health-Fitness-Science*

Visit us at nwtc.edu/LIR

YMCA: Moving for Better Balance

Course #: 97

Presenter: Megan Schneider, NorDor
Coordinator: DCLIR Office, 920-746-4947
E-Mail: dclir@nwtc.edu
Date: Wednesday, September 14
Session(s): 1
Time: 1:00 p.m. - 3:00 p.m.
Location: Northern Door YMCA
Limit: 20

This class works to improve balance, muscle strength, flexibility and mobility to enhance overall physical health which leads to better functioning in daily activities. Participation may result in better mental health, reduced stress, and increased self-esteem. Also, improved memory and cognition.

Area of Interest: *Health-Fitness-Science*

YMCA: Strength Training for Every Body

Course #: 98 In-Person

Course #: 98 Zoom

Presenter: Megan Schneider
Coordinator: Carole Nevins, 920-743-9666
E-Mail: dclir@nwtc.edu
Date: Monday, November 28
Session(s): 1
Time: 1:00 p.m. - 3:00 p.m.
Location: NWTC, Zoom
Limit: 30 In-Person, 25 Zoom

One of the best ways to stop, prevent, and even reverse bone and muscle loss is to strength train. Strength exercises build muscle, and even very small changes in muscle strength can make a real difference in your ability to perform everyday activities like carrying groceries, getting up from a chair or lifting a grandchild.

Area of Interest: *Health-Fitness-Science*

Fire Extinguisher/Safety Talk

Course #: 99

Presenter: Asst. Chief Kalin Montevideo,
Chief Tim Dietman
Coordinator: Michael LeClair, 920-901-9955
E-Mail: michaeln.leclair@yahoo.com
Date: Thursday, September 29
Session(s): 1
Time: 1:00 p.m. - 3:00 p.m.
Location: Sturgeon Bay Training Facility/
next to Dog Park
Limit: 15

This course will cover home fire safety, fire extinguisher use and an overview of the Sturgeon Bay Fire Department Training Facility. We will be outside so please dress for the weather and wear comfortable shoes.

Area of Interest: *Health-Fitness-Science*

Holocaust: Millie's Story Revisited

Course #: 100

Presenter: Marcia Kritzler-Egeland
Coordinator: Bill Utley, 920-333-0523
E-Mail: butley2@gmail.com
Date: Thursday, October 27
Session(s): 1
Time: 1:00 p.m. - 3:00 p.m.
Location: Crossroads
Limit: 70

Marcia will tell the story of her mother, Mildred Straahs Kritzler, beginning with her permanent separation from her parents at age 9, and her rescue by American Quakers resulting in her arrival in the United States in 1941 at age 12. Marcia's presentation includes detailed facts of her mother's escape as well as information about the fate of her parents and the escape of her brother Walter from the death camps.

Area of Interest: *History-Culture-Government*

HELPFUL HINTS FOR A FULFILLING SEMESTER

NOTE:

Please keep in mind that some classes may require more physical activity than others, i.e. walking over uneven terrain, stairs, standing in one place for an extended period of time, etc.

DOOR COUNTY LEARNING IN RETIREMENT REGISTRATION AND WORKSHEET

FALL Registration Begins August 8th, 2022

LAST NAME, _____

FIRST NAME _____

ANNUAL MEMBERSHIP FEE IS \$70.00
IF REGISTERING IN PERSON OR BY MAIL
MAKE CHECK PAYABLE TO "NWTC"

Register online or complete one form per person.
(Form can be downloaded at nwtc.edu/LIR and mailed or emailed to the office)

- > **Mail to:** NWTC-DCLIR, 229 North 14th Avenue., Sturgeon Bay WI 54235
- > **Mail/Drop off** at the DCLIR office at NWTC. **Registration assistance by appointment.**
- > **Contact DCLIR Office:** 920-746-4947 • **Email:** dclir@nwtc.edu
- > **Assignment of courses** will be first-come, first served.
 Registration is computerized and is determined by date and time of registration.

Name _____

Mailing Address _____

City/State/ZIP _____

Phone(s) _____ Email _____

	Course #	Course Title		Course #	Course Title
1st			8th		
2nd			9th		
3rd			10th		
4th			11th		
5th			12th		
6th			13th		
7th			14th		

*I understand I can attend **only** the courses for which I **have received written confirmation.***



LEARNING IN RETIREMENT
P O Box 19042
2740 West Mason Street
Green Bay, WI 54307-9042

ADDRESS SERVICE REQUESTED

PRSRT STD
US POSTAGE
PAID
GREEN BAY WI
PERMIT NO. 162

A GREAT IDEA FOR A CLASS WOULD BE...

Do you know a presenter for this class? Yes No

Phone/E-mail for Presenter: _____

I would be willing to contact them about this.

I would be willing to research this idea to see who could do it.

Your Name: _____

Your Phone/E-mail: _____

Please return this to the DCLIR office

Door County Learning in Retirement • 920-746-4947 • dclir@nwtc.edu
NWTC-Sturgeon Bay Campus, 229 N. 14th Avenue, Sturgeon Bay, WI 54235