Explore! Enrich! Escape!

3 Campus Catalog!

Continuing Education Classes by Campus:
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We are excited to continue the collaborative tradition in the UW Colleges with our Continuing Education (CE) catalog that combines the program and events for the three Northern Wisconsin campuses into one publication. Our CE Team serves the needs of many populations – youth, college students, adult learners, professionals and retirees. For the beginner learners to the lifelong learners – we can cover your needs: personal enrichment, professional development, travel and more, we have the opportunities just for you!

Come explore our classes, enrich yourself with learning or escape and enjoy a fun getaway!

(UW Colleges North Region Continuing Education - Fall 2017)

(UW-Marinette/Wood County)

Registration is open for our 37th annual New York Theatre Tour! Experience the best the Big Apple has to offer April 21 – 26, 2018. Trip includes transportation, four Broadway shows, two tours, and accommodations. Also, be sure to check out our brand new classes: Everything Google, Stress Reduction, Technology Addiction and our always popular gymnastics program.

(UW-Marathon County)

Fall is quickly approaching and with the changing of leaves, cooler temperatures and the start of a fresh new school year! Join us as we remember the cornerstone of our programming – the Wisconsin Idea! Let us help you solve problems, share knowledge, improve your health, quality of life, and learn about the environment. Join us for an exploration of the Apostle islands in September – a wonderful trip filled with history, culture and exploring Wisconsin’s pristine beauty. Improve your health by learning how to “melt” your stress away! Have a deeper understanding of cultures in our community! Take up a new hobby of painting or Mah-jongg! Join us this fall to make that change!

(UW-Barron County)

With exciting new courses and returning favorites! Children’s programming includes an after school theater camp, kids’ cooking, babysitter training and computer coding. Adults can participate in music ensembles, take a cooking class, learn about wild mushrooms, walleye fishing, bird watching, take a fitness class or learn to dance. Sharpen your leadership skills, try a new hobby or take an online course—it’s all available at UW-Barron County!

Find your classes by campus:

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(UW Colleges North Region Continuing Education - Fall 2017)
Bayfield Inn. This trip includes:
- A drive through the beautiful accommodations of the water’s edge at the quaint streets to take in the unique shops. Enjoy the small and quaint fishing town.
- Walk the lighthouses that guide ships and boats safely through the waters and walk the area, board a tour boat to discover the historic shipwrecks in this area.
- Learn about the history and tales of early settlers.
- A treasured beauty!

Explore Apostle Islands National Lakeshore

For day-to-day itinerary, please visit – www.ce.uwc.edu/wausau/catalog

New York Theatre Tour
April 21-26, 2018
Experience the best the Big Apple has to offer with our 37th annual New York tour! Tour includes ground and air transportation to and from UW-Marshfield/Wood County and New York City, accommodations in a great Midtown Manhattan hotel with a grand continental breakfast, luggage fees, four Broadway shows, and tours as well as ample free time to schedule your own events.

Online Registration Open – First Come, First Serve!
Register early! Fills Fast! marshfield.uwc.edu/ce

Double: $2798 | Single: $3548 | Travel on own: $2498
An initial payment of $900 ($800 if making your own travel arrangements) is due at the time of registration. This fee includes a non-refundable deposit of $100 per person. The remainder of the fee will be paid in two equal installments of $949 ($849 if making your own travel arrangements.) The first installment is due November 19 and the remaining balance is due on or before January 5.

Escape to Margaritaville
Leave UWMC: 6:30 AM, Saturday, Nov 11th
Lunch buffet - Signature Room, 95th floor of the John Hancock Tower
2 PM Matinee, Oriental Theatre, Chicago!
Return approximately 6:00 PM Sunday, Nov 12th
Lunch, Theatre and Downtown Accommodations - $366

Plan your escape to see the new musical about the choices we make—and the people we become—once we’ve had a change in latitude. Catch this limited engagement of ESCAPE TO MARGARITAVILLE before it sets sail for Broadway! ESCAPE TO MARGARITAVILLE is the musical comedy getaway featuring both original songs and your most-loved JIMMY BUFFETT classics, including “Cheeseburger in Paradise,” and many more!

Imagine a place where the sun is hot, the water’s warm, and the drinks are as cold as they are plentiful. Welcome to Margaritaville, the island paradise where city folk get away from it all, and the locals get into the kind of trouble you can almost always sweet talk your way out of. Take a break from your troubles, make some new friends at the bar, and kick back to the soothing sounds of the kettledrum. It doesn’t get much better than this. All you need now is a ticket. More than a musical. It’s a way of life. A perfect get-a-way for girlfriends, couples or retirees! Take in the sounds of a Broadway show and see the incredible sights of Chicago—great food, shopping and festivities!

This trip includes lunch buffet at the Signature room on the 95th floor in the John Hancock Tower as well as overnight accommodations in downtown Chicago! Breakfast included on Nov 12th.

For day-to-day itinerary, please visit – www.ce.uwc.edu/wausau/catalog
Paint Parties with the Escape Artist
Escape into something new with the Escape Artist! Join us for a fun evening with a little paint, a little wine and a LOT of fun. No experience necessary to create a masterpiece with this step-by-step instruction. Our experienced instructors and a glass of wine are all the inspiration you will need to make your own work of art. Each session will feature a different image to paint. Follow along with the instructor to create your one-of-a-kind 16" x 20" painting.

All sessions Thursdays // Oct 5, Oct 12, Oct 19, Oct 26 // 6:30 – 9:00 PM
Art Building, AS101 // $59 each session
(includes ALL supplies and two glasses of wine!)
Diana Budde is an instructor at the UWMC campus and has her Masters of Fine Art in Painting. Her former student, Lao Lor Lao received his Bachelor of Fine Arts in Painting and has conducted many paint parties in the Minneapolis, MN area.

Introduction to Ballroom Dance
Do you have a wedding coming up and don’t know how to dance? Don’t just watch the stars dance, learn how to move around the dance floor in this fun class. This six-week class will introduce you to the fun and excitement of Ballroom Dance. Students will learn the following dances: Foxtrot, Rumba and Swing. Register early, as class size is limited!

Wednesdays // Oct 4 – Nov 8 // 5:30 – 7:30 PM
Auditorium, NA 133 // $59
Missy and Jeff Kolbeck have over 20 years of combined dancing experience in the Wausau area, they are also freelance choreographers for several theater organizations, show choirs and high school groups. Missy and Jeff welcome singles and couples into their classes and take a personal interest in making sure that everyone, including novice and experienced participants, have fun while learning.

Getting started with your DSLR
Have you just purchased a new DSLR Camera? This class will help you get started taking photographs! Let’s clear up some of the confusion with your new camera. Students will learn: control and workings of your DSLR, proper set up and AUTO mode, menu items that are important for every photographer, and tips on making your photographs more than just snapshots! Students should bring their DSLR Camera and Camera Manual.

Tuesdays // Sep 26 & Oct 3 // 6:30 – 9:00 PM
Room FH112 // $39

Digital SLR Photography, Part 1
This course is designed for the digital SLR camera user who would like to take the camera off “auto” and learn to get the most from the camera’s features. Through hands-on and visual instruction, you will learn many key functions of the digital SLR camera including camera function and digital lingo, f-stops and shutter speeds, lens selection and perspective, equipment recommendation, camera setting and much more. A digital SLR camera or digital camera with manual overrides and its manual are required.

Section A
Wednesdays // Sept 27, Oct 4, Oct 11 // 6:30 – 9:00 PM
Room FH112 // $69

Section B
Dates: Tuesdays // Oct 10 - 24 // 6:30 – 9:00 PM
Room FH112 // $69

Digital SLR Photography, Part 2
Through hands-on and visual instruction, you will learn composition, use of graphic elements, lighting for mood and impact, depth of field and scenery photography, use of camera filters, portrait tips and pitfalls. Prerequisite: Digital SLR Photography Part 1 or comparable experience. A digital SLR camera or digital camera with manual overrides and its manual are required.

Tuesdays// Nov 7, 14, 21 // 6:30 – 9:00 PM
Room FH112 // $69

Close-Up Photography
Learn how to take macro/close-up photographs with your camera. This workshop will include a slide show, hands-on photo session and review of student work. A digital SLR camera or digital camera with manual overrides and its manual are required.

Tuesdays// Nov 28 & Dec 5// 6:30 – 9:00 PM
Room FH112, $39
Scott Savage has an associate degree in photography from MATC. For 18 years, he was the staff photographer for Marshfield Clinic and has taught classes in Wausau and Marshfield. He currently is a freelance photographer and artist.

Beginning Piano
In group settings, students will learn basic piano technique in playing five-finger patterns and triads in all major and minor keys, chord progression in all major keys, major and harmonic minor scales, basic transition, legato and staccato touch and responsiveness to phrasing.

Mondays and Wednesdays // Sept 6 – Dec 20 // 10 – 10:50 AM
Room 200 // $195

Elementary Piano
A continuation of Beginning Piano and will include dexterity playing major and harmonic minor scales and arpeggios, harmonization of a block chord accompaniment, playing various rhythms including syncopation in simple, compound and asymmetric metes, and reading and playing two parts including alto or tenor clef. Prerequisite: knowledge of basic piano playing.

Dates: Mondays and Wednesdays/ Sept 6 – Dec 20// 9:00 – 9:50 AM
Room 200 // $195
Ann Applegate is a lecturer in Music and has taught for several years at UWMC.
The UWMC Jazz Ensemble

The UWMC Jazz Ensemble provides a creative musical outlet for community members and university students interested in performing big band music. Members have the opportunity to learn a variety of jazz, Latin and jazz-rock styles through the jazz ensemble literature, while continuing to develop individual and ensemble musical skills.

Additionally, the course is an important part of the curriculum for music majors and allows these students to apply and reinforce what they are learning in their other coursework. The group performs on campus at least twice each semester, with occasional off-campus performances for festivals, community events or joint concerts with public school groups.

This ensemble is open to all musicians with playing experience on their instrument.

Tuesdays // Sept 5 – Dec 19 // 6:00 – 7:40 PM
Room TBA, $15 for Community Membership

Concert Band

The UWMC Concert Band is a community-university blend, including current and former UWMC students as well as other musicians from the Wausau area. Numerous generations and levels of experience provide an outstanding opportunity for credit students to perform with members having as many as 50+ years of performing.

The Concert Band performs in four concerts each year, including performances in October, December, March, and May.

Music is selected for its value and variety, often highlighting classic band works from the last century. This ensemble is open to all musicians with playing experience on their instrument.

Wednesdays // Sept 6 – Dec 13 // 6:30 – 8:10 PM
Room 206 // $15 for Community Membership

Chad Permeau is an associate Lecturer at the UWMC.

IN Bloom – Painting Impressionistic Florals

Have you ever wanted to learn the how to paint with Acrylic paints? Join this course for beginners who will focus on the handling of Acrylic paint, learning basic composition, toning and color mixing. Students will learn how to paint an impressionistic floral design. All you need is your curiosity! Class includes all supplies.

Tuesdays // Sept 19 & 26 // 6:00 – 8:00 PM
Center for Civic Engagement 216 // $39

Intuitive Abstract Painting

Take painting to another level and learn to paint from a creative place. Perhaps a place that has been hidden by adulthood. Students will explore paint with a freedom. Students will bring out their inner creative selves and experience a new form of art! Let yourself be free! Class includes all supplies.

Tuesdays // Oct 10 & 17 // 6:00 – 8:00 PM
Center for Civic Engagement 216 // $39

Leslie Snyder has been an Artist all her life. She was always doing something with her art. She has studied Graphics and Fine Arts at UW-Stout. A recent transfer to the area has allowed her to become a full time Artist. Painting is her focus and teaching is a passion.

IT'S EASY TO REGISTER AND PAY ONLINE FOR UW-MARATHON COUNTY CLASSES - WWW.CE.UWC.EDU/WAUSAU

THE ARTS
Backyard Bird Feeding - What is coming to your yard?
Many people find that watching birds at their feeders is a fun hobby and a great way to chase away the winter blues. This course is an introduction to common backyard birds found in northcentral Wisconsin. Tips on identifying the most common species will be given along with suggestions for what to feed, types of feeders, and tips on creating a “bird-friendly” yard. Whether you are new and would like to start feeding birds this winter, or you’ve been doing it for years but struggle to identify all the feathered creatures that visit, each session will have something valuable for you.

Tuesday // Oct 3 // 6:30 – 9:00 PM
Terrace Room // $39
Dr. Brett Barker is associate professor of history at UW – Marathon County, where he has taught since 2002. In addition to his love of history, Dr. Barker is an avid bird enthusiast and is always excited to share his passion of Bird Watching.

Introduction to Essential Oils
Are you interested in natural health and wellness? This class will explore essential oils, the many ways to use them, and their many benefits. Students will learn: what Essential Oils are, how to use Essential Oils, Essential Oil Safety, health & wellness benefits, Essential Oils in the Home (including green DIY options) and the 10 most popular Essential Oils and their benefits.

Mondays// Sept 25, Oct 30 and Nov 27 // 6:30 – 8:00 PM
Room 243 // $39
Ann Teerink and Cheryl Herbison have extensive backgrounds in the computer industry and became Wellness Advocates with Essential Oil Company. They are passionate about the benefits of essential oils and love to share/educate others about the benefits of Essential Oils.

A Literary Trip to France
Fiction offers escape – so escape to France. We will read and then discuss three recent works of fiction set in France. Students will investigate the historical basis for these works. They include The Paris Wife by Paula McLain, Suite Française by Irène Nemirovsky and The Little Paris Bookshop by Nina George. Class does not include cost of books.

Wednesdays // Sept 27, Oct 25 and Nov 29 // 6:30 – 8:00 PM
Terrace Room // $49
Julie Bunczak is a former French teacher and an avid reader. She has a BA in French from Marquette University and an MS in Foreign Language Education from Ohio State University. She taught French at Wausau East from 1995-1997 and at UWMC from 2005 – 2016.

Everything you wanted to know about the Middle East but Were Afraid to Ask
Many people who follow current events in the world find themselves wishing to be better informed about the Middle East. If you are one of these people, this course is designed with you in mind. With use of a textbook and weekly reading of 60-80 pages, you’ll further your understanding of Middle East history and culture. Course format will be discussion, not lecture, and it will cover modern history, domestic and international politics, the economy and unemployment, the role of women, the impact of religion, and the Arab-Israeli conflict.
√ Textbook Needed Understanding the Contemporary Middle East, edited by Jillian Schwedler, 4th edition. 450 pages. Costs will be about $25. Used copies can be found online, but be sure you purchase the 4th edition as it contains material not found in the 3rd edition.

Mondays // Oct 9 – Nov 13 // 1:30 – 3:00 PM
Sonnettag Room, $59 for Adults, Discount for College of the Emeriti, $39 (Cost does not include the cost of the book)
Elaine Strite has lived and worked in Egypt, Palestine and Lebanon for nearly 30 years. She enjoys sharing her appreciation of the Arab world with western audiences. She believes that education on this region will increase one’s enjoyment and understanding of Middle Eastern culture and society.

Introduction to Mahjongg
Mah Jongg (or Maahj, as it is often called) is a fascinating, rummy-like game played with tiles rather than cards. The game originated in China but its exact origins are shrouded in story and myth. Some claim it was the game of Chinese royalty, played in secret to keep the knowledge to themselves. Come learn this popular game! Students will learn: the history of the game, rules and procedures of the game, how to play and some fun strategies to win! Mah Jongg sets will be provided.

Tuesdays and Thursdays // Sept 19 – Oct 12 // 3 – 4:30 PM
Sonnettag Room, $59
Becky Kermitz learned to play Mahjongg almost 2 years ago and has been avidly playing ever since. She plays weekly with a group of friends and monthly with a couples group that formed in the Wausau area last year. Becky has taught Mahjongg to a few small groups at the local YMCA’s and looks forward to teaching this fun and strategic game to even more people in the Wausau area!

Quest and Creation
The Epic of Gilgamesh is the world’s most ancient surviving piece of Western literature. Including a pre-biblical story of a global flood and examining themes of knowledge and eternity, Gilgamesh anticipates major themes in the Hebrew Scriptures. This course will compare the Epic of Gilgamesh with the biblical books of Genesis and Ecclesiastes to explore the religious quest for meaning. (Access to a copy of The Epic Gilgamesh and the Hebrew Bible are encouraged.)

Mondays // Sept 25 – Oct 9 // 6:00 – 7:30 PM
Room 241 // $49

Is God Dead?
In 1882, Friedrich Nietzsche famously declared, “God is dead. God remains dead. And we have killed him.” In the 1940s and 1950s, Albert Camus explored the possibility of a world without God though the lens of absurdity and rebellion. In the 1960s, Thomas J. J. Altizer gained nation-wide notoriety by developing a “death of God theology.” What did Nietzsche mean, and how did Camus and Altizer respond? Students will: (1) understand the basic outline of Nietzsche’s philosophy of religion; (2) understand how that philosophy has been applied in two very different ways and (3) have an opportunity to discuss themes in existential philosophy and theology.

Mondays // Oct 16 -30 // 6 – 7:30 PM
Room 241 // $49

© Textbook Needed Understanding the Contemporary Middle East, edited by Jillian Schwedler, 4th edition. 450 pages. Costs will be about $25. Used
Building a Fairy Garden – From Start to Finish!
Create a fairy garden that is as unique as YOU! The first class will cover design, techniques, care, maintenance, and tips on choosing containers and plants. Our second class will be a hands-on workshop, at which you will create and take home your very own fairy garden. Great activity for parents and/or grandparents and children! Cost of class includes basic supplies (soil, container and plants) and some fairy equipment. Class size is limited – sign up early!

**Thursdays // Sept 21 – 28 // 5:30 - 8:00 PM**
**Greenhouse, $39**
Cassie Peck is an avid gardener who loves to create whimsical gardens for tiny Gnome’s and fairies alike. She has been miniature gardening for over 5 years and is thrilled with what the miniature world has to offer!

Wisconsin Trees and Grasses
Explore the wide variety of tree and grass species native to Wisconsin as well as those introduced species that have been naturalized. There are over 100 Wisconsin trees in a variety of forest types, many of which have been turned to commercial value. Forest management as well as planting for harvest to use in the lumber and paper industry have changed the contours of Wisconsin landscapes. Learn what trees are natives and which have been naturalized to Wisconsin, as well as the fascinating histories of their use. Wisconsin is also home to over 230 native grass species, which dominate our prairies, agricultural areas, and other transitional ecosystems. In addition, there are the grass-like sedges and rushes in wetland areas that number over 200 species. Learn the unique morphology and terminology associated with identifying grasses, sedges and rushes, as well as how to tell them apart in the landscape. The trees and grasses represent two important aspects of the Wisconsin flora that are all around us, affect our daily lives and are available for us to observe and appreciate.

**Tuesdays and Thursdays // Sept 26 – Nov 2 // 5:00 – 7:00 PM**
**Room 193 // $99**

Making Herbal Preparations from Locally Foraged Plants
Learn to create your own health enhancers from our local plant helpers. Each week we will prepare plant extracts to preserve their health benefits and discuss the various forms of ingestion that are most effective. We will explore the history of several local plant helpers, including their use by indigenous peoples, eclectic physicians in remote areas during the 19th century as well as current commercial uses of the preparations made from select members of our local Wisconsin flora.

**Tuesdays // Nov 7 – Nov 21 // 5:00 - 7:00 PM**
**Room 238 // $49 Discounted for Master Gardeners and College of Emeriti $39**
Dr. Stephanie Aleman recently returned to central Wisconsin and has just completed a two-year National Science Foundation research position at the University of Florida. She previously taught at UW-Stevens Point.

Wild Mushroom 101
Join us for this great opportunity to learn from a 30-year veteran of wild mushroom foraging! This is a classroom session covering the “three rules-plus one” and the “safe six”: Morels, Shaggy Manes, Hen of the Woods, Chicken Mushrooms, Oyster Mushrooms, and Giant Puffballs. Topics include tree identification, ethics, safety, storage and preparation. Poisonous mushrooms will also be discussed.

**Monday and Tuesday // Oct 2 – 3// 5:30 – 8:30 PM**
**Room 243 // $39**
Tavis Lynch is a 30-year veteran of wild mushroom foraging in northern Wisconsin and owns Tavis’s Mushrooms. A certified expert by the MN Dept. of Agriculture, Lynch has been harvesting over 100 varieties of wild fungus and bringing hundreds of pounds safely to the public.

The Fromms, Their Farm and Marathon County History
This class will give an extended look into the history of the Fromm Farm and its remarkable story. The Fromms’ struggles and successes through their farm will also be used as an opportunity to examine other, wider aspects of the history of Central Wisconsin; such as the story of early homesteading in Marathon County, the rise of ginseng as a cash crop, the creation of farms to raise fur-bearing foxes for profit, how the fox came to dominate the wardrobes of fashionable ladies in the early twentieth century, and the lasting, wider impact the Fromms have left in our region. The final session will include a tour of the Fromm Farm in Hamburg (pending arrangements with the owners).

**Thursdays // Sept 21 – Oct 19 // 7:00 – 8:00 PM**
**Room 240 // $49, Discounted for College of Emeriti $39**
Ben Clark is an archivist at the Marathon County Historical Society. He received his Masters of Arts in History from UW - Eau Claire. He has spent endless hours researching history of Central Wisconsin, including the Fromm Farm and its colorful history and impact to our area.

Introduction to Judaism, Christianity and Islam
This course offers a critical introduction to Judaism, Christianity, and Islam. After exploring each of these three religions separately, we will consider the comparisons and contrasts among them. It also connects the context of these religious texts with our modern history. Students will study of the historical development of the three major religions and undertake a comparative study of sacred texts (e.g. the Old Testament and Talmud, New Testament and the Qur’an). Students will focus on the similarities and differences. We will also look at the way each religious tradition is practiced in everyday life and explore the influence of these three traditions on the current world events and politics.

**Thursdays // Sept 21 – Nov 30 // 6:30 – 8:30 PM, (No Class on Nov 23)**
**Room 216, Center for Civic Engagement, $79**
Niveen Sarras, is a Palestinian Christian from Bethlehem who received her Ph.D in Old Testament from Lutheran School of Theology at Chicago. She is the pastor at Immanuel Lutheran Church of Wausau. Her interests are in ecumenical and interfaith dialogue.
PERSONAL ENRICHMENT / YOUTH

Improve Performance and Reduce Stress Using Myers Briggs Personality Type!
The Myers-Briggs Personality Type Indicator (MBTI) is the #1 test used to administer personality type and discover your strengths. Students in this class will take the MBTI assessment, which will identify your personality type, learn the history behind the MBTI, learn the details of each type of personality, learn ways to embrace your personality differences and improve your personal and professional life, and create your own self-development plan. Students will leave with a personality assessment and Introduction to MBTI book.

Session 1 - Monday// Oct 2 // 6:00 – 8:30 PM
Session 2 - Monday// Oct 9 // 6:00 – 8:30 PM
Session 3 - Monday// Oct 16 // 6:00 – 8:30 PM
Sonnentag Room, Center for Civic Engagement // $30

Tim McKeough, M.B.A, is a professional coach, trainer, and speaker certified as a Myers-Briggs trainer. He has worked and held executive roles in organizations across the country, working in the trenches with many different people and has helped many both see and feel growth and success.

Change Your Thoughts, Change Your Life
Taking 100% Responsibility for your life and results is fundamental to creating a successful life. It is the core success principle on which everything else in your life is based. In this interactive class, students will learn the Core equation to take 100% Responsibility for your life and results, understanding why blaming and complaining create negative results - physically and emotionally, learn how Positive/Negative thoughts can affect your outcomes, learn how Positive/Negative environmental situations can affect your outcomes, learn steps to analyze and notice negative situations before they affect your outcomes and conclude with Interactive Exercises to help you create a personal plan of action to change your life/professional results.

Monday // Oct 23 // 6:30 – 8:30 PM
Sonnentag Room, Center for Civic Engagement // $39

Well Being Day -- Students may sign up for one, two or three classes

Session 1: Melt Your Stress Away
Overwhelmed? Worry a lot? Do you have endless mind chatter? Is life getting to you? This class will teach you how to slow down, calm your mind, and handle stress better. You will receive practical, natural and holistic ways to have a new, fun, healthy, and calmer life. Presented by relaxation expert, John Oestreicher.
Saturday // Oct 7 // 8:30 – 10:30 AM
Sonnentag Room, Center for Civic Engagement // $30

Session 2: Forever Young
Is it possible to look, feel and be younger? John Oestreicher will present anti-aging studies and how other cultures have reversed the aging process. Learn natural, holistic and practical techniques that will help you tap in to the "fountain of youth" that is already within you.
Saturday // Oct 7 // 10:45 AM – 12:45 PM
Sonnentag Room, Center for Civic Engagement // $30

Session 3: As You Think
This class is about using your thoughts effectively to create the life you want. Students will learn what the “Vibrational Universe” is and how it works, recognize why your life is moving in a certain direction and how to change it, and apply the power of intention, to attract everything to you. Presented by Mental Imagery expert and popular speaker, John Oestreicher.
Saturday // Oct 7 // 1:00 – 3:00 PM
Sonnentag Room, Center for Civic Engagement // $30

YOUTH

Underwater Robotics Club for Middle School and High School
Students & Parents
Discover underwater robotics! UWMC Continuing Education is collaborating with Snapshot Science to host the Underwater Robotics Club of Central Wisconsin. Student guests must attend with a responsible adult. Guests will be able to pilot the underwater robot.

Meetings will give students opportunities to develop skills such as team work, engineering, design, scientific inquiry, budgeting, presentation and technical writing. Students also have the option to compete on a team in the WI MATE underwater robotic competition in spring 2018.
Kick off Meeting – Thursday, Sept 21, 6:00 – 7:30 PM
Visit www.snapshotscience.org for more information and links to the competition website and club registration.

ACT Prep Course
Saturday, September 30th
8:30 AM – 3:30 PM Room 233 Fee: $30
Registration deadline: Friday, September 22nd
This prep session is designed to assist the student in preparing for the ACT assessment. Areas to be covered are:
| Test-taking strategies |
| English usage/mechanics & rhetorical skills |
| Math problem-solving strategies, algebra, geometry and trigonometry reviews |
| Science data representation, analysis and interpretation of research summaries and conflicting hypotheses |
Enrollment is limited. Register early!
Confirmation notices are not sent.
You will only be notified if this course is cancelled or changed.
PROFESSIONAL DEVELOPMENT

Landlord & Tenant Law
Landlord and tenant laws are constantly changing. This course is designed to give landlors, tenants or anyone a basic understanding of landlord and tenant laws in Wisconsin. This course will include Wisconsin statutes under Chapter 704, Chapter 799, ATCP 134, and introduction to eviction procedure, basics of fair housing law and other issues.

Tuesday and Thursday // Oct 10-19 // 6:00 – 8:00 PM
Room 241 // $79

Fair Housing & Companion Animals
What can the landlord consider when choosing tenants? Students will learn about illegal discrimination covering federal and state protected classes and what factors can be considered when deciding to rent to someone. This course will concentrate on Housing and Urban Development (HUD) rules for service animals and assistance animals, employees used to care for disabled individuals; Wisconsin open housing rules and other rules as necessary. Handouts included.

Recommended prerequisite: Landlord & Tenant Law Class or significant landlord/tenant experience prior to class.

Tuesdays // Oct 24 // 6:00 – 8:00 PM
Room 241 // $24

Step-by-Step Guide to Eviction
Evicting tenants is the single most difficult thing most landlords must do, both legally and ethically. This course is designed to help with the legal aspects including defining a breach of lease, sending the proper notice and following Marathon County’s small claims court procedures. This course will commence in the time period immediately after tenants receive their notice to vacate. Handouts included.

Recommended prerequisite: Landlord & Tenant Law Class or significant landlord/tenant experience prior to class.

Thursday // Oct 26 // 6:00 – 8:00 PM
Room 241 // $24

Instructor Bio: Andrew Schmidt is the owner of Schmidt & Schmidt, S.C., Wausau WI., founded in 1921 by his grandfather. He is a member of the Board of Directors for Wausau Area in House Network, Inc., a coalition of public and private agencies seeking to reduce homelessness in Marathon and Lincoln counties.

Darwin’s Plant Perception: Continuing the Conversation of “What Plants talk About”
Is perception of the world unique to animals or can plants do it too? Like humans, we can sense, respond to their environment, and change accordingly? While this concept may seem bizarre, this way of thinking was proposed as early as 1880 by Charles Darwin. In this course, you will gain an understanding of basic neurobiology and how these basic biological concepts apply to plant perception.

Wednesday // Oct 11 // 6:30 – 8:00 PM
Terrace Room // $39

Problem or Promise: Exploring Neuropathology as Neurodiversity
Everyone’s brain is wired differently. It is what makes each of us unique. Unfortunately, historically in society, this uniqueness is often defined as a neurological problem such as ADHD, Autism, depression, or anxiety. A newer perspective has emerged that challenges this historical way of thinking about neuropathology. This new perspective is called neurodiversity, which asserts that neurological differences can be viewed as a societal category that is similar to gender, ethnicity, and sexual orientation. In this course, you will gain a deeper understanding between neurotypical and non-neurotypical brains, issues surrounding the neurodiversity perspective, and ways to appreciate neurological differences.

Wednesday // Oct 18 // 6:30 – 8:00 PM
Terrace Room // $39

Technology and Addiction: Addressing the Emerging Issue of Internet and Cell phone Addiction
In today’s society, it is nearly impossible NOT to observe someone with a cell phone. In the K-12 environment, technology use begins in kindergarten and is promoted in subsequent grades. There are daily news reports of teens and adults spending unhealthy amounts of time using video games. Some mental health experts consider this trend to be an epidemic. In this course, you will gain a deeper understanding of how technology, like drugs, can be addictive and gain insight into how to address such issues.

Wednesday // Oct 25 // 6:30 – 8:00 PM
Terrace Room // $39

Dr. Jeffrey Amundson is a cognitive neuroscientist who teaches psychology and education courses at UW-Marathon and Wood County. He has taught at the K-12 level. His research has focused on issues related to learning and memory, specifically the biology underlying learning and memory.

Classes with this symbol are available to the College of Emeriti as a FREE class.

It's easy to register and pay online for UW-Marathon County classes - www.ce.uwc.edu/wausau

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UW-Marathon County - 715-261-6294
Reiki Level I – Reiki for Health Care Professionals…
And Everyone Else
Reiki is a Japanese form of stress reduction and deep relaxation which helps strengthen the immune system and promotes healing. Reiki is a type of hands-on healing that is effective for the treatment of any emotional, mental and physical health issues. Reiki is part of England’s National Health Service and currently practiced in approximately 800 hospitals and clinics throughout the United States.

This workshop is for individuals and professionals who want to be Level I Reiki Practitioners. Students will receive a Level I Reiki attunement, which enables them to utilize Reiki energy. By the end of the workshop, students are able to give a Reiki session to a client and are able to perform self-healing techniques.

This class is for: therapists, nurses, counselors, physicians, psychologists, chiropractors, massage therapists, teachers, parents and anyone interested in this topic.

Upon completion of the workshop, students will receive Level I Reiki Certification.

Saturday // Sept 23// 8:30- 4:30 PM (Lunch on your own)
Sonnentag Room // $185

Reiki Level II
This workshop is designed for those individuals who would like to become Level II Reiki Practitioner. Students will receive a Level II Reiki attunement, which increases their ability to receive and utilize the Reiki energy. Students will fine tune their skills as practitioners, learn to feel high & low energy frequencies, practice distance healing, understand the use of symbols, and learn body scanning and beaming. Upon completion, students will receive Reiki Level II Certification.

Participants must have received Level I Reiki training and provide their Reiki Level I Certificate prior to taking this workshop.

Saturday // Dec 2// 8:30 - 4:30 PM (Lunch on your own)
Sonnentag Hall/ $285

John Oestreicher is a registered Reiki Master/Teacher and member of the International Association of Reiki Professionals. He is the owner of Hands ON Healing Energy, LLC, Kohler, WI. He has been meditating for 30 years and teaching for 12.

FINANCIAL SERVICES PROFESSIONALS
FALL SYMPOSIUM
Thursday, November 9, 2017
8 AM - 4 PM; Registration- 7:30 AM
Westwood Conference Center
Topics include: Caregiving Pathways (Know it before You Need it), Tax and Financial Issues in Divorce, Beyond Money: The Rest of Retirement Planning, 401 Basics and Common Compliance Issues, Charitable Giving Strategies and Beyond Elder Law.
8 hours of Continuing Education Credits have been applied for CJ, State Bar and CFP
Brochure at: www.uwmc.uwc.edu/community/continuing-ed
COLLEGE OF THE EMERITI

The College of the Emeriti, started in 1987, is an economical plan with several benefits to meet the educational needs of adults age 50+.

We are proud to pledge the University’s resources to this program, which supports the concept of learning as a lifelong pursuit. As a member you have the opportunity to enhance your personal growth in a stimulating, intellectual and friendly campus atmosphere.

MEMBERSHIP BENEFITS!

◆ Free admission to one continuing education class per year (certain courses are excluded) and reduced rates on several other courses.
◆ Free admission to the “Soapbox Series,” faculty lectures held monthly throughout the school year.
◆ Free use of the UWMC pool and library during scheduled hours, and access to the cafeteria.
◆ UWMC Fitness Center for a small fee and if prerequisites are met.

ANNUAL MEMBERSHIP FEE—$69

University of Wisconsin-Marathon County
Parking & Classrooms Map

PARKING LOT KEY (8 am-5 pm M-F)

A. Employees, Visitors & People with Disabilities (Permit)
B. Employees, Visitors & People with Disabilities (Permit)
C. Employees Only (Permit)
D. Employees Only (Permit)
E. Permit Required
F. Employees Only (Permit)
G. Employees & Students (Permit)

Registration:

Online at: www.ce.uwc.edu/wausau

By phone: 715-261-6294

By mail or in-person:
Continuing Education Department
Center for Civic Engagement
625 Stewart Avenue, Wausau, WI 54401
Checks payable to: UW-Marathon County

Have a question?
Call: 715-261-6294
Email: julie.bollmann@uwc.edu

NOTE: Room numbers indicated on building map are those being used by CONTINUUM classes and events and L&FA and Theatre events and are approximate locations on various levels of the buildings. Parking Lot A is not shown and is across Stewart Ave. to the North and is always restricted to Marathon Hall residents only. All other parking lots are available after 5 pm weekdays and all day on weekends. Ample parking in Marathon Park.

SOAPBOX LECTURES

Lectures are scheduled at the beginning of each month during the academic year. All lectures will be in the Sonnentag Room, Center for Civic Engagement. You may park in Lot G without a permit for these lectures.

Monday, Sept 18 ◆ 3:00 PM
Soapbox Lecture Kick-off – Fact or Fake: The Role and Responsibility of the Free Press in our Democracy
– Rick Reyer, WPR and Mark Treinen, USA Today

Wednesday, Oct 4 ◆ 10 AM
Urban Farming in and Around the Wausau Area
– Sonja Gasper

Wednesday, Nov 1 ◆ 10 AM
Civil War Tourism
– Brett Barker

Wednesday, Dec 6 ◆ 10 AM
Evolution of Public Engagement
– Eric Giordano

It’s easy to register and pay online for UW-Marathon County classes - www.ce.uwc.edu/wausau
**G Y M N A S T I C S**

**GYMNASTICS**

** **All classes held at Gymnastics Training Center**

2209 W. Spencer St., Marshfield, WI (located just off Hwy 13N)
Orbital Building belonging to Center City Church
Follow sidewalk on left side of building. We are the last door at the end.

Important Registration Info
- Registrations are not complete until payment is received. Payments must be received prior to the start of class in order to participate.
- Release forms must be completed on first day for all new students.
- Unsure what level or class to enroll in? Call us to find out at (715) 389-6520

REGISTRATION DEADLINE:
THE FRIDAY BEFORE YOUR CLASS STARTS EARLY REGISTRATION
HIGHLY ENCOURAGED – LIMITED SPACE AVAILABLE

**Babysitter Training Course (ages 11 and up)**
Receive the American Red Cross Certification in this one-day training session. Learn key components for babysitting including feeding, diapering, handling bedtime and discipline issues, identifying safety hazards, as well as caring for common injuries and emergencies, such as choking, cuts, and burns. Walk away with the skills to be a confident and capable babysitter. You will receive the Babysitter’s Training Handbook, Emergency Reference Guide and Training CD. Please bring a sack lunch and use entrance by the theatre.

Katie Weisbrod teaches the Red Cross Babysitting Training to aspiring babysitters throughout WI. Katie has been with the Red Cross for five years and has enjoyed every moment of it. She is a wife and mother to three boys. She has been working with youth for over 10 years whether it has been teaching, coaching or training.

Sat // 9 AM – 4:30 PM
UW-MWC Helen Connor Laird Fine Arts Building, Room 409 // $99
Session 1: October 14
Session 2: November 18

**Gym Turtles: 3-4 Year olds**
This class is the foundation for the sport of gymnastics tailored for children aged 3 and 4. Class includes group activities, gymnastics instruction and fun games designed to increase body awareness and develop basic gymnastics skills. Participants must be at least 3 years old at the start of class.

Fall I: Sept. 11 – Oct. 9
Mon // 5:15 – 6:00 PM // $39 // K800
Fall II: Oct. 18 – Nov. 18
Wed // 4:45 - 5:30 PM // $39 // K829
Fall III: Nov. 29 – Dec. 20
Wed // 4:45 – 5:30 PM // $29 // K801

**Kinder-Gym Turtles: 4 & 5 Year Olds**
This class is the foundation for the sport of gymnastics tailored for children in 4K and Kindergarten. Class includes group activities, gymnastics instruction, and fun games designed to increase body awareness and develop basic gymnastics skills. This is a smaller and more intimate class than the base class, so consider this class for 4 and 5 year olds that would benefit from a small class size of children in same age range. Participants must be at least 4 years old upon the start of class.

Fall I: Sept. 13 – Oct. 9
Mon // 4:30 - 5:15 PM // $39 // K806
Wed // 4:15 – 5:00 PM // $39 // K807
Fall II: Oct. 16 – Nov. 18
Mon // 4:15 - 5:00 PM // $39 // K812
Wed // 5:30 - 6:15 PM // $39 // K813
Fall III: Nov. 20 – Dec. 20
Mon // 4:15 – 5:00 PM // $39 // K817
Wed // 5:30 – 6:15 PM // $39 // K818 / $29

**Base Program**
Designed to further the physical development of children ages 5 and up. All sessions are co-ed and will explore the basics on vault, bars, beam, and floor mat. Each class is divided into smaller groups within age and ability levels allowing for individual progress. Each session consists of five classes. You may take more than one session at a time. Please wear athletic-fit clothing or leotard & bring a water bottle.

Fee: $39

**Base Ages 5-8**
Participants must be at least 5 years old at the start of class.

**Base Ages 7 & Up**

Participants must be at least 5 years old at the start of class.

**YOUTH/GYMNASTICS**

**REGISTRATION DEADLINE:**
THE FRIDAY BEFORE YOUR CLASS STARTS EARLY REGISTRATION
HIGHLY ENCOURAGED – LIMITED SPACE AVAILABLE

**BASE PROGRAM**

Designed to further the physical development of children ages 5 and up. All sessions are co-ed and will explore the basics on vault, bars, beam, and floor mat. Each class is divided into smaller groups within age and ability levels allowing for individual progress. Each session consists of five classes. You may take more than one session at a time. Please wear athletic-fit clothing or leotard & bring a water bottle.

Fee: $39

**Base Ages 5-8**
Participants must be at least 5 years old at the start of class.

**Base Ages 7 & Up**

Participants must be at least 5 years old at the start of class.

**REGISTRATION DEADLINE:**
THE FRIDAY BEFORE YOUR CLASS STARTS EARLY REGISTRATION
HIGHLY ENCOURAGED – LIMITED SPACE AVAILABLE

Classes fill early so sign up soon - www.ce.uwc.edu/marshfield
Advanced Gymnastics
This invitation-only class is for students who have excelled through the base program. Focus on improving skill execution and developing new skills on vault, bars, beam, and floor in preparation for the pre-team program. Class size is limited and students can only enter into this class upon invitation from Coach Allie. $45/Session
Fall I: Sept. 13 - Oct. 14
Wed // 5:00 – 6:00 PM // K821
Fri // 4:30 - 5:30 PM // K822
Sat // 1:45 – 2:45 PM // K823
Fall II: Oct. 16 - Nov. 18
Mon // 5:00 – 6:00 PM // K824
Wed // 7:00 – 8:00 PM // K825
Sat // 1:45 – 2:45 PM // K826
Fall III: Nov. 20 - Dec. 20
Mon // 5:00 – 6:00 PM // K827
Wed // 7:00 – 8:00 PM // K828 (No 11/22) $35

Pre-Team Gymnastics
Pre-team is two days a week and by invitation only. Pre team is a continuation of the base program. At this level, gymnasts develop the skills on all four apparatuses and begin to learn skills and routines for competition. Gymnasts are evaluated from the pre-team to join the MAGiC competition team.
Fall I: Sept. 11 - Oct. 14
Mon // 6:00 – 7:00 PM | Fri // 5:30 – 6:30 PM | Sat // 12:30 – 1:30 PM
K829: M/F (10 classes) // $89
K830 M/S (10 classes) // $89
K831 M/F/S (15 classes) // $105
Fall II: Oct. 16 - Nov. 18
Mon // 6:00 – 7:00 PM | Fri // 5:30 – 6:30 PM | Sat // 10:00 AM – 12:00 PM
K832: M/F (10 classes) // $89
K833: M/S (10 classes) // $89
K834: M/F/S (15 classes) // $105
Fall III: Nov. 20 - Dec. 20
Mon // 6:00 – 7:00 PM | Fri // 5:30 – 6:30 PM (No 11/24 or 12/22)
K835: M/F (8 classes) // $69

MAGiC Team
Marshfield Area Gymnastics Club (MAGIC) Team is a competitive gymnastics club designed to maintain and build skills for the competitive gymnast focusing on routines, conditioning, and acquisition of advanced gymnastics skills. The competition season starts late October and goes until late April. Gymnasts are expected to participate for the duration of the school year. Saturday practices during meet season may be cancelled depending on competition schedule.
Dates: September 5 – May 31 (No 11/23, 12/21-1/1, 3/6-3/31)
Level 2: Mon, 6:00 – 8:00 PM & Sat, 8:00 – 10:00 AM
Level 3: Tues, 5:00 – 6:30 PM, Thurs, 5:00 – 7:00 PM & Sat, 8:00 – 10:00 AM
Level 4: Tues, 6:30 – 8:30 PM, Thurs, 5:00 – 7:00 PM & Sat, 10:00 AM – 12:30 PM
Level 5+: Tues & Thurs, 6:30 – 8:30 PM & Sat, 10:00 AM – 12:30 PM
MAGiC Team Fees
Level 2: Four Payments of $195
Level 3: Four Payments for $270
Level 4 & Up: Four Payments for $320
Payments are due on or before the following dates or a $25 late fee will be applied, so please mark your calendars!
Payment Due Dates: 8/31, 11/10, 1/26, 4/6

John Harrington Memorial 3-Mile Wellness Run/Walk & Field Dedication
Sept. 23, 2017 | Location: UW-Marshfield/Wood County Gymnasium Entrance
Registration 7:00 - 8:15 am // Gymnasium lobby
• 8:30 am - 3-Mile Run/Walk. Start will be at the end of 7th street by the Gym parking lot. Strollers and pets are welcome.
• 9:30 am - Dedication of John Harrington Memorial Athletic Fields. Athletic Fields at the end of 8th St

This run / walk is to honor Professor Emeritus John Harrington and his dedication to the community of Marshfield, and to raise funds for the Marshfield Clinic Research Foundation to continue research to end prostate cancer deaths.

UW-Marshfield/Wood County offers customizable workshops, facility rentals, and online courses/certificates to meet your company's training needs.
Contact us to explore your options:
rebecca.bauer@uwc.edu or 715-389-6520
Training Categories Include:
Leadership | Social Media Marketing | Diversity & Intergenerational Training | Project Management | Computer Skills for the Workplace | Data Analysis | Creative Problem Solving…and more!

Like Us on Facebook
facebook.com/UwmwcContinuingEd

It's easy to register and pay online for UW-Marshfield/Wood County classes - www.ce.uwc.edu/marshfield
PROFESSIONAL DEVELOPMENT/THE ARTS

Lunch & Learn Series

Professional Development for Area Business Professionals

Network with area professionals over lunch. Cover important topics that impact you daily. Take away skills, tools and knowledge you can implement in your professional and personal life.

*Register for the entire Lunch & Learn Series and SAVE!
Pay only $65 total!
Lunch included – menus will be posted online.

1. Conflict Resolution in the Workplace
Discover useful conflict resolution techniques for the workplace. Through self-examination and analysis using the True Colors assessment, you’ll pinpoint your primary traits/strengths. Be able to recognize differences in others as potential assets to build a dialogue of cooperation. Understanding where you and others are coming from will allow for effective conflict resolution and ultimately enable team success.

Wed // Dec. 6 // 11:00 – 1:00 PM
UW-MWC, Room TBA // $25*
Registration Deadline: Nov. 29

2. Leadership Styles in the Workplace
What is your leadership style? Do you focus more on task or participant? Business Professor, Diane Wolf will provide various assessments for you to determine your primary leadership style. Discover the various factors that should determine the best leadership style to use in a given situation. Use these steps to become the well-rounded leader you’ve always wanted to be!

Wed // Feb. 7 // 11:00 – 1:00 PM
UW-MWC, Room TBA // $25*
Registration Deadline: Jan. 31

Both Conflict Resolution & Leadership Styles taught by UW Professor Diane Wolf. Wolf has been teaching Business for over 30 years. She has several training certifications in HR and management. Wolf facilitated MACCI’s Leadership Marshfield for over 10 years and has presented countless trainings and workshops on business topics.

3. Diversity in the Workplace
Our communities, state, and nation are becoming more diverse and will continue to do so over the next century. Think about the people you interact with at work and what makes them different. Each person expresses different attitudes, beliefs, and values based on characteristics such as their gender, age, ethnicity, religion, sexual orientation and social status. This creates a need for employers and employees to stay current on the issues of a changing population base and potential employee pool. Learn to better understand and appreciate how those differences influence perspectives, interpersonal relationships, and decision-making in professional settings in order to promote a positive and inclusive work environment.

Dr. Jeffrey Amundson will lead this session. Amundson is a cognitive neuroscientist and Psychology Professor at UW-Colleges. His research has focused on issues related to learning and memory. Dr. Amundson has researched how the brain works; including issues related to mental health like schizophrenia and alcohol use disorder.

Wed // March 7 // 11:00 – 1:00 PM
UW-MWC, Room TBA // $25*
Registration Deadline: Feb. 28

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THE ARTS

Ballroom Dance
There's a class for every ability level. Both singles and doubles welcome. Please bring a clean pair of shoes for dancing. All classes held:

Mon // Oct. 2 – 30
UW-MWC Physical Education Building Commons // $59 per person

Level I
Designed for the beginning student, this course will develop timing, as well as leading and following skills. Learn a variety of patterns in the Swing, Foxtrot, Waltz, and Rumba. // 5:50 – 6:40 PM

Level II
Designed for the student who has completed at least one Level 1 course, you will continue to work on developing timing, as well as leading and following skills. Dances covered include Waltz and Rumba. // 6:45 – 7:35 PM

Level III
This session is for students who have completed at least three Level 2 courses. Students will learn techniques unique to each dance. A greater variety of patterns will also be introduced. Dances covered include Fox Trot and a second dance style chosen by the class. // 7:40 – 8:30 PM

Lesson and Dance for All:
All students enrolled in any of the Ballroom Dance courses are invited to an open lesson and dance on Friday, October 27, 7:30 PM – 10:00 PM located in the Commons.
Your Ballroom Dance Instructors are Dave & Karen Goggin from the Eau Claire area. They have over 30 years of combined professional teaching experience in Ballroom & Latin Dancing. Dave and Karen welcome singles and couples into their classes and take a personal interest in making sure everyone, including novice and experienced participants, have fun while learning.
Canvas & Corks
Join us for a fun evening with a little paint, a little wine, and a LOT of fun. With no experience necessary, create a masterpiece with step-by-step instruction. Our experienced instructor and a glass of wine are all the inspiration you need to make your very own work of art.
Your painting instructor, Jennifer Brock has been an elementary teacher for 18 years. She loves painting, creating and sharing her talents with others.
“Family Holiday”
Tues // Dec 12 // 6:00 - 8:30 PM
UW-MWC Room TBA // $45 (includes supplies and 2 glasses of wine)
Celebrate the season in style with a personalized holiday painting featuring the names of family members. Put the names of your kids or names of your siblings and give away as a gift.

Watercolor Painting: Landscapes & Still Life
Learn to paint landscapes and still life in this introductory watercolor painting course. Explore various brush techniques, color mixing and composition. Open to all ability levels. New students will get hands-on instruction of the basics and experienced artists will have an opportunity to expand their skills.
Fee includes all supplies.
Annette Svoboda-Lessard has a Bachelor’s of Fine Arts degree from Milwaukee Institute of Art & Design, Drawing major, Painting minor.
Wed // Sept. 27 - Oct. 25 // 6:00 - 8:30 PM
UW-MWC Room TBA // $65

Basket Weaving: The Cake Taker
Discover one of the oldest art forms: basket weaving. This basket weaving class is open to all levels, including beginners. This versatile basket will hold a cake pan or the paperwork at your desk. Learn the basics of weaving and how to make a “filled in” base. Lots of techniques will be taught on shaping, using dyed reed and the Shaker Tape handles. Supplies to bring to class: dish pan, spray bottle, tape measure, pencil, scissors, spring type clothes pins, flat screw driver and an old towel.
Basket weaving is taught by Shirley Mount. Mount has be teaching weaving since the early 1990s. She loves baskets and their history, weaving, people and teaching.
Tues // Nov. 14 // 5:00 - 9:00 PM
UW-MWC Physical Education Building, Commons // $45

Upcycling: Mail Holder or Hanging Shelf
In this DIY class, breathe new life into old desk drawers, turning them into mail holders or hanging shelves. Tap into your creative side to craft the perfect piece for your home! Experienced upcycler, Kris Coleman of “Klunky Chic” will guide you through the process. Choose from multiple paint options and even use chalkboard paint to create a message board! Come dressed to paint.
Thurs // Nov. 9 // 6:00 - 8:30 PM
UW-MWC Lower Commons // $29 (Includes one drawer & all supplies)

Introduction to Close-up & Macro Photography
Photographing small subjects can be quite challenging. Explore tips and techniques, and accessories for capturing close-ups and extreme close-ups of tiny objects and beautiful flowers. All camera types and skill levels welcome.
Tues // Oct. 3 // 9:00 AM - 12:00 PM
UW-MWC Helen Connor Laird Fine Arts Building, Library Conference Room // $39

Introduction to Editing Photos in Photoshop
This course covers Photoshop Essentials for photographers. Learn how to work non-destructively with layers. Make changes with pin-point accuracy using selections and masks. Control brightness and color with adjustment layers. Touch-up with heal and clone tools, and learn how to crop, straighten and sharpen your photos. Participants are welcome to bring their laptop to follow along or can simply watch and learn.
Tues // Oct. 17 // 9:00 AM - 2:00 PM with a 1 hour lunch break
UW-MWC Helen Connor Laird Fine Arts Building, Library Conference Room // $59
Instructor, Barbara Smith has taught Photography and Photoshop courses throughout Central Wisconsin for the past seven years.

All String Instrument classes held
Oct. 2 - Nov. 7 // UW-MWC Room 360 // $49
Please bring your instrument to class

Bass Guitar 101
Learn to play bass guitar for fun & enjoyment. Work on rhythm and tempo and learn how to properly tune your guitar. By the end of the class, you will enjoy playing songs along with your peers and instructor.
Mon // 6:00 - 7:00 PM

Ukulele 101
Start on the path to playing the Ukulele for fun and enjoyment.
Learn popular songs and various styles of Ukulele playing.
Students will enjoy playing along with peers and the instructor.
Mon // 7:00 - 8:00 PM

Five-String Banjo 101
Embark on a new hobby of banjo playing for personal enjoyment! Learn picking and strumming techniques, as well as basic chords. Build an understanding of the banjo fret board and simplify the process of playing the five-string banjo.
Tues // 6:00 - 7:00 PM

Introduction to Guitar 101
Focus on the fundamentals of guitar, including guitar techniques such as picking and strumming as well as a little bit of music theory. Learn basic chords to play simple songs. On-your-own practice is highly encouraged throughout the session to build hand dexterity.
Tues // 7:00 - 8:00 PM
Dale Dickerson has been playing string instruments for 45 years. He trained in classical guitar and guitar at Southwest University Kansas.
THE ARTS/
PERSONAL ENRICHMENT

Beginning Piano
Study basic piano technique in playing five-finger patterns and triads in all major and minor keys, chord progressions in all major keys, and major and harmonic minor scales, basic transition, legato and staccato touch and responsiveness to phrasing. Class is for beginners with no or minimal piano experience.
Fri // Sept. 8 – Dec. 22 // 10:00 – 10:50 AM
UW-MWC Helen Connor Laird Fine Arts Building, Room 360 // $195

Elementary Piano
Take your piano playing to the next level with these small group lessons. Improve dexterity playing major harmonic minor scales and arpeggios, harmonization of a given melody with block chord accompaniment, playing various rhythms including syncopation in simple, compound and asymmetric meters. Practice reading and playing in two parts including alto or tenor clef.
Prerequisite: Knowledge of basic piano playing.
Fri // Sept. 8 – Dec. 22 // 2:00 – 2:50 PM
UW-MWC Helen Connor Laird Fine Arts Building, Room 360 // $195

Growing Microgreens-An Indoor Winter Garden in Wisconsin
Now that gardening season is winding down, here is one way to keep some green in your life throughout the WI Winter. Green it up with microgreens, an easy way to grow fresh and nutritious produce all year long! This class will highlight the basics of micro-green production, from planting to harvest, as well as the importance of the economic and nutritional benefits micro-greens can bring to your table. Class will include microgreen tasting, step-by-step instructions for planting and care. Each participant will get to take home their own tray of microgreens to harvest and enjoy at home.
Thurs // Oct. 5 // 6:00 – 7:30 PM
UW-MWC Room TBA // $29

Container Herb Gardening
Growing your own food can bring many benefits to the table. Starting your own seeds is a great way to get those gardening juices flowing and add some brightness during the harsh months of late winter in Wisconsin. This class will highlight the basic methods of seed starting including seed selection, soil mixes, containers, creating a planting calendar, caring for seeds and seedlings, and planting your own seeds to take and plant at home. Class will include a seed starting demo, a free packet of seeds, and a take-home kit for planting in the home garden.
Thurs // Oct. 19 // 6:00 – 7:30 PM
UW-MWC Room TBA // $29

Freezer Meals
What’s for dinner tonight? Who is making dinner? If you find yourself asking these questions, come and join us for Freezer Meals with a special focus on using fresh, local produce. Leave the course knowing which foods can be frozen, how to properly freeze foods and how long they last. Discover how to make nutritious freezer meals at home, sample tasty recipes, and take home one freezer meal to feed a family of four, plus many freezer meal recipes.
Class will be taught by UW-Extension Family Living Educator, Sarah Siegel.
Fee: $39 (includes samples, recipes, supplies, and take-home meal to feed family of four)
Thurs // Sept. 21 // 5:30 – 7:00 PM // UW-MW Commons
Registration Deadline: Sept. 14

Everything Google
Explore various Google services including Gmail, Google Drive, Google News and more. Discover how to set up a Google account. Learn how to declutter and de-spam your Gmail inbox to ensure important emails don’t get missed. Explore how to use Google Drive to make your documents accessible securely from nearly any web-enabled device. Use Google’s various features to learn how to protect yourself from scams and “fake news”. Additional questions or topics may be covered at the request of the class.
IT Instructor, Justin Marsh has a background that encompasses education, computer science, and general IT. He’s been working as a programmer for the past five years. Whether fixing computers, improving processes, or investigating the accuracy of information, Justin brings an inquisitiveness that isn’t commonly found.
Thurs // Nov. 30 – Dec. 7 // 6:00 – 8:00 PM
UW-MWC Room TBA // $35

PERSONAL ENRICHMENT

CE Adult Musical Production: Title TBA
Performances Feb. 1 – 3
Auditions to be held late Nov.
Rehearsals begin early Jan.

“Save the Date”

Gardening instructor, Jeremy Erickson is the UW-Extension Wood County Horticulture Educator.
**Introduction to German**

German is a widely spoken language. This introduction to High German will provide you with a basic vocabulary and introduction to elementary grammar. You will learn the basic vocabulary of 600 words. Class will lay a solid foundation for further study with an intermediate course offered in spring 2018.

Michael Miller teaches this course. Michael has a BA Suma Cum Laude in Linguistics and German. He enjoys speaking German and sharing the language with others.

**Session 1:** Mon // Oct. 23  |  **Session 2:** Wed // Oct. 25

**Fee:** $59

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**Dinner & a Movie**

**Dinner & a Movie: "A Man Called Ove"**

Nominated for an Academy Award for Best Foreign Language film, this is a tale of a curmudgeonly, aging man reclaimed from grief and anger by his lively new neighbors and given a second chance in life. This Swedish comedy drama will be paired with split pea soup, poached salmon with dill sauce, grilled asparagus, baby red potatoes, lingonberries, and Swedish cheesecake.

**Session 1:** Mon // Sept. 25  |  **Session 2:** Wed // Sept. 27

**Dinner & a Movie: "Phoenix"**

This Hitchcockian mystery of deception and identity is set in the aftermath of WWII. A German-Jewish nightclub singer has survived the war, but must undergo plastic surgery to reconstruct her face. When her husband does not recognize her, it provides the chance for her to determine if he was the one who betrayed her to the Nazis. For our abendessen, we will have zweibelkuchen, beetesalat, bacon balsamic Brussel sprouts, stuffed cabbage, mashed potatoes, and black forest cake.

**Session 1:** Mon // Nov. 15  |  **Session 2:** Wed // Nov. 27

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**Luther’s Revolution: A 500 Year Legacy In commemoration of the Protestant Reformation**

Until Martin Luther successfully challenged the Roman Catholic Church, only one form of Christianity could be found in Europe. Aided by armed German nobility, Luther created a storm that forever changed Europe and, with it, European culture. Luther never imagined the firestorm that would sweep through Western Civilization the day he sent out an invitation to debate the issue of indulgences. Such debates about doctrine had been commonplace all through the medieval period. So long as the contest took place among churchmen, closed to the public, few serious consequences flowed from a formal academic debate.

Join UW-MWC History Professor, Jeff Kleiman for two evenings of an introduction to Luther, the Reformation, and his revolutionary legacy that forever changed the direction of the post-Roman world.

**Tues // Oct. 10 – 17 // 7:00 – 8:30 PM**

**Fee:** $33 / person

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**Do Plants Think?**

Can a plant really, like a human, sense and respond to their environment and change accordingly? While this concept may seem bizarre this way of thinking was proposed as early as 1880 by Charles Darwin. In this course you will gain an understanding of basic neurobiology and how these basic biological concepts apply to plant perception.

**Wed // Nov. 15 // 7:00 – 8:30 PM**

**Fee:** $15*

Dr. Jeffrey Amundson will lead these brain-bending sessions. He holds a PhD in psychology and teaches at UW-Marshfield/Wood County & UW-Marathon County.

* Take all of Dr. Amundson’s classes for only $35.
Personal Enrichment

Retirement Basics and Retirement Income Planning
This personal finance course is designed for those planning for or are in the early stages of retirement. Certified Financial Planner, Gwen Condon will walk you through different retirement decisions such as asset allocation, income planning and pitfalls to avoid. Receive financial tools and a workbook to help you understand risk, taxes and estate planning.
Thurs // Nov. 9 – 16 // 6:00 – 8:00 PM
UW-MWC Room 125 // $29 or $39 for 2 people from the same household
Gwen Condon, CFP®, FSCP, (Financial Services Certified Professional) is the branch manager of the Investment Concepts Mid State office in Marshfield.

Planning for the unexpected:
Have a conversation and complete an advance directive
Imagine a sudden event, such as a car accident or illness that left you unable to communicate. Who would make needed medical decisions on your behalf? Would they know what care you would want? Would they have peace of mind they did the right thing? Discover how to complete an advance directive, which is a way to legally appoint someone to make health care decisions for you if you cannot. All adults over the age of 18 should think about filling out an advance directive. If an advance directive is not completed, families may need to petition the courts for a guardian to be appointed for decision making. This is time consuming, costly, and the individual’s wishes may still be unknown.
Class is led by Marilyn Follen, Advance Care Planning Coordinator for the Marshfield Clinic.
Wed // Nov. 29 // 5:30 – 6:30 PM
UW-MWC Room 125 // $10

Disaster Prep
September is National Preparedness Month. Preparing yourself and your family to survive in an emergency is crucial in our rapidly changing world. But only about half of Americans believe themselves to be prepared to shelter at home for the recommended 3-day period. This course will teach the basics of preparing an emergency kit in a simple, economical and fun way. Whether it’s a tornado, flood, fire, snowstorm or other disaster, ensure your family’s safety by having an emergency plan is place.
Dr. Sandy Neumann grew up in earthquake country – the San Francisco Bay Area. After experiencing the Loma Prieta earthquake of 1989 in a most unprepared manner, she started learning about disasters and how to survive them. She is certified by the Red Cross in first aid, CPR, and AED use; has trained with the Emergency Animal Rescue Service; teaches a college-level course on the psychology of disaster preparedness; and researches emergency preparedness among animal shelters and their volunteers.
Thurs // Sept. 28 // 6:00 – 7:30 PM
UW-MWC Room 125 // $15

Stress Reduction 101
Stress affects us all. Work, family, finances, even the holidays can cause unwanted stress. If not dealt with properly, stress can contribute to various health problems and strain relationships. Learn evidence-based methods to cope with stress more effectively and create a stress reduction plan.
Dr. Sandy Neumann is a part-time mom, working two jobs (1 full-time & 1 part-time), trying to survive in this crazy world. She has been teaching college-level psychology since 1997. Her passion in the classroom is encouraging students to apply the information they learn to make the world a better place.
Tues // Dec. 5 // 6:00 – 7:30 PM
UW-MWC Room 125 // $19

Well-Being Day
Sign up for one, two or all three classes!

Healthy Sleep
Relaxation expert John M. Oestreicher will teach you how to fall asleep easily and quickly. Learn to sleep soundly and release the endless monkey mind chatter to create a restful night. Learn about natural, holistic and practical techniques that help you develop a calm and peaceful mind for longer and healthier sleep.
Sat // Oct. 14 // 8:30 – 10:30 AM
UW-MWC W.W. Clark Administration Building, Room 101 // $30

As You Think
This class is about using your thoughts effectively to create the life you want. Discover what the “Vibrational Universe” is and how it works. Learn to recognize why your life is moving in a certain direction and how to change it. Discover how to apply the power of intention, to attract everything to you.
Sat // Oct. 14 // 10:45 AM – 12:45 PM
UW-MWC W.W. Clark Administration Building, Room 101 // $30

Meditation Training
Relaxation expert John Oestreicher has been meditating for 33 years and teaching meditation for ten years. In this informative and relaxing class, participants will learn: the benefits of meditation, how and when to meditate, focused attention, and how to slow down and release the mind’s endless chatter. Students will practice meditating and each individual will receive a customizable meditation based on their energy scan.
Sat // Oct. 14 // 1:00 – 3:00 PM
UW-MWC W.W. Clark Administration Building, Room 101 // $30

Registration:
Online at: www.ce.uwc.edu/marshfield
By phone: 715-389-6520
Checks payable to:
UW-Marshfield/Wood County

Have a question?
Call: 715-389-6520 | Email: msfce@uwc.edu | marshfield.uwc.edu/ce

Classes fill early so sign up soon - www.ce.uwc.edu/marshfield
MUSIC AND DANCE

Ballroom Dance Level I
Don’t just watch the stars dance, learn how to move around the dance floor in this fun dance class. Whether you’re just beginning ballroom dancing, or would like to brush up on your basic dance moves, this dance class is for you. You’ll learn the swing, waltz and rumba, while you stay in shape and socialize. Register early as class size is limited.
Tues // Nov 7 – Dec 5 // 6 - 7:15 PM // UW-BC Commons // $59 per person

Ballroom Dance Level II
This class is designed for those with some ballroom dance experience. Time will be spent on emphasizing leading and following skills along with adding new patterns. Enhance the movement of your dancing by learning to develop the advanced techniques used by the experts. Dances covered will be chosen by the participants.
Tues // Nov 7 – Dec 5 // 7:15 - 8:30 PM // UW-BC Commons // $59 per person
Your Ballroom Dance instructors are Dave & Karen Goggin from the Eau Claire area. They have over 45 years of combined professional teaching experience in Ballroom & Latin dancing. Dave and Karen welcome singles and couples into their classes and take a personal interest in making sure everyone, including novice and experienced participants, have fun while learning.

Fusion Belly Dance
Improve fitness and lift spirits with belly dance! Learn the basic belly dance technique, posturing, language and move execution. Fusion Belly Dance uses movements from a mixture of cultures and styles. Belly Dance is a gentle, challenging and playful exercise for all ages. No dance experience is required.
Mon // Oct 2 – Oct 23 // 5:30 - 6:30 PM // UW-BC Student Center // $39
Dawn Dunsmoor of Barefoot Circle Dance holds a degree in Theatre and has worked in all aspects of theatre. She came into belly dancing in 2010 and has taken private lessons, group classes and workshops for four years, and has done solo and troupes performances throughout the region. She began teaching Belly Dance in 2014 and currently teaches weekly classes, dance troupe and private lessons.

Individual Piano Lessons
Ten individual 30-minute lessons for beginners and more advanced students will include piano instruction in music theory, ear training, technique and performance. Any age (preschool through adult) and experience level is welcome to enroll; time slots will be assigned on a first-come, first served basis. The final scheduled week will be a make-up session only if needed. Lesson books will be purchased from the instructor at the first lesson; average cost is $35 and covers multiple levels. Students should have access to a piano or keyboard for practice between lessons.
Thurs // Sept 21 – Dec 14 (no lessons 11/23 or 11/30; 12/14 is for make-up lesson if needed) // 30-min lessons scheduled from 11 AM - 7:30 PM $169 + Book // UW-BC Fine Arts
Piano instructor Cathy Jacobs is a certified Kindermusik instructor and gained licensing as a Community Expert from the MN Dept. of Education to teach music classes. Cathy currently teaches classes and piano lessons in the Spooner school district.

Communiversity Band
Communiversity Symphonic Band is a joint effort of the UW-BC Music Department and the adult musicians of the surrounding communities. The band performs one concert during each semester and special concerts in neighboring communities. This ensemble is open to any student or community member.
Tues // Sept 5 – Nov 14 // 7 - 9 PM // UW-BC Fine Arts Music Room // $10 per semester
Director Mike Joosten has a bachelor’s degree from UW-La Crosse and master’s degree from Southern Oregon University. Since 1984 he has been teaching instrumental music in the Cameron School District; directing the high school and middle school concert bands, marching band, and jazz ensembles. Joosten has been the director of the Communiversity Symphonic Band since 2001.

Northwinds British Brass Band
The Northwinds British Brass Band is formed in the British tradition of brass and percussion. Brass bands have been around since the early 19th century; ours was formed in 1986. The instrumentation for this brass band includes: cornet, French horn, flugel horn, trombone, baritone, euphonium, E-flat tuba, B-flat tuba, and percussion. Audition may be required for new members.
Sun // Oct 1 – Nov 26 // 6 - 8 PM // UW-BC Fine Arts Music Room // $10 each semester
Director Anastasia (Ana) Traicoff is a graduate of UW-Eau Claire with degrees in instrumental and choral education. She currently teaches at Cameron Elementary, Small Vocal Ensemble and Trumpet at UW-BC, performs with The Dean’s List, the Big Woods Big Band, and the Red Cedar Orchestra, in addition to directing the Northwinds British Brass Band.

Red Cedar Choir
The Red Cedar Choir is a partnership with the UW-BC Music Department and surrounding communities. You will have the incredible opportunity to sing and be part of one of the best choirs in the area. It is open to all community members, high school age and older. An audition may be required for new members.
Thurs // Sept 14 – Dec 7 // 7 - 9 PM // UW-BC Fine Arts Music Room // $10 each semester
The choir is under the direction of Beth Joosten, Assistant Director of Choral Activities at UW-Eau Claire. Joosten has been the director of the Red Cedar Choir since 2012.
ART & CREATIVITY

Fused Glass Art
Fused glass is the process of cutting and layering art glass to create colorful, durable pieces of art. After a brief review of art glass and its history, proper cutting and safety instructions and design concepts, students will create colorful, durable art pieces that the instructor will kiln fire in her studio. Registration fee includes materials for 3-4 small creations or one larger (8” x 8”) piece. Additional pieces may be made for additional material fee.

Students will need to pick their completed projects up at UW-BC the week following class. Space is limited, so register early!


“Mix It Up” (jewelry or 8” plate): Sat, Nov 4 // 9 AM – 12 PM // UW-BC Ritzinger Hall // $59

“Holiday Creations” (ornaments or 8” plate): Sat, Dec 9 // 9 AM – 12 PM // UW-BC Ritzinger Hall // $59

Fused glass instructor Elizabeth (Liz) Alberg has expressed her creative side throughout most of her life. She has studied with professional watercolor artists both in the US and France, and was introduced to Fused Glass Art in 2015. Liz has since studied with some of the top glass artists in the field. Sharing this art form with others is her true passion!

PERSONAL ENRICHMENT

Chinese Cooking 101
In this hands-on course, participants will cook authentic Chinese foods while learning cooking fundamentals. Learn about different styles of regional cooking - Cantonese, Szechuan, Hunan, Shanghai and Peking. See how to use local ingredients instead of hunting for expensive ingredients, and how to use different cooking methods to create the best tasting cuisine in our own home. Cook and sample pot stickers, egg rolls, lemon chicken, Kung Pao chicken, fried rice and more! Have fun and make delicious food with what you’ve got in your own home.

Wed // Sept 20 – Oct 4 // 5:30 – 8 PM // UW-BC Student Center // $59 + $20 ingredient fee payable to the instructor

Mexican Cooking
There is more to Mexican cuisine than just tacos and burritos. Learn how to create a FIESTA in your own home! Recipes may include Pico de Gallo, Guacamole, Salsa, Spanish Rice, Piscado (Fish)/Vera Cruz, Beef Fajitas, Carne Asada, Chile Rellano, Pollo Diablo (Devil’s Chicken), and much more. Skip the take-out fast foods and make it fresh and tasty in your own kitchen.

Wed // Oct 11 - Oct 25 // 5:30 – 8 PM // UW-BC Student Center // $59 + $20 ingredient fee payable to the instructor

Thai Cooking
Thai foods are very balanced and detailed, very colorful and lightly prepared, with strong aromatic components and a spicy edge. Learn easy and simple ways to make Tom Yum (Prawn Soup), Pad Siew (See Ew Broad Noodles), Pad Thai, Thai Salad and many curry dishes. It is simple, fun, healthy and delicious!

Wed // Nov 1 – Nov 15 // 5:30 – 8 PM // UW-BC Student Center // $59 + $20 ingredient fee payable to the instructor

Watercolor Workshop for Beginners
Learn basic watercolor techniques and create a new painting during each class session. Techniques include color mixing, washes, glazing, dry brush, and masking. Learn how to paint fruit, flowers and landscapes.

Enroll by Sept 22 so materials can be purchased!

Mon // Oct 2 – 23 // 6 – 8 PM // $79 (includes beginning materials)
Instructor Mary Kay Latzka taught high school and advanced placement art for 18 years. She managed the creative area at The Potters Shed, directing art and pottery activities for 11 years and most recently is the owner of Gypsy and the Frog Art Gallery & Studio in Spooner. Mary Kay has been creating commissioned artwork for over 25 years and is a published illustrator.

Unforgettable Digital Photography
Our “Unforgettable Digital Photography” course does not focus on the technical aspects of becoming a better photographer but instead teaches the student how to see life creatively and to document their daily experiences through beautiful images. For this photography course there is no fancy equipment required, and we will explore the six essential principles of “seeing like a photographer” as outlined the course textbook: 1) Shoot the Moment, Not the Subject, 2) Keep It Real, 3) Embrace Intimacy, 4) Move Your Eye, 5) See The Light and 6) Feel the Rhythm. You will complete this course with an understanding of what it means to be a visual storyteller and have four series of photographs that will illustrate the beauty in your daily life and inspire you to continue taking meaningful and stunning photographs.

This is an online, instructor-led course with 24 hours of curriculum. You can enroll at any time and work at your own pace—you will have 4 weeks from date of enrollment to complete the course.

$140 // Enroll at https://uwbarron.ed4online.com/enrichment-course/unforgettable-digital-photography
Mushrooms 101
Edible or deadly? Join us for this great opportunity to learn from a 30-year veteran of wild mushroom foraging! This is a classroom session covering the “three rules-plus-one” and the safe six: Morels, Shaggy Manes, Hens of the Woods, Chicken Mushrooms, Oyster Mushrooms, and Giant Puffballs. Topics include tree identification, ethics, safety, storage and preparation. Poisonous mushrooms will also be discussed.

Wed-Thurs // Sept 20-21 // 6 - 9 PM // UW-BC Ritzinger Hall // $29
Instructor Tavis Lynch is a 30-year veteran of wild mushroom foraging in northern Wisconsin, a skill he initially learned from his father. A certified expert by the MN Dept. of Agriculture, Lynch has been harvesting over 100 varieties of wild fungus and bringing hundreds of pounds safely to the public.

Introduction to Bird Watching
Learn to identify backyard and woodland birds and spend some time in the field practicing your new-found skills in this 2-part course! Participants will learn basic skills in using binoculars to study birds, and will learn to identify birds based on shape, flying patterns, behaviors, colors and other characteristics using binoculars and the naked eye. Become familiar with some of the common avian species found in our area. Part 1 is in the classroom and Part 2 is a field day at Hunt Hill Audubon Sanctuary. Participants are asked to bring field binoculars if possible, and dress for the weather for the field day.

Part 1–Thurs // Oct 19 // 6 - 9 PM // UW-BC Ritzinger Hall
Sarona // $49
Instructor Katie Connelly has been program director at Hunt Hill Audubon Sanctuary since January 2015. Katie studied Wildlife Ecology and Biology as an undergraduate at UW-Stevens Point, and also has a Master of Science degree in Environmental Education from UW-Stevens Point. Co-instructor Gary Dunsmoor is a board member and long-time Hunt Hill Volunteer. He graduated from UW-Stevens Point with a degree in Wildlife Management and is now retired after spending 38 years of service with the Wisconsin Department of Natural Resources, 35 of them in Wildlife Management in Spooner.

SPORTS & EXERCISE
Basketball Officiating
Do you love the game of basketball and want to learn how to get in on the action as an Official? Through classwork, films, rules review and quizzes – you will learn what it takes to become a Licensed WIAA Basketball Official. We will spend time in the classroom and on the court to help you develop the knowledge and skills you need. You will also learn how to successfully manage what takes place on the court, the sidelines, and in the stands. Both experienced officials wanting to sharpen their skills and aspiring officials looking to learn how to get on the court are encouraged to register.

Enrollment is required by Sept 26 so materials can be ordered.

Wed // Oct 4 – Oct 25 // 6 – 8:30 PM // UW-Barron County Student Center & Gym // $99 High School Students // $149 Adults // Course fee includes rule books and WIAA Certification
Instructor Jeff Prince has been a WIAA registered official for 27 years. Since becoming registered for three-person officiating at sectional and regional games, he has officiated a total of 39 tournament games for boys and girls. Of those 39, he has been an official at 7 Regional Finals, 9 Semis Sectionals, 2 Sectional Finals and he was a 3 state Tournament Official in 2011, 2013 and 2015.

Women and Money: Building a Healthy Financial Future
When it comes to financial health, there is an important reality to consider: MEN AND WOMEN ARE DIFFERENT! This enrichment class focuses on the unique challenges women face on the financial spectrum and is designed for females of all ages. The first half of the session will target various gaps women face: the earnings gap, social security gap, retirement income gap, divorce gap, widowed hood gap, and the caregiving gap. The second half of the session will focus on solutions to address these gaps including goal setting, budgeting, and investing.

Mon // Oct 30 // 6 - 7:30 PM // UW-BC Ritzinger Hall // $19 or enroll with a friend for $30
Angela Televandos, MBA is a Financial Advisor and Accredited Asset Management Specialist®.

Beginning Conversational Spanish
Spanish is one of the most widely spoken languages in the world and the number of Spanish speakers is growing every day. If you would like to communicate with Spanish-speaking neighbors, employees or friends or plan to travel to a Spanish-speaking area, this course will give you the opportunity to learn basic conversational Spanish. The goal of our program is to teach basic Spanish vocabulary, grammar, literacy, and conversation skills to students with little or no knowledge of the Spanish language. This is an online, instructor-led course with 24 hours of curriculum. You can enroll at any time and work at your own pace—you will have 4 weeks from date of enrollment to complete the course.

$140 // Enroll at https://uwbarron.ed4online.com/enrichment-course/beginning-conversational-spanish

Yoga Beginner Series
Yoga is a great way to balance the mind and body. There are many benefits of yoga for EVERY level of student: reduced stress, increased flexibility, gain strength, and improve sleep, digestion, mental clarity and focus. Learn the basics of yoga through the 6-week series that will teach both the asanas (postures) as well as the importance of pranayama (breath). No prior yoga experience is required! All ages and levels of fitness are welcome!

Bring a yoga mat and water bottle (optional, but recommended)

Kristi Gay, RYT, currently teaches at The Yoga Studio of Rice Lake and Latitude 44 in Eau Claire. She completed her 200-hour training through CorePower in Woodbury, MN in 2015 after practicing yoga for 15 years. She wants to share the love of the practice with others who are just beginning their yoga journey.

It's easy to register and pay online for UW-Barron County classes - www.ce.uwc.edu/barron
Mat Pilates for Beginners
This course is designed for all! Experience one hour of classic mat Pilates each week. This class is designed to lengthen and strengthen your body using your core while learning the Pilates form. In this class you will strengthen your pelvic floor, improve posture and balance, and improve flexibility while getting an incredible workout.
Bring a yoga mat and water bottle (optional, but recommended)
Mon // Nov 6 – Dec 11 // 5:30 – 6:30 PM // UW-BC Student Center // $39
Pilates instructor Angela Televandos is a Rice Lake native. She has been teaching Pilates for seven years and practicing for over twelve years. Her teaching methods are based on classic methods that she learned while studying and practicing Pilates methodology in Minneapolis, MN.

Walleye Fishing Techniques Only the Pros Know!
Beginning and advanced techniques for catching the elusive Walleye will be our focus. Topics to include: identification of some of the best walleye lakes in Northern Wisconsin, DNR current rules and regulations for size and bag limits, types of fishing equipment—rods, reels, line, etc., types of fishing bait—live bait and artificial, and types of locators. You’ll also make your own walleye rigs in class. The second class will feature a focus group of some of the best walleye anglers in Northern Wisconsin to discuss their proven techniques and practices. The last class will be held on a nearby walleye lake so you can see and apply what was learned in the first two classes to increase your success rate. Make sure you have your fishing license! Space is limited in this very popular class—enroll early!
Instructor Bert Richard is well known in NW Wisconsin for his diverse interests. He is the Director of the Wednesday Walleye League and was designated “Mr. Walleye” in 2005 and 2011 for catching the largest walleye in the league.

Self Defense—Protect Yourself!
Learn how to listen to your inner voice to recognize a threat and react automatically before it becomes a full-blown attack. Regardless of your size, speed, or athletic skills learn how to: avoid being a target, assess your surroundings, react to a confrontation, conduct yourself in a crisis, anticipate your attacker’s next move, break an attacker’s grasp and, how, when, and where to strike if you have no other choice. A mix of classroom instruction and hands-on training to build skills and confidence. Great fun and exercise! This class is designed for adult women and men. Youth 14-17 years welcome with accompanying adult.
Wed // Oct 25 – Nov 15 // 6 – 8 PM // UW-BC Student Center // $59
SAVE $10—Enroll by Oct 16 for just $49!
Master Lloyd A. Brown is a 8th degree Black Belt in Karate and a 6th degree Black Belt in Okinawan weaponry. With over 45 years of experience in the Martial Arts he was inducted into the USA Martial Arts Hall of Fame in 2007 and 2012. He owns Brown’s Karate Academy in Barron, WI. For more information on Master Brown go to: www.brownskarateacademy.com

SAVE $10—Enroll by Sept 20 for just $89!
In Computer Coding for Kids, students in grades 3-8 will learn basic computer science concepts, develop a scientific method of thinking skills, and enhance problem solving skills in a fun, hands-on, project based setting. The lessons are personalized to each student’s level—experienced and novice coders are welcome!
Fri // Oct 6 – Nov 10 // 4 – 6 PM // Cool Creator Club, Rice Lake // $89
SAVE $10—Enroll by Sept 27 for just $79!
Instructor Supakorn “Ike” Bagley completed Ph.D coursework in General Organization and Management from Capella University. She has worked as a Foreign Training Instructor for the U.S. Army and has provided translation and professional training services for government agencies and private businesses. Her experience teaching adults made her realize that learning skills from a young age is essential for success. She started Cool Creator Club LLC providing after school and summer programs to strengthen learning skills for children grades 3-8.

Healthy Hands Cooking & Kidding Around Yoga – Ages 5-11
Kids ages 6-11 will have fun learning how to properly read a food label and determine how much sugar is in their favorite drinks/snacks.
We will make four easy yet healthy recipes that inspire healthy habits at home. We will end the class with a 45-minute Kidding Around Yoga session for kids. We will explore the elements of balance, peace and good health by discussing the concepts of caring for one’s self and others while using silly songs, poses, relaxation techniques and having a lot of fun! Space is limited and enrollment is required by Sept 22.
Fri // Sept 29 // 8 - 11 AM // UW-BC Student Center // $19 + $10 material fee
Fri // Sept 29 / 12 – 3 PM // UW-BC Student Center // $19 + $10 material fee
Instructor Julie Emerson is a certified Holistic Nutritionist, a Certified Healthy Hands Cooking Instructor and a Certified Kidding Around Yoga youth yoga instructor. She has been instructing children’s cooking classes since Feb. 2016 in Barron and Chetek. She believes that teaching children healthy cooking skills and recipes they can do themselves (or with little help) is very important. The earlier children discover healthy options, the greater the benefit to their growing bodies!

Babysitter Certification
Earn the American Red Cross Babysitter Certification in this fast-paced, daylong training session. Learn key components, including feeding, diapering, discipline issues and identifying safety hazards, as well as caring for common injuries and emergencies such as choking, cuts and burns. Walk away with the skills to be a confident, capable babysitter. You will receive the Babysitter’s Training Handbook, Emergency Reference Guide, and training CD. Lunch is included.
Fri // Sept 29 // 8:00 AM – 4:30 PM // UW-BC Student Center // $99
SAVE $10—Enroll by Sept 20 for just $89!
Instructor Bambi Forey is a Red Cross Instructor in Health & Safety Services courses. She has been teaching and training instructors in the region for 38 years.

Computer Coding for Kids – Grades 3-8
As smart as computers seem to be, they are only as useful as their programming.
Computer coding is the process of telling our computers what to do. More importantly, learning to code teaches kids how to think logically and problem solve, and strengthens science, technology, engineering and math (STEM) skills.

In Computer Coding for Kids, students in grades 3-8 will learn basic computer science concepts, develop a scientific method of thinking skills, and enhance problem solving skills in a fun, hands-on, project based setting. The lessons are personalized to each student’s level—experienced and novice coders are welcome!
Fri // Oct 6 – Nov 10 // 4 – 6 PM // Cool Creator Club, Rice Lake // $89
SAVE $10—Enroll by Sept 27 for just $79!
Instructor Supakorn “Ike” Bagley completed Ph.D coursework in General Organization and Management from Capella University. She has worked as a Foreign Training Instructor for the U.S. Army and has provided translation and professional training services for government agencies and private businesses. Her experience teaching adults made her realize that learning skills from a young age is essential for success. She started Cool Creator Club LLC providing after school and summer programs to strengthen learning skills for children grades 3-8.

Theatre Camp—Tom Sawyer!
Earn the American Red Cross Babysitter Certification in this fast-paced, daylong training session. Learn key components, including feeding, diapering, discipline issues and identifying safety hazards, as well as caring for common injuries and emergencies such as choking, cuts and burns. Walk away with the skills to be a confident, capable babysitter. You will receive the Babysitter’s Training Handbook, Emergency Reference Guide, and training CD. Lunch is included.
Fri // Sept 29 // 8:00 AM – 4:30 PM // UW-BC Student Center // $99
SAVE $10—Enroll by Sept 20 for just $89!
Instructor Bambi Forey is a Red Cross Instructor in Health & Safety Services courses. She has been teaching and training instructors in the region for 38 years.
Start Your Own Business
Thinking of becoming your own boss? This seminar series will focus on key elements when starting a small business and honing the idea into action for an entrepreneur. The curriculum has been created from time-honored practice, small business owner advice, research-based evidence, current sources, and trending topics. Theoretical, topical, yet practical best practices will be shared throughout the series.
This series is open to anyone interested in small business ownership or for those who are expanding their small business or side business into a formalized plan of action. Topics will include the purposeful and passionate pursuit of small business ownership; business plan and feasibility analysis; mechanics and how to start; marketing and promotion; hiring employees; and much more. The final sessions will include guest speakers to discuss insurance, banking, alternative lending, and a panel of small business owners who will discuss the trials and tribulations of striking out on your own.

SAVE $10—Enroll by Sept 22 for just $69!
Ken Pearson is Loan Fund Manager with the Northwest Regional Planning Commission and former Director of Business Development at Indianhead Community Action Agency in Ladysmith, WI. Ken has been involved with small business and economic development since 2013. During this time, he has helped more than 60 businesses start up, expand or grow through his ability to help business owners and entrepreneurs map out a road to success. Through focused business planning, marketing strategy and strategic visioning, Pearson earned his bachelor’s degree from UW-Superior and a masters of public administration degree from Texas A&M University.

Leadership Development Series
Improving your leadership skills can help you land a better job, make you more valuable to your current employer, and improve your confidence level in nearly every situation. This series is designed for those in supervisory positions, and those who hope to be someday! Enroll for individual sessions or the entire series.

Thurs // Oct 19 – Nov 16 // 6:45 – 8:45 PM // UW-BC Ritzinger Hall // $19 per session OR $79 for the series
SAVE $10—Enroll for the series by Oct 9 for just $69!
Oct 19: Interacting with Diverse Communication Styles—Determine which of four communication styles you fall into and the characteristics and do’s and don’ts for each style.


Nov 2: Communicating with Tact and Professionalism—Face-to-face and phone etiquette along with written etiquette (email, letter, text, etc.) in a professional environment.

Nov 9: Supervisory Survival Skills—General supervisory skills including delegating, discipline, and performance assessment. Will also include some interview skills for interviewers and basic employment law.

Nov 16: Presentation Skills (Speaking with Confidence)—Address fears, preparation and proper presentation skills. Will also include some interview skills for interviewees.

Megan Janz obtained an Associate of Science in HR Management from Western Technical College, a Bachelor of Science in HR Management and a Master of Science in Management and Leadership from Western Governors University. Megan also holds a PHR and SHRM-CP designation. She has been conducting professional development workshops for almost 20 years.
LEARN ONLINE

Why Online?
Around the world, millions of busy people have found that online education is a great way to continue learning when it’s convenient for them 24/7/365. You’ll be surprised at the range and depth of courses that are available for business and personal enrichment. We’ve partnered with several respected online training organizations to bring you an extensive offering, which include Ed4Online, Ed2go, Health Ed Today, and UgotClass. Take a few minutes to browse what’s available, and of course you can register and pay online when it’s convenient for you!

Our Most Popular Personal Enrichment Courses

- Better Bow Hunting
  Our course takes a straightforward approach and highlights everything you can do to get more out of your archery products.

- Container Gardening
  This course gives you the information you need to get started in the satisfying world of gardening.

- Create Stunning Digital Photographs
  The goal of this fun and informative course is to provide you with an introduction to digital photography.

- Beginning Writer’s Workshop
  In this course, we cover all the basics you need to get started on producing your own book.

- Dealing with Difficult People
  Learn to identify difficult people, and understand why they act that way. Develop skills so you’re not their victim anymore.

- Grant Writing 101
  Grant Writing is at the heart of the nonprofit world, and Grant Writers remain in high demand.

- Improve Your Job Interviewing Skills
  Learning how to get to the heart of mastering interviews is challenging but not impossible to achieve.

- Project Management Fundamentals
  Our course provides a solid basis for individuals who would like to understand the field of project management and the concepts used to successfully deliver projects.

- PowerPoint 2016
  You will learn to create your own professional-looking presentation using custom shapes, animations, Smart Guides, and templates.

- SMART Board Training
  Explore the software and learn how to create interactive lessons or presentations for the classroom and/or the office.

- The Flipped Classroom
  Are you ready to flip your classroom? Today’s generation is using the Internet and technology to approach learning.

- Discover a Career as a Veterinary Assistant
  Gain knowledge about a rewarding career in which you have the potential to make a difference in the lives of animals and the people who love them.

- Pharmacy Technician
- Clinical Medical Assistant
- Dental Assisting
- Phlebotomy Technician
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PLEASE COMPLETE THIS FORM IF REGISTERING BY MAIL

Name (please print)
Address
City
State
Zip
Day phone
Evening phone
Email

Course Title
Campus Location
Fee

PAYMENT METHOD: Check ________ Cash ___________
Credit card registrations must be made online or in person at the Continuing Education office.

Refund Policy
- Refunds will be made if the Continuing Education office is contacted at least 7 days before the start of class. No refunds with less than 7 days’ notice.
- Programs that involve pre-ordering of materials and travel will not qualify for any refund unless your space can be filled from a waiting list.
- UW Colleges reserve the right to cancel a course due to low enrollment, severe weather or instructor illness. A refund will be issued under any of these conditions.
- BE SURE – to provide your email address and phone number during registration so that we may contact you if a class is cancelled for any reason!

Accessibility Services
Reasonable accommodations for persons with disabilities will be made to ensure access to programs and services at UW Colleges. If services are needed, the student should contact the Continuing Education office 30 days in advance of needed assistance.

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