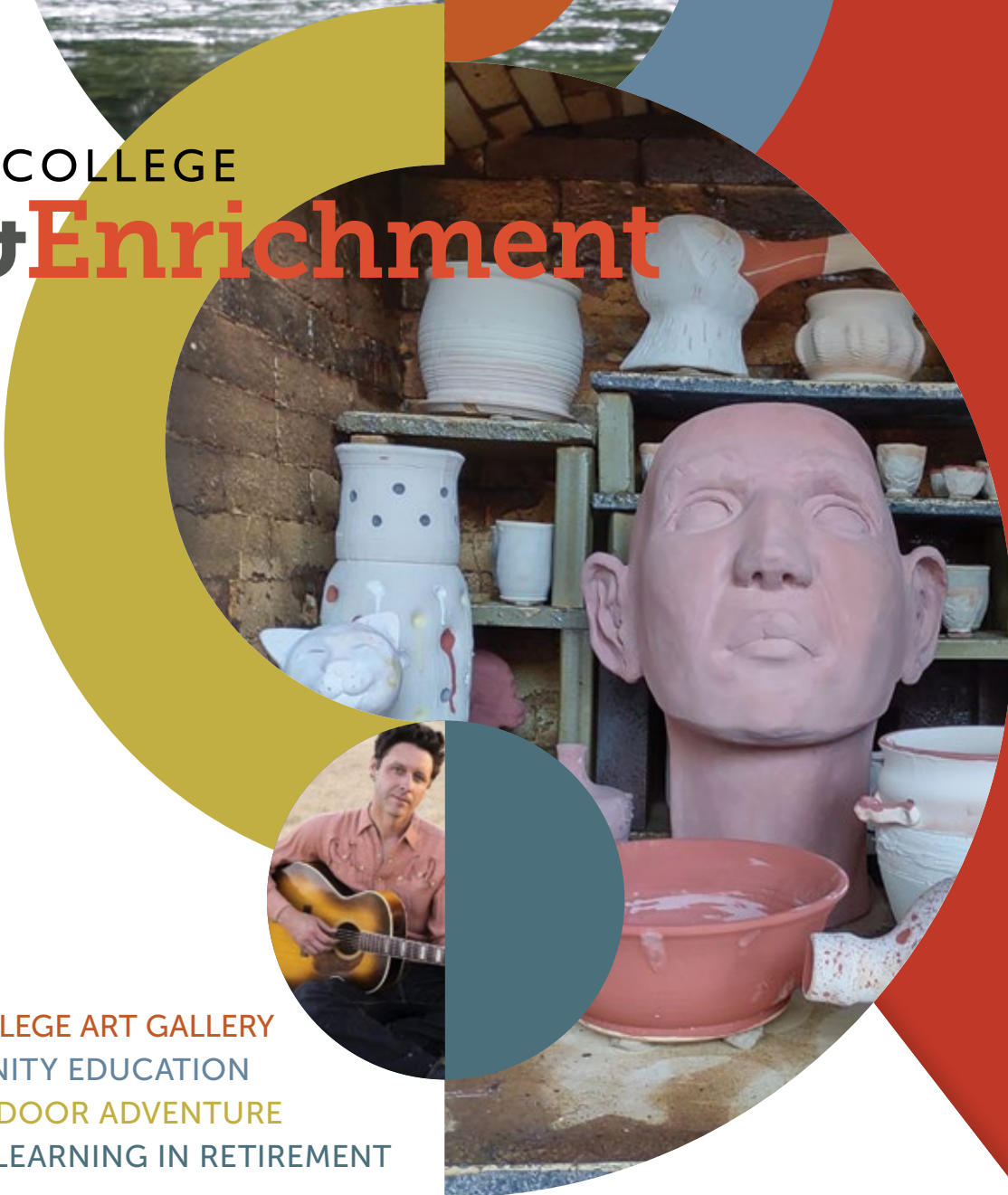




NICOLET COLLEGE
Arts & Enrichment

SPRING/SUMMER
2024



NICOLET LIVE!
NICOLET COLLEGE ART GALLERY
COMMUNITY EDUCATION
OUTDOOR ADVENTURE
LEARNING IN RETIREMENT

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ARTS & ENRICHMENT AT NICOLET COLLEGE

Experience a live performance, view an exhibition, discover a passion, or create something new. Whatever your interests,

Arts & Enrichment at Nicolet College offers something for everyone. We're committed to enriching communities by bringing regional and national art and cultural experiences to the Northwoods while also supporting local artists and organizations. Our collaborations with ArtStart, the Northern Arts Council, WXPB, the Wisconsin Regional Art Program, Northwoods Community Garden, and Learning in Retirement have allowed us to offer an exciting line up of spring and summer classes and events.

NICOLET COLLEGE
Arts & Enrichment

CALENDAR OF EVENTS

JANUARY

The Cactus Blossoms
Jan 27 | 7:30 pm

FEBRUARY

Beginning Ceramics
Feb 8 - Mar 28 | 5:30 - 8:30 pm

Wisconsin Regional Art Program
Exhibition
Feb 12 - Mar 23
Reception: Feb 15 | 5 - 7 pm

Maple Syrup for Beginners
Feb 24 | 10 am - 12 pm

Working with Your Canine Pal
Feb 27 | 5 - 7 pm

Global Game Jam
Feb 27 | 6 pm

From Beneath the Tarp
Feb 28 | 1 pm

MARCH

Intro to Permaculture
Mar 2 | 10 am - 12 pm

Ayurveda – Ancient Wellness
Mar 2 | 1 - 3 pm

Wood Fired Ceramics
Mar 6 - Apr 27 | 5 - 7:30 pm

Nicolet Cosmetology Hair Show
Mar 8 | 6 pm

Maygen and the Birdwatcher
Mar 9 | 7:30 pm

Studio Ceramics (Lakeland)
Mar 20 - Apr 17 | 6 - 8 pm

Intermediate I Permaculture
Mar 23 | 9 am - 12 pm

Musky Seminar
Mar 23 & April 6 | 9 am - 4 pm

Wisconsin Regional Art Program
Artist Workshop
Mar 23 | 10 am - 2 pm

Intermediate II Permaculture
Mar 24 | 10 am - 1 pm

Auditions: Nightfall with
Edgar Allen Poe
Mar 24 | 1 - 4 pm

Auditions: Nightfall with
Edgar Allen Poe
Mar 25 | 6 - 9 pm

Beginning Piano and
Music Theory
Mar 26 | 4:30 - 7:30 pm

Yazzie the Chef
Mar 26 | 6:30 pm

APRIL

Stained Glass
Apr 1 - 17 | 2 - 5 pm and 5 - 8 pm

Wild Horses
Apr 6 | 7:30 pm

LIR Honor in the Air
April 9 | 1 pm

LIR Wisconsin's State Natural Areas
Apr 10 | 9:30 am

LIR Issues in Cardiology
Apr 11 | 10 am

Introduction to Organic Gardening
Apr 13 | 8 - 11:30 am

Efficient Food Preservation
Apr 13 | 2 - 4 pm

Nicolet College Student Art Show
Apr 15 - May 24
Reception: Apr 18 | 4 - 6 pm

Principles of Retirement Planning
Apr 23 | 4 - 6 pm

LIR A Forgotten History
Apr 24 | 9:30 am

MAY

Acupressure Self Care
May 1 | 4 - 6 pm

LIR Bog Plants and Bog Ecology
May 8 | 9:30 am

Beginning Stargazing
May 8 | 5 - 7 pm

LIR Issues in Cardiology
May 14 | 10 am

LIR Missing Threads
May 14 | 1 pm

Rachel Breen: Mending Mindfully
May 16 | 3 - 5 pm

How Movies Are Made
May 16 | 4 - 7 pm

The Nicolet Players Present:
Nightfall with Edgar Allen Poe
May 17 - 19 and 23 - 26
7:30 pm or 2 pm on Sundays

LIR Wolf Ecology and Management
May 22 | 10 am

Journaling
May 22 | 4 - 7 pm

JUNE

Poetry Pals
June 4 | 4 - 7 pm

Intro to Fly Fishing and Casting
June 8 | 9 am - 1 pm

37th Annual Northern National
Art Competition
June 13 - July 26
Reception: June 13 | 5 - 8 pm

Oyster and Shiitake Mushroom
June 16 | 10 am - 2 pm

Summer Solstice Photography
June 20 | 5 - 8 pm

Art History for Beginners
June 26 | 4 - 7 pm

JULY

Functional Ceramics for Culinary Use
July 6 - Aug 24 | 9 am - 12 pm

Mixed Media Assemblage Workshop
July 10 | 4 - 7 pm

Cooking with Wild Food
July 13 | 10 am - 3 pm

Hula Hoop Toning for Beginners
July 15 | 4 - 6 pm

Fly Fishing for Various Species
July 20 | 9 am - 1 pm

Advanced Fly Fishing and Casting
July 20 | 2 - 5 pm

Mindful Drawing with Jaron
July 21 | 10 am - 1 pm

AUGUST

Northwoods Culinary Herbalism
Aug 3 | 9 am - 12 pm

Bundle Dyeing/Botanical Printing
Aug 9 | 10 am - 1 pm

Fungi 101 of the Northwoods
Aug 10 | 8 am - 1 pm

Tai Chi/Qigong
Aug 13 - 22 | 10 - 11 am

Identifying Flora and Mycology 2
Aug 24 | 9 am - 1 pm

NICOLET LIVE!

Nicolet Live! brings an exciting lineup of performances and events from the Northwoods and beyond. The Nicolet College Theatre, located in the beautiful Lakeside Center, is home to the Nicolet Players and provides an intimate and contemporary space for theatrical productions, concerts, and community and cultural events.

THE CACTUS BLOSSOMS

WXPR CONCERT
Saturday, January 27 | 7:30 pm
Nicolet College Theatre

\$25
Reserve your tickets at wxpr.org
Beer, wine, and concessions will be
available for purchase beginning at 6:30 pm.



The Cactus Blossoms have drawn frequent comparisons to other musical siblings like the Everlys and Louvins over the years. Their latest album, *One Day* often suggests a more soulful, '70s-inspired palette, hinting at times to Bobby Charles or JJ Cale with its playful Wurlitzer, breezy guitars, and lean, muscular percussion. The songs here are tender and timeless, with straightforward arrangements centered around brothers Jack Torrey and Page Burkum's airtight harmonies, and the performances are warm and intimate to match. The band's classic country and old-school pop roots are still there, of course, but the growth and evolution underlying *One Day* is obvious, not only in the duo's writing but in their core philosophy, as well.

GLOBAL GAME JAM NORTHWOODS SHOWCASE

IN COLLABORATION WITH CULTURE TAP &
THE SCHOOL DISTRICT OF RHINELANDER
Tuesday, February 27 | 6 pm
Nicolet College, Lakeside Center

Free Admission

Global Game Jam is an international event supporting the growing community of game designers across all levels. Rhinelander is the newest addition to the Global Game Jam through the Culture Tap program which is funded in part by the Rhinelander Community Foundation. Through Culture Tap, local teams had the opportunity to work with game designer Jeremy Nikolai in a design and development lab program. This event will showcase all teams' games, as well as Global Game Jam games worldwide. Teams will set up public demos to present their games to an audience. Join us for a fun night of gaming and support of future game designers. Snacks and beverages will be available.



ORDER ONLINE

nicoletlive.com

Select your seats and order tickets online 24 hours a day. Tickets ordered online can be printed at home, displayed on your mobile, or held at the Box Office.

ORDER BY PHONE

715.365.4646 or
800.544.3039 ext 4646

Phone hours are 8 am - 4 pm
Monday through Friday.

Tickets ordered by phone will be held at the Box Office.

Tickets for WXPR concerts can be purchased at wxpr.org.

FROM BENEATH THE TARP – A STORY OF ABUSE AND REDEMPTION

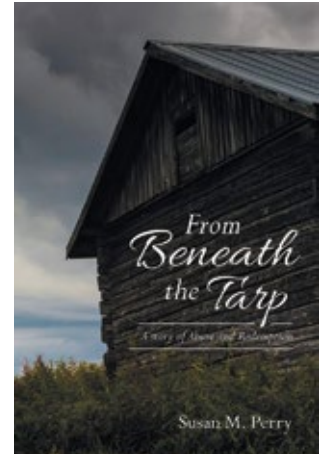
IN PARTNERSHIP WITH LEARNING IN RETIREMENT

Wednesday, February 28 | 1 pm

Nicolet College Theatre

Free Admission

From Beneath the Tarp is a true story of one woman's journey through the realities of domestic violence. This important and engaging story will be told by Susan Perry, former Nicolet College Nursing Instructor and author. Come and witness her story of abuse and redemption to be enlightened, empowered, inspired, and informed.



NICOLET COSMETOLOGY STUDENT HAIR SHOW

Friday, March 8 | 6 pm

Nicolet College Theatre

Admission \$15 – Purchase tickets at nicoletlive.com

Don't miss the annual Nicolet Cosmetology Student Hair Show, where students have an opportunity to show off their creativity and skills in a fun and engaging setting. The popular show allows parents, family members, and the community to support the students and see their work. Proceeds will be used to fund advanced education.



MAYGEN AND THE BIRDWATCHER

WXPR CONCERT

Saturday, March 9 | 7:30 pm

Nicolet College Theatre

\$25

Reserve your tickets at wxpr.org

Beer, wine, and concessions will be available for purchase beginning at 6:30 pm.



Minneapolis folk sextet Maygen and The Birdwatcher took home wins for Album of the Year and Americana Artist of the Year at the Midwest Country Music Organization's annual awards show in Arnolds Park, Iowa. The band, led by Maygen Lacey and Noah Neumann, received accolades for their acclaimed 2022 release *Bootleggin' at the Flower Shoppe*. The honors cap a year of touring and sharing stages with Old Crow Medicine Show, Paul Cauthen, and Travis Tritt. It has also been a fertile period for a group that continues to make strides in the field of progressive folk-rock-country.

YAZZIE THE CHEF – COOKING IN TWO WORLDS

Tuesday, March 26 | 6:30 pm
Nicolet College Theatre

Admission \$5 – Purchase tickets at nicoletlive.com

Brian Yazzie, aka Yazzie the Chef, joins us to speak on the contemporary cuisine of Indigenous flavors, in a transition from pre- to post-reservation. Covering the decolonized movement and reflecting actual accessibility of organic ingredients to our community members, especially those in rural areas without means to markets.

Brian Yazzie (Diné/Navajo) is from Dennehotso, Arizona and based out of Saint Paul, Minnesota. Yazzie has a degree of Associate in Applied Science (AAS) in Culinary Arts from Saint Paul College. A delegate of Slow Food Turtle Island Association, and a team member at I-Collective: a collective of cooks, chefs, seed keepers, farmers, foragers, and scholars, he is focused on bringing awareness to the cultural appropriations of indigenous foods of the Americas.

Brian and his fiancée Danielle Polk (Hoonmana Polk) are the Founders/Owners of Intertribal Foodways, a culinary mission specifically working with and for the betterment of tribal communities, wellness, and health through Indigenous foods. They travel internationally for catering, private dinners, pop up dinners, chef demos and cooking classes, collaborations, and presentations on indigenous food sovereignty.



WILD HORSES

WXPR CONCERT
Saturday, April 6 | 7:30 pm
Nicolet College Theatre

\$25

Reserve your tickets at wxpr.org

Beer, wine, and concessions will be available for purchase beginning at 6:30 pm.

Hailing from the deep woods of Northern Minnesota, Wild Horses makes a home between the traditions of folk, western, and rock music. With roots in the Minnesota bluegrass music community, frontman Jed LaPlant draws inspiration from the simple storytelling of traditional music but offers a more dynamic and driving approach sonically. Wild Horses crafts the ability to draw listeners in with both captivating melodies and a hard-hitting drive in the same live experience. Their debut record, *Runaway*, was released in the Summer of 2022 followed by a Western US tour to bring the songs back to the place from which they were inspired.

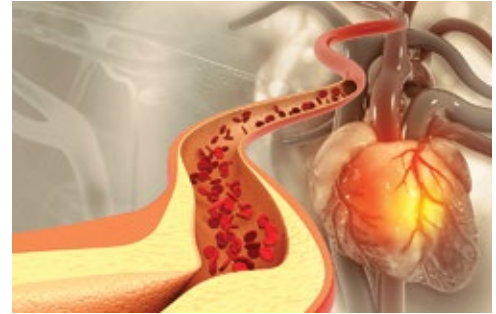


ISSUES IN CARDIOLOGY

IN PARTNERSHIP WITH LEARNING IN RETIREMENT

Thursday, April 11 | 10 am
Nicolet College Theatre

Tuesday, May 14 | 10 am
Nicolet College, Northwoods Center 207-209
Free Admission



LIR's favorite cardiovascular internist, Dr. Joel Furda, will return to host informal discussions of some of the more common cardiovascular issues we face as we age. He will pick up where he left off in Fall of 2023 with high cholesterol and coronary artery disease (April 11), and congestive heart failure (May 14). Dr. Furda will briefly introduce each entity, then take audience questions about that topic. This will be an excellent opportunity to get a detailed overview of the effects of these conditions on the body, the possible treatments, and maybe most important of all, the best preventive measures we can all take for our health. General questions on the topics are welcome. Make a free, private appointment with Dr. Furda to ask questions about one's personal health or health of a family member. Please call the Oneida County Health Department at 715.369.6116 for this consultation.

Dr. Joel Furda, MD is a retired (sort of!) internal medicine specialist with nearly 50 years of experience in the medical field. He graduated from University of Iowa in 1974. He had a solo internal medicine practice on Frederick Street in Rhinelander for many years, then after additional cardiovascular training, affiliated with Cardiovascular Associates, continued to serve patients in our community and region.

THE NICOLET PLAYERS PRESENT: NIGHTFALL WITH EDGAR ALLEN POE

DIRECTED BY COLETTE KAYA

Auditions March 24 | 1 - 4 pm and March 25 | 6 - 9 pm

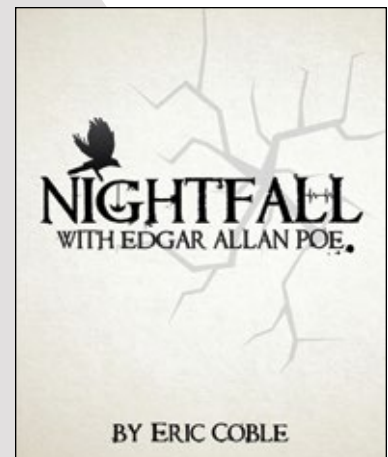
May 17 - 19 and 23 - 26 | 7:30 pm or 2 pm on Sundays
Nicolet College Theatre

Admission \$12 General Public

\$10 for K-12 Students and Seniors (Free for Nicolet Students)

Purchase tickets at nicoletlive.com

Beer, wine, and concessions will be available for purchase beginning at 6:30 pm.
Complimentary cookies and coffee will be provided during the Sunday matinees.



Edgar Allan Poe stands alone in the flickering darkness of his mind, trying desperately to convince himself – and us – that he's not mad. The spell he weaves brings us a highly theatrical adaptation of four tales Poe himself considered his best: "The Raven," "The Fall of the House of Usher," "The Pit and the Pendulum," and "The Tell-Tale Heart." Enter the world of Poe and check your heartbeat at the door.

NICOLET COLLEGE ART GALLERY

Gallery Hours

Monday - Thursday
6 am - 6 pm

Friday
6 am - 5 pm

Saturday
8 am - 2 pm

The Nicolet College Art Gallery in the Northwoods Center features a variety of visual art exhibits in a wide range of media. Offering a gallery space in the woods of Wisconsin, it serves as both a place to gather and a source of inspiration for students, staff, and the entire community. It additionally serves Nicolet College students using the various installations for reference and study. With each exhibition, we host a reception at the gallery, which is a wonderful opportunity to come together and experience the new show collectively – often with artists in attendance. The receptions are free and open to the public with refreshments (unless otherwise noted). Come visit and get inspired!

WISCONSIN REGIONAL ART PROGRAM EXHIBITION

Monday, February 12 - Saturday, March 23

Reception: Thursday, February 15 | 5 - 7 pm

Artist Workshop: Saturday, March 23 | 10 am - 2 pm

Open to exhibition artists at no charge.

Nicolet College Art Gallery

Anyone 18 years or older is invited to submit art for the Wisconsin Regional Art Program (WRAP) exhibit, which culminates in a day-long artist workshop including a lecture or demonstration and educational critique. Meritorious work selected from the numerous regional exhibits around the state will be displayed at the Annual State Art Exhibit in Madison.

WRAP exhibits/workshops began in 1940 as an outreach program of UW-Madison to encourage the creative growth of Wisconsin non-professional artists from rural areas. Now administered by the Association of Wisconsin Artists, WRAP exhibit/workshops are held throughout the year in over twenty five locations around the state. Nicolet College is proud to be one of those locations and carry on the tradition.

More info can be found at:
<https://wiscartists.wildapricot.org/WRAP>



"Wares Window" by Kristin Higgins



"Shorelines" by Florian Bieschke

NICOLET COLLEGE STUDENT ART SHOW

Monday, April 15 - Friday, May 24
Reception: Thursday, April 18 | 4 - 6 pm
Nicolet College Art Gallery

View works on display by current Nicolet College students. As part of many students transfer journey, they take classes in our art labs to fulfill their Humanities and Electives. It is from those classes that these creations come to be. Faculty members hand select and display their work which ranges from simple sketches to paintings, ceramics, and beyond. The opening reception is not to be missed. It's an opportunity to support artists from within our college community. The goal is to empower those students recognized for artistic excellence as they progress through their education.



"Alligator" by Kara Petterson

37TH ANNUAL NORTHERN NATIONAL ART COMPETITION

Thursday, June 13 - Friday, July 26
Reception: Thursday, June 13 | 5 - 8 pm
Nicolet College Art Gallery

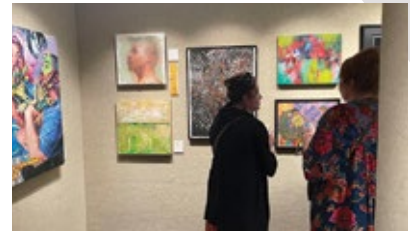
The annual Northern National Art Competition is a cooperative venture between Nicolet College Arts & Enrichment and the Northern Arts Council that aims to share resources as well as community art and cultural activities in Forest, Langlade, Lincoln, Oneida, and Vilas Counties. The show attracts hundreds of entries nationwide, showcasing a cross section of contemporary art in a variety of two-dimensional mediums.

This year's show will be juried by Debra Brehmer, an arts writer and curator, who owns and operates Portrait Society Gallery, a contemporary art space in Milwaukee. She was also the former editor and publisher of *Art Muscle* magazine. Prior to opening the gallery, she taught art history as an adjunct professor for 10 years at the Milwaukee Institute of Art and Design.

The opening reception is an opportunity for attendees to get a first peek at one of the premiere art shows in Northern Wisconsin, and then join Brehmer as she shares her remarks on the curation of this prestigious show.

Registration deadline for artist consideration is Friday, March 15.
Submit your entry at callforentry.org.

Tickets to the reception are \$20 and include heavy appetizers, refreshments, and thoughtful comments by the judge. Purchase tickets in advance through the Nicolet College Art Gallery by calling 715.365.4556 or emailing artgallery@nicoletcollege.edu. Tickets can also be purchased at Childs Frame Company in Rhinelander and from members of the Northern Arts Council. Limited seating available.



Debra Brehmer, photo by Erol Reyah

COMMUNITY EDUCATION

Register for
classes at
nicoletce.tix.com

BEGINNING CERAMICS

Thursdays, February 8 - March 28
8 sessions | 5:30 - 8:30 pm
Nicolet College Ceramics Lab, Tamarack Center 211
Instructor: Adair Sexton
Maximum 10 students
\$150

Students new to the art of ceramics will learn how to prepare clay, along with how to use hands and tools to throw on a wheel. Classes will begin with a demonstration followed by instructor supported wheel throwing the remainder of class. Wheel throwing is a physically demanding art form involving bending, as well as hand and arm strength for extended lengths of time. Course Fee includes: 25 lbs. of clay, firing, glazing, and the use of studio tools. **Pick up will be arranged with the instructor at the end of sessions.**



AYURVEDA – ANCIENT WELLNESS APPROACH TO FEELING BETTER

Saturday, March 2 | 1 - 3 pm
Nicolet College, Northwoods Center 208
Instructor: Suzi Hammer
\$30

Ayurveda is a 5,000 year-old science of life. It's about living a lifestyle that optimizes how good you feel. It is a holistic approach to living and is a system that addresses your body, emotions, and awareness of what makes you feel better. According to Dr. Siva Mohan, modern medicine is great for treating disease and Ayurveda is about finding health, so they work well together. Explore the Ayurvedic mapping system and apply them to our personal lives so that you have the tools to shift patterns in the body and mind to live a conscious, empowered lifestyle.



WOOD-FIRED CERAMICS

Wednesdays, March 6 - April 24
8 Sessions | 5 - 7:30 pm
Saturday April 27 Wood Fire Kiln Day
Nicolet College Ceramics Lab, Tamarack Center 211
Instructor: Adam Stuart
Maximum 10 students
\$175

The primitive use of clay meets the science behind wood-firing to create an unforgettable experience. This Intermediate Ceramics class will meet once a week with open studio times as practical. After several weeks, the whole class will culminate in an outdoor community wood-firing at Nicolet College. The projects in class will be primarily pottery based yet include some sculpture. There will be a focus on honing craftsmanship of the forms and glaze applications. Prior experience in wheel throwing, hand-building, and glazing is required. Course fee Includes: Approximately 25 lbs. of clay, use of studio tools, glazing, and firing. **Pick up will be arranged with the instructor at the end of sessions.**



STUDIO CERAMICS (LAKELAND)

Wednesdays, March 20 - April 17
5 Sessions | 6 - 8 pm
Lakeland Union High School, Ceramics Lab 119, Minocqua
Instructor: Leah Trojan
Maximum 10 students
\$100

Create in a relaxed, open ceramics studio with guidance designed to provide you with hands-on experience working with clay and designing your own pottery. Beginners will learn how to shape clay in a variety of ways including hand-building techniques and wheel throwing. Returning students will expand their abilities and take on new independent projects. Functional and sculptural aspects of clay will be explored along with firing, decorating, and glazing processes. **Glazing and pick up will be arranged with the instructor at the end of sessions.**



BEGINNING PIANO AND MUSIC THEORY

Tuesday, March 26 | 4:30 - 7:30 pm
Nicolet College, Northwoods Center 208
Instructor: Amanda Anderson
Maximum 16 students
\$40

Explore the basics of music theory and how to play the piano/ keyboard without traditional sheet music. You'll learn about chords, scales, and how to apply them. By the end of the class, you will have enough knowledge to be on your way to learning and playing the basic version of any song using a chord sheet.



STAINED GLASS

Mondays and Wednesdays, April 1 - April 17

6 Sessions

Two options: 2 - 5 pm or 5 - 8 pm

Nicolet College, Tamarack Center 213

Instructor: Mary Tyler

Maximum 10 students (per class)

\$100

Let the light shine through stained glass art you've created yourself, while you develop and refine your techniques and complete a colorful work of art. Learn to cut, fit, and solder stained glass using lead foil techniques. This course is open to students of all skill levels, including beginners. Please bring scissors to the first session.



PRINCIPLES OF RETIREMENT PLANNING

Tuesday, April 23 | 4 - 6 pm

Nicolet College, Northwoods Center 208

Instructor: David Schmitz

\$30

Gain fundamental working knowledge to help guide a successful retirement. You will gain access to tools, insights, and strategies to help you understand five risks to retirement income and strategies to mitigate those risks. By the end of this course, you'll be able to take specific action steps that will lead you to your ideal retirement.



ACUPRESSURE SELF CARE: STRESS RELEASE

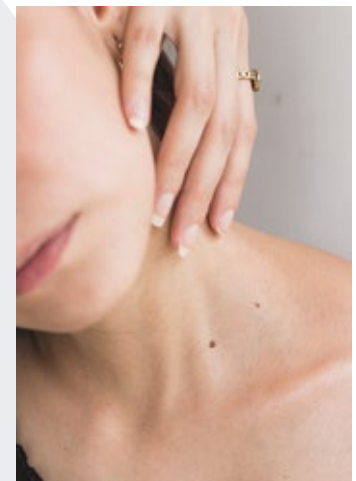
Wednesday, May 1 | 4 - 6 pm

Nicolet College, Northwoods Center 208

Instructor: Carol Reshan

\$30

This basic class teaches a simple protocol of acupressure points for stress release to treat oneself. It will teach individuals of all ages, professions, or educational backgrounds to take charge of their own health using acupressure.



RACHEL BREEN: MENDING MINDFULLY

Thursday, May 16 | 3 - 5 pm

ArtStart Galleries

Instructor: Rachel Breen

\$60

In conjunction with the exhibition at ArtStart "Textile Politics," exhibiting artist Rachel Breen will teach a class on mending. Do your part to cut down on overconsumption – learn how to repair your own clothes! Rachel will provide patches, embroidery floss, buttons, thread, and needles. She'll share guidance on everything from threading a needle to more complicated stitches for visible mending. You provide the clothes that need mending. You'll also have a guided tour through the exhibit with the artist.



ArtStart.

HOW MOVIES ARE MADE

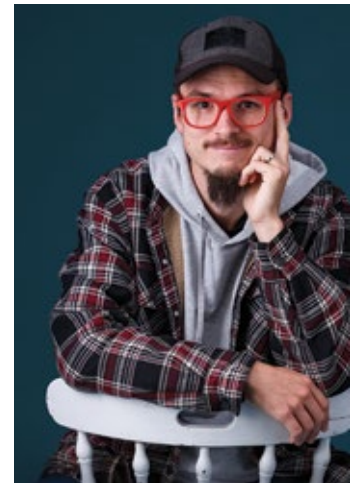
Thursday, May 16 | 4 - 7 pm

Nicolet College, Northwoods Center 208

Instructor: Nate Sheppard

\$30

Learn how professional level films are put together from start to finish. We'll explore story structure, scene composition, camera settings, editing, composing, sound design, and even how a film ends up on the big screen. No prior knowledge or experience of filmmaking/videography is necessary. This class is ideal for anyone who is interested in the process of filmmaking or anyone who just wants to improve their own videos. The class will be tailored to the interests of its students, and will include lectures on aspects of filmmaking, analysis of clips from professional films, class discussions, and occasional hands-on activities.



JOURNALING FOR PERSONAL GROWTH AND SELF-EXPRESSION: MIXED MEDIA COLLAGE WORKSHOP

Wednesday, May 22 | 4 - 7 pm

Nicolet College, Northwoods Center 208

Instructor: Shelley Novotny

Maximum 24 students

\$30

Explore the world of journaling as a means to let your inner energy, soul, and spirit shine through pages using recycled materials. Abundant supplies will be provided, allowing various accents, colors, and textures. You will leave with valuable resources to continue a journaling practice such as journal prompts, gratitude exercises, mantras, and dream documentation. Immerse yourself in the world of journaling and discover a transformation tool for personal growth, self-expression, and a creative outlet.



POETRY PALS

Tuesday, June 4 | 4 - 7 pm
Nicolet College, Northwoods Center 208
Instructor: Jeff Anderson
\$35

Students will realize there is a poet inside of them just awaiting pen to touch paper, fingers to keyboard. Bring in a poem you enjoy to read and discuss, or bring in an original poem for response from the class. All students will find that poetry is a means to understand themselves and their life's journey to a greater extent. All will have self-created poems by the end of class.



SUMMER SOLSTICE PHOTOGRAPHY EXPERIENCE: CAPTURING THE LONGEST DAY

Thursday, June 20 | 5 - 8 pm
Nicolet College, Lakeside Commons and Patio
Instructors: Amanda Anderson and Andrew Egan
\$40

Join professional and engaging photographers on the shores of Lake Julia at Nicolet College on the longest day of the year. You will be exposed to various photography equipment and software. Then you will be guided through actual photographing of the campus landscape and lakefront as the sun hangs around into the early evening hours on the Summer Solstice. Learn how lighting and interesting composition create captivating photos. Participants must bring their own digital camera or smartphone to participate.



ART HISTORY FOR BEGINNERS: MONET AND VAN GOGH

Wednesday, June 26 | 4 - 7 pm
Nicolet College, Northwoods Center 208
Instructor: David Barnhill
\$30

Claude Monet and Vincent van Gogh may be the two most beloved painters of our time. Their use of color has dazzled viewers for over 100 years, and their acute perceptions of nature help us see the world anew. They were trailblazers in developing new artistic styles. Monet was the chief representative of Impressionism as he caught the changing perceptions of light and color. Van Gogh was one of the pioneers of Post-Impressionism, creating a distinctively expressive approach. We will view slides of their compelling work and discuss their art.



FUNCTIONAL CERAMICS FOR CULINARY USE

Saturdays, July 6 - August 24
8 Sessions | 9 am - 12 pm
Nicolet College Ceramics Lab, Tamarack Center 211
Instructors: Jenny Bonardelli and Mitch Below
Maximum 10 students
\$125

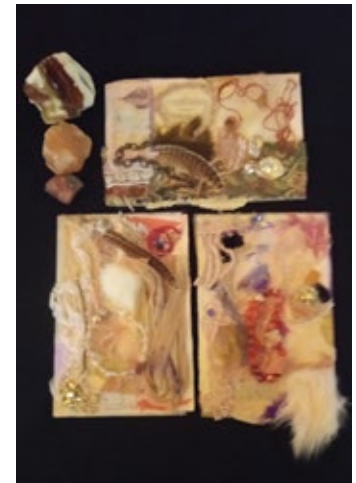


The intermediate studio ceramics class is where we will learn concepts for functional pottery. Students will be expected to create two identical plates that will be given to the Nicolet College Culinary Lab collection for student serving pieces. The last class session will be in the Culinary Lab where Instructor and Chef Mitch Below will provide a talk on the art of plating food and serve lunch to the class on the finished pieces. Students will be able to work on their own personal objects as well throughout the 8 sessions. Prior wheel throwing experience required. Course fee Includes: Approximately 25 lbs. of clay, use of studio tools, glazing, firing, and plating lecture with lunch. **Pick up will be arranged with the instructor at the end of sessions.**

MIXED MEDIA ASSEMBLAGE WORKSHOP: SYMMETRY AND COMPOSITION

Wednesday, July 10 | 4 - 7 pm
Nicolet College, Northwoods Center 208
Instructor: Shelley Novotny
Maximum 20 students
\$30

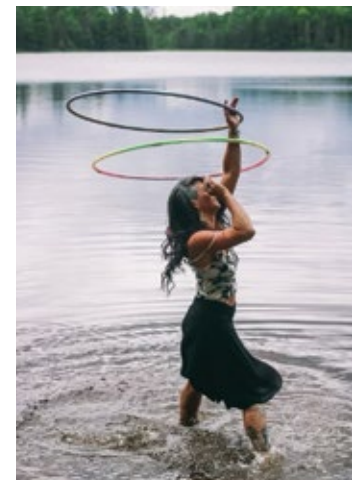
Unleash your creativity, find inner peace, and create exquisite pieces of art that you'll be proud to display, serving as a constant source of inspiration in your daily life. Embark on a journey of creativity and mindfulness by crafting three stunning canvas designs (measuring 5 x 7 inches) inspired by the natural world. This calming and meditative project will not only provide you with a beautiful visual during and after the creative process, but also serve as a powerful reminder to seek symmetry and balance in your life.



HULA HOOP TONING FOR BEGINNERS

Monday, July 15 | 4 - 6 pm
Nicolet College, Lakeside Patio and Commons
Instructor: Emilymae King
Maximum 12 students
\$45

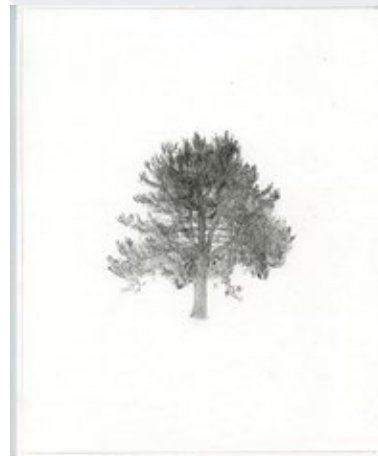
Hula hoop is fun for all and can be easy to learn with Group Fitness Instructor Emilymae. It's healthy, a great workout, a way to meditate, and a social pastime. Emilymae will show you tips and secrets to hula hoop and scaffold to tricks for hours of fun after a single session. It can be a lifelong wellness hobby, so bring a friend and have a blast. Hula hoop will be supplied with option to purchase.



MINDFUL DRAWING WITH JARON: SKETCHING A TREE

Sunday, July 21 | 10 am - 1 pm
Nicolet College, Fieldside Center and the Field
Instructor: Jaron Childs
\$40

This artistic outing is for anyone who would like to make drawings. That's all. No previous experience is required. We will spend time drawing the trees who share their homes with Nicolet College. Instructor Jaron Childs believes that drawing is a great way to better know the living world. He sees drawing as a mindfulness practice and looking as a form of listening. He can't wait to see your drawings. Dress appropriately for the weather and feel free to pack a lunch!



BUNDLE DYEING/BOTANICAL PRINTING

Friday, August 9 | 10 am - 1 pm
Nicolet College, Northwoods Community Garden
Instructor: Debbie Jircik
\$50

Explore local color through flowers and leaves from the Northwoods Community Garden. Learn how to bundle dye (ecoprint or botanical contact printing) on cloth and paper. We will select fresh flowers and leaves from the dye and fiber gardens and bundles will be steamed. Participants will experience painterly marks and sharp prints through this process and have skills to experiment at home or in their own favorite places in nature. Debbie Jircik is an artist from Eagle River with experience in growing and processing indigo, ecoprinting, and hand papermaking, all of which are incorporated in her practice. She loves sharing the magic of plants.



TAI CHI/QIGONG

Tuesdays and Thursdays, August 13 - 22
4 Sessions | 10 - 11 am
Nicolet College, Lakeside Center Commons
Instructor: Irina Tarbeeva
Maximum 18 students
\$75

Tai Chi is a Chinese martial art practiced for its health benefits and meditative qualities. It involves a series of slow, flowing movements that are performed with deep breathing and mental focus. Tai Chi is known to help improve balance, flexibility and strength, as well as reduce stress and anxiety. Qigong is also known as a self-healing art. It helps individuals develop a heightened awareness of the present moment through mindfulness.



OUTDOOR ADVENTURE

Register for classes at
nicoletce.tix.com

Experience Wisconsin's beautiful Northwoods through the Nicolet College Outdoor Adventure program! On your path, expert instructors will open new doors and teach new skills, all while nurturing a greater appreciation and understanding of our natural world. Take one class or many. The outdoor world is yours to explore!

MAPLE SYRUP FOR BEGINNERS

Saturday, February 24 | 10 am - 12 pm
Nicolet College, Northwoods Center 208
Instructor: Mike Haasl
\$30

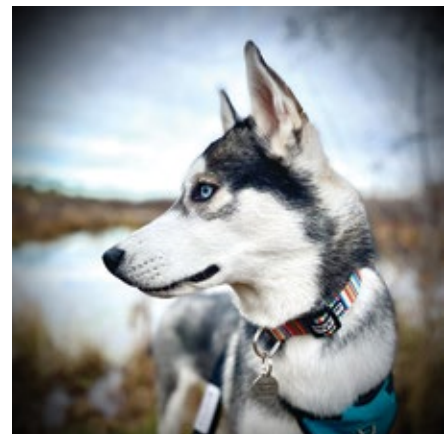
Make delicious maple syrup with just a couple of trees and some simple equipment. Local homesteader Mike Haasl will teach the basics of how maple syrup is made, what tools and equipment you will need, and how to make syrup in your backyard. We will head outside to tap a few trees and review a simple boiling rig.



WORKING WITH YOUR CANINE PAL

Tuesday, February 27 | 5 - 7 pm
Nicolet College, Northwoods Center 208
Instructor: Kathy Beer-Metropulos
\$30

Whether you are an armchair musher with delusions of the Iditarod, a weekend stroller, or a cross-country skier, this class will enhance your understanding and create an enjoyable working bond with your canine partner. No dog, one dog, or multiple dogs, all are welcome to enjoy and learn.



OUTDOOR ADVENTURE

INTRO TO PERMACULTURE: INTEGRATING HUMAN NEED WITH OUR NATURAL SURROUNDINGS

Saturday, March 2 | 10 am - 12 pm
Nicolet College, Northwoods Center 208
Instructor: Mike Haasl and Aimee Heavy
\$35

Make sustainable living and “lazy gardening” your abundant reality. Utilize the ethics and principles of permaculture to guide your transition to a sustainable lifestyle that works with nature. Explore the many practical ways permaculture can be immediately applied in home and garden, including perennial gardening, animal husbandry, and natural building. Use the power of natural processes to achieve the thriving landscape you’ve dreamed of. This class also serves as an excellent introduction to the Intermediate Permaculture classes.



MUSKY SEMINAR: IN PURSUIT OF THE NORTHWOODS GIANTS

Saturday, March 23 and April 6 | 10 am - 4 pm
Nicolet College, Northwoods Center 208
Instructor: Steve Heiting
\$60 for one day or \$100 for both days

Become a better musky angler by attending Nicolet College’s annual Musky Seminar. Join top Northwoods guides in discussing the latest musky strategies. Students may attend one or two days of multi-media sessions. Students will learn cutting-edge techniques for fishing muskies in Wisconsin’s Northwoods. Fee includes light lunch for both sessions.



INTERMEDIATE I PERMACULTURE

Saturday, March 23 | 9 am - 12 pm
Nicolet College, Fieldside Center 102
Instructors: Mike Haasl and Aimee Heavey
\$35

Start this spring with confidence in designing the homestead of your dreams. Join homesteading and permaculture instructors Mike Haasl and Aimee Heavey and delve into the principles and application of permaculture design for house and landscape. Learn how semi-permanent features of the landscape—like climate, landform and roads, water, and legal constraints influence your homestead design. You’ll gain insights as to how these factors influence your design choices in plants and new infrastructure and learn how to leverage them to maximize your site potential.



INTERMEDIATE II PERMACULTURE

Sunday, March 24 | 10 am - 1 pm
Nicolet College, Fieldside Center 102
Instructors: Mike Haasl and Aimee Heavy
\$35

Gain new knowledge to set your homestead up for success, right from the start. We'll discuss more flexible design features like existing vegetation, wildlife, microclimates, and soils, and how they impact your design considerations. Learn about the many plant choices for your new Northwoods gardens, and how all of these components work together to provide benefits to your house and property.



INTRODUCTION TO GARDENING ORGANICALLY

Saturday, April 13 | 8 - 11:30 am
Nicolet College, Northwoods Center 208
Instructor: Mike Haasl
\$40

Get ready for summer by focusing on your garden. Gardening is a wonderful way to grow healthy food, see the fruits of your labor, teach children about nature, and enjoy time outdoors. Learn from local homesteader Mike Haasl all about organic gardening – from creating a garden space to planting, nurturing, and harvesting your bounty. Make the most of your garden while staying earth friendly.



EFFICIENT FOOD PRESERVATION

Saturday, April 13 | 2 - 4 pm
Nicolet College, Northwoods Center 208
Instructor: Mike Haasl
\$30

If food preservation means hours and hours of time spent in front of a hot stove, this class might be for you. Learn the basics of canning, freezing, dehydrating, live storage, fermenting, and other tactics. We'll discuss optimal ways to preserve foods and explore tips and equipment that will make the process more efficient. The focus of this class is on making good food preservation choices and "putting up" the food efficiently, not a detailed lesson on how to perform each method.



OUTDOOR ADVENTURE

BEGINNING STARGAZING

Wednesday, May 8 | 5 - 7 pm
Nicolet College, Northwoods Center 208
Instructor: Jim Head
\$30

This program includes a brief overview of our Solar System, the Milky Way Galaxy, and the Universe. We'll cover the scale and times to travel to different locations. Learn what you see in the sky throughout the year, and discover when it's best to view planets, meteor showers, aurora, eclipses, the Milky Way, and distant galaxies. We'll demonstrate the tools used and stargazing aids, along with how to select binoculars or a small telescope.



INTRODUCTION TO FLY FISHING AND CASTING

Saturday, June 8 | 9 am - 1 pm
Nicolet College, Fieldside Center 102
Instructor: Bob Paine
Maximum 5 students
\$40

This is a great beginner's course for anyone interested in fly fishing. Learn terminology, equipment for different species and situations, various kinds of flies and their use, plus different fly fishing techniques and casts. Practice the basic forward cast, sidearm cast, wiggle cast, and roll cast, along with the flopping mend. Although all equipment will be provided, if you have your own fly rod setup, please bring it to class. Major emphasis is on casting practice, with much of the other course content shared via handout and online sources.



OYSTER AND SHIITAKE MUSHROOM CULTIVATION

Sunday, June 16 | 10 am - 2 pm
Nicolet College, Lakeside Center Patio and Commons
Instructors: Tabitha Bennish and Pete Zambon
Maximum 12 students
\$65

Bring the flavors of the forest to your kitchen and dinner plate. This introductory hands-on workshop covers the cultivation of gourmet shiitake and oyster mushrooms. Learn the basics of substrate selection, treatment methods, and growing requirements for these two mushroom varieties. After discussing these topics, you'll inoculate your own oyster straw bag and shiitake log to take home.



COOKING WITH WILD FOOD

Saturday, July 13 | 10 am - 3 pm
Nicolet College, Northwoods Center, Culinary Lab
Instructors: Mitch Below and Emilymae King
Maximum 20 students
\$65

Learn to prepare all types of plants and fungi that grow in the Northwoods of Wisconsin. Are you curious about foraging? Maybe you want to know a little more? We will cover the harvesting process and ways to use plants found all around us to support a healthy lifestyle in the Culinary Lab. Join Nicolet College Culinary Instructor Mitch Below and Flora/Herbalism/Fungi Professional Emilymae King on this journey. There will be plenty of opportunities for sampling.



FLY FISHING FOR VARIOUS SPECIES

Saturday, July 20 | 9 am - 1 pm
Nicolet College, Fieldside Center 102
Instructor: Bob Paine
Maximum 12 students
\$40

Learn about fly fishing for the following species: trout, salmon, bass, pike, musky, crappie, yellow perch, bluegill, and other sunfishes. The course covers optimal equipment for each species for different size bodies of water and stream characteristics, strategies for choosing flies and matching the hatch, how to identify and interpret rise forms, and how to fish them. Some content will be covered in both pre-class and post-class handouts. There is no casting practice in this course.



ADVANCED FLY FISHING AND CASTING

Saturday, July 20 | 2 - 5 pm
Nicolet College, Fieldside Center Room 102
Instructor: Bob Paine
Maximum 6 students
\$40

This is a great course for individuals who have mastered the basic forward cast to accurately cast at least 30 feet and are adept with the sidearm, wiggle, curve, and roll casts. Instruction will cover detailed coverage of different fly line tapers and other characteristics and their appropriate applications. Ample one-on-one instruction will cover the Belgian, pile, reach, steeple, and tuck casts, and the double-haul and advanced mending techniques. All equipment will be provided, but if you have your own fly rod setup, please bring it. Major emphasis is on casting and mending techniques.



NORTHWOODS CULINARY HERBALISM

Saturday, August 3 | 9 am - 12 pm
Nicolet College, Fieldside Center 102
Instructor: Samantha Martinez
Maximum 24 students
\$65

Explore the medicinal properties and flavors of wild harvested and homegrown herbs. We will use both fresh and dried materials to infuse into culinary bases of water, vinegars, botanical oils, salts, fats, alcohol, and honey. This will include optional samplings of wild tea blends, herbal popsicles, herb salts, compound butters and cheeses, herbal oils and extracts, herbal shrubs and oxymels, herbal/floral-infused honeys, and electuaries. We will take a short identification tour of the herbs growing in and around the Northwoods Community Garden on the Nicolet Campus for further inspiration. Students will leave with stimulated minds and taste buds and base recipes and instructions for future infusions in their own kitchens.



FUNGI 101 OF THE NORTHWOODS

Saturday, August 10 | 8 am - 1 pm
Nicolet College, Northwoods Center 208
Instructor: Emilymae King
\$50

Dig into the secretive world of wild mushrooms as we take to the woods to hunt for the broad array of native mycelium that grow in the Northwoods. The focus will be on which mushrooms are absolutely scrumptious in culinary dishes and which ones need to be avoided. Along with venturing into the woods to collect wild mushrooms, the day will also include some indoor lab time to learn a little about mushroom biology and what habitat they like.



IDENTIFYING FLORA AND MYCOLOGY: LEVEL 2

Saturday, August 24 | 9 am - 1 pm
Nicolet College, Northwoods Center 208
Instructor: Emilymae King
\$50

Students will scaffold on basic skills and knowledge and dive deeper into the fungi kingdom. We will learn about developments in research, sequencing, literature, events, and the fungi community. We will forage longer and demo preparation of finds.

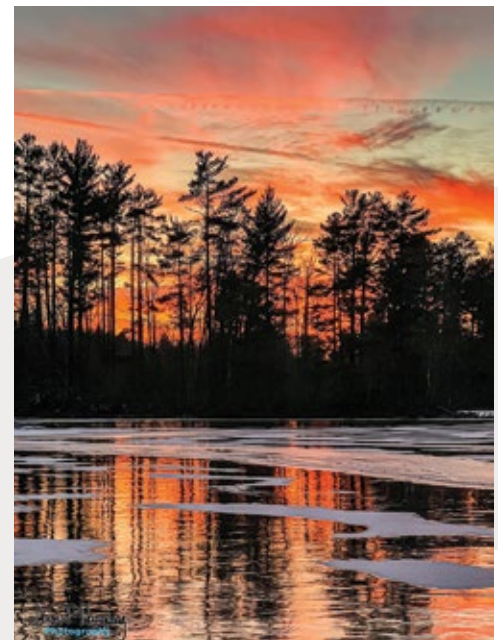


"WHERE LEARNING NEVER RETIRES!" **LEARNING IN RETIREMENT (LIR)**

Learning in Retirement (LIR) is a membership-based organization created for and directed by retired and semi-retired Northwoods residents. The program offers compelling and diverse short-term learning experiences in a relaxed, informal environment. An annual membership fee of \$45 includes any and all fall and spring courses, and new members can join anytime.

The Spring 2024 schedule includes dozens of classes, tours, shared interest groups, and more. Enjoy classes on aging and mobility, heart health, sleep disorders, and cancer/palliative care; the popular Ced Vig Nature Series; guided tours of the Kovac Planetarium, HillStar Farms in Tomahawk, the Food Pantries in both Minocqua and Rhinelander, and the Petroleum Museum in Three Lakes; presentations and discussions on international cultures, American history, non-fiction books, and current events; self-help talks; documentary film showings; and so much more!

Go to nicoletcollege.edu/lir for a complete list of upcoming classes and events and membership information.



*Steve Haugesag (LIR Member),
Steve Haugesag Photography*



LEARNING IN RETIREMENT

HONOR IN THE AIR

Susan Reetz

Tuesday, April 9 | 1 pm

Nicolet College, Northwoods Center 207-209

This documentary film puts a local face on the Vietnam War. It's the story of Captain Scott Alwin, a highly decorated Army helicopter pilot – born, raised and buried in Wisconsin – and the soldiers with whom he served in the 68th Assault Helicopter Company during the war. We will also hear from his widow and two children, a life-long friend, and seven of his 15 siblings about how their childhood in rural Wisconsin influenced the formation and actions of this hero. (57 minute screening, plus Q and A)

More information at www.honorintheair.com and <https://www.facebook.com/honorintheair>



ISSUES IN CARDIOLOGY

Joel Furda, MD

Thursday, April 11 | 10 am

Nicolet College, Lakeside Center Theatre

Tuesday, May 14 | 10 am

Nicolet College, Northwoods Center 207-209

LIR's favorite cardiovascular internist, Dr. Joel Furda, will return to host informal discussions of some of the more common cardiovascular issues we face as we age. He will pick up where he left off in Fall of 2023 with high cholesterol and coronary artery disease (April 11), and congestive heart failure (May 14). Dr. Furda will briefly introduce each entity, then take audience questions about that topic. This will be an excellent opportunity to get a detailed overview of the effects of these conditions on the body, the possible treatments, and the best preventive measures we can all take for our health. General questions on the topics are welcome. Make a free, private appointment with Dr. Furda to ask questions about personal health or the health of a family member. Please call the Oneida County Health Department at 715.369.6116 for this consultation.



MISSING THREADS – THE STORY OF THE WISCONSIN INDIAN CHILD WELFARE ACT

Susan Reetz

Tuesday, May 14 | 1 pm

Nicolet College, Northwoods Center 207-209

There is a thread that connects a child to their culture, but can the thread be mended? Can connection be restored? This documentary explores the pivotal influence of tribal culture and connection for Native children, and the negative impacts for the child, the family, and tribal culture when that connection is missing, and the creation of the Wisconsin Indian Child Welfare Act. (57 minute screening, plus Q and A)

CED VIG NATURE SERIES IN COLLABORATION WITH LEARNING IN RETIREMENT

Wednesdays, April 10, 24, and May 8 | 9:30 am, May 22 | 10 am
4 Sessions | Hybrid In-Person and Zoom
Nicolet College, Northwoods Center 207-209

Ced's Nature Series continues its tradition of honoring Ced Vig (1912-2010), local naturalist, educator, writer, and founder of this series.

CED VIG NATURE SERIES **WISCONSIN'S STATE NATURAL AREAS**

Wednesday, April 10 | 9:30 am
Nicolet College, Northwoods Center 207-209
Instructor: Carly Lapin

State Natural Areas (SNAs) protect outstanding examples of Wisconsin's native landscape, significant geological formations, and archeological sites. Encompassing 406,000 acres on lands owned by the state and its many partners, including land trusts, local and county governments, and private citizens, Wisconsin's natural areas are valuable for research and educational use, the preservation of genetic and biological diversity and for providing benchmarks for determining the impact of use on managed lands. They also provide some of the last refuges for rare plants and animals.

Carly Lapin is a District Ecologist based in Rhinelander for the Wisconsin DNR's Bureau of Natural Heritage Conservation. She participates in threatened and endangered species surveys and research and manages a number of State Natural Areas in Northcentral Wisconsin. Carly will explain the program and its history, how SNAs are designated and protected, and how various types of SNAs are managed in Northcentral Wisconsin.

CED VIG NATURE SERIES **HEMLOCK BARK IN WISCONSIN'S TANNING** **INDUSTRY: A FORGOTTEN HISTORY**

Wednesday, April 24 | 9:30 am
Nicolet College, Northwoods Center 207-209
Instructor: John Bates

Milwaukee led the world in tanning leather in the early 1900s, but tanneries were in operation throughout Wisconsin, with the heyday from the mid-1800s to the early 1920s. Most used hemlock bark for tanning the leather, so hemlock trees were cut down by the tens of millions to supply the tanneries, while thousands of people were employed around the state in the tanbark industry. It's a history that few people remember. Tanning leather was a fascinating art and a hugely important part of early Wisconsin's economy. John Bates is a local author, naturalist, guide, and long-time supporter of Nicolet College programs, including LIR.

LEARNING IN RETIREMENT

CED VIG NATURE SERIES

BOG PLANTS AND BOG ECOLOGY

Wednesday, May 10 | 9:30 am
Nicolet College, Northwoods Center 207-209
Instructor: Alex Graeff

Take a look at the ecology of bogs and the plants that call them home, including spagnum mosses. We'll learn how to identify common bog plants and understand their adaptations and roles in bog ecosystems and processes. After the classroom presentation and weather permitting, Alex will guide an optional walk at Almon County Park to check out a real bog and dive a bit more into observing and identifying the plants. No bog boots necessary; we'll be on a boardwalk.

Alex Graeff is a botanist with the US Forest Service, based at the Rhinelander Field Office. He describes himself as "most well-versed in vascular flora but am generally interested in observing and identifying life: I particularly enjoy lichens, mosses, liverworts, and fungi."



Photo courtesy Alex Graeff

CED VIG NATURE SERIES

WOLF ECOLOGY AND MANAGEMENT

Wednesday, May 22 | 10 am
Nicolet College, Northwoods Center 207-209
Instructor: Adrian Wydeven

Wolves have been villainized in folklore for hundreds of years, even before the Grimm brothers collected and published some of these stories (just ask Little Red Riding Hood). Here in the New World, the first real scientific study of wolves was Sigurd Olson's master's thesis "The Life History of the Timber Wolf and the Coyote: A Study in Predatory Animal Control," 1932. Much has been learned since then, as the wolf has cycled on and off the federal endangered species list. How can what has been learned about wolves be communicated with the public, and used to inform policy making? Explore the long Wisconsin history of studying and educating about wolves with Adrian Wydeven, Scientist with Wisconsin's Green Fire (WGF) and Chair of the Timberwolf Alliance (TWA) based at Northland College in Ashland. Between 1990 and 2013, Adrian headed up the WI DNR recovery and conservation program for gray wolves in Wisconsin.



Photo courtesy Timberwolf Alliance, 2023 Wolf Awareness Week Poster

CONTACT INFORMATION

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LEARNING IN RETIREMENT

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 @NicoletCollegeLearningInRetirement



*"River Vigilantes" by Ann Eshelman
WRAP Exhibit 2023*

CLASS POLICY

Register online at nicoletce.tix.com or email ce@nicoletcollege.edu for assistance.

Cancellations must be made five days in advance of the initial class session in order to be eligible for a refund to allow for system processing.

Nicolet College reserves the right to cancel, reschedule, substitute instructors, or make any changes to classes as necessary.

Age requirement for Community Education classes: Children under the age of 18 must be accompanied by a responsible adult.

WANT TO TAKE A CLASS BUT DON'T HAVE THE FUNDS?

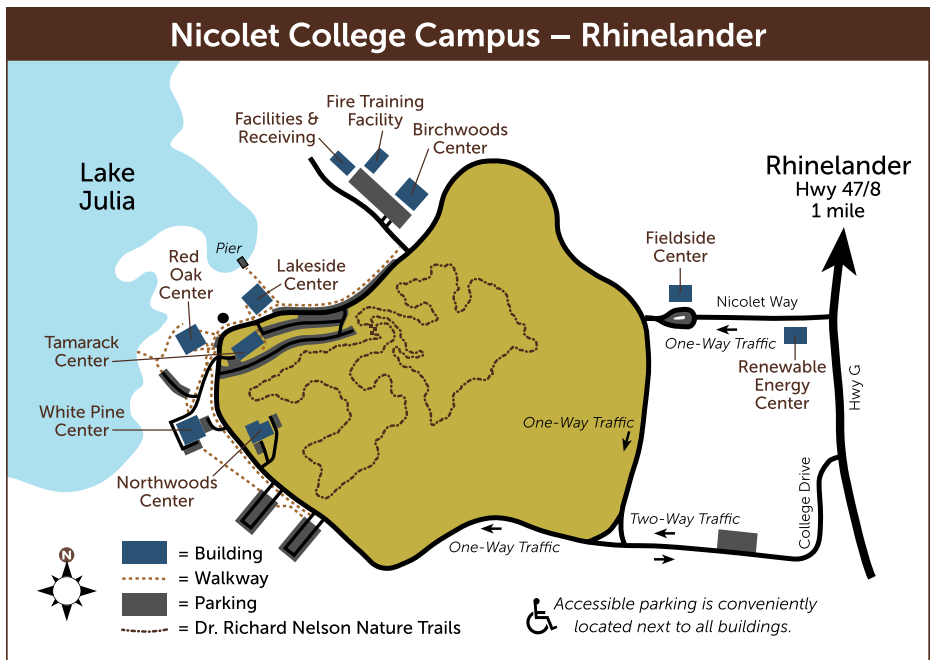
Community Education SCHOLARSHIPS AVAILABLE!

- Full scholarships for veterans to be applied toward any class or event ticket.
- Partial scholarships based on need.

Contact the Nicolet College Foundation for more details at 715.365.4518.



Nicolet College
5364 College Drive
PO Box 518
Rhineland, WI 54501-0518



Nicolet College does not discriminate on the basis of race, color, national origin, sex, disability, or age in its programs and activities. Any questions concerning non-discrimination policies can be directed to: VP Administration, PO Box 518, Rhineland, WI 54501-0518, Phone: 715.365.4553, TTY: 800.947.3529 or 711