



NICOLET COLLEGE
Arts & Enrichment

FALL/WINTER
2024-2025



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

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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 classes and events. We're proud to welcome you to Nicolet College as a place for our community.

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, community, and cultural events.

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.

ACCOMMODATIONS

Nicolet College is committed to creating inclusive and accessible environments and events. The Nicolet College Theatre is wheelchair accessible – please order tickets by phone and inform us that wheelchair access is required. The theatre is equipped with an induction loop for enabled hearing aids, and wireless earpieces are available for the hearing impaired. Speak to the House Manager when you enter the theatre. For reasonable accommodations for other events and classes are needed, please reach out to the appropriate contacts on page 29.

NORTH WIND ENSEMBLE

Sunday, September 15 | 2 pm
Nicolet College Theatre

Admission \$10 – Purchase tickets at NicoletLive.com

Beer, wine, and concessions will be available for purchase beginning at 1 pm



The North Wind Ensemble is a local group of classical musicians performing a breadth of repertoire from traditional classical to contemporary styles. Enjoy listening to these skilled musicians perform some classic repertoire as well as introduce you to something totally new.

FESTIVAL PROJECT NORTH

Friday & Saturday,
September 20-21
Downtown Rhinelander

Two Day Pass \$75

Single Day Pass \$45

Tickets and Info at projectnorth.org

Project North is more than just a music festival with a handful of stages. For the weekend, the community will be filled with eclectic concerts, thought-provoking art, and a commitment to environmentally-conscious education and practices. This event is dedicated to providing a broad mix of local, national, and international artists, musicians, and sustainability advocates. Bringing it all to our doorstep, right here, in the stunning Northwoods of Wisconsin for not one – but two days.



ArtStart.

 **wxpr**
LOCAL • PUBLIC • RADIO

THE GIFT OF SIGHT

IN PARTNERSHIP WITH
LEARNING IN RETIREMENT

Wednesday, September 25 | 1 pm
Nicolet College Theatre

Free Admission



This event honors the life and work of June Lego, RN, in our community. In her role as an ER nurse, she educated, helped families, and procured donated eyes for corneal transplantation and research. Many of us never realized how dedicated she was to this cause. We will learn about the Lions Eye Bank of Wisconsin (LEBW) and how local Lions, funeral directors, nurses, physicians, and technologists contribute to this project. Plus, learn how we could become donors ourselves. Join Anne Otter, outreach ambassador from the LEBW, and a panel of Rhinelander residents now involved in this cause, including Mike Hook of the Rhinelander Lions Club and Bruce Carlson of Carlson's Funeral Home.

LIFE WITH THE AFTERLIFE: TRUE TALES OF THE PARANORMAL WITH GHOST HUNTER AMY BRUNI

PRESENTED BY THE
RHINELANDER DISTRICT LIBRARY

Saturday, September 28 | 7 pm
Nicolet College Theatre

General Admission \$50

Meet and Greet begins at 5 pm for an additional \$25

Purchase tickets at rdlfdoundation.org

Beer, wine, and concessions will be available for purchase beginning at 5 pm.

Paranormal investigator, author, podcaster, and star of *Kindred Spirits* and *Ghost Hunters*, Amy Bruni shares hair-raising tales from her countless hours hunting ghosts at America's most haunted locations. Amy shares her unique approach to interacting with the spirits of the dead and those who encounter them. By the end of the night, you will question everything you thought you knew about the spirit world and life after death.



WOMEN AND WATER

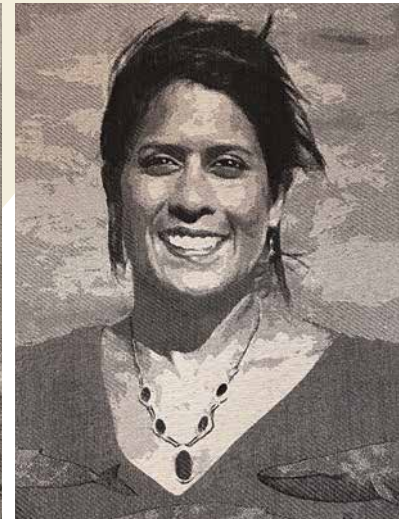
IN PARTNERSHIP WITH
LEARNING IN RETIREMENT

Wednesday, October 9 | 10 am
Nicolet College Theatre

Free Admission

Water is the source of all life. This presentation and exhibit celebrate water and the women who work with it, protect it, and advocate for it, with the intent to help strengthen and inspire actions to protect our water. Twenty-nine handwoven jacquard portraits form the core of this globally inspired exhibit. Featured are women from across the world who are scientists, water-walkers, teachers, farmers, activists, and healers who hold deep connections with water. Mary Burns will share these stories in her presentation at the theatre, and then host a gallery walk through the exhibit at ArtStart in the afternoon.

ArtStart.



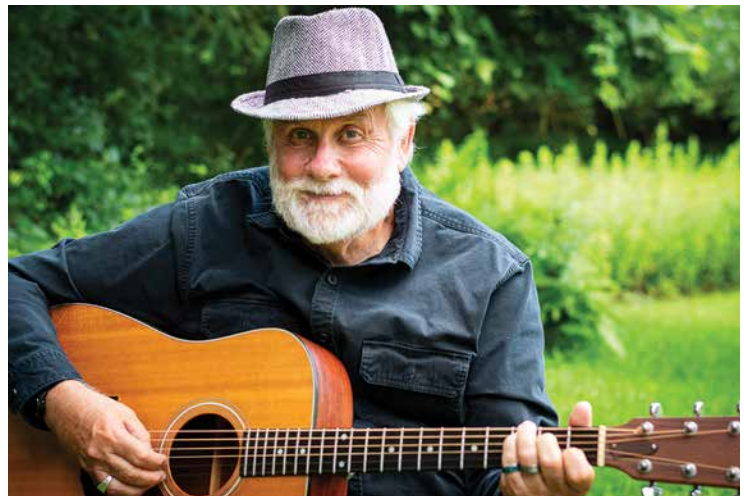
LOCALLY GROWN SERIES

TALES OF A PART-TIME ROCKER WITH JEFF SANTY AND SON AND FRIENDS

Saturday, October 12 | 7:30 pm
Nicolet College Theatre

Admission \$10 – Purchase tickets at
NicoletLive.com

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



From his first guitar lesson with Sister Mary Elephant in 1963, to his opening for Charlie Pride at the Hodag Country Fest in 1984, Jeff Santy recounts tales of guitars and gigging in the Northwoods. During his thirty years of teaching English at Rhinelander High School, Jeff often played guitar for his students. After his retirement in 2006, he opened Rhinelander's only school of rock, The TuneSmith Academy. Now Jeff is playing bass guitar with his son in the band Santy And Son With Friends. Join him at Nicolet College and hear his first-hand accounts of his many performances and musical adventures throughout his life.

THE NICOLET PLAYERS PRESENT:
**AGATHA CHRISTIE'S –
THE MOUSETRAP**

DIRECTED BY VICKI M FLEMING

**Auditions: August 25 | 1 - 3 pm and
August 26 | 6 - 8 pm**

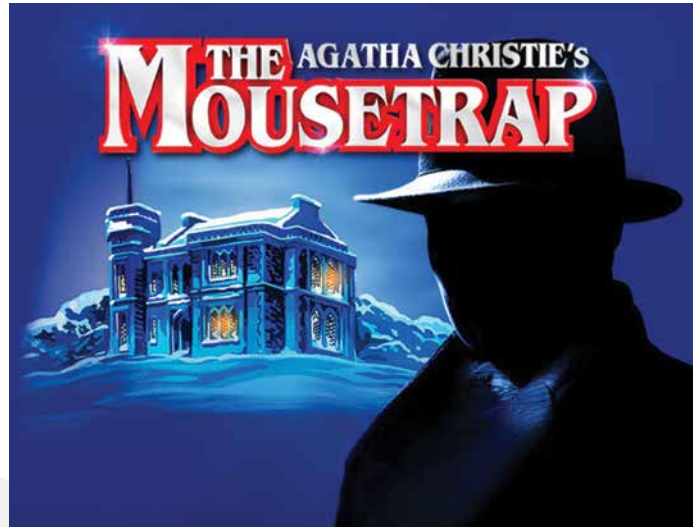
**November 14 - 17
7:30 pm or 2 pm on Sunday
Nicolet College Theatre**

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.

Experience the world's longest-running play! After a local woman is murdered, the guests and staff at Monkswell Manor find themselves stranded during a snowstorm. It soon becomes clear the killer is among them, and the seven strangers grow increasingly suspicious of one another. A police detective, arriving on skis, interrogates the suspects: the newlyweds running the house; a spinster with a curious background; an architect who seems better equipped to be a chef; a retired Army major; a strange little man who claims his car has overturned in a drift; and a jurist who makes life miserable for everyone. When a second murder takes place, tensions and fears escalate. This record-breaking murder mystery features a brilliant surprise finish from Dame Agatha Christie, the foremost mystery writer of her time.



IN PROGRESS

**Wednesday, December 4 | 7 pm
Nicolet College Theatre**

Free Admission

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

What are you creating? Ready to share? Join us at the Nicolet College Theatre for In Progress — our version of Open Mic. Bring a song, a poem, a painting... everything is welcome. Share or join the audience. All ages are welcome. Participants can sign up on ArtStart's Facebook event page, audience members are welcome, and there will be a cash bar available as well. In Progress is a collaboration with Nicolet College, presented by ArtStart and WXPR.

Please note: Though we will try our best, due to time constraints we may not be able to accommodate everyone. Signing up ahead of time ensures you have a chance to participate. If you are submitting something digitally (video, photo, etc.), please submit it by noon the day of the event to ensure it can be shown.



ArtStart.

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LOCAL • PUBLIC • RADIO

COMMUNITY HOLIDAY CONCERT

Sunday, December 8 | 2 pm
Nicolet College Theatre

Free Admission

Complimentary cookies and coffee will be provided during the concert. Nonperishable food and monetary donations for local food pantries are welcome at the door.

Talented musicians from several area groups once again come together to bring you this holiday tradition. Seasonal favorites will be performed by the Rhinelander Area Community Band, Northwoods Choraliers, Rhinelander Male Chorus, and the Hymns and Hers.



CAMPUS EVENT

WINTER SOLSTICE IN THE GARDEN COMMUNITY CELEBRATION

IN CONJUNCTION WITH SNOW LABYRINTH WORKSHOP (SEE PAGE 15)

Saturday, December 21 | 5 - 7 pm
Northwoods Community Garden at Nicolet College

Free Admission

Welcome the return of the light on the darkest day of the year in the Northwoods Community Garden. Wisconsin winters give us good reason to find warmth and light by gathering together and braving the cold. The highlight of the event is the traditional solstice fire. This year's sculpture will be created by Deborah Ketchum Jircik, Jeanne Debbink, and Tony Drehfal. Sip hot beverages while watching the fire and participating in other solstice traditions. This event is hosted in partnership with the Northwoods Community Garden.



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 which are free and open to the public. The gallery space serves as both a place to gather and a source of inspiration for students, staff, and the entire community. It also serves Nicolet College students using the various installations for reference and study.



ARTS FOR EVERY BODY: RHINELANDER

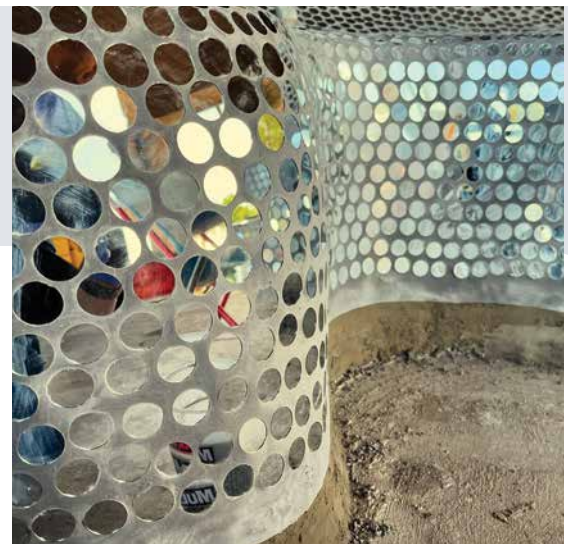
LEVERAGING THE POWER OF THE ARTS FOR
THE WELLBEING OF ALL – IN RHINELANDER

August 15 - September 27

Opening Reception: Thursday, August 15 | 4 - 7 pm

This exhibition tells the story of how our community participated in a nationwide campaign aimed at demonstrating how the arts can lead to healthier people and communities. It all began with a local youth skate park advocacy effort in partnership with ArtStart that grew into a national conversation around cultural engagement and mental wellbeing. One Nation/One Project (ONOP) is the organization that backed this effort, designed to activate the power of the arts to heal our communities. ONOP launched a national advocacy effort around the impact of the arts on our health called "Arts for Every Body." As a participant, Rhinelander hosted a community-wide Push Against Loneliness event on July 27, 2024, in solidarity with the other 17 sites that participated, which culminated in the unveiling of a public art installation piece.

Our community has spent the past two years collaborating with social service organizations, artists, and residents to create spaces that explore the intersection of arts, skateboarding, and mental health. This exhibition will feature artwork from Rhinelander's process and highlight lead artists Norma Dycus Pennycuff and Witt Siasoco. It highlights how their own artistic practices informed a creative framework for civic engagement, skate park advocacy, and awareness around social isolation. This exhibit tells the story of this meaningful project and shares the artwork created along the way.



ADAM STUART SOLO SHOW

October 14 - November 22

Opening Reception: Thursday, October 17 | 4 - 7 pm

Adam Stuart grew up in a marshy place in the Saginaw Bay area of Michigan. He has a passion for nature that drives his work into areas of sculpture and drawing. Adam primarily works with clay, fibers, and various drawing techniques. His works often revolve around the human body, its experiences in space, and its interactions with other beings and objects. His artwork is playful and curious, often drifting into realms of absurdity. The imagery he creates also pulls from his experiences as a queer person growing up in a conservative environment, but also how that relates to the delicate ecology of the natural habitats in which he immerses himself.

Adam has taught ceramics classes to adults for over nine years. He achieved his BA at Saginaw Valley State University with honors, Magna cum Laude in 2015. He graduated from Washington State University with an MFA in 2023. He has been an art instructor at Washington State University, Nicolet College, Interlochen Center for the Arts, and Eastern Michigan University in the Fall of 2024. He has taught for non-profit art studios such as Studio 23 The Arts Center, The Artisans at the Dahmen Barn, and Nicolet College Arts and Enrichment program.



THE ART OF CULINARY AT NICOLET COLLEGE

December 9 - January 24

Opening Reception: Thursday, December 12 | 4 - 7 pm

The third in a series of exhibitions highlighting the intersection of Nicolet College's occupational programs and the creative arts, the Art of Culinary will highlight the delicious connection between art and food. It is said, we eat first with our eyes. We also consume art, and it feeds our soul. View this interplay of food and art as we showcase one of the many programs offered at Nicolet College – Culinary. The Art Gallery will be stuffed with an abundance of tasteful, culinary-themed artworks from artists across the Midwest.

During the Art of Culinary, Chef Mitch and Nicolet College Culinary students will host several culinary experiences with the exhibit between December 9 - January 24. Watch your email and the Arts & Enrichment social media for details. Artists can enter to be in the show from 8/12 - 10/18 at callforentry.org or inquire at artgallery@nicoletcollege.edu.



COMMUNITY EDUCATION

Register for
classes at
nicoletce.tix.com

MOSAICS IN THE GARDEN

Friday, September 6 and Saturday, September 7
2 Sessions | 12 - 4 pm
Nicolet College, Tamarack Center 213 and
Northwoods Community Garden
Instructor: Mary Tyler
Maximum: 10 Students
\$60



Create your very own garden ornament out of mosaic tiles. In this two-day class, we will focus on a small ornamental object that will be appropriate for outdoor use leveraging mosaic as a material. The Northwoods Community Garden at the Nicolet College field will be our inspiration.



NORTHWOODS
COMMUNITY
GARDEN

CERAMICS LAB

STUDIO CERAMICS

Thursdays, September 5 - October 24
8 Sessions | 4:30 - 7:30 pm
or
Tuesdays, January 7 - February 25
8 Sessions | 4:30 - 7:30 pm
Nicolet College Ceramics Lab, Tamarack Center 211
Instructor: Leah Trojan
Maximum: 10 Students
\$175



Be creative in a relaxed, open ceramics studio with guidance designed to give you hands-on experience working with clay and designing your own pottery. This class is for students comfortable with wheel throwing and previous experience in ceramics. Students will expand on their abilities and will be guided through new independent projects. Functional and sculptural aspects of clay will be explored along with firing, decorating, and glazing processes. Course Fee includes: 25 lbs. of clay, firing, glazing, and the use of studio tools. *Glazing and pick up will be arranged with the instructor at the end of sessions.*

MOVEMENT LAB FOR INQUISITIVE ADULTS

Saturdays, September 7, 14, 28 and October 5, 12

5 Sessions | 10 - 11:30 am

Nicolet College Theatre Stage, Lakeside Center

Instructor: Brittany Beyer

Maximum: 10 Students

\$75

Explore the connection one has with their body and others through a "Movement Lab." Each class will explore a topic through warm-up, improvisation games, and a creative outcome. Based on the movement traditions of contemporary dance explorers including Anna Halprin, JoAnna Mendl Shaw, and Steve Paxton, the class teaches that everyone can explore their personal movement vocabulary to bring a new lens on how to view the world around and inside of all of us. Approach the class with your own toolkit of experience: dance, theatre arts, or other forms of physical expression. The series will follow different prompts: breath and gasp – the impetus of life; crawl/walk/run – pacing is everything; I am the vessel – know thyself and your personality; spirals – are everywhere; and negative space – it's not just for visual artists.



BEGINNING CERAMICS

Mondays, October 7 - November 25

8 Sessions | 5:30 - 8:30 pm

Instructor: Adair Sexton

or

Tuesdays, October 29 - December 17

8 Sessions | 4:30 - 7:30 pm

Instructor: Leah Trojan

Nicolet College Ceramics Lab, Tamarack Center 211

Maximum: 10 Students

\$150



Students new to the art of ceramics, with little to no experience will learn the basics. This is an instructor-led class on creating ceramic forms using hand-building and wheel throwing techniques, and basic glazing methods. Classes will typically begin with demonstrations followed by instructor support for the remainder of class. Wheel throwing is a physically demanding art form involving bending and hand and arm strength for long lengths. Course Fee includes: 25 lbs of clay, firing, glazing, and the use of studio tools. *Glazing and pick up will be arranged with the instructor at the end of sessions.*

BEGINNING SONGWRITING: HEARTFUL AND HELPFUL

Wednesdays, September 11 and 18 | 2 Sessions | 5 - 7 pm
Nicolet College, Northwoods Center 208
Instructor: Jody Healy
Maximum: 12 Students
\$60



Whether you've written music in the past or have never written a song but always wanted to, this class is for you. You will be given an overview of the elements of a song as well as an opportunity for a timed writing. Often, once given a structure and a deadline to come up with the start of a song, most can easily finish at home. Bring a pencil and a notebook, along with a smartphone. Feel free to bring a guitar if you have one but it is not required and come away with the basic elements of a song applicable to any song style or genre.

MOSAICS WITH STAINED GLASS

Tuesdays and Thursdays, September 17 - 26
4 Sessions | 5 - 8 pm
Nicolet College, Tamarack Center 213
Instructor: Mary Tyler
Maximum: 10 Students
\$100



Learn the basics of making a mosaic, including glass cutting, layout, design, and grouting. At the first meeting, students will work on a set project to learn how to use mosaic tools, cut glass, and complete your first mosaic. During the remaining classes, you will design and develop your own project. All necessary supplies will be provided. Students may choose to provide additional supplies for their individual projects, such as a picture frame or small decor item. This will be discussed at first meeting.

LIFE DRAWING

Wednesdays, September 18 - October 23
6 Sessions | 5 - 7 pm
Nicolet College, Tamarack Center 213
Instructor: Nate Wilson
Maximum: 20 Students
\$20 (free with a Nicolet College Student ID)

An evening of drawing with a live, clothed, model. There's no formal instruction or curriculum but the instructor will be drawing with the group and happy to give feedback or demonstrate, as requested. Bring your own drawing supplies and enjoy a meditative drawing experience.



NATURAL FERMENTATION 101

Sunday, September 29 | 10 am - 12 pm
Nicolet College, Northwoods Center 208
Instructor: Aimee Heavey
\$30

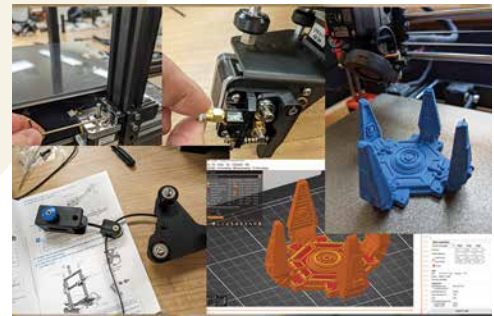
Overwhelmed with garden harvests? What's all the bubbly about fermented foods, anyways? Learn how fermented foods can play a beautiful role in supporting your inner ecology with biologist, herbalist, and natural health advocate Aimee Heavey. Learn the basics of lactic acid fermentation, including Safety 101. Sample homemade pickled food, gain recipes for success, and practice making your own. Take home your own sample to complete the process at home. Good health starts with good food.



FROM KIT TO PRINT: 3D PRINTING FOR BEGINNERS

Wednesdays, October 2 - November 20
8 Sessions | 5 - 7 pm
Nicolet College, Tamarack Center 102E
Instructor: Jacob Mayer
Maximum: 10 Students
\$60 + \$175 Supply Fee

Jump-start your journey into 3D printing with this hands-on course. This beginner-friendly class guides you through the process of assembling a 3D printer from a kit, learning the essentials of slicing software, and creating your very first prints. If you're curious or hesitant about 3D printing, this course provides a solid foundation for exploring this innovative technology. Minimum age requirement is 13 years and older.



WEAVING ON LITTLE LOOMS

Friday, October 4 | 12 - 3 pm
ArtStart Galleries and Classroom, 68 S Stevens St, Rhinelander
Instructor: Mary Burns
Maximum: 12 Students
\$60

Attend a class with exhibiting artist, Mary Burns in conjunction with "Woven Portraits from Around the World" at the gallery. A guided tour and talk with the artist through the exhibit will also be happening. Have you ever wanted to try weaving but didn't know where to start? This workshop may be just for you. We will be working on small (2.75" x 5.5") wooden laser-cut looms to take home with you and keep. We will cover the basic techniques from warping to weaving to finishing a colorful weaving. You'll be ready to weave more pieces on your little loom after you complete this workshop.



ArtStart.

LEARN HOW TO CODE WITH A FLYING DRONE FOR BEGINNERS

Saturdays, October 5 - November 23
8 Sessions | 12:30 - 3:30 pm
Nicolet College, Tamarack Center 102E
Instructor: Dr. Colette Fikriye Kaya
Maximum: 10 Students
\$50 + \$130 Supply Fee



This class is a part of the Engineering Pathways program at Nicolet College and is open to the public. Use a drone kit to learn how to code, first operating and test running the drone through an obstacle. Then practice how to modify and run code in relation with robotics and moving in 3D space (multiple degrees of freedom).

STAINED GLASS

Tuesdays and Thursdays, October 8 - 24
6 Sessions | Choose from either afternoon or evening classes
2 - 5 pm or 5 - 8 pm
or
Tuesdays and Thursdays, November 5 - 21
6 Sessions | Choose from either afternoon or evening classes
2 - 5 pm or 5 - 8 pm
Nicolet College, Tamarack Center 213
Instructor: Mary Tyler
Maximum: 10 Students
\$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 for the first session.

ACUPRESSURE FOR SELF-CARE

Tuesday, October 29 | 4 - 6 pm
Nicolet College, Northwoods Center 208
Instructor: Carol Reshan
\$30

Explore the simple protocol of acupressure points for stress release to treat oneself. The class will teach individuals of all ages, professions, or educational backgrounds to take charge of their own health using acupressure.



VETERANS WELDING WORKSHOP (FOR VETERANS ONLY)

Fridays, November 1, 8, and 15
3 Sessions | 4 - 9 pm
Nicolet College, Birchwood Center Welding Lab
Instructor: Jon Edwardson
Maximum: 10 Students
No Cost to Veterans (\$200 value)
Participants must reserve a ticket
to the class at nicoletce.tix.com.



Attend this Veterans-specific, introductory workshop to experience welding first-hand. Work in Nicolet College's manufacturing center on cutting-edge equipment used in industry and taught by experienced Nicolet College instructors. This course combines hands-on training with welding techniques, related tools, and safety. Learn basic welding and oxyacetylene setup as well as welding with electric arc welders. Each class will focus on a core welding technique, and practice time will be available. Course is limited to veterans and attendance is required at all three sessions.

YOGA AND GRIEF

Wednesday, November 6 | 5 - 7 pm
Nicolet College, Northwoods Center 208
Instructor: Elizabeth Lewis
Maximum: 15 Students
\$45

Yoga is a mindful practice that brings non-judgmental awareness to your breath, movement, posture, thoughts, and emotions. Cultivating non-judgment during the grieving process can aid in easing anxiety and stress by helping you to be with "what is as it is" with compassionate acceptance. Experience mindfulness-based stress reduction yoga, guided meditations and visualizations, emotion mapping, and more to help create space for greater inner comfort in the grieving process.



MINDFULNESS-BASED STRESS REDUCTION

Thursday, November 7 | 3 - 5 pm
Nicolet College, Northwoods Center 208
Instructor: Elizabeth Lewis
Maximum: 15 Students
\$45

The key to maintaining emotional, mental, and physical balance is to respond to stress with non-judgmental awareness of body and mind. Explore mindfulness-based stress reduction (MBSR) research-based tools and techniques designed to alleviate stress, increase emotional self-regulation, reduce chronic pain, and more. Learn how to replace stress-promoting habits with mindful ones.



HAND-PAINT A SHED ANTLER

Friday, November 8 | 12 - 3 pm
ArtStart Galleries and Classroom,
68 S Stevens St, Rhinelander
Instructor: Cassandra Smith
Maximum: 12 Students
\$60

Paint a naturally shed deer antler to bring home with you. There will be a guided tour through the exhibit and a talk with the artist. Learn the techniques used in the show. We will discuss techniques for painting these natural forms, look at examples, and then paint your own antler. All materials will be provided and no experience is necessary.



ArtStart.

STRESS RELEASE ACUPRESSURE TO HELP OTHERS

(Prerequisite: Acupressure for Self-Care, see page 12)
Tuesday, November 19 | 4 - 6 pm
Nicolet College, Northwoods Center 208
Instructor: Carol Reshan
\$30

You'll become knowledgeable of acupressure points for stress release to administer the practice of Acupressure to others. The class will teach individuals who have taken the prerequisite self-care class to use this meaningful practice to help others.



HOW TO HAIKU: INTRO TO CRAFTING ZEN POETRY

Saturday, November 23 | 12 - 3 pm
Nicolet College, Northwoods Center 208
Instructor: Brent Goodman
\$30

Discover how to appreciate and compose short meditative poems inspired by ancient Japanese Haiku masters. Join a published creative writing professional and experience this craft. Capture inspiration from imagistic moments in nature and craft them into illuminating Zen poems of ten words or less. Ideal for those who love jotting down images in their daily journal, celebrating the change of seasons, tinkering with words, and finding new ways to practice mindfulness. Some of the best Haiku poets have never written a poem before. No experience necessary, just a desire to write.



ACUPRESSURE POINTS FOR HEALING

Tuesday, December 3 | 4 - 6 pm
Nicolet College, Northwoods Center 208
Instructor: Carol Reshan
\$30

Learn the use of acupressure points for health and healing on everyday issues. Use acupressure points to address issues such as building immunity, stress release, headache, pain, etc. Students will also be introduced to the correct use of essential oils with acupressure points to promote wellness.



BEGINNING PIANO AND MUSIC THEORY

Thursday, December 5 | 4:30 - 7:30 pm
Nicolet College, Northwoods Center 208
Instructor: Amanda Anderson
Maximum: 12 Students
\$40

Just in time for the musical holiday season, explore the basics of music theory and how to play the piano/keyboard without traditional sheet music. Learn about chords, scales, and how to apply them. By the end of the class, you'll have enough knowledge to be on your way to learning and playing the basic version of any song using a chord sheet.



WINTER SOLSTICE SNOW LABYRINTH WORKSHOP

IN CONJUNCTION WITH WINTER SOLSTICE
IN THE GARDEN COMMUNITY CELEBRATION
(SEE PAGE 5)

Saturday, December 21 | 12:30 - 4:30 pm
Nicolet College, Northwoods Community Garden
and Fieldside Center
Instructor: Anne Drehfal
Maximum: 30 Students
\$35

Labyrinths are ancient shapes that connect many lineages of people across the globe. In this labyrinth creation workshop, we will start indoors with simple hand-drawn finger labyrinths to study the basic principles and then head outdoors to make larger scale labyrinths in the snow with our boots or snowshoes. The goal is to create a large-scale snow labyrinth adjacent to the Northwoods Community Garden to be celebrated during the Winter Solstice Bonfire and Celebration. Labyrinths ask us to think about our environment on a different scale, and to slow down while doing it. These ancient shapes invite visitors who might typically take the most linear efficient path, to take the path of contemplation and see how that impacts their state of being. Plan to be outdoors for at least 90 minutes and bring snow boots or snowshoes. In case of no/poor snow, labyrinths will be constructed with ropes on the ground.



CONNECT WITH PLANT SPIRIT

Saturday, January 11 | 9 am - 1 pm
Nicolet College, Northwoods Center 208
Instructor: Anne Drehfal
\$30

An introduction to how one can connect with plants, trees, and places in a more reciprocal way. We often move through our environments as if we are the main character and the rest is a set. What if we could befriend and feel supported by the world beyond the human lens? This class is intended to hone our ability to perceive beyond the thinking mind, tuning into our clairsenses and sacred imagination. Through interaction with plant matter, guided meditation, rattle journeys, and journaling/sketching, we'll begin to map our individual nature support network. Meet at least two plant spirits, and have time to share and reflect upon our experiences together.



MAKE YOUR OWN HULA HOOP

Saturday, January 25 | 9 am - 12 pm
Nicolet College, Northwoods Center 208
Instructor: Emilymae King-Ryden
Maximum: 20 Students
\$50

Students will learn a step-by-step process to creating a custom-made, well-fit, designed hula hoop using the best possible methods for fitness, yoga, and toning. Make and take it as a gift or keep it for your own fitness and flow. Students will make their hoops from scratch, learning the key secrets to design and creation to fit their body type and function. They will also receive basic instruction for use and care of their hula hoop to begin or enrich their journey. Basic supplies will be provided, but students may bring their own items to add flare to their creation.



MAXIMIZING SOCIAL SECURITY

Thursday, January 30 | 5 - 7 pm
Nicolet College, Northwoods Center 208
Instructor: David Schmitz
\$30

One of the most important decisions you need to make before you retire is when and how to claim Social Security benefits. About half of retirees apply for Social Security as soon as they become eligible at age 62, but by doing so, they may significantly and permanently impact their income and benefits for the rest of their lives. The difference between the best and worst possible decision of when to start Social Security can be well over \$100,000. Learn important rules that affect the amount of retirement benefits you collect and strategies for coordinating Social Security with other sources of retirement income.



SONGWRITING 101

Saturdays, February 1, 8, and 15
3 Sessions | 12 - 3 pm
Nicolet College, Northwoods Center 208
Instructor: Scott Kirby
Maximum: 18 Students
\$75

Take a journey of discovery with Songwriting 101. A professional musician will lead participants as they navigate through a brief overview of the history of contemporary music/songwriting and examine what makes a song great. Gain confidence in your ability to express thoughts, feelings, and emotions through song. Bring a notebook and writing utensils; a personal laptop or tablet is welcome. Each participant will be able to craft an original song during this course.



GET TO THE ROOT CAUSE OF YOUR HEALTH PROBLEMS, NATURALLY

Thursday, February 6 | 5:30 - 7:30 pm
Nicolet College, Northwoods Center 208
Instructor: Ashley Meyer
Free

Could undetectable, uncalcified kidney stones be causing your heart issues? Could a loose pipe joint be creating your anxiety? What do your cholesterol numbers really mean for your individual health? Why is it that you've tried all the health fads, and nothing sticks? Nutrition Response Testing (NRT) Practitioner and Clinical Nutritionist Ashley Meyer teaches you a new way to look at health with her one-of-a-kind approach to holistic healing. Want to learn what may be causing your symptoms? Want to know what you can do about it? Join Ashley for this educational talk.



GREET THE SPIRIT OF ALL THINGS

Saturday, February 8 | 9 am - 1 pm
Nicolet College,
Northwoods Center 208
Instructor: Anne Drehfal
\$35

'Greet the Spirit of All Things' is a continuation of 'Connect with Plant Spirit,' (see page 16) where we learned tools to connect with plants, trees, and places in a more reciprocal way. This class will focus on the power of intention and how to dedicate our energy to personal work. Move through five steps of inquiry as we gain perspective on an intention. This class will hone our ability to perceive beyond the thinking mind, tuning into our clairsenses, and sacred imagination. Through guided meditation, rattle journeys, and journaling/sketching, learn how our mapped support network can help us achieve clarity on a prompt. If desired, the group will have time to share and reflect upon our learnings.



FELTED SOAP

Wednesday, February 12 | 5 - 7 pm
Nicolet College, Fieldside Center 102
Instructor: Jane Hansen
Maximum: 15 Students
\$45

Learn to create a felted soap using locally grown wool and soaps, and experience a demonstration of soap making. Learn to card and color blend wool, learn about the characteristics of wool that allow it to be felted, and learn just a little bit about the chemistry that makes soap happen.



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OUTDOOR ADVENTURE

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!

HARVESTING WILD RICE

Saturday, September 7 | 1 - 4 pm
(rain date Sunday, September 8)

Local waterway location to be sent to enrolled students in advance of class.

Instructor: Mike Haasl

Maximum: 10 Students

\$65



Wild rice has been a staple food in the Northwoods for centuries. The ducks will keep us company as we paddle the local waterways, push pole through the rice beds, and use knockers to get rice in the canoe. Learn how to identify wild rice, pole a canoe, knock rice, and harvest wild rice. This will be a slightly strenuous activity and you'll want to dress for the weather. Canoes and associated equipment will be provided, but feel free to bring your own canoe. Students will need a wild rice collecting license from the DNR before class, which costs \$8.25.

INTRODUCTION TO BACKPACKING

Saturday, September 14 | 9 am - 12 pm
Nicolet College, Northwoods Center 208

Instructors: Emily Ley and Amanda Ley

\$30



Interested in backpacking? This beginner course will get you started on planning and preparing your own backcountry adventure. Learn backpacking basics: camping gear and packing tips; route planning and navigation; food safety, trail snacks, water filtration, and tips for making camp. We'll share our love of backpacking, along with stories, pictures, and lessons learned with the goal to give you the confidence and tools you need to plan a successful backpacking adventure.

PERMACULTURE FIELD STUDY

Saturday, September 28 | 10 am - 3 pm

Rain Date: Saturday, October 5

Local park location to be sent to enrolled students
in advance of class

Instructor: Mike Haasl and Aimee Heavey

\$40



Curious about permaculture, edible landscape design, and sustainability? Learn how to work with mother nature to create a productive garden and landscape.

Start by learning the principles of permaculture through an interactive nature walk guided by experienced permaculture instructors Aimee and Mike. Observe how nature creates the most productive landscapes and how to mimic that for personal garden and homestead design. Enjoy a homemade organic lunch provided by the instructors. Let the registrar know about any food intolerance/allergies. You are free, but not obligated, to bring a dish to share. After lunch, observe the principles implemented at an established permaculture homestead. Learn popular permaculture plants, solutions to common problems, and sustainable technologies. Prepare for a full day outside and to take lots of notes.

IT'S A STAR PARTY STARGAZING WITH THE NORTHWOODS EXPLORERS AT NICOLET COLLEGE

Friday, October 4 | 7:15 - 9 pm

Rain Date: Saturday, October 5

Nicolet College Field

Instructor: Jim Head

Free and open to the public

Light Refreshments will be provided

Join "The Northwoods Explorers of Space and Astronomy" in the expanse of the Nicolet College Field. With good weather, we will set up telescopes and binoculars to view Saturn, the Andromeda Galaxy, M13 – the huge globular cluster in Hercules, M57 – the Ring Nebula in Lyra, and a few double stars. It's very enjoyable looking at objects in the Milky Way and beyond through a good telescope with a group of experienced star gazers and enthusiasts. For casual observing, we will use lasers that seem to reach the stars to help guide the way. All are welcome. TheNorthwoodsExplorers.org



OUTDOOR ADVENTURE

Register for classes at nicoletce.tix.com

DEEP NATURE CONNECTION

Sunday, October 6 | 10 am - 12 pm
Nicolet College, Northwoods Center 208
Instructor: Aimee Heavey
\$30



Nature is one of the best ways to promote physical, mental, and emotional health. Learn some of the many practices and tools to deepen your relationship with nature regardless of where you are on your journey. Open and expand your connection through exploration, fun games, relaxing guided mindfulness techniques, and more. All these practices can be taken home with you to strengthen your inner resilience and connection to life and beauty all around.



FORAGING FIRST AID

Saturday, October 19 | 10 am - 12 pm
Nicolet College, Northwoods Center 208
Instructor: Emilymae King-Ryden
\$30

Every plant has a purpose; underneath your feet wild medicines grow. Participants will learn how to identify plants, herbs, and mushrooms that they may utilize for their own apothecary. We will first learn the identifying parts and terms used and safety of working with those plants. While discussing it we will focus on non-emergency scenarios. We will learn about application, harvest, storage, and preservation. Participants will create a salve to take home from the woods of Nicolet College. Recipes will be reviewed and given for further extension learning.



UNDER THE SURFACE

Friday, November 1 | 4 - 5:30 pm
Nicolet College, Northwoods Center 208
Instructor: James Arnold
\$30

Under the surface, the beauty and verity of life that lies under the surface of our local lakes. Come listen to the 2019 University of Wisconsin Madison Limnology Center's Trout Lake station artist in residence, who worked with students and researchers to create art about our local lakes. There will be plenty of amazing photos and discussions as he dives into the science of what exactly is going on, under the surface.



EXPERIENCED OR INTERMEDIATE CROSS-COUNTRY SKIING

Thursdays, January 9 - 23
3 Sessions | 9:30 am - 12:30 pm
Minocqua Winter Park
7543 Squirrel Hill Rd, Minocqua
Instructor: Dan Clausen
Maximum: 12 Students
\$60

This class is perfect for experienced skiers who would enjoy technique enhancement. Diagonal stride, double poling, and double pole with a kick will be featured. Learn downhill techniques including wedge turns, step turns, hockey stops, and parallel. The class has a fun social component with a ski tour to complete each session. Half price ski rentals are available for \$15.



INTRO TO CROSS-COUNTRY SKIING

Fridays, January 10 - January 17
2 Sessions | 10 am - 12 pm
Minocqua Winter Park
7543 Squirrel Hill Rd, Minocqua
Instructor: Dan Clausen
Maximum: 10 Students
\$50

Cross-country skiing is a fantastic way to engage yourself in the winter season. Ninety percent of first-time skiers who start with top instruction on well-groomed trails and properly fitted equipment will return and continue with the sport. Half price ski rentals are available for \$15.



OUTDOOR ADVENTURE

Register for classes at nicoletce.tix.com

WINTER WILDLIFE TRACKING

Saturday, January 11 | 12 - 3 pm
Nicolet College, Northwoods Center 208
Instructor: Aimee Heavy
\$40

Do you ever wonder what happens outside when you're sleeping? Do you ever want to tell a story through the tracks? Learn how to engage with animal tracks in a new way by seeing the world with new eyes. Interpret the secrets of the natural world around us by exploring the rhythm of different animals, assessing differences in gaits, and how to read subtle movements through the impressions they leave behind. Plan for indoor and outdoor components. Bring snowshoes if needed.



INTRO TO CROSS-COUNTRY SKI SKATING

Sunday, January 19 | 12:30 - 2:30 pm
Minocqua Winter Park, 7543 Squirrel Hill Rd, Minocqua
Instructor: Dan Clausen
Maximum: 10 Students
\$40

Ski skating is the other XC discipline that is gaining popularity. Ski skating requires different equipment than traditional XC skiing. The sport is way more satisfying with some guidance for students to achieve success. Skating is like driving a sports car with gears. Skiing flat terrain, uphill, and downhill techniques will be included in the session. Half price ski rentals are available for \$15.



BEGINNING STARGAZING AND INTRODUCTION TO SMART TELESCOPES

Wednesday, February 5 | 5 - 7 pm
Nicolet College, Fieldside Center 102
Instructor: Jim Head
Maximum: 24 Students
\$35

Join us for a brief overview of our Solar System, the Milky Way Galaxy, and the Universe. Learn what to 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, including the new "smart" telescopes that automatically show you where objects are in the sky.



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

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. Any and all classes are included in your annual membership.

The annual membership fee is just \$50 per year (Fall and Spring courses), and new members can join anytime. The Fall 2024 schedule includes dozens of classes, tours, shared Interest groups, and more.

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

THE GIFT OF SIGHT

A TRIBUTE TO JUNE LEGO, RN

Wednesday, September 25 | 1 pm
Nicolet College, Lakeside Center Theatre
Instructor: Anne Otter, Mike Hook, and Bruce Carlson



This event honors the life and work of June Lego, RN, in our community. In her role as an ER nurse, she educated, helped families, and procured donated eyes for corneal transplantation and research. Many of us never realized how dedicated she was to this cause. We will learn about the Lions Eye Bank of Wisconsin (LEBW) and how local Lions, funeral directors, nurses, physicians, and technologists contribute to this project. Plus, learn how we could become donors ourselves. Join Anne Otter, outreach ambassador from the LEBW, and a panel of Rhinelander residents now involved in this cause, including Mike Hook of the Rhinelander Lions Club and Bruce Carlson of Carlson's Funeral Home.

ISSUES IN CARDIOLOGY – VALVULAR HEART DISEASE

Thursday, October 3 | 10 am
Nicolet College, Northwoods Center 207-209
Instructor: Joel Furda, MD

LIR's favorite cardiovascular internist, Dr. Joel Furda, will return to discuss another of the more common cardiac issues we face as we age – valvular heart disease. We'll learn how the valves in the heart open and close as the heart beats, and what happens if they don't open widely enough, or close tightly enough.

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. After additional cardiovascular training, affiliated with CardioVascular Associates, and continued to serve patients in our community and region.

LEARNING IN RETIREMENT

WOMEN AND WATER

Wednesday, October 9 | 10 am
Nicolet College, Lakeside Center Theatre
Instructor: Mary Burns, Fiber Artist

Water is the source of all life. This presentation and exhibit celebrate water and the women who work with it, protect it, and advocate for it, with the intent to help strengthen and inspire actions to protect our water. Twenty-nine handwoven jacquard portraits form the core of this globally inspired exhibit. Featured are women from across the world who are scientists, water-walkers, teachers, farmers, activists, and healers who hold deep connections with water. Mary Burns will share these stories in her presentation at the theatre, and then host a gallery walk through the exhibit at ArtStart in the afternoon.

LIVING IN SHADOWS

Tuesday, October 29 | 10 am
Nicolet College, Northwoods Center 207-209
Instructor: Susan Reetz

Children who live in homes where drugs are used, sold, or made are often subjected to neglect, physical abuse, violence, social stigma, educational challenges, and a loss of childhood. Hear from five individuals who share their first-hand accounts of the impact of meth addiction on the children of addicts. Join Susan Reetz, the creator of this documentary, for a special showing to be followed by a Q and A. Susan has been a content creator for over 25 years, working in film and video, copywriting, print, web, and eLearning. Her work has won national and international awards.

CED VIG NATURE SERIES

IN COLLABORATION WITH LEARNING IN RETIREMENT

Wednesdays, September 18, and October 2, 16, and 30 | 10 am
4 Sessions | Hybrid In-Person and Zoom
Nicolet College, Northwoods Center 207-209 and Lakeside Center Theatre

We invite all to become members of Learning in Retirement, which provides honoraria and travel expenses for the expert Nature Series speakers. Annual membership of \$50 will admit you to these four sessions and any (or all) of the many fascinating and challenging LIR classes for the Fall "semester." Registration is available online at nicoletcollege.edu/lir.

CED VIG NATURE SERIES WILD ONES

Wednesday, September 18 | 10 am
Nicolet College, Northwoods Center 207-209
Instructors: Judy Campbell and Beth Castaldi

Here's an opportunity to learn a bit about native plants and their importance. Have you wondered why you don't see many fireflies anymore and why there are so few butterflies visiting your gardens these days? Wild Ones, a national organization started in Wisconsin, has taken on these issues and many more. Learn about the current state of our pollinators, explore what that means for all of us, and find out what Wild Ones and especially you can do to help.

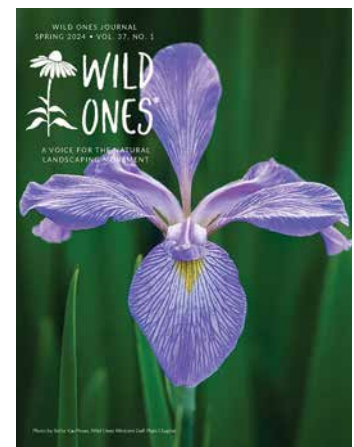


Photo courtesy Wild Ones

CED VIG NATURE SERIES

THREATS TO WILDLIFE HEALTH IN WISCONSIN, WITH A CWD UPDATE

Wednesday, October 2 | 10 am
Nicolet College, Lakeside Center Theatre
Instructor: Gavin Cotterill, PhD, Biologist,
U.S. Geological Survey



Although we commonly think that wild animals are healthy – after all they live in the great outdoors, right? – that is not always the case. Several diseases have big impacts on wildlife populations, and some of these can also infect domesticated animals and even people. Join Gavin Cotterill, PhD, to learn about some of the diseases affecting wildlife in Wisconsin and beyond. As part of the presentation, Dr. Cotterill will share some methods and findings from his current research focus: chronic wasting disease. Dr. Cotterill is a scientist with the U.S. Geological Survey, Northern Rocky Mountain Science Center, which is based in Bozeman, MT; however, he is located in the Rhinelander area.

CED VIG NATURE SERIES

SALAMANDERS OF THE NORTHWOODS

Wednesday, October 16 | 10 am
Nicolet College, Northwoods Center 207-209
Instructor: Hannah Gargrave



Photo courtesy Hannah Gargrave

Join Naturalist Hannah Gargrave from the North Lakeland Discovery Center to learn all about the species of salamanders that live around us in the Northwoods. Discover what makes these cryptic critters so unique and how to identify them.

CED VIG NATURE SERIES

OWLS OF THE NORTHWOODS

Wednesday, October 30 | 10 am
Nicolet College, Northwoods Center 207-209
Instructor: Troy Walters



Photo courtesy Troy Walters

Ever wonder what makes these amazing animals so effective hunting in the dark? Can owls spin their heads 360 degrees? How many different owl species can a person expect to find in the Northwoods? Why do owls vocalize? Learn the answers to these questions and more as Troy Walters discusses owl biology and ecology. Troy has been Outreach and Monitoring Coordinator with Northwoods Land Trust since 2019.

CONTINUING EDUCATION

Take classes designed to further your education. Keep pace with changing job demands, advance in your career, or update your certification and licensing with affordable and convenient classes designed for busy working adults. View all offerings at nicoletcollege.edu/profdev

YOUR BRAIN: THE OWNER'S MANUAL, PART 1

Tuesdays, August 6 - September 24
8 Sessions | 4 - 5:30 pm
Nicolet College, Northwoods Center 207/208/209
Instructor: Molly Rose Tueke
\$89



Do you feel more forgetful? Do you feel your mental performance is lacking? Do you feel overwhelmed by work or home? If so, join us in this practical class and make your brain work for you. Learn how to make the most of neuroplasticity — your brain's ability to change and grow over your lifetime. Armed with relatively new information from the world of neuroscience, you'll learn how to build a cognitive edge and get your brain on your side. This is not a course in "brain games." Instead, you'll learn the basics of what makes your brain tick, your brain's fundamental operating principles, and then we'll dive into some specifics. Learn the mechanics of willpower and how to get more of it; how to use the power of habit to make every day a little easier; how (and why) to talk back to your negative self-talk, and how to manage negative emotions. Dig into the surprising cognitive edge you get by being in a positive mood (and get a bead on how generosity makes you smarter). Finally, learn how to deploy your attention and energy wisely given the limiting realities of the human brain. *Part 1 is not required for Part 2 but is recommended.

YOUR BRAIN: THE OWNER'S MANUAL, PART 2



Tuesdays, October 1 - November 5
6 sessions | 4 - 5:30 pm
Nicolet College, Northwoods Center 207/208/209
Instructor: Molly Rose Tueke
\$89

Discover the secrets to a sharper mind and banish forgetfulness. You'll be awakened to the essential role of sleep in our cognitive health. Understand why you're wise to forgive your forgetful brain and glean new insights into how we learn. Receive tips on how to have more light bulb ("aha!") moments and understand how honoring your gut instincts can lead to better decision-making. Explore the benefits of exercise and nature in helping you think straight. Become introduced to some of the risky cognitive shortcuts your brain takes to save effort — shortcuts that can make you feel you're right even when you're not. Wrap up Part 2 with some secrets to stop feeling like you'll never have enough hours in the day. *Part 1 is not required but is recommended prior to enrolling in Part 2.

CONTACT INFORMATION



NICOLET LIVE!

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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.

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.

BRING YOUR 'A' GAME

Bring Your 'A' Game training provides an engaging curriculum building on seven essential workplace skills. Designed to be captivating, interactive, and exploratory, employees obtain the skills necessary to excel in their role giving you, as their employer a competitive advantage. A majority of businesses are experiencing a gap in workplace ethics, and due to a worker shortage, most do not have the capacity or expertise to teach these critical skills required across all industries. Due to decreased capacity, lost productivity, and rehiring expenses, the result is costly. Let Nicolet College train your employee so they are empowered with the required skills to retain them.

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Cost: \$199 per person*

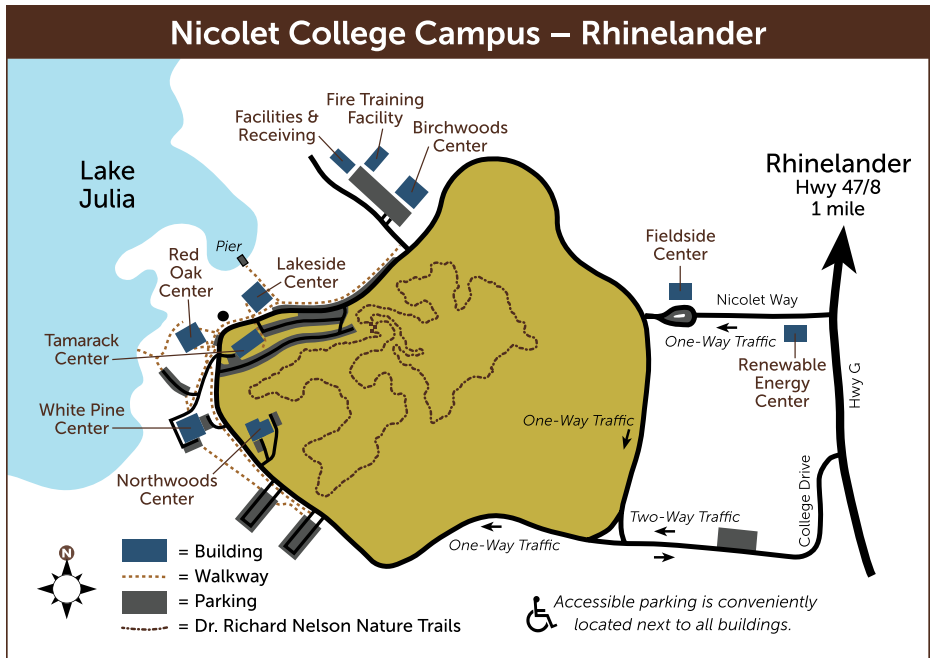
Sessions are typically four hours in person followed by a one-on-one virtual follow up with an experienced instructor.

*Reduced rates and customized options may be available to fit your organization's needs.



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