

in cooperation with UW-Extension www.uwmc.uwc.edu/continuing_education

CONTINUUM



CONTINUUM Winter/Spring 2014



At UW-Marathon County Continuing Education we have several learning options

for you, from professional development courses and certificate programs, to lecture series, to travel, to health and music.

Our course offerings include:

- Business, Finance and Professional Development
- Youth Programs (including S.T.E.M. and Wizarding)
- · Computers, Technology and Photography
- Health & Finance
- Theatre
- · Study Abroad
- · International Dinners, Languages and Culture
- College of the Emeriti (life-long learners)
- · Learning in Retirement
- The Humanities

The Master Gardeners of North Central Wisconsin and the Robert W. Monk Gardens are working together to provide the Garden Visions conference on our campus this January 2014. Register now to insure your class spot.

Vickie Richmond Hawkins

Director, Continuing Education UW-Marathon County

What is a CEU?

Continuing Education Units, where indicated, may be awarded upon completion of a course. Ten hours is equivalent to 1.0 CEU. If you need a CEU certificate, request it at the time of registration.



Online Classes

When you see this computer symbol next to a course – it means the class is offered online for six weeks, and you will need Internet access to register.

CEUs are also awarded for online classes when requested at time of registration. Six-week online courses earn 2.4 CEUs.

Five Easy Ways to Sign Up for Classes

ONLINE: www.uwmc.uwc.edu/
continuing_education

Phone: (715) 261-6294
Fax: (715) 261-6333

Mail: Continuing Education Office, UWMC,

518 S. 7th Ave., Wausau, WI 54401

In Person: Continuing Education Office

8 AM – 4:30 PM, M-F

Room 202

UW Center for Civic Engagement

International Dinner/Lecture Registrations

An unpaid phone registration will only hold your space until the Tuesday before the dinner. If your fee has not been received by then, your registration will be cancelled.

Class Confirmations/Cancellations

Classes are filled on a first-come, first-served basis. You will be sent a confirmation if you request one or register online. Proceed to your class unless you hear otherwise.

We reserve the right to cancel any course that does not have sufficient enrollment.

Refund Policy

A full refund is automatically processed if you cancel 10 days or more before the first class session, except for theatre trips. A cancellation fee of \$5 will be charged for cancellations nine days or less before the start of a course.

Refunds for limited enrollment courses and theatre trips will be granted only if your space can be filled from a waiting list.

Refunds are not given once the class begins except for Ed2GO ONLINE courses. For online courses, a refund, less \$5, will be given up to four working days after the course has begun.

Weather Conditions Resulting in Class Cancellation

Seldom does the university close due to weather conditions but, should this occur, we will notify those who have supplied us with a daytime phone number and/or e-mail address. Arrangements will be made by the instructor with class members for a make-up session.



Like us on Facebook and find out the latest news on trips and other events.

Looking for Instructors

Instructors interested in teaching for Continuing Education should send a résumé and course proposal to the Continuing Education Office, UWMC, 518 S. 7th Avenue, Wausau, WI 54401 or send an e-mail to vickie.richmondhawkins@uwc.edu.

Equal Opportunity

UW-Extension provides equal opportunities in programming, including Title IX requirements. Please advise at the time of registration if you have physical limitations and need special accommodations.

UWM School of Continuing Education

We are collaborating with the University of Wisconsin-Milwaukee (UWM) to offer a variety of respected and valued certificate programs online. They are listed below. To register, email Vickie at vickie.richmondhawkins@uwc.edu and ask for link to the UWM online course.

BUSINESS

Project Management Certificate: Online Track 🥌 Feb. 10-Aug. 15, 2014

The Project Management Online Certificate - Intensive Track is a full certificate program earned by completing six consecutive online courses in just over six months. Each course runs four to five weeks.

Fee: \$3,900

Social Media Manager 🐙



The Social Media Manager Certificate is for individuals responsible for the strategic planning, alignment and integration of social media within their organization. Course elements and curriculum are focused on: *Identifying business opportunities that social media can support. *Aligning social media efforts to organizational goals. *Delivering a social media strategy. *Creating content roadmaps and measurement frameworks that integrate social media into the business.

Six courses over 12 weeks. Fee; \$2,499

Solution-Focused Business Professional 👺 Sun., Apr. 13-Sun., Aug. 10, 2014



Facing a situation that's messy, complex, interconnected, confusing? Where analysis is futile or failed, where things seem stuck and progress is vital?

Then you need Solution Focus (SF). The powerful and pragmatic SF approach, originally developed for therapy, is now being used by organizations around the world to build progress rapidly in tough situations - through coaching, team development, organizational change, and even business strategy. Now the world's leading SF consultant, Mark McKergow, is working with UWM to present his SF Business Professional program online.

Fee: \$1.795

HUMAN SERVICES

Trauma Counseling Jan. 21-May 8, 2014



The Trauma Counseling Certificate Program is a training program for those who work with trauma survivors of abuse. violence, war, accident, crime and disaster. Trauma Counseling I and Trauma Counseling II consist of a total of 84 clock hours of classroom instruction. The two courses are presented in 42-hour formats. All instructors have been involved in diverse areas of trauma counseling with a variety of traumatized populations in acute to chronic situations.

The Trauma Counseling program may be taken for 3 graduate credits or noncredit (4.2 Continuing Education Units per course), which may also be used for licensing and certification requirements. The program is open to clinicians

and practitioners in the medical, mental and behavioral health services as well as social service, pastoral and bereavement counselors who work with survivors of substance use, eating disorders, physical illness, criminal justice, rehabilitation and recovery.

If your company would like to have any of these or other programs from the UWM School of Continuing Education offered onsite and face-to-face, please contact Vickie Richmond Hawkins at UWMC to make arrangements.

Get skills for the 21st century. Demonstrate your knowledge.

Boost your productivity and your organization's bottom line. Here are a few offerings:

From LIGotClass/LEBN

TOTTI O'GOTOTGOO/ EET IIV	
eMarketing Essentials Certificate	\$495
Mobile Marketing Certificate	\$595
Social Media for Business Certificate	\$495
Video Marketing Certificate	\$395
Recruiting and Retaining Gen X and Gen Y	\$175
Successful Survey Techniques	\$395
The Business Plan	\$195

For more information go to:

www.yougotclass.org/catalog.cfm/UwcMarathon



How to get started

with the following Ed2Go ONLINE Courses

- 1. Go to: www.ed2go.com/uwmcconed
- 2. Click the Courses link, choose the department and course title you are interested

in and select the Enroll Now button. Follow the instructions to enroll and pay for your course. Here you will enter your e-mail address and choose a password that will grant you access to the Classroom.

3. When your course starts, return to our Online Instruction Center and click the Classroom link. To begin your studies, simply log in with your e-mail and the password you selected during enrollment.

Convenient (24 hour access), affordable (as low as \$99) and effective! 6 weeks of instruction

- > Creating Web Pages
- > Introduction to QuickBooks®
- > Introduction to Microsoft Access®
- > Introduction to Microsoft Word®
- > Computer Skills for the Workplace
- > Introduction to PowerPoint®
- > Introduction to PC Troubleshooting

STEP-BY-STEP GUIDE TO EVICTIONS

Session A, Tuesday, February 4 #PD14-S142 Session B, Thursday, February 27 #PD14-S143 Session C, Tuesday, April 22 #PD14-S144

6 - 8 PM**Room 089**

Instructor: John H. Fischer

Fee: \$19

Evicting tenants is the single most difficult thing landlords must do, both legally and ethically. This course is designed to help with the legal aspect, including defining a breach of lease, sending the proper notice and covering Marathon County's small claims court procedures and forms.

New!

FAIR HOUSING BASICS AND PROTECTED CLASSES

Session A, Thursday, February 6 **#PD14-S146** Session B, Tuesday, February 25 #PD14-S147 Session C, Thursday, April 24 **#PD14-S148**

6 - 8 PM**Room 089**

Instructor: John H. Fischer

Fee: \$19

When choosing tenants, what can a landlord consider? In this class you will learn about illegal discrimination covering federal and state protected classes. You will also discover what things can be considered when deciding to rent to someone.

LANDLORD TENANT LAW **IN WISCONSIN**

#PD14-S145

4 sessions, Tuesdays & Thursdays March 25, 27, April 1 & 3

6 - 8 PM**Room 089**

Instructor: John H. Fischer

Fee: \$69

Landlord-tenant laws can not only be confusing, but they are constantly changing. This course is designed to give landlords, tenants or anyone a basic understanding of landlord-tenant laws in Wisconsin; this includes WI SS 704, ATCP 134, fair housing, lead based paint and other issues. It has been updated to include revisions in the law that went into effect in April 2012.

John Fischer has worked in the real estate business investment industry since 1993. He is the host of the Dr. Rent Radio show that addresses landlord/tenant issues on a local radio station.

BLOGGING FOR FUN and PROFIT #PD14-S140

1 session, Wednesday

March 5

6 - 8 PM**Room 145**

Instructor: Michael Martens

Fee: \$19

Blogs- You've heard about them, and probably even read and followed a few; but what are they? What motivates someone to write a blog? How can I start my own blog? Can I make money with a blog? Blogs are online journals than can be used to share personal experiences or business expertise. This class will give you the tools to get started on the path of blogging:

- ··Blogging platforms and websites
- ·· How to come up with things to write
- ··Writing style and grammar
- ··Working photographs and video into your blog
- ··Business blogging/blogging for profit

SOCIAL MEDIA FOR BUSINESS #PD14-S141

2 sessions. Wednesdays

February 5 & 12

6 - 8 PM**Room 145**

Instructor: Michael Martens

Fee: \$39

Social media is a powerful tool that can help you connect and engage with your customers. With more than a billion people worldwide on Facebook and hundreds of million on Twitter, social media can no longer be ignored by your business. Social media is easy to get started, but it can be challenging to master. This course will take you through the popular social media platforms and present methods on how your business can build your fan base and engage with your customers.

ADVANCED SOCIAL MEDIA **FOR BUSINESS**

#PD14-S142

1 session. Wednesday

February 26

6 - 8 PM**Room 145**

Instructor: Michael Martens

Fee: \$19

Are you currently using social media in your business and looking for that extra edge? This class will help boost your efforts in providing an exceptional social media experience.

(continued on following page)

VOLUNTEER INCOME TAX ASSISTANCE (VITA) TRAINING

6 sessions, Tuesdays & Thursdays

January 7, 9, 14, 16, 21 & 23 **#PD14-S198**

February 4, 6, 11, 13, 18 & 20 #PD14-S199 5:30 - 7:30 PM **Room 300**

Instructor: Kimberly Haas

Fee: FREE

Learn tax law during the course and pass the IRS certification exams to serve at the VITA site at UWMC. This site is part of the nationwide VITA program, supported by the IRS, which serves low-income individuals and families who cannot afford tax preparation. This course is also available for 1 to 3 academic credits (BUS 297). For questions about this class or the VITA program, contact Elizabeth Schlick at 715-261-6104 or elizabeth schlick@uwc.edu

(Advanced Social Media for Business continued from previous page)

- ··Learn the latest trends and changes in social media
- ··Fit social media into your existing marketing plans
- ··Create a social media strategy that works
- Use online tools to manage your social presence across multiple platforms
- ··Track social media's return on investment (ROI) Bring your laptop computer to follow along.

Michael Martens is the owner/director of RelyLocal in Wausau. He has extensive experience with marketing and communication in the for-profit and non-profit sectors.

New!

MAXIMIZING SOCIAL SECURITY

Session A, Tuesday, February 18 #PD14-S272 Session B, Tuesday, February 25 #PD14-S273 6 – 9 PM Room 195

Instructor: Navi Dowty

Fee: \$19

Learn how to maximize your Social Security benefits, reduce taxes on them, and how the wrong Social Security decision can cost you money. Discover how two little known strategies could increase your family income and survivor benefits.

RETIREMENT PLANNING: ABC'S of conservative investing #PD14-\$271

3 sessions, Tuesdays April 29, May 6 & 13

6 – 8:30 PM Room 089

Instructor: Navi Dowtv

Fee: \$49

This course provides a fundamental working knowledge of the principles of conservative investing as they apply to retirement planning. The materials cover varied aspects of conservative investing, such as changes in investing paradigms, history of markets, impact of bear markets, retirement budgeting, aspects of financial decisions, and more, while highlighting the ABC Model of Investing. You will increase your awareness of the overall risk in the markets, as well as possible asset allocation models to help manage exposure to risk. This course also covers conservative investing, income planning, asset allocation, and appropriate financial decisions. It is not designed to give specific solutions to individual needs.

This is not a financial seminar. This is a financial course of study where you will leave with the knowl-edge and confidence to make financial decisions suited to your level of risk and inline with the investment goals and objectives you establish.

Navi Dowty is the owner of Navi Dowty & Associates, Inc. and Associated Retirement Planners, Inc. He has been working in the financial services industry for over 40 years.

FILES, FOLDERS AND FINDING THINGS



1 session, Thursday, February 13

5:30 – 7:30 PM Room 145

Instructor: Mike Theiss

Fee: \$19 0.2 CEU

Materials: Bring a flash drive

Have you ever saved your files only to find you have no idea where they were saved? In this class you will learn how to make folders, copy/paste files or digital images into these folders, and how to find them later. You will also learn how to save files to the USB jump or flash drive. This course is recommended before taking digital camera courses.

BEGINNING EXCEL

#CF14-S603

2 sessions, Saturdays February 8 & 15

8:30 AM – 12:30 PM Room 300

Instructor: Mike Theiss

Fee: \$89 includes flashdrive 0.8 CEU

The Excel® spreadsheet program is one of the most widely used desktop business tools. At the end of this course you will be able to do basic spreadsheet data entry, formatting, formula writing and printing.

BASICS OF ONLINE SOCIAL NETWORKING

#CF14-S604

2 sessions, Thursdays February 20 & 27

5:30 - 7 PM Room 145

Instructor: Mike Theiss

Fee: \$29 0.4 CEU

Much like going to a party or joining a book club, social networking can be a lot of fun. And, like getting involved in a writer's group or going to a business conference, it can also be very productive for your career. Social networking can be many things to many people, but you won't ever know what it could mean to you until you try it out for yourself. Learn about many of the social networks available, the focus for each and safety issues.

DON'T JUST SEARCH – FIND SOMETHING!



1 session, Thursday

March 6

5:30 – 7:30 PM Room 145

Instructor: Renee Wallin

Fee: \$19 0.2 CEU

This presentation will identify key differences between the "public" Internet and the "private" Internet and reveal search strategies to be successful in both realms. A detailed overview of the public Internet using the search engine Google® (and the various filters that Google provides for more precise searching and more relevant results) will be a focus of the session. Other

(Don't Just Search--Find Something! continued from previous page) search engines and Internet tools will also be discussed such as meta-search engines, directories, and specific websites.

You will also be introduced to some of the UWMC Library's article databases that contain full text scholarly content. These databases include topics dealing with medical issues, art, the sciences and newspapers. Students in the class will have free access to these resources during the two-hour session.

There will also be time devoted to question and answer, as well as hands-on time for experimentation in the UWMC computer lab. Note that the private resources demonstrated are available for free to community users at the UWMC Library.

MASTERING YOUR ANDROID® TABLET OR iPAD®

#CF14-S613

1 session, Thursday March 13

5:30 - 7:30 PM

UWCCE-Sonnentag Room

Instructor: Mike Theiss

Fee: \$19 0.2 CEU

Remember when a tablet was a pad of paper? In the digital world, a tablet is a device that becomes a virtual pad of paper, map, dictionary, game room, photo album, camera, library, and so much more. Take the next step in using your tablet and get more out of your mobile digital device. You will leave the class more comfortable with some of the built in apps such as Contacts, Email and how they connect to Facetime, some gesturing procedures, customizing home screens, typing, using some settings as well as troubleshooting common device issues. The focus of this course will be on iPad format but other tablet users are welcome. This is not an introductory course!

Prerequisite: Must have taken an introductory tablet course or have a basic understanding of your tablet's operations. You should be able to navigate the tablet's desktop to find appropriate applications.

COMPUTER APPLICATIONS

#CF14-S601 Or for credit as CPS 105

Mondays & Wednesdays January 27 – May 14 4:30 – 5:45 PM

Instructor: Mike Theiss Room 300

Non-credit Fee: \$175 3 credits: \$639.39

Take this course either for credit or not. It will cover principles and use of computer applications including word processors, spreadsheets, and data bases. It may also cover other applications such as telecommunications, graphics, statistics, simulations, or CAI.

PHOTOSHOP®ELEMENTSv8

#CF14-S606

6 sessions, Mondays & Wednesdays March 31, April 2, 7, 9, 14 & 16

6:30 - 8:30 PM Room 145

Instructor: Brad Schmicker

Fee: \$89 includes flashdrive 1.2 CEU

Learn the basic tools of Photoshop®. Create artwork from sample images using layers and filters. Learn how the enhancing tools can improve your photos. Bring your photos into the last session to practice repairing or improving their final print form.

You'll use Photoshop® Elements 7.0. You will gain enough confidence to explore on your own and make this photo editing program a favorite on your desktop.

Prerequisite: Computer basics or equivalent experience.

Our Computer Instructors

Mike Theiss is an experienced computer software consultant and lecturer in computer science at UWMC.

Renee Wallin is the reference librarian for UWMC.

Brad Schmicker is a former teacher and technology specialist in the Wausau School District. He also teaches Photoshop® classes for College for Kids.

DIGITAL SLR PHOTOGRAPHY PART 1

Section A

#PE14-S121

3 sessions, Wednesdays January 29, February 5 & 12

6:30 – 9 PM Room FH112

--OR--

Section B #PE14-S123

3 sessions, Tuesdays February 18, 25 & March 4

6:30 – 9 PM Room FH112

Instructor: Scott Savage

Fee: \$69 0.8 CEU

This course is designed for the digital SLR camera user who would like to take the camera off of "auto" and learn to get the most from the camera's features. Through hands-on and visual instruction you will learn many key functions of the digital SLR camera including camera functions and digital lingo, f-stops and shutter speeds, lens selection and perspective, equipment recommendations, camera settings, and lots more.

Materials: A digital SLR camera or digital camera with manual

overrides and its manual.

MARK YOUR CALENDAR! MARK YOUR CALENDAR! MARK YOUR CALENDAR!

SCIENCE IDOLS FOR 6TH & 7TH GRADE GIRLS

Saturday, March 8

COLLEGE for KIDS and June 16 - 27, 2014 8:15 AM - Noon MIDDLE SCHOOL U
June 16 - 20, 2014

WIZARDING ACADEMY I July 7 – 11

1 – 4 PM

WIZARDING ACADEMY II

July 14 - 18

#Y014-S401

*

#Y014-S135

DIGITAL SLR PHOTOGRAPHY Part 2

Section A

#PE14-S122

3 sessions, Wednesdays February 26, March 5 & 12

6:30 - 9 PMRoom FH112 --OR--

Section B

#PE14-S124

3 sessions, Tuesdays March 25, April 1 & 8

6:30 - 9 PMRoom FH112

Instructor: Scott Savage

Fee: \$69 0.8 CEU

This course is designed for the digital SLR camera user who would like to "put it all together." Using your knowledge of SLR camera controls and the introduction of image crafting techniques you will learn to create truly exceptional digital images. Through hands-on and visual instruction you will learn composition, use of graphic elements, lighting for mood and impact, depth of field and scenery photography, use of camera filters, portrait tips, and pitfalls.

Prerequisite: Digital SLR Photography Part 1 or comparable experience.

Materials: A digital SLR camera or digital camera with manual overrides and its manual.

MACRO DIGITAL PHOTOGRAPHY #PE14-S126

1 session, Saturday

April 5

Room 138 9 AM - 1 PM

Instructor: Scott Savage

0.4 CEU Fee: \$39

Learn how to make macro/close-up photographs with your camera. You will also learn about your equipment and gain may tips for macro photography. This workshop will include a slide show, a hands-on photo session and review of student work.

Bring your digital camera with a close-up mode and the camera instruction book.

THE IMPROVED PORTRAIT #PE14-S125

1 session, Saturday

April 26

1-5PM**Room 138**

Instructor: Scott Savage

0.8 CEU Fee: \$39

Improve your portraiture both indoors and outside in this hands-on course. You will have classroom presentation on lens selection, posing and lighting. Then you will go outside and practice what you have learned.

You will need a working knowledge of your camera. Materials: A digital camera and its manual.

Scott Savage has an associate degree in photography from MATC. For 18 years he was the staff photographer for the Marshfield Clinic and has taught classes in Marshfield. He currently is a freelance photographer and artist.

Ed2Go ONLINE Individual Courses

Go to: www.ed2go.com/uwmcconed

- **◆Creating Web Pages**
- ◆Introduction to QuickBooks®
- ◆Introduction to Microsoft Access®
- ◆Introduction to CoreIDRAW X5®
- ◆Introduction to InDesign CS6
- **◆Search Engine Marketing**

Harry Potter Puppet Theater!

A one-day Winter Wizarding Academy

Friday, January 24, 2014

9 AM - 4 PM Room: Field House, RM 112

Instructors: Holly Hassel & Jill Stukenberg

Fee: \$39 includes lunch

ACT Prep Course

Saturday, March 22

8:30 AM - 3:30 PM **Room 233** Fee: \$30

Registration deadline: Friday, March 14

This prep session is designed to assist the student in preparing for the ACT assessment.

Areas to be covered are:

- Test-taking strategies
- English usage/mechanics & rhetorical skills
- Math problem-solving strategies
- Algebra, geometry and trigonometry reviews
- Science data representation, analysis and interpretation of research summaries and conflicting hypotheses

Enrollment is limited. Register early!

Confirmation notices are not sent.

You will only be notified if this course is canceled or changed.

CENTRAL WISCONSIN HIGH SCHOOL HONORS VOCAL JAZZ ENSEMBLE

8 sessions, Thursdays + Concert on May 8

March 27 - May 15

6:30 - 8 PM **Room 206**

Instructor: Timothy Buchholz

Fee: \$45

This ensemble will rehearse and perform musical styles within the jazz and popular music idioms. You will learn the difference between traditional choral singing and jazz ensemble singing. Emphasis will be placed on the performance practice of elements within the jazz style, as well as how to properly sing with a microphone.

Dr. Timothy Buchholz is an expert in the field of vocal jazz and popular music idioms. He is an assistant professor of music at UWMC.



The College of the Emeriti, started in 1987, is a fun and economical way for adults age 50 and older to learn about a variety of intriguing topics.

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

Annual membership fee - \$59

Soapbox Lectures are scheduled at the beginning of each month during the academic year. Days and times may vary.

Tuesday, February 4, 10 AM

Cargo Cults: Millenarian movements during WWII and today in the western Pacific

Ron Lippi

Wednesday, March 5, 11 AM

Shakespeare's Garden: A Place of Transformation

Angela Bullard

Tuesday, April 1, 10 AM

Reef Madness

Paul Whitaker

Wednesday, May 7, 10 AM

The Actor's Brain Sarah Rudolph



Evening Credit Classes at UWMC

Call or stop in now to enroll. Classes begin January 27

Admissions/Registration: Student Services 715-261-6000 or Toll Free: 1-888-FOR-UWMC

www.uwmc.uwc.edu

ART 201/202 – Introduction or Intermediate Life Drawing (Mondays and Wednesdays)

AST 100 - Survey of Astronomy (Mondays and Wednesdays)

BUS 202 – Intermediate Accounting (Mondays and Wednesdays)

BUS 204 – Managerial Accounting (Tuesdays and Thursdays)

BUS 297 – VITA Tax Assistance (Tuesdays and Thursdays/ Jan. 7-23 OR Feb. 4-20)

CTA 131 - Theatre Laboratory (Mondays)

EDU 300 - The Exceptional Individual (Mondays)

HES 041 – Beginning Downhill Skiing/Snowboarding (Wednesdays)

HES 042 – Intermediate Downhill Skiing/Snowboarding (Wednesdays)

HES 061 – Scuba Diving (Mondays)

ANOTHER PROGRAM for RETIREES! **LEARNING IN RETIREMENT (LIR)**

Learning in Retirement (LIR) at UWMC is a new membership organization of retired adult learners providing an opportunity to share learning experiences and discover new joys. It is sponsored by UWMC Continuing Education, but governed by an all-volunteer steering committee.

Volunteers are needed for the steering committee.

Programming will expand as members suggest programs. All instructors and moderators are volunteers.

A LIR membership includes two sessions, Fall and Winter/ Early Summer. The membership year runs from July 1 to June 30

Membership Fee: \$25

Steve Smith Memorial Lectures

CHINA'S REGIME CHANGE: FROM HU JINTAO TO XI JINPING

with *Harlan Grinde*

2:30 – 4 PM UWMC Auditorium 133

February 13: Domestic Policies and Developments **February 20:** Foreign Policy of an Emerging Power

Book Discussion on the Shared Reading:

The Geography of Bliss

Thursday, February 27

2:30 – 4 PM Terrace Room

Join Kathy Serley and others to discuss this year's UWMC Shared Reading.

TED Talks and Coffee

Discover the world of **TED Talks** and share the experience with others. Join us in the **Terrace Room on**

Thursdays from 2:30 – 4 PM unless noted otherwise.

March 6 - The Way We Think of Charity is Dead Wrong

March 13 - For More Wonder, Rewild the World

March 20 - Spring Break - no classes

March 27 - Build a School in the Cloud

April 3 – The World Needs All Kinds of Minds

April 10 - The Surprising Math of Cities and Corporations

April 17 – Can We Make Things That Can Make Themselves? and Architecture That Repairs Itself

April 24 - No Class

May 1 - The Pursuit of Ignorance

May 8 - The Interspecies Internet

HIS 275 – The Modern Middle East (Wednesdays)

MUS 071 - Band (Wednesdays)

MUS 074 - Jazz Ensemble (Tuesdays)

MUS 075 – Small Vocal Ensemble: Jazz Central Voices (Mondays)

MUS 278 – History of Rock and Roll (Tuesdays)

PHY 142 – College Physics II (Mondays and Wednesdays)







Fall **New York Theatre Trip Theatre Trip June 17 – 20, 2014** October 7 - 12, 2014

> Information Meeting Monday, February 10 7 PM, Terrace Room

Our popular Fall New York Theatre tour will be heading to the "Big Apple". Vickie Richmond

Hawkins leads the trip and is planning five

entertaining and enriching days and nights. Four plays are included as well as tours, round-trip airfare from Central Wisconsin Airport and lodging.

Estimated Fee: \$2,700 (double occupancy) Deposit of \$99 due with registration.

an educational theatre trip. Three musicals will be included (Newsies, Once and Matilda), as well as two tours, round-trip airfare from Central Wisconsin Airport and lodging.

Estimated Fee: \$2,100 (double occupancy) Deposit of \$70 due with registration.

> Master Gardeners of North Central WI, Robert W. Monk Gardens, Inc. and **UWMC Continuing Education present...**

GARDEN VISIONS: Under the Cloak of Winter

Friday, Saturday - January 24 – 25 UWMC

Friday: Pre-conference workshops Saturday: Listen to national and regional speakers, view educational exhibits, enjoy Garden Vision's photography contest submissions, take a chance on our raffle, meet and greet our speakers, authors, vendors and shop. The conference is open to the public. You do not have to be a Master Gardener to attend.

For more information, fees and to register: www.gardenvisions.org

Earn Your UW Business Degree **Without the Expense of Leaving Wausau**

Welcoming New Students and Returning Adults! Enroll in courses at UWMC that lead to Maximum Flexibility: your Bachelor of Science in Live/Hybrid/Online Classes Business Administration. • Maintain Current Employment Shorten Your Commute Contact Lori Brandt Live at Home at 715-261-6229 • Stay Close to Family and Friends **UWSP Business at UWMC**

www.uwsp.edu/uwmc





Great Decisions Lecture Series

We have purchased the DVDs from the Foreign Policy Association in New York City. After each half-hour film there will be time for discussion led by UWMC faculty and staff.

8 sessions, Mondays 7 – 8:30 PM Sonnentag Room, UW Center for Civic Engagement

Defense Technology January 27

With Eric Giordano

What are the "killer applications" of the 21st century battlefield, and in turn, what are the issues that the U.S. must navigate in adapting to them?

Israel and the U.S. February 3

With Jeff Leigh

The Arab Spring, Iran's nuclear ambitions, failed peace talks, and Israel's own decision to give Washington the cold shoulder have put new strains on the 65-year-old "special relationship."

Turkey's Challenges February 10

With Chris Kroh

As the clashes between secular and religious groups and the recent protests in Taksim Square show, the soul of Turkey is still very much up for grabs.

Islamic Awakening

With Ibrahim Saleh

Is U.S. foreign policy adapting successfully to all of the changes in the region?

Energy Independence February 24

With Ned Grossnickle

In a government with fixed resources, should the U.S. encourage more traditional fuel production or invest in the young technology of renewable resources?

Food and Climate Held in Terrace Room 100 March 3

With Paul Whitaker

The U.S. is getting ready, but can it lead the way to climate reform?

China's Foreign Policy March 10

With Chris Kroh

What does the rapid rise of this new superpower mean for other countries in the region, and are there potential points of conflict with the U.S. as it "pivots" to Asia?

U.S Trade Policy March 17

With Hamid Milani

Now, as China and other emerging nations battle the U.S. for global influence, U.S. Secretary John Kerry will take the reigns as a free market matchmaker.

SNOWSHOEING BASICS

#PE14-S192

February 17

7 sessions, Tuesdays & Thursdays January 23, 28, 30, February 4, 6, 11 & 13

10 – 11 AM Room FH112 & various sites

Instructor: Paula Inger

Fee: \$59

Materials: Snowshoes

The first session will meet in the UWMC Fieldhouse classroom.

Over the next three weeks you will meet at three different sites, Robert W. Monk Gardens, Nine Mile and Rib Mountain for an hour of outdoor exercise. You will learn the basics of snowshoeing. A limited number of snowshoes are available to borrow for this class on a first come, first serve basis.

STRENGTH TRAINING BASICS FOR THOSE 50+



#PE14-S19

#PE14-S193

8 sessions, Tuesday & Thursday

February 18, 20, 25, 27, March 4, 6, 11 & 13

9:30 – 10:45 AM Room: Fitness Center

Instructor: Paula Inger

Fee: \$79 Limited enrollment
Recommended Text: The Great Dumbbell Handbook, ISBN:
0-9696773-1-6 available online at www.productivefitness.com
Expand your fitness horizons. Strength training past 50 years of
age makes you realize how valuable this training is for the aging
human body. You'll learn about specific strength tests, nine safety
essentials, many age-appropriate exercises and how to develop a

Those who complete this course will receive a temporary pass to the UWMC Fitness Center for the remainder of the semester and be eligible for future use of the Fitness Center.

Paula Inger is a lecturer in health & exercise science at UWMC.

AGELESS GRACE

workout plan that works for you.

1 session, Wednesday

February 19

5:30 – 6:30 PM UWCCE Sonnentag Hall

Instructor: Sandra Grass

.a Fee: \$12

Learn simple physical exercises to music and performed in a chair. These exercises involve memory recall, strategic planning, kinesthetic learning, and expanded creativity.

Sandra Grass is state certified as a mental health counselor. She has done post-graduate work in neurobiology, psychology, kinesiology and natural health.

TRIBAL STYLE BELLY DANCING #PE14-S144

6 sessions, Thursdays

January 23, 30, February 13, 20, March 6 & 13

5:30 – 6:30 PM Room 133 Stage

Instructor: Anna Nummelin

Fee: \$59

Learn to do basic Middle Eastern dance and basic tribal style belly dance movements. Learn to appreciate and differentiate various styles of Middle Eastern and world dances such a tribal style belly dance, women's dance, world fusion dance styles and contemporary dances of North America.

Anna Nummelin holds an American Tribal Style Belly Dance General Certification and has taught and performed extensively since 2000.

#PE14-S173

UWCCE Sonnentag Room 210

WELL BEING DAY - MAY 3

Healthy Sleep #PE14-S197 8-10:15 AM **UWCCE Sonnentag Room 210**

Instructor: John Oestreicher

Fee: \$30

Relaxation expert John Oestreicher will explain how to fall asleep easily and quickly. Learn to sleep soundly and release the endless mind chatter to create a restful night. Learn about natural, holistic and practical techniques that help you develop a calm and peaceful mind for longer and healthier sleep.

Meditation Training

#PE14-S198

10:30 AM - 12:30 PM

Instructors: Jean and John Greenwood and a

Discussing End of Life Issues

CONSIDER THE CONVERSATION:

UWCCE Sonnentag Room 210

physician and hospice professional

Instructor: John Oestreicher

Fee: \$39

6:30 - 8 PM

seconds.

4 Sessions, Thursdays

April 3, 10, 17 & 24

Fee: \$30

Relaxation expert John Oestreicher has been meditating for 25 years and teaching meditation for eight years. In this informative and relaxing class, participants will learn the benefits of meditation, how and when to meditate, focused attention, and how to slow down and release the mind's endless chatter. Students will practice meditating and each individual will receive

a customized meditation based on goals and an energy scan. **Forever Young**

1 - 3 PM

#PE14-S196

UWCCE Sonnentag Room 210

Instructor: John Oestreicher

Fee: \$30

Is it possible to reverse the aging process? Can we grow younger? In this class you will learn that is it possible to look, feel and be younger. John Oestreicher will present anti-aging studies and how other cultures have reversed the aging process. Learn natural, holistic and practical techniques that will help you tap in to the "fountain of youth" that is already within you.

John Oestreicher is a Registered Reiki Master/Teacher and member of the International Association of Reiki Professionals. He is the owner of Hands On Healing Energy, LLC, Kohler, Wis. He has taught Reiki classes at the Sheboygan, Fox Valley, Manitowoc and Fond du Lac campuses of the UW Colleges for the past six years.

LIFEGUARD TRAINING

Y014-S452

3 Sessions Friday, Saturday, Sunday

March 14 4 - 9 PM

Fieldhouse Pool

March 15 & 16 8 AM - 6 PM

Instructor: Abby Dunham

Fee: \$199 includes all materials and certification

Gain the knowledge and skills needed to prevent and respond to aquatic emergencies in this American Red Cross Lifeguarding course.

Requirements: 15 years of age; able to swim 300 yards (mixture of front crawl and breaststroke with rhythmic breathing); Most people envision a peaceful death at home, surrounded by loved ones, but over 80% of Americans die in institutions, often at the end of a long illness, sedated, intubated, and in pain, run ragged emotionally, physically and spiritually by a bewildering health care system. Dying does not have to be this hard --- if we would just talk about it. In this class, we will examine multiple perspectives on how to address end-of-life issues through the presentation of objective information, resources available that share subjective experiences gathered from interviews with patients, family members, doctors, nurses, clergy, social workers, and national experts from around the country, and class participants' own shared stories on this important topic.

and able to swim 20 yards using the front crawl or breaststroke,

surface dive 9 feet, retrieve a 10 pound object, return to surface, swim 20 yards to the starting point with the object and exit the

water without using a ladder or steps within one minute and 40

Jean Greenwood has been the UWMC Lecture & Fine Arts Program coordinator for the last 14 years and has facilitated diverse workshops ranging from the mythological studies of Joseph Campbell to Brunel Bettleheim's perspective on the impact of storytelling on child development.

John Greenwood serves as an outreach consultant for the Wisconsin Institute for Public Policy and Service and has a special interest in the relationship between levels of consciousness and how humans make personal and interpersonal decisions.

Wisconsin Public Radio and UWMC Continuing Education present AN AFTERNOON and EVENING of MUSIC and SWEETS with The Kat Trio

Friday, March 28 **UWCCE Theater** 6:30 PM Pre-Concert Chat - Get to know the artists discussion and Q&A.

7 – 9 pm Concert followed by refreshments in Sonnentag Hall Fee: \$20

The violin-clarinet-piano ensemble from Ekaterinburg, Russia was formed in May 1998 in Ekaterinburg by three friends-Victoria Gorbich (violin), Vladislav Gorbich (clarinet) and Vasil Galiulin (piano). Kat Trio concerts showcase unique Russian arrangements and transpositions of timeless melodies and feature classical works, well-known inspira-tional songs, and even American pop standards, including Scott Joplin's rags.



INTERNATIONAL

DINNERS

Robert Burns Dinner with Keith Montgomery

Friday, January 31

5:30 – 6:15 PM, Social, Terrace Room 6:15 – 9:00 PM, Dinner & Program, Dining Room

Tastes of Bulgaria with Pam and Gary Frary

Friday, April 25

5:30 – 6:15 PM, Social, Terrace Room 6:15 – 7:15 PM, Lecture, Room 233

7:15 – 9:00 PM, Dinner, Dining Room

Fee: \$23 or 2 people for \$45

5th Annual **Tournées Film Festival**

UWCCE Theater, 7 PM, except for Sunday at 2 PM

Thursday, February 27 The Assault

TEACHING ONLINE COURSES

for K-12 #CF14-S146

3 classroom sessions, Saturdays + online component

March 8, 22 & April 12

9 AM – 12 Noon Room UWCCE 216

Instructor: James McCluskey & Brad Schmicker Fee: \$125 3.0 CEU

This class meets the Wisconsin Department of Public Instruction's requirement that individuals teaching online classes in public or charter schools have 30 hours of professional development to prepare for online teaching.

UW COLLEGES STUDY ABROAD OPPORTUNITIES

Travel to Quebec, Canada LA NOUVELLE FRANCE AND QUEBEC

TODAY with UWMC's Julie Bunczak

June 6 - 13, 2014 (tentative dates)

Fee: \$3,199

The province of Quebec was inhabited by indigenous tribes for centuries before the French and English laid claim to it. The influence of all three cultures is still strong today. You'll spend three days in the city of Quebec and three days in Montreal. For more information, contact Vickie Richmond Hawkins at UWMC Continuing Education.

For more information on the trips listed below go to: www. uwc.edu/academics/abroad or contact: **Tetyana Schneider**, **Study Abroad Coordinator**, **UW Colleges**, **Madison**.

Phone: 608-890-4611 or

Email: tetyana.schneider@usc.edu

Service-Learning in the Tsunami Zone of Japan

Travel Dates: May 21 - 31, 2014

Estimated Fee: \$3,700

A Study of Cultural Tourism in Ghana

Travel Dates: May 28 - June 16, 2014

Estimated Fee: \$3,685

Ecology of Costa Rica: Sea Turtles and Rain-

forest

Travel Dates: May 28 - June 5, 2014

Estimated Fee: \$2.960

Peru: Language and Culture Immersion

Through Perú Universitario Travel Dates: May 31 – June 12, 2014

Estimated Fee: \$4,790

Germany: World City Berlin and the German

Question

Travel Dates: June 6 - 20, 2014

Estimated Fee: \$3,978

China Adventure

Travel Dates: July 1 - 29, 2014

Estimated Fee: \$4,310

Canada: Polar Bears to Plankton: On the

Frontiers of Climate Change Travel Dates: August 10 – 18, 2014

Estimated Fee: \$2.496

The course introduces teachers to the online teaching environment; course design (discussions, quizzes, and homework assignments) and best teaching practices. The course is offered as a blended course with face-to-face and online instruction.

Teachers redesign one of their face-to-face classes to be

taught in the online environment. Three face-to-face classes are provided for hands-on instruction at UWMC. The online portion of the class uses the Desire2Learn online teaching platform. Streaming videos from experts in the field of online instruction are used.

Computer basics and use of the Internet are required for the course.

James McCluskey is a member of the UW Colleges faculty. His areas of expertise include online teaching and Geographic Information Systems (GIS).

Brad Schmicker was a teacher and technology specialist in the Wausau School District. He also teaches Photoshop® classes for College for Kids.



ONLINE COURSES FOR TEACHING PROFESSIONALS

Convenient, affordable and effective! Some sample titles:

- Creating the Inclusive Classroom: Strategies for Success
- ◆ Differentiating K-12 Assessments
- Enhancing Language Development in Childhood
- Guided Reading and Writing: Strategies for
- Maximum Student Achievement
- Solving Classroom Discipline Problems
- Survival Kit for New Teachers
- An Introduction to Teaching ESL/EFL
- Creating K-12 Learning Materials
- Creating Mobile Apps with HTML5

Graduate credit is available for many of these courses from Madonna University. Students who are enrolled in one of the approved Teacher Professional Courses for graduate credit will be sent an e-mail with instructions on how to enroll at Madonna University for additional graduate credit.

The student will remit payment for the graduate credit directly to Madonna University. Please note that this fee is in addition to the UWMC course price. Participants may earn one hour of graduate credit for every 15 clock hours; each Ed2Go online courses is 24 clock hours. Each graduate credit fee is \$150.



How to get started with **Ed2Go ONLINE Courses**

Go to: www.ed2go.com/uwmcconed

JAZZ CENTRAL VOICES

#PE14-S201

Mondays

January 6 – May 5

7 - 9 PM **Room 206**

Instructor: Timothy Buchholz

Fee: \$25

This musically demanding vocal jazz ensemble will rehearse and perform musical styles within jazz and other popular music idioms. Members of this group should have excellent sightreading skills and previous ensemble singing experience. This performing ensemble is by audition only and is limited to 16

Email Dr. Buchholz to set up an audition: timothy.buchholz@ uwc.edu

Timothy Buchholz is an expert in the field of vocal jazz and popular music idioms. He has directed vocal jazz ensembles at the University of Miami Frost School of Music, Miami Dade College and California State University at Long Beach. He is an assistant professor of music at UWMC.

FROM THE LOVE OF WISDOM, A NEW **VIEW OF BEING**

#PE14-S202

4 sessions, Thursdays March 13, 20, 27 & April 3

7 - 9 PM**Room 138**

Instructor: Loretta Ulmschneider, C.P.K.

Fee: \$59

Grow in your understanding of the power of being human and of your unique contribution to the world. This course is based on Kinlein's theory of moving each person to take action in life. You'll examine the power of will, intention, attention and intangible processes such as intuition, inspiration, vision, thought and dreams.

Loretta Ulmschneider has a bachelors degree from Antioch University, Washington, D.C. and is certified by the Institute of Esca/Kinlein. She has been practicing Kinlein since 1985.

WOW! Wonderful Writing

PE14-S143

4 sessions, Tuesdays February 4, 11, 18 & 5

6:30 - 8:30 PM **Room 238**

Instructor: Victoria Lindsay

Fee: \$69

Do you, like Emily Dickinson, write and show no one? Your writing is your gift to the world. Share it. Strong, vivid, fresh, imaginative, understandable...these are keynotes of good writing. Let's write and speak extraordinarily.

Learn the specifics of writing excellence and practice them in class and at home. Create a journal of brief daily writings in your particular writing form (article/short story/memoir ...) along with a few impeccable poems.

Dust off your oral communication skills so you can present your work in a powerful, inviting way. .Have fun with other wordworkers in a supportive, noncompetitive class.

> Classes with this symbol are available to the College of the Emeriti as a free course.

and take all three music appreciation classes #S131, S132 & S133 for \$100

A BLAST FROM THE PAST:



#PE14-S131

Neoclassicism in Music

3 sessions, Mondays January 27, February 3 & 10

7:45 – 9:15 PM Room 238

Instructor: Jacob Roseman

Fee: \$39

Neoclassicism in western music history was a fascinating movement which produced some of the 20th century's greatest works. Join us in surveying the composers and masterpieces which inspired nostalgia and a return to the past!

THE GENIUS OF TCHAIKOVSY



3 sessions, Mondays February 17, 24 & March 3

7:45 – 9:15 PM Room 238

Instructor: Jacob Roseman

Fee: \$39

Peter Ilyich Tchaikovsky is one of Russia's greatest musical exponents. Come and discover this composer's musical gems in all genres and why his music is a staple in classical music.

WOMEN IN MUSIC

#PE14-S133

3 sessions, Mondays March 10, 24 & 31 7:45 – 9:15 PM

Room 238

Instructor: Jacob Roseman Fee: \$39



Though female composers have been lesser in numbers throughout music history, they are by no means lesser in quality. Join us in exploring these gifted muses and their magnificent

body of musical works.

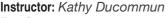
Dr. Jacob Roseman has degrees from the Philadelphia College of the Arts, the Eastman School of Music, Florida State University and a certificate from the Mozarteum (Salzburg). He has taught at the Eastman School of Music, Florida State University, UW-Stevens Point, UW-Oshkosh, UWMC Continuing Education and Morehead State University.

THE BATTLE BETWEEN THE SEXES! #PE14-S200

5 sessions, Tuesdays

January 28, February 4, 11, 18 & 25

6 – 8 PM Room 138



Fee: \$69

Join us as we read and discuss Shakespeare's The Taming of

the Shrew (text in modern English). To help us further explore perceived gender battles across generations, we'll also view several film adaptations including a 1929 version of The Taming of the Shrew starring Douglas Fairbanks and Mary Pickford, the 1967 version of The Taming of the Shrew starring real-life (and sometimes battling) husband and wife team – Richard Burton and Elizabeth Taylor, and then a modern film based on Shakespeare's play entitled Ten Things I Hate About You starring Heath Ledger and Julia Stiles (1999). See how much has changed (or, how nothing has really changed!) in the enduring "battle of the sexes!"

OJIBWE CULTURE AND BELIEFS #PE14-S204

3 sessions, Tuesdays

March 4, 11 & 25 no class on March 18

6 – 8 PM Room 138

Instructor: *Kathy Ducommun*

Fee: \$39

Explore the rich history of the Ojibwe people from their migration from the east to the Midwest (and why they stopped here) and cultural and spiritual beliefs that reflect and shape their values and traditions. This condensed historical overview will include Ojibwe Creation and etiological stories which explain natural phenomenon, gender/familial roles, environmental values and our role as stewards of the natural world. You'll learn about select traditions and ceremonies such as talking circles, naming ceremonies, sweat lodge, and animal totems (join us and discover your inner animal!).

Disclaimer: instructor is NOT Native American, but has a deep interest in and respect for the culture.

ARMCHAIR TOUR OF THE ENCHANTING ISLAND OF MAUI (HAWAII) #PE14-\$205

3 sessions, Tuesdays

April 1, 8 & 15

6 – 8 PM Room 138

Instructor: Kathy Ducommun

Fee: \$39

Explore the geology, ecology, mythology, and genealogy of the second largest Hawaiian Island and the most remote archipelago in the world. You will learn about the formation of these islands, early settlers, the reign of key historical figures such as King Kamehameha, famous battles, early western influence (e.g., Caption Cook, early missionaries).

We'll also explore the island's many natural treasures and varied ecosystems, the spectacular humpback whales (many photos taken from instructors kayak) and their amazing 3,000- mile migration from the feeding grounds off the coast of Alaska to the warmer waters off the coast of Maui for birthing and breeding. Other topics include the unforgettable "Road to Hana," famous Kaanapali Beach, 10,000' volcano Haleakala, and rare flora and fauna found only on these enchanting islands!

Kathy Ducommun has a PhD in Rhetoric and Composition from Southern Illinois University-Carbondale with minors in Medieval and Renaissance Literature. Kathy is a senior lecturer in English at UWMC.

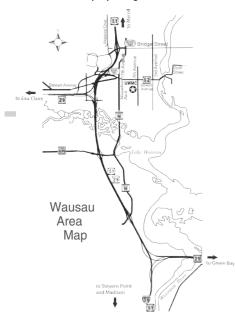
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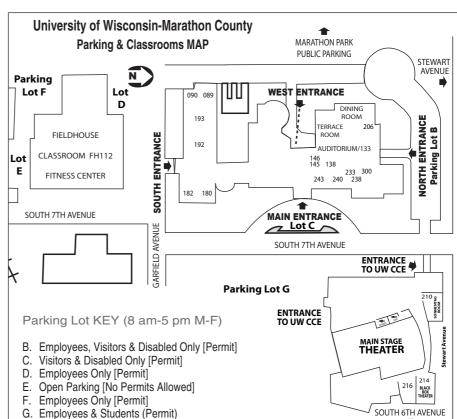
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NOTE: Room numbers indicated on building map are those being used by CONTINUUM classes and events and L&FA and Theatre events and are approximate locations on various levels of the buildings.

Parking Lot A is not shown and is across Stewart Ave. to the North and is always restricted to Marathon Hall residents ONLY. All other parking lots are available after 5 pm weekdays and all day on weekends. Ample parking in Marathon Park.







Wausau, WI 54401

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Back by "Popular" demand.

Variety calls *Wicked*, "a cultural phenomenon," and when it last played the Fox Cities Performing Arts Center in 2011, it broke ticket office records. Winner of 50 major awards, including a Grammy® and three Tony Awards.®

Long before that girl from Kansas arrives in Munchkinland, two girls meet in the land of Oz. One - born with emerald green skin - is smart, fiery and misunderstood. The other is beautiful, ambitious and very popular. How these two grow to become the Wicked Witch of the West and Glinda the Good makes for, "the most complete - and completely satisfying - new musical in a long time" (USA Today).



ONCE: The Musical

Saturday, April 5, 2014 2 PM Matinee Orpheum Theatre, Minneapolis

Orpheum Theatre, Minneapolis
Leave UWMC: 9 AM

Return: approximately 9:30 PM

Fee: \$169 Deposit: \$35

Dinner on your own in Minneapolis Winner of eight 2012 Tony Awards including BEST MUSICAL, *ONCE* is a truly original Broadway experience. Featuring an impressive ensemble of actor/musicians who play their own instruments onstage, ONCE tells the enchanting tale of a Dublin street musician who's about to give up on his dream when a beautiful young woman takes a sudden interest in his haunting love songs. Emotionally captivating and theatrically breathtaking, ONCE draws you in from the first note and never lets go. It's an unforgettable story about going for your dreams and the power of music to connect us all.