



UNIVERSITY OF WISCONSIN

Marathon
County

IN COOPERATION WITH UW-EXTENSION
WWW.UWMC.UWC.EDU/CONTINUING_EDUCATION

UNIVERSITY OF WISCONSIN
MARATHON COUNTY

CONTINUUM

OPEN
THE
DOOR

TO
LIFELONG
LEARNING

WINTER/SPRING 2013
KEEP UNTIL MAY 2013

WINTER/SPRING 2013 CONTINUUM



At UWMC Continuing Education we have several learning options for you, from professional development courses, to lecture series and films, to travel, to health and music.

Our course offerings include:

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

The Master Gardeners of North Central WI and the Robert W. Monk Gardens are both offering conferences on our campus this winter. 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 the class 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.

CREATING E-MAIL NEWSLETTERS FOR YOUR BUSINESS #PD13-S140

1 session, Monday
February 11
6 – 8 PM

Room 300

Instructor: *Michael Martens*
Fee: \$19

As e-mail has become a common form of communication, many businesses have switched from hard printed newsletters to electronic format and delivery. But what should go into creating an interesting and effective newsletter? How do you come up with content? How do the letters get delivered? This course delves into brainstorming content and developing interesting newsletters.

SOCIAL MEDIA FOR BUSINESS #PD13-S141

3 sessions, Monday
March 25, April 1 & 8
6 – 8 PM

Room 300

Instructor: *Michael Martens*
Fee: \$59

0.6 CEU

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 millions 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.

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.

STEP-BY-STEP GUIDE TO EVICTIONS #PD13-S142

1 session, Wednesday
February 13
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.

LANDLORD TENANT LAW IN WISCONSIN #PD13-S146

4 sessions, Wednesday
February 20, 27, March 6 & 13
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.

ACT 143 – WHAT IT MEANS TO YOU #PD13-S145

1 session, Wednesday
March 27
6 – 8 PM

Room 089

Instructor: *John H. Fischer*
Fee: \$19

In April 2012 the most extensive changes to landlord-tenant laws went into effect since the ATCP rules were redone in 1999. Known as ACT 143, this law makes changes to what can be put in a lease, how security deposits are handled, how abandoned property is dealt with, and other items. This course is designed for those already familiar with the laws as it only addresses the changes.

John H. 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.

CLOWNING: GETTING YOUR ACT TOGETHER #PE13-S144

4 sessions, Tuesdays
February 5, 12, 19 & 26
6 – 8:30 PM

Room 088

Instructor: *Victoria Lindsay*
Fee: \$79/ \$49 College of the Emeriti

Laugh and learn. Impact the world for the better. Move beyond the basics to a more skilled performance level. In this course you will:

- Create a well-developed comic character;
- Put together your very own act, using classic and original gags, walk-arounds, skits and improv;
- Apply makeup in a skillful manner and make your costume unique;
- Enjoy the camaraderie of others who value humor; and
- Leave with a toolkit of skills that will bring laughter to your favorite venues.



BE A GOODWILL AMBASSADOR, BE A CLOWN! #PE13-S143

4 sessions, Tuesdays
April 2, 9, 16 & 23
6 – 8:30 PM

Room 088

Instructor: *Victoria Lindsay*

Fee: \$79/ \$49 College of the Emeriti

Materials: \$15 payable to the instructor for clown makeup
Be a world changer! Participate with others in fun clown skits that will promote appreciation and friendship at schools and other venues. See faces of all ages light up when you walk into the room. This is a performance art you can learn and use forever.

- Learn everything you need to know about makeup and costuming.
 - Create your own unique clown with a name and personality.
 - Learn basic performance skills. Yes, you can do them!
- Laugh together with others who are stepping out of their own “comfort zone” to learn clown arts.

Victoria Lindsay, aka “Annie Sparkles”, is a full-time professional clown. She learned her art form in classes taught by former Ringling Brothers clowns, as well as European clowns. She has taught hundreds of people the art of clowning.

FILES, FOLDERS AND FINDING THINGS #CF13-S602

1 session, Tuesday
February 12
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 #CF13-S603

2 sessions, Saturdays
February 9 & 16
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 #CF13-S604

2 sessions, Tuesday & Thursday
February 19 & 21
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! #CF13-S605

1 session, Tuesday
February 28
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 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.

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

PHOTOSHOP ELEMENTS v7

#CF13-S606

6 sessions, Mondays & Wednesdays

April 8, 10, 15, 17, 22 & 24

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.

More "SMART BOARD" IN YOUR CLASSROOM

#CF13-S613

2 sessions, Wednesdays

May 1 & 8

4:30 – 6 PM

Room UW-CCE 216

Instructor: *Brad Schmicker*

Fee: \$29

0.3 CEU

This workshop is designed for people who know how to use the Smart Board and Notebook software but want to improve their skills in creating classroom files. Session One will begin with an exploration of the SMART EXCHANGE to see what's already been created. You'll learn how to take a created file and change it to fit your program. The session will end with a look at Smart recommended format when creating your own Smart Notebook file. Session Two will be a "work and share" time. Looking at a few "tricks" you can easily use in making a file, you'll use your own class curriculum to create a Smart Notebook file you can use with your students. Participants should come with a laptop and Smart Notebook software installed.

BASIC DIGITAL PHOTOGRAPHY

#PE13-S120

1 session, Saturday

February 9

8:30 AM – 12:30 PM

Room 138

Instructor: *Scott Savage*

Fee: \$39

0.4 CEU

Do you want to learn how to make your pictures more interesting and improve your photographic technique? In this course you will learn the camera's controls and functions, what makes them work, how to make your pictures look better through composition and more.

THE IMPROVED PORTRAIT

#PE13-S125

1 session, Saturday, April 27

1 – 5 PM

Room 138

DIGITAL SLR PHOTOGRAPHY**PART 1****Section A**

#PE13-S121

3 sessions, Wednesdays

January 30, February 6 & 13

6:30 – 9 PM

Room 138

Section B**OR**

#PE13-F123

3 sessions, Tuesdays

February 19, 26 & March 5

6:30 – 9 PM

Room 138

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.

DIGITAL SLR PHOTOGRAPHY Part 2**Section A**

#PE13-S122

3 sessions, Wednesdays

February 20, 27 & March 6

6:30 – 9 PM

Room 138

Section B**OR**

#PE13-S124

3 sessions, Tuesdays

March 12, 19 & 26

6:30 – 9 PM

Room 138

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.

Instructor: *Scott Savage*

Fee: \$39

0.8 CEU

Improve your portraiture skills 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.

**PHOTOGRAPHIC
BOTANICAL SAFARI #PE13-S126**
1 session, Saturday
May 4
11:30 AM – 5:30 PM Room FH112
Instructor: *Scott Savage*
Fee: \$49 0.8 CEU

Learn to take more exciting close-up photographs! In the classroom you will learn about the camera's macro mode, use of auxiliary lenses and tripods, compositional concerns and lighting tips. Then you will travel to an outdoor site to practice what you have learned.

In case of rain, a mutually agreed upon rain date will be set for the outdoor part of the class.

Material & equipment needed: a camera and its manual, clothing and footwear for a walk in the woods and fields, full water bottle and snack, and transportation to the R.W. Monk Gardens.

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.



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®**
- **Computer Skills for the Workplace**
- **Introduction to PowerPoint®**
- **Search Engine Marketing**
- **Project Management**



- | | |
|--------------------------------------------|-------|
| • Certificate in Online Teaching | \$795 |
| • 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

**RETIREMENT PLANNING:
ABC'S of conservative investing #D13-S271**

3 sessions, Tuesdays

February 5, 12 & 19

6 – 8:30 PM

Room 195

Instructor: *Navi Dowty*

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 knowledge and confidence to make financial decisions suited to your level of risk and in line 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.

**ATTACK ON VOLDEMORT:
A one-day Winter
Wizards Academy #YO13-S403**
Saturday, February 9
9 AM – 4 PM Room: Student Union
Instructors: *Holly Hassel & Jill Stukenberg*
Fee: \$35 includes lunch – please note if there are dietary restrictions

Do you have what it takes to plan an attack on Voldemort--and the teamwork skills, creativity, magical knowledge, and luck to carry it out? Join us at UW-Marathon County for an imaginative adventure with high stakes. In an alternative Harry Potter reality where the Death Eaters have been victorious, you will design a character, do battle with Voldemort, and use your creativity and ingenuity to reunite the members of a secret society. You and others will create a plan to defeat Voldemort and restore peace and order to the Wizarding World.

Experienced wizards and newcomers in grades 4 – 9 are welcome for a day of trivia, Quidditch and role playing based on the Harry Potter books by J.K. Rowling.

**S.T.E.M. SATURDAY FOR 6TH & 7TH
GRADE BOYS #YO13-S100**

Saturday, February 2
8 AM - 12 NOON
Fee: \$10

Watch for flyer at your school and on the website:

www.uwmc.uwc.edu/continuing_education

Discover geocaching (high tech treasure hunting), chemistry, meteorology, veterinary medicine, biology, math (What is Pi...) and more.

Funded in part by Rotary of Wausau.

**SCIENCE IDOLS FOR 6TH & 7TH
GRADE GIRLS #YO13-S101**

Saturday, March 9

8 AM - 12 NOON

Fee: \$10

Watch for flyer at your school and on the website:

www.uwmc.uwc.edu/continuing_education

Discover geocaching (high tech treasure hunting), chemistry, meteorology, veterinary medicine, biology, math (What is Pi...) and more.

Funded in part by Rotary of Wausau



**ACT Prep
Course**
#YOU13-S451
Saturday, March 23

8:30 AM – 3:30 PM
Room 233 Fee: \$30

Registration deadline:
Friday, March 15

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.

**MARK YOUR
CALENDARS!**

✓ **College for Kids and
World Languages
Academy**

June 10 - 21, 2013
8:15 am - Noon

✓ **Middle School U**

June 10 – 14, 2013
1 – 4 PM

✓ **Wizards Academy I**

July 8 – 12, 2013

✓ **Wizards Academy II**

July 15 – 19, 2013

COLLEGE OF THE EMERITI

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

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.



MEMBERSHIP BENEFITS!

- ◆ **Free admission** to one continuing education class per year (certain courses are excluded) and reduced rates on several other courses.
- ◆ **Free admission** to the "Soapbox Series," faculty lectures held monthly throughout the school year.
- ◆ **Reduced admission** to all UWMC Lecture & Fine Arts events.
- ◆ **Free use** of the UWMC pool and library during scheduled hours and access to the cafeteria.
- ◆ **Use of** the fitness center for a small user fee and if prerequisites are met.

Annual membership fee - \$59

Special Spring Event for Members

Friday, May 3 6:30 – 8:30 PM

Jazz guitar duo – GMGO

Join us for an evening of lecture and demo, hearty hors d'oeuvres, cash wine bar and a public musical presentation. Free, but registration required.

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

Wednesday, February 6 ◆ 10 AM ◆ Terrace Room

CREATIVE GENIUS or EXPRESSIVE NARCISISM:

The Art of Acting and Emotional Extremes

Sarah Rudolph

Wednesday, March 6 ◆ 10 AM ◆ Terrace Room

Magnetic North: Why the Union Home Front Mattered during the Civil War

Brett Barker

Thursday, April 4 ◆ 10 AM ◆ Terrace Room

Matters of Taste and Why Taste Matters

Jason Siegel

Wednesday, May 1 ◆ 10 AM ◆ Terrace Room

A (Canadian) Psychologist's Perspective on the American Dream

Chris Wilbur

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 your Bachelor of Science in Business Administration.

Contact Lori Brandt
at 715-261-6229

- Maximum Flexibility: Live/Hybrid/Online Classes
- Maintain Current Employment
- Shorten Your Commute
- Live at Home
- Stay Close to Family and Friends

UWSP Business at UWMC

www.uwsp.edu/uwmc



University of Wisconsin
Stevens Point



**Summer 2013
New York Theatre Trip
June 25 - 28**

**Information Meeting
Tuesday, January 22
7 PM Terrace Room**

Travel to New York in June for an educational theatre trip. Three musicals will be included (Newsies1, Once and Matilda), as well as two tours, round-trip airfare from CWA and lodging.
Estimated Fee:
\$2,059 (double occupancy)
Deposit of \$70 due with registration.

**Fall 2013 New York
Theatre Trip
October 1 - 6**

**Information
Meeting
Wednesday
February 6
7 PM
Terrace Room**

Our popular Fall New York Theatre tour will be headed to the "Big Apple". Vickie Richmond Hawkins leads the trip and is planning five entertaining and enriching days and nights. Four plays (Newsies, Matilda and 2 more) are included as well as tours, round-trip airfare from CWA and lodging.
Estimated Fee:
\$2,699 (double occupancy)
Deposit of \$100 due with registration.

**Save the date for UWMC's
EATS 30th Year!** 

**Educational Assistance Through Scholarships
Saturday, March 2, 2013**
Over 35 chefs ... musicians... you bid
... and enjoy... all net proceeds for scholarships

To make reservations, be a chef, purchase holiday gift certificates, make a donation, or for more information, call 715-261-6221 or email charlene.schmidt@uwc.edu.

www.uwmcEATS.com

Evening Credit Classes at UWMC

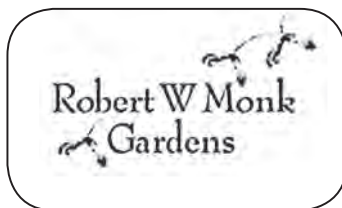
Call or stop in now to enroll.
Classes begin January 25
Admissions/Registration: Student Services
715-261-6000 or Toll Free: 1-888-FOR-UWMC
www.uwmc.uwc.edu

- ART 201/202** – Introduction or Intermediate Life Drawing (Mondays and Wednesdays)
- AST 100** – Survey of Astronomy (Tuesdays and Thursdays)
- BIO 101** – Concepts of Biology (Tuesdays and Thursdays)
- BIO 280** – Human Anatomy (Mondays and Wednesdays, 4 p.m., streaming video lecture option, plus lab on Mondays 6 p.m..)
- BUS 202** – Intermediate Accounting (Mondays and Wednesdays)
- BUS 204** – Managerial Accounting (Tuesdays and Thursdays)
- ENG 102** – Composition II (Tuesdays, blended course with part online)
- HIS 275** – The Modern Middle East (Wednesdays)
- MUS 278** – History of Rock and Roll (Tuesdays; blended course with part online)
- SOC 220** – Sociology of Marriage and the Family (Tuesdays; blended course with part online)

Master Gardeners of North Central WI present...
**GARDEN VISIONS: A Conference
for Northern Climate Gardeners
New venue! UWMC**

Friday, Saturday - January 25 - 26
Friday: register for a pre-conference workshop or a special program for bird lovers.
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 by January 18:
www.gardenvisions.org

ROBERT W. MONK GARDENS PRESENTS its



**3RD ANNUAL
LATE WINTER
CONFERENCE**
**Saturday, March 9
8:30 AM - 3:30 PM**
The conference will have three speakers including Ed

Lyon, Garden Director, Allen Centennial Gardens, Madison, WI.
Details and registration will be on the Monk Gardens and UWMC Continuing Education websites after January 1, 2013.
www.rwmonkgardens.org

STRENGTH TRAINING BASICS FOR THOSE 50+ SECTION A



#PE13-S191

8 sessions, Tuesday & Thursday
January 29, 31, February 5, 7, 12, 14, 19, 21
10 – 11:15 AM Room: Fitness Center

SECTION B #PE13-FS192

8 sessions, Tuesday & Thursday
February 26, 28, March 5, 7, 12, 14, 19, 21
10 – 11:15 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 workout plan that works for you.

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.

TAPPING FOR HEALTH



#PE13-S193

1 session, Wednesday

February 6

5:30 – 7 PM

Room 089

Instructor: *Sandra Grass*

Fee: \$15

This experiential class will allow you to practice a safe, gentle finger tapping sequence to settle the central nervous system and reduce tension and some pain.

REWIRING YOUR BRAIN #PE13-S194

1 session, Tuesday

February 19

5:30 – 7 PM

Room 089

Instructor: *Sandra Grass*

Fee: \$15

Learn how mental and emotional health treatment is rapidly changing via telemedicine, bilateral brain stimulation and a combination of psychology and kinesiology. Understand how some deeply held beliefs can run interference with your recovery from physical and/or emotional conditions. Two strategies will be demonstrated utilizing muscle testing and bilateral brain stimulation.

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

HOLISTIC LIVING

#PE13-S195

1 session, Saturday

February 23

8 AM – 4 PM

Terrace Room

Instructors: *John & Pamela Oestreicher*

Fee: \$72

A holistic approach to well-being is essential. This class examines tools and techniques to help you live a more relaxed, balanced life. The class includes an overview of each approach, followed by "hands on" experiences and exercises you can do on your own.

Topics include: visualization, aromatherapy, chakras and auras, kinesiology, oracles, and crystals, gems and stones.

SIMPLY FENG SHUI

#PE13-S196

1 session, Saturday

March 9

8 AM – 4:30 PM

Room 138

Instructor: *Pamela Oestreicher*

Fee: \$72

This course offers an approach to Feng Shui that is easy, fun and remarkably effective. You will learn everything you need to begin to apply the ancient Chinese art of placement and design to your home and workplace. This course offers an introduction, overview, practical solution for everyday "problems" and a how-to guide.

Pamela Oestreicher is a certified BTB Feng Shui practitioner. She uses intuitive leadership to help clients discover their innate capacity for happiness.

Reiki Level II: Reiki for Health Care Professionals. . .

And Everyone Else

#PD13-S197

1 session, Saturday

April 20

7:30 AM – 4 PM UW CCE Sonnentag Room 210

Instructor: *John M. Oestreicher, RMT*

Fee: \$250 plus \$20 Training Manual available from the instructor

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

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

What to bring:

- Please wear comfortable clothing and bring a mat/blanket and pillow/towel. (If you own a massage table, you may bring it with you.)
- A "highlighter" marker.
- A lunch or plan to visit a nearby restaurant.

- **Training Manual:** "Reiki: The Healing Touch (First & Second Degree Manual)" by William Lee Rand. Helpful to Read Chapters 1 - 4 and 6 - 8 prior to class.

REIKI LEVEL III: The Master level Reiki for health care professionals ...and everyone else #PD13-S198

1 session, Saturday

April 27

7:30 AM – 4 PM UW CCE Sonnentag Room 210

Instructor: *John M. Oestreicher, RMT*

Fee: **\$350 plus \$20 Training Manual available from the instructor**

Students will receive a Level III Reiki attunement, which increases your ability to receive and utilize Reiki energy. You will learn the tools, techniques and symbols of the Master level. Training will be given on how to give an attunement. You will receive an understanding of the essence of being a Master to finish your Reiki Mastery. Upon completion, you will receive Reiki Master Level III Certification.

What to bring:

- Please wear comfortable clothing and bring a mat/blanket and pillow/towel. (If you own a massage table, you may bring it with you.)
- A "highlighter" marker.
- A lunch or plan to visit a nearby restaurant.
- **Training Manual:** Reiki Master Manual including *Advanced Reiki Training* by William Lee Rand.

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

LAUGHING YOGA #PE13-S198

3 sessions, Thursdays

February 7, 14 & 21

6:30 – 7:30 PM

Room 090

Instructor: *Elizabeth Unrath, MA, LPC*

Fee: **\$19**

Learn to use this technique to reduce stress, improve your immune system, feel joy and benefit both psychologically and physiologically.

Elizabeth Unrath is a mental health counselor who is certified in laughter yoga.

Classes with this symbol



are available to the
College of the Emeriti
as a free course.

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

Future of the Euro

January 28

- with Hamid Milani
- How did the 2008 global recession contribute to the development of the euro crisis? The health of the euro affects and is affected by the state of the global economy. How can European Union leaders prevent the collapse of the common currency?

Egypt

February 4

- with Ibrahim Saleh
- The popular revolution that ousted President Hosni Mubarak in 2011 ushered in the promise of radical change. Two years later, what is the state of Egyptian democracy? How will the military and the civilian government balance power?

NATO

February 11

- with Jeff Leigh
- How has NATO's agenda evolved since its inception during the cold war? With its military commitment in Afghanistan winding down and a recent successful campaign in Libya, what are the Alliance's present-day security challenges?

Myanmar and Southeast Asia

February 18

- with TBA
- The West has welcomed unprecedented democratic reforms made by Myanmar's government. What challenges must Myanmar overcome before it can fully join the international community? What role can it play in Southeast Asia?

Intervention

February 25

- with Eric Giordano
- The "responsibility to protect" doctrine has become central to modern humanitarian intervention. When should the international community intervene? Why did the West rush to intervene in Libya but not Syria?

Iran

March 4

- with Jeff Leigh
- Suspicion and a troubled history have blighted U.S.-Iranian relations for three decades. How can the United States and Iran move forward? Is the existence of Iran's nuclear program an insurmountable obstacle?

China in Africa

March 11

- with Harlan Grinde
- What interests govern China's engagement in Africa? Should China's growing emphasis on political ties and natural resource extraction affect U.S. relations with African nations?

Threat Assessment

March 18

- with Eric Giordano
- How can the United States address the challenges of a weak economy, homegrown terrorism and nuclear proliferation? What threats and opportunities are presented by the ascendancy of China and by regime change in the Middle East?



INTERNATIONAL DINNERS

Uzbekistan: My Home
With Daurbek A. Isaev
Friday, February 8

Italy: Unlocking the Secrets of the Renaissance
With Diana Budde &
Christine Capista
Friday, April 5

5:30 – 6:15 PM, Social, Terrace Room
6:15 - 7:15 PM, Lecture, Auditorium
7:15 – 9:00 PM, Dinner, Dining Room

Fee: \$23 / 2 for \$45 for either dinner

CULTURAL ENCOUNTERS IN MIDDLE EASTERN BOOKS AND FILMS #PE13-S200

6 sessions, Tuesdays

Movies: January 29, March 26 & May 28
3:30 – 6 PM

Book discussions:

February 26, April 30 & June 11

3:30 – 5 PM Room 238

Instructors: Elaine Strite & John Viste

Fee: \$39 includes light refreshments

College of Emeriti Member Fee: \$19

Join Elaine and John for viewing, reading and discussions about films and movies from the Middle East. Learn more about cultures often misunderstood by Americans.

Elaine Strite and **John Viste** have lived and worked in Egypt, Palestine and Lebanon for nearly 30 years. They enjoy sharing their appreciation for the Arab world with western audiences. They believe that movies and literature from the region increase our enjoyment and understanding of Middle Eastern culture and society.

INTRODUCTION TO SPEAKING SPANISH #PE13-S201

14 sessions, Tuesdays & Thursdays

January 29, 31 February 5, 7, 12, 14, 19, 21, 26, 28,
March 5, 7, 12 & 14

6:30 – 8 PM

Room 238

Instructor: *Daysi Kovach*

Fee: \$109 College of Emeriti Fee: \$69

Textbook: *Open Door to Spanish (third edition)* by Madrigal

Preparing for a trip to a Spanish-speaking country? This course will set you on your path! It is intended for students with little or no previous exposure to Spanish. You will learn the basic, practical vocabulary and expressions needed for dining, shopping and sightseeing. Cultural aspects of Spanish-speaking countries will also be addressed.

Daysi Kovach is a native Spanish speaker with a Masters degree in foreign language from Marquette University. She is certified to teach Spanish at all age levels.

4th Annual Tournées Film Festival

Thursday, February 14,
UW CCE Theater, 7 PM, *The Artist*

Friday, February 15
Auditorium, 7 PM, *Romantics Anonymous*

Sunday, February 17
Auditorium, 2 PM, *Night Tales*

Thursday, February 21
Auditorium, 7 PM, *The Hedgehog*

Friday, February 22
Auditorium, 7 PM, *Girls*



UW COLLEGES STUDY ABROAD OPPORTUNITIES

Travel to Quebec, Canada

LA NOUVELLE FRANCE AND QUEBEC TODAY

June 6 – 13, 2014 (tentative dates)

With UWMC's Julie Bunczak

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, UWMC Continuing Education, 715-261-6309.

For details, registration forms and the most up-to-date information on the trips listed below, please visit:
www.uwc.edu/academics/abroad/

UNLOCKING SECRETS OF THE Renaissance: A Journey in Art and Geometry

Tentative Travel Dates: January 4 – 11, 2014

Estimated Fee: \$4,800

With UWMC's Diana Budde and Chris Capista

By examining the art and architecture of Florence and Rome, Italy, you will learn the history of linear perspective, its relationship to geometric principles and its implementation in the masterpieces of the Italian Renaissance.

THE GLORIES OF ANCIENT EGYPT

January 4 – 16, 2014

Estimated Fee: \$4,300

With UWMC's Ron Lippi

Explore the magnificent archaeological sites, monuments, and museums of Ancient Egyptian civilization. This two-week adventure to Egypt takes you to the Great Pyramids Giza, the oldest, largest, and the last of the ancient worlds "seven wonders" still standing. Students and participants will visit Memphis, Sakkara, Sphinx, and the National Egyptian Museum.

Travel to Oxford, England

POLITICS OF DEVELOPMENT

Tentative Travel Dates: August 1 – 21, 2013

Estimated Fee: \$4,200

With UWMC's and WIPPS's Eric Giordano

Gain hands-on experiential learning through the Skoll Centre, the Said Global Entrepreneur Network, the Centre for Mutual and Employee-Owned Business, and the Center on Business and Poverty in Oxford. You will also have access to lectures from world experts on development and social entrepreneurship.

VICTORY IN THE SOUTHWEST PACIFIC – 70TH ANNIVERSARY

Tentative Travel Dates: June 2 – 19, 2014

Estimated Fee: \$4,000

With UWMC's Connie Sexauer & Lynn Kordus

You will be exploring parts of Australia and islands of the Southwest Pacific important to victory in World War II. Your trip will take you to tropical islands, lush rainforests, and actual battle sites to experience the feel of walking the landscape of war.

Study abroad opportunities with faculty from other UW Colleges campuses include travel to: Costa Rica, Japan, Germany, Canada, Nicaragua, Ghana and China.

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

MY COUNTRY 'TIS OF THEE: A Survey of American Music



#PE12-S131

3 sessions, Mondays

February 4, 11 & 25

7:30 – 9 PM

Room 138

Instructor: *Jacob Roseman*

Fee: \$39

Come and explore the development of American music from its colonial roots to the present day. Emphasis will be on 20th century music.

GREAT ORCHESTRAS OF THE WORLD



#PE12-S132

3 sessions, Mondays

March 4, 11 & 25

7:30 – 9 PM

Room 138

Instructor: *Jacob Roseman*

Fee: \$39

The orchestra is the "ultimate" instrument family. Join us for a survey of the world's leading orchestras and their unique sounds and approaches. You are guaranteed the best seat in the house!

MUSICAL TRANSPLANT: The Art of Musical Transcription



#PE12-133

3 sessions, Mondays

April 1, 8 & 15

7:30 – 9 PM

Room 138

Instructor: *Jacob Roseman*

Fee: \$39

Many of the greatest musical works only became greater in their musical transformation through transcription. Come and explore their fascinating metamorphosis through time!

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.

COMMUNITY VOCAL JAZZ ENSEMBLE I #PE13-S134

Mondays
January 28 – May 13
7 - 9 PM

Room 206

Instructor: *Timothy Buchholz*
Fee: \$10

This musically demanding vocal jazz ensemble will rehearse and perform musical styles within the jazz and popular idiom. Members of this group should have excellent sight-reading skills and previous ensemble singing experience. This performing ensemble is by audition only and is limited to 16 singers.

E-mail Dr. Buchholz to set up an audition:
timothy.buchholz@uwc.edu

COMMUNITY VOCAL JAZZ ENSEMBLE II #PE13-S135

Thursdays
January 31 – May 9
7 - 9 PM

Room 206

Instructor: *Timothy Buchholz*
Fee: \$10

This new ensemble is geared toward talented high school singers and community members. See above.

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 #PE13-S202

4 sessions, Thursdays
March 7, 14, 21 & 28
7 - 9 PM

Room 089

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 action in life. You'll examine 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.

UWMC Lecture & Fine Arts Events - Spring 2013

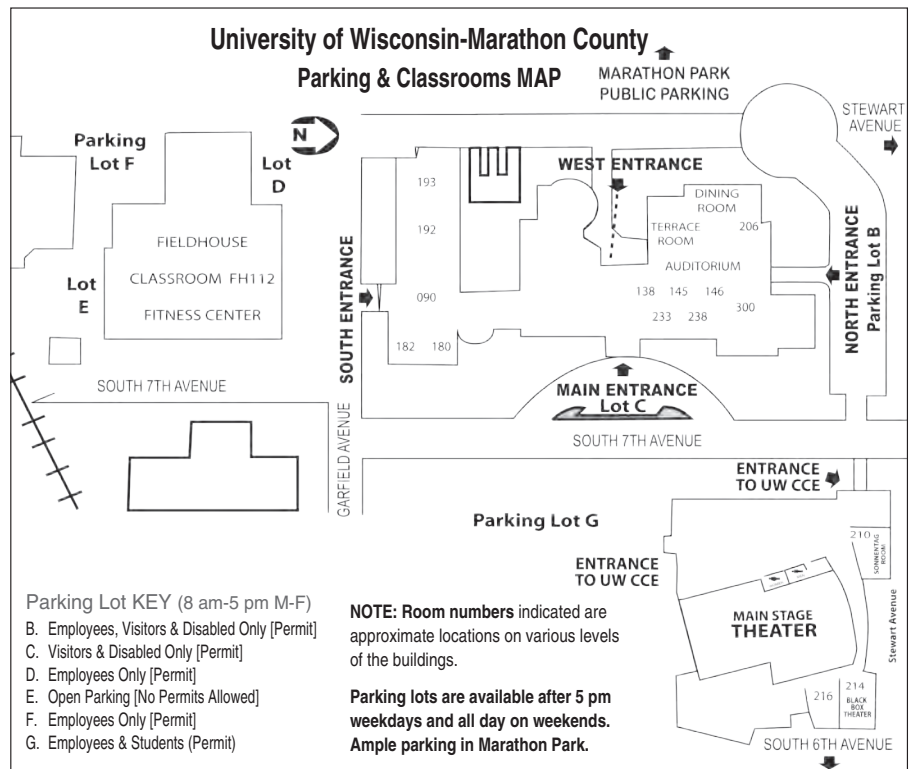
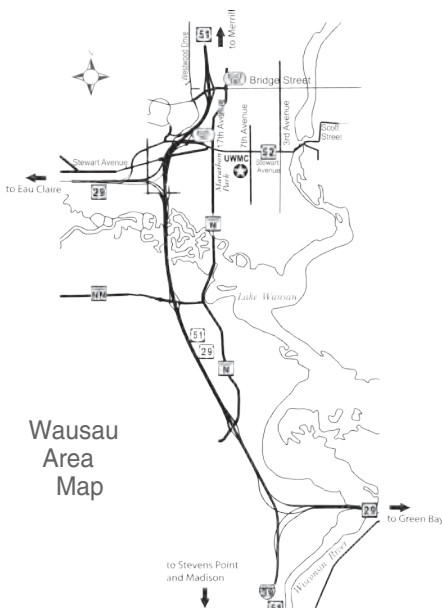
For information, call 715-261-6234

- February 4 — UW-Madison Graduate Student Artist Lecture
- February 4-22 — UW-Madison Graduate Student Art Exhibit
- April 4 — Poetry Reading with Carrie Shippers

UWMC Theatre - Spring 2013

For information, call 715-261-6290

- March 8,9,10,14,15,16 & 17— Avenue Q
- April 25, 26, & 27 — Columbinus



Mail this form to:

University of Wisconsin-Marathon County, C.E. Department · 518 South 7th Ave., Wausau, WI 54401

**CONTINUING EDUCATION
REGISTRATION**

Please complete this form for each class participant. *If registering more than one participant, please make copies of this form.*

Name _____ Daytime phone _____

E-mail _____ *If registering child: Parent's name* _____

Address _____

City _____ Zip _____ Age: Under 18 18-34 35-49 50-64 65+

Course _____ **Start Date** _____ **Fee** _____

Course _____ **Start Date** _____ **Fee** _____

Course _____ **Start Date** _____ **Fee** _____

Course _____ **Start Date** _____ **Fee** _____

Method of Payment:

Check (payable to UWMC)    Credit Card # _____ Exp. Date _____

Signature of Card Holder _____ Date _____



Mail this form to:

University of Wisconsin-Marathon County, C.E. Department · 518 South 7th Ave., Wausau, WI 54401

**CONTINUING EDUCATION
REGISTRATION**

Please complete this form for each class participant. *If registering more than one participant, please make copies of this form.*

Name _____ Daytime phone _____

E-mail _____ *If registering child: Parent's name* _____

Address _____

City _____ Zip _____ Age: Under 18 18-34 35-49 50-64 65+



Course _____ **Start Date** _____ **Fee** _____

Course _____ **Start Date** _____ **Fee** _____

Course _____ **Start Date** _____ **Fee** _____

Course _____ **Start Date** _____ **Fee** _____

Method of Payment:

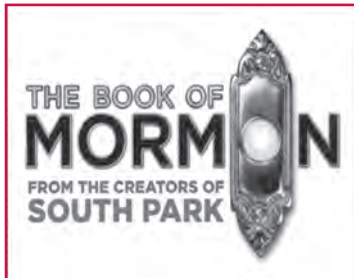
Check (payable to UWMC)    Credit Card # _____ Exp. Date _____

Signature of Card Holder _____ Date _____

Open the Door . . .

Current resident or:

**Winner of 9 Tony Awards® including
Best Musical**



Saturday, April 20
2 PM Matinee
Bank of America
Theatre, Chicago

Registration
Deadline
April 3, 2013

Leave UWMC: 7 AM

Return: approximately 11 PM

Fee: \$229 includes front mezzanine ticket and motor-coach transportation

Deposit: \$50

Nine 2011 Tony Awards® say it's the Best Musical of the Year. *Vogue* says, "It's the best musical of the last 25 years." And *The New York Times* says, "It's the best musical of this century." It's THE BOOK OF MORMON, the Broadway phenomenon from *South Park* creators Trey Parker and Matt Stone and *Avenue Q* co-creator Robert Lopez. *The Daily Show's* Jon Stewart calls it "A crowning achievement. So good, it makes me angry." Contains explicit language.

**"A Landmark Theater Event"
– Time Magazine**



Saturday, June 15
2 PM Matinee
Orpheum Theatre,
Minneapolis

Registration
Deadline
April 19, 2013

Leave UWMC: 8:30 AM

Return: approximately 9:30 PM

Fee: \$139 Deposit: \$30

Dinner on your own in Minneapolis

A remarkable tale of courage, loyalty and friendship. At its heart are astonishing life-sized puppets created by South Africa's Handspring Puppet Company. Although *WAR HORSE* is based on a children's book, it includes scenes depicting some war violence and is recommended for ages 10 and up.