

in cooperation with UW-Extension

www.uwmc.uwc.edu/community/continuing-ed

CONTINUUM

What's in Your Toolbox?



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

The Master Gardeners of North Central Wisconsin, Robert W. Monk Gardens, Inc. and UWMC Continuing Education are again working together to provide the Garden Visions conference on our campus in January.

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, and you will need Internet access to register.

CEUs are also awarded for online classes when requested at time of registration.

Five Easy Ways to Sign Up for Classes

ONLINE: www.uwmc.uwc.edu/community/ continuing ed

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.

EMAIL MARKETING BASICS #PD15-S276

I session, Tuesday, February 3

5:30 – 7 PM Room 145

Instructor: Christopher Overlay

Fee: \$19

Email marketing can be one of the most powerful marketing tools for your business. Learn:

- ◆ How to start & maintain a contact list
- ◆ What it means to be "Double Opted in?"
- ◆ How to avoid spam
- ◆ How to use free (and less expensive) email newsletters
- ◆ How to make your email marketing effective with our key tips and tricks.

SEO FOR DUMMIES

#PD | 5-S277

I session, Tuesday, February I0 5:30 – 7 PM Room I45

Instructor: Christopher Overlay

Fee: \$19

Learn how to design your digital marketing to be "Search Engine Optimized." So what is it? We will discuss the fundamentals of good SEO and how to implement them into your website. You will also learn how to use online elements like blogs and social media to improve your search engine rankings.

GOOGLE® ANALYTICS

#PD15-S278

I session, Tuesday, February 17
5:30 - 7 PM Room 145

Instructor: Christopher Overlay

Fee: \$19

One of the most powerful factors with digital marketing is your ability to measure traffic in/out of your website. Get a real time look at how social media, promotions, and search engine optimization (SEO) are impacting your website. Learn how to read, understand, and utilize Google® Analytics reporting features.

HOW TO GROW YOUR BUSINESS USING THE INTERNET #PD I 5-\$279

I session, Tuesday, February 24

5:30 – 7 PM Room 145

Instructor: Christopher Overlay

Fee: \$19

Websites, social media, emails, texts, SEO, PPC. There are so many different aspects to digital marketing, but what do they mean and how can they impact my business? We will dive into multiple aspects of online marketing and how you can use them to get more leads, increase sales, and build brand equity.

Chris Overlay is an Internet marketing consultant for Virtual Vision Computing ,Wausau, WI. He received a bachelors in marketing from the University of Nevada Las Vegas and has been working in the digital marketing industry for over five years.

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Mobile Marketing Certificate \$595

The way consumers are interacting with brands and connecting to the world is changing because of mobile technologies and applications. Find out about location-based marketing, mobile payments, QR codes, applications, and mobile coupons. You will learn how mobile marketing can increase your capabilities to retain current customers and gain new ones.

Then get step-by-step instructions on how non-technical users can build, deploy and market smartphone applications across Android, iPhone and Blackberry platforms.

Finally, get the knowledge needed to implement a mobile marketing plan for your organization. Find out about proximity marketing, mobile marketing metrics, and developing a mobile marketing campaign.

Three one-month online courses. Heather Dimitt, Dan Belhassen, Susan Hurrell, and Simon Salt, instructors. www.youqotclass.org/catalog.cfm/UwcMarathon



Cyber Security for Managers \$245

Cyber security issues are all around us and reach nearly every part of our business and work, from online banking and education to Facebook and Wi-Fi. Finally, you can get up-to-date on cyber security basics and fundamentals. Designed for non-technical managers, directors and others in the work place, you will learn about threats and vulnerabilities, safeguards, common attacks, viruses, malware and spyware, disaster recovery planning, intrusion detection/prevention, basic security architecture, introductory forensics, and cyber terrorism.

In this course, you will gain the knowledge needed to practice safer computing and how to safeguard your business and work information.

One-month online course, Stan Waddell, instructor www.yougotclass.org/catalog.cfm/UwcMarathon



Intercultural Communication \$195

Globalization requires us to adapt our communication skills to be successful in a culturally diverse world. Whether you're in business, education, the social services, or are simply an adventuring globetrotter, understanding intercultural communication will go a long way to ensuring success in navigating the currents of communication across cultures. Delve into the different approaches to cross-cultural communication, and come away with a new perspective on culture. Take away from the course a better understanding of how cultural-worldview shapes and drives communication.

www.yougotclass.org/catalog.cfm/UwcMarathon

One-month online course, Mary Beth Izard, instructor www.yougotclass.org/catalog.cfm/UwcMarathon

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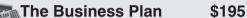
Certificate in Customer Research \$395

Your customers hold the key to the future success of your organization. You can find out what your customers know by engaging and interacting with your customers.

Find out how to get feedback, information and even answers from your customers. With our low and no cost methods of customer research, you will discover new techniques for collecting information that will improve your organization's products or services, promotion and marketing, and even bottom line finances.

Whether you work in a for-profit or nonprofit environment, our 8 stage needs assessment model will give you a step by step proven approach to researching and selecting new services, products or activities.

Eight week online course, William A. Draves, lead instructor www.yougotclass.org/catalog.cfm/UwcMarathon



Whether starting a business or growing the one you have, a business plan serves as a roadmap and can

help secure needed funding. In this course, you evaluate the many aspects and potential hurdles of the business and build a business plan, one step at a time.

This practical, hands-on approach encourages you to immerse yourself in the vision and planning aspects of your business. Focusing on the most critical components of a business plan enables you to uncover hidden risks and assess the business from a marketing, management, and financial vantage point.

One-month online course, Mary Beth Izard, instructor www.yougotclass.org/catalog.cfm/UwcMarathon

Certificate in Data Analysis \$495

Data Analysis is quickly becoming one of the most sought-after skills in the workplace. Companies have vast amounts of data, but it is rare to have someone with the ability to analyze that data to see trends and make predictions. Add a whole new skill set to your portfolio, and make a big difference in the success of your organization by acquiring data analysis skills.

\$195 for each one-month online course or \$495 for all three and the certificate; John Rutledge, Mary Dereshiwsky, and Jeff Kritzer, instructors.

Business Research Certificate \$495

Discover the specific knowledge needed to succeed in researching and utilizing the best and most appropriate data for decision making for your work organization. Get the skills needed to effectively communicate research results to a specific audience for maximum impact and effective decision making. For business professionals, entrepreneurs, and

anyone who needs specific information about a business such as market potential, competitive intelligence, standard industry practice, productivity improvement, etc. This course will give you the specific knowledge you need to succeed in your research quest.

Three one-month online courses (only available as a certificate). Mary Dereshiwsky and Cathy Boys, instructors.

To register for the courses and certificates above and for information on related courses go to:

www.yougotclass.org/ catalog.cfm/UwcMarathon

How to get started with the following Ed2Go ONLINE Individual 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.

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\	Achieving Success with Difficult People	\$99
\	Achieving Top Search Engine Positions	\$99
\	Building Teams That Work	\$99
\	Business and Marketing Writing	\$99
\	Effective Business Writing	\$99
\	Everyday Math	\$99
\	High Speed Project Management	\$99
\	Interpersonal Communication	\$99
\	Keys to Effective Communication	\$99
\	Performing Payroll in Quickbooks®	\$99
\	Project Management Fundamentals	\$99
\	Project Management Applications	\$99
\	PMP Certification Prep 1	\$105
\	PMP Certification Prep 2	\$105
\	Real Estate Law	\$99
\	Business and Marketing Writing	\$99
\	Resume Writing Workshop	\$99
\	Writing Effective Grant Proposals	\$99

BEGINNING EXCEL®

#CF15-S601

2 sessions, Saturdays February 21 & 28

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.

DON'T JUST SEARCH - FIND SOMETHING!



I session, Tuesday March 3

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.

CLOUD COMPUTING #CF15-S605

Room 300

4 sessions, Mondays & Wednesdays February 9, 11, 16 & 18

Instructor: Brad Schmicker

6:30 - 8:30 PM

Fee: \$69, College of the Emeriti Fee: \$49

It used to be that you needed to be in a hot air balloon or on a plane to be in a cloud. With today's Internet, anyone can learn to compute in the clouds. In this course, you'll learn the basic skills of cloud computing. Learn how to store, share and collaborate using simple to understand programs that run in the cloud. Two sessions are devoted to Google® Drive. If you don't have a free Google® account, we'll show you how to set up one. Dropbox and iCloud are two of the many "cloud storage" services available. Bring your files, including photos, on CD, DVD, or flash drive to get started with the safe way to store your files.. This no-pressure course is designed to teach you what your kids are learning in school.

PHOTOSHOP® ELEMENTS I #CFI5-S603

6 sessions, Mondays & Wednesdays March 2, 4, 9, 11, 16 & 18

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 11.0. You will gain enough confidence to make this photo editing program a favorite on your desktop.

Prerequisite: Computer basics or equivalent experience.

PHOTOSHOP® ELEMENTS 2 #CF15-S604

6 sessions, Mondays & Wednesdays April 27, 29, May 4, 6, 11 & 13

6:30 – 8:30 PM Room 145

Instructor: Brad Schmicker Fee: \$89 includes flashdrive

1.2 CEU

In this class, you will take your basic understanding of Photoshop® to the next level. Each class will be devoted to exploring some of the more advanced tools offered in Photoshop® Elements 11. The skills you learn can be transferred to other versions of Elements as well as other Photoshop® like programs. Some of the activities will include photo restoration, fixing common photographer errors, exploring layer modes and several techniques to turn your plain images into works of art

Our Computer Instructors

Mike Theiss is an experienced computer software consultant and former 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.

More computer classes from Ed2Go ONLINE include:

- ♦ Creating Web Pages
- ♦ Adobe InDesign CS6
- Creating Mobile Apps With HTML5
- ♦ Introduction to QuickBooks®
- ♦ Introduction to Microsoft Access®
- ♦ Introduction to Microsoft WORD®
- ♦ Intermediate Microsoft WORD®
- ♦ Introduction to CorelDRAW X5®
- Search Engine Marketing
- ♦ Plus hundreds more!

Go to: www.ed2ao.com/uwmcconed

DIGITAL SLR PHOTOGRAPHY PART I Section A #PEI5-\$121

3 sessions, Wednesdays January 28, February 4 & 11 6:30 – 9 PM

Room FH112

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Section B

#PE15-S123

3 sessions, Tuesdays February 17, 24 & March 3 6:30 – 9 PM

Room FH112

Instructor: Scott Savage

Fee: \$69

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 #PEI5-SI22

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3 sessions, Wednesdays February 25, March 4, 11 6:30 – 9 PM

Room FH112

Section B

#PE15-S124

3 sessions, Tuesdays March 31, April 7 & 14 6:30 – 9 PM

Room FH112

Instructor: Scott Savage

Fee: \$69

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 explained things very well and used a multitude of good examples. Could tell he was an experienced photographer and teacher."

CLOSE-UP PHOTOGRAPHY #PE15-S126

I session, Tuesday April 21

6:30 – 9 PM Room FH112

Instructor: Scott Savage

Fee: \$29

Learn how to make macro/close-up photographs with your camera. You will also learn about your equipment and gain many 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.

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.

RETIREMENT PLANNING TODAY

#PDI5-S275

2 sessions, Thursdays February 19 & 26

6 – 9 PM Room 089

Instructor: Todd Cour

Fee: \$49 (spouse/significant other is free)

Plus a Material Fee: \$10 per couple

Learn how to:

- create a plan to retire early
- use new tax laws to your advantage
- ask the right questions when evaluating insurance coverage
- select the right retirement plan distribution
- use five investment strategies to minimize risks and maximize returns
- plan retirement income strategies to preserve your standard of living.

This course blends financial education with life planning to help you build wealth, align your money with your values, and achieve your retirement lifestyle goals.

Todd Cour is the owner of Cour Financial LLC in Wisconsin Rapids. He has extensive experience teaching financial and retirement planning education courses.

Classes with this symbol



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

MAXIMIZING SOCIAL SECURITY

Session A, Tuesday, March 31 #PD15-S271 Session B, Tuesday, April 7 **#PDI5-S272** Session C, Thursday, April 9 #PDI5-S273

6 - 9 PM

Room 089

Instructor: Navi Dowty

Fee: \$19 Plus material fee: \$10 per couple 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 #PDI5-S274**

3 sessions, Tuesdays April 21, 28 * May 5

6 - 9 PM **Room 089**

Instructor: Navi Dowty

Fee: \$49 Plus material fee: \$10 per couple

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 where you gain 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.

VARIETIES OF QUIDDITCH

#YO I 5-S40 I

A one-day Winter Wizarding Academy
Saturday, February 7
9 AM – 4 PM Field House, Room I I 2
Instructors: Holly Hassel & Jill Stukenberg
Fee: \$39 includes lunch
Join us for a one-day Wizarding Academy focused on
Quidditch play. The day camp, "Varieties of Quidditch"
will include lots of games and campers will use their imaginations to add new rules and plays to Quidditch.
We'll play all the new versions!

MAC, iPHONE AND iPAD **PROGRAMMING**

The fastest-growing software market today involves mobile applications (or apps). In this course, you'll learn to use the free Xcode compiler and the Objective-C programming language to program your own apps that you can sell through Apple's App Store, reaching millions of potential customers around the world.

You'll start with the basic steps to writing any program, then progress to using Xcode—the same compiler that Apple, Microsoft, Adobe, and many other companies use to write programs and applications. Along the way, you'll explore examples and perform simple coding exercises to build your confidence using Xcode and Objective-C.

This is an online, instructor-led course. Classes begin each month

Fee: \$99

ACT Prep Course

Saturday, February 28

8:30 AM - 3:30 PM Room 233 Registration deadline:

Friday, February 20

Prep Course

day, February 28

3:30 AM – 3:30 PM

m 233 Fee: \$30

Registration deadline:

friday, February 20

sion is designed to assist the student aring for the ACT assessment.

Areas to be covered are:

rategies

en-solving strategies

metry and trigonometry reviews

representation, analysis and interpretation of amaries and conflicting hypotheses

is limited. Register early!

ation notices are not sent.

only be notified if this course

is canceled or changed. 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 CALENDAR!

STEM Saturday for BOYS

Saturday, January 31, 9 am - 3 pm

College for Kids

Middle School U

June 15 - 26, 8:15 AM - Noon

June 15 - 19 1 - 4 PM

Wizarding	Academy .	/ July 6 – 10
Wizarding	Academy	// July 13 – 17

Complete your business degree



Enroll in courses at



Start Now! www.uwsp.edu/uwmc

Contact Lori Brandt 715-261-6229



It's not just business, it's personal.

UWMC CREDIT CLASS IN THE EVENING

Working adults can get started or keep working on a college degree by taking a variety of evening courses at UW-Marathon County. Contact the Student Affairs Office to register at 715-261-6235.

ART 201 Introduction to Life Drawing

Monday and Wednesday 6-8:50 p.m.

ART 202 Intermediate Life Drawing

Monday and Wednesday 6-8:50 p.m.

ART 216 Digital Imaging and Design

Tuesday and Thursday 6-8:50 p.m.

BIO 101 Concepts of Biology (lecture)

Tuesday and Thursday 5:30-6:45 p.m.

BIO 101 Concepts of Biology (lab)

Tuesday and Thursday 7-8:50 p.m.

BIO 280 Human Anatomy (lecture)

Monday and Wednesday 4-4:50 p.m.

BIO 280 Human Anatomy (lab)

Monday 6-7:50 p.m.

BUS 202 Intermediate Accounting

Monday and Wednesday 5-6:50 p.m.

CTA 103 Introduction to Public Speaking

Monday and Wednesday 4-5:15 p.m.

ENG 102 Critical Writing, Reading and Research

Tuesday and Thursday 4-5:15 p.m.

MUS 071 Band

Wednesday 6:30-8:10 p.m.

MUS 074 Jazz Ensemble

Tuesday 6-7:40 p.m.

MUS 075 Small Vocal Ensemble: Jazz

Monday 7-9 p.m.

MUS 278 History of Rock and Roll

Tuesday 5:30-6:45 p.m.

PHI 244 Environmental Ethics

Monday and Wednesday 4-5:15 p.m.

Access our entire course schedules, including online offerings at: http://uwmc.uwc.edu/academics/courses



LEARNING IN RETIREMENT (LIR)

Learning in Retirement (LIR) at UWMC is a relatively 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 and programmed 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. The programming includes a book discussion lead by Kathy Serley, a lecture by Harlan Grinde and a series of Ted Talks followed by discussion and coffee. The talks/discussions are moderated by community 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

Book Discussion on the shared reading:

The Price of Civilization by Jeffrey D. Sachs

Thursday, February 5

2:30 - 4 PM

Terrace Room

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

TED Talks, Discussions 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.

February 12—The Difference Between Winning and Succeeding

February 19— We the People and the Republic We Must Reclaim

February 26— Why Ordinary People Need to Understand Power

March 5— Deliberating the Type of City Government that Would Be Best for Wausau — Held in Sonnentag Hall

March 12— If I Should Have a Daughter

March 19— A Song Inspired by the Ocean; What I Learned from Spending 31 Days Under Water; and A Shark Deterrent Wetsuit

April 9— Wiring an Interactive Ocean

April 16— How Public Spaces Make Cities

Work-Held in Sonnentag Hall

April 23—The Children's Nature Network
April 30— Funeral Industry Trends and
Options

Prepare To Discuss the World! 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

February 2 Russia and Near Abroad

With Jeff Leigh

February 9 Privacy in the Digital Age

With Eric Giordano

February 16 Sectarianism in the Middle East

With Jeff Leigh

February 23 India Changes Course

With Chris Kroh

March 2 Syria's Refuge Crisis

With Jeff Leigh

March 9 U.S. Policy Towards Africa

With John Viste

March 16 Human Trafficking in the 21st Century

With Connie Sexauer

March 23 Brazil in Metamorphosis

With Chris Kroh



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

GARDEN VISIONS 2015

Friday & Saturday, January 23 – 24 UWMC

Friday: Pre-conference workshops.

New this year is a "Slow Food" dinner.

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

STEVE SMITH MEMORIAL LECTURE

The Homefront in WWII

With Harlan Grinde Thursday, May 7 2:30 - 4 PM Terrace Room

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.
- ◆ Free participation in the annual Good Ideas: A University Experience for Adults, a three-day enrichment program on Tuesday, Wednesday, and Thursday January 6, 7 and 8, 2015.
- 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.
- UWMC Fitness Center for a small fee and if prerequisites are met.

Annual membership fee - \$69

SOAPBOX LECTURES are scheduled at the beginning of each month during the academic year. Days and times may vary. This year all lectures will be in Terrace Room, with the exception of the February 4 lecture held in the UW CCE Room 210.

Wednesday, February 4 ◆ 11 AM

All About the BRICS: Brazil, Russia, India & China
with Chris Kroh

Wednesday, March 4 ◆ 10 AM

The Impact of the Inverse Population Pyramid
with James McCluskey

Tuesday, April 7 ◆ 10 AM

Epidemics in Education with Jeffrey Amundson

Tuesday, May 5 ◆ 10 AM

The Return of the Yumbos: A Cultural Happening in Nanegal, Ecuador with Ron Lippi

STRENGTH TRAINING BASICS FOR THOSE 50+



8 sessions, Tuesday & Thursday February 2, 4, 9, 11, 16, 18, 23 & 25 9:30 – 10:45 AM Fitness Center FH 202

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.

TRIBAL STYLE BELLY DANCING

#PE15-S144

6 sessions, Tuesdays
February 10, 17, March 10, 24, 31 & April 21
7 – 8 PM Auditorium Stage

Instructor: Anna Nummelin

Fee: \$59

Tribal Style belly dance is a fusion of traditional and folkloric dances from the Middle East, Asia, North Africa, and Europe. This style of belly dance celebrates the strength and beauty of the dancers. The course will cover basic belly dance movements and group improvisation. It is an invitation to dance together and share our experiences, our wisdom, our joy.

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

TAPPING FOR HEALTH #PEI5-S193

I session, Wednesday January 28 5:30 – 7 PM

Room 089

Instructor: Sandra Grass

Fee: \$19

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.

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

WELL BEING DAY - SATURDAY, MARCH 28

Healthy Sleep

#PEI5-SI97

8:30 - 10:30 AM

Sonnentag Hall

Instructor: John Oestreicher

Fee: \$30

Relaxation expert John Oestreicher will explain how to fall asleep easily and guickly. 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.

" It was a peaceful class with new knowledge."

As You Think

#PEI5-SI94

10:45 AM - 12:45 PM

Sonnentag Hall

Instructor: Iohn Oestreicher

Fee: \$30

This class is about using your thoughts effectively to create the life you want.

- Learn what the "Vibrational Universe: is and how it works.
- Learn to recognize why your life is moving in a certain direction and how to change it.
- Learn to apply the power of intention, to attract everything to you.

Forever Young

#PEI5-SI96

I - 3 PM

Sonnentag Hall

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 Shebovgan, Fox Valley. Manitowoc and Fond du Lac campuses of the UW Colleges for the past six years.

HOW TO GET THROUGH THE WINTER AND STILL BE SANE **#PEI5-SI95**

I session. Wednesday February II



6 - 7:30 PM Instructor: Georgia Moen

Fee: \$19

Learn how to identify and balance your stresses, whether in situations, relationships or the weather.

Examine possible solutions for your happiness: gratitude for situations, relationships and gifts; the practice of compassion that focuses on strengths; emotional self-care including identifying negative beliefs; and a focus on the positives.

Georgia Wiese-Moen is a licensed professional counselor with Charis Counseling.

"Thanks for a great course. We've placed a few more pieces into the jigsaw puzzle of my knowledge base. The picture is getting clearer. On to the next course!"



These instructor-facilitated online courses are informative, convenient and highly interactive. Go to www.ed2go.com/uwmcconed to get started.

INTRODUCTION TO NATURAL HEALTH \$99 AND HEALING

Learn how to promote wellness, balance, and health in all aspects of your daily life.

\$99 ASSISTING AGING PARENTS

Are your parents in their golden years? Learning how to help parents or other loved ones through their transition can prepare us for our own. You will learn what to expect, what to watch for, how to deal with physical and emotional challenges, and where to find resources to help. You'll learn how to handle most of the challenges you will face while coming to appreciate and cherish the privilege of the journey.



Educational Assistance Through Scholarships www.uwmcEATS.com 715-261-6280

mth-eats@uwc.edu

Classes with this symbol



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

CONVERSATIONAL RUSSIAN

10 sessions, Mondays & Wednesdays February 2, 4, 9, 11, 16, 18, 23, 25, March 2 & 4 7 – 8:30 PM Room 089

Instructor: Olga Cotey

Fee: \$99 College of Emeriti Fee: \$59

Text: Russian Step by Step, Level 1 ISBN-10: 1479321249

Pay the instructor for the textbook

This course is designed for students of varying backgrounds in the Russian language and culture including beginners. Listening and speaking will be stressed. You will gain insight into the rich and complex culture of Russia. Have fun and learn to speak enough Russian to get along as a tourist.

Olga Cotey is a native Russian speaker. She has a master's degree in English and linguistics and has been a resident of the US for the past seven years.

SPEED SPANISH

Imagine yourself speaking, reading and writing Spanish. Now you can with Speed Spanish! This course is designed for anyone who wants to learn Spanish pronto. You'll learn six easy recipes for gluing Spanish words together to form sentences. In no time at all, you'll be able to go into any Spanish speaking situation and converse in Spanish. ¡Qué Bueno!

Requirements: Internet access, email account, web browser, ADOBE PDF plugin, and a computer with speakers or headphones

Fee: \$99. To register go to: www.ed2go.com/uwmcconed

BEGINNING CONVERSATIONAL FRENCH

This course will teach you how to communicate easily and comfortably with those who speak French. You'll learn practical, common phrases that will make your trip to the many French-speaking regions of the world more pleasant.

Requirements: Internet access, email account, web browser, ADOBE PDF plugin, and a computer with speakers or headphones

Fee: \$99. To register go to: www.ed2go.com/uwmcconed

"The content was practical and useful. I found many ideas I'd like to use in my own teaching..... What a practical way to develop as a teacher without taking large amounts of time away from actual teaching in order to participate."

International Film Series

February 5 – 26

UW CCE James F. Veninga Theater

Enjoy award-winning films from around the globe.

Discussions led by UWMC faculty and community experts will follow each film. All films will be shown in their original version with English subtitles, except where noted.

Suggested donations: Adults, \$5; seniors & non-UWMC

students, \$3; UWMC students, FREE

February 5, 7 pm – Spain – Blancanieves (PG-13) February 6, 7 pm – China – The Blue Kite (NR*) February 8, 2 pm – Iran – Children of Heaven (PG)

** English language track

February 11, 7 pm – Japan (animé) – *Grave of theFireflies* (NR)

** English language track

February 13, 7 pm – Argentina – *The Secret in Their Eyes* (R)

February 20, 7 pm – Germany – Goodbye Lenin (R)

February 21, 7 pm – France – Amélie (R)

February 24, 7 pm - Norway - Headhunters (R)

Think **Belize**, <u>not</u> Wisconsin, this March!

Rainforest & Reef: Tropical Ecology of Belize March 21 – 28, 2015

Instructors: Paul Whitaker, UW-Marathon County and Stephanie Vrabek, UW-Fox Valley Fee: \$3390

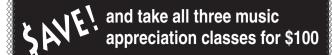
Some spaces still available. Register now with a \$500 deposit. Final payment due February 1.

Students will receive three UW Colleges credits of BIO 298 (NS/LS) – Special Topics in Biology – Spring 2015..

During the first half of this seven-day visit to Belize, you will learn about the plants, animals and ecology of the Belize rainforest through guided hikes and field investigations. The second half of the trip will take place on South Water Caye, a pristine island along the Belize barrier reef and part of a UNESCO Heritage Site. During the stay at South Water Caye, you will conduct marine investigations on the reef and begin independent research projects. Lab write-ups and a formal research project report will be due before the end of the term.

Community members do not have to worry about papers and grades, but still gain the experience!

^{*}subject to change



LA BELLE EPOQUE IN MUSIC #PE15-S198

3 sessions, Mondays January 26, February 2 & 9 7:45 – 9:15 PM Room 238

Instructor: Jacob Roseman

Fee: \$39

La Belle Epoque personified the "golden age" in France between 1871 and 1914. This era also produced some of France's most revered musical masterpieces. Join us in exploring some of Western music's greatest gems.

THE GENIUS OF JOHANNES BRAHMS

#PEI5-SI99

3 sessions, Mondays February 16, 23 and March 2

7:45 – 9:15 PM Room 238

Instructor: Jacob Roseman

Fee: \$39

It is just to say that Johannes Brahms was one of classical music's "perfectionists", not to mention his worst critic. Fortunately, the populace did not feel the same as Brahms and recognized him as a musical genius during his lifetime. This class will survey the composer's most popular works and explore Brahms' revered talents.

MUSIC FOR HOLY WEEK

#PEI5-S200

3 sessions, Mondays March 9, 16 & 30

7:45 – 9:15 PM Room 238

Instructor: Jacob Roseman

Fee: \$39

Holy Week during the Lenten season not only produced musical masterpieces in the church, but also on the concert stage. This wealth of music ranges from antiquity to the present. Join us in this survey of musical classics that provide great inspiration both musically and spiritually.

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.

"Top-notch, as usual, superb professor with enthusiasm brimming! Can't think of enough new adjectives! Too many new things to itemize."

IT'S TIME! Write, Edit and Share



4 Sessions, Tuesdays April 7, 14, 21 & 28 6:30 – 8:30 PM

Room 193

Instructor, Victoria Lindsay

Fee: \$59

Isn't it time to share your thoughts and memories in written form? Learn techniques that will make your important stories come alive for readers. Writers in all genres are welcome.

- Review writing basics.
- Learn how to incorporate creativity into your work.
- Create and share a piece or two.
- Receive helpful feedback and edit your work.

This is a class designed to help you improve your writing and build your self-confidence in sharing it. There are short assignments. You will turn in work, so that the instructor can assist you individually. Come and have fun with other "wordworkers."

Victoria Lindsay is a professional educator, a professional writer and a writer for her own pleasure. She has written works for all ages. An award-winning journalist, poet, writer of fiction, nonfiction, historical fiction and memoir, Lindsay has often performed her pieces.

INTERNATIONAL DINNERS

TBA

Friday, February 27

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

Multigenerational Travels Through Europe With Julie Bunczak &

Bonnie Samuelson

Friday, April 10

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

Fee: \$25 per person Two for \$49



Summer New York Theatre Trip June 23 - 26, 2015

Information Meeting

Thursday, January 29
7 PM, Sonnentag Room,
UW Center for Civic Engagement

Travel to New York in June for an educational theatre trip. Three musicals will be included 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.



Fall New York Theatre Trip October 6 – 11, 2015

Information Meeting

Wednesday, February 4
7 PM, Sonnentag Room,
UW Center for Civic Engagement

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. Broadway plays are included as well as tours, round-trip airfare from Central Wisconsin Airport and lodging.

Estimated Fee: \$2,800 (double occupancy)
Deposit of \$99 due with registration.

UWMC Lecture & Fine Arts Series - Spring 2015

Contact Julie Bunczak: 715-261-5278 or julie.bunczak@uwc.edu

January 30 UW Colleges Music Department Faculty Recital

7 pm - UW Center for Civic Engagement James F. Veninga Theater—Free

Music faculty members from the 13 UW Colleges performing solo and small ensemble.

January 31 Faculty Trumpet Recital

3 pm, UW Center for Civic Engagement James F. Veninga Theater - Free Featuring UW Marathon County music faculty member Chad Premeau.

February 2 – 20 University of Wisconsin Melanie Treuhaft Graduate Art Student Lecture & Exhibit

Lecture: February 2, 7 pm room 180 - Free Exhibit: February 2-20, 8 am - 5 pm,
Monday - Friday, Ahrnsbrak Room - Free

February 5 – 26 International Film Festival

UW Center for Civic Engagement
James F. Veninga Theater
Suggested donations:
Adults--\$5; seniors and non-UWMC
students-\$3; UWMC students-FREE
See page 12 of this publication.

February 18 UWMC Theatre presents: The Vagina Monologues

6 pm & 8 pm, Auditorium Admission: \$10 gen., \$5 students & Srs.

March 9

Wisconsin Poet Laureate Max Garland

7 pm, UW Center for Civic Engagement James F. Veninga Theater - Free

March 19

Spring Concert with Concert Band

7 pm, UW Center for Civic Engagement James F. Veninga Theater - Free

March 30 - April 17 Newberry Creativity Award Exhibit

Monday – Friday, 8am – 5pm Ahrnsbrak Room - Free Student submissions exhibit

April 8

Tim Fisher Artist Presentation

7 pm, Room 180- Free

April 11 Vocal Jazz Festival

All Day festival of vocal jazz groups from throughout the state, with clinics by guest artist group *Groove for Thought*.

7 pm, UW Center for Civic Engagement James F. Veninga Theater—\$10 FREE for UWMC students and festival participants

Vocal Jazz Festival concert with guest artist group, *Groove for Thought.*

ww.uwmc.uwc.edu/arts/lfa

UWMC Theatre presents: The Importance of Being Earnest

A trivial comedy for serious people.

April 17 & 18, 23 -25

7:30 pm, UW Center for Civic Engagement James F. Veninga Theater

April 26

2 pm, UW Center for Civic Engagement James F. Veninga Theater Admission: \$15 general; \$12 students & seniors; UWMC Students - Free

May 7 - May 19

Monday - Friday, 8 am - 5 pm Ahrnsbrak Room - Free

Student Sculpture Exhibit

May 7

Spring Jazz Concert

7 pm, UW Center for Civic Engagement James F. Veninga Theater - Free

Featuring Jazz Ensemble, Vocal Jazz Ensemble and Jazz Central Voices.

May 10 Mother's Day Concert

7 pm, UW Center for Civic Engagement James F. Veninga Theater - Free Featuring Concert Choir and Concert Band

May 11

Music Majors Recital

7 pm, UW Center for Civic Engagement James F. Veninga Theater - Free Featuring UWMC student music majors

performing solo vocal and instrumental repertoire.

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

CONTINUING EDUCATION REGISTRATION

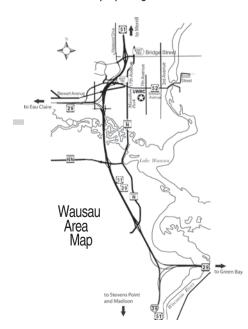
Please complete this form for each class participant. If registering more than one participant, please make copies of this form.

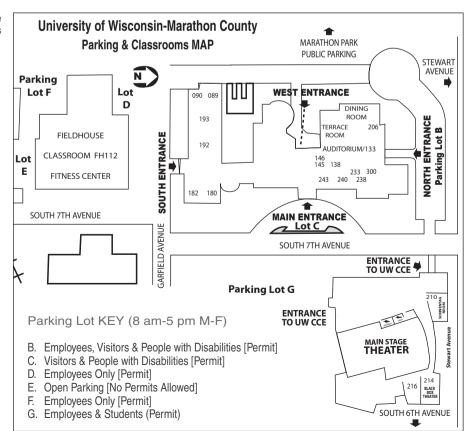
Name	Daytime phone	
E-mail	If registering child: Parent's name	
Address		
City zip		☐ 50-64 ☐ 65+
Course	Start Date	Fee
Method of Payment:		
Check (payable to UWMC) Credit Card # Credit Card #	E	xp. Date
Signature of Card Holder	Date	



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.





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Wausau, WI 54401

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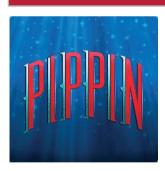
PAID

518 South 7th Avenue Wausau, WI 54401



Current resident or:

Theatre



Pippin

Saturday February 21, 2015 Orpheum Theatre, **Minneapolis** Depart UWMC at 8:30 AM; Return at 10 PM Fee: \$159

Pippin is back on Broadway for the first time since it thrilled audiences 40 years ago. The show The New York Times declared "Astonishing. A Pippin for the 21st century." It won the Tony Award® for BEST MUSICAL REVIVAL! With a beloved score by Tony® nominee Stephen Schwartz (Godspell, Wicked), Pippin tells the story of a young prince on a death-defying journey to find meaning in his existence. Will he choose a happy but simple life? Or will he risk everything for a singular flash of glory. This captivating new production is directed by Tony® winner Diane Paulus (Hair and The Gershwins' Porgy and Bess). It features sizzling choreography in the style of Bob Fosse and breathtaking acrobatics by Les 7 Doigts De La Main.



The Guthrie Theater in a co-production with American Conservatory Theater presents

Mr. Burns, a post-electric play

by Anne Washburn, Score by Michael Friedman Lyrics by Anne Washburn Saturday, April 18, 2015 Depart UWMC at 8 AM; Return about 9:30 PM

Fee: \$159

What will endure when the apocalypse arrives? Anne Washburn's imaginative dark comedy begins immediately after the fall of civilization with a group of people trying to recreate the iconic "Cape Feare" episode of "The Simpsons." Seven years later, the same clan is recounting episodes of the show professionally. Flash forward 75 years, and the story is told in an entirely different way. Mr. Burns is an exploration of how the pop culture of one era might evolve into the mythology of another. The New York Times named Mr. Burns one of the Top Ten Plays of 2013, saying it will "leave you dizzy with the scope and dazzle of its ideas." Time magazine called the play "both scary and sweet, funny but dead serious, unique and wonderfully theatrical." Don't miss the play everyone will be talking about this season!