



GOOD IDEAS CONFERENCE

January 9-11, 2023

Offered in-person and online!

* indicates a session is being offered in a Hybrid format

MORNING GENERAL SESSIONS | 9-10 A.M.

*1. How do we move towards Regenerative and Sustainable Agriculture in Central Wisconsin?

Kirstie Heidenreich (Marathon County Conservationist) & Brooke Bembeneck (Marathon County Grazing Analyst)

Come learn from seasoned conservationists in a county land conservation department on how we can use innovative ways to make a shift as a society towards regenerative agriculture. Hear examples of how this is occurring right in Central Wisconsin and what you can do as a consumer to support this movement.

*2. A Review on PFAS: Strategies and Treatment Processes

Dr. Seyed Javad Amirfakhri (Assistant Professor of Paper Science and Chemical Engineering)

What are the PFAS? What are the health concerns of PFAS? Which strategy is more effective for dealing with PFAS: prevention or treatment? What are some efficient methods for PFAS removal from drinking water? Do you know that you may have a piece of equipment at home that removes PFAS partially? What are the short-term and long-term treatment methods? These questions will be addressed in this presentation.

*3. Mediating Voices from the Past

Bea Lebal (retired teacher & library director)

Discover the importance of family diaries and other records to understanding your family and community history.

AFTERNOON GENERAL SESSIONS | 2:45-3:45 P.M.

*1. Capturing the Packers

Matt Foss (Executive Director at Leigh Yawkey Woodson Art Museum)

For 75 years, the Biever family of Port Washington photographed the Green Bay Packers, leaving a legacy unmatched. "Capturing the Packers" will highlight the family's story as well as the photographs which made their work famous across the sports world.

*2. The Columban and Copernican Revolutions: The Scientific Revolution in the 16th C.

Keith Montgomery (Professor and Dean Emeritus)

We will explore how European ideas of the geography of Earth and of its place in the Cosmos shifted in the 16th C., and how these shifts -- Columban and Copernican -- were related and moved thinking from an older classical model of studying nature (Earth and the Cosmos) towards a modern, scientific approach.

*3. Ballroom Basics for Balance

Susan Frikken (Physical Therapist at UW-Madison School of Medicine and Public Health)

BB4B is a fun, community-based balance class using the basics of dance intended to enhance balance and prevent falls. This collaborative model involves student volunteers and validated balance & cognitive function measures. The curriculum is informed by best evidence and therapeutic practice and adapted to a community's needs.

MORNING CLASSES (CHOOSE ONE) | 10:30 A.M.-NOON

1. Beginning Hydroponics Becky Wirkus (Youth Program Manager for Continuing Education)

Build and learn how to maintain your own tabletop hydroponic system. This system will enable you to grow your own herbs, lettuce and more. Get your hands into learning while gleaning an understanding of how to grow useful cooking plants without soil. Participants will build their own system to take home. **Workshop fee of \$30 will be used for materials to build the hydroponics system.** Please bring safety glasses with you if you have them. We will also be spray painting on the first day, so please bring clothing that could potentially get paint on it.

*2. Religion in the Public Square Ryan T. O'Leary (Lecturer in Religious Studies)

Since the beginning of the American experiment, we have separated church and state. But Thomas Jefferson's celebrated "wall of separation" is more like a chain-link fence: things can slip through, and when they do, they can grow quickly. Meanwhile, our free exercise of religion means that our religious beliefs can and do influence our political ideals. This seminar will ask questions about how and when it is appropriate--or inappropriate--for our religion to influence our political decision-making, and examine issues including prayer in schools, the tax-free status of churches, and the distinction between religious belief and practice.

*3. A Geologic Tour of Wisconsin's State Parks Lisa Siewert (Professor of Geology/Geography)

Join us on a virtual exploration of Wisconsin's most stunning state parks, where the geological past comes alive. This course offers a unique journey through time, uncovering the fascinating geological processes that have shaped Wisconsin's diverse landscapes. From the ancient rock formations of Devil's Lake State Park to the glacial features of Interstate State Park, we'll delve into the stories these rocks and landforms tell about Earth's history and Wisconsin's place in it.

4. On Grief Douglas Hosler (Professor Emeritus in Philosophy)

This 3-day course examines grief and related experiences humans go through. The talk starts with the instructor's observations of his own grief (and that of some others) related to the loss of his daughter when she was 19. Observations and experiences from those taking the course are welcome, conflicting views are to be considered, and shared opinions are valued. The second day is to be devoted to theories about grief: stages of grief and ideas of what grief really amounts to. The third day is devoted to connecting grief with other things that underlie PTS and PTSD, and philosophic issues about pain in life, such as whether pain is a necessary part of life. Religious ideas and therapeutic ideas will be considered.

AFTERNOON CLASSES (CHOOSE ONE) | 1-2:30 P.M.

5. A Tour of Three Local Authors Day 1 - Jill Stukenberg (Professor of English) | Day 2 - Tiffany Rodriguez Lee (Wausau Poet Laureate and Executive Director at Center for Visual Arts) |

Day 3 - Tom Burg (retired FBI agent and author)

Day 1- Sustainable Literature: Most of us are familiar with the goals and joys of eating locally. What does it mean to make art that is local in focus? How does it help to sustain oneself as an artist? Stukenberg will discuss her (decade-long!) process of writing her Wisconsin novel, *News of the Air*, and her passion for midwestern writers and writing, with time for discussion and audience reflection too. Stukenberg will also bring copies of her novel to sell and sign.

Day 2- In Pursuit of Poetry- An Accessible Practice: Tiffany will share some poetry from her forthcoming chapbook, *Coming Up for Air*. She'll also discuss her role as Poet Laureate and what that means for the Wausau Community. The session will end with some writing exercises and open discussion on poetry and writing as an accessible and friendly art form, regardless of experience.

Day 3- Who, me? A Real Writer?: Retired Wausau-based FBI Agent becomes a writer, first of non-fictional railroad history and now of Crime Stories with details based upon events and cases from his career.

*6. A Day in the Life of a Classical Musician Jacob Roseman, Artist/Instructor of Flute at the Wausau Conservatory of Music

The musical world is like no other, fascinating, and well worth exploring. Join us to go behind the scenes of the everyday life of conductors, soloists, and chamber musicians - a journey you will not want to miss.

7. Celebrate Your Creative Self Nancy Laliberte, Artist

Begin the new year relaxing and having fun tapping into your inner creative self while playfully exploring a variety of art techniques and materials in unique and inspiring ways. No art experience necessary, just a willingness to be curious and enjoy the party.

*8. Keystone plants: Maximizing the ecological value of your land Paul Whitaker, Professor of Biology

Keystone plants are native plant species that are so important in feeding insects, both plant eaters and pollinators, that their relative absence in human-dominated ecosystems has ripple effects up the food chain. We'll begin with some of the the ecological foundations and evidence for this concept and then explore how to add keystone plants to your own property to maximize its ecological benefit

REGISTRATION FORM

Registrations will be accepted through Tuesday, January 2, 2024 or until full. For help with registration, email uwspceweb@uwsp.edu or call 715-346-3838.

Registrant 1

Registrant 2

Address

Address

City State Zip

City State Zip

Phone #

Phone #

Email (required)

Email (required)

REGISTRANT 1

Morning Class Session _____

Afternoon Class Session _____

Attending online or in-person _____

REGISTRANT 2

Morning Class Session _____

Afternoon Class Session _____

Attending online or in-person _____

Registration fee (all fees are per participant)..... Total _____

(\$69 General Public, \$59 LIFE Members, \$59 Early Bird,) Membership will be verified.

Optional Lunch-Covers all three days (\$48)Total _____

Tues.-Boxed Lunches: Choice of Turkey Bacon Ranch Wrap, Ham and Swiss Wrap, or Vegetarian Wrap

Wed. -Chicken Caesar Salad OR Boxed Lunches: Choice of Pecan Chicken Salad Wrap or Chicken Caesar Salad Wrap

Thurs.-Chicken Pot Pie Meal OR Cobb Salad OR Pecan Chicken Salad

GRAND TOTAL _____

Hybrid Session Details:

Only the General Morning, General Afternoon, and Sessions 2, 3, 6, and 8 are available for Hybrid. The rest of the sessions will be in-person only.

Registration Details:

1. You must register for one morning and one afternoon class (options are listed at the bottom of this page). Each class meets for three days.
2. Your Welcome Email with Zoom/Hybrid details and session links will be sent to you on the Friday prior to Good Ideas.
3. Emails are required due to virtual format presentations.
4. Registration discounts are only available to LIFE Members. All memberships will be verified at registration.
5. Three ways to register:
 - Online at <https://www3.uwsp.edu/conted/Pages/Good-Ideas.aspx>
 - Call 715.346.3838 to register over the phone
 - Complete the form above and mail to:
 - **Continuing Education, UW-Stevens Point**
 - 2100 Main St. Rm 032 Old Main
 - Stevens Point, WI 54481