Welcome To LIFE

LIFE (Learning Is ForEver) is a membership-based organization of adult learners providing an opportunity to share learning experiences and discover new joys. It is sponsored by University of Wisconsin-Stevens Point and hosted by Continuing Education and Outreach. All instructors are volunteers.

Designed to meet your needs and interests, the LIFE program provides new learning opportunities on a variety of topics in an array of formats, including:

- Peer Teaching and Learning
- Lectures by Visiting Experts
- Theater and Sports Events
- Field Trips

What Does LIFE Offer?

Since members are the heart of the LIFE program, courses are developed based on member interests. Some classes meet weekly for two to four weeks while others meet once. Courses and events are offered during two terms:

- Summer/Fall (July - December)
- Winter/Spring (January - June)

A LIFE membership includes one term. One bi-annual membership fee ($50) entitles you to participate in as many courses as you wish and select discounted UWSP programming for one semester.

LIFE Contact Information

Email uwspcelife@uwsp.edu
Phone 715-346-3838
Fax 715-346-3504
Website www.uwsp.edu/conted/LIFE
Hours 8:00 a.m. - 4:30 p.m.
Address 2100 Main Street
Old Main Bld. 032
**LIFE Board 2021-2022**

President     | Ed Miller  
President-Elect | Roger Bullis  
Past President | Pat Kluetz  
Secretary      | Richard Ruppel  
Treasurer      | Betty Kieliszewski  
Membership/Promo Chair | Paul Shogren  
Curriculum Chair Co-Chairs | Lorrie Franke, Jane Osypowski  
Members At-Large | Barb Bartkowiak, Kurt Hase, Meryl Lee Nelson, Teresa Stoltenberg  
UWSP Program Manager | Anne Rogalski  

Meetings are held via Zoom at 9:00 a.m. on Tuesdays, February 1, April 5, and June 7.

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**Membership/Promotion Committee**

Roger Bullis  
Kurt Hase  
Betty Kieliszewski  
Deane Matthews  
Ed Miller  
Paul Shogren (Chair)  

Meetings are held via Zoom at 9:00 a.m. on Mondays, January 3, February 14, March 14, April 11, May 16.

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**Social Committee**

Kurt Hase  
Gail Skelton  
Teresa Stoltenberg (Chair)  

Meetings are held via Zoom at 11:00 a.m. on Wednesdays, February 16.

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**Technology Team**

Dave Arey  
Dave Bryer  
Roger Bullis  
Kurt Hase  
Betty Kieliszewski  
Mike Wrzinski (Chair)  

Meetings are held via Zoom at 8:30 a.m. on Wednesdays, January 26, February 23, March 30, April 27, May 25.

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**Curriculum Committee 2021-2022**

Dave Arey  
Barb Bartkowiak  
Phyllis Christie  
Horace Davis  
Lorrie Franke (Co-chair)  
Kurt Hase  
Barb Inch  
Bill Kirby  
Pat Kluetz (Past President)  
Ed Miller (President)  
Tom Ordens  
Jane Osypowski (Co-chair)  
Jan Seiler  
Paul Shogren (Membership/Promotion Chair)  
Gail Skelton  
Teresa Stoltenberg (Social Committee Chair)  
Jim Walker  
Bill Wood  
Mike Wrzinski (Tech Committee Chair)  
Mary Zinda  

We hope you will enjoy the wide array of classes and activities offered this semester. LIFE’s Curriculum Committee (a volunteer group of your fellow members) is always looking for fresh class ideas and new presenters.

If you are interested in leading a class or trip, please contact any of the curriculum committee members, attend a curriculum meeting, or better yet, join the committee! Email the Curriculum Committee or the LIFE Board at UWSPCELIFE@uwsp.edu.

New committee members and visitors are always welcome! Meetings will be via Zoom at 10:30 a.m. on Mondays, February 7, February 21, March 7, March 21, April 4, and April 18.
Welcome to the LIFE Program for the Spring Term

We are excited by the diversity of offerings. All of our classes will be available via Zoom and about half will also be open to in-person attendance. Presenters who are willing to do in-person presentations have chosen which of UWSP’s three campuses to give their class. We are working hard to ensure that in-person programs are available on each campus. Your attendance is not restricted to the campus closest to where you live. LIFE is very happy to be able to resume in-person sessions while at the same time providing them on Zoom for those who want to attend virtually. I should underscore that presentations are also available for viewing from our Canvas library for those who cannot make the time of the presentation. Our excellent volunteer tech staff will help anyone access programs via Zoom or our growing library.

Looking forward to seeing you this semester!

Ed Miller,
President of LIFE

Privacy Disclaimer in Zoom Classes

Many LIFE classes will be recorded and posted on our Canvas page. The Canvas page is only accessible to registered LIFE members and the recordings will only be available there. If you have concerns about your name or face being displayed in this video, please feel free to change your display name and/or shut off your video. You can tell if we are recording by checking for a red light in the top left of your screen. Thank you in advance for saving us hours of editing time.

Consider making a contribution to the LIFE Foundation, which will be used to support LIFE operations and is tax deductible as allowed by law. Please make your donation check payable to UWSP Foundation - LIFE and mail contributions to:

UWSP Foundation
Old Main, Room 212
2100 Main Street
Stevens Point, WI 54481

Thank You to Our Donors

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Karen Trzebiatowski
Mary Zinda

(gifts received January 1, 2021 to November 30, 2021)
LIFE MEMBERSHIP COMMITTEE MEETING
All are welcome to attend.
Monday, January 3
9:00 a.m.
Location: Zoom Meeting Only
Moderator: Paul Shogren (LIFE Membership/Promotion Committee Chair)

LIFE BOOK DISCUSSION
Discussion of the book, “Stargazer,” by Anne Hillerman. Murder, deception, Navajo tradition, and the stars collide in this enthralling entry in New York Times bestselling author Anne Hillerman’s Leaphorn, Chee & Manuelito series, set amid the beautiful landscape of the American Southwest. What begins as a typical day for Officer Bernadette Manuelito—serving a bench warrant, dealing with a herd of cattle obstructing traffic, and stumbling across a crime scene—takes an unexpected twist when she’s called to help find an old friend.
Monday, January 10
1:00-2:30 p.m.
Location: Zoom Meeting Only
Moderator: Anne Rogalski (LIFE Program Manager)

GOOD IDEAS CONFERENCE
(Please see https://www.uwsp.edu/conted/Pages/Good-Ideas.aspx)
Tuesday-Thursday, January 11-13

SAVANNAH CULTURE TRIP
Explore beautiful Savannah, Georgia! See the sights and immerse yourself in the culture and history of Savannah.
Monday-Saturday, January 17-22

MEAN GIRLS TRIP
Join us on this day trip to the Fox Valley PAC to see Mean Girls, a musical inspired by Tina Fey’s hit film with the same title. This trip includes tickets to the show, a dinner at Pullman’s At Trolley Square, and a Coach bus to Appleton and back.
Sunday, January 23
All Day
Location: Appleton
Presenters: Anne Rogalski (LIFE Program Manager)
Register: Online or Call 715-346-3838
LIFE: $165 | Non-LIFE: $185

LIFE NEW MEMBER ORIENTATION & MEET AND GREET MEETING
An orientation meeting for all new and current LIFE Members.
Monday, January 24
10:00 a.m.
Location: Zoom Meeting Only
Moderator: Anne Rogalski (LIFE Program Manager)

WHAT IN THE WORLD IS GOING ON WITH PSYCHEDELIC RESEARCH?
This is an overview of the research taking place at UW Madison and elsewhere in the area of psychedelic and related drugs such as psilocybin and MDMA. Preliminary results from clinical trials of depression, PTSD, tobacco and alcohol abuse will be presented. The presentation will also provide a description of the safety checks and preparation involved in modern clinical trials of psychedelics.
Tuesday, January 25
10:00 a.m.
Location: Hybrid from UW- Marshfield Campus, Everett Roehl STEM Building, Jean’s Vanguard Room 504
Presenter: Paul Hutson (Professor (CHS) of Pharmacy, UW Madison School of Pharmacy)

“HI TECH,” AND LET’S CHAT
At “Hi Tech,” and Let’s Chat, we will discuss and answer questions about computer tech stuff, Zoom, other software, TV streaming, cell phones, tablets, and anything else you want to bring up. Drinks of all sorts are welcome and optional but we don’t deliver to your home. Jokes are encouraged. Bring questions of all sorts. And, maybe some answers. We will meet for one hour.
Tuesday, January 25
1:00 p.m.
Location: Zoom Meeting Only
Presenters: Roger Bullis (Emeritus Professor of Digital & Mass Media, UWSP) and Mike Wrzinski (LIFE Tech Team Chair)
LIFE FILM DISCUSSION—INTERNATIONAL FILM
Every two weeks, Roger Bullis and/or P. Sudevan will lead a discussion about a US film or an international film. Film titles will be announced a week or so ahead of time, via email and social media.

Tuesday, January 25
3:00 p.m.
Location: Zoom Meeting Only
Presenter: P. Sudevan (Emeritus Professor of Psychology, UWSP)

LIFE TECH COMMITTEE MEETING
All are welcome to attend.
Wednesday, January 26
8:30 a.m.
Location: Zoom Meeting Only
Moderator: Mike Wrzinski (LIFE Tech Team Committee Chair)

GETTING STARTED WITH YOUR FAMILY HISTORY
Finding your ancestors has never been easier. A wealth of online tools makes family history easy and fun. We'll talk about how to get started, find free records and photographs, and locate other types of family information. Also, we'll discuss how your DNA fits into the family puzzle.

Wednesday, January 26
1:00 p.m.
Location: Zoom Meeting Only
Presenter: Marilyn Murphy (Retired Library Director, Mount Mercy University)

MARSHFIELD’S 150: HONORING HEROES AND LEADERS, PAST AND PRESENT
As the City of Marshfield celebrates 150 years of history, learn about some of the amazing people, the movers and shakers, who impacted and helped to shape the community as we know it today. Learn how you can nominate someone who had an influence on education, government, religion, business, athletics, arts or community in Marshfield for recognition as one of Marshfield’s 150.

Thursday, January 27
10:00 a.m.
Location: Hybrid from UW-Marshfield Campus, Everett Roehl STEM Building, Jean’s Vanguard Room 504
Presenter: Don Schnitzler (Coordinator of the Marshfield History Book Projects and Historic Preservation Month Activities)

LIFE MIDWINTER SOCIAL
All are welcome to attend. Let's play “Jeopardy”!

Sunday, January 30
5:00 p.m.
Location: Zoom Meeting Only
Presenter: Anne Rogalski (LIFE Program Manager)

LIFE BOARD COMMITTEE MEETING
All are welcome to attend.
Tuesday, February 1
9:00-10:30 a.m.
Location: Zoom Meeting Only
Moderator: Ed Miller (LIFE Board Committee President)

PLAY READING GROUP
As a group we will read aloud two one-act plays this semester. After the play reading, we will discuss the play. The class is open to those who read the parts and to those who listen to the play reading. The discussion is open to all participants. The plays are: Trifles by Susan Glaspell and The Happy Journey by Thornton Wilder. Both plays are in the public domain. Participants are responsible for finding their own copies of the play. Both plays are in the book "24 Favorite One Act Plays" available on Amazon.

Tuesday, February 1
1:00 p.m.
Location: Zoom Meeting Only
Presenter: Kathleen Serley (LIFE Member)

USE YOUR CAMERA TO CREATE ZOOM VIRTUAL BACKGROUND PHOTOS
We'll cover the use of your smartphone camera to create photos that can be used as virtual background images in LIFE virtual meetings. Share them with friends! Capture iconic images from your local area! We'll include what's needed on your zoom device to use the images you create. A selection of the best images will be included on canvas for LIFE members to use.

Wednesday, February 2
10:00 a.m.
Location: Zoom Meeting Only
Presenter: Mike Wrzinski (LIFE Member)
WAUSAU REDEVELOPMENT PLANS
David Eckmann will discuss plans for Wausau’s redevelopment, especially the strategy of “Placemaking,” at the core of transforming downtown Wausau. This includes the demolition of the Wausau Center Mall site and replacing the 7.5 acres with a new vibrant urban lifestyle center. Learn all about the renovations planned for downtown Wausau.

Thursday, February 3
10:00 a.m.
Location: Hybrid from Wausau Campus, Terrace Room
Presenter: David Eckmann (President/CEO of the Greater Wausau Area Chamber of Commerce)

DERMATOLOGY: THINGS YOU CAN DO TO IMPROVE YOUR SKIN HEALTH
This class will discuss the effects of UV radiation and aging of the skin, some of the most common skin growths, and basic skin care.

Thursday, February 3
1:00 p.m.
Location: Hybrid from Stevens Point Campus, CBB Room 161
Presenter: Dr. Abigail Taub (Board Certified Dermatologist)

LIFE CURRICULUM COMMITTEE MEETING
All are welcome to attend.
Monday, February 7
10:30-NOON
Location: Zoom Meeting Only
Moderators: Lorrie Franke and Jane Osypowski (LIFE Curriculum Committee Co-Chairs)

JOHN WILLIAMS AT 90—CELEBRATING THE LIFE AND WORK OF A GREAT AMERICAN COMPOSER
John Williams is arguably America’s greater living composer. He is best known for his film scores, has been awarded five Oscars and has received 52 Academy Award nominations. His music has become imprinted in our daily lives, with themes from Star Wars, E.T., Jaws, Saving Private Ryan, JFK, and many others. We will take a look at why his music has had such a profound impact on the listener and our experience at the movies.

Tuesday, February 8
10:00 a.m.
Location: Zoom Meeting Only
Presenters: Lawrence Leviton (Emeritus Professor of Music, UWSP)

“HI TECH,” AND LET’S CHAT
(Please see page 7 for program description.)
Tuesday, February 8
1:00 p.m.
Location: Zoom Meeting Only
Presenters: Roger Bullis (Emeritus Professor of Digital & Mass Media, UWSP) and Mike Wrzinski (LIFE Tech Team)

LIFE FILM DISCUSSION—US FILM
(Please see page 8 for program description.)
Tuesday, February 8
3:00 p.m.
Location: Zoom Meeting Only
Presenter: Roger Bullis (Emeritus Professor of Digital and Mass Media, UWSP)

THE WONDERFUL WORLD OF BOOKS
Join us to learn about Worzalla and the wonderful world of books! During this 90-minute session, you'll be introduced to the Stevens Point-based, 100% employee-owned printer of award winning and high profile books. Participants will have an opportunity to see and hear about the book crafting process, print industry careers, and what makes this community-focused, 125+ year company a premier printing partner for well-known publishers including National Geographic, Marvel, and Disney.

Wednesday, February 9
10:00 a.m.
Location: 3535 Jefferson Street, Stevens Point, WI, 54481
Presenter: Brianne Petruzalek (Vice President of Human Resources)
Transportation: On Your Own
It is handicap accessible. Some walking involved.
Must wear close-toed shoes, no open back shoes.
Limit: 20 participants

CUSTOM FISHING ROD BUILDING
My intent is to show all the steps to building a custom fishing rod including making the grips, wrapping the guides, and doing decorative cross wraps.

Thursday, February 10
1:00 p.m.
Location: Hybrid from Wausau Campus, Terrace Room
Presenter: John Sturm (Instructor and Builder of Fishing Rods)
LIFE MEMBERSHIP COMMITTEE MEETING
All are welcome to attend.
Monday, February 14
9:00 a.m.
Location: Zoom Meeting Only
Moderator: Paul Shogren (LIFE Membership/Promotion Committee Chair)

LIFE BOOK DISCUSSION
Discussion of the book, “O Pioneers,” by Willa Cather, which was her first great novel, and to many it remains her unchallenged masterpiece. No other work of fiction so faithfully conveys both the sharp physical realities and the mythic sweep of the transformation of the American frontier—and the transformation of the people who settled it.
Monday, February 14
1:00-2:30 p.m.
Location: Zoom Meeting Only
Moderator: Anne Rogalski (LIFE Program Manager)

MILWAUKEE BUCKS GAME
Come see the Milwaukee Bucks take on the Portland Trail Blazers! This one day bus trip is an awesome opportunity to spend an evening watching live basketball and not worry about the drive!
Monday, February 14
3:00-11:00 p.m.
Location: Milwaukee
Presenters: Jennifer Hess and Steve Sparrow (CE Staff)
Register: Online or Call 715-346-3838
LIFE: $99 per person | Non-LIFE: $119 per person

TELEHEALTH
Telehealth was not invented at the start of COVID pandemic. While virtual visit use (or video only telehealth) surged at the beginning of the pandemic this is only one aspect of the field of virtual care. This talk will: provide a look at the history of telemedicine; explore how it is currently being used in homes, ambulances, rural hospitals and other settings; and discuss virtual care’s potential to address healthcare inequities.
Tuesday, February 15
10:00 a.m.
Location: Zoom
Presenters: Steve North (Presenter and Vice President for Medical Operations)

TED TALKS
The TED Talk program will be hosted by Dave Arey. TED stands for technology, entertainment, and design. LIFE members need to send program suggestions to the host two weeks prior to the TED Talk date. Please send suggestions to uwspcelife@uwsp.edu. One week prior, the TED the talk will be announced. We will start these classes by viewing the TED talk together. Members can watch them before we meet if they want to. The focus will be on discussion and will not be recorded. This will be a member-generated program. Although we have set aside a bi-monthly time slot, the number of programs will depend on the number of suggestions. This is YOUR opportunity to discuss TED talks of interest to LIFE members, like YOU!
Tuesday, February 15
1:00 p.m.
Location: Zoom Meeting Only
Moderators: Dave Arey and/or other LIFE Members

HANK TALKS
“Bob Geldof and Live Aid: Elements of Visionary Leadership” presented by Scott Sybeldon. Each HANK Talk is held in-person in the Veninga Theater on the UWSP-Wausau campus (in the Center for Civic Engagement) and live via YouTube. More information can be found at: https://www.uwsp.edu/wausau/arts/Pages/lfa.aspx.
Tuesday, February 15
7:00 p.m.
Location: UW-Wausau Campus or on YouTube
Presenter: Scott Sybeldon
Sponsored by Lecture and Fine Arts at UWSP-Wausau

LIFE COFFEE AND SOCIAL HOUR
Join us for an informal social hour. Today’s topic: What is the dumbest/silliest/most outrageous thing you have ever believed? We look forward to chatting with you.
Wednesday, February 16
10:00 a.m.
Location: Zoom Meeting Only
Moderator: Teresa Stoltenberg (LIFE Social Committee Chair) and LIFE Social Committee Members
LIFE SOCIAL COMMITTEE MEETING
All are welcome to attend.

Wednesday, February 16
11:00 a.m.
Location: Zoom Meeting Only
Moderator: Teresa Stoltenberg (LIFE Social Committee Chair)

ADDRESSING END OF LIFE ISSUES
Life threatening issues can confront people at any age, and thus we should all consider how we want to handle end of life medical care. As a retired family physician, I would like to share my experiences with such end of life issues and discuss with the audience ways to prepare for these issues.

Wednesday, February 16
1:00 p.m.
Location: Hybrid from Stevens Point Campus, CBB Room 161
Presenter: Dr. Robert Sander (Retired Family Physician)

LIFE CURRICULUM COMMITTEE MEETING
All are welcome to attend.

Monday, February 21
10:30-NOON
Location: Zoom Meeting Only
Moderators: Lorrie Franke and Jane Osypowski (LIFE Curriculum Committee Co-Chairs)

THE POWER OF ART
The Power of Art: What is it about the arts that make them so powerful? Why do they permeate our culture and nearly every culture in history? This presentation answers these questions while it encourages the work of artists among us.

Monday, February 21
1:00 p.m.
Location: Hybrid from Stevens Point, CBB 161
Presenter: Clay Schmit (Pastor of Trinity Lutheran Church, Stevens Point)

“HI TECH,” AND LET’S CHAT
(Please see page 7 for program description.)

Tuesday, February 22
1:00 p.m.
Location: Zoom Meeting Only
Presenters: Roger Bullis (Emeritus Professor of Digital & Mass Media, UWSP) and Mike Wrzinski (LIFE Tech Team Chair)

LIFE FILM DISCUSSION—INTERNATIONAL FILM
(Please see page 8 for program description.)

Tuesday, February 22
3:00 p.m.
Location: Zoom Meeting Only
Presenter: P. Sudevan (Emeritus Professor of Psychology, UWSP)

LIFE TECH COMMITTEE MEETING
All are welcome to attend.

Wednesday, February 23
8:30 a.m.
Location: Zoom Meeting Only
Moderator: Mike Wrzinski (LIFE Tech Team Committee Chair)

EVALUATING DRUGS AND MEDICAL TECHNOLOGIES
How are the safety and efficacy of drugs and medical technologies determined? What criteria are being applied? Are newly approved drugs and medical technologies the best for the patient? This presentation will review these issues as well as questions now being raised about generics and biological equivalence for biologic drugs.

Wednesday, February 23
1:00 p.m.
Location: Zoom Meeting Only
Presenter: Ed Miller (Emeritus Professor of Political Science, UWSP)
THE GEOSPATIAL REVOLUTION: RESHAPING THE WORLD WITH GEO-BASED TECHNOLOGIES

The utility, functionality, accessibility, visualization, and comprehension of geo-spatial data has now been revolutionized through the development and maturation of five technologies: Geographic Information Systems (GIS), remote sensing, Global Navigation Satellite Systems (GNSS), Unmanned Aerial Vehicles (UAV’s), and Location-Based Services (LBS) or mobile GIS. Explore these technologies as well as how private business, government and the individual utilize their transformative powers every day, including recent innovations, such as, crowd sourcing, machine learning, geotagging, and augmented reality.

Thursday, February 24
1:00 p.m.
Location: Zoom
Presenter: Keith Rice (Emeritus Professor of Geography, and GIS Center Director, UWSP)

REFUGEE RESETTLEMENT IN CENTRAL WISCONSIN

Learn about the process by which refugees are resettled in central Wisconsin. What is a refugee and how is that different from an asylum seeker? Where do refugees come from? How are they supported? How does this impact a community? We will explore ways that individuals or groups can become involved with that process.

Friday, February 25
10:00 a.m.
Location: Zoom Meeting Only
Presenter: Katherine Wright (Private Practice Clinical Psychologist, involved in the Refugee Resettlement Process.)

PICTURE OF ONLINE LEARNING EDUCATION IN THE STEVENS POINT AREA PUBLIC SCHOOL DISTRICT

Online Learning is here to stay! Online Learning Center (OLC) Coordinator Dana will share how the OLC has developed over the past decade while striving for quality instruction, curriculum and overall programming. Vital to the success of the program has been obtaining support from the Wisconsin Digital Learning Collaborative (WDLC), Wisconsin Virtual School (WVS) and Wisconsin eSchool Network (WEN).

Tuesday, March 1
10:00 a.m.
Location: Hybrid from Stevens Point, CBB Room 161
Presenter: Dana L. Glodowski (Online Learning Center Coordinator, Stevens Point Schools)

PLAY READING GROUP

As a group we will read aloud two one-act plays this semester. After the play reading, we will discuss the play. The class is open to those who read the parts and to those who listen to the play reading. The discussion is open to all participants. The plays are: Trifles by Susan Glaspell and The Happy Journey by Thornton Wilder. Both plays are in the public domain. Participants are responsible for finding their own copies of the play. Both plays are in the book "24 Favorite One Act Plays" available on Amazon.

Tuesday, March 1
1:00 p.m.
Location: Zoom Meeting Only
Presenter: Kathleen Serley (LIFE Member)

PHOTO EDITING 101

How-to basics for editing photos on a desktop or laptop computer using free software.

Wednesday, March 2
10:00 a.m.
Location: Zoom Meeting Only
Presenter: Roger Bullis (Emeritus Professor of Digital and Mass Media, UWSP)

NEW AND INTERESTING PLANT SUGGESTIONS FOR YOUR HOME LANDSCAPE

The presentation will share new and interesting annual, perennial, and woody plants for your consideration to include in your home landscape. We will share names, images, cultural information, and potential sources for these plants.

Wednesday, March 2
1:00 p.m.
Location: Zoom Only
Presenters: Janell Wehr (Horticulture Educator, UW-Marathon County) and Kurt Hase (LIFE Member)
HOW TO MAKE GOOD IDEAS GREAT AND GREAT IDEAS SCALE

All great ideas have one thing in common: They are not guaranteed to succeed. Why do some ideas make it big while others fail to take off? One of today’s leading economists says it comes down to a single question: Can the idea scale? John List ’92 reveals why every idea’s greatest opportunity, and challenge, lies in its potential to go from small to big. Attend and receive a free copy of his book, The Voltage Effect.

Friday, March 4
8:00—9:30 a.m.
Location: SentryWorld Atrium
Fee: Free with registration at uwpjohnlist.eventbrite.com
Presenter: John List (author, UWSP Alum, and University of Chicago Professor)
Sponsored by the School of Business & Economics, UWSP

AS WE CLIMB

An exciting surprise from our new theatre colleague. Pre-show LIFE chat with the Director. Tickets to the show sold separately.

Sunday, March 6, 2022
1:00 p.m.
Location: NFAC 221

LIFE CURRICULUM COMMITTEE MEETING

All are welcome to attend.

Monday, March 7
10:30-NOON
Location: Zoom Meeting Only
Moderators: Lorrie Franke and Jane Osypowski (LIFE Curriculum Committee Co-Chairs)

CIVIL AIR PATROL HOW WE GOT HERE. WHERE WE ARE TODAY AND WHAT OUR MISSION IS

What we will learn during this presentation, is how Civil Air Patrol has grown from an idea and desire of civilian pilots to serve during WW2, The evolution of Civil Air Patrol during the war years, and how it has grown to become a formidable organization with a mission that is as relevant today as it was during the war.

Tuesday, March 8
10:00 a.m.
Location: Hybrid at Stevens Point Campus, CBB Room 161
Presenter: Virginia Suarino (USAF Veteran and Member of Civil Air Patrol for 21 years)

“HI TECH,” AND LET’S CHAT

(Please see page 7 for program description.)

Tuesday, March 8
1:00 p.m.
Location: Zoom Meeting Only
Presenters: Roger Bullis (Emeritus Professor of Digital & Mass Media, UWSP) and Mike Wrzinski (LIFE Tech Team Chair)

LIFE FILM DISCUSSION—US FILM

(Please see page 8 for program description.)

Tuesday, March 7
3:00 p.m.
Location: Zoom Meeting Only
Presenter: Roger Bullis (Emeritus Professor of Digital & Mass Media, UWSP)

THE EVOLUTION OF THE NATIONAL MALL

The United States National Mall is an Urban Park unlike any other in the world. It is a landscape that seems so timeless and eternal that visitors easily forget that it is actually man-made. This presentation is a look at and a discussion of a documentary special by National Geographic/PBS which was premiered on April 21, 2015. As is described, “It brings the surprising story of the Mall’s creation and evolution to a national audience.......this tour/[history] will trace the Mall’s - and the country’s - transformation from fields and farmland to national icon.”

Wednesday, March 9
Time: 10:00 a.m.
Location: Hybrid from Stevens Point, CBB Room 161
Presenter: Horace Davis, (LIFE Member)

ANTI DEFAMATION LEAGUE-STATE OF HATE

A presentation on behalf of the Anti Defamation League called ‘State of Hate’ which discusses the topic of antisemitism and how people can get involved with ADL.

Thursday, March 10
1:00 p.m.
Location: Zoom Meeting Only
Presenter: Trent Spoolstra (ADL Midwest’s Associate Regional Director and Regional Office Law Enforcement Contact)
LIFE MEMBERSHIP COMMITTEE MEETING
All are welcome to attend.
Monday, March 14
9:00 a.m.
Location: Zoom Meeting Only
Moderator: Paul Shogren (LIFE Membership/Promotion Committee Chair)

LIFE BOOK DISCUSSION
Discussion of the book, “Eleanor and Park”, by Rainbow Rowell. It is the first young adult novel written by Rainbow Rowell. Published in 2012, the story follows dual narratives by Eleanor and Park, two misfits living in Omaha, Nebraska from 1986 to 1987. Eleanor, a chubby, 16-year-old girl with curly red hair, and Park, a half-Korean, 16-year-old boy, meet on a school bus on Eleanor’s first day at the school and gradually connect through comic books and mix tapes of ‘80s music, sparking a love story.
Monday, March 14
1:00-2:30 p.m.
Location: Zoom Meeting Only
Moderator: Rollene Marslender (LIFE Member)

WISCONSIN’S GEOHERITAGE
Wisconsin’s distinctive geologic setting has influenced its culture and industry to make the state what it is today. This class will explore various aspects of this unique geoheritage.
Tuesday, March 15
10:00 a.m.
Location: Zoom Meeting Only
Presenter: Dr. Ken Bradbury (Wisconsin’s State Geologist and Director of the Wisconsin Geological and Natural History Survey, UW-Madison Division of Extension)

TED TALKS
(Please see page 12 for program description.)
Tuesday, March 15
1:00 p.m.
Location: Zoom Meeting Only
Presenters: Dave Arey and/or other LIFE Members

HANK TALKS
“Desert Planets, Clones and Hyperspace: Seeing Society Through the Lens of Science Fiction” presented by David Barry. Each HANK Talk is held in-person in the Veninga Theater on the UWSP-Wausau campus (in the Center for Civic Engagement) and live via YouTube. More information can be found at: https://www.uwsp.edu/wausau/arts/Pages/lfa.aspx.
Tuesday, March 15
7:00 p.m.
Location: UW-Wausau Campus or on YouTube
Presenter: David Barry
Sponsored by Lecture and Fine Arts at UWSP-Wausau

MINNEAPOLIS “FOOTLOOSE” FIELD TRIP
Join us for a day-trip to Chanhassen Dinner Theater to see the musical favorite, “Footloose.” With a moving story, stunning choreography and exhilarating music, this show is sure to please!
Saturday, March 19
All Day
Location: Minneapolis, MN
Presenters: Rebecca Bauer
Register: Online or Call 715-346-3838
LIFE: $159 | Non-LIFE: $179

LIFE COFFEE AND SOCIAL HOUR
Join us for an informal social hour. Today’s topic: What is something people would be surprised to learn about you? We look forward to chatting with you.
Wednesday, March 16
10:00 a.m.
Location: Zoom Meeting Only
Moderator: Teresa Stoltenberg (LIFE Social Committee Chair) and LIFE Curriculum Committee Members
WHAT EXACTLY IS MONEY? THE CURIOUS STORY OF CIVIL WAR TOKENS

In response to the issuance of paper money in the North during the Civil War, citizens began hoarding pennies. Opportunistic merchants began using small copper tokens that looked like pennies but were not legal currency. The practice flourished throughout the North until the Union government cracked down on the practice in 1864. In this talk, Prof. Barker will share examples of actual tokens and explore both their use and what they can tell us about currency, business, and the relationship between people and their government.

Thursday, March 17
10:00 a.m.
Location: Hybrid from Wausau Campus, Terrace Room
Presenter: Brett Barker (Professor of History and Chair of the History and International Studies Department, UWSP)

HOW TO GET A PILOT’S LICENSE

A presentation by a flying enthusiast who will cover: the steps to get a pilot’s license, the education and tests involved, cost, health requirements, types of flying and pilot’s licenses and support organizations, photos, and ongoing costs to support a “flying addiction”.

Thursday, March 17
1:00 p.m.
Location: Hybrid at Stevens Point Campus, CBB Room 161
Presenters: Tom Davis (Private Pilot and President of the Wisconsin Rapids Chapter of the Experimental Aircraft Association)

ALL THINGS SENIOR!

One-day seminar held at the Marshfield Campus
Friday, March 18
More information to be shared in the future.

LIFE CURRICULUM COMMITTEE MEETING

All are welcome to attend.
Monday, March 21
10:30-NOON
Location: Zoom Meeting Only
Moderators: Lorrie Franke and Jane Osypowski (LIFE Curriculum Committee Co-Chairs)

VICTIMIZATION AND TRAUMA

Presentation on the trauma experienced by domestic and sexual violence survivors. Discussion will include definitions, statistics, the intersection of mental health and trauma, coping strategies, and how to support those impacted by violence.

Tuesday, March 22
10:00 a.m.
Location: Hybrid from Stevens Point Campus, CBB Room 161
Presenter: Jessica Hilgers (Victim Services Outreach Coordinator)

“HI TECH,” AND LET’S CHAT

(Please see page 7 for program description.)

Tuesday, March 22
1:00 p.m.
Location: Zoom Meeting Only
Presenters: Roger Bullis (Emeritus Professor of Digital & Mass Media, UWSP) and Mike Wrzinski (LIFE Tech Team Chair)

LIFE FILM DISCUSSION—INTERNATIONAL FILM

(Please see page 8 for program description.)

Tuesday, March 22
3:00 p.m.
Location: Zoom Meeting Only
Presenter: P. Sudevan (Emeritus Professor of Psychology, UWSP)

THREE THEBAN PLAYS BY SOPHOCLES

These are troubling times that call for someone with the genius and wisdom of Sophocles who speaks directly to our world and its problems. The words of his Antigone (441 BCE), Oedipus the President (430 BCE), and Oedipus at Colonus (409 BCE) shout loudly about male dominance and brutality, the arrogance and stupidity of abusive political power, and self-transformation and salvation. In addition, the plays explore fate and free will, romantic love, evil, suicide, abortion and the separation of religion from the state, eternal law and justice, God and saviors, as well as the chief aim of Greek tragic drama. Something here for everyone!

Thursday, March 24
10:00 a.m.
Location: Hybrid from Stevens Point, CBB Room 161
Presenter: Arthur Herman (Emeritus Professor of Philosophy, UWSP)
NAMI PORTAGE AND WOOD COUNTIES
NAMI Portage-Wood Counties presents, “What does mental illness look like? An "In Our Own Voice" Presentation sharing lived experiences.
Tuesday, March 29
10:00 a.m.
Location: Hybrid from Stevens Point Campus, CBB Room 161
Presenter: Linda Froehlich (NAMI Portage-Wood Counties)

2023 U.S. SENIOR OPEN GOLF CHAMPIONSHIP AT SENTRYWORLD
Discuss the upcoming event and what it takes to conduct a “major” golf championship. Also discuss the economic impact the event is expected to make here in Stevens Point and Central Wisconsin.
Tuesday, March 29
1:00 p.m.
Location: Hybrid from Stevens Point Campus, CBB Room 161
Presenters: Mike James (PGA, General Manager-SentryWorld

LIFE TECH COMMITTEE MEETING
All are welcome to attend.
Wednesday, March 30
8:30 a.m.
Location: Zoom Meeting Only
Moderator: Mike Wrzinski (LIFE Tech Team Committee Chair)

FROM ANNOYING TO WONDERFUL: COMMUNICATING IN A WORLD OF OVER-COMMUNICATION
There are countless methods of communicating these days. From text notifications to Twitter announcements pinging our electronic devices, information is seemingly every, but at times nowhere. Stevens Point Council President, Meleesa Johnson, shares her experiences working to navigate this dichotomy and finding meaningful and tactful ways to communicate with constituents, policy makers, business leaders, municipal staff and other interested parties (without going totally and completely insane).
Wednesday, March 30
1:00 p.m.
Location: Hybrid from Stevens Point Campus, CBB Room 161
Presenter: Meleesa Johnson (Local Politician and President of the City Council)

A TRANSATLANTIC JOURNEY: WISCONSIN TO ENGLAND
Danielle (Cook) Thomas grew up in Stevens Point and attended college in Wisconsin. In her senior year of college, she accepted an internship in London, England. Now she lives there and is married to a Briton. This is her story. In 2015, “I studied abroad in London, England as part of my undergraduate degree at UW-La Crosse and undertook an exciting marketing communications internship at Strawberry Hill House, a historical villa built by Horace Walpole, son of the UK’s first Prime Minister. England called me back again in 2016 with a Master's degree in Bournemouth, on the south coast of the country - little did I realize at the time, this would be the beginning of my American expat life in England!”
Thursday, March 31
1:00 p.m.
Location: Zoom Meeting Only
Presenter: Danielle (Cook) Thomas (Stevens Point Native, Wisconsin College Student/Study Abroad Student)

LIFE CURRICULUM COMMITTEE MEETING
All are welcome to attend.
Monday, April 4
10:30-NOON
Location: Zoom Meeting Only
Moderators: Lorrie Franke and Jane Osypowski (LIFE Curriculum Committee Co-Chairs)

LIFE BOARD COMMITTEE MEETING
All are welcome to attend.
Tuesday, April 5
9:00-10:30 a.m.
Location: Zoom Meeting Only
Moderator: Ed Miller (LIFE Board Committee President)

AEGEAN ODYSSEY
A personal journey through the Aegean Sea.
Tuesday, April 5
10:30 a.m.
Location: Zoom Meeting Only
Presenter: Dave Franke (LIFE Member)
MILWAUKEE BREWERS TRIP
Take a bus to Milwaukee and see the Brewers take on the San Francisco Giants! The seats should be covered by shade during the game and require very few stairs. These seats are also located near many food/drink vendors and restrooms. At the conclusion of the game, those who are interested may participate in the free “Senior Stroll” around the warning track.

Wednesday, April 6
All Day
Location: American Family Field, Milwaukee
Presenter: Anne Rogalski
Register: Online or Call 715-346-3838
LIFE: $75 | Non-LIFE: $95

WISCONSIN WATERFALLS
Time to start planning those warm weather getaways and adventures! Wisconsin is home to some spectacular waterfalls—some easily accessible at parks and others off-the-beaten-path. Join Melissa Vanlanduyt of the Wisconsin State Parks System, as she showcases some of Wisconsin’s waterfalls with images, location details and travel tips.

Wednesday, April 6
6:30-8:00 p.m.
Location: Zoom Meeting Only
Presenter: Melissa Vanlanduyt (Wisconsin State Parks System)

HOW TO HAVE A PRODUCTIVE CONVERSATIONS WITH PEOPLE WHO DISAGREE WITH YOU
The effective practice of critical thinking, reasoning both individually and collectively about what conclusions to draw or actions to take, is facing three challenges as we enter the 2020’s: cancel culture, conspiracy theories, and truth decay. In this discussion, we will take a look at each of these obstacles, explore the relationships between them, examine their drivers, and consider ways to mitigate them.

Thursday, April 7
1:00 p.m.
Location: Hybrid from Stevens Point Campus, CBB Room 161
Presenter: Dona Warren (Director of the Critical Thinking Center, UWSP)

LIFE MEMBERSHIP COMMITTEE MEETING
All are welcome to attend.
Monday, April 11
9:00 a.m.
Location: Zoom Meeting Only
Moderator: Paul Shogren (LIFE Membership/Promotion Committee Chair)

LIFE BOOK DISCUSSION
Discussion of the book, “Slaughterhouse-Five, or The Children’s Crusade: A Duty-Dance with Death (1969) by Kurt Vonnegut. It is a science fiction-infused anti-war novel about the World War II experiences and journeys through time of Billy Pilgrim, from his time as an American soldier and chaplain’s assistant, to postwar and early years. It is generally recognized as Vonnegut’s most influential and popular work. This was an event in Vonnegut’s own life, and the novel is considered semi-autobiographical. The story is told in a nonlinear order, and events become clear through flashbacks (or time travel experiences) from the unreliable narrator.

Monday, April 11
1:00-2:30 p.m.
Location: Zoom Meeting Only
Moderator: Teresa Stoltenberg (LIFE Member)

DELIRIUM, DEMENTIA AND DEPRESSION
Overview of the symptoms of delirium, dementia, and depression, including how to distinguish between the conditions, causes, and related facts.

Tuesday, April 12
10:00 a.m.
Location: Zoom
Presenter: Alane Flora (B.S. in Exercise Physiology with a Cardiac Emphasis. She has over 30 years experience in Health Care)

“HI TECH,” AND LET’S CHAT
(Please see page 7 for program description.)

Tuesday, April 12
1:00 p.m.
Location: Zoom Meeting Only
Presenters: Roger Bullis (Emeritus Professor of Digital & Mass Media, UWSP) and Mike Wrzinski (LIFE Tech Team Chair)
LIFE FILM DISCUSSION—US FILM
(Please see page 8 for program description.)
Tuesday, April 12
3:00 p.m.
Location: Zoom Meeting Only
Presenter: Roger Bullis (Emeritus Professor of Digital and Mass Media, UWSP)

ART CREATIONS IN DAN BROWN’S “INFERNO”
I have liked Dan Brown's novels...some more than others. The underlying questions asked, the messages sent and the classic tours to which the reader is privileged all have maintained my interest and curiosity. So I decided to look at the art works Dan Brown referenced in The Inferno - Drawings for The Divine Comedy, The battle of Marciano in Val di Chiana, The Birth of Venus, The Last Judgement, etc., come and walk through the Inferno Gallery.
Wednesday, April 13
10:00 a.m.
Location: Hybrid from Stevens Point Campus, CBB Room 161
Presenter: Horace Davis (LIFE Member)

ECLIPSE BIOCLIMATOLOGY: WHAT IS NEXT?
During an August 2017 UWSP expedition, 36 UWSP students, alumni, employees, and affiliates witnessed a total solar eclipse on the western Great Plains. Several then published and publicly presented their findings. On October 14 2023, and again on April 08 2024, two more solar eclipses shall occur across North America, and their umbral (shadow) paths cross in southeastern Texas towards the west from San Antonio. While we should do some astronomy work, we intend to concentrate most upon investigating some surprising bioclimatic finds from our first venture.
Wednesday, April 13
1:00 p.m.
Location: Hybrid from Stevens Point Campus, CBB Room 161
Presenter: Art Stevenson (Lecturer of Biology, UWSP) and Neil C. Heywood (Professor of Geography and Geology, UWSP)

HEALTHY EATING FOR OLDER ADULTS
There are lots of ‘diets’ out there for all ages. We will look at Healthy Eating for Older Adults that are evidence based; The Academy of Nutrition and Dietetics, USDA Food and Nutrition Service and The National Academy of Science among others.
The discussion will focus on the needs of an overall healthy person.
Thursday, April 14
10:00 a.m.
Location: Hybrid from Wausau Campus, Terrace Room
Presenter: Lorrie Franke (A Registered Dietitian/Nutritionist/ LIFE Member)

WHAT’S NEW AT THE MIDWEST RENEWABLE ENERGY ASSOCIATION (MREA)?
Tour the Midwest Renewable Energy Association's headquarters at the ReNew The Earth Institute (REI) in Custer, Wisconsin. The REI is our demonstration site, educational facility, and the location of The Energy Fair. One of Wisconsin’s first Travel Green Destinations, the REI is a 4,200 square foot building located on 20 rolling acres. The REI incorporates energy-efficient features, including passive solar design, energy-efficient light fixtures, solar hot air, roof and ground mounted solar PV arrays, in-floor radiant heat, timber framed lobby, masonry heater, and much more. Learn more about the energy-efficiency technologies on site and our new state-of-the-art Energy Storage System Tech Center.
Friday, April 15
10:00 a.m.
Location: Midwest Renewable Energy Association (MREA)
7558 Deer Road, Custer, WI 54423
Minimal walking, it is not handicap accessible and will be held rain or shine.
Limit: 20 participants
Presenter: Nick Hylla (MREA Executive Director)

CABARET
Willkommen! Bienvenue! Welcome to Cabaret! Daring, provocative and exuberantly entertaining, Cabaret explores the dark and edgy life of 1929 Bohemian Berlin as Germany slowly yields to the sinister emergence of the Third Reich. Pre-show LIFE chat with the Director. Tickets to the show sold separately.
Sunday, April 17, 2022
1:00 p.m.
Location: NFAC 221
LIFE CURRICULUM COMMITTEE MEETING
All are welcome to attend.
Monday, April 18
10:30-NOON
Location: Zoom Meeting Only
Moderators: Lorrie Franke and Jane Osypowski (LIFE Curriculum Committee Co-Chairs)

NEW YORK THEATRE TRIP
We will immerse ourselves in New York theater and sightseeing in this trip designed for active, self-motivated travelers.
Tuesday-Saturday, April 19-23

CHANGE: THE CAUSE OF SUFFERING
Gautama the Buddha (563-483 BCE) identified "change," ANITYA, as the chief cause of human suffering, DUHKHA. This dogma of ANITYA then led to the Buddha to propound atheism, desire and attachment, the non-reality of the self, together with the fear of sickness, old age and death, and finally to the search for enlightenment, NIRVANA. We critically explore the nature of change, the ways of reducing ANITYA (flux and alternation) and thereby overcome DUHKHA (misery and stress). Our theme is that change is inevitable, but that suffering is optional.
Tuesday, April 19
10:00 a.m.
Location: Hybrid from Stevens Point Campus, CBB Room 161
Presenter: Arthur Herman (Emeritus Professor of Philosophy, UWSP)

TED TALKS
(Please see page 12 for program description.)
Tuesday, April 19
1:00 p.m.
Location: Zoom Meeting Only
Presenters: Dave Arey and/or other LIFE Members

HANK TALKS
“The James Webb Space Telescope: NASA’s Latest Great Observatory” presented by Aaron Steffen. Each HANK Talk is held in-person in the Veninga Theater on the UWSP-Wausau campus (in the Center for Civic Engagement) and live via YouTube. More information can be found at: https://www.uwsp.edu/wausau/arts/Pages/ifa.aspx.
Tuesday, April 19
7:00 p.m.
Location: UW-Wausau Campus or on YouTube
Presenter: Aaron Steffen
Sponsored by Lecture and Fine Arts at UWSP-Wausau

THE REALM OF SATELLITES
Thousands of artificial satellites orbit Earth, and millions of natural satellites orbit stars and planets in the universe. This presentation explains the orbital physics behind satellites, and discusses some of the artificial satellites that have a practical effect on our daily lives.
Thursday, April 21
1:00-3:00 p.m.
Location: Zoom Meeting Only
Presenter: Bill Jenkins (Physics Lecturer and Retired Naval Officer)

“HI TECH,” AND LET’S CHAT
(Please see page 7 for program description.)
Tuesday, April 26
1:00 p.m.
Location: Zoom Meeting Only
Presenters: Roger Bullis (Emeritus Professor of Digital & Mass Media, UWSP) and Mike Wrzinski (LIFE Tech Team Chair)
LIFE FILM DISCUSSION—INTERNATIONAL FILM
(Please see page 8 for program description.)
Tuesday, April 26
3:00 p.m.
Location: Zoom Meeting Only
Presenter: P. Sudevan (Emeritus Professor of Psychology, UWSP)

LIFE TECH COMMITTEE MEETING
All are welcome to attend.
Wednesday, April 27
8:30 a.m.
Location: Zoom Meeting Only
Moderator: Mike Wrzinski (LIFE Tech Team Committee Chair)

WAUSAU LANDMARK RAZED FOR A DOWNTOWN MALL
Circa 1971: A brief personal look at an established Wausau family business’s experience with powerful corporate interests, City Hall, and the merciless power of eminent domain.
Wednesday, April 27
10:00 a.m.
Location: Zoom Meeting Only
Presenter: Kurt Hase (LIFE Member)

BIRDING AT MONK GARDENS
Join Elise Schuler, Event & Education Manager at Monk Botanical Gardens, for a bird walk through the Gardens. Learn some birding basics and identify birds in the Gardens during a leisurely walk through the many different garden spaces on a spring morning. Dress for the weather, bring your own binoculars if you have them.
Thursday, April 28
10:00 a.m.
Location: Monk Gardens (1800 North First Avenue, Wausau, Wi, 54401)
Presenter: Elise Schuler, Monk Botanical Gardens, Event & Education Manager
Limit: 20 participants
Fee: $5 (Must be pre-paid)
It is partially handicapped accessible; leisurely walking pace, some places to sit while enjoying the one hour tour/bird walk It will be held rain or shine.

RUDDED GROUSE FIELD DAY: FROM RESEARCH TO MANAGEMENT
Join UW-Stevens Point's student chapter of The Wildlife Society in a once-in-a-lifetime, hands-on experience with Ruffed Grouse. As part of the workshop, you will join the Treehaven Ruffed Grouse research team in drumming surveys, live trapping ruffed grouse, and using radio telemetry to locate birds as well as tour a ruffed grouse habitat demonstration area and learn about ruffed grouse from regional professionals. Workshop registration includes an overnight stay at Treehaven, meals including dinner and a presentation on Thursday night, and transportation to the various field sites. For more details visit: Website: https://www.uwsp.edu/cnr-ap/WFC/Pages/WFC/WorkshopsandTrainings/RuffedGrouseFieldDay.aspx
Thursday, April 28–Friday, April 29
5:30 p.m.–12:00 noon the following day
Location: Treehaven, Tomahawk, WI
Transportation: On Your Own
Fee: $145
Limit: 24

WHAT IN THE WORLD IS GEOFACHING?
Geocaching is a real-world, outdoor treasure hunting game of searching for and finding a hidden object by means of GPS coordinates posted on a website. Using GPS-enabled devices, participants navigate to a specific set of GPS coordinates and then attempt to find the geocache (container) hidden at that location. It's an excellent recreational activity for people of all ages and a good excuse to get out of your chair, head outdoors and explore your world. Learn how to get started in this fun and inexpensive hobby.
Tuesday, May 3
1:00 p.m.
Location: Hybrid at Stevens Point, CBB Room 161
Presenter: Thomas Charkowski (Retired Recreation Therapist)
I plan on starting at the foot of Main Street, where Stevens Point began. I will talk about the Native Americans that inhabited the area and the importance the river, the loggers and the river pilots played. I will talk about the public square and some of the events that happened on the spot. I plan on taking a tour of the downtown area and discussing some of the more colorful characters and the roles they played. There was a cemetery in the downtown area and I will show them where that was. My ultimate goal is to bring Stevens Point past to life.

**Wednesday, May 4**
1:00 p.m.
Location: Downtown Stevens Point
Presenter: Connie Schweitzer (Local Historian Buff)
The tour will begin by the Antique Store (Call it New, Call it Antique) at the foot of Main Street. Walking is involved.

**LIGHT PAINTING PHOTOGRAPHY**
Local photographer John Hartman takes you through the fascinating process of light painting, which uses flashlights to illuminate small areas of his subject. These individual images are then blended together to create a single stunning photograph that cannot be made by any other method.

**Thursday, May 5**
10:00 a.m.
Location: Hybrid from Stevens Point Campus, CBB Room 161
Presenter: John Hartman (Professional Photographer)

**DANSTAGE 2022**
Gorgeous dancing, inspiring premieres! Featuring new premieres by dance program faculty and guest artists. Pre-show LIFE chat with the Director. Tickets to the show sold separately.

**Sunday, May 8**
1:00 p.m.
Location: NFAC 221

**LIFE BOOK DISCUSSION**
Discussion of the book, “This House is Mine” by Dörte Hansen is a novel about displacement, about the difficulties of fitting in, about refugees. It takes place in postwar Germany, and depicts the life of a mother and daughter, refugees from Prussia and trying to create a new life in a small rural community outside Hamburg. Although beautifully evoking a specific time and place, it is a vivid depiction of the more general issue of displacement, the difficulties to start anew from zero.

**Tuesday, May 9**
1:00 p.m.
Location: Hybrid from Stevens Point Campus, CBB Room 161
Presenter: Roger Bullis (Emeritus Professor of Digital & Mass Media, UWSP) and Mike Wrzinski (LIFE Tech Team Chair)

**THEATRE: IT IS NOT JUST FOR PERFORMANCES**
We will discuss how various exercises used for acting translate into mental wellness and more effective communication. Participants will then have an opportunity to experience activities to promote mindfulness and concentration in communication.

**Wednesday, May 11**
1:00 p.m.
Location: Hybrid from Stevens Point Campus, CBB Room 161
Presenter: Sarah Rudolph (Emerita Professor, UWSP at Wausau)
PET SITTING AS A SMALL BUSINESS FOR RETIREES AND SENIORS
Do you love dogs and have you ever considered establishing a Pet Sitting business? This type of business is ideal for retirees and seniors who are looking for part-time work to keep you happy and healthy. This is much more than playing with dogs all day. This is a matter of managing the pack. Learn how to establish a legitimate and legal Pet Sitting Business.

Thursday, May 12
1:00 p.m.
Location: Hybrid from Stevens Point Campus, CBB Room 161
Presenter: Michael Moore (Certified Pet Sitter, Certified Canine Massage, Canine First Aid, Medications and Inoculations)

SPRING WILDFLOWERS AT ARPIN
Join Bob Freckmann, Ph.D. on a spring wildflower walk. We’ll enjoy beautiful Powers Bluff County Park, home to some of the most diverse spring wildflowers in central Wisconsin. During a leisurely walk, we’ll discuss the unique ecology of the site, the property’s history, and learn to identify spring wildflowers. For more details visit: Website: https://www.uwsp.edu/cnr-ap/WFC/Pages/WFC/WorkshopsandTrainings/SpringWildflowers.aspx
Friday, May 13
9:00 a.m.-Noon or 1:00-4:00 p.m.
Location: Powers Bluff, Arpin, WI
Fee: $30
Transportation: On Your Own

YOSEMITE NATURE AND PHOTOGRAPHY TRIP
Experience the natural beauty of Yosemite National Park! Enjoy three full days of customized tours with a naturalist and a photographer from the Yosemite Conservancy. Preregistration Required.
Monday-Friday, May 16-20

LIFE MEMBERSHIP COMMITTEE MEETING
All are welcome to attend.
Monday, May 16
9:00 a.m.
Location: Zoom Meeting Only
Moderator: Paul Shogren (LIFE Membership/Promotion Committee Chair)

NUTRITION AND HYDRATION AT THE END OF LIFE
Impact of nutrition and hydration on a patient’s comfort at the end of life, identification of nutritional goals and the role of dietary counseling.
Tuesday, May 17
10:00 a.m.
Location: Hybrid from Stevens Point Campus, CBB Room 161
Presenter: Alane Flora (B.S. in Exercise Physiology with a Cardiac Emphasis. She has over 30 years experience in Health Care)

TED TALKS
(Please see page 12 or program description.)
Tuesday, May 17
1:00 p.m.
Location: Zoom Meeting Only
Presenters: Dave Arey and/or other LIFE Members

LIFE COFFEE AND SOCIAL HOUR
Join us for an informal social hour. Today’s topic: What is the most captivating artwork you have ever seen? We look forward to chatting with you.
Wednesday, May 18
10:00 a.m.
Location: Zoom Meeting Only
Moderator: Teresa Stoltenberg (LIFE Social Committee Chair) and LIFE Social Committee Members

TRIP TO WAUSAU BLACK BEAR EDUCATION CENTER
Wednesday, May 18
4:00 p.m.
Location: Wausau Black Bear Education Center, 157129 Landart Road, Wausau, WI 54403
Fee: None, but you may give a free will donation at the site
Transportation: On Your Own
Wheelchairs are okay. Limited walking, about 3 blocks
Limit: 30
Weather: May be cancelled if lightning occurs
Presenters: Jeff Traska (Founder of the Wausau Black Bear Education Center)
FIELD TRIP TO MERRILL HISTORICAL SOCIETY
Join us for a visit to The Merrill Historical Society. Permanent exhibits include Native American artifacts, the Wisconsin Public Service story, and The Pinery—Merrill's early history. A newly completed "visible storage" facility may be viewed as well.

Thursday, May 19
10:00 a.m.
Location: Merrill Historical Society, 100 East Third Street, Merrill, WI 54452
Presenter: Bea Lebal (President of the Merrill Historical Society) and Pat Burg (Volunteer Administrator of Merrill Historical Society)
Fee: None, but you may give a free will donation
Handicap accessible with an elevator. Walking involved but there are opportunities to sit down
Limit: 20-25 participants
Transportation: On Your Own

“HI TECH,” AND LET’S CHAT
(Please see page 7 for program description.)
Tuesday, May 24
1:00 p.m.
Location: Zoom Meeting Only
Presenters: Roger Bullis (Emeritus Professor of Digital & Mass Media, UWSP) and Mike Wrzinski (LIFE Tech Team Chair)

LIFE FILM DISCUSSION—INTERNATIONAL
(Please see page 8 for program description.)
Tuesday, May 24
3:00 p.m.
Location: Zoom Meeting Only
Presenter: P. Sudevan (Emeritus Professor of Psychology, UWSP)

LIFE TECH COMMITTEE MEETING
All are welcome to attend.
Wednesday, May 25
8:30 a.m.
Location: Zoom Meeting Only
Moderator: Mike Wrzinski (LIFE Tech Team Committee Chair)

TOUR OF HERITAGE PARK WORLD WAR II PRESENTATIONS
A look at the role played by the men and women of Portage County in World War II. The involvement ran from the average soldier doing extraordinary things to high ranking soldiers. Many people are not aware of how involved men and women from this relatively small county population were in the conflict.

Thursday, May 26
10:00 a.m.
Location: Heritage Park, Corner of Willow Street and Washington Streets, Plover, WI 54467
Presenter: Tim Siebert (Portage County History Society)
Tour Details: Three of the structures have ramps. Some walking between buildings. Small interiors, but people can move through to allow for others. No fee, but a free will donation is accepted if it will be held rain or shine.
Parking: street Parking on Willow, Washington or Madison Streets

TREE PLANTING: 20 MINUTES IN THE LIFE AND DEATH OF A TREE AT SCHMECKLE
Planting a tree? Do you know the proper planting technique? If not, join us as we explore how to plant a tree based on its packaging type. In this workshop, we will teach you how to plant bare-root and container-grown trees to optimize their survival rate and growth. To do this, we will be planting several trees and demonstrating proper post-planting care. For more details visit: Website: https://www.uwsp.edu/cnr-ap/WFC/Pages/WFC/WorkshopsandTrainings/TreePlanting.aspx

Friday, May 27
Noon-4:00 p.m.
Location: Schmeeckle Reserve Meeting Room, Stevens Point
Transportation: On Your Own
Fee: $35

LIFE BOARD COMMITTEE MEETING
All are welcome to attend.
Tuesday, June 7
9:00-10:30 a.m.
Location: Zoom Meeting Only
Moderator: Roger Bullis (LIFE Board Committee President)
**LIFE BOOK DISCUSSION**

Discussion of the book, “My Remarkable Journey: A Memoir by Katherine Johnson and daughters, Joylette Hylick and Katherine Moore. (Hardcover- May 25, 2021). Katherine Johnson became a household name when the bestselling book and Hollywood film “Hidden Figures” highlighted her role as a NASA mathematician during the space race. Those works showcased Johnson’s ability to perform high-stakes calculations to send astronauts to space, all while she endured racism and sexism from her colleagues. But crunching numbers for NASA is only part of Johnson’s story. Her posthumous memoir, “My Remarkable Journey”, tells the rest. Co-written with two of her three daughters, Johnson’s memoir spends surprisingly little time explaining her work at NASA. Instead, the book focuses on Johnson’s personal life, including many experiences that reveal insight into the United States’ tumultuous race relations in the 20th century.

**Monday, June 13**
1:00-2:30 p.m.
Location: Zoom Meeting Only
Moderator: Teresa Stoltenberg (LIFE Member)

**LIFE COFFEE AND SOCIAL HOUR**
Join us for an informal social hour. Today’s topic: What is one thing that always makes you laugh? We look forward to chatting with you.

**Wednesday, June 15**
10:00 a.m.
Location: Zoom Meeting Only
Moderator: Teresa Stoltenberg (LIFE Social Committee Chair) and LIFE Social Committee Members

**EXPLORING MANITOWOC TRIP**
On this one day bus trip you will visit the Wisconsin Maritime Museum, enjoy a picnic lunch from Maretti’s Deli at West of the Lake Gardens, and sample flights from two new microbreweries: Sabbatical Brewery and Petskull Brewery. Join us for a one day adventure in June!

**Friday, June 24**
All Day
Location: Manitowoc
Presenter: Anne Rogalski (LIFE Program Manager)
Register: Online or Call 715-346-3838
LIFE: $95 | Non-LIFE: $115

**LIFE BOOK DISCUSSION**

Discussion of the book, “Main Street,” by Sinclair Lewis. The story is set in the small town of Gopher Prairie, Minnesota, a fictionalized version of Sauk Centre, Minnesota, Lewis’s hometown. The novel takes place in the 1910s, with references to the start of World War I, the United States’ entry into the war, and the years following the end of the war, including the start of Prohibition. Satirizing small town life, Main Street is perhaps Sinclair Lewis’s most famous book, and led in part to his eventual 1930 Nobel Prize for Literature. It relates the life and struggles of Carol Milford Kennicott as she comes into conflict with the small-town mentality of the residents of Gopher Prairie. Highly acclaimed upon publication, Main Street remains a recognized American classic.

**Monday, July 11**
1:00-2:30 p.m.
Location: Zoom Meeting Only
Moderator: Teresa Stoltenberg (LIFE Member)

**LIFE COFFEE AND SOCIAL HOUR**
Join us for an informal social hour. Today’s topic: Have you ever taken a wrong turn that led to something special? We look forward to chatting with you.

**Wednesday, July 20**
10:00 a.m.
Location: Zoom Meeting Only
Moderator: Teresa Stoltenberg (LIFE Social Committee Chair) and LIFE Social Committee Members

**DOOR COUNTY TRIP**
On this one day bus trip you will visit the Door County Maritime Museum, tour a winery and participate in a taste testing, experience a famous Door County fishboil, and pick your very own Door County cherries! We hope you will join us on this relaxing day in Door County!

**Thursday, July 21**
All Day
Location: Door County
Presenter: Anne Rogalski (LIFE Program Manager)
Register: Online or Call 715-346-3838
LIFE: $99 | Non-LIFE: $119
LIFE BOOK DISCUSSION
Discussion of the book, “The Four Winds,” by Kristin Hannah. Texas, 1934. Millions are out of work and a drought has broken the Great Plains. Farmers are fighting to keep their land and their livelihoods as the crops are failing, the water is drying up, and dust threatens to bury them all. One of the darkest periods of the Great Depression, the Dust Bowl era, has arrived with a vengeance. In this uncertain and dangerous time, Elsa Martinelli—like so many of her neighbors—must make an agonizing choice: fight for the land she loves or go west, to California, in search of a better life. The Four Winds is an indelible portrait of America and the American Dream, as seen through the eyes of one indomitable woman whose courage and sacrifice will come to define a generation.

Monday, August 8
1:00-2:30 p.m.
Location: Zoom Meeting Only
Moderator: Rollene Marslender (LIFE Member)

MILWAUKEE BREWERS TRIP
Take a bus to Milwaukee and see the Brewers take on the Tampa Bay Rays! The seats should be covered by shade during the game, require very few stairs, and are located near many food/drink vendors and restrooms. At the conclusion of the game, those who are interested may participate in the free “Senior Stroll” around the warning track.

Wednesday, August 10
All Day
Location: American Family Field, Milwaukee
Presenter: Anne Rogalski
Register: Online or Call 715-346-3838
LIFE: $75 | Non-LIFE: $95

LIFE COFFEE AND SOCIAL HOUR
Join us for an informal social hour. Today’s topic: What small things make you happy? We look forward to chatting with you.

Wednesday, August 17
10:00 a.m.
Location: Zoom Meeting Only
Moderator: Teresa Stoltenberg (LIFE Social Committee Chair) and LIFE Social Committee Members

SAVE THE DATE!
37th Annual Good Ideas Conference
A University Experience for Adults
TUESDAY - THURSDAY
JANUARY 11-13, 2022
uwp.edu/content/Pages/Good-Ideas-Event.aspx

IN PERSON AND LIVE ONLINE,
YOU CHOOSE HOW TO ATTEND!
An enriching three day program for adult lifelong learners.
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<tr>
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<td>Janelle Wehr</td>
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<td>Katherine Wright</td>
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<td>Mike Wrzinski</td>
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LIFE Members: Your UWSP LIFE Lanyard/LIFE Nametag grant you perks at ALL THREE campus locations. (Perks subject to change based on CDC and UW-System guidelines)

**Stevens Point**
- Free coffee at LIFE Headquarters (Old Main, Room 032)
- Free guest WiFi and public restrooms
- Access to the Library, Arboretum, Museum, Public Common Areas across campus for reading, studying, chatting, etc.
- Art Gallery viewing (when open)
- Discounted tickets to select UWSP Theatre and Dance Performances
- Option to purchase fitness center passes
- Other businesses open to the public (food service/restaurant and catering, book store, and outdoor grounds area, such as tennis courts, etc.) Does not include paid reservations.

**Marshfield**
- Free coffee and cocoa at the Solution Center
- Free guest WiFi and public restrooms
- Access to the Multicultural Resource Center, Arboretum, Library, Public Common Areas for reading, studying, chatting, etc.
- Art Gallery viewing (when open)
- Indoor walking route available Monday through Friday, 7:00 a.m.-6:00 p.m. (please see map)
- Option to purchase fitness center passes
- Other businesses open to the public (food service/restaurant and catering, retail space, and outdoor grounds area, such as tennis courts, etc.) Does not include paid reservations.

**Wausau**
- Free coffee in CE Office
- Free guest WiFi and public restrooms
- Access to the Union (music, food, ping pong, gaming) and Library
- Art Gallery viewing (when open)
- Free admission to women’s volleyball and men’s basketball games
- Indoor walking route available 7:00 a.m.-7:00 p.m. Monday-Thursday, and 7:00 a.m.-4:30 p.m. Friday (please see map)
- Option to purchase fitness center (including racquetball court) and pool passes
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### Referral Program

Interested in being entered into a drawing for a free Fall 2022 Membership? Eager to share the LIFE program with friends and family? If the answer to these questions is YES, then please read on!

LIFE members may bring guests for a one time “free” class. If the guest decides to become a member, both the veteran LIFE member and new LIFE member will be entered in a drawing for a LIFE membership.

What is LIFE? An “elevator pitch” follows:

- A membership-based association of nearly 400 adult learners providing an opportunity to share learning experiences and to discover new joys in life.
- There are no requirements to join this group of adult learners in their quest to be informed, to learn more, and to pursue their interests.
- LIFE offers **50-60** individual learning opportunities per semester, led by visiting experts, community leaders, UWSP faculty, and LIFE members.
- Included in the classes are opportunities for field trips to experience learning about area events, institutions, and activities.
- Classes include enthusiastic discussion between the presenters and participants.
- Cost: $50 for a semester membership
- Come join us!
NEW YORK CITY THEATRE TRIP

April 19-23, 2022

- Immerse yourself in New York theatre and sightseeing!
- Experience four Broadway shows (show selection based on Tony Award nominees and winners) along with a custom city tour and additional tours based on group interest!
- Lodging is centrally located near Times Square/Broadway and subway lines.

$2,899 Double Occupancy
$3,599 Single Occupancy

uwsp.edu/conted/Pages/New-York-City-Theatre.aspx

YOSEMITE NATURE AND PHOTOGRAPHY

May 16-20, 2022

- Enjoy the beauty of Yosemite National Park with three full days of customized tours with a Yosemite Conservancy naturalist and a photographer.
- Travel by van and by foot to learn about the park's geology, flora, and fauna while improving artistic abilities in photography.
- Stay at the beautiful Rush Creek Lodge, a half mile outside of Yosemite!

$2,499 Double Occupancy
$3,399 Single Occupancy

uwsp.edu/conted/Pages/Yosemite-Nature-Photography.aspx
If you plan on mailing in your registration, please complete this registration form and mail it to UWSP Continuing Education, 2100 Main Street, Old Main 032, Stevens Point, WI 54481.

Name (A) ______________________________________________________
Name (B) ______________________________________________________
Address _______________________________________________________
City ____________________________  County _____________  Zip _______
Home Phone ____________________________________________________
Cell Phone (A) ____________________ (B) ___________________________
Email (A) ______________________  (B) _____________________________
Emergency Contact Name _________________________________________
Emergency Contact Phone _________________________________________
Emergency Contact Relationship _____________________________________

UWSP Release of Liability (REQUIRED)
I and my heirs, in consideration for my being allowed to participate voluntarily in the LIFE program through the University of Wisconsin – Stevens Point, do hereby release the University of Wisconsin System and its employees, officers, and agents from any liability for damage to or loss of personal property, sickness and injury from whatever source, legal entanglement and death, which might occur while participating in this event. I also understand and acknowledge that I am responsible for my own well being while participating, and I understand the possible dangers and risks involved in this program.

Signature of Participant     /Date     Signature of Participant     /Date

Photography Release
Yes, UWSP Continuing Education may use my photograph and video presence for promotional or advocacy purposes. Initial A_______  B_______
PAYMENT METHOD

☐ Check Payment
- Please make check payable to UW-Stevens Point
- Paying by check saves the LIFE Program paying credit card fees.

☐ Credit Card Payment Can Only Be Made While Registering Online.

SPRING 2022 MEMBERSHIP

A or B LIFE Membership (January-June) $50/person $____
A or B ☐ First-time member (need a nametag)
A or B How did you learn about the LIFE Program? _____________
A or B Name of LIFE member who referred you: ______________

CLASSES/TRIPS WITH SIZE LIMITS AND/OR FEES

A or B What’s New at the MREA? (April 15 in Custer) Limit 20
A or B Birding at Monk Gardens (April 28 in Wausau) $5/person $____
A or B Ruffled Grouse Field Day (April 28 & 29 in Treehaven) $145/person $____
A or B Optional Additional Fee for Ruffed Grouse Single Occupancy (April 28 & 29 in Treehaven) $50/person $____
A or B Spring Wildflowers (May 13 in Arpin) $30/person $____
A or B Trip to the Black Bear Education Center (May 18 in Wausau) Limit 30
A or B Field Trip to Merrill Historical Society (May 19 in Merrill) Limit 25
A or B Tree Planting (May 27 in Schmeeckle) $35/person $____

TOTAL ENCLOSED: $____

REGISTRATION OPENS DECEMBER 9, 2021 at 9:00 a.m. Online registration available at www.uwsp.edu/conted/life. If you do not know your password, click “I forgot my password” at the bottom of the logon page to receive a new password. via email.