# Stay sharp, active and involved!



# 2024-2025 COURSE CATALOG

**LEARN** something new | **SHARE** engaging activities | **MEET** interesting people



# Learning in Retirement 2024 - 2025 Steering Committee

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Jim Krueger, President



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Administrative / Finance

Jerry Lang



Curriculum

Lee Prellwitz



Membership / Promotion

Pat Mahoney

To reach an officer, please send an email to <u>lir@EvergreenOshkosh.com</u> or call the office at 920-237-2101 and your message will be forwarded to the appropriate person.





# From the President

#### Dear LIR Members.

A year ago, we all noticed reports in the media about financial difficulties at the University of Wisconsin. It probably did not seem like a direct threat to us at that time, but we all know what happened thereafter. How have we, as an organization, responded to the fallout from those financial difficulties?

We were all somewhat confused about what was happening and how to respond. This especially became prominent after the first of the year, when the Division of Online and Continuing Education was officially canceled, and the long-time staff from that division were no longer with us. We explored the possibilities of new arrangements with different organizations in the area, eventually finding success in our long-time connection Evergreen.



with

Over the transition semester, steady progress has been made in establishing a well-constructed connection with Evergreen. LIR's content has been of its usual quality and has been hosted successfully by Evergreen's staff. We remain associated with UWO through Evergreen in an effort to stay connected to that institution's content.

We are now entering the first full year of this new partnership. The result of the Curriculum Committee's work is in this catalog. The registration process has been enhanced to improve access for all. Reflect on how you may join the committee work or governance of LIR to help maintain the many years of satisfying education and entertainment.

Jim Krueger

J Kunger

President

LIR is being offered through Evergreen in partnership with UW Oshkosh.

Evergreen staff provide administrative support for LIR by collecting and tracking registrations, memberships, and other payments.

They are your go-to for answering questions and day-to-day administration of the program.

You may contact:

Administrative Support at <u>lir@EvergreenOshkosh.com</u> or by calling **920-237-2101**.

The Mailing Address is:

Evergreen
Attn: LIR

1130 Westfield Street
Oshkosh, WI 54902

# **Membership & Registration**

**Membership:** Your LIR Membership fee of \$105 includes attendance at unlimited programs for one academic year July 1 – June 30. Membership year is July 1 thru June 30. Annual membership renewal opens up in the Fall. Course catalogs will be made available annually (Fall and Spring). To join in Spring, the membership fee is \$55.

Renew membership and register online through the LIR website by scanning the QR code, or at <a href="www.evergreenoshkosh.com/learning-in-retirement">www.evergreenoshkosh.com/learning-in-retirement</a>. Instructions for registration will be available through the LIR office. Evergreen staff will also be available to guide members through this new registration process. Contact <a href="lir@EvergreenOshkosh.com">lir@EvergreenOshkosh.com</a>.

**Payment:** Payment for membership, fee-based programs and tours should be submitted to the LIR office. See page 2 for address.

#### **General Information**

**Payment Procedures for Paid Programs:** Please only register for programs that you plan to attend. It is required that you pay when you register by submitting payment to the LIR office at Evergreen. Your payment secures your spot in fee-based programs and tours.

**Bring a Friend:** You may bring a non-member to programs. Please check with the office first to ensure there is space available.

**Program Change Notifications:** If there is a last-minute program schedule change or cancellation due to circumstances other than weather, an email will be sent to those registered. Make sure your email is up to date in the office.

**Weather Cancellations:** Check Green Bay TV Stations for notifications. If public schools are closed **in the city where the program is being held**, the program is cancelled. You may not receive any other notification. Cancellations may be made prior to the day of, on a case-by-case basis. If possible, an email will be sent informing those registered of the cancellation.



# Reasons to stay engaged in Lifelong Learning:

- Improves self-confidence and other personal qualities.
- Strengthens your mental capabilities and overall well-being.
- Provides opportunities to meet new and like-minded people.
- Assists in developing new hobbies and interests; and
- Puts your well-developed skills to use after retirement.
- Be a lifelong learner!

# **Special Interest Groups**

# 1) Readers' Choice

Love books and reading? Group participants decide on the selection of books to read and discuss.

Dates: Wednesdays; September 4, October 2, November 6, December 4, and January 8

**Time:** 2 - 3:30 p.m.

**Coordinator:** Lee Prellwitz

Note: This group meets at various locations in Oshkosh.

#### 2) Garden Group

Experts will present on a variety of gardening and landscape topics. Field trips to area nurseries and gardens are a favorite activity. Group participants decide on the programming and activities.

Dates: Fridays; September 6, October 4, November 1, December 6, and January 10

Time: 10 – 11:30 a.m. Coordinator: Debby Butch

**Location:** Coughlin Center and various other locations selected by group.

# 3) Life Story Writing Group

Reflect on your life and write autobiographical stories that focus on aspects of those memories. The focus of this group is to share your personal writing and offer feedback to one another. Some helpful writing resources will be supplied. Participants will receive monthly writing prompts or themes to use but are free to write on any topic.

Dates: Tuesdays; September 24, October 22, November 26, December 17 and January 28

**Time:** 10 – 11:30 a.m.

Coordinators: Helen Adams and Marsha Rossiter

Location: Evergreen

**Maximum Participants: 15** 

# **Courses and Tours**

# 4) Tour: Gordon Bubolz Nature Preserve Microgrid

Gordon Bubolz Nature Preserve, located in Appleton, Wisconsin, is a 725-acre non-profit nature preserve. Faith Technologies Incorporated (FTI), in partnership with Schneider Electric, engineered and built the largest, most advanced microgrid in the Midwest to power the preserve. The microgrid serves as a learning opportunity for teaching students and businesses about the cutting-edge energy technology that is available today. By providing reliable power to Bubolz's buildings while achieving net-zero energy consumption, the microgrid serves as an efficient and low-cost clean energy solution. Plan to learn more about one of the fastest growing methods of energy generation in the world.

Date: Thursday, September 5, 2024

**Time:** 1:30 – 3 p.m.

Presenter: Cody Hoffman, Automation Project Engineer, Faith Technologies Inc.

Ethan Van Thiel, Electrical Engineer, Faith Technologies Inc.

Brian Shea, Principal Engineer, Faith Technologies Inc.

Coordinator: Pat Lowney

Location: Gordon Bubolz Nature Preserve, 4815 N Lynndale Drive, Appleton, WI 54913

**Cost: Free** 

#### 5) Common Eye Conditions

Dr. Patel will discuss the basics of cataracts, presbyopia, dry eye, glaucoma, macular degeneration, and other eye diseases and how these conditions affect vision. He will also discuss helpful tips on how one can monitor his or her vision at home.

Date: Monday, September 9, 2024

**Time:** 10 – 11:30 a.m.

Presenter: Dr. Kunal Patel, MD. Ophthalmologist, Tower Clock Eye Center

**Coordinator:** Mary Bayorgeon **Location:** Oak Park Place

#### 6) The History of the Tri-County Dental Clinic

Health insurance doesn't cover oral health care. A low Medicaid reimbursement rate makes it nearly impossible for providers to offer care, leaving many in our community without access to dental care. Poor oral health is connected to poor overall health, and children who have poor oral health often miss more school and receive lower grades than children who don't. Tri-County Dental was formed more than 20 years ago by local dentists to provide care with compassion and respect. More than 90 dentists throughout the Fox Valley volunteer to cover 10 shifts each week at the clinic.

Date: Thursday, September 12, 2024

**Time:** 10 – 11:30 a.m.

Presenter: Lisa Hintz, Community Outreach Director, and Sandy Drexler, CEO & Executive

Director of the Tri-County Dental Clinic

**Coordinator:** Pat Lowney **Location:** Evergreen – Hybrid

# 7) Milwaukee Symphony Orchestra

Milwaukee Symphony Orchestra will perform a free concert at Ripon College, made possible through a donation of a Ripon College Alumni.

Date: Sunday, September 15

**Time:** 3:15 p.m.

**Coordinator:** Lee Prellwitz

Location: Ripon College, Willmore Center Fieldhouse, 400 Union Street, Ripon, WI 54971

**Cost: Free** 

## 8) TEDxOshkosh: An Expansion to Your Knowledge Base

TEDx is a locally arranged collection of short, intense presentations of essential ideas. The goal is to stimulate a more profound curiosity and understanding of these ideas. One of the local co-producers will explain the concept of the upcoming session later in the fall. This could be an excellent expansion of your LIR experience.

Date: Monday, September 16, 2024

**Time:** 10 – 11:30 a.m.

Presenter: Craig Burnett, Co-Producer, TEDxOshkosh

Coordinator: Jim Krueger Location: Evergreen - Hybrid

#### 9) Tour: Epic Systems

Tour to Epic Systems Corporation located in Verona, WI. Established in 1979 as a privately held, employee-owned and operated company that develops and sells a range of software solutions for the health care industry throughout the United State. Epic has created one of the strangest and largest workplaces of all time. The one hour walking tour will be of one or more of their buildings. After the tour we will go to Quivey's Grove outside of Madison for lunch (included in the Tour cost). Quivey's Grove mansion was known to be part of the Underground Railroad and after lunch there will be time to explore the mansion and shop for souvenirs. More information regarding bus timing and lunch will be shared after registration is complete.

Date: Wednesday, September 18, 2024

**Time:** 7:15 a.m. – 3:30 p.m. **Presenter:** To be Announced **Coordinator:** Kathi Sawall

Location: Epic Systems Corp., 1979 Milky Way Verona, WI 53593 and

Quivey's Grove, 6261 Nesbitt Road, Madison, WI 53719

Cost: \$75

**Maximum Participants: 40** 

## 10) Self-Driving Vehicles in Wisconsin

Current WI law require an operator to be behind the wheel of a motor vehicle. However, the future may bring autonomous driving to Wisconsin. This presentation will discuss the possible impact this will have on Wisconsin roadways.

Date: Thursday, September 19, 2024

**Time:** 10 – 11:30 a.m.

Presenter: Brad Basten, WI Department of Transportation Strategic Initiatives Officer

**Coordinator:** Joel Kluessendorf **Location:** Evergreen – Hybrid

#### 11) Annual Fall Luncheon

This year's presentation, "Moments of Happiness – My time in the UW Band" is presented by Professor Leckrone, director of the University of Wisconsin Marching Band from 1969 to 2019. He is noted for his extraordinary ability to remember the names of all the past and present members of the band, as well as where they were from, and what instrument they played. You may be asked to help "sing" his introduction. A plated lunch will be served before the presentation.

Date: Friday, September 20, 2024

Time: Doors open at 11:00 a.m., Lunch at 11:30 a.m., presentation at 12:30 p.m.

Presenter: Professor Michael Leckrone

**Coordinator:** Lee Prellwitz

Location: LaSure's Banquet Hall, 3125 South Washburn Street, Oshkosh, WI 54904

Cost: \$26 for members, \$30 for non-members

## 12) Learn About Brain Neuroplasticity

Our brain has an amazing ability to adapt, change and create new pathways. Learn how our brain does this in response to new information or damage. Neuroplasticity refers to the brain's ability to continue to grow, change and evolve in response to life experiences. It helps form both good and bad habits and is the basis for all new learning and rehabilitation, and is an active and dynamic process. Let's take charge of our brains to help keep them sharp and to prevent cognitive decline!

Date: Monday, September 23, 2024

**Time:** 10:30 – 11:30 a.m.

Presenter: LaReina Tipping, CAPSW, MSW, Brain Center of Green Bay

Coordinator: Jerry Lang

Location: Oshkosh Senior Center

# 13) Tour: Mosquito Hill (How do Birds Fly)

Flight, an idea that once captured the human imagination, is now just an airline ticket away. However, humans are far from being the true masters of aerial acrobatics. Learn how birds adapted for flight, the science behind flying, and how birds use flight as a tool.

Date: Wednesday, September 25, 2024

**Time:** 10 – 11:30 a.m.

Presenter: Allyn E. Noll, Naturalist, Mosquito Hill Nature Center

Coordinator: Pat Mahoney

Location: Mosquito Hill Nature Center, N3880 Rogers Road, New London, WI 54961

Cost: \$7.00

# 14) Senator Herb Kohl's Mixed Legacy

The late United States Senator Herb Kohl was one of the greatest philanthropists in Wisconsin history. But was he really "Nobody's Senator but Yours?" Dr. Palmeri discusses Senator Kohl's mixed legacy.

Date: Thursday, September 26, 2024

**Time:** 1:30 – 3 p.m.

Presenter: Tony Palmeri, Professor of Communications Studies at UW Oshkosh

**Coordinator:** Nathalie Moore **Location:** Evergreen – Hybrid

#### 15) The Nonprofit Leadership Initiative

The Nonprofit Leadership Initiative is a program within the Community Foundation of the Fox Valley Region to help nonprofit staff and board members professionalize and grow so they have a strong foundation to run their organization and can focus on their mission work. Attendees will hear how this program and the work of the foundation have been critical to the success of so many nonprofits in our region.

Date: Tuesday, October 1, 2024

**Time:** 1:30 - 3 p.m.

Presenter: David Weiss, Executive Director, Nonprofit Leadership Initiative

Coordinator: Pat Lowney

Location: Community Foundation of the Fox Valley Region, 4455 W. Lawrence St., Appleton,

WI 54914

**Maximum Participants:** 50

# 16) How "Psycho" Changed Everything

Robert Bloch published his novel Psycho in 1959. Alfred Hitchcock released his adaptation of Bloch's novel in 1960 to great acclaim. By placing the source of horror not on monsters from dusty mythology, alien invaders or creatures out of a Gothic nightmare, these two geniuses caused everyone to be afraid of everything; afraid even of the humblest motel proprietor. American horror --- and the American people --- will never be the same.

Date: Thursday, October 3, 2024

**Time:** 1:30 – 3 p.m.

Presenter: Bill Gilliard, English Professor at UW Oshkosh

**Coordinator:** Nathalie Moore **Location:** Evergreen - Hybrid

## 17) John Dillinger in Wisconsin: Johnny Depp in Oshkosh

This will be a two-part presentation. The John Dillinger presentation will focus on Dillinger's experiences in Wisconsin --- the shootout at Little Bohemia, a bank robbery in Racine, and a shootout (involving some of his gang members) on Highway 12 between Lake Geneva and Chicago. The Johnny Depp presentation will focus on the filming of a portion of the 2009 Michael Mann film "Public Enemies" in Oshkosh. Johnny Depp and Christian Bale starred in the movie.

Date: Monday, October 7, 2024

**Time:** 1:30 – 3 p.m.

Presenter: Michael McArthur & Lee Prellwitz

Coordinator: Lee Prellwitz Location: Evergreen - Hybrid

# 18) The Worthwhile Work of Parenting

Theodore Roosevelt has been quoted as saying "Far and away the best prize that life has to offer is the chance to work hard at work worth doing." Many consider parenting (and grandparenting) as one of life's best prizes and work worth doing. It also requires hard work. Parenting, if we are doing it well, requires continuous learning. Let's learn together!

Date: Tuesday, October 8, 2024

**Time:** 10 – 11:30 a.m.

Presenter: Amy D'Addario, (MS, CSW, SAC)

Coordinator: Jerry Lang

Location: Oshkosh Senior Center

## 19) Tour: Morton LTC & Morton Safety

Morton LTC is a family-owned 4<sup>th</sup> generation pharmacy focusing on long-term care. Morton Drug Company will share the history of its family business, how the company evolved from retail to a long-term care pharmacy serving 4500 patients in the Fox Valley and beyond. Morton LTC will share what makes long-term-care pharmacy unique, and current industry challenges. A tour of the Neenah facility featuring different medication packaging types and the use of automation will be shared.

Date: Thursday, October 10, 2024

**Time:** 10 – 11:30 a.m.

**Presenter:** Kate Morton Springborn

Coordinator: Pat Mahoney

Location: Morton LTC & Morton Safety, 201 East Bell Street, Neenah, WI 54956

**Cost: Free** 

**Maximum Participants: 25** 

## 20) Religion and Politics - How to Relate Them

Pastors can get into trouble when they try to address the relationship between religion and politics. Even before stepping into a pulpit, Brian Smith was taught as a boy that there were two things you never should talk about in public --- religion and politics. Sometimes, however, a preacher cannot help but speak about both issues together when the Scriptures for the day do so. There are Sundays when the continuous lectionary used in many Christian churches requires us to think about sound relationships between religion and politics.

Date: Tuesday, October 15, 2024

**Time:** 10 – 11:30 a.m.

Presenter: Dr. Brian Smith, Professor Emeritus of Religion at Ripon College

**Coordinator:** Lee Prellwitz

Location: Evergreen (Virtual) - Hybrid

# 21) The 2024 Presidential Election and Future Prospect for the United States

What have we learned (three weeks out) from the presidential race of 2024 and how does it fit into the historical context of American politics overall? Where are we likely headed as a country? Professor David Siemers presents his views and takes your comments and questions.

Date: Wednesday, October 16, 2024

**Time:** 1:30 - 3 p.m.

Presenter: Dr. David Siemers, Distinguished Professor of Political Science, UW Oshkosh

Coordinator: Nathalie Moore

Location: Evergreen (W&PAC) - Hybrid

# 22) Wrongful Convictions

This presentation will examine the issue of wrongful convictions in the U.S. criminal justice system. Specific areas of focus will include: how wrongful convictions are discovered, the causes of wrongful convictions, as well as how the likelihood of wrongful convictions can be reduced.

Date: Thursday, October 17, 2024

**Time:** 1:30 – 3 p.m.

Presenter: Kristin Rose, Assistant Professor of Criminal Justice, UW Oshkosh

**Coordinator:** Nathalie Moore **Location:** Evergreen – Hybrid

#### 23) Supper with the Chef

Sit back and enjoy a talented Evergreen Chef demonstrate the creation of supper prepared especially for LIR. (*this program is for members only*)

Date: Tuesday, October 22, 2024

**Time:** 4:30 - 7:00 pm, bar opens at 4:30, presentation at 5

Presenter: An Evergreen Chef

**Location:** Evergreen

Cost: \$20 Maximum Participants: 45

#### 24) Graveyard Gossip

No October would be complete without "digging up" some anecdotes involving past local residents, now residing in area cemeteries. By exhuming their life and or death stories that are not only brought back to life, but will surely leave you haunted!

Date: Wednesday, October 23, 2024

**Time:** 10 – 11:30 a.m.

Presenter: Deb Daubert, Curator (Retired), Oshkosh Public Museum

**Coordinator:** Lee Prellwitz

**Location:** Oshkosh Senior Center

#### 25) Asherah- Goddess in Ancient Israel

Asherah was known for centuries only as a goddess reviled in the Old Testament. Since the discovery of the Canaanite texts at ancient Ugarit nearly a century ago, we have some insights into the character of Asherah from those who revered her. Two fascinating Hebrew inscriptions discovered about 50 years ago at Kuntillet Ajrud and Khirbet el-Qom may also contain references to Asherah. This session will provide an overview of these textual witnesses to the ancient goddess.

Date: Thursday, October 24, 2024

**Time:** 1:30 - 3 p.m.

Presenter: Dr. William Urbrock, Professor of Religious Studies (Retired), UW Oshkosh

**Coordinator:** Lee Prellwitz **Location:** Evergreen – Hybrid

# 26) Iceland's Fire & Ice

Professor Johnson will present on the geology of Iceland. The presentation will be based on a trip Professor Johnson was on in July 2023 that encompassed the entire southern part of the country, including areas that are now being affected by the recent eruptions in the Reykjanes Peninsula (near Grindavik and the Blue Lagoon) that started several months ago.

**Date:** October 25, 2024 **Time:** 1:30 – 3 p.m.

Presenter: Beth Johnson, PhD UW Oshkosh-Fox Cities; Department of Geology

Coordinator: Lee Prellwitz Location: Evergreen – Hybrid

#### 27) The Oshkosh Public Library

Public libraries today face enormous challenges in a variety of areas from a number of different sources. Mr. Eschette, nearing completion of his first year as Director of the Oshkosh Public Library, will present on the current relevance and considerations for the future for the Oshkosh Public Library.

Date: Friday, December 20, 2024

Time: 10:30 - 11:30 a.m.

Presenter: Darryl Eschete, Director Oshkosh Public Library

Coordinator: Bill Bracken Location: Evergreen – Hybrid

# 28) Women's Rights in the United States

Paisley Harris will present a historical overview of women's rights in the United States, including rights within marriage, political and economic rights, along with rights related to bodily autonomy. This talk will also discuss the movements that made these rights a reality, and offer perspectives and an opportunity for discussion about women's rights today.

Date: Wednesday, October 30, 2024

**Time:** 1:30 – 3 p.m.

Presenter: Paisley Harris
Coordinator: Lee Prellwitz
Location: Evergreen - Hybrid

# 29) Delusion and Compulsion: Murder and the Macabre by the Master Edgar Allan Poe

Edgar Allan Poe's writing fascinates readers drawn into the drama of his characters' delusional and sinister behavior. A murderer confessed: "It is the beating of his hideous heart!" Another's last words: "To-day I wear these chains . . . . To-morrow I shall be fetterless! – but where?". Selected readings from Edgar Allan Poe's classic works of self-deception, compulsion, and delusional mayhem.

Date: Thursday, October 31, 2024

**Time:** 1:30 – 3 p.m.

Presenter: William Baurecht Coordinator: Lee Prellwitz Location: Coughlin Center

# 30) Community Involvement for Safe Response

This program explains the collaborations between emergency response departments, police departments, hospitals and counties that have put in place safety programs for people living with dementia. "Project Safe Response" and "Purple Blue" are two newly implemented programs that help those living alone with dementia or with a care partner in crisis situations.

Date: Monday, November 4, 2024

**Time:** 10:30 – 11:30 a.m.

Presenter: Carrie Esselman, Grants Manager, Fox Valley Memory Project

**Coordinator:** Jerry Lang **Location:** Oak Park Place

#### 31) How Maps Changed the World

Maps are more than a neutral representation of the world. Maps shape political, economic, and social questions - including, of course, redistricting, but also touching on housing, education, and security.

Date: Tuesday, November 5, 2024

**Time:** 1:30 - 3 p.m.

Presenter: Dr. Arnold Shober, Professor of Government, Lawrence University

**Coordinator:** Lee Prellwitz

Location: Coughlin Center

## 32) Tour: Mosquito Hill (Talkin' Turkey)

We all know turkey is a staple on the Thanksgiving table but ever wonder why? Join Park Ranger Adam Brandt to learn about the origins of this tradition. We will also discuss other facts about wild turkeys and explore their story and history in Wisconsin.

Date: Wednesday, November 6, 2024

**Time:** 10 – 11:30 a.m.

Presenter: Adam J. Brandt, Naturalist, Mosquito Hill Nature Center

**Coordinator:** Pat Mahoney

Location: Mosquito Hill Nature Center — N3880 Rogers Road, New London, WI 54961

Cost: \$7

# 33) One Room Schools in Wisconsin

Ms. Apps-Bodilly will share experiences and stories from people who attended one-room schools in Wisconsin years ago. The talk will be based on her book, "One Room Schools." By the mid-1960s most one-room schools in Wisconsin had been closed, as school consolidation was advocated by the Wisconsin state government. She will allow time questions other one-room "stories."

Date: Thursday, November 7, 2024

**Time:** 1:30 – 3 p.m.

Presenter: Susan Apps-Bodilly Coordinator: Lee Prellwitz Location: Evergreen – Hybrid

## 34) The History of Father Carr's in Oshkosh

Learn more about Father Carr's history. Father Carr: the man, mission, ministry structure, Handmaids of the Divine Redeemer, and the Golden Jubilee Anniversary in 2024. Followed by Q&A.

Date: Tuesday, November 12, 2024

Time: 1:30 – 3 p.m.

Presenter: Jim Boehm

Coordinator: Lee Prellwitz

Location: Oshkosh Senior Center

#### 35) Great Reads

Mr. McArthur and other members of the Oshkosh Public Library staff will review many of the outstanding books of the past year. Both fiction and non-fiction works will be included in the reviews, and printed copies of the Great Reads of 2024 list will be available so that you can plan your reading for the upcoming year.

Date: Wednesday, November 13, 2024

**Time:** 1:30 – 3 p.m.

Presenter: Michael McArthur, Local Historian and Genealogy Librarian Oshkosh Public

Library & other members of the Oshkosh Public Library Staff

**Coordinator:** Lee Prellwitz **Location:** Evergreen - Hybrid

# 36) Miracle in Nebraska

During World War II the citizens of North Platte and 125 nearby small towns provided a canteen for troop trains that made 15-minute stops in North Platte. In doing so the canteen eventually served over six million servicemen making it the largest volunteer activity in America during the war. The canteen was then nearly forgotten. Come hear this heart-warming and uplifting story about the Midwest and about very oridinary people doing extraordinary things. **Date:** Thursday, November 14, 2024

**Time:** 1:30 - 3 p.m.

Presenter: William Wooley, Ripon College Professor of History (Retired)

Coordinator: Pat Lowney Location: Evergreen - Hybrid

# 37) What's New in Health & Wellness

Dr. JJ Allen, owner of Hometown Pharmacy (Sawyer St, Oshkosh) is a Doctor of Pharmacy and a certified sports nutritionist with a passion for helping clients create a healthier lifestyle to decrease the need for medications. Don't miss his presentation on a relevant health and wellness topic.

Date: Tuesday, November 19, 2024

**Time:** 10 – 11:30 a.m. Presenter: Dr. JJ Allen

Coordinator: Karen Kaempffe Location: Evergreen - Hybrid

# 38) Travel Stories

Connie Schuster traveled extensively during her time at UW Oshkosh. She will present on trips to Greece, Ireland, Nova Scotia, Turkey and others. She will explain things she discovered during her travels. Did you know that Egypt had a female pharaoh? She will show a great number of pictures, and allow time for questions at the end.

Date: Wednesday, November 20, 2024

**Time:** 10 – 11:30 a.m. Presenter: Connie Schuster Coordinator: Lee Prellwitz Location: Coughlin Center

#### 39) Active Threat Preparedness

Anywhere people gather can be a place where there is a potential of an active threat. This session will include information on emergency practices, information sharing, awareness and action steps for staying safe should you find yourself in an active threat situation. One of the presenters is the survivor of an active shooter situation that occurred in 2008 at Northern Illinois University.

Date: Thursday, November 21, 2024

Time: 10 a.m. - Noon

Presenter: Christoper Tarmann, UW Oshkosh Chief of Police & Joseph Peterson, UW

Oshkosh Associate Geology Professor

Coordinator: Lee Prellwitz Location: Evergreen – Hybrid

# 40) 20th Century History of the United States Banking System

Professor Gunderson will present a history of the United States banking system in the 20th century. Topics to be covered (and others) include: Early 20th century; New Deal-era reforms; Bretton Woods system; Automated teller machines; Nixon shock; Deregulation of the 1980s and 1990s; Repeal of the Glass-Steagall Act.

Date: Thursday, December 5, 2024

**Time:** 10 – 11:30 a.m.

Presenter: Dr. Ralph Gunderson, Economics Professor (Retired), UW Oshkosh

**Coordinator:** Lee Prellwitz **Location:** Evergreen - Hybrid

# 41) Theatre Program: Christmas Stars

Christmas Stars features a cast of over 250 performers (ages five to senior citizen) in a dazzling holiday musical revue featuring favorite Christmas tunes. Traditional carols will be sung by the one hundred-twenty voice choir, eye-popping production numbers including a re-creation of New York's Christmas parade and a stunning "Living Nativity" finale to bring home the true "reason for the season."

Date: Sunday, December 8, 2024

**Time:** 1:00 p.m.

Coordinator: Mary Bayorgeon

Location: Xavier Fine Arts Theatre, 1600 W Prospect Ave, Appleton, WI 54914

Cost: \$19

**Maximum Participants: 25** 

# 42) Understanding Senior Care

When looking into Senior Care options, there are many different level of care options. Which one is the best for you? Home Care, Independent Living, Residential Care Apartment Complex (RCAC), Community Based Residential Facility (CBRF), or Memory Care. It's all based on your needs. The presenter is a Senior Advisor with Oasis Senior Advisors. She will go more in depth on what each level of care means and why one community may be a better fit for you versus another.

Date: Monday, December 9, 2024

Time: 10 – 11:30 a.m.

Presenter: Trisha Witthuh

Coordinator: Jerry Lang

Location: Oshkosh Senior Center

#### 43) The Tuskegee Airmen

The Tuskegee Airmen was a group of Black military pilots (fighter and bomber) and airmen who fought in WW II. They formed the 332<sup>nd</sup> Fighter Group and the 477<sup>th</sup> Bombarbment Group of the United States Army Air Forces. These men and women fought for our country after fighting through racism. Hear what they had to go through to become the famous Red Tails of WWII.

Date: Thursday, December 12, 2024

**Time:** 10:00 – 11:30 a.m.

Presenter: Chris Henry, EAA Museum Manager

Coordinator: Karen Kaempffe Location: Evergreen - Hybrid

#### 44) Controversies in Historical Sites and Events

Dr. Linenthal will share pertinent examples of the spectrum of responses to the "indigestible" wounds from the nation's past, tied up as they are with issues of identity, personal tolerance for historical ambiguity, a resurgent and intolerant nationalism that tolerates only celebratory history (what some of us think of as heritage, not history). After revealing case studies, Dr. Linenthal will open to a wider conversation with the audience.

Date: Tuesday, January 7, 2025

**Time:** 1:30 – 3 p.m.

**Presenter:** Dr. Edward Linenthal **Coordinator:** Lee Prellwitz

Location: Evergreen (Virtual) - Hybrid

# 45) My Experience with Rabies, and Rabies Around the World

In 2004 Jeanna Giese nearly died from rabies after being bitten by a bat. She is being heralded as the first person known to have survived the virus without receiving a preventative vaccine. "Basically, they told my parents you can let her die here at the hospital or you can take her home and let her die there. Or we can try this experiment. We don't know if it's going to work but we want to put her in a coma." Rabies is seldom fatal in the United States where a vaccine is readily available. Unfortunately there are number of countries where the vaccine is not available, and a number of people die from rabies every day.

Date: Wednesday, January 8, 2025

Time: 10 a.m. – 11:30 a.m.

Presenter: Jeanna Giese

Coordinator: Karen Kaempffe

Location: Evergreen - Hybrid

# 46) Life Lessons Learned in the Peace Corps

Joining the Peace Corps ended up on Carmen's bucket list after she heard a speaker share about her Peace Corps experience during a school assembly. After graduating from college with an elementary education degree Carmen spent two years teaching English as a foreign language in Mali, West Africa. Carmen joined the Peace Corps to see the world in a new way, not as a tourist, but as a friend, as a neighbor, as a contributing member. From a medical evacuation to living in a mud house not far from Timbuktu, Carmen has lots of fun and interesting stories filled with the valuable lessons that continue to be guiding forces in her life.

Date: Friday, January 10, 2025

Time: 10 – 11:30 a.m.

Presenter: Carmen Leal

Coordinator: Nathalie Moore

Location: Evergreen - Hybrid

# 47) Writing Short Memoir for Family & Other Loved Ones

After a brief overview of autobiography and memoir in the 20<sup>th</sup> and 21<sup>st</sup> centuries, we will discuss creative options and artistic considerations when writing your life stories with a special audience – loved ones -- in mind. What kinds of stories might you write, and what is most important about preserving memories in print?

Date: Monday, January 13, 2025

**Time:** 10 – 11:30 a.m.

Presenter: Laura Jean Baker, writer and teacher

**Coordinator:** Nathalie Moore **Location:** Oshkosh Senior Center

## 48) Chef's Choice: Why Leaves Change Color in the Fall

Fall colors are one of nature's favorite gifts. But plants don't make those colors to impress us. Fall colors are one part of a controlled process called "autumnal senescence". The talk will explain the biology behind, and reasons for, color formation.

Date: Wednesday, January 15, 2025

Time: 12:15 - 2:30 p.m. Lunch served at 12:15, Presentation at 1:15

Presenter: Dr. Robert Wise, Professor of Botany (Retired)

**Coordinator:** Nathalie Moore **Location:** Evergreen – Hybrid

Cost: \$15

**Maximum Participants:** 60

# 49) The Therapeutic Use of Psychedelics: New Developments

Dr. Hatcher has a Ph.D. in Social Psychology, 37 years teaching Psychology courses at Ripon College, Licensed Psychologist, Certificates in Psychedelic Harm Reduction and Integration and in Ketamine-Assisted Psychotherapy. Since the 1960s psychedelics have been woven into our cultural fabric, first as doors to Enlightenment, then as drugs that were so dangerous that they needed to be placed in the same category as Heroin. One aspect of psychedelics that was generally overlooked was their use in therapy by Psychologists. Very positive results were reported as far back as the 1960s, and psychedelics have experienced a recent resurgence not as a tool toward Enlightenment, but as a treatment for mental illnesses ranging from PTSD to addiction to depression. This talk will examine that history and will focus on the present-day potential of psychedelics for treating mental illness.

Date: Tuesday, January 21, 2025

**Time:** 1:30 - 3 p.m.

Presenter: Dr. Joe Hatcher Coordinator: Lee Prellwitz Location: Evergreen - Hybrid

# 50) Kettle Moraine Springs DNR Fish Hatchery

This program will encompass how the Kettle Moraine Springs Hatchery operates. There will be up to date fisheries stocking information pertaining to fish stocked into Lake Michigan and other waters of Wisconsin. Any questions you may have pertaining to Fisheries in general for the state of Wisconsin will be answered.

Date: Thursday, January 23, 2025

**Time:** 1:30 – 3 p.m.

Presenter: Peter Scott, Fish Culture Biologist, Kettle Moraine Springs State Fish Hatchery

Coordinator: Caitlyn Scott Location: Evergreen - Hybrid

#### **Course Locations**

Evergreen, 1130 N. Westfield Ave, Oshkosh, WI 54902

Majority of programs are held in the Behnke Center, in the lower level of Evergreen. The W&PAC is the room to the left of the front entrance.

Oshkosh Seniors Center, 200 North Campbell Street, Oshkosh, WI 54902 (Main Building)

Coughlin Center, 625 E County Rd Y, Oshkosh, WI 54903

Oak Park Place, 2205 Midway Road, Menasha, WI 54952

Bubolz Nature Preserve, 4815 N Lynndale Dr, Appleton, WI 54913

Community Foundation of the Fox Valley, 4455 West Lawrence Street, Appleton, WI 54914

LaSure's Banquet Hall, 3125 S Washburn St, Oshkosh, WI 54904

Morton LTC & Morton Safety, 201 East Bell Street, Neenah, WI 54956

Mosquito Hill Nature Center, N3880 Rogers Road, New London, WI 54961

**Tours:** This semester majority of tours will be self-drive. The address and any instructions are printed with the program information and above.

Coach Bus Pick-up Locations will be the parking lot of Rogan's Shoes, 2145 S. Koeller Street, Oshkosh, WI 54902 and Evergreen.

# **Course Delivery Instructions**

Programs will be offered in a couple of different formats:

**In-Person:** If a location is listed, the program is in-person and that is the only option to view the program.

**Hybrid:** If the program is at Evergreen and says HYBRID that means you may choose to register to attend in-person or view the program virtually. You do not have to register if you know you will view it virtually. You may not have the same experience virtually, but you will be able to view it from the comfort of your home. Not every program at Evergreen is available virtually, as well.

**Virtual:** The presenter will be presenting from a remote location and the only way to view the program is on-line.

**Links:** The links for all Hybrid and Virtual programs will be sent in the email reminder that is sent by the Curriculum Chair each week. Please keep those emails for your records.

As a reminder, please turn off your camera and microphone when viewing the presentation. Closed caption is available, if you want to use it, click on "Live Transcript" and select subtitles.

To ask a question, click on the word "Chat" at the bottom of your screen and type in your question.

# **SEPTEMBER 2024**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
			Readers'	Tour: Gordon	Garden	
	LABOR DAY		Choice	Bubolz Nature	Group	
			2–3:30 p.m.	Preserve Microgrid	10–11:30 a.m.	
				1:30 – 3 p.m.		
8	9	10	11	12	13	14
	Common Eye			The History of		
	Conditions			Tri-County		
	10–11:30 a.m.			Dental Clinic		
	Oak Park Place			10–11:30 a.m.		
				Evergreen		
15	16	17	40	19	20	21
15	TEDx Oshkosh:	17	18	Self-Driving	Annual Fall	21
	An Expansion to		Tour: Epic	Vehicles in	Luncheon	
	Your Knowledge		Systems 7:15 a.m. –	Wisconsin	11 a.m. –2 p.m.	
	Base		3:30 p.m.	10–11:30 a.m.	LaSure's	
	10–11:30 a.m.		Verona, WI	Evergreen	Banquet Hall	
	Evergreen					
22	23	24	25	26	27	28
	Learn About	Life Story	Tour: Mosquito	Senator Herb		
	Brain	Writing	Hill- How do	Kohl's Mixed		
	Neuroplasticity	10–11:30 a.m.	Birds Fly 10–11:30 a.m.	Legacy		
	10:30–11:30 a.m.		10–11:30 a.m.	1:30–3 p.m.		
	Oshkosh Senior			Evergreen		
	Center					
29	30					
_5						

# **OCTOBER 2024**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	_	The Nonprofit Leadership Initiative 1:30–3 p.m. Community Foundation of the Fox Valley Region	Reader's Choice 2–3:30 p.m.	How "Psycho" Changed Everything 1:30–3 p.m. Evergreen	Garden Group 10–11:30 a.m.	5
6	John Dillinger in Wisconsin: Johnny Depp in Oshkosh 1:30–3 p.m. Evergreen	The Worthwhile Work of Parenting 10–1130 a.m. Oshkosh Senior Center	9	Tour: Morton LTC & Morton Safety 10–1130 a.m. Neenah, WI	11	12
13	14	Religion & Politics – How to Relate Them 10–11:30 a.m. Evergreen (Virtual)	The 24' Presidential Election and Future Prospects of the U.S. 1:30–3 p.m. Evergreen (W&PAC)	Wrongful Convictions 1:30–3 p.m. Evergreen	18	19
20	21	Life Story Writing 10–11:30 a.m. Supper with the Chef 4:30–7 p.m.	Graveyard Gossip 10–11:30 a.m. Oshkosh Senior Center	Asherah- Goddess in Ancient Israel 1:30–3 p.m. Evergreen	Iceland's Fire & Ice 1:30–3 p.m. Evergreen	26
27	28	The Oshkosh Public Library 10–11:30 a.m. Evergreen	Women's Rights in the United States 1:30–3 p.m. Evergreen	Delusion and Compulsion 1:30–3 p.m. Coughlin Center		

# **NOVEMBER 2024**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Juliuay	Ivioliday	Tuesday	vveunesuay	Illuisuay	1	2
					Garden Group 10–11:30 a.m.	2
3	Community Involvement For a Safe Response 1030–1130 a.m. Oak Park Place		Reader's Choice 2-3:30 p.m.  Tour: Mosquito Hill- Talkin' Turkey 10-11:30 a.m.	One-Room Schools in Wisconsin 1:30–3 p.m. Evergreen	8	9
10	11	The History of Father Carr's 1:30–3 p.m. Oshkosh Senior Center	Great Reads of 2024 1:30–3 p.m. Evergreen	Miracle in Nebraska: The Story of the North Platte Canteen 1:30–3 p.m. Evergreen	15	16
17	18	What's New in Health and Wellness 10–1130 a.m. Evergreen	Travel Stories 10–11:30 a.m. Coughlin Center	Active Threat Preparedness 10 a.m. – Noon Evergreen	22	23
24	25	Life Story Writing 10–11:30 a.m.	27	28 THANKSGIVING	29	30

# **December 2024**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
			Reader's	20 <sup>th</sup> Century	Garden	
			Choice	History of the	Group	
			2–3:30 p.m.	U.S. Banking	10–11:30 a.m.	
				System		
				10–11:30 a.m. Evergreen		
				Lvergreen		
8	9	10	11	12	13	14
Theatre:	Understanding			The Tuskegee		
Christmas	Senior Care			Airmen		
Stars	10–1130 a.m.			10–11:30 a.m.		
1 p.m. Xavier Fine	Oshkosh Senior			Evergreen		
Arts Theatre	Center					
Arts meatre						
15	16	17	18	19	20	21
		Life Story				
		Writing				
		10–11:30 a.m.				
22	23	24	25	26	27	28
22	25	24	25	20	27	20
			CHRISTMAS			
			Cittistivias			
29	30	31				
	1	l .		l .	l .	

# **JANUARY 2025**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			NEW YEAR'S DAY	2	3	4
5	6	Controversies in Historical Sites & Events 1:30–3 p.m. Evergreen (Virtual)	Reader's Choice 2-3:30 p.m.  My Experience with Rabies 10–1130 a.m. Evergreen	9	Garden Group 10-11:30 a.m. Peace Corps 10–1130am Evergreen	11
12	Writing Short Memoir for Family & Other Loved Ones 10–1130 a.m. Oshkosh Senior Center	14	Chef's Choice: Why Leaves Change Color in the Fall 12:15–2:30 p.m. Evergreen	16	17	18
19	20	The Therapeutic Use of Psychedelics: New Developments 1:30–3 p.m. Evergreen	22	<b>23</b> Kettle Moraine Springs DNR Fish Hatchery 130–3 p.m. Evergreen	24	25
26	27	Life Story Writing 10–11:30 a.m.	29	30	31	

# **THANK YOU!**

Learning in Retirement extends its thanks and appreciation to the individuals and organizations listed below who have given their time, shared and added their wealth of knowledge and skill to the enrichment of the programs from which our members benefited greatly this past Spring 2024 semester.

# **Spring 2024 Guest Presenters**

- Dr. Martin Farrell
- Tyler Krowiorz, Director, Enterprise Communications
- Chris Henry, EAA Museum
- Mary Beth Tomsyck, Junior Achievement of Wisconsin
- Anne Schaefer, Oshkosh Seniors Center
- Libby Strunz, WI Dept. of Public Instruction
- Tom Hupf, The Resolution Center, Inc.
- Gordon Lind
- Susan Rabideau, UW Oshkosh- Fox Cities
- Kristin Rose, UW Oshkosh
- Rosie Bartel
- Chad Casper, Winnebago County Land & Water Conservation Dept.
- George Penn
- Michael Cooney
- Adam Ligocki, Community First Champion Center
  - & Matt Ten Haken, Fox Cities Convention & Visitors Bureau
- Dr. David Siemers
- Chef Jason, Evergreen
- Todd J. Schroeder, Old Glory Honor Flight
- Marcia Pollock Wysocky, Author
- William Woolley, Ripon College
- Richard Moore, First Presbyterian Church

- Janet Wissink, Winnebago Audubon Society
- Erin Grese, NE Wisconsin Audubon
- Frank Ujazdowski, Wisconsin Falconers Association.
- Michele Devine Giese, Apricity
- F. Mark Moore, M.D., Vietnam Veteran
- Amy D'Addario, Samaritan Fox Valley Counseling
- Thomas Sutter
- Mary Ann Offer
- Shane Boeder, Ph.D.
- Carmen Leal
- Jon Wilcox
- Doug Voltz, Local Beekeeper
- Dr. Tony Palmeri, UW Oshkosh
- Jerry Burke
- Molly Smiltneek, Attorney
- Sam and Betty Adams
- Stu Tribby and Dave Kerszytn, Military Veterans Museum
- Lucy Sanna, Author
- Carrie Esselman, Fox Valley Memory Project
- Marg Bostelmann, Wisconsin Elections Commission
- Professor Laura Jean Baker
- LaReina Tipping, Brain Center of Green Bay

#### **Host Locations**

- Chapel at Bethel Home Miravida Living
- Community First Campion Center
- Coughlin Center
- Evergreen
- First Presbyterian Church
- FVTC campus, Appleton
- Jewelers Mutual

- Menasha Public Library
- Military Veterans Museum
- Oak Park Place
- Oshkosh Seniors Center
- Samaritan Fox Valley Counseling
- UW Oshkosh-Fox Cities
- UW Oshkosh Theatre Arts Center

# **Learning In Retirement**

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Learning sessions led by experts in their fields

Member-led interest groups

Tours of business, industry, museums, and gardens

Music and theater performances

# **Highlights for the Fall Semester:**

Tour of Epic Systems

How "Psycho" Changed Everything

John Dillinger in Wisconsin: Johnny Depp in Oshkosh

The 2024 Presidential Election and Future Prospects for the U.S.

The Oshkosh Public Library

**Great Reads** 

Controversies in Historical Sites and Events

My Experience with Rabies, and Rabies Around the World









