

Continuing Education Classes

Offered by Wisconsin Indianhead Technical College

At

Barnes/Drummond

Diane Aichele – 715.795.2926

Films - Portray Social Issues

Woodard, Shelby A

Great films are made all over the world but seldom seen in the north country. This course will feature foreign films that were acclaimed in their own country and/or at international film festivals. Some films will be in English and some will be subtitled. After viewing each film, participants will discuss the film and its themes, aided by relevant materials about the film and/or film maker. Class meets 1/11, 1/25, 2/8, 2/22.

24973 1/11-2/22 M 1-4p
Barnes Town Hall \$34.42/\$4

Paper Mache Sculpting for Kids

Gerbensky, Luella Marie

Looking for a fun project to do with your kids? Come in and make a Gilly monster - a big paper and fabric mache fish. Make it silly or make it monstrous, you are the creator! This class is designed for 5th and 6th grade children. You'll both have a great time and create a colorful project suitable for any child's bedroom.

Additional \$15 supply fee per person payable to instructor at class. Both the parent /guardian and child must register for the class. Please see www.papermachecafe.com for additional information. Hot glue guns will be used in this class.

24902 1/23-2/6 S 10a-12p
Drummond Civic Center \$19.21/\$4

Yoga Level 2

Shumway, Joan J

Level 2 Yoga focuses on developing balance, flexibility and strength for body, mind and spirit through mindful movement, breathing and meditation. Yoga will help you open your spine, release tension, provide gentle strengthening and stretching for all major muscle groups as well as strengthen the immune system. Pranayama practice (breathing exercises) will strengthen the respiratory system. You will calm your mind with relaxation, centering and meditation. This class is for students who have completed at least one Level 1

session of yoga or are returning to yoga after an absence. Students will be encouraged to deepen their own body awareness, while new variations of poses are introduced. Please bring your own mat, a blanket and a towel. As with any new exercise program, please check with your physician.

24864 1/26-3/9 T 1:30-3p
Barnes Town Hall \$34.42/\$4

Yoga: Gentle

Shumway, Joan J

Gentle yoga focuses on developing balance, flexibility and strength for body, mind and spirit through mindful movement, breathing and meditation. Yoga will help you open your spine, release tension, provide gentle strengthening and stretching for all major muscle groups as well as strengthen the immune system. Pranayama practice (breathing exercises) will strengthen the respiratory system. You will calm your mind with relaxation, centering and meditation. Important class notes: This class is for beginning students and students seeking gentle movement. Focus is on breathing and moving with awareness through specific warm ups to open the body in preparation for the yoga poses being taught. Please bring your own mat, a blanket and a towel. As with any new exercise program, please check with your physician.

24862 1/26-3/9 T 4-5:30p
Drummond Civic Center \$34.42/\$4

Ramping

Davis, Tamara L

Beginning Ramping for Adults is a low impact cardio workout using varied movement patterns on an inclined ramp. Choreography is basic, but using the ramp (and fun music) will boost intensity, add variety and target your buttocks and thighs as you press against the inclined surface for a low impact workout with a lower body focus. Arm movements and high intensity movements are optional and can be added for a more intense workout at the discretion of each exerciser.

Ramping is as easy as treadmill walking, but so much more fun!

24803 1/9-2/13 S 10-11a
Barnes Town Hall \$19.21/\$4

Country Line Dancing

Davis, Tamara L

Dancers will start with simple moves and slowly boost the intensity by adding more challenging patterns.

Please carry in your athletic shoes to protect the town hall floors.

24800 1/9-2/13 S 11a-12p
Barnes Town Hall \$19.21/\$4

Winter Trekking/Snowshoeing

Shelton, Frank

Discover the beauty of winter outdoors by trekking and snowshoeing the great northwest area. This is an introductory class, covering the basics of dressing in layers, stretching, putting on snowshoes, etc. Bring warm clothes, sturdy winter boots, snowshoes and poles, energy food and hot drink if desired.

24945 2/10-3/3 W 1-3p
Barnes Town Hall \$24.28/\$4

Ramping

Davis, Tamara L

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Ramping is as easy as treadmill walking, but so much more fun! No class on April 3.

24804 2/27-3/27 S 10-11a
Barnes Town Hall \$19.21/\$4

Country Line Dancing

Davis, Tamara L

Dancers will start with simple moves and slowly boost the intensity by adding more challenging patterns.

Please carry in your athletic shoes to protect the town hall floors. No class on April 3.

24801 2/27-3/27 S 11a-12p
Barnes Town Hall \$19.21/\$4

Color Up Your Style

Crandall, Miriam R

Add a color twist to your current wardrobe. Wake it up! Learn to mix and perhaps not even match with new color combinations and accessories to reinvent your wardrobe. Learn to free yourself of old habits and what others think. Wear one basic color and bring colored scarves, blouses, and accessories from your closet. Discover a new way to make it all work.

25010 2/3 W 9a-12p
Drummond Civic Center \$16.50/\$16.50

Freeform Wire Wrapping

Huizenga, Natalie

Do you have beads, charms, stones and sea glass you don't know what to do with? Bring them with you to this fun class and we'll make them into something you'll enjoy wearing. In this class we will be learning basic wire wrapping and beaded jewelry making skills. Sterling silver wire, beading wire, clasps, pendant drops, headpins, leverback earrings and other assorted silvertone findings as well as beads will be available for purchase at class. Several bead boards and tools will be available for use during class. If you have your own, please bring them with you.

26441 3/6 9a-3p
Drummond Civic Center \$19.21/\$4

Aldo Leopold: Wisconsin's Gift

Thorson, David M

This 3-part class will focus on Wisconsin's very own conservationist, ecologist, and founder of wildlife management, Aldo Leopold. Using his world-famous book "A Sand County Almanac", we will investigate his writings, his land ethic philosophy about how we should be treating the earth, and then help us individually build a stronger connection to the land. Class instructor, Dave Thorson from Barnes, is a forester/hydrologist, historical author, natural resource educator, and the owner and interpreter of Down To Earth Tours, an eco-geo-history tour business offering natural resource and history tours of northwest Wisconsin. Dave created this program for a Wisconsin Humanities Council and Telemark Educational Foundation learning project - The TEFI Natural Resource Forum in 2009.

25161 3/11-3/25 R 6-8p
Cedar Lodge \$19.21/\$4

Computers: Absolute Beginner (First Step)

Foley, Taylor Patrick

Come and learn about the PC Computer. What is a PC, what are the differences between a desktop, laptop, and netbooks PCs. Learn the basic parts of a PC and what are their functions, what is Microsoft Windows, and what are the alternatives to Windows.

24975 3/15-3/29 M 6-8p
Barnes Town Hall \$19.21/\$4

Beading: Open Lab

Huizenga, Natalie

Do you have broken beaded jewelry, beads and charms? Pack them up and bring them with you to this open beading class. In this class you will learn how to string beads and use the following jewelry findings: crimp beads and split rings, use headpins and make wrapped eye loops and the different stringing wire available. You will also learn the uses of flat nose pliers, round nose pliers, crimping pliers and split ring pliers. Beading wire, silvertone findings as well as beads will be available for purchase at the class. Several bead boards and tools will be available for use during class but if you have them, please bring them with you.

26442 3/27 9a-12p
Drummond Civic Center \$19.21/\$4

Yoga Level 2

Shumway,Joan J

Level 2 Yoga focuses on developing balance, flexibility and strength for body, mind and spirit through mindful movement, breathing and meditation. Yoga will help you open your spine, release tension, provide gentle strengthening and stretching for all major muscle groups as well as strengthen the immune system. Pranayama practice (breathing exercises) will strengthen the respiratory system. You will calm your mind with relaxation, centering and meditation. This class is for students who have completed at least one Level 1 session of yoga or are returning to yoga after an absence. Students will be encouraged to deepen their own body awareness, while new variations of poses are introduced. Please bring your own mat, a blanket and a towel. As with any new exercise program, please check with your physician.

24865 3/30-5/18 T 1:30-3p
Barnes Town Hall \$34.42/\$4

Yoga: Gentle

Shumway,Joan J

Gentle yoga focuses on developing balance, flexibility and strength for body, mind and spirit through mindful movement, breathing and meditation. Yoga will help you open your spine, release tension, provide gentle strengthening and stretching for all major muscle groups as well as strengthen the immune system. Pranayama practice (breathing exercises) will strengthen the respiratory system. You will calm your mind with relaxation, centering and meditation. Important class notes: This class is for beginning students and students seeking gentle movement. Focus is on breathing and moving with awareness through specific warm ups to open the body in preparation for the yoga poses being taught. Please bring your own mat, a blanket and a towel. As with any new exercise program, please check with your physician.

24863 3/30-5/18 T 4-5:30p
Drummond Civic Center \$34.42/\$4

Computers: Facebook/Twitter

Foley,Taylor Patrick

Come join us and learn what Facebook and Twitter are all about. Topics covered will include what is Facebook and how are they used; how to be safe on Facebook, and what is all the excitement with Twitter.

25004 3/8 M 6-8p
Barnes Town Hall \$9.07/\$4

Discover Your Sewing Machine

Hailey,Nancy A

Know your sewing machine - review cleaning your machine, learn more about use of different feet and use of the different stitches your machine will do. Bring your sewing machine, manual and feet along with your usual sewing equipment. Bring a sack lunch.

24972 4/14 W 10a-2p
Barnes Community Church \$14.14/\$4

Quilling

Beuk,Ann Pauline

Quilling is rolling and shaping narrow strips of paper and arranging the shapes to make a design. This is a centuries-old craft that's enjoying a widespread revival. You will make several greeting cards. All abilities are welcome. Quilling creations are fun and easy to make. Additional \$5 fee payable to instructor at class.

24857 4/17 S 10a-4p
Barnes Community Church \$19.21/\$4

Sewing: Beginning

Hailey,Nancy A

Come and learn how to "Make The Perfect T-Shirt". Learn professional tips on a great "T-Shirt" to fit your shape. Sewing experience required. Bring your sewing machine and usual sewing equipment. Rotary cutter and mat is helpful. Fabric requirements to be advised before the class starts. Bring a sack lunch.

24971 4/21-4/28 W 10a-2p
Barnes Community Church \$24.28/\$4

Ramping

Davis,Tamara L

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24805 4/24-5/29 S 10-11a
Barnes Town Hall \$19.21/\$4

Country Line Dancing

Davis,Tamara L

Dancers will start with simple moves and slowly boost the intensity by adding more challenging patterns. Please carry in your athletic shoes to protect the town hall floors.

24802 4/27-5/29 S 11a-12p
Barnes Town Hall \$19.21/\$4

Paper Mache Sculpting: Table

Gerbensky,Luella Marie

Looking for a fun yet practical project? Come in and make a beautiful glass topped coffee or accent table for your home or patio. Whether realistic or whimsical, you are the creator. Use templates provided the the instructor or contact the instructor about making a template out of your own design. Additional supply fee of \$25 payable to instructor at class. Students must provide their own glass/plexiglas for the top of their tables. Get more information about this class at www.papermachecafe.com.

24780 4/5-4/22 MR 10a-12p
Barnes Community Church \$34.42/\$4

Horse Driving Class

Behrends,Reg S

Train your horse to drive using a step-by-step method. See Bluemoonhills.com for syllabus. Instructor Reg Behrends in Drummond, WI has been driving and training horses for many years. Bring your horse (coggins and vaccines required) or use one of his horses. This will be a hands-on class. Be prepared to do a lot of ground work. Class is located at 48345 US Hwy 63, Drummond WI. For more information, contact the instructor at 715.798.3509. Additional \$10 payable to instructor at class to cover program costs.

24901 4/8-4/29 R 6-8p
Blue Moon Hills \$34.10/\$34.10

Pastels: Winter Landscapes

Randolph,Diana L

Using photos you've taken prior to this workshop, explore winter landscapes with dry pastels - not oil pastels - on paper. Discover the magic and beauty of snow shadows and light by depicting them without using black and white pastel sticks. Select a focal point and use various elements of art to depict dazzling pastel paintings. Seeing color as value will be emphasized. Beginners and artists with previous pastel painting experience are invited to enroll. The instructor will demonstrate pastel painting techniques. Participants may bring a sack lunch or lunch may be ordered during class from a nearby restaurant. Supply list available upon registration.

24860 5/10 M 9:30a-4p
Drummond Civic Center \$24.28/\$4

Gardening: Container Creations

Mueller,Marianne

In this workshop, the master gardeners at M & M Greenhouse will explore container possibilities with thrillers, fillers, and spillers as you build your own perfect container garden for your unique location. Bring your own container to fill or purchase one from their stock. Additional fee payable to instructors for plants used. Class will be held at M & M Greenhouse, 52710 Robinson Lake Road, Barnes, WI.

24791 5/1 S 9a-12p
M & M Greenhouse \$14.14/\$4

GPS Global Positioning System Basics

Tuttle,Andrew B

This class will launch students into fun and exciting activities that utilize GPS, including Geocaching, Geodashing and Geogolf. Students will learn the basics of GPS and how to participate in these games. GPS units will be provided however students are encouraged to bring their own GPS unit if they have one. These are great activities that the whole family can participate in.

24856 5/15-5/22 S 9a-1p
Drummond Public Library \$24.28/\$4

Biking in Southern Bayfield Co

Collier,Richard L

Biking in Bayfield County. Join us for four spring bike rides about 12-15 miles in length. We will meet and

leave from the Barnes Town Hall and ride about the various lakes in the area. This will be paved road riding over moderately hilly terrain. All abilities are welcome. Please wear helmets for safety. Students provide bike and helmet.

25011 5/19-6/9 W 11a-1:30p
Barnes Town Hall \$29.35/\$4

Let's Create Hypertufa

Ringelstetter,Mary R

Let's Create Hypertufa...a mixture of cement, perlite, and peat moss that is lighter in weight than regular concrete but just as strong. It is also somewhat porous and makes a great planter for succulent plants. Students will make a planter to take home in a mold. After 2-3 days, students will remove the mold and let the planter cure for several weeks. Information will be given on care and other ideas you can make. Additional \$20 fee payable to instructor at class. Class is located at Garden Whimsy, 10054 County Hwy N, Drummond WI. Bring your lunch if you wish.

24786 5/20 R 9a-12p
Garden Whimsy \$14.14/\$4

Concrete Stepping Stone

Ringelstetter,Mary R

Create a concrete stepping stone. A mixture of cement and sand creates hypertufa which is strong enough for a stepping stone. Students will prepare the mix, pour it, and create a large stepping stone which they can then carve or decorate with mosaics, river rock, or gems. You may bring items to decorate your stone. Additional fee of \$15 payable to instructor at class. Bring lunch if you wish. Class will be held at Garden Whimsy, 10054 County Hwy N, Drummond WI.

24783 5/27 R 9a-12p
Garden Whimsy \$14.14/\$4

Beginning Square Dance

Kudlas,John M

This course is designed for beginning square dancers who have no previous experience. The lessons will include basic music recognition, shuffle step, dosado, allemand, and basic squares. Participants should come prepared for fun and dynamic activity. Please wear comfortable clothing and shoes that do not mark floors, but slide easily over the floor. Class is limited to 10 pairs.

24974 5/3-5/24 M 7-8:30p
Barnes Community Church \$19.21/\$4

Natural History Day Tour

Thorson,David M

Down to Earth Tours will provide a fascinating and educational geo-eco experience. On the tour you will learn about our regional and local heritage, the flora and fauna, the geologic and glacial history, and the forests and waters of Northwest Wisconsin. As we intertwine our history with nature, you will discover why Northwest Wisconsin is so special, interesting and beautiful. This day-tour covers about 100 miles with numerous stops and short hikes along the way. Our comfortable mini-bus seats 14, allowing for interaction with the guide as well as with the other guests. We will stop at a local

restaurant and you are on your own for lunch. Our tour combines a geo-tour, eco-tour, nature tour, and history tour into a balanced and diverse experience, expanding your awareness and understanding of the northwoods. We will go "off-the-beaten-path", exploring hidden gems

of Bayfield, and Douglas Counties. For more information about the tours go to www.downtoearthtours.com.

Additional \$20 payable to instructor at class.

25160 5/6 R 9a-4p

Cedar Lodge \$19.21/\$4



WISCONSIN
INDIANHEAD
TECHNICAL
COLLEGE

Space is limited – register today!

- Online at witc.edu (click on Classfinder)
- Complete the form below and mail to:
WITC Ashland, 2100 Beaser Avenue, Ashland WI 54806
- Call 715.682-4591 Ext. 3170 (or 800.243.9482)
- On campus: Mon-Thurs 7:30 a.m.-8:00 p.m.; Fri 7:30 a.m.-4:30 p.m.