



Continuing Education

Offered by Wisconsin Indianhead Technical College

Barnes/Drummond Up & Coming

Fall Classes

For more information on these classes, contact Diane Aichele, 715.795.2926

Yoga

Joan Shumway

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 of all levels. Students will be encouraged to deepen their own body awareness. Bring your own mat, a blanket and a towel. As with any new exercise program, please check with your physician.

65041 60-807-628 9/7-10/26 T
1:30-3p BNTH \$49/\$26.50

Yoga

Joan Shumway

See above course description.

65043 60-807-628 9/7-10/26 T
4-5:30p DCVC \$49/\$26.50

Ramping

Tamara Davis

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, weights 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!

64985 60-807-624 9/11-10/16 S
10-11a BNTH \$26.50/\$15.25

Chair Exercise

Mary Lee Blomquist

Exercises class in a chair is designed for fun and safety. Learn to use light free weights, therabands and small balls to increase and maintain joint motion, strength, and balance for fall prevention. Seated and standing class set to music is perfect for seniors, beginners and the physically challenged. All levels are welcome. Supportive shoes, comfortable clothing and a bottle of water are recommended for each class. Come and join in the fun and fitness for all! Instructor is trained in physical education, gerontology, Silver Sneakers, and physical therapy assisting.

65049 60-807-607 9/15-11/10 W
4-5p DCVC \$41.50/\$22.75

Woodworking: Twig Furniture

Mary Ringelstetter

Make a rustic twig side table using birch, alder and willow. We'll construct the table in two (2) times of three (3) hours each and each student will need to bring a cordless drill with 1/8" and 1/16" drill bits; a tape measure and pruning shears. Instructor will furnish 3" and 2" screws as well as 1 1/2" ring-shank nails along with twigs. We'll learn the process and begin by cutting our wood to length and begin the basic structure. At the second class we will finish and decorate the piece. There will be a little homework for each student to do between class times. We'll discuss various adaptations to the construction to make other items. Class will be held at Tranquility Bay, 10054 County Hwy N. Drummond, WI.

64992 60-409-601 9/16-9/23 R
9a-12p TRBA \$26.50/\$15.25

Chair Exercise

Mary Lee Blomquist

See above course description.

65047 60-807-607 9/20-11/8 M
10-11a BACC \$41.50/\$22.75

Biking in Bayfield County

Richard Collier

Join us for four autumn bike rides in the Barnes, Cable and Drummond areas. This will be paved road, riding over moderately hilly terrain. The rides will be about 12-15 miles in length and we will travel at a comfortable pace. While some biking experience is expected, almost all abilities are welcome. A bike helmet is required for safety. The first class will meet at the Barnes Town Hall.

64945 60-807-612 9/22-10/13 W
11a-1:30p BNTH \$41.50/\$22.75

Computers: MS Word

Harold Stitt

This course covers basic word processing skills using Microsoft Word software for Mac or PC. This will be a hands-on experience. Basic computer skills required. Formatting documents, use of templates, use of Word Art, keyboard shortcuts, etc. will be covered. This will be a chance to get more comfortable with your computer.

65004 47-103-438 9/22 10/13 W
06:00-08:00p DMHS \$25.20/\$4

Biology: Fish Sticks Project

Scott Toschner

Find out how to restore woody habitat along your shoreline. The presentation will cover why restoring woody cover is good for fish, wildlife and water quality and how abundance of near shore wood has changed over time. We will discuss what has been done in the Eau Claire chain of lakes to date. For those who are interested we will outline different methods of getting involved. After the presentation there will be an opportunity to discuss implementation.

64852 60-891-640 9/27 M
6-8p BNTH \$11.50/\$7.75

Basketry: Muffin/Bread Basket

Dianne Fairfield

Muffin/Bread basket: Learn the basics of basket weaving while making a very useful muffin/bread basket that features dyed reed, two wrought-iron handles, and a removable liner. It measures approx. 10"x5"x5". The materials fee is \$20 payable to the instructor. Students will need to bring a bag lunch and the following supplies: Pencil, tape measure, 10-12 snap type clothespins, scissors suitable for cutting reed, an old towel and a dish pan or bucket for soaking reed. The instructor will furnish the materials needed to make the basket. The instructor needs one week to order and prepare the materials so register early! For more information, call Dianne Fairfield 715-378-4446.

64858 60-815-620 10/2 S
9:30a-4:30p BACC \$34/\$19

Spinning a Good Yarn

Carol Rusch

Bring your favorite stories and poems, tall tales and whimsy, and we'll weave them together into an evening of entertainment for the community. No requirements except the gift of a good time.

64970 60-801-600 10/4-10/25 M
6:30-8p BNTH \$26.50/\$15.25

Blacksmithing Basics

Royden Bloom

This course covers basic blacksmithing, beginning with the use of the hammer, tongs and propane forge in heating and forging steel. Students will become familiar with six ways of manipulating steel, drawing, upsetting, bending, cutting, twisting, and welding. Instructor provides hammers, tongs, and safety equipment. Additional fee for steel and propane used in class is payable to the instructor.

64851 47-406-400 10/5-11/9 T
6-9p BLFO \$57.94/\$10.24

Films - Portray Social Issues

Shelby Woodard

This group of independent or foreign films will each portray a cultural or social issue of the country in which it is made that resonates globally. In each session, we will examine some of the director's choices in telling the story. Camera techniques, lighting, scripting, casting, costuming, etc. are all part of the art of filmmaking that help the audience draw conclusions about the movie they have just experienced. After the film, we'll discuss the issues it raises and how our own experiences add to our understanding of them. The class will meet on Wednesdays, Oct 6, Oct 20, Nov 10 and Nov 24.

64855 42-809-400 10/6-11/24 W
1-4p BACC \$35.80/\$4

Needle Felting

Birgit Wolff

Needle felting is a fun, easy way to create a masterpiece that celebrates the season. No water, soap or agitation. Make fabulous items that celebrate the harvest, such as pumpkins, gourds or use your imagination to create gifts or decorations for your table. No experience is necessary. Bring your own supplies (felting needle, foam work area, wool roving, base material to felt into - like an old wool blanket) or purchase supplies from the instructor during class for about \$7.00. Bring a box lunch or order lunch from one of the local restaurants.

64982 60-815-640 10/9 S
10a-4p BACC \$26.50/\$15.25

Exploring a Northwoods Forest

David Thorson

Join forester/hydrologist, historian, writer, and Down to Earth Tours naturalist, guide and interpreter Dave Thorson for two 4-hour explorations of a 600 acre family forest in the EauClaire Lakes area of Bayfield County. The forest has been in family ownership and management for 65 years and has been hit by wildfire and windstorm and yet is a vibrant, diverse, healthy, beautiful and growing mix of hardwoods and pine/aspens. Our two half-day sessions will explore vegetation, wildlife use and forest history as well as how this forest is being managed. Contact Dave Thorson 715-376-4260. Bring your own sack lunch.

64972 47-803-400 10/11-10/18 M
10a-2p DTET \$25.20/\$4

Jewelry: Open Beading

Natalie Huizenga

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 the class but please bring them if you have them.

64850 60-815-602 10/16 S
9a-3p DCVC \$26.50/\$15.25

Basketry: Christmas Mail

Dianne Fairfield

Christmas Mail Basket : This mail basket is decorated with dyed reed and bells and a star. It will sit or may be hung on the wall. The base measures 8 1/2" by 3 1/2". Students will need to bring a bag lunch and the following supplies: Pencil, tape measure, 10-12 snap-type clothespins, scissors suitable for cutting reed, an old towel and a dish pan for soaking reed. Instructor will furnish all the materials needed to make the basket. The instructor needs one week to order and prepare the materials so register early! Materials fee is \$15. For more information, call Dianne Fairfield, 715-378-4446.

64860 60-815-620 10/18 M
9:30a-4:30p DCVC \$34/\$19

Quillows

Nancy Hailey

Make a Quillow (quilt packed up for a pillow) for one of the kids on your Christmas list. If fabric is cut in advance of the class, it can be made in one day! Supply list: Sewing machine in working order and usual sewing equipment - scissors, thread, pins, etc. Walking foot for sewing machine, Small quillow (36" by 45") - 1.5 yards of fabric for the top, 1.5 yards for the bottom. Batting - 36" x 45" plus 2 15" squares of batting for pillow. Large quillow (45" x 60") - 2.25 yards of fabric for top, 2.25 yards of fabric for bottom. Batting - 45" x 60" plus 2 18" squares for pillow. Suggesting batting - dense polyester such as Quilters Dream. For more information, call Nancy Hailey 715-795-3007.

64978 60-301-605 10/28 R
9:30a-3p DCVC \$26.50/\$15.25

Ramping

Tamara Davis

See above course description.

64986 60-807-624 10/30-1/8 S
10-11a BNTH \$34/\$19

Computers: Absolute Beginners (Next Step)

Taylor Foley

This class teaches how to change desktop/screensaver, in depth file management/cleanup, searching for files, using a flash drive, creating desktop shortcuts, changing your homepage on the internet, what cookies are, and how to keep yourself safe online.

64975 42-103-471 11/1-11/15 M
6-8p DMHS \$19.90/\$4

Justice Book Study

John Rusch

Read and discuss the very readable book "Justice" by Michael Sandel. Explore ideas of justice, equality, democracy and citizenship by discussing moral dilemmas and then thinking about the kinds of decisions we all face in our everyday lives. Designed to get you thinking and talking about something besides the weather! No class on 11/24.

64949 42-808-401 11/3-12/8 W
6:30-8:30p BNTH \$30.50/\$4

Wills and Trusts

Susan Miley

This course will cover understanding what your current estate plan will achieve for you, avoiding probate of your assets, reducing or eliminating taxes to the extent possible, and effectively passing on your assets in the way that you desire.

64984 42-102-404 11/3 W
10a-12p DCVC \$9.30/\$4

Home Funeral/After Death Care

Lucy Basler

This class provides education to help families choose after-death care for their loved ones. Class includes what a family would need to know: care of the body, legal issues, and burial and/or cremation arrangements. The DVD "A Family Undertaking" will be shown.

64854 42-305-420 11/6 S
10a-12:30p BNTH \$14.60/\$4

Yoga

Joan Shumway

See above course description. No class on 12/21 & 12/28.

65042 60-807-628 11/9-1/11 T
1:30-3p BNTH \$49/\$26.50

Yoga

Joan Shumway

See above course description. No class on 12/21 & 12/29.

65044 60-807-628 11/9-1/11 T
4-5:30p DCVC \$49/\$26.50

Jewelry: Open Beading

Natalie Huizenga

See above course description.

64853 60-815-602 11/13 S
9a-30p DCVC \$26.50/\$15.25

Drawing: Pastel Landscapes

Diana Randolph

Express your favorite autumn landscapes with dry pastels - not oil pastels - using photos you've taken yourself as inspiration. We'll emphasize the focal point, rhythm and overall mood of the subject matter.

Simplifying the range of lights to darks into several values will make vivid paintings with strong contrasts. The instructor will demonstrate various pastel painting techniques. This class is open to all levels of artistic abilities from beginning to advanced. You may bring a sack lunch or lunch may be ordered during class from a local restaurant.

64979 60-815-605 11/15 M
9:30a-4p DCVC \$26.50/\$15.25

Chair Exercise

Blomquist, Mary Lee

See above course description.

65048 60-807-607 11/15-1/31 M
10-11a BACC \$41.50/\$22.75

Chair Exercise

Mary Lee Blomquist

See above course description. No class on 12/22 & 12/29.

65050 60-807-607 11/17-1/26 W
4-5p DCVC \$41.50/\$22.75

Comp: Beginning Photo Editing

Taylor Foley

This class teaches how to rotate and straighten pictures, how to crop, how to remove blurriness, how to adjust lighting to fix over or under exposed pictures, how to remove red eye, discussion of programs for these purposes, copyright and asking permission.

64977 42-103-493 11/22-11/29 M
6-8p DMHS \$14.60/\$4

Sewing: Gift Bags

Nancy Hailey

Recyclable Gift Bags! Make beautiful gift bags for your Christmas this year. Bring fabric and stuff to decorate with along with your sewing machine and usual sewing supplies. Share your decorating ideas, trade ribbons and lace and whatever you have in your stash! Extra trim and fabric is available if you are not a collector. Bring a bag lunch and work as long as you want.

64861 60-301-605 12/3 F
10a-3p DCVC \$26.50/\$15.25

Quilting

Hailey, Nancy A

Be creative in that cold, dark month of January. Make a beginning quilt to keep somebody warm. An additional \$12 fee payable to instructor at class for pattern and batting. Bring your sewing machine and basic sewing supplies to class. Supply list available upon registration.

65003 60-304-615 1/17-1/26 MW
10a-2p DCVC \$64/\$34

HOW DO I REGISTER?

- ❖ Online at witc.edu (click on Classfinder)
- ❖ In person at WITC Rice Lake, New Richmond, Ashland, or Superior, Student Services.
- ❖ By phone using a credit card. We accept VISA, MasterCard, and Discover. Call 715-682-4591, ext. 3170.
- ❖ By Mail – Send your registration in by mail with payment to: WITC-Ashland, 2100 Beaser Avenue, Ashland WI 54806.

BACC – Barnes Community Church BLFO – Bloom Forge BNTH – Barnes Town Hall DCVC – Drummond Civic Center DMHS – Drummond High School DTET – Down to Earth Tours TRBA – Tranquility Bay

NEW SENIOR FEE POLICY

WITC is excited to announce the implementation of a new waiver for student's ages 62 and better. The new waiver is for community services classes (catalog numbers beginning with 60), effective summer term 2010. This waiver will provide a 50% reduction of program fees if the student's age is 62+ at the start of the term (September 1, 2010).

Students ages 62+, who are enrolled in vocational adult courses (catalog numbers beginning with 42 and 47), continue to be exempt from program fees under State Statute 38.24(1)(b). Those students are still required to pay the appropriate material fee, which continues to be a minimum of \$4 for many courses.