



Continuing Education

Offered by Wisconsin Indianhead Technical College

Barnes/Drummond Up & Coming

Spring 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. Important class notes: This class is for students of all levels. Students will be encouraged to deepen their own body awareness. Please bring your own mat, a blanket, and a towel. As with any new exercise program, please check with your physician.

68326 60-807-628 1/25-3/15 T
1:30-3p BNTH \$49/\$26.50

Yoga

Joan Shumway

See above course description.

68327 60-807-628 1/25-3/15 T
4-5:30p DCVC \$49/\$26.50

Chair Exercise

Mary Lee Blomquist

Exercise class in a chair 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 on the fun and fitness for all! Instructor is trained in physical education, gerontology, Silver Sneakers, and physical-therapy assisting. As with any new exercise program, please check with your physician. If you have free weights, please bring them to class.

26735 60-807-607 2/7-3/28 M
10-11a BACC \$34/\$19

The Inuit World

Thomas Correll

The Inuit, often times called Eskimos, provide a powerful experiment in human adaptability and survival. From Siberia in the west to Greenland in the east, they worked out successful cultural responses to a wide variety of ecosystems. Their language, technologies, relationship strategies, and religious worldview are important to understand. The class will be taught with video and film resources. The instructor lived among the Inuit for many years. Additional \$10 fee payable to the instructor at class for handouts and film access.

26758 42-806-410 2/7-2/28 M
1-3:30p BACC \$30.50/\$4

Snowshoeing/Winter Trekking

Frank Shelton

Enjoy the beauty of winter by trekking or snowshoeing the great forests of Bayfield County. We will snowshoe or trek on four different trails, including the Meyers Beach Ice Caves on Lake Superior, weather permitting. This is an introductory class, covering the basics of dressing in layers, stretching, and snowshoeing techniques. Wear warm clothes in layers, sturdy winter boots, and bring snowshoes and poles. The instructor will have extra snowshoes and poles available for students who do not own their own. On the first day, we will meet at Barnes Town Hall.

26743 60-807-607 2/10-3/3 R
1-3p BNTH \$34/\$19

Films - Portray Social Issues

Shelby Woodard

This group of classic, 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 one of the director's choices in telling the story, such as camera work, lighting, casting choices, etc. After the film, we'll discuss the issues it raises, how the director conveyed those issues, and how our own experiences add to our understanding. The class will meet Wednesdays, March 2, March 16, March 30 and April 13.

26730 42-809-400 3/2-4/13 W
1-4p BACC \$35.80/\$4

Quilting: Easy Table Runner

Nancy Hailey

Make it in a day. Requires 1/3 yard fashion fabric, 1/2 yard coordinating and 1/4 yard "pop" fabric. Bring usual sewing supplies and sewing machine plus rotary cutting tools. Bring bag lunch. For more information, call Nancy Hailey at 715-795-3007.

26760 60-304-615 3/17 R
10a-3p BACC \$26.50/\$15.25

Chair Exercise

Mary Lee Blomquist

Exercise class in a chair 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 on the fun and fitness for all! Instructor is trained in physical education, gerontology, Silver Sneakers, and physical-therapy assisting. As with any new exercise program, please check with your physician. If you have free weights, please bring them to class.

26737 60-807-607 4/4-5/23 M
11a-12p BACC \$34/\$19

Chair Exercise

Mary Lee Blomquist

See above course description.

27256 60-807-607 4/4-5/23 M
9-10a DCVC \$34/\$19

Organizing Your Computer

Taylor Foley

Take the scare out of the magic box. This class will teach you computer basics, how to use the mouse and keyboard effectively, how to receive and send email and search the internet. Bring your questions and concerns about anything PC-related and get your answers!

26673 42-103-455 4/4-4/11 M
6-8p BNTN \$14.60/\$4

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. Important class notes: This class is for students of all levels. Students will be encouraged to deepen their own body awareness. Please bring your own mat, a blanket, and a towel. As with any new exercise program, please check with your physician.

26721 60-807-628 4/5-5/24 T
1:30-3p BNTN \$49/\$26.50

Yoga

Joan Shumway

See above course description.

26723 60-807-628 4/5-5/24 T
4-5:30p DCVC \$49/\$26.50

Computers: MS Word II

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.

26728 47-103-438 4/6-4/27 W
6-8p DMHS \$25.20/\$4

Thrifting in the Northwoods

Carol Rusch

Hard economic times require us to be innovative and look historically at the ways people have dealt with scarcity in the past. This class will provide knowledge and skills on how to live well and "green" locally despite being on a strict budget. The class will meet Fridays, April 15 and April 29th.

26762 42-308-405 4/15 F
9a-12p BNTN \$19.90/\$4

Computers: Especially for Seniors

Taylor Foley

Introduction to getting acquainted with the computer. Introduction to basic computer windows and graphics.

26668 42-103-472 4/18 M
6-8p BNTN \$9.30/\$4

Leopold and His Almanac

David Thorson

Sixty-two years ago on April 21, 1949, the world lost its "conservationist extraordinaire" Aldo Leopold to heart failure when he was fighting a grass fire near his now famous "Shack" along the Wisconsin River near Baraboo. In this two-part class, we plan to discover Leopold's life, his passion for the environment, and most importantly his book, A Sand County Almanac. Incorporated into the class will be a personal activity "My Nature Notebook" to be used to help us see the wonders of springtime. Join us on the afternoons of Thursday, April 21 and May 26, to get up close and personal to the place we call the Northwoods. Field trip included. BEWARE! This personal activity may develop into a lifelong passion!

27077 42-803-405 4/21-5/26 R
9a-12p BAVFW \$19.90/\$4

55 Alive - Senior Citizens

Howard Schuster

This program reviews defensive driving techniques, new traffic laws and rules of the road. There are no tests and there is no road driving involved. The course also provides information on how to adjust driving to handle age and related changes in vision, hearing and reaction time. Many insurance companies give up to 10% discounts to course graduates.

26693 42-812-490 4/27 W
10a-3p BACC \$25.20/\$4

Northwoods Forest in Spring

David Thorson

Attendees at our two-part "Explore Northwoods Forest" class in October so enjoyed their time exploring the diversity and beauty of this 600-acre family forest, they suggested a return visit in the spring. This two-part class will take a similar approach of exploring both the hardwood and pine/aspen forests focusing on land history, ecology, forestry, bog and wetlands, and land stewardship. Spring flora phenology will be a special emphasis. Two Wednesday classes (May 4 and May 18) will span a spectrum of blooming times from the early blooming trailing arbutus, marsh marigolds, and trilobed hepatica, to the fringed polygala, star flowers and jack-in-the-pulpit. There will be dozens more flowers and plants to learn, photograph and enjoy. Bring your own lunch. For more information, contact Dave Thorson at 715-376-4260.

26747 42-803-405 5/4-5/18 W
10a-3p DTET \$30.50/\$4

Flower Bed Selection

Miriam Crandall

It's time to think and plan spring and summer gardens. This class will cover the really deer-proof list of perennials and how to put them together for a beautiful, color-considered perennial bed. Deer-proof annuals will also be included, as well as ways to keep those plants that deer consider candy. Draw your own plan during class. Go home with a planting list and plenty of websites.

26674 60-001-602 5/5 R
10a-1p DCVC \$19/\$11.50

Hypertufa Planter

Mary Ringelstetter

What's hypertufa? It's a version of concrete that is lightweight because we use perlite, vermiculite and/or peat moss to make the concrete. You'll make a large 14" round planter ready to take home. It is perfect for succulents and other summer plantings. Additional material fee of \$15 due to instructor at the time of the class. Class will be held at Tranquility Bay, 10054 County N, Drummond, WI.

26679 60-001-602 5/9 M
1-2:30p TRBA \$11.50/\$7.75

Hypertufa Planter

Mary Ringelstetter

See above course description.

26678 60-001-602 5/11 W
1-2:30p TRBA \$11.50/\$7.75

Plant Farms Field Trip

Miriam Crandall

On this field trip, participants will meet at the Drummond Civic Center to preview the day's adventures in deer-proofing gardening ideas. We will drive north stopping in Washburn to tour plant growers and on to Hauser's Superior View Farm in Bayfield to view freshly-dug field grown perennials. There will be ample time to shop for plants that meet your garden needs. Bring a bag lunch.

26676 60-001-602 5/12 R
10a-3p DCVC \$26.50/\$15.25

Sketching Outdoors

Diana Randolph

Practice quick sketches for fun and to sharpen your observation skills. We'll do warm-up drawing exercises indoors using landscape photos you've taken yourself. Then we'll venture outdoors to sketch the landscape for a couple of hours using pencil, pen & ink and gray tone markers. If the weather is severe, we'll use window

views. In the afternoon we'll work indoors, using our sketches as inspiration to create detailed color drawings. Focal point, composition and seeing color as value will be emphasized. This class is open to all levels of experience. Participants may bring a sack lunch or lunch may be ordered during class from a local restaurant. There is a supply list for this class. Class size limit: 14

26682 60-815-605 5/16 M
9:30a-4p DCVC \$34/\$19

Gardening: Hanging Baskets

Marianne Mueller

Marianne (Mia) Mueller, a master gardener at M&M Greenhouse, will investigate hanging basket possibilities. We'll explore color blending, plant forms, and various combinations. Bring your own container to fill or choose one from our stock to purchase. We will supply our own potting mix to get your basket off to a good start. Materials fee for only the plants you decide to use.

26751 60-001-602 5/21 S
9-11a MMGR \$11.50/\$7.75

Biking in Bayfield County

Richard Collier

Join us for four spring 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.

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 BNTH – Barnes Town Hall BAVFD – Barnes VFW DCVC – Drummond Civic Center
DMHS – Drummond High School DTET – Down to Earth Tours MMGR – M & M Greenhouse 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.

26690 60-807-612 5/25-6/15 W
11a-1:30p BNTH \$41.50/\$22.75

Canoeing/Kayaking/Trekking

Chris Ransom

Come join us for a day of hiking and then canoeing or kayaking. Enjoy hiking in the majesty of an old growth forest of the North Country Trail and then relax with a refreshing flat water paddle on the crystal waters of Lake Owen. Some canoeing experience is preferred, but some instruction will be provided.

Trailer/canoes/paddles/life preservers will be provided by the Canoes on Wheels (COW) program. An additional \$10 fee is payable to the instructor to help defray canoe transportation costs. You may bring your own kayak/life preserver and paddle if desired. Please bring a lunch. If you have any questions, call Chris Ransom, 715-634-4121.

27175 60-807-607 5/27-6/3 F
10a-2p DCVC \$34/\$19

- **Continuing Education fall courses occur between September 2010 through January 2011**
- **Continuing Education spring courses occur between February 2011 through May 2011**