



# Continuing Education

Offered by Wisconsin Indianhead Technical College

## Barnes/Drummond Up & Coming

Summer/Fall Classes

**For more information on these classes, contact WITC-Ashland Continuing Ed  
715-682-4591, extension 3170**

**Twig Obelisk or Trellis**

Mary Ringelstetter

Students will be building either an Obelisk or Trellis for their garden using alder and/or birch twigs. They will be taught how to develop the legs and the braces.

Students must furnish a power drill, hand pruner, and tape measure. The following tools will be provided: extra drill, bits and drivers, screws, nails, saws, staple gun, brad nailer and chop saw; twigs and wire.

Additional \$20 payable to instructor at class.

41307 60-306-635 7/28 R 1-4p  
Tranquility Bay \$20/\$12

**Shoreline Enhancement**

Marianne Mueller

Learn from the master gardeners at M&M Greenhouse how to incorporate native plants into your landscaping plan for erosion control and naturalizing your shoreline vista. We will discuss plants recommended for your shade or sunny wet edge and upland areas as well as those that will protect your slopes from erosion problems. Native plant materials will be available for show and tell and purchase.

41302 60-001-602 7/30 S 9-11a M & M  
Greenhouse \$12/\$8

**Hypertufa Planter**

Mary Ringelstetter

Create a rounded planter made of hypertufa. Hypertufa is lightweight version of concrete that is more organic and porous than regular concrete. It's quite good for any and all plants but is really perfect for succulents. Hypertufa can be hand or form molded, carved and lathed into almost any shape, the versatility of hypertufa is endless. Once hypertufa has completely dried to a light gray in color, it can be filed with a file or a rasp and then hand sanded with a heavy grade of sandpaper to achieve a fine finish. Over time, hypertufa will develop the characteristics of weathered stone. Each student will create their own planter to take home. Additional \$15 payable to instructor at class.

41243 60-001-602 8/6 S 9-11a  
Tranquility Bay \$12/\$8

**Stepping Stone**

Mary Ringelstetter

Make a beautiful 12" square white cement stepping stone. Bring your own broken plates, special stones, or anything that you would like to put into your stone to make it truly yours. You will be provided with a form to shape your stone. Some additional materials will be available from the instructor. Additional \$15 fee payable to instructor at class.

41247 60-306-635 8/6 S 1-3p  
Tranquility Bay \$12/\$8

**Twig Obelisk or Trellis**

Mary Ringelstetter

Students will be building either an Obelisk or Trellis for their garden using alder and/or birch twigs. They will be taught how to develop the legs and the braces.

Students must furnish a power drill, hand pruner, and tape measure. The following tools will be provided: extra drill, bits and drivers, screws, nails, saws, staple gun, brad nailer and chop saw; twigs and wire.

Additional \$20 payable to instructor at class.

41308 60-306-635 8/18 R 9a-12p  
Tranquility Bay \$20/\$12

**Hypertufa Planter**

Mary Ringelstetter

Create a rounded planter made of hypertufa. Hypertufa is lightweight version of concrete that is more organic and porous than regular concrete. It's quite good for any and all plants but is really perfect for succulents. Hypertufa can be hand or form molded, carved and lathed into almost any shape, the versatility of hypertufa is endless. Once hypertufa has completely dried to a light gray in color, it can be filed with a file or a rasp and then hand sanded with a heavy grade of sandpaper to achieve a fine finish. Over time, hypertufa will develop the characteristics of weathered stone.

Each student will create their own planter to take home. Additional \$15 payable to instructor at class.

41244 60-001-602 8/24 W 1-3p  
Tranquility Bay \$12/\$8

### Stepping Stone

Mary Ringelstetter

Make a beautiful 12" square white cement stepping stone. Bring your own broken plates, special stones, or anything that you would like to put into your stone to make it truly yours. You will be provided with a form to shape your stone. Some additional materials will be available from the instructor. Additional \$15 fee payable to instructor at class.

41248 60-306-635 8/25 R 1-3p  
Tranquility Bay \$12/\$8

### Yoga

Joan Shumway

Yoga focuses on developing balance, flexibility and strength for body, mind and spirit through mindful movement, mindful breathing practices (pranayama) 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.

63505 60-807-628 9/6-10/25 T 01:30-03:00p  
Barnes Town Hall \$52/\$28

### Yoga

Joan Shumway

Yoga focuses on developing balance, flexibility and strength for body, mind and spirit through mindful movement, mindful breathing practices (pranayama) 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.

63508 60-807-628 9/6-10/25 T 4-5:30p  
Drummond Civic Center \$52/\$28

### Movies as Social Commentary

John Rusch

Films are not only an entertaining art form, they are also a powerful medium which can raise our awareness of significant cultural, and social issues. They can capture our imagination, show us our world from someone else's point of view, and provoke our thinking about how we can realize our American values of freedom, liberty, and justice for all. We will view and discuss five films which treat the social issue of racism and analyze how the medium is employed to cause serious reflection and provide social criticism about that topic. Class meets every other week.

64916 42-809-400 9/7-11/2 W 1-4p  
Barnes Community Church \$48.74/\$4

### Hypertufa Planter

Mary Ringelstetter

Create a rounded planter made of hypertufa. Hypertufa is lightweight version of concrete that is more organic and porous than regular concrete. It's quite good for any and all plants but is really perfect for succulents. Hypertufa can be hand or form molded, carved and lathed into almost any shape, the versatility of hypertufa is endless. Once hypertufa has completely dried to a light gray in color, it can be filed with a file or a rasp and then hand sanded with a heavy grade of sandpaper to achieve a fine finish. Over time, hypertufa will develop the characteristics of weathered stone. Each student will create their own planter to take home. Additional \$15 payable to instructor at class.

63660 60-001-602 9/8 R 9-11a  
Tranquility Bay \$12/\$8

### Stepping Stone

Mary Ringelstetter

Spend several hours making a beautiful 12" square white cement stepping stone. Bring your own broken plates, special stones, or anything that you would like to put into your stone to make it truly yours. You will be provided with a form to shape your stone. Some additional materials will be available from the instructor. Additional \$15 fee payable to instructor at class.

63673 60-306-635 9/8 R 1-3p  
Tranquility Bay \$12/\$8

### Unseen Life of Lakes & Streams

David Thorson

Under the surface of streams and lakes lie habitats that support a fascinating diversity of creatures that live their lives mostly unseen by those of us who live above the water line. There are grazers, predators, critters that create their own homes, and net-weaving aquatic insects that are intertwined in a world of life and death below the waves or riffles. Plus a variety of fish that are dependent upon the health of the insect life living there. We will spend two afternoons exploring two interesting habitats - a stream and a lake. Bring along a pair of rubber boots or waders and learn about these special places and the life living there. Participants will assemble at the Thorson property - maps will be provided prior to the starting date of class.

64731 42-806-410 9/8-9/15 R 1-4p  
Down to Earth Tours \$20.78/\$4

### Biking in Bayfield County

Richard Collier

Biking in Bayfield County. Join us for four fall 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.

63898 60-807-612 9/21-10/12 W 11a-1:30p  
Barnes Town Hall \$44/\$24

### 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.

64486 47-406-400 10/4-11/8 T 6-9p  
Bloom Forge \$62.03/\$11.70

### Northwoods Forest in Autumn

David Thorson

Explore the beauty and wonder of a diverse and fascinating family forest in South Barnes. This is our 3rd time for this class and previous participants have truly enjoyed their experience. Discover the forest types, the diverse aquatic habitats, and the wildlife of this 600 acre family forest that has been owned and managed since 1945 by the same owner. We will investigate how

this forest has been managed by the owner and has been affected by wildfire and by windstorm. We will learn about a variety of forestry practices, the history of the land, and the plans for the future. You will be able to get a feeling for how you might manage your own land, or just enjoy a day of learning. The first session will be at the height of the fall colors and which is breathtaking in the hardwoods, and again at the tail end of the leaf-fall as we turn to late fall. 5-hour class 10:00 to 3:00 with time for a bring-your-own lunch. For more information call instructor Dave Thorson at 715-376-4260 A map will be provided to participants. No class on 10/13.

64730 42-806-410 10/6-10/20 R 10a-3p  
Down to Earth Tours \$31.96/\$4

### Scrapbooking Cards

Carol Murray

Join the fun making 4 spooktacular Halloween cards the first week of class. The second week, make 4 heartfelt designed Thanksgiving cards. Paper and embellishments will be \$1 per card and will be provided. Bring your scissors and double sided tape. Checkout <http://scrapbookingby nanac.weebly.com/> to view some of the new creations designed by Nana "C" that will be made in class.

64512 60-815-640 10/6-10/13 R 9-11a  
Drummond Civic Center \$20/\$12

### Thrifting Lean, Green & Local

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 information and skills on how to live well and "green" locally despite being on a budget. No class on 10/21.

64522 60-308-601 10/14-10/28 F 9a-12p  
Barnes Town Hall \$28/\$16

### Scrapbooking Cards

Carol Murray

Get a head start on the Christmas holiday season. Join us in making 8 festive Christmas cards. Make 4 cards each week. Paper and embellishments will be \$1 per card and will be provided. Bring your scissors and double sided tape. Check out: <http://scrapbookingby nanac.weebly.com/> to view some of the new creations designed by Nana "C" that will be made in class.

64513 60-815-640 10/20-10/27 R 9-11a  
Drummond Civic Center \$20/\$12

## Yoga

Joan Shumway

Yoga focuses on developing balance, flexibility and strength for body, mind and spirit through mindful movement, mindful breathing practices (pranayama) 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. No class on 12/20 & 12/27.

64500 60-807-628 11/8-1/24 T 1:30-3p  
Barnes Town Hall \$68/\$36

## Yoga

Shumway,Joan J

Yoga focuses on developing balance, flexibility and strength for body, mind and spirit through mindful movement, mindful breathing practices (pranayama) 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. No class on 12/20 & 12/27.

64496 60-807-628 11/11-1/24 F 4-5:30p  
Drummond Civic Center \$68/\$36

## Personal Safety

John Higney

The focus and emphasis is on helping attendees in developing a sense of "omni-presence" to identify and avoid potentially dangerous people, places and circumstances. Participants will understand why the "gift of fear," makes them "feel the hair on the back of their neck stand up" and why someone "gives me goosebumps." Higney will also provide some home, workplace and driving safety tips. Your personal safety is a right but it's also your responsibility, so come and learn how to increase the odds against becoming a victim!

64487 42-504-416 11/16 W 1-4p Barnes  
Town Hall \$15.19/\$4

## HOW DO I REGISTER?

- ❖ Online at [witc.edu](http://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.

## 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.

- **Continuing Education  
Summer courses occur  
between June 1-August  
31**
- **Continuing Education  
Fall courses occur  
between September 1-**