



Superior Lifelong Learning



WELCOME



**Field Trips, Demonstrations,
Presentations, and Lectures.**

**Designed for residents 55+ living in
Bayfield, Cornucopia, Madeline Island,
Russel, Red Cliff, Washburn,
and the communities which share
those zip codes.**



Welcome to Superior Lifelong Learning!

Now in its 5th year, Superior Lifelong Learning brings you a wide array of intriguing topics and learning experiences. Offered from September through May, these talks, tours and walks are described in this booklet. Once again, CORE Community Resources volunteers have recruited excellent presenters, ready to share their knowledge and experiences with you. Try one or try them all!

The registration form is on the last two pages of the booklet. Sign up for as many offerings as you like right now. You may also add presentations later, however many have a maximum number of participants, so please note the registration deadlines in the descriptions. If you preregister and then can't attend a program, please contact CORE as there is usually a waiting list: 715-779-3457 or admin@Corecr.org.

Superior Lifelong Learning (SLL) programs are free for residents age 55+, living in Bayfield, Cornucopia, Madeline Island, Red Cliff, Washburn, and the communities that share their zip codes. Your donations are greatly appreciated and will be used for the long-term support of lifelong learning in the northern portion of Bayfield County.

I hope you enjoy your learning adventure!

Sincerely,
Mary Dougherty, Exec. Director, CORE Community Resources

To register, complete and mail in the form on pages 22-23.

History through American Art [4-part series]

Presenter: Dora Kling

September 24, October 1, 8, 15 --- 1:00-3:30pm

Washburn Public Library, Washington Ave., Washburn

Great painters capture the essence of a culture's hopes, anxieties, and aspirations. This course shows how to learn about history through art. We will go from the colonial period in America to the start of World War I with varied subjects showing portraits and historical paintings. Appreciate the legacy of American art, so crucial to understanding the story of our nation.

Register by September 17, 2019

I registered for this class.

Vineyard Tour and History

Presenter: Renate Hauser

September 26 --- 9:30-10:30 am

The Wineries on Betzold Road [87380 Betzold Rd.], Bayfield

Come to the vineyard at The Wineries on Betzold Rd. – the northern most commercial vineyard in Wisconsin. Learn about the history and evolution of cold-hardy grape varieties and the wines they produce. Complete the tour with a winemaking overview and open discussion.

Register by September 19, 2019

I registered for this class

To register, complete and mail in the form on pages 22-23.

Old Time Group Dancing [3-part series]

Presenter: Donn Christensen

October 3, 17, 24 --- 3:00-5:00 pm

Washburn Meditation Center, 325 Washington Ave.

Love music? Like to move your feet? This participation class will feature old time reels, square dances, circle mixers and contras. All dances will be taught and called. Previous dancing experience and partners are not necessary! Attendance at all three sessions is not required either. Wear comfortable clothing and shoes.

Register by September 26, 2019

I registered for this class

Hiking the Local Woods, Waterfalls and Streams – Lost Creek Falls [2-part series]

Presenter: Pat Gierczic

October 4 --- 1:00-3:00 pm

Lost Creek Falls, Cornucopia Trail Head

There are many out of the way hiking treasures in Bayfield County including Lost Creek Falls. Enjoy a fall day in the woods and by the water on this lightly traveled two-mile trail near Cornucopia. Do wear appropriate footwear.

Register by September 27, 2019

I registered for this class

To register, complete and mail in the form on pages 22-23.

Come Back to the Classics — Fall 2019

[4-part series]

Presenter: Eve Erickson

October 11, 25, November 8, 22 --- 1:00-3:00 pm

Town of Bell Town Hall, Highway C, Cornucopia

Leo Tolstoy's ANNA KARENINA is more than just a romance. It portrays memorable characters as they relate to nature, religion, education, family life and social classes as Europe is exerting more influence. Choose a readable translation such as Constance Garnett, Rosamund Bartlett or Louise and Alymer Maude.

Register by October 4, 2019

I registered for this class

Let's Talk about BEER!

Presenter: Matthew Gerdts

October 22 --- 1:00-3:00 pm

Howl Adventure Center 352655 Hwy J, Bayfield

The Howl Adventure Center recently welcomed Adventure Club Brewing with nephew, Matthew Gerdts as brew master and proprietor. Matthew has been the brewer at One Barrel Brewing in Madison, WI. Come learn about this golden liquid. **Participant costs** - \$8.00/person.

Register by October 15, 2019

I registered for this class

To register, complete and mail in the form on pages 22-23.

Five Acres is Enough: Diversified Farming [2-part series]

Presenter: Esme Martinson and Josh Pearson

October 28 --- 9:30-11:00 am

Turner Road Farm – corner of Turner Road and Hwy 13

Esme and Josh began with 3 pigs, an old barn, and 5 acres and have spent the past 5 years experimenting, learning, and expanding their farm. You'll find sheep, chickens, pigs, and turkeys in their pastures and a newly opened on-site farm store. Learn about using a pasture-based model to raise poultry, pigs, and sheep on 5 acres. They'll be a little turkey talking too!

Register by October 4, 2019

I registered for this class

Healers All Around Us [5-part series]

Presenter: Lucy Jackson

October 30 ---1:00-3:30 pm

Washburn Public Library, Washington Ave., Washburn

Plants growing all around us have qualities to help us stay healthy if we know and understand how to use them. October focus: Digging Roots! – learn about medicinal planting in the autumn and how roots hold the summer's energy and help us to prepare for the coming winter;

Register by October 23, 2019

I registered for this class

To register, complete and mail in the form on pages 22-23.

Bats of Wisconsin

Presenter: Brian Heeringa
October 29 --- 3:00-5:00 pm
Beaver Hollow Wetlands, Russell

Bats play an important and unique role in our world and are vitally important to not only the health of the environment, but people as well! Come and learn about the diversity of bats, which ones call Wisconsin home, what is being done to protect these important animals, and ways that you can get involved in your very own backyard.

Register by October 22, 2019

I registered for this class

Global Warming: Basic Ideas and Your Questions

Presenter: Bill Bland
November 5 ---1:00-2:00 pm
Bayfield Public Library, Broad St., Bayfield

What is global warming? Why is it such a hot topic? This session will first describe the basics of global warming in simple terms. We will then discuss questions that folks have about the seriousness of the problem and proposed paths forward.

Register by October 29, 2019

I registered for this class

To register, complete and mail in the form on pages 22-23.

A Star is Born – In Birch Bark

Presenter: April Stone Dahl
November 12 --- 9:00am-12:00pm
Washburn Cultural Museum, Washburn

Working with supple birch bark strips, participants will learn how to “weave” the birch bark star using a series of folds and turns. Stars will then be strung with decorative beads, creating a one of a kind ornament. Participants will also have the opportunity to make the 3- or 4-sided birch bark beads to complement their ornaments with time permitting. **Materials fee:** \$5 per kit

Register by November 5, 2019

I registered for this class

“Grandma (or Grandpa) what big (or tiny) teeth you have!”

Presenter: David Broadwell
November 18, 2019 --- 1:00-3:00 pm
Washburn Public Library, Washington Ave., Washburn

Match a variety of wild critter skulls with their former owners. Discover what you can learn about the diet and behaviors of mammals from not only their teeth but other aspects of skull structure. You’ll be able to handle and use a dichotomous key to identify skulls of carnivores, herbivores, and omnivores.

Register by November 11, 2019

I registered for this class

To register, complete and mail in the form on pages 22-23.

Personal Safety

Presenter: John Higney
December 3 --- 1:00-3:00 pm
Bayfield Public Library, Broad St., Bayfield

Personal safety is a concern of everyone, be it in the home, office, or in your vehicle. Retired law enforcement officer, John Higney will discuss situational awareness to encourage everyone to increase their vigilance and identify suspicious persons and circumstances to avoid becoming victims of crime or accidents.

Register by November 11, 2019

I registered for this class

Copper Crow Distillery Tour: Innovation in Action

Presenter: Curt Basina
December 10 ---1:00-3:00 pm
Copper Crow Distillery – 37395 Hwy 13

Using fresh, regional ingredients, Copper Crow creates small, distinctive batches of vodka inspired by the spirit and purity of the big lake we call SUPERIOR. And once you get a taste, we know you'll agree...for a pour as pure as the place!

Register by December 3, 2019

I registered for this class

To register, complete and mail in the form on pages 22-23.

Keeping Warm in Upcycled Wool Slippers!

Presenter: Gina Emily

December 12 and 13 --- 9:30am-1:30pm

Immanuel Lutheran Church, 22555 Elm St. Cornucopia

Make a pair of warm slippers by recycling and felting an old wool sweater or two and polar fleece. Instructor will provide patterns for multiple sizes and optional embellishment designs and multiple sizes of slippers to try on. No sewing machine? One will be provided if noted when you register. **Material fee:** IF desired supplies of polar fleece and felted wool may be purchased for \$10 or bring your own.

Register by December 5, 2019

I registered for this class

Healers All Around Us, Part 2

Presenter: Lucy Jackson

December 18 ---1:00-3:30 pm

Washburn Public Library, Washington Ave., Washburn

This five-part series focuses on the plants growing all around us and their qualities to help us stay healthy. December's focus: Herbs for the Bones, bone broth, building immunity, and creating liniments;

Register by December 11, 2019

I registered for this class

To register, complete and mail in the form on pages 22-23.

Volunteering for the Apostle Islands National Lakeshore

Presenter: John Higney
January 7 ---1:00-3:00 pm
Bayfield Public Library, Broad St., Bayfield

2020 is the 50th anniversary of the Apostle Islands National Lakeshore and the 151st birthday of the lighting of the Michigan Island Light. Join John as he provides a volunteer's perspective on volunteering in the Apostles.

Register by December 5, 2019

I registered for this class

Introduction to the Anishinaabe Language [3-part series]

Presenter: Sandy Gokee
January 10, February 6, March 5 --- 6:00-7:30pm
Bayfield Public Library, Broad St., Bayfield

The Anishinaabe language is one of the indigenous languages of Wisconsin, belonging to the Algonquian family of languages and the original language of both the Red Cliff and Bad River tribes. Sandy will introduce you to how the language is constructed, as well as word lists, numbers, vowel sounds, grammar, and an alphabet. Participants must purchase the *Concise Dictionary of MN Ojibwe*, University of MN Press.

Register by January 2, 2020

I registered for this class

To register, complete and mail in the form on pages 22-23.

Decluttering

Presenter: Kay Reader

January 14 --- 9:30-11:30 am

Town of Bell Town Hall, Highway C, Cornucopia

Did you make a New Year's resolution to declutter? Does the task seem over-whelming? Do you need strategies to actually make your decluttering resolution come to fruition? A workshop entitled "Clutter's Last Stand" changed Kay's life and this workshop will help you master the clutter and accomplish that New Year's decluttering resolution!

Register by January 7, 2020

I registered for this class

The Chinese Art of Face Reading

Presenter: Lucy Jackson

January 21 --- 1:00-3:30 pm

Washburn Public Library, Washington Ave., Washburn

Learn how the organs of the body are reflected in the face based on the Chinese art of face reading, an ancient way of detecting ailments. Known as Siang Mien, the belief is the body is like a hologram and the location of a wrinkle, scar, spot, etc., corresponds to an energy meridian that in turn connects to an internal organ. Come explore an interesting ancient perspective on health.

Register by January 2, 2020

I registered for this class

To register, complete and mail in the form on pages 22-23.

Come Back to the Classics – Winter 2020 [4-part series]

Presenter: Eve Erickson

February 14, 21, 28, March 13 --- 1:00-3:00 pm

Town of Bell Town Hall, Highway C, Cornucopia

John Steinbeck's *THE GRAPES OF WRATH* is an iconic American story of the Joad family uprooted by a confluence of factors forcing them to leave home to find a better life. We will be inspired by their determination and share their disappointments. Choose your own text for this class.

Register by February 7, 2020

I registered for this class

Sustainable Living: Food, Energy and Environment [3-part series]

Presenter: Steve Sandstrom

February 21, 28, March 3 --- 3:00-5:00 pm

Washburn Public Library, Washington Ave., Washburn

Simple changes in our lifestyle can protect our environment and community. This series focuses on ways in which we can make a difference: by our food choices; by changes in our home and transportation; and by helping others understand the broad impact of sustainability.

Register by February 14, 2020

I registered for this class

To register, complete and mail in the form on pages 22-23.

Healers All Around Us, Part 3

Presenter: Lucy Jackson

March 18 ---1:00-3:30 pm

Washburn Public Library, Washington Ave., Washburn

This five-part series focuses on the plants growing all around us and their qualities to help us stay healthy if we know and understand how to use them. March focus: Aromas and heart health. How your circulation system can be improved with a few kitchen-grown garden herbs.

Register by March 11, 2020

I registered for this class

Five Acres is Enough: Diversified Farming in Bayfield

Presenter: Esme Martinson and Josh Pearson

March 30 --- 9:30-11:00 am

Turner Road Farm – corner of Turner Road and Hwy 13

We return to the farm of Esme Martinson and Josh Pearson farm on Turner Road, this time to direct our attention to the four-footed livestock. With both pigs and sheep, they'll be lots to see and talk about. It's amazing just what you can do on five acres if you really try.

Register by March 23, 2020

I registered for this class

To register, complete and mail in the form on pages 22-23.

Healers All Around Us, Part 4

Presenter: Lucy Jackson

April 15 ---1:00-3:30 pm

Washburn Public Library, Washington Ave., Washburn

This five-part series focuses on the plants growing all around us and their qualities to help us stay healthy if we know and understand how to use them. April focus: Spring Cleaning and why the earliest herbs to sprout are the earths gifts to help us clean our systems from the long, cold winter.

Register by April 8, 2020

I registered for this class

Feasting on Words

Presenter: Jerrienne Bland

April 21 --- 1:00-2:30 pm

Washburn Public Library, Washington Ave., Washburn

Reflective reading can help stimulate introspection, gratitude and mindfulness. Together with Jerrienne, participants will exercise four steps of reflective reading with poetry and explore ideas for incorporating this practice in our daily lives.

Register by April 14, 2020

I registered for this class

To register, complete and mail in the form on pages 22-23.

Hiking the Local Woods, Waterfalls and Streams – Houghton Falls

Presenter: Pat Gierczic

May 8 --- 1:00-3:00 pm

Houghton Falls, Houghton Falls Rd. [Meet at trail head]

We'll visit Houghton Falls with its famous Echo Dells. With this spring date, we may experience the falls in action but if not, the Dells and the Lake Superior Vista at the end of the trail will make us forget the lack of water. The path is a little over one mile long. Do wear appropriate footwear.

Register by May 1, 2020

I registered for this class

Healers All Around Us, Part 5

Presenter: Lucy Jackson

May 13 ---1:00-3:30 pm

Washburn Public Library, Washington Ave., Washburn

This five-part series focuses on the plants growing all around us and their qualities to help us stay healthy if we know and understand how to use them. May focus: Herb Hunting Nature Hike and how to help your digestion system using nature. Location to be announced.

Register by May 6, 2020

I registered for this class

To register, complete and mail in the form on pages 22-23.

About the presenters

Curt Basina, Copper Crow tour, Curt is an outdoorsman who grew up hunting and fishing in the Red Cliff -- Bayfield area. His respect and knowledge of the outdoors, his success as a businessman, and his love of whiskey has led him to owning and operating Copper Crow Distillery with his wife Linda. Ask about his whey research!

Bill Bland, Global warming, retired from the University of Wisconsin-Madison, where he was a professor of soil science. He moved to Bayfield with sailboat in tow and is now working to reduce the C footprint of his 1910 Bayfield home. He is a frequent speaker on climate change and its impact on our environment.

Jerriane Bland, Feasting on words, Jerriane is the former Director of Retreats, Holy Wisdom Monastery Middleton WI .and frequent retreat leader. She also has a Spiritual Guidance Certificate from Emmaus Spiritual Ministries, Orange CA

David Broadwell, Grandma what large [tiny] teeth you have, spent his career as a Life Science and Biology teacher and is a Wisconsin Master Naturalist.

Donn Christensen, Old time dancing, has been calling old time dances for over 20 years. He truly enjoys dancing, sharing his knowledge of group dancing and introducing others to these old-time dances. Great fun and exercise!

April Stone Dahl, A star is born – birch bark art, is a member of the Bad River Band of Lake Superior Chippewa and has been weaving black ash baskets since 1999. She teaches her art throughout the region and recently exhibited her work at the Washburn Cultural Museum's International Birch Bark Exhibit.

To register, complete and mail in the form on pages 22-23.

Gina Emily, Upcycled wool slippers, is a professional seamstress and home décor business owner. A graduate of the Emily Griffith Opportunity School in Fashion Design/Professional Sewing in Denver, CO, Gina frequently teaches sewing at WITC, Northland College and 4-H clubs in Bayfield County.

Eve Erickson, Come back to Classics, is a retired high school English teacher with over 25 years' experience teaching literature and writing. A lifelong reader, she loves sharing reading with others and discussing the universal truth of the human condition.

Matthew Gerds, Let's talk about BEER, is brew master and proprietor of the Adventure Club Brewing at Howl and formerly the brewer at One Barrel Brewing in Madison, WI.

Pat Gierczic, Hiking our local woods, was a member of a now disbanded outdoor group that met for frequent hikes in the region. Come hike with Pat, connecting with nature and meet others who enjoy the outdoors.

Sandy Gokee, Anishinaabe language, is a mother, water protector, a member of the Red Cliff Band of Lake Superior Chippewa. A graduate of Northland College with a Native American Studies degree. She was an Ojibwe language instructor for the middle school in Ashland and is currently the Language and Culture Coordinator at Red Cliff.

Renate Hauser, The Wineries at Betzold, is the Chief Winemaker and Viticulturist for the wineries. Scott and Renate Hauser started Bayfield Winery in 1995 producing Bayfield apple and fruit wines at Hauser's Superior View Farm. Now located on their own farm just down the road, where they grow the majority of the fruit for their wines.

To register, complete and mail in the form on pages 22-23.

Brian Heeringa, Bats of Wisconsin, is a Wildlife Biologist for the US Forest Service. Chequamegon-Nicolet National Forest. Brian is their "bat specialist" having worked with and studied bats since 2005. He is a Bats of Wisconsin board member of the Midwest Bat Working Group.

John Higney, Personal safety and Volunteering in the National Lakeshore, is a retired law enforcement officer and a former volunteer in the Apostle Islands National Lakeshore, including the Michigan Island Lighthouse.

Lucy Jackson, Healers among us, Chinese face reading, is a nutritionist, a clinical herbalist and the owner of Midwest YinYang Healing & Herbs Coop and Angelica Bear Herb Farm.

Dora Kling, Master works of art, is an artist herself, a textile designer and teacher with a B.S. in Textiles, Design and Color from the University of Minnesota and an A.A. and Graphics Art degree from North Hennepin College in Minneapolis.

Esme Martinson and Josh Pearson, Five acres is enough, have owned and operated Turner Road Farm for five years. They use a pasture-based system to produce high quality meats, eggs, and honey which they sell at their farm store on site.

Kay Reader, Decluttering, has been decluttering since 1993 when she went to a class at MMC called "Clutter's Last Stand. It changed her life and she has been on a mission to help others get the clutter out of their lives.

Steve Sandstrom, Sustainable living, taught Biology and Environmental Science at various Wisconsin high schools and later served as Science Education Consultant at the Wisconsin Department of Public Instruction. He has also taught at Northland College and WI Indianhead Technical College.

To register, complete and mail in the form on pages 22-23.

NOTE: USE THE REMINDER BOX

I registered for this class

CHECK THE BOX FOR EACH CLASS YOU HAVE REGISTERED FOR AS A REMINDER.

You may also register for presentations up to the dates given after each description. However, class size is limited for most presentations and workshops. Frequently classes fill up quickly. It's recommended that you register as soon as possible. If you are unable to attend, please contact the CORE office as almost every presentation has waiting lists: 715-779-3457 or admin@corecr.org.

All programs are free. However, a donation in any amount is always appreciated! Your tax-deductible donations will ensure Superior Lifelong Learning continues to provide a variety of presentations, workshops and tours for all community members over 55.

If you wish to donate, you may include a check to CORE Community Resources with the registration form. You may also contribute online at www.corecr.org, using PayPal. Note on the check or PayPal form: For SLL. Thank you!

To register, complete and mail in the form on pages 22-23.

NOTES

To register, complete and mail in the form on pages 22-23.

Superior lifelong learning registration form

Name: _____

Address: _____

City: _____

State and zip code: _____

Daytime phone: _____

Email: _____

I am registering for [appropriate box(es)]:

- | | |
|---|---|
| <input type="checkbox"/> Master works of Amer. art | <input type="checkbox"/> Bats of Wisconsin |
| <input type="checkbox"/> Vineyard tour | <input type="checkbox"/> Old time dancing |
| <input type="checkbox"/> Let's talk about beer | <input type="checkbox"/> Global warming |
| <input type="checkbox"/> A star is born – birch art | <input type="checkbox"/> Grandma's teeth |
| <input type="checkbox"/> Personal safety | <input type="checkbox"/> Copper Crow tour |
| <input type="checkbox"/> Upcycle wool slippers | <input type="checkbox"/> Volunteering |
| <input type="checkbox"/> Anishinaabe language | <input type="checkbox"/> Decluttering |
| <input type="checkbox"/> Chinese face reading | <input type="checkbox"/> Sustainable living |
| <input type="checkbox"/> Feasting on words | |

To register, complete and mail in the form on pages 22-23.

Check [] all appropriate boxes:

- Five acres ___ Fall 2019 ___ Spring 2020
- Back to classics ___ Fall 2019 ___ Winter 2020
- Hiking local ___ Fall 2019 ___ Spring 2020
- Healers around us ___ Part 1 ___ Part 2 ___ Part 3
 ___ Part 4 ___ Part 5

My donation of: \$25 \$50 \$100 Other _____

As a self-supporting program, your support is greatly needed to ensure Superior Lifelong Learning continues in the years to come! Thank you for your generosity,

Please mail the registration form to:

SLL Registration
 CORE
 P.O. Box 1530
 Bayfield, WI 54814

To register, complete and mail in the form on pages 22-23.



We hope you enjoy your learning adventure with CORE Community Resources. We have been fortunate to have several speakers sponsored by local community members in the 2019-2020 Superior Lifelong Learning series and appreciate any support you can provide this life enriching program as well.

Thanks and enjoy!

Cordially,

The Superior Lifelong Learning Curriculum Committee
Chère Campbell Gibson, Chair
Jan Haupt
Dorothy Hoffman
Pat Noordsij
Michele Reisweg
Mel Whiteside and
Mary Dougherty, CORE Executive Director

To register, complete and mail in the form on pages 22-23.