

North Shore School for Seniors

Fall Classes Starting September, October, November 2023

Visit Our Website – Nss4s.org

Term 1 Dates:	Term 2 Dates:
Mondays, Sept 18 – Oct 9	Mondays, Oct 23 – Nov 13
Tuesdays, Sept 19 – Oct 10	Tuesdays, Oct 24 – Nov 14

Arts, Crafts and Skills

Apple iPhone Basics – Jane Tanner

Term 1 on 2 Mondays:	Sept 18 – Sept 25	1:00 – 2:30	\$20.00
Term 2 on 2 Mondays:	Oct 23 – Oct 30	1:00 – 2:30	\$20.00

Bring your iPhone to practice. Identify the top 3 things you want to learn so we can tailor the class to the participants' needs. We will email you a few days in advance to get your list. *Sign up for Term 1 or Term 2 or both.*

Basket Weaving – Richard Gonzalez

Term 1 on 4 Tuesdays:	Sept 19 – Oct 10	11:00 – 12:15	\$40.00
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Students will be able to design and weave an Antler Basket. Each student will be given a prepared antler from a deer that has been cleaned, drilled, spoked to create a framework, and selected for its innate beauty. The students will choose either dyed or natural reed as the weaving medium from which the design will emerge. Elements of the Iroquois Constitution from which the U.S. Constitution relied on will be discussed. Normal finger dexterity is required. *Materials' fee of \$100.00 will be collected on the first day of class.*

Basic Drawing Skills – Kimberly Burnett and Tracy Nickolaus

Term 1 on 4 Mondays:	Sept 18 – Oct 9	12:00 – 1:15	\$40.00
Term 2 on 4 Mondays:	Oct 23 – Nov 13	12:00 – 1:15	\$40.00

This class will teach basic drawing skills, including shading and line work. Even if you've never drawn in your life, you will enjoy making marks on paper! *Please bring* one drawing sketchbook, ideally around 9"x12" in size; one set of drawing pencils; and one eraser. *Sign up for Term 1 or Term 2 or both.*

Clear Away the Clutter – Melissa Meier

Term 1 on 2 Mondays:	Sept 18 – Sept 25	12:00 – 12:50	\$20.00
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Decluttering and downsizing can be daunting but is achievable when you approach it with confidence. Learn why you should declutter, delve into the "why" it's hard to let go of certain items, know how to start, and walk away with tools to help.

Conversational German – Jovanka Ristic

Term 1 on 4 Mondays:	Sept 18 – Oct 9	11:00 – 11:50	\$40.00
Term 2 on 4 Mondays:	Oct 23 – Nov 13	11:00 – 11:50	\$40.00

This class is designed for those who already know some German or have studied it in the past and would like to refresh their skills. We will review some basic vocabulary and grammar, and practice speaking and reading. *Sign up for Term 1 or Term 2 or both.*

Genealogy – Jim Young

Term 1 on 4 Tuesdays:	Sept 19 – Oct 10	10:00 – 10:50	\$40.00
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An introduction to genealogy, the study of family history and researching previous generations. Course covers terminology and standards, getting started with ways to search records, top websites to use and tips to organize and validate your search records.

Indian Cooking – Alamelu Vairavan

Term 2 on 2 Tuesdays:	Oct 24 – Oct 31	2:00 – 3:15	\$20.00
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In this two-week course, presenter, author and PBS cooking show host Alamelu Vairavan takes you on an insightful, educational journey to the world of spices and legumes – their health benefits and their use in preparing healthful tasty foods. During the first week, Alamelu shares an overview of spices and legumes used in Indian cooking and how to build a basic spice pantry. The final class is a cooking demonstration to learn how to prepare an aromatic rice dish using fresh vegetables with spices.

Intermediate Knitting – Carrie Kelly

Term 1 on 4 Mondays:	Sept 18 – Oct 9	10:30 – 11:45	\$40.00
Term 2 on 4 Mondays:	Oct 23 – Nov 13	10:30 – 11:45	\$40.00

This class is for those who want to grow as knitters. Challenge yourself, experiment, have fun! Bring something you've started or something you want to start. *Sign up for Term 1 or Term 2 or both.*

Interior Design – Camilla Avery

Term 2 on 1 Tuesday:	Oct 31	1:00 – 2:15	\$10.00
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Working with YOUR interior, bring your questions, and items such as fabric samples, and pillows that may show the colors you love, and bring anything you would like help with.

Introduction to French – Barbara Collignon

Term 1 on 4 Tuesdays:	Sept 19 – Oct 10	12:00 – 12:50	\$40.00
Term 2 on 4 Tuesdays:	Oct 24 – Nov 14	12:00 – 12:50	\$40.00

For beginners or as a review, this introduction to French conversation and culture will help you learn or review basics like numbers, dates, greetings, questions, how to introduce yourself and talk about family, shopping and food. We'll "visit" Paris and the Loire Valley, learning about French cuisine and holidays. *Sign up for Term 1 or Term 2 or both.*

Introduction to Quilting – Evelyn Burdick

Term 1 on 3 Tuesdays:	Sept 26 – Oct 10	9:30 – 10:45	\$30.00
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Learn the basics of quilting by completing a small wall hanging. We will cover fabric choices, block design, cutting fabric, piecing, quilting and binding. No sewing experience needed.

*Materials needed: If you have a sewing machine that is easy to bring to class – great. If not, a machine will be available, or you can sew blocks by hand.

Knitting for Beginners – Mary Wood

Term 2 on 4 Mondays:	Oct 23 – Nov 13	12:00 – 1:15	\$40.00
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Learn to cast-on, knit, purl, increase and decrease stitches or refresh basic skills. Reading patterns also will be included. *Please bring* size 8 wooden needles, 50–100 grams medium/Aran weight wool yarn in a light color.

Legacy Letters – Linda McGuire

Term 2 on 2 Tuesdays:	Nov 7 – Nov 14	11:00 – 12:15	\$20.00
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A Legacy Letter is a means of creating and sharing a message of beliefs and values, life lessons, and hopes for the future. It is a way to record who we are. In this class we will learn how to write a letter that acknowledges our life achievements, expresses gratitude, recalls memories and honors relationships.

Memoir Writing – Gail Thomas

Term 1 on 4 Mondays:	Sept 18 – Oct 9	12:00 – 1:15	\$40.00
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Everyone has their own life story. We will read about, discuss, and share yours and others' memories that eventually can be molded into individual memoirs. Emphasis will be on using sensory images to tell your personal story.

Open Painting Studio with Acrylics or Watercolor– Wendy Sostock

Term 1 on 4 Mondays:	Sept 18 – Oct 9	10:00 – 11:45	\$40.00
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Term 2 on 4 Mondays:	Oct 23 – Nov 13	10:00 – 11:45	\$40.00
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Open studio is for anyone who wants suggestions and encouragement to help you start your painting or get it finished! We all bring our own supplies and ideas and work on individual projects in acrylic or watercolor paint in this supportive, relaxing and fun environment.

Bring all your supplies: canvas or canvas paper, brushes, paint, newspaper as a table cover, and a cup for water. *Sign up for Term 1 or Term 2 or both.*

Podcasts: The World in Your Pocket – Carol Justin and Ed Szopinski

Term 2 on 3 Tuesdays:	Oct 24 – Nov 7	2:00 – 3:00	\$30.00
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Podcasts can bring the world to us at our kitchen tables, in our cars and from our pockets as we walk. They can educate, inform, entertain and make us laugh. Learn to use all your devices to access podcasts, find your favorites and share and discuss them with the class.

Poetry Appreciation – Barbara Collignon

Term 1 on 4 Tuesdays:	Sept 19 – Oct 10	11:00 – 11:50	\$40.00
Term 2 on 4 Tuesdays:	Oct 24 – Nov 14	11:00 – 11:50	\$40.00

During our eight sessions, we will explore forms of poetry (sonnet, haiku, villanelle, pantoum, sestina, limerick) and read and discuss famous poems written in those forms. We will discuss various poetry terms. You may even want to try your hand at writing poetry, and we can share your results with each other. *Sign up for Term 1 or Term 2 or both.*

Smart Travel Tips – Jeanne Reuter

Term 1 on 1 Tuesday:	Sept 26	9:00 – 9:50	\$10.00
Term 2 on 1 Tuesday:	Oct 31	9:30 – 10:30	\$10.00

Have you ever wanted to learn “Time” + “Saving” travel tips from an expert? Come and learn about new places to go and experience her targeted energy, empathy, and enthusiasm, to help you achieve your travel goals and to have the best experience possible. As Jeanne says, “If I don’t have the answer, I will find it.” *Sign up for Term 1 or Term 2 or both.*

Write Poetry – Oody Petty

Term 1 on 4 Tuesdays:	Sept 19 – Oct 10	1:00 – 1:50	\$40.00
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Have fun "fooling with words" while learning to compose short free-verse poems.

Health and Wellness

Dementia Friends – Melissa Meier

Term 1 on 1 Tuesday:	Oct 3	1:00 – 2:15	\$10.00
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Become a Dementia Friend and attend this 75-minute informational session. Learn what dementia is, what it’s like to live with dementia, and some communication tips. By helping everyone in a community understand what dementia is and how it affects families, each of us can make a difference for people touched by dementia.

Please note: “Dementia Friends” does not receive any fees for their programs. The usual \$10 fee per class covers the administrative costs of the North Shore School for Seniors.

Meditation for Restful Sleep and Relaxation – Connie Popp

Term 1 on 4 Tuesdays:	Sept 19 – Oct 10	12:00 – 1:00	\$40.00
Term 2 on 4 Tuesdays:	Oct 24 – Nov 14	12:00 – 1:00	\$40.00

Explore meditation and relaxation techniques as ways to manage stress and discover pathways to restful sleep. The class is held in the Chapel, first floor. *Sign up for Term 1 or Term 2 or both.*

Release Pain and Stress with Tapping – Mary Liner

Term 1 on 2 Mondays:	Sept 18 – Sept 25	11:00 – 11:50	\$20.00
Term 2 on 2 Mondays:	Nov 6 – Nov 13	11:00 – 11:50	\$20.00

This is an intro to an easy process of tapping with your fingers on parts of your body to relieve stress and pain, lower cortisol, improve sleep and more. Classes will include the science behind tapping (EFT), handouts, resources and tapping as a group. *Sign up for Term 1 or Term 2 or both.*

Exercise

Gentle, Chair Yoga – Kari Foote

Term 1 on 4 Mondays:	Sept 18 – Oct 9	1:00 – 2:00	\$40.00
Term 2 on 4 Mondays:	Oct 23 – Nov 13	1:00 – 2:00	\$40.00

Lift yourself up on Monday afternoons with a gentle chair yoga class. All experience levels are welcome. Mobility will include sitting and standing poses with the assist of a chair. The gentle movement and breath-work will allow for the release of tension in your mind and body as you take a break in the middle of your day. *Sign up for Term 1 or Term 2 or both.*

Tai Chi – Janae Kakulis

Term 1 on 4 Mondays:	Sept 18 – Oct 9	11:00 – 12:00	\$40.00
Term 2 on 4 Mondays:	Oct 23 – Nov 13	11:00 – 12:00	\$40.00

Reduce stress and improve your balance and health by learning the ancient art of Tai Chi. We use the traditional Tai Chi forms as well as adaptations like Tai Chi for Health to provide participants with an opportunity to relax, recover and refocus their energy for a better life. *Sign up for Term 1 or Term 2 or both.*

Zumba Gold – Mimi Oxman

Term 1 on 4 Mondays:	Sept 18 – Oct 9	10:00 – 10:50	\$40.00
Term 2 on 4 Mondays:	Oct 23 – Nov 13	10:00 – 10:50	\$40.00

ZUMBA is a “feel-good,” fun and easy way to get some exercise and dance at the same time. The “steps” are simple, and the class is aimed at “older adults.” You can do Zumba sitting or standing. Come and have fun! *Sign up for Term 1 or Term 2 or both.*

History

American Mythology: Comic Books' Colorful History – Andrew Jones

Term 1 on 4 Tuesdays:	Sept 19 – Oct 10	1:30 – 2:30	\$40.00
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Exploring the history of comic books in the U.S. and its impact on American culture, this four – session class examines the different eras of comic books including: Up, Up and Away – the Golden Age and the Comics Code (1939–1955); Make Mine Marvel – the Silver Age and the Rise of Stan Lee (1956–1970); Sex, Drugs and Comic Books – the Bronze Age and Social Justice (1970–1985), and Comics in Crisis – the Dark Age, and the Modern Age (1985–present). Buckle your utility belt, adjust your cape and join us each week for adventure, excitement and mayhem. “Same bat–time, same bat–channel.”

Antisemitism: Yesterday (Part 1) and Today (Part 2) – Allison Hayden

Term 1 on 1 Tuesday:	Oct 10	2:00 – 3:00	\$10.00
Term 2 on 1 Tuesday:	Oct 24	2:00 – 3:00	\$10.00

Term 1: Antisemitism Then: A brief history and overview of the historic experience of anti-semitism throughout Western history. **Term 2:** Antisemitism Now: What the United States and Wisconsin are experiencing regarding antisemitism in the recent past and today.

Blame it on the First World War – Gary Shellman

Term 1 on 4 Tuesdays:	Sept 19 – Oct 10	1:00 – 1:50	\$40.00
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Gary Shellman, retired University of Wisconsin–Milwaukee history professor, has taught this class before, but this time he promises something different. Rather than starting with the misnamed “war to end all wars,” he will start with the war in Ukraine and go back through the many international conflicts stemming from World War I and the Treaty of Versailles.

China Today – Rick Rocamora

Term 2 on 1 Tuesday:	Oct 24	2:00 – 3:15	\$10.00
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Rick will lead a discussion on the latest developments on China: “For the past ten years, the United States and China have been locked in a competition for who has the greatest global influence. One major point of contention is the status of Taiwanese sovereignty, which has become even more relevant recently with the possibility that Russia’s invasion of Ukraine may prompt China to take similar action regarding Taiwan. How will the United States engage a China which is increasingly seeking to expand its sphere of influence?” *Quoted from David Lampton*

The Church Experience and African American Social Life – Roslyn Sampson and Derric Hudson

Term 1 on 2 Tuesdays:	Sept 19 – Sept 26	11:00 – 11:50	\$20.00
Term 2 on 2 Tuesdays:	Oct 24 – Oct 31	11:00 – 11:50	\$20.00

You'll hear about how the church helps African American communities survive by providing a protective atmosphere now and in the past. During slavery, the Jim Crow eras, and now, African Americans find the church environment to be a place where once a week, members can find community, pray, laugh, talk and sing in relative safety. *Sign up for Term 1 or Term 2 or both.*

Indian Boarding Schools – Richard Gonzalez

Term 2 on 4 Tuesdays:	Oct 24 – Nov 14	11:00 – 12:15	\$40.00
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Learn from a member of the Iroquois Confederation, Oneida Tribe and Turtle Clan about a shameful time when thousands of young Native Americans were removed from their homes and sent to various boarding schools around our nation.

Introduction to Islam – Bashir Ahmad

Term 1 on 4 Tuesdays:	Sept 19 – Oct 10	12:00 – 1:15	\$40.00
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These classes are designed to introduce participants to Islam through an introductory lecture on each topic and the opportunity to answer questions.

Four sessions:

1. Islam: An Introduction to the Four Pillars (9/19)
2. History of Islam (9/26)
3. Islam and Science (10/3)
4. Woman in Islam (10/10)

VPs and First Ladies – Roger Stafford

Term 1 on 2 Tuesdays:	Sept 19 – Sept 26	2:30 – 3:30	\$20.00
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Few American Vice Presidents and First Ladies were noticed by contemporaries or are remembered now. This two-session class reviews those rare VPs who made a difference and First Ladies who made their mark. You may know about some, but we're sure others will be a surprise! And, as usual, Roger will stand out (as an NSSS instructor) by showcasing political items from his collection.

Movies, Music and Theater

Anthropologist at the Movies – Bill Washabaugh

Term 2 on 4 Tuesdays:	Oct 24 – Nov 14	10:00 – 10:50	\$40.00
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We will explore the many ways in which popular movies get us to think—without knowing that we're thinking—about key cultural issues. We will examine selected scenes from *Dances With Wolves*, *Dorian Gray*, *Heaven Can Wait*, *The Matrix*, *Sullivan's Travels*, *Wolf*, and many more.

History of Jazz– Don Behrens

Term 2 on 2 Tuesdays:	Oct 24 – Oct 31	10:00 – 10:50	\$20.00
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The class will discuss and/or listen to 12 recordings that illustrate important developments in jazz from its beginnings to today.

Jazz Singers from the Beginning to Today – Don Behrens

Term 1 on 2 Tuesdays:	Sept 19 – Sept 26	10:00 – 10:50	\$20.00
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Jazz Singers Past and Present: A Dozen Desert Island Recordings –The class will discuss and/or listen to 12 recordings of jazz singers from the beginnings of jazz to current, rising stars.

Passionate Music Across Cultures – Bill Washabaugh

Term 1 on 3 Tuesdays:	Sept 19 – Oct 3	10:00 – 10:50	\$30.00
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Flamenco, Blues, Fado, Rebetiko, Tango and Afro-Cuban musical styles have much in common despite being dispersed and independent. An anthropologist examines and illustrates these diverse musical styles, paying close attention to the similar social roots from which each emerged and flowered.

Neil Simon – The Great American Playwright – Nancy Weiss–McQuide

Term 2 on 1 Tuesday:	Nov 14	10:30 – 11:45	\$10.00
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Neil Simon, author of "The Odd Couple," and numerous other stage and screen hits, was the most prolific and commercially successful American playwright. Get a behind – the – scenes look, including photos, video clips, interviews and narration, about his life and the influences that shaped his much-honored work.

Seventy Years of Comedy – Greg Jenks

Term 2 on 2 Tuesdays:	Oct 31 – Nov 7	12:00 – 1:15	\$20.00
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What better way to handle the stress and divisiveness we are currently enduring than to spend a couple of days sharing some laughs generated by the funniest people in the past 70 years. This two-session course will review the history of comedy since 1950 while watching hilarious performances from television shows, movies, and the theater. Sign up for an experience sure to put a smile on your face!

Spotlight on Milwaukee

Brown Berets of Wisconsin – Fighters for Social Justice – Maria Cruz

Term 1 on 4 Tuesdays:	Sept 19 – Oct 10	2:00 – 2:50	\$40.00
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Who were the Brown Berets? What was their role as activists and organizers in the history of Chicano activism in Wisconsin? Come and hear Maria explain Milwaukee's long and storied history with social activism and the intertwining of that history with the Brown Berets. A national organization that emerged in the late 1960s, the Brown Berets are most known for their social advocacy around farm workers' struggles, educational reform, and fighting against police brutality. Class participation and questions will be encouraged.

The Enterprising Great Lakes – Peter Hirthe

Term 2 on 1 Tuesday:	Nov 14	11:00 – 11:50	\$10.00
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Peter will provide an overview of the *Great Lakes Maritime Supply Chain* and how it supports construction, manufacturing and agriculture sectors in the Great Lakes region of North America.

Frank Lloyd Wright vs. Russell Barr Williamson: The Race to Design Affordable and Unforgettable Homes – Nick Hayes

Term 2 on 1 Tuesday:	Oct 31	2:00 – 3:00	\$10.00
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As steward of Frank Lloyd Wright's "forgotten" Elizabeth Murphy House in Shorewood, Nick Hayes uncovers a rift between two local architects that never mended and altered lives and legacies. The evidence is all around us, hiding in plain sight.

History of Professional Baseball in Milwaukee – Greg Jenks

Term 1 on 1 Tuesday:	Oct 3	10:00 – 10:50	\$10.00
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Everyone knows about the Milwaukee Brewers and the Milwaukee Braves, but did you know that Milwaukee has had professional baseball since the 1870s, including a Negro league team and a professional women's team! This one-session talk will review the 150-year history of professional baseball in Milwaukee, highlighting the fascinating personalities and engaging stories that has kept baseball popular in Milwaukee.

MAM's Hidden Gems – Introduced by Suzie Hanks

Term 1 on 4 Tuesdays:	Sept 19 – Oct 10	12:30 – 1:45	\$40.00
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Docents from the Milwaukee Art Museum will talk about their favorite artists and artworks in MAM's permanent collection. You will hear all about Wisconsin's own Georgia O'Keefe, Barack Obama's portraitist, Kehinde Wiley, German expressionists, the artists of Haiti, folk art/outsider art and much more.

Milwaukee's Leadership in the Water World – Stacy Vogel Davis

Term 2 on 2 Tuesdays:	Oct 24 – Oct 31	12:30 – 1:45	\$20.00
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If "water is the new oil," Milwaukee soon may become the "new Houston," thanks to The Water Council. In two second-term classes, Stacy Vogel Davis will explain what makes Milwaukee unique in the water world—and why that will prove critical in the coming years. She will review why The Water Council was created and outline its new initiatives in water stewardship and resiliency. The story of this Milwaukee-based, global program is one you will want to tell friends, children and grandchildren.

Port of Milwaukee 101 – Maria Cartier

Term 1 on 1 Tuesday:	Oct 10	10:00 – 10:50	\$10.00
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Learn about the Port of Milwaukee and the the various services and operations from a commercial, cruise and recreational perspective.

Socialists' Political Power in Milwaukee – Gary Shellman

Term 2 on 2 Tuesdays:	Oct 24 – Oct 31	1:00 – 2:15	\$20.00
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This course taught by Gary Shellman will look at the Milwaukee mayorships of Daniel Hoan and Frank P. Zeidler. Portions of the two-session class will be taken from Shellman's 1989 Fromkin Memorial Lecture at UWM, which carried the intriguing title, "Toward a Better Beer Hall: From Berlin to Milwaukee."

Nature's Wonders: Birds, Bees, Butterflies, Flowers

Autumn Birds in Wisconsin – Chuck Hagner

Term 1 on 2 Tuesdays:	Sept 19 – Sept 26	2:00 – 3:15	\$20.00
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Chuck Hagner, the author of the American Birding Association Field Guide to Birds of Wisconsin, will describe the wide variety of birds that move south through Wisconsin in fall, when and where to look for them, and how to identify them, and he will explain why late fall and winter are the best times of the year to find waterfowl, hawks, and eagles, and why Wisconsin birders never say it's too cold to look for birds.

Growing Native Flowers in Small Plots – Jane Porath

Term 1 on 2 Tuesdays:	Sept 19 – Sept 26	11:00 – 11:50	\$20.00
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This course focuses on the main principles of native gardening. We'll learn how to germinate seeds and select woodland and prairie plants native to Wisconsin for our gardens and crucial for certain birds, bees and butterflies.

Honeybees' Role in Agriculture – Justine Nguyen, Rachael Halby, Casey Lambert

Term 1 on 2 Tuesdays:	Sept 19 – Sept 26	12:00 – 13:15	\$20.00
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Honeybees are important domesticated insects used to pollinate over a third of our agricultural crops. Their colonies consist of thousands of individuals, all working together to make their societies run smoothly. like human societies. How exactly do they organize themselves? This class will teach the basics of honeybee biology and their role in our food systems, while giving you an inside look into part of a real honeybee colony!

The Monarch Butterfly – Its Life in Wisconsin and Beyond – Gretchen Meyer

Term 2 on 1 Tuesday:	Nov 7	1:00 – 1:50	\$10.00
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Monarch butterflies move through our area every fall on their journey to Mexico and then return in the spring. Take this class to learn more about monarchs and their amazing migration.

Signs of Life in Estabrook Park – Andrew Dressel

Term 2 on 1 Tuesday:	Nov 7	2:00 – 2:50	\$10.00
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Stunning pictures and Andrew’s comments will highlight the extraordinary wildlife that can be found in Estabrook Park. Come and enjoy the amazing adventure!

Stepping into the Future

Ethical Wills – Lise Moulton

Term 1 on 2 Tuesdays:	Sept 19 – Sept 26	11:00 – 11:50	\$20.00
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What do you want to be remembered for? Which are the significant life lessons you’d like to share with others? Start the process of writing your Legacy.

Options for Senior Living – Sue Kubiak

Term 1 on 2 Tuesdays:	Sept 19 – Sept 26	10:00 – 10:50	\$20.00
Term 2 on 2 Tuesdays:	Oct 24 – Oct 31	10:00 – 10:50	\$20.00

Join us for an interactive discussion about all the different levels of senior living and care/support options: independent living, assisted living, memory care, long term care and home care. Bring your questions, and we will help you! *Sign up for Term 1 or Term 2 or both.*

Preparing Yourself & Your Home for Sale – Mary Liner

Term 1 on 3 Tuesdays:	Sept 19 – Oct 3	12:00 – 12:50	\$30.00
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Learn some of the secrets to make your home sell for top dollar in any market. We’ll talk about how to get started, marketing tips to show your house in the best light, how to find a realtor and how to find a new living space.

What Matters: Write Your Own Obituary – Carolyn Kott Washburne

Term 2 on 1 Tuesday:	Nov 7	1:00 – 1:50	\$10.00
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When you die, your loved ones might not know what to include in your obituary. In this class, you’ll learn how to write your own, both a resume-type obituary and a narrative type, as well as a Legacy Letter.

Instructor Biographies

Bashir Ahmad: Bashir Ahmad is the President of the Milwaukee Chapter of the international Ahmadiyya Muslim Community, an international organization with Chapters in more than 200 countries. He will arrange for an expert in the Milwaukee Chapter to present at each session.

Camilla Avery: I have been an interior designer for 15 plus years. I have done both commercial and home interior design. I received my design degree from MATC, I love what I do, and I can bring anything back to life again.

Don Behrens: I am a classically trained, conservatory educated former musician and music teacher with a life-long interest in jazz.

Evelyn Burdick: I have been quilting for over 40 years. I belong to two quilting groups and am currently president of the Northshore Quilters Guild. I mostly create pieced quilts, especially scrappy quilts where I use the bits of fabric left over from other projects to create a whole new quilt.

Kimberly Burnett: Kim is a self-taught artist from Milwaukee. She's been making art since she was two and never stopped. Today she works mostly in oils and charcoal.

Maria Cartier: Maria Magyar Cartier joined Port Milwaukee in December 2019 in the role of Market Development Manager. She has worked in the international marketing space for 20+ years with global manufacturers in the Milwaukee area. As Port Milwaukee seeks to expand and diversify its domestic and international trade footprint, she leads the port's efforts to market the port and the freight-handling capability of Port Milwaukee's 20+ tenants.

Barbara Collignon: Learning French was the best thing I ever did since it led to two careers and many hours of pleasure and friendship. Sharing my love of poetry also gives me great pleasure.

Maria Cruz: Maria Cruz is a retired educator who is helping to document the oral histories of The Brown Berets in Wisconsin for the Wisconsin Latinx History Collective.

Stacy Vogel Davis: Stacy Vogel Davis, communications director of The Water Council, explains the work of The Water Council to members, stakeholders and the public through email, social media, blogs, public relations and more. A journalism graduate of Northwestern University, she formerly was an outstanding reporter and editor for the Milwaukee Business Journal. Most recently, she spent six years at the Zoological Society of Milwaukee.

Andrew Dressel: Andrew runs the Bicycle and Motorcycle Engineering Research Lab at UWM, has taught engineering mechanics at UWM and MSOE, and started taking pictures of wildlife in Estabrook Park as a sanity project after noticing an unusual-looking duck on the pond soon after UWM closed its campus in March of 2020.

Kari Foote: RYT-200 Yoga Alliance certified yoga instructor with training in integrative yoga, gentle and restorative yoga, yoga for cancer and diverse ability yoga. She has seen first-

hand the benefit of mindful movement as a powerful way to increase mobility, strength, flexibility and mindfulness, while reducing stress.

Richard Gonzalez: Richard is a member of the Iroquois Confederation, Oneida Tribe of Wisconsin, and Turtle Clan. He is a seasoned and informed lecturer and consultant on the origin of Iroquoian thought influencing the U.S. Constitution as well as Indian Boarding Schools, as his mother and maternal grandparents were subjected to this travesty. He holds advanced degrees in education and administration.

Chuck Hagner: Chuck is the author of the American Birding Association Field Guide to Birds of Wisconsin (Scott & Nix, Nov. 2019) and two other books about birds and bird watching. He is the former editor-in-chief of BirdWatching Magazine and former staff writer and editor at Time-Life Books. Director of Bird City Wisconsin, his freelance clients include the World Bank, Scott & Nix, the Global Environment Facility, Princeton University Press, and others.

Suzie Hanks: After a career in accounting, Suzie became a docent at the Milwaukee Art Museum, and she now organizes our art museum classes.

Allison Hayden: Allison is the Israel and Jewish Relations Project Manager at the Milwaukee Jewish Federation. She is a frequent speaker about issues concerning the Jewish community and has prepared the Wisconsin antisemitism report for the Federation for the past 5 years.

Nick Hayes: With wife Angela Hayes, Nick cares for the Elizabeth Murphy House, an historic American System-Built Home designed by Frank Lloyd Wright, built in 1917-'18. During the day, Nick is the Program Director at the Milwaukee Community Sailing Center and writes for Sailing Magazine.

Peter Hirthe: Peter was born and raised in Milwaukee, growing up in the Bay View neighborhood. He graduated from Marquette University with a degree in Industrial Engineering. He has worked as the Great Lakes Regional Representative for the Great Lakes St Lawrence Seaway Development Corporation, an agency in the U.S. Department of Transportation, since 2019.

Derric Hudson: Derric studied to be a Baptist Minister at Trinity Christian College in Illinois. He currently serves as an assistant at Old Mt. Zion New Jerusalem Church on the lower eastside. He is a strong and knowledgeable supporter of African American churches in Milwaukee.

Greg Jenks: Greg retired from Franklin Public Schools in 2017 after 32 years as a school psychologist and has reinvented himself as a home brewer, amateur actor/singer and presenter on historical topics including those of his greatest passions: music and sports.

Andrew Jones: Currently serving at the United Methodist Church of Whitefish Bay as Pastor of Youth, Children and Families, Andrew has worked full time with youth and children in ministry settings for over 10 years. Prior to serving in ministry, Andrew taught history and literature for 15 years in middle schools and high schools. Perhaps Andrew's longest-held role has been that of comic book collector. More than just a hobby, comics have been a source of entertainment, education, curiosity and comfort.

Carol Justin: Carol is a retired clinical social worker and avid podcast listener.

Janae Kakulis: Janae has been teaching water aerobics for 6 years and practicing Tai Chi for 4 years. She was certified in Tai Chi three years ago and enjoys teaching participants how to slow down in their lives.

Carrie Kelly: Having been fortunate enough to know a lot of knitters, I have learned from them as well as through my own knitting journey.

Sue Kubiak: Sue served in leadership roles in sales and marketing in senior living for over 20 years. She helps guide older adults navigating the challenges of senior living options. As an advocate and educator for seniors, their families and community groups, Sue also volunteers for senior programs. She holds a B.S. in Social Welfare.

Mary Liner: As a realtor for over 30 years, Mary enjoys helping sellers get the most money for their home and advising them on what will work best for them as they move on to their next living space.

Linda McGuire: Linda McGuire is a Retirement Coach and graduate of Coach U. She supports and guides individuals who are transitioning through life changes (retirees, empty nesters, widowed). Over the past few years, Linda has experienced many life transitions and can confidently work with individuals to successfully transition to the life they envision.

Melissa Meier: Melissa has her master's degree in Gerontology and serves as Executive Director of Eastside Senior Services (ESS), a neighborhood outreach program serving the east side of Milwaukee and Shorewood.

Gretchen Meyer: Gretchen retired recently from the University of Wisconsin–Milwaukee Field Station, where she taught many classes on ecology and field biology. She enjoys teaching about butterflies and other insects.

Lise Moulton: Lisa is a retired social worker and advocate, who has traveled and lived throughout the USA. She is currently “enjoying the experience of aging.”

Tracy Nickolaus: Tracy is a visual artist based in Shorewood. She specializes in acrylic painting and drawing.

Justine Nguyen, Rachael Halby, Casey Lambert: All three instructors are PhD graduate students at Marquette University in the Cook Lab, which studies honeybee biology. Justine is a 4th year PhD Candidate, while Rachael and Casey are 2nd year students. All three students have had extensive experience working with honeybees and conducting research on them.

Mimi (Michele) Oxman: She is a former MPS teacher, curriculum supervisor, and assistant principal. Since retiring in 2001, Mimi has spent time doing what she loves, needlework and dancing. She started teaching Zumba in 2008, and (before COVID) was teaching three classes a week at Alexian Village, the Shorewood Senior Center and Milwaukee Catholic Home.

Jane Porath: As an amateur native gardener for 35 years on my tiny property in Milwaukee, it has been fun to learn how to accommodate the needs for shade and clay soil to plants that nurture bees and other pollinators.

Oody Petty: I got my doctorate in English from UWM where I taught Creative Writing as well as Poetry and Fiction_classes in the English Department and Honors College. I am a poet and loving grandmother!

Connie Popp: Connie has led meditation classes at Alverno College and taught Peace Studies at UWM. As Campus Minister at both schools, she facilitated numerous retreats and prayer services. Her educational background includes a master's degree in Pastoral Ministry and a Doctorate in Education.

Jovanka Ristic: Jovanka is a native Milwaukeean, who grew up speaking German at home (her mother was a German immigrant). She has travelled extensively in Germany and also done some translating from German to English.

Rick Rocamora: A Power Systems Engineer at Cooper Industries for 41 years, Rick lived in Shanghai for 10 years and set up Cooper Power System's business in China. Rick and his wife Joan studied Chinese history and culture while in China.

Jeanne Reuter: I am both a travel advisor and a seasoned traveler. I help clients embrace a healthy lifestyle while exploring the culture, art, and history of the world's most fascinating destinations. Using my targeted energy, empathy, and enthusiasm, I help all my clients achieve their goals and have the best experience possible.

Roger Stafford: From school days in Ohio until retirement in Wisconsin, Roger has been interested in American history. Formerly a newspaper reporter/columnist and magazine publisher, Roger enjoys collecting political memorabilia and is proud of his item from Lincoln's first term. His class will start with a song, followed by laughs and a few political buttons.

Roslyn Sampson: I'm a daughter, sister, aunt, friend, newly retired Milwaukee Public School teacher with a strong belief in God's will and His way. I'm blessed to have both of my parents still alive, living close enough to spend time with them often.

Gary Shellman: Gary is past president of the United Nations Association (UNA-USA) of Greater Milwaukee, past commissioner of the Wisconsin Governor's Commission on the United Nations and former deputy director of the Institute of World Affairs at the University of Wisconsin-Milwaukee. His research and teaching focus was on 19th and 20th Century Europe. He earned BA and MA degrees from UW-Madison and received his doctorate from the University of Iowa.

Wendy Sostock: Wendy is a leader in painting with watercolor or acrylics. She has been invited to show her work regularly at the Art Bar and Cedarburg art shows. She has an astute eye that makes her an excellent instructor in helping her students to perceive their paintings with a positive, critical eye.

Ed Szopinski: Ed is a retired principal and longtime data base developer with strong interests in technology and communication.

Jane Tanner: I'm a retired technology trainer who enjoys helping others acquire new skills.

Gail Thomas: Gail has taught writing classes at NSSS for ten years. She also has taught various English, journalism and writing classes at the high school and college levels.

Alamelu Vairavan: After a career in the health care field, Alamelu developed a passion for cooking, sharing food with family and friends and educating the public about the use of spices and legumes in preparing tasty and healthful foods. Alamelu and her books have been featured in national and international magazines and newspapers. Her TV series, "Healthful Indian Flavors with Alamelu," originally aired on Milwaukee PBS and later nationally on PBS Create. She has been featured at the Annual Kohler Food and Wine Experience, Wine and Dine Wisconsin events, and at the James Beard Foundation in New York. Her website is www.curryonwheels.com

Bill Washabaugh: Bill is a professor of Anthropology, UWM, since 1974 with foci in linguistics of Creole societies & Deaf communities, music and politics in southern Spain and personal identity as represented in movies.

Carolyn Kott Washburne: Carolyn has been a freelance writer and editor for over 40 years and taught writing and editing in the UWM English Department for 33 years. She has written obituaries for family members, friends, paying clients—and herself.

Nancy Weiss-McQuide: Nancy is a professional actor, choreographer, mime artist, dance teacher, writer, and speaker. She also has been a teaching artist for the Milwaukee Repertory Theater for 14 years, and a dance teacher at UWM for 15 years.

Mary Wood: Mary learned to knit as a teen many years ago and renewed her interest as she neared retirement. She loves the relaxing and meditative aspect of knitting.

Jim Young: Jim's career includes senior management positions in mortgage finance, logistics supply chain and consulting with undergrad and graduate degrees from UWM. For the past decade, the study of genealogy has been his go-to hobby.

Fall 2023—Registration, Procedures, and Office Hours

We welcome all interested seniors to our classes – there is no age limit. We hold our classes on the second floor of the United Methodist Church of Whitefish Bay. Our office is room 210.

You will also find cookies and refreshments in the office so please stop in any-time that we are in session.

Office hours: The North Shore School for Seniors office room 210, is open on Mondays from 10:00 – 2:00 and Tuesdays from 8:30 am to 3:30 pm while school is in session.

Phone contact: You can call and leave a message, and we will make every effort to get back to you within a day or two.

Our phone number is **414-292-0960**.

Register for Classes: Use one of the methods below:

***Preferred method: Website:** Check out our website www.nss4s.org, to view our Fall classes, and you can also now register and pay online as well! Use the “Registration” link on the first page of the website.*

***By mail:** Print and mail the website registration form provided on the website www.nss4s.org, Or mail the form in the printed catalog. Be sure to include your check for the classes you wish to attend with your registration form.

***Pick up a registration form or drop it off** with *a check* at the United Methodist Church of Whitefish Bay, 819 E. Silver Spring Drive.

***First day of classes:** If space is available, you may register on the first day of class in the school office, Room 210, on the second floor (where the classes are held). Call ahead to be sure classes are still available: 414-292-0960.

Refunds: No refunds are issued for missed classes. If classes are cancelled because of weather or Instructor’s illness, **you are welcome to sit in on another class**. Refunds are issued if you cancel before classes begin or if the class is cancelled due to low enrollment.

Closures: When the Milwaukee Public Schools cancels classes because of weather conditions, we also close. For MPS closure information, check your local stations.

Security: We are required to have a security system to protect the Nursery School children who share the second floor until noon. In the morning, when you enter the second floor, if no one is present to open the door, please use the wall phone and call 310. Someone will come and open the door for you.

Catalogs are available in the United Methodist Church of Whitefish Bay office where you also can register.

OR request a catalog by calling 414.292.0960 and leaving a message with your mailing address. You also can access the catalog at www.nss4s.org.

Parking: Street parking is available. Please be sure to heed the parking signs. There is additional parking behind Winkie's.

Please use our website "Registration" link for online registration and payment.

The mission of North Shore School for Seniors is improving mind and spirit through learning and friendship. The school is an adult outreach program of the United Methodist Church of Whitefish Bay.

Become a volunteer!

Volunteers help us brainstorm new class ideas, greet and guide folks to their classes, and post flyers in local coffee shops, etc.

Become an instructor!

Contact us if you have an idea for a class or if you are thinking of teaching a class. We are always looking for new instructors and class ideas.

Volunteers and instructors can take classes for free.

Please contact us if you are interested in becoming a volunteer or an instructor.