

# North Shore School for Seniors

Fall Classes Starting Throughout Sept, Oct, and Nov, 2024

Visit Our Website – Nss4s.org

Term 1 Dates:	Term 2 Dates:
Mondays, Sept 16 - Oct 7	Mondays, Oct 21- Nov 11
Tuesdays, Sept 17 - Oct 8	Tuesdays, Oct 22 - Nov 12

## *Crafts and Skills*

### **Apple iPhone Photography: The Only Camara You'll Ever Need – Beth Eckman**

Term 1 on 2 Tuesdays	Sept 17 - Sept 24	12:00 - 12:50	\$20.00
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Each of us has a camera...and a video recorder...at our fingertips on our iPhone! Come to class to learn how to take pictures you're proud to share and videos that will last a lifetime.

### **The Argument Clinic – Kevin Gibson**

Term 2 on 2 Tuesdays:	Nov 5 - Nov 12	1:00 - 2:15	\$20.00
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#### *Back by popular demand!*

Monty Python's sketch, "The Argument Clinic," gives examples of both good and faulty arguments. Marquette philosophy professor, Kevin Gibson, will help us further understand that we are often bewitched by language and find it hard to discern good arguments with valid reasoning from bad ones. He will help us explore how arguments can get derailed (especially by advertisers and politicians), leading us to unjustified conclusions.

### **Beginning Cribbage – Mary and Joel Kriofske**

Term 1 on 3 Tuesdays:	Sept 24 - Oct 8	11:00 - 11:50	\$30.00
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Learn the lingo, scoring and strategy. And don't get skunked!

### **Brain Health – Melissa Meier**

Term 1 on 1 Monday:	Sept 16	11:00 - 12:00	\$10.00
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Learn comprehensive ways to improve your brain health and gain new memory techniques to help you in your everyday life.

## Create a Photo Estate: Save Your Family Memories – Mollie Bartelt

Term 1 on 1 Tuesday:	Sept 17	2:00 – 3:15	\$10.00
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Are you are dealing with albums, photos, slides, film, video and other media including an overwhelming digital collection? Get the system for finally saving your family memories by creating a photo estate. Get clarity on what should be done first; see what projects you should tackle yourself and which should be done by a professional. Create your plan to save your family memories once and for all.

## Electricity in Your Home: A Practical Guide – Jack Ott

Term 2 on 3 Tuesdays:	Oct 22 – Nov 5	1:00 – 1:50	\$30.00
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If Jack Ott doesn't have an answer to your residential electric question, he will do his homework and have an answer for the second class. No question is too simple or complex for Jack, who has taught budding electricians as well as puzzled seniors during his career.

## German Review – Jovanka Ristic

Term 1 on 4 Mondays:	Sept 16 – Oct 7	10:45 – 11:45	\$40.00
Term 2 on 4 Mondays:	Oct 21 – Nov 11	10:45 – 11:45	\$40.00

For those who already know some German or have studied it in the past and would like to refresh their skills, this class will continue and build on what was covered in the Conversational German class offered last year. We will review basic grammar and practice reading, translating and speaking. *Sign up for Term 1 or Term 2 or both.*

## Household Hacks – Dan Stefanich

Term 1 on 1 Tuesday:	Sept 24	12:00 – 12:50	\$10.00
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“Hacking” everyday problems involves finding solutions to niggly little things around the house that can drive you buggy if you don't get them under control. Things that are difficult to open, rubber bands that break, things that go “bang” or slip out of your fingers. How to re-purpose things to solve problems they were not designed for. Hacking can be a good thing. Let's explore together!

## Indian Cooking – Alamelu Vairavan

Term 1 on 2 Tuesdays:	Sept 24 – Oct 1	2:00 – 3:30	\$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.

## Mahjong for Beginners – Maryanne Niesen

Term 1 on 4 Mondays:	Sept 16 – Oct 7	1:00 – 2:30	\$40.00
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Participants will be introduced to the basics of the game. Time will be spent on identifying the tiles, going over the card with the winning hands, discussing the order of play and the rules. Handouts will be given. *Note: Class will be limited to 8 people. Mail registrations: call to find out if space is available.*

## Refresh Your Conversational French – Barbara Collignon

Term 1 on 4 Tuesdays:	Sept 17 – Oct 8	1:00 – 2:00	\$40.00
Term 2 on 4 Tuesdays:	Oct 22 – Nov 12	1:00 – 2:00	\$40.00

How much French can you learn in two months? Beginner? Past student of French? Come to this class and see. Learn the basics for traveling, dining and shopping in France. Refresh the French you learned in the past. Polish your listening and conversational skills and increase your vocabulary. Learn about places to visit in Paris and other sites of interest like Versailles and the chateaux of the Loire Valley. Parlez français! *Sign up for Term 1 or Term 2 or both.*

## Wonderful World of Knitting – Carrie Kelly and Mary Wood (Term 2)

Term 1 on 4 Tuesdays:	Sept 17 – Oct 8	2:00 – 3:15	\$40.00
Term 2 on 4 Tuesdays:	Oct 22 – Nov 12	2:00 – 3:15	\$40.00

Come join us to learn new knitting skills and explore the craft of fiber work. The class is open to all skill levels of knitters. Bring ideas for new projects or UFO's (Unfinished Objects) if you want help with them. Beginners will learn how to cast on, knit, purl, increase and decrease and cast off. *Please bring light colored worsted weight yarn and size 8 wooden needles if you are a beginner knitter. Sign up for Term 1 or Term 2 or both.*

## Creative Arts

### Antler Basket Weaving – Richard Gonzalez

Term 2 on 4 Mondays:	Oct 21 – Nov 11	10:00 – 11:15	\$40.00
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Students will design and weave an antler basket. Each student purchases a prepared antler that has been selected for its innate beauty, then cleaned, drilled and spoked to create a framework. Students choose either dyed or natural reeds as the weaving medium, from which the design will emerge. While students work, elements of the Iroquois Constitution, 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 – Barbara Collignon

Term 1 on 4 Mondays:	Sept 16 – Oct 7	12:00 – 1:15	\$40.00
Term 2 on 4 Mondays:	Oct 21 – Nov 11	12:00 – 1:15	\$40.00

This class explores concepts such as composition, perspective, and light and shadow. The objective is to have fun and enjoy your progress. *Please bring 9" by 12" drawing sketchbook, set of drawing pencils, and an eraser. Optional: Eberhart Faber ebony jet-black pencil and crayons, colored pencils or pastel crayons. Sign up for Term 1 or Term 2 or both.*

## Create with Watercolor Paint – Barbara Collignon

Term 1 on 4 Mondays:	Sept 16 – Oct 7	1:30 – 2:45	\$40.00
Term 2 on 4 Mondays:	Oct 21 – Nov 11	1:30 – 2:45	\$40.00

Learn various techniques used in painting with watercolor paints. You'll learn wet on wet and wet on dry techniques as well as how to blend colors and create texture. You'll paint a variety of flowers as well as attempt a still life scene and a landscape. *Supplies: Watercolor paints (pan or tube), a 9" x12" Strathmore Cold Press watercolor paper pad, watercolor brushes (set of 6 with assorted soft nylon bristle tips recommended), reusable water cup & paper towels, and an office clip board or sketch board. Also useful: Saral Transfer Paper, masking fluid and artist masking tape. Bring what you have. Sign up for Term 1 or Term 2 or both.*

## Memoir Writing – Gail Thomas

Term 1 on 4 Mondays:	Sept 16 – Oct 7	12:00 – 1:15	\$40.00
Term 2 on 4 Mondays:	Oct 21 – Nov 11	12:00 – 1:15	\$40.00

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. *Sign up for Term 1 or Term 2 or both.*

## **The Nature Journal: a Place for Connecting Nature, Creativity and Mindfulness – Kathryn Randall**

Term 2 on 2 Mondays:	Oct 21 – Oct 28	10:00 – 10:50	\$20.00
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Why keep a nature journal? Learn how to set up a nature journal and the benefits of keeping one! No artistic experience is needed — just a sense of curiosity and a love of the natural world. We will set up our journals in these two sessions and have the opportunity to meet again in the spring to share what we have learned through our nature journaling practice.

## **Open Painting Studio with Acrylics and Other Media – Wendy Sostock**

Term 1 on 4 Mondays:	Sept 16 – Oct 7	10:00 – 11:45	\$40.00
Term 2 on 4 Mondays:	Oct 21 – Nov 11	10:00 – 11:45	\$40.00

Open studio is for anyone who wants suggestions and encouragement to help 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. *Please bring 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.*

## **Origami Peace Crane Wreath – Kristina Paris**

Term 1 on 2 Mondays:	Sept 23 – Sept 30	10:00 – 11:15	\$20.00
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Fold an Origami Peace Crane Wreath in this two-week class. Made with eight sheets of paper (included in the class), it is perfect as a year-round decoration. This class is for those with some folding experience or for those with an eye for detail (not for beginners). *Class size limited to 10 people. Mail registrations: call to find out if space is available.*

## **Writing Family Stories – Aleta Chossek**

Term 2 on 3 Mondays:	Oct 21 – Nov 4	11:00 – 12:00	\$30.00
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Funny or poignant, families come alive in the stories of what makes your family unique. Using prompts, photos and examples, we will explore what makes a family story interesting, practice telling stories to one another and write a family story. No prior experience needed.

## ***Local Focus: Milwaukee + Wisconsin***

### **City of Festivals: Virtual Food Tour of Milwaukee – Theresa Nemetz**

Term 1 on 1 Tuesday:	Sept 17	2:00 – 3:15	\$10.00
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Nicknamed The City of Festivals, hear the stories of Milwaukee’s Irish, German, Polish, Italian and Mexican immigrants that came to the city and learn about some of the food producers that are carrying on many food traditions during this 50 minute talk about Milwaukee and its ethnic neighborhoods.

### **History of Professional Baseball in Milwaukee – Greg Jenks**

Term 1 on 1 Tuesday:	Oct 8	2:00 – 3:30	\$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 17 – Oct 8	12:00 – 12:50	\$40.00
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Term 2 on 4 Tuesdays:	Oct 22 – Nov 12	12:00 – 12:50	\$40.00
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Get to know the Milwaukee Art Museum better with a series of lectures by eight different docents. Their subjects range from individual artists and galleries to art movements, featuring the collection and mission of MAM.

**Term 1:** September 17 – Gary Kampe – The Art of Charles Wilson Peale, September 24 – Peetie Basson – Pictures, Portraits, People, October 1 – Ann Brophy – The Art of Alexander Calder, October 8 – Bill Boles – The Art of the Minimalists.

**Term 2:** October 22 – Diane Kane – The Art of Santiago Calatrava, October 29 – Cynthia Schwardke – Weathervanes and Whirligigs, November 5 – Meta Zobec-Novak – Collection of Modern and Contemporary Design at MAM, November 12 – Jee-Won Schally – Two Current Exhibitions: *True Story: Photograph, Journalism and Media* and *Robert Longo: The Acceleration of History*.

## St. Lawrence Seaway, Maritime Gateway to the Great Lakes – Peter Hirthe

Term 2 on 1 Tuesday:	Oct 22	11:00 – 11:50	\$10.00
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Peter will give an overview of how this bi-national maritime supply chain operates and the wide variety of sectors that it supports throughout the region, including manufacturing, agriculture, construction, energy, and tourism via the growing cruise industry.

## Thomas Jefferson’s Wisconsin Connection – Richard Kane

Term 1 on 1 Tuesday:	Sept 24	10:00 – 10:50	\$10.00
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Thomas Jefferson and Sally Hemings’s youngest son, Eston grew up at Monticello, and eventually moved to Madison, Wisconsin with his family. His journey and the service of sons Beverly and John Wayles in the Civil War and their accomplishments afterward will be discussed.

## Wisconsin’s Art Scene: 1940 to present – Annemarie Sawkins

Term 1 on 1 Tuesday:	Oct 8	10:00 – 10:50	\$10.00
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Come and learn about the world of art in Wisconsin from the co-author of *A Creative Place: The History of Wisconsin Art*. Enjoy an in-depth presentation on the researching and writing about the post-World War II art scene in the state.

## Women Poet Laureates of Wisconsin – Barbara Collignon

Term 1 on 4 Tuesdays:	Sept 17 – Oct 8	12:00 – 12:50	\$40.00
Term 2 on 4 Tuesdays:	Oct 22 – Nov 12	12:00 – 12:50	\$40.00

Discover the poetry of gifted women from Wisconsin! Wisconsin can boast of several poet laureates: Karla Huston, Ellen Kort, Kimberly Blaeser, and Denise Sweet. You’ll also enjoy the poetry of Wisconsin natives Marilyn Taylor, Susan Firer, Lisa Vihos and Peggy Rozga. Come learn about these women and explore their insightful, provocative and influential works of poetry. *Sign up for Term 1 or Term 2 or both.*

## *Health, Wellness and Exercise*

### **Realistic Optimism: Meeting the Challenges of Change in Trying Times – Philip Chard**

Term 2 on 4 Tuesdays:	Oct 22 – Nov 12	10:00 – 10:50	\$40.00
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Realistic optimism is a learnable mindset and toolkit of behaviors found pivotal in meeting the psychological and spiritual challenges created by unwanted change. Research supports its efficacy in addressing a variety of concerns, such as personal losses, mental health issues, difficult life transitions, existential angst and other stressful circumstances. Realistic Optimism allows us to adapt, grow more resilient and support self-mastery in the face of adversity and suffering.

### **Release Pain and Stress with Tapping – Mary Liner**

Term 1 on 2 Mondays:	Sept 23 – Sept 30	11:00 – 11:50	\$20.00
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This is an introduction 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.

### **Tai Chi – Janae Kakulis**

Term 1 on 4 Mondays:	Sept 16 – Oct 7	11:00 – 11:50	\$40.00
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Term 2 on 4 Mondays:	Oct 21 – Nov 11	11:00 – 11:50	\$40.00
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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 – Roger Hyttinen (Term 1) + Mimi Oxman (Term 2)**

Term 1 on 4 Mondays:	Sept 16 – Oct 7	10:00 – 10:50	\$40.00
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Term 2 on 4 Mondays:	Oct 21 – Nov 11	10:00 – 10:50	\$40.00
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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, Culture and Politics***

### **Economic Issues in the 2024 Presidential Election – Bill Holahan**

Term 1 on 2 Mondays:	Sept 16 – Sept 23	1:00 – 2:30	\$20.00
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The focus is economic issues facing the nation, and which should be addressed by the candidates for president of the United States, include unemployment, inflation, immigration, health insurance, Social Security, national defense, and a host of others. After a brief introduction, this class will be an opportunity for discussion. All points of view are welcome.

### **Explore the History of Mapping: The American Geographical Society Collections at UWM – Marcy Bidney**

Term 1 on 1 Tuesday:	Oct 8	2:00 – 3:30	\$10.00
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Utilizing the collections held at the American Geographical Society Library at UWM, this class will explore the history of western traditions of mapping starting in the early 15th century.

### **History of Book Illustrations – Judith Friebert**

Term 2 on 1 Tuesday:	Nov 12	2:30 – 3:30	\$10.00
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For centuries illustrations played a significant role in printed matter for adult readers. This class will explain briefly how this form of communication developed, and then focus on its heyday before and after World War II.

### **How America’s Founding Documents Apply Today – Robert Habush**

Term 1 on 4 Tuesdays:	Sept 17 – Oct 8	1:00 – 1:50	\$40.00
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This class, taught by one of Milwaukee’s best-known attorneys, discusses how the Declaration of Independence, Constitution and Bill of Rights relate to current events. During his distinguished 50-year career as a trial lawyer, Robert Habush has been adjunct professor at both Marquette and University of Wisconsin law schools. He’s a Whitefish Bay resident, recognized by the National Law Journal as one of America’s 10 Best Trial Lawyers.

### **John Wesley’s Vision for Methodism – Pastor Gary Holmes and Sam Swartzberg**

Term 1 on 2 Tuesdays:	Sept 17 – Sept 24	10:00 – 10:50	\$20.00
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This course will cover John Wesley and the founding of Methodism. Find out how Methodists played a pivotal role in establishing America’s Bill of Rights. We will discuss Wesley’s social gospel and how it is shared with other religions throughout the world.

## **Native American Wisdom – Richard Gonzalez**

Term 1 on 4 Mondays:	Sept 16 – Oct 7	11:15 – 12:30	\$40.00
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How do Native Americans express Wisdom? What are their thoughts on life, family, the earth and democracy? In spite of 1492, how do the various nations form a sustained culture? Words, pictures, letters, and histories will provide insight.

## **Reclaiming Eve – Gwynne Kennedy**

Term 2 on 2 Tuesdays:	Nov 5 – Nov 12	10:00 – 10:50	\$20.00
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For millennia, Eve has been blamed for “The Fall”. Some European and American women (1400s–1900s) wrote their own versions. Some are famous (Elizabeth Cady Stanton), others less so, but all are important literary or historical figures. Plus, we’ll include recent “Fall” cartoons!

## **So, You Want to Get Out of Dodge – Kathleen Krenek**

Term 1 on 1 Tuesday:	Sept 17	1:00 – 2:15	\$10.00
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This class explores living in another country, using Costa Rica as an example. We will identify financial, legal and cultural aspects to consider when making this important decision. Leaving your home of origin and making a new home in a foreign country can be overwhelming. This class may help in your journey.

## **What Aliens Can Teach Us – Bill Washabaugh**

Term 2 on 3 Mondays:	Oct 21 – Nov 4	10:00 – 10:50	\$30.00
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Outer-space-alien are mirrors. When we look at them on screens big and small, we can see ourselves. But these images are usually contorted, and we often fail to recognize ourselves in the oddly shaped, awkwardly moving bodies that emerge from spaceships. Sometimes they are benign and endearing, but more often they are disturbing and even terrorizing. We will focus on the former rather than on the latter, ranging through time from *The Day the Earth Stood Still* to *Resident Alien*. The task before us is to distill their lessons for living.

## **World War II in Europe: 1939 – 1945 – Patrick Jung**

Term 1 on 4 Mondays:	Sept 16 – Oct 7	10:00 – 11:00	\$40.00
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This class focuses on the principal causes of World War II in Europe, the major battles that determined the outcome of the war, and the reasons for the German defeat. The course briefly examines the consequences of World War II.

## ***Movies, Music, Theater and Literature***

### **Carole King's 1960s Songbook – Greg Jenks**

Term 2 on 2 Mondays:	Nov 4 – Nov 11	1:00 – 2:15	\$20.00
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Most people (my age, anyway) know Carole King's music from her 1971 hit album, *Tapestry*. But what is not so well known is the fact that in the decade before she was a Grammy winning artist, she was an amazing songwriter with many of her songs becoming some of the biggest hits of the 1960s. This two-session course reviews her life, along with the stories behind some of her most famous songs of the decade.

### **Funny Fiction Turned into Film – Joel Kriofske and Tad Kriofske Mainella**

Term 2 on 2 Tuesdays:	Nov 5 – Nov 12	11:00 – 11:50	\$20.00
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Do you enjoy a good chuckle when you read? Do you get excited when a hilarious book you love becomes a film? Joel & I sure do! In this class we'll read passages together from hilarious novels like *Catch-22* (and more), then we'll watch scenes from the film adaptation of the book. During each class we'll compare/contrast passages from these funny books with the film adaptation. We will provide excerpts for the books and the scenes from the films. All you need to bring is curiosity and your sense of humor!

### **Fred, Ginger and Gene: Their Stories – Nancy Weiss-McQuide**

Term 2 on 1 Tuesday:	Oct 22	2:00 – 3:15	\$10.00
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Love those great movie musicals with Fred Astaire, Ginger Rogers, and Gene Kelly? Here's a behind-the-scenes look at their early lives and careers, and how they became the skillful performers that they were, including video clips, photos, iconic songs and dances. Gain a deeper appreciation for who they were, and of their iconic contributions to our entertainment culture.

### **Life of a Symphony Orchestra Musician – Matt Annin**

Term 1 on 3 Mondays:	Sept 16 – Sept 30	10:00 – 10:50	\$30.00
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In this class, Matt will share what it is like to work in a professional symphony. Each class will focus on various aspects of classical music, from the history of the horn, ins and outs of orchestra life, and favorite symphonies and composers.

## Never a Belle: Southern Women Writers – Eva Hagenhofer

Term 2 on 4 Mondays:	Oct 21 – Nov 11	1:00 – 2:15	\$40.00
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We will read and explore three little known stories from the American South – stories that have been hidden behind the veil of Spanish moss, lost among the tangle of kudzu, penned by women who knew it well – Zora Neal Hurston, Eudora Welty, Flannery O’Connor, and Lee Smith.

## *Nature’s Wonders: Birds, Bees, Butterflies and Critters*

### Autumn Birds in Wisconsin – Chuck Hagner

Term 1 on 2 Mondays:	Sept 30 – Oct 7	2:00 – 3:30	\$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, and when and where to look.

### Chicken City – Pam Percy

Term 2 on 1 Tuesday:	Oct 29	2:00 – 3:30	\$10.00
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*Chicken City* is the first documentary film to feature every aspect of the chicken as a cultural icon. Guided by host chickens, the audience travels through *Chicken City* becoming chicken-enlightened, with animation, archival footage, egg-strordinarily entertaining images, and conversation with the film’s writer and producer, Pam Percy.

### The International Crane Foundation: Exploring its Exciting Developments in North America and Across the Globe – Jeanne Prochnow

Term 2 on 1 Tuesday:	Oct 29	12:00 – 12:50	\$10.00
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Join Jeanne and International Crane Foundation interns as they present the current status of this rapidly growing organization headquartered in Baraboo, WI with a vast array of programs worldwide. The presentation will cover an overview of ICF’s Baraboo, North American and global operations dedicated to conserving the 15 species of cranes that exist in the world.

### The Monarch Butterfly: It’s Life in Wisconsin and Beyond – Gretchen Meyer

Term 2 on 1 Tuesday:	Oct 29	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 5	2:30 – 3:30	\$10.00
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We'll look at the wildlife that can be found in Estabrook Park, at the pond and in the river and on land. You never know what you will see! Andrew will show colorful pictures and relate tales of creatures that he has seen on his daily early morning walks through the park.

## *Stepping into the Future*

### Clear Your Space: Downsizing – Melinda Stuart

Term 1 on 1 Tuesday:	Sept 24	10:00 – 10:50	\$10.00
Term 2 on 1 Tuesday:	Oct 22	10:00 – 10:50	\$10.00

Whether preparing to move or looking to make your current space more user friendly, this class is for you. We will discuss methods for right-sizing and what to do with the items you are wanting to let go of. *Sign up for Term 1 or Term 2 or both.*

### Estate and Financial Planning for Peace of Mind – Lyssa McGauran and Jess Henrickson

Term 1 on 1 Monday:	Sept 30	1:00 – 2:00	\$10.00
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Everyone, regardless of age or wealth, can benefit from having an estate and financial plan. Wills, trusts, and beneficiary planning provide direction and continuity for passing on your assets after death and helping your loved ones administer your estate. Equally important are during-life issues such as health care directives and durable powers of attorney. We will discuss strategies to help you protect your assets and ease the burden on your loved ones.

### Navigating Senior Care Options – Jessica Nye and Katie Deprey

Term 1 on 2 Tuesdays:	Oct 1 – Oct 8	12:00 – 12:50	\$20.00
Term 2 on 2 Tuesdays:	Oct 22 – Oct 29	12:00 – 12:50	\$20.00

Please join Katie and Jessica 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, Short –Term Rehabilitation and Home Care. They will share their experience working in Senior Living with families and friends and discuss any questions you may have about all the different areas. They know there are lots of questions, so they hope they can help! *Sign up for Term 1 or Term 2.*

## **The Power of Power of Attorney – April DeValkenaere**

Term 2 on 1 Tuesday:	Nov 12	2:00 – 3:30	\$10.00
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One great way to make sure your decisions are adhered to is to draft a legally binding Financial Power of Attorney (POA). We will discuss who should have a POA and fiduciary responsibilities created by a POA document.

## **Preparing Yourself to Sell Your Home – Mary Liner**

Term 2 on 3 Tuesdays:	Oct 22 – Nov 5	11:00 – 11:50	\$30.00
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Learn what you need to do to get your house ready to sell. The course covers what to keep and what needs to be given away, how to interview a real estate agent so you get the most money for your house, tips on how to move smoothly and who/when to contact someone to help get you organized for the move.

## **Scams That Target Older Americans: How to Spot Them, Avoid Them – and Report Them – Lisa Schiller**

Term 1 on 1 Tuesday:	Oct 1	11:00 – 11:50	\$10.00
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Did you know that three in four adults age 50–80 (75%) reported experiencing a scam attempt? An estimated \$28.3 billion is lost to elder fraud scams every year. And, every day, scams become more sophisticated with twists and turns to fool victims out of hundreds, sometimes even thousands of dollars. In addition, scammers continue to use opportunities in which to steal identities by obtaining valuable personal information.

## **What Matters: Write Your Own Obituary – Carolyn Kott Washburne**

Term 1 on 1 Tuesday:	Sept 17	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

**Matt Annin:** Matt has been the Principal Horn of the Milwaukee Symphony since 2011. He has performed concerts all over the world with many orchestras in the United States and Canada.

**Mollie Bartelt:** Mollie is the owner of Pixologie. Over the past 15 years, she has organized millions of print and digital photos and loves sharing Pixologie's system for saving family memories.

**Marcy Bidney:** Marcy is the Curator of the American Geographical Society Library and Associate Director for Distinctive Collections at UWM Libraries. She has been a librarian with expertise in cartographic collections for more than 20 years.

**Phillip Chard:** Philip is a psychotherapist specializing in health psychology and trauma treatment. He writes an award-winning weekly column titled *Out of My Mind*, previously in the Milwaukee Journal Sentinel and now the Shepherd Express and has authored three books. Previously, he was Director of Behavioral Science Education and Associate Professor at Michigan State University's College of Human Medicine, where he received the Outstanding Faculty Award.

**Aleta Chossek:** A retired not-for-profit administrator, Aleta loves hearing, reading and writing personal stories. She began writing family stories after her retirement. In 2019, Aleta published *Kristine Finding Home*, the creative non-fiction account of her grandmother's immigration to the United States. Residents of Milwaukee for more than 50 years, she and her husband enjoy traveling, learning together and their six grandchildren.

**Barbara Collignon:** Barbara says that learning French was the best thing she ever did since it led to two careers and many hours of pleasure and friendship. Sharing her love of poetry also gives her great pleasure. Also, although not a professional artist, Barbara acquired drawing and painting skills by copying illustrations, drawing figures from art books and just experimenting. She enjoys painting still life and landscapes in watercolor and acrylics, as well as working on pastel portraits.

**Katie Deprey:** Katie is an experienced Registered Nurse with a background in care management, public health, home care, assisted living and acute care settings. Katie has her Certified Case Manager designation which demonstrates the ability to provide case management and care coordination to clients with complex medical needs and situations, while advocating for the client throughout the continuum of care.

**April DeValkenaere:** April is CEO of Fortress Forensic Investigations ([www.protectyourfortress.com](http://www.protectyourfortress.com)), providing justice for victims of financial exploitation through evidence analysis and forensic accounting investigations. April is a Certified Financial Crimes Investigator (CFCI), State Bar of Wisconsin Certified Paralegal (SBWCP) and Certified Cryptocurrency Investigator (CCI).

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 for Covid.

Beth Eckman: Beth is a certified teacher with a master's degree in educational leadership and an avid iPhone user. She has two amazing teenage children whose lives she captures in photos and videos using her iPhone camera.

Judith Friebert: Judith is a visual artist. She has also served as a special collections librarian with a specialty in book illustration.

Kevin Gibson: Due to the lack of a trust fund, Kevin has been an infantry officer, tour guide, bus driver and mediator. Prior to retirement, he was a philosophy professor at Marquette for 25 years.

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.

Robert L. Habush: Robert retired in 2017 after practicing law for 50 years. A University of Wisconsin Law School graduate, he has held numerous leadership positions in Bar Associations, including president of the American Trial Lawyers Association and the Wisconsin Academy of Trial Lawyers. He has been awarded numerous tributes, including the Champion of Justice Award, the highest honor of the American Association of Justice.

Eva Hagenhofer: After more than 25+ years of teaching writing and literature at MATC – while raising children and (hopefully) students’ world awareness – I am delighted to bring some very special stories from around the world to a more mature audience.

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.

Jess Henrickson: Jess has been a financial advisor at Baird since 2008. He received a B.S. in Business Management from Miami University in Oxford, Ohio. His expertise in retirement income planning, portfolio construction and risk management helps clients attain financial peace of mind.

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 2011.

Bill Holahan: Emeritus Professor William Holahan taught in the UWM economics department for 40 years and served for 10 years as its chair. Since retirement, he has published more than 150 newspaper articles on economics for general readership.

Pastor Gary Holmes: Gary is Senior Pastor of the United Methodist Church of Whitefish Bay. He grew up in Wisconsin, earned a Bachelor of Science Degree from the University of Wisconsin-Whitewater with an emphasis on social work, Master of Divinity Degree from Garrett-Evangelical Theological Seminary and Doctor of Ministry Degree from Asbury Theological Seminary.

Roger Hyttinen: Roger is a certified Zumba instructor dedicated to "making fitness a blast!" He is passionate about bringing the joy of Zumba to everyone through fun, low-impact classes. He invites students to "come dance with me and discover a gentle way to move, groove and feel great."

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.

Patrick J. Jung: Patrick received his Doctoral Degree in American History from Marquette University in 1997 and has taught history and cultural anthropology at Milwaukee School of Engineering since 2003. He has written several books and articles on the history of the western Great Lakes.

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

Richard Kane: Richard is a retired physician who decided to research Wisconsin Civil War soldiers with Jewish heritage. Having discovered grandsons of Jefferson and Hemings who fought for Wisconsin, he became interested in their relationship and wants to share their intriguing story.

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

Gwynne Kennedy: Gwynne is Associate Professor of English and Women's & Gender Studies at UWM, where she served as both director and chair of Women's Studies. Her work focused on early English women writers and on emotions.

Kathleen Krenak: Kathleen worked in social justice for 50 years, organizing a school walk out, helping communities build a just health care system and reducing violence against women and girls. She lived in Rica Costa Rica a year and a half.

Joel Kriofske: Joel is an experienced journalist, free-lance writer and published author.

Mary Kriofske: Mary is a lifelong devotee of the game of cribbage. She doesn't even remember how her grandmother taught her how to play — it just feels like she's always known the rules and nuances of the game. She played competitively within her family, as she grew up and has also participated in cribbage tournaments. "It's a wonderful game combining strategy and luck."

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.

Tad Mainella: Tad has Master's Degrees in Education, is an experienced teacher, freelance writer and interviewer.

Lyssa McGauran: Financial Advisor Lyssa joined Baird in 2020. She graduated from UW-Madison with a Bachelor of Business Administration degree in Finance, Investment, and Banking and a Certificate in Wealth Management. She has a passion for financial planning and helping families, individuals, and their next generations reach their financial and personal goals.

Melissa Meier: Melissa has her Master's in Gerontology, serves as Executive Director of Eastside Senior Services (ESS), and is a member of Shorewood's Dementia Awareness Work Group. ESS is a neighborhood outreach program serving the eastside 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.

Theresa Nemetz: Theresa combined her love for Milwaukee and her husband's love for great food to create Milwaukee Food & City Tours in 2008. The business started as a hobby and grew into a full-time career for both her and her team of itinerary planners. Not only do they offer tours in Milwaukee, but after acquiring two Chicago-based companies, also operate Chicago Food & City Tours and provide shore excursions for cruise ships on the Great Lakes in 25 port cities.

Maryanne Niesen: Maryanne is a former classroom teacher and an administrator. She has been playing Mahjong for over ten years and has taught it to many friends and friends of friends. She continues to play in person weekly and online often.

Jessica Nye: Jessica brings over 16 years of experience in healthcare as both a direct care provider and in leadership roles in sales and marketing. She has worked in multiple levels of care from community based, inpatient hospital acute care, critical care, and sub-acute rehab. She helps guide older adults navigating the challenges of senior living options. She is an advocate for seniors and their families.

Jack Ott: Jack is an answer man if your question is about residential electricity. He spent 25 years leading Ott Electric, meeting the needs of area residents. He enjoyed sharing his

insight with apprentice electricians at Milwaukee Area Technical College and continues in retirement to answer questions to groups like North Shore School for Seniors.

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.

Kristina Paris: Kristina has been folding origami since she was four years old. She enjoys teaching this art form to all ages and also sells her work at holiday art fairs.

Pam Percy: Pam is the author of *The Complete Chicken: An Entertaining History of Chickens*. After many careers including festival and theater management, Pam became a filmmaker with her first film, *Finding Loren. Chicken City*, her second film, is the first documentary about the cultural aspects of the iconic chicken.

Jeanne Prochow: Jeanne has had the pleasure being involved with the International Crane Foundation (ICF) for 14 years and of serving on its Board of Directors for 10 years. She has been able to see firsthand the impact of ICF in the global conservation arena and the difference it is making in the lives of the cranes and the people that inhabit their ecosystems.

Kathryn Randall: Kathy creatively brought science to life for her students as a middle-school teacher. Her debut novel, *The Listening Tree*, was published in 2021. She is currently weaving real science into the magical adventure of the second book in the trilogy. Her website and blog can be found at [www.kathrynrandall.com](http://www.kathrynrandall.com).

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 has done some translating from German to English.

Annemarie Sawkins, PhD: Annemarie is a Milwaukee-based curator, art historian, author and curator of exhibitions for museums across the United States. She has worked for the Milwaukee Art Museum and was curator at the Haggerty Museum of Art at Marquette University.

Lisa Schiller: Lisa is the Senior Director of Investigations and Media Relations for the Better Business Bureau Serving Wisconsin. She holds a B.A. in Communications and a B.S. in Criminal Justice from the University of Wisconsin–Milwaukee. She has spent her career in the field of consumer issues and education, white collar crime matters, investigating, writing, presenting, and communications. At the BBB, she's working to advance marketplace trust between buyers and sellers and promoting informed buying decisions.

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.

Dan Stefanich: Dan describes himself as "a reasonably normal guy" who has retired from urban planning and nonprofit management. He likes finding solutions for "niggly little problems."

Melinda Stuart: Melinda is a certified move manager and the owner of Smart Moves. She enjoys hearing people's life stories as they prepare for their next chapter.

Sam Swartzberg: Sam is a member of the United Methodist Church of Whitefish Bay. A graduate of the University of Wisconsin–Madison and the UW Law School, he has been practicing law since 1977. A voracious reader, he is knowledgeable about many world religions, including Methodism and its founder, John Wesley.

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: Alamelu attended UWM while raising a family and graduated with a B.S. Degree in Health Information Management. After a career in the health care field, Alamelu developed a passion for cooking and sharing food with family and friends, as well as educating the public about the use of spices and legumes in preparing tasty and healthful foods. Alamelu and her books have been featured in many 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](http://www.curryonwheels.com).

Bill Washabaugh: Bill is a professor of Anthropology, UWM, since 1974 with foci in linguistics of Creole societies and 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.

## Fall 2024 Registration, Procedures, and Office Hours

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

**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 anytime that we are in session.

**Office hours:** The North Shore School for Seniors office room 210, is open on Mondays from 10:00 – 3:00 and Tuesdays from 9:00 am to 4:00 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.

**Register for Classes: Use one of the methods below:**

***Preferred method: Website:*** Check out our website [www.nss4s.org](http://www.nss4s.org), to view our Spring classes where you can also register and pay online. ***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](http://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. 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](http://www.nss4s.org).

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

**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.**

# My Class Schedule

