

## Classes Beginning in October

### Hunter Safety

If you were born after January 1, 1973, this class is required before you go hunting. You must be at least 11 years old. It is also required if you plan to mentor a hunter under the age of 12. This class has been scheduled early so that it will be completed just in time for the youth deer hunt (Oct. 10- 11). **IT WILL BE HELD AT THE MANITOWISH WATERS COMMUNITY BUILDING. ON SATURDAY, THE CLASS WILL MEET AT THE SHOOTING RANGE IN BOULDER JUNCTION.**

The hunter education course instills in students the knowledge and skill to be a responsible and safe hunter. Students learn how hunting accidents are caused and how they can be prevented. Hunter education graduates receive a certificate that is accepted in every state, Canadian province, and Mexico.

Instructors: Greg Gapko, John Bartosz, and assistants

4 classes - Oct. 5, 6, 8, 10

5:30 - 8:30 p.m. (except Sat. Oct. 10 will be from 8:00 - noon) Cost: \$10



### New Requirement:

**All WI Recreational Safety students are required to obtain a WI DNR Customer ID Number before the completion of any Recreational Safety class. You can obtain a number by calling 888-936-7463 or you can visit a WI DNR Service Center.**

### Boating Safety

This class is being offered in the fall so that you can get a head start for next spring or prepare for duck hunting season! The class is required for you to operate a motorboat without a parent or guardian present, if you are between the ages of 12 and 16. It is required for anyone between age 12 and 16 who wants to operate a personal watercraft.

Boating may be considered a recreation, but there are laws that boaters must follow and dangers to be avoided. Concentration and careful operation are always the rule of the road.



Instructors: Barb Novak, John Bartosz

3 classes - Oct. 12, 13, 15

3:30 - 6:30 p.m. Cost: \$10

### Music Lessons

Lisa Goff is available throughout the school year to give beginning to intermediate piano lessons and all levels of flute lessons. She welcomes students of all ages. You can call her directly at 715-588-2321.



## Water Exercise

Exercise to music in the beautiful pool at Northern Highland Motor Lodge in downtown Boulder Junction. The class is designed to not only provide the benefits of aerobic exercise, but also to help increase range of motion and improve balance as well as posture. If you have any health concerns about participating, please contact your physician. A room will be provided for changing. Please bring a towel. Sign up for Tuesday, Thursday, or both. (limit of 12 for each day)

Instructor: Barb Boston

6 classes (Tuesdays) Oct. 13, 20, 27, Nov. 3, 10, 17  
9:00 - 10:00 a.m. Cost: \$36

6 classes (Thursdays) Oct. 15, 22, 29, Nov. 5, 12, 19  
9:00 - 10:00 a.m. Cost: \$36



## Water Pilates

This class creatively adapts Pilates exercises for the pool. You will elongate the body, build a strong core, and develop strength and flexibility. The focus will be on breathing for energy enhancement, as well as improving posture and body awareness. Beginners are welcome - no previous Pilates experience necessary.



Instructor: Barb Boston

Dates are the same as Water Exercise above (both Tuesdays and Thursdays).  
8:00 - 8:50 a.m. Cost: \$34

## Introduction to Website Development

Are you interested in getting your business on the internet, but don't know where to start? This is a perfect class for small business owners who are interested in promoting their business via the World Wide Web. The class will introduce you to the components of website development which include selection of a domain name, hosting, website design, internet marketing, email campaigns, banner advertising, and much more. Participants should have a working knowledge of computers in the Windows environment.

Sponsored by: Nicolet College (held at North Lakeland School)

Pre-payment required (class 27471)

Instructor: Scott Bertz

1 class (Wednesday) Oct. 14

5:30 - 8:30 p.m. Cost: \$29 (or \$18.86 if 62 or older)



**WWW.NLES.US**

BE SURE TO VISIT OUR NEWLY EXPANDED NORTH LAKELAND SCHOOL WEBSITE WHICH APPEARS ABOVE. YOU WILL BE ABLE TO VIEW THE COMMUNITY EDUCATION BROCHURE, AS WELL AS STAY INFORMED ON NEW CLASS OFFERINGS AND SCHOOL EVENTS.

## Yoga

Healthy body, healthy mind, balance in our lives - we all want it, and yoga is one of the paths to achieve it. Under the direction of Carol Bohn, this yoga class provides a combination of stretches, asanas (body postures), and breathing and relaxing techniques to help you on your way to a healthier lifestyle. Bring a blanket and mat. This very popular class has been moved to the gym to accommodate more students!



Instructor: Carol Bohn

Wednesdays

Session 1 - Oct. 14, 21, 28, Nov. 4, 11 (Cost: \$40)

Session 2 - Nov. 18, Dec. 2, Dec. 9, Dec. 16 (Cost: \$32)

5:30 - 7:00 p.m.

### **VOLUNTEERS NEEDED!**

**IF YOU HAVE SOME EXTRA TIME DURING THE WEEK, WE WOULD LIKE TO INVITE YOU TO HELP OUT THE STUDENTS AT NORTH LAKELAND. WE ARE IN THE PROCESS OF CREATING A LIST OF POTENTIAL VOLUNTEERS AND THEIR INTERESTS AND SKILLS. VOLUNTEER OPPORTUNITIES INCLUDE HELPING WITH OUTDOOR EDUCATION, SPECIAL EVENTS THAT NEED EXTRA HELP, ONGOING PROJECTS LIKE READING TO CHILDREN, SPORTS EVENTS, ETC.**

**IF YOU HAVE ANY IDEAS FOR NEW VOLUNTEER PROJECTS, THESE WOULD BE WELCOME ALSO. SOME EXAMPLES THAT HAVE BEEN DONE IN THE PAST INCLUDE: ARTS IN THE SCHOOLS, ADOPTED GRANDPARENTS, MENTOR RELATIONSHIPS, AND COOKING WITH KIDS.**

### Access to Exercise

This is an adaptive chair based program incorporating the principles and movements of Yoga, Pilates, and Tai Chi. During seated and standing activity, we will build skills of core strength, alignment, flexibility, and balance by learning to internalize the support of props and contact surfaces. With applications to computer use, travel, and office wellness, this class is intended for anyone interested in developing these skills in a fun and motivating context including those who may be elderly or under-conditioned.

Instructor: Peter Wisla

6 classes (Thursdays) Oct. 15, 22, 29, Nov. 5, 12, 19

4:00 - 4:55 p.m. Cost: \$40 if prepaid in full before first class (\$10/class drop-in fee)



### Tai Chi

Here is an opportunity to begin, individualize, or fine tune your understanding and practice of this gentle martial art form. This class blends the classical yang style short form with QI Gong warm ups and energy work. Having the physical and mental endurance to perform a series of movements in a standing position will enable each participant to maximize health benefits.



Instructor: Peter Wisla

6 classes (Thursdays) Oct. 15, 22, 29, Nov. 5, 12, 19

5:00 - 6:10 p.m. Cost: \$50 if prepaid in full before first class (\$12/class drop in fee)

DO YOU HAVE AN IDEA FOR A CLASS THAT YOU WOULD LIKE TO SEE OFFERED OR BE WILLING TO TEACH ONE? PLEASE CALL: 715-543-2159 OR EMAIL: [dwhite@nles.us](mailto:dwhite@nles.us)

### FACEBOOK - It's Not Just for Students Anymore

If you think you're too old for Facebook, think again. The fastest growing demographic of Facebook users is people 35 years and older. Facebook is a social networking site designed to help friends, classmates, colleagues, family members, and others to connect and stay in touch. Since its beginnings in a Harvard dorm room, it has grown to more than 200 million active users worldwide. You will learn a brief history of Facebook, set up a free account, learn various uses, privacy settings, basic navigations, how to search for family and friends, join groups, and make your first "wall" posting.

Sponsored by: Nicolet College (held at North Lakeland School)  
Pre-payment required (class 28001)  
Instructor: Ellen Burgan  
1 class (Thursday) Oct. 15  
6:00 - 7:30 p.m. Cost: \$9.07 (or \$4.00 if 62 or older)



### Take a Breath

Develop awareness and skills about styles of breathing that assist movement, memory, sleep, pain/stress management, and relaxation while supporting overall health and well being. Experience your natural breathing depth and rhythm to soothing music.

Following therapeutic and meditative principles from the performing and healing arts, these classes teach practical techniques for releasing anxiety and tension as you expand vitality, confidence, and creativity during moments of stillness and movement.



Instructor: Peter Wisla  
6 classes (Thursdays) Oct. 15, 22, 29, Nov. 5, 12, 19  
6:15 - 7:30 p.m. Cost: \$50 if prepaid in full before first class (\$12/class drop in fee)

### *Rules for Students and Parents Attending After School Activities:*

1. Children must be under the **direct** supervision of a parent when they are not actually in the class. This means that they must be in the same room, not just somewhere in the building.
2. **RUNNING IS NOT ALLOWED ANYWHERE IN THE SCHOOL.**
3. Noise must be kept to a minimum. There are other events going on in the building. Teachers are also working in their rooms.
4. All food and beverages must be consumed in the cafeteria only.
5. Libraries are closed at the end of the school day. Books may not be removed from the shelves when the librarian is not present. Computers are off limits.

*Thank you for your cooperation!*



## Creative Movement (ages 2-4)

This class will feature rhythm and movement drawing from ballet, jazz, and lyrical. It includes children's favorite social dances. Attire: light, comfortable clothing and dance or tennis shoes.

Instructor: Barbara Boston

Mondays

Session 1 - Oct. 19, 26, Nov. 2, 9

Session 2 - Nov. 16, 30, Dec. 7, 14

Session 3 - Jan. 4, 11, 18, 25

Session 4 - Feb. 8, 22, Mar. 1, 8

Session 5 - Mar. 22, 29, April 12, 19

Session 6 - April 26, May 3, 10, 17

3:30 - 4:00 p.m. Cost: \$26/session



## Dance/Rope Jumping

Children's favorite social and multicultural dances are combined with rope jumping (freestyle and double dutch) for maximum fun fitness! The popular dances of the decades will be featured. Time will be provided for warming up and cooling down. Rope jumping promotes a heart-healthy lifestyle and provides great cross-training for other sports. Students will be grouped according to age and ability. Attire: light, comfortable clothing and dance or tennis shoes.



Instructor: Barbara Boston

Mondays

5K - 2<sup>nd</sup> grades 4:05 - 4:45 p.m. Cost: \$30/session

3<sup>rd</sup> - 6<sup>th</sup> grades 4:50 - 5:30 p.m. Cost: \$30/session

*Dates are the same as Creative Movement above.*

(FOR ALL DANCE CLASSES OFFERED BY BARBARA BOSTON, THERE IS A \$5 DISCOUNT FOR FAMILIES WITH 2 OR MORE STUDENTS PLUS A 10% DISCOUNT FOR PAYMENT IN ADVANCE WHEN ENROLLING FOR ALL 6 SESSIONS.) PAYMENT IS EXPECTED AT THE FIRST CLASS OF EACH SESSION. *If you have any questions, email [bjboston@centurytel.net](mailto:bjboston@centurytel.net) or call 715-385-2980.*

## Kung Fu (age 6 - adult)

The traditional martial art of Kung Fu teaches you to maintain individual self-improvement. The body is hardened through a series of fluid exercises, which in turn form self-defense skills. Mind, body, and spirit are balanced with life skills.

Instructor: Josh Sloan

Mondays

Session 1 - Oct. 19, 26, Nov. 2, 9, 16, 23, 30, Dec. 7

Session 2 - Jan. 4, 11, 18, 25, Feb. 1, 8, 22, Mar. 1

5:30 - 6:15 p.m. White belts (new students)

6:15 - 7:00 p.m. Purple belts (advanced)

7:00 - 7:45 p.m. Adults

Cost: \$60/session (\$10 discount for additional family members)



## Bon Voyage! Planning an International Trip

Thinking about traveling abroad, but just not sure where you want to go, what to see, or whether or not it is economically feasible? This course is designed to help give you the tools and resources you will need to plan a safe, enjoyable, and affordable international vacation. If you have never traveled internationally before or you have international experience and are seeking additional trip planning skills, this course is for you!

We will use computer based applications and internet resources to learn tips on designing an affordable trip, choosing an appropriate destination, booking online, planning an itinerary, applying for passports, creating a travel checklist and toolkit. We will also explore web-based resources to learn more about the customs and laws of the area you plan to travel to. Students will need some basic computer knowledge of how to use the internet.



Sponsored by: Nicolet College (held at North Lakeland School)  
Pre-payment required (class 27984)

Instructor: Cheryl Sell

1 class (Monday) Oct. 19

6:00 - 9:00 p.m. Cost: \$14.80 (or \$9.40 if 62 or older)

## Creative Cooking Class 1 - Soups, Gravies, Sauces, and Roux

Learn to make easy homemade soups, gravies from scratch, fast and delicious sauces, and use of roux for thickening them. Soup made at home can warm you up on a winter day and is so healthy for you. There are many ways to brighten up and finish dinner by adding a gravy or sauce. Learning the basics and adding your creativity opens up a huge amount of different dinner options with very little time involved.

Instructor: Alex Hough

1 class (Wednesday) Oct. 21

6:30 - 8:30 p.m. Cost: \$18 (Pre-payment required)



*We are pleased to welcome Chef Alex Hough as a Community Education instructor. He has been an executive chef all over the world, is certified, and has a list of awards he has received throughout his career. His cooking classes are fun and most importantly "hands on".*

## A Quick Guide to Effective Public Speaking

Public Speaking can be a difficult and frightening experience. This class will address the basic elements of an effective speech and how to properly prepare for an oral presentation. Participants will also learn practices to cope with stage fright and how to provide an opportunity to give the best speech possible.



Sponsored by: Nicolet College (held at North Lakeland School)  
Pre-payment required (class 27985)

Instructor: Susan Diehl

1 class (Thursday) Oct. 22

6:00 - 9:00 p.m. Cost: \$15.00 (or \$4.86 if 62 or older)

## Fall Flower Arrangement

Mums and fall dried and gathered weeds, pods, mosses, and twigs will be used to make a fall arrangement. Everything will be provided except the container. Student is required to bring a container (not too big), sharp knife, scissors, pruning cutters, or wire cutter. **You must register and pay for this class by Oct. 15.**

Instructor: Kae Nilsson (owner of Floral Consultants, Manitowish Waters)  
1 class (Thursday) Oct. 22  
6:30 - 9:00 p.m. Cost: \$25 (Pre-payment required)



## Beaded Dream Catcher

Bead a beautiful dream catcher that is legendary in keeping bad dreams away when hung at the head of your bed. The dream catcher is woven from artificial sinew and the beading is a simple repetitive stitch.

Instructor: Frances Whitfield  
2 classes (Monday, Tuesday) Oct. 26, 27  
5:30 - 8:30 p.m. Cost: \$30 (Pre-payment required)

## Classes Beginning in November

### Birchbark Frame

You asked for it and now it's here! Students will craft a birch bark frame using bark and willow sticks. Everyone who sees it will want one!

Instructor: Frances Whitfield  
1 class (Monday) Nov. 9  
5:30 - 8:30 p.m. Cost: \$25 (Pre-payment required)

### Wolves (DNR presentation)

The wolf population in Wisconsin has been steadily increasing over the past years. Learn about this often misunderstood animal and the latest updates in wolf management. The history, biology, and ecology of wolves will be presented by Adrian Wydeven, who is a mammalian ecologist for the Wisconsin Department of Natural Resources in Park Falls. (Contributions may be made to the DNR Bureau of Endangered Resources wolf program.)



1 class (Wednesday) Nov. 11  
7:00 - 8:30 p.m. Cost: \$5

## Creative Cooking 2 - Cooking for Kids

Kids love to be in the kitchen. This class is for those kids that want to learn some of the easiest things to cook, such as eggs, mac and cheese, spaghetti, pancakes, etc. They will learn how to whisk, boil, panfry, bake, and broil. It is an introduction to safety in the kitchen and how to clean up and sanitize as well.

Instructor: Alex Hough  
1 class (Tuesday) Nov. 17  
3:30 -5:30 p.m. Cost: \$18 (Pre-payment required)



## Classes Beginning in December

### Holiday Evergreen Wreaths

Create a beautiful 36" wreath using a variety of different evergreen boughs complete with pine cones and a professionally tied bow. All materials are included in the class fee. Students are required to bring their own sidecutters (or some other tool that will cut boughs and wire). Please register by Nov. 20, so we know how many boughs to cut. This class fills up quickly!



Instructor: Julie Voigt  
1 class (Monday) Dec. 7  
6:00 - 9:00 p.m. Cost: \$30 (Pre-payment required)

### Creative Cooking 3 - Stews and Pot Roasts

Who doesn't love a good stew or pot roast? It's usually not expensive to make, uses one pot, and gets better every time you reheat it. Serve with warm crusty bread, and you have a meal that is satisfying and good for you. There are a lot of kitchen basics learned when making stews and pot roasts such as how to cut vegetables, using a French knife, boning knife, and paring knife, and how to choose and trim meat. You will learn to make Hungarian chicken and rice, chicken and dumplings, beef and noodle pot roast, and hunter's style pot roast.

Instructor: Alex Hough  
1 class (Wednesday) Dec. 9  
6:30 - 8:30 p.m. Cost: \$18 (Pre-payment required)



### Snowmobile Safety

This class is mandatory for all riders 12 and older who were born after January 1, 1985. Students will learn about the basic mechanical functions and safe operation of snowmobiles. Their responsibility to other recreational users and the environment will be also be stressed. All students will get a chance to drive a sled. You must be at least 11-1/2 years old to register.



Instructors: Tim Noble & Troy Beda  
3 classes - Dec. 14 (3:30 - 6), Dec. 15 (3:30-6), Dec. 17 (3:30 - 7)  
Cost: \$10

## Classes Beginning in January

### Basic Life Support

This course teaches Healthcare Provider level CPR and AED usage for all age groups. Participants will learn how to recognize the signs of heart attack, stroke, cardiac arrest, and airway obstruction. American Heart Association certification is awarded upon successful completion.

Sponsored by: Nicolet College (held at North Lakeland School)

Pre-payment required

Instructor: Jason Baumgartner

2 classes (Monday, Wednesday) Jan. 11, 13

6:00 - 9:00 p.m. Cost: \$35.48 (\$20.27 if 62 or older)



### Creative Cooking 4 - The Importance of Reductions, Painting Plates, etc.

This class will cover a gamut of cooking skills that every good chef needs to know. You will learn how to reduce things so as to concentrate the flavor, use fresh garlic and shallots, pan sauté fish (fast, delicious, and simple), create Hollandaise sauce, and dress up any dessert with the knowledge of how to paint plates.



Instructor: Alex Hough

1 class (Tuesday) Jan. 12

6:30 - 8:30 p.m. Cost: \$18 (Pre-payment required)

### Emergency Medical Technician (EMT) - Basic

This course provides lecture, laboratory practice, and hospital emergency department clinical experience. Graduates are prepared for employment by an ambulance service and are eligible to take the Wisconsin EMT licensure exam. Pre-requisite: Basic Life Support (offered here Jan. 11, 13)

Sponsored by: Nicolet College (held at North Lakeland School)

Pre-payment required

Instructor: Liz Reischel

(Mondays/Wednesdays) Jan. 18 - June 9

5:30 - 9:00 p.m. Cost: \$457.60 (tuition) \$152.71 (books)

(If you are training for an ambulance service, each have their own policy, but most pay tuition up front.)



### Diagonal Plait Birchbark Basket

This basket is constructed with strips of birch bark woven in a simple over and under weave, creating a diagonal pattern. This would make a great basket for a plant.

Instructor: Frances Whitfield

1 class (Monday) Jan. 18

5:30 - 8:30 p.m. Cost: \$27 (Pre-payment required)

## Start Smart: Money Management for Students

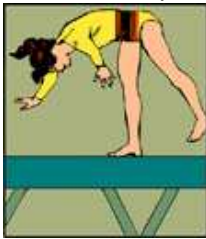
It's never too early to learn good money management skills. This will be an interactive class with students participating in moving into the real world, getting a job, and paying expenses. The importance of saving money, good credit, and budgeting will be stressed. This class would be suitable for 5<sup>th</sup>-8<sup>th</sup> grade students.

Instructor: Michelle Mauzer  
(Branch Manager at Citizen's Bank in Boulder Junction)  
1 class (Tuesday) Jan. 26  
3:30 - 5:30 p.m. Cost: none



## Gymnastics

Have some fun and develop strength, balance, and agility at the same time. Join us as we learn basic gymnastic moves on the balance beam, vault, uneven bars, dance, and floor exercises. **No registrations will be accepted until January for this class. (Watch for a flyer that will be sent home.)**



Instructors: Kim Dumask & Michelle Mauzer  
6 classes (Thursdays) Jan. 28, Feb. 4, 11, 18, 25, March 4  
5K - 1<sup>st</sup> grade (3:40 - 4:15) Cost: \$24  
2<sup>nd</sup> - 5<sup>th</sup> grade (4:15 - 5:15) Cost: \$42

## Classes Beginning in February

### Beaded Amulet Bag

These bags are as beautiful as they are functional. Wear them to jazz up any outfit. You will be sure to garner oohs and aahs every time you wear them.

Instructor: Frances Whitfield  
2 classes (Mondays) Feb. 8, 16  
5:30 - 8:30 p.m. Cost: \$34

### Creative Cooking 5 - Adding "Zest" to Meals

There are so many ways to add zest to a meal. Roasting (garlic, shallots, chili's, and onions) is easy and makes a difference when cooking. Some wonderful chicken dishes will be featured, as well as ways to make the vegetables delicious. Why have mashed potatoes, when it's easy to make them into something fun and great as a side dish (smashed flavored potatoes)? Infusing butter is a great way to change a dish. Top off the meal with a great dessert like Boule de Nieve (chocolate soufflé) and you'll be sure to impress your family and friends!



Instructor: Alex Hough  
1 class (Wednesday) Feb. 10  
6:30 - 8:30 p.m. Cost: \$18 (Pre-payment required)



