



Northern Center for Lifelong Learning

Program Booklet

2022-2023

Winter Events

November through February

Office Hours: M, W, F 12-4pm

[Website: nmu.edu/ncll](http://www.nmu.edu/ncll)

Northern Center for Lifelong Learning

Members working together to provide

***enjoyable *informational *educational *social**

***events and presentations**

***tours and field trips**

***indoor and outdoor activities**



NCLL Phone: 906.227.2979 / NCLL Email: ncll@nmu.edu

204 Cohodas Hall, 1401 Presque Isle Avenue

NMU; Marquette, MI 49855

[NCLL Facebook Group](#)

Northern Center for Lifelong Learning is affiliated with



NORTHERN MICHIGAN UNIVERSITY

NCLL Board of Directors

Don Balmer	906-249-1273	Judi Mouser - Co-Vice Chair	906-360-2859
Carole Bard	906-228-9367	Al Reynolds	906-475-9836
Zane Bard	906-228-9367	Carol Steinhaus – Co-Vice Chair	906-458-5408
Julie Higbie - Chair	906-361-5370	Pat Woods – Secretary	906-228-3072
Phyllis James - Treasurer	906-225-1004		

*Meetings are open. Consider stopping by. The Board meets in 404-A Cohodas Hall, 10 a.m. – noon on the **third Wednesday**, every other month – August, October, December, February, April, & June.*

Program Planning Committee Members for This Term:

Don Balmer	Judi Mouser, Co-Chair
Carole Bard	Al Reynolds
Elizabeth Bates	Paula Schwenke
Julie Higbie	Carol Steinhaus, Co-Chair
Phyllis James	Pat Woods

*Meetings are open to interested members who plan events prior to each upcoming new term. The committee meets the **first Wednesday** of each month in 404A Cohodas Hall, 10 a.m. – noon. All are encouraged to attend to share thoughts and ideas for programming. If you are interested in being a liaison or assisting in the process of our programing this would be a wonderful place to start.*

Registration and Event Details

To register for events: Please send the event registration form with your payment to guarantee your reservation. Event size limits are listed with each description. If the event is full when you register, you will be notified, and your name will be placed on a wait list. You will be notified if a space becomes available. If you are not added to the event, a credit will be provided to you for use at any other event in the bulletin. Priority reservations for each four-month term are given to NCLL members if they are registered by the 15th of the first month of the term. (We encourage membership for this benefit as programs/events often fill up quickly.)

Carpool 5-minute Wait time: If you are attending an event that specifies meeting at a parking area, the group will wait five (5) minutes beyond the posted start time.

Required Waiver: A waiver form included on the membership form must be signed when registering for events. Your form will be valid for the entire academic year. This policy informs and protects our participants as well as NMU and NCLL.

Membership

Annual membership dues: \$40 for July 1, 2022, through June 30, 2023.

NCLL membership dues are nonrefundable and nontransferable.

Please mail your membership form with payment to NCLL office.

Refund Policy

NCLL does not offer refunds on memberships or events.

Event Cancellation

In the event of an event cancels or moves to a date you cannot attend, a credit will be sent to you via email. The credit will be valid through the next program year.

Education Not Advocacy Policy

As an educational rather than an advocacy group, NCLL will sponsor educational programs and events and seek to avoid any that advocate for a single viewpoint, particularly if the topic is both current and controversial.

For Your Information . . .

Program/Event Size Limits: Many programs and events fill quickly. It is recommended that you register early. We may limit the size of programs based on room size, and degree of hands-on activity and teaching.

Masks: We follow NMU's mask requirements. [Please visit NMU Safe on Campus for current information.](#)

Photography: The liaison and presenter should approve use of photography and other media.

Complimentary Parking Permits:- NMU provides free campus parking permits for seniors. Go to Campus Safety in the Services Building (906-227-2151) located on Sugar Loaf Avenue with the license plate number and model of your vehicle. Specify either for the term or the full school year.

NCLL Events: The *Marquette Monthly*, *The Mining Journal*, and the *NCLL website* contain the NCLL listings of activities.

Contributions to support NCLL are welcome, and will be used to update our very outdated technology (laptop, projector, microphones, printer).

On-Going Interest Group

Open to anyone, NCLL member or non-member. For additional information, to participate, or to join, email or call the following coordinators. Contact the office with ideas for other interest groups.

- **Knitting** – The group gathers to knit and socialize. Contact Phyllis James, 906-225-1004. [Email Phyllis James.](#)
- **Facebook** - Judi Mouser, NCLL Facebook Administrator
[Email Judy Mouser.](#)

NMU Tuition is Waived!

Senior citizens, aged 62 or older, receive a tuition scholarship for all NMU on-campus classes. Application fees are waived! Web courses are not eligible for this program, and the tuition scholarship does not cover books or other fees. For current tuition and fees, please visit [NMU Senior Citizen Scholarship.](#)

Note of Thanks . . .

A ***special thanks*** goes to the following presenters, instructors, and tour guides whose participation makes the NCLL programs and events so versatile and interesting; they are most appreciated. Their names are listed in sequential order as their program or event appears throughout the program listing:

- Russell Magnaghi; Professor Emeritus, NMU & Author
- Walker Derby, Jeremy Pickens, Mark Weinrick; Gichigami Bonsai Guild
- Lori Stephens-Brown; Community Action Alger-Marquette
- Sarah Johnson; D.J. Jacobetti, Volunteer Coordinator
- Julie Shaw; Superior Alliance for Independent Living
- Dr. Dan Arnold; Temple Beth Sholom
- Marge Sklar; Dance Zone
- Matt Zika; National Weather Service
- Kim Marsh; Retired Photographer
- Sondra Grimes, Owner, Sondra Grimes Studio
- Don Fassbender & Erik Johnson; Great Lakes Scuba Diving Club
- Lily Van der Bosch; The Honorable Distillery
- Dr. Greg Jones, Premiere Psychological Services
- Sarah Monte; Marquette Food Co-op
- Marq Tran
- Karen Bacula; Crafter & Moosewatch Volunteer Leader
- Lou Gemboils; Hiawatha Amateur Radio Association
- Don Balmer; Historian
- Tim Dawson; Riverside Automotive
- Sarah Kimball, local musher and Iditarod volunteer
- Mohey Mowafy, retired NMU Professor
- Clare Fastiggi & Andrea Denham; U.P. Land Conservancy
- Nancy Warren; Executive Director of the National Wolfwatcher Coalition
- Joe Ackerman, RN, UPHS
- Elizabeth Bates, Retired Educator & Avid Hiker
- Carol Steinhaus; NCLL Executive Board, Avid Traveler
- John Frick; retired NMU, Avid Traveler
- Amanda Latvala; Marquette Food Co-op
- Julie Higbie, NCLL Executive Board & Crafter
- Judi Mouser, NCLL Executive Board & Crafter

200: Winter Kick-off with Russ Magnaghi

Day/Date/Time: Monday, November 7, 2022, 5:30-8 p.m.
Location: PWPL, Community Room
Cost: **No Charge. This meeting is open to the public.**
Presenter: Russ Magnaghi, author of "Classic Food and Restaurants of the Upper Peninsula"

Join us for the kick-off of our winter term. This is a hors d'oeuvre/dessert potluck event. Please bring either one to share. Our program for the evening will be "Eating Well from Past Experience." Russ Magnaghi will focus on past diets and how can we return to eating the healthy foods growing around us. Agriculture is part of the UP experience. Please read his book prior to the event to get even more out of his presentation. Magnaghi will discuss how he developed his book, provide a question, and answer time. *Please register even though it is a no charge event.*

Event Liaison Name/Phone/E-Mail: Julie Higbie, 906-361-5370, jhigbie@nmu.edu & Michaelleen OSullivan, 906-227-2979, ncll@nmu.edu
Event Size: 50

201: The Art of Bonsai

Day/Date/Time: Tuesday, November 8 2022, 3 to 5 p.m.
Location: Shiras Room, Peter White Public Library
Presenter(s): Walker Derby, Jeremy Pickens, Mark Weinrick
Cost: \$5 members/\$10 non-members

We will learn some of the history of the art of bonsai, the tools you need to get started, and how to choose your first tree! The presenters will bring some of their trees, tell you how to get started, and explain a bit about the local club: Gichigami Bonsai Guild.

Event Liaison Name/Phone/E-Mail: Judi Q Mouser, 906-360-2859, mouserhouse@gmail.com
Event Size: 40

202: Community Action Alger-Marquette-What They Do & How We Can Help

Day/Date/Time: Thursday, November 10, 2022, 12:00 to 1:30p.m.
Location: Lost Creek Community Room, 200 Lost Creek Drive
Presenter(s): Lori Stephens-Brown, CAMM Nutrition Director
Michelle LaJoie, CAAM Executive Director
Cost: \$5 members; \$10 non-members

This program will include a typical Meals on Wheels meal being provided for us. While provided at no cost, a donation of \$3.50 would be appreciated. The program will include an overview of the services provided by CAAM, including Meals on Wheels and projects focused on homelessness in Marquette. Possibilities for volunteering will be included.

Event Liaison Name/Phone/E-Mail: Carol Steinhaus, 906-458-5408, csteinha@nmu.edu
Event Size: 55

208: Dragonfly or Hummingbird Candleholder

Day/Date/Time: Monday, November 14, 2022, 1-4p.m.
Location: 142 Grimes Rd/Co.Rd. JJG, Negaunee Township
Presenter: Sondra Grimes
Cost: \$5 Member/\$10 non-member
Plus \$25 for project materials paid day of event.

Make something for yourself or a gift for someone else! We will be making 5 ½" circular candleholders with cutouts of either Hummingbirds or Dragonflies. These candleholders will be designed, hand-cut, & fired in her kiln prior to us painting them. Sondra will teach us the painting process, and then will run them through the kiln again. We will then pick them up at a later date. She is a very patient person; we've had wonderful/fun experiences with her before. Please email jhigbie@nmu.edu with your choice of dragonfly or hummingbird just as soon as you can.

Liaison/Phone/E-Mail: Julie Higbie, 906-361-5370, jhigbie@nmu.edu
Event Size: 8

203: Home for the Free and the Brave—D.J. Jacobetti Home for Veterans

Day/Date/Time: Monday, November 28, 2022, 1-3p.m.
Location: PWPL Shiras Room
Presenter(s): Sarah Johnson, Volunteer Coordinator, Jacobetti
Cost: \$5 members/\$10 non-members

Located near the shores of Lake Superior, the D.J. Jacobetti Home for Veterans (DJJHV) is one of three state veteran homes in Michigan. With the specific goal of serving those who have served us, the DJJHV is a special place for U. P. veterans, their families, and our community. Join Sarah Johnson, Volunteer and Donor Coordinator, to learn about the rich history, present, and future of this Marquette gem.

Event Liaison Name/Phone/E-Mail: Carol Steinhaus, 906-458-5408, csteinha@nmu.edu
Event Size: 35

204: S.A.I.L. - Superior Alliance for Independent Living

Day/Date/Time: Tuesday, November 29, 2022, 3 to 4:30p.m.
Location: SAIL- 112 Wright Street, Marquette
Presenter: Julie Shaw
Cost: 5\$ members/ \$10 non-members

SAIL is the only disability network of the Upper Peninsula. It is a community based non-profit organization, run by people with disabilities for people with disabilities. SAIL serves and supports all disabilities, visible and invisible. They respect and support each individual's right to live as independently as possible; and connect individuals with community resources and support. SAIL keeps it simple and there are "no hoops to jump through" to receive services. Some of the services include Accessibility, Assistive Technology, Benefits Planning, Community Support, Education, Health, Wellness and Recreation, Housing Resources, Information and Referral, Native American Services, Peer Support, Transition, Transportation Resources, and Veteran's Support. Their Mission: To assist individuals with disabilities and promote accessible Upper Peninsula Communities for all. **all may be required to mask up at this location **

Event Liaison Name/Phone/E-Mail: Judi Q Mouser, 906-360-2859, mouserhouse@gmail.com
Event Size: 15

205: Judaism: Religion, Culture & Practices

Day/Date/Time: Wednesday, November 30, 2022, 6-8 p.m.
Location: Peter White Public Library: Shiras Room
Cost: \$5 members; \$10 non-members
Presenter(s): Dr. Dan Arnold

Have you ever wondered about the High Holidays of the Jewish Faith or how this faith differs from others? Please join us as Dan Arnold takes us through the history of Judaism, a discussion of the High Holidays and celebrations throughout the year. He will also discuss their customs and meaning in today's life.

Event Liaison Name/Phone/E-Mail: Julie Higbie, 906-361-5370, jigbie@nmu.edu
Event Size: 45

206: Country Dance at Dance Zone

Day/Date/Time: Thursday, December 1, 2022, 1 – 2:30p.m.
Location: Dance Zone, 1113 Lincoln Avenue (park on College Avenue side)
Presenter: Marge Sklar, Dance Zone Owner
Cost: \$5 members, \$10 non-members

Learn some Western style line dances, such as Wagon Wheel and Red-Hot Salsa. If there are enough people, we will also do a square dance. The Dance Zone only allows those who have had COVID vaccines.

Event Liaison Name/Phone/E-Mail: Carol Steinhaus, 906-458-5408, csteinha@nmu.edu
Event Size: 30

207: National Weather Service

Day/Date/Time: Tuesday, December 6, 2022, 11:30 a.m. - 1:00p.m.
Location: National Weather Service, 112 Airpark Drive South, Negaunee
Presenter: Matt Zika
Cost: \$5 members/\$10 for non-members

Matt will give a brief overview of the National Weather Service and how technology has changed through the years. The presentation will look at the unique U.P. forecast challenges, especially during the winter. In addition, recent U.P. climate trends and an outlook for the upcoming winter will be discussed. The presentation will conclude with time for questions.

Event Liaison Name/Phone/E-Mail: Judi Q Mouser, 906-360-2859, mouserhouse@gmail.com
Event Size: 15

209: More Than Beginning Photography

Day/Date/Time: Wednesdays, December 7, 2022; January 25, 2023; February 22, 2023,
11 am – 1 pm
Location: Redeemer Lutheran Church, 1700 W Fair Avenue, Marquette
Presenter: Kim Marsh, Professional Photographer, Retired
Cost: \$15 members/\$30 non-members

This class uses digital cameras, photographic techniques, and composition to help you become a better and more confident photographer. Monthly assignments, in-class critiques, and hands-on activities are included. No matter what your level of expertise is, you are welcome to join.

Liaison/Phone/E-Mail: Phyllis James, 906-225-1004, hooseryooper80@gmail.com
Class Size Limit: 20

210: Marquette Harbor Underwater Cleanup

Day/Date/Time: Wednesday, December 7, 2022, 2 - 4 p.m.
Location: Peter White Public Library, Heritage Room
Presenter(s): Don Fassbender and Erik Johnson
Cost: \$5 members/\$10 non-members

For over 30 years, Don Fassbender has been exploring the depths of Lake Superior, discovering shipwrecks, interesting fish and rock formations, but for the last four years, he has turned his attention to cleaning up the trash in Marquette's Lower Harbor. Local and divers from across the Midwest join him in his effort to restore the waters in the area and bring them back to their clean and un-cluttered state. The dives are organized by the Great Lakes Scuba Diving Club here in Marquette. Per Don, "To date we removed 11 tons of tires, two refrigerators, car batteries, marine batteries, bikes, even jewelry. You would not believe what we find in this lake. It's all trash. It doesn't need to be there. And we ask that people be a little bit more aware of their surroundings, to try not to litter on the street because it ultimately ends up in the water and we don't want that in our drinking water. "

Liaison/Phone/E-Mail: Judi Q Mouser, 906-360-2859, mouserhouse@gmail.com
Event Size: 40

211: The Honorable Distillery ~Tour and Tasting

Day/Date/Time: Thursday, December 8, 2022, 2-3:30 p.m.
Location: 136 W. Washington St
Cost: \$5 members; \$10 non-members
Presenter(s): Lily Van Der Bosch

The Honorable Distillery transforms locally and regionally sourced ingredients into the finest quality distilled spirits through a combination of science, magic and rugged individualism of the Upper Peninsula, to create a unique and everlasting tasting experience. We will bet you find Christmas gift ideas here!

Event Liaison Name/Phone/E-Mail: Julie Higbie, 906-361-5370, jhigbie@nmu.edu
Event Size: 25

212: Grief, Loss & Loneliness during the Holidays

Day/Date/Time: Tuesday, December 13, 2022, 3-5 p.m.
Location: PWPL, Shiras
Cost: No Charge
Presenter: Dr. Greg Jones, PhD, Clinical Psychologist

So many in our age group suffer from grief, loss and loneliness during the holiday season. Dr. Jones will help us refocus our minds and our lives to find peace and happiness during the holidays. This is a free event, but please register for it so we can determine room size. Bring your family or friends for this enlightening discussion.

Event Liaison Name/Phone/E-Mail: Julie Higbie, 906-361-5370, jhigbie@nmu.edu
Event Size: 40

213: Making Ganache (and Truffles & Dessert too)

Day/Date/Time: Thursday, December 15, 2022, 3-5 p.m.
Location: Marquette Food Co-op, 502 W. Washington.
Presenter: Sarah Monte, Outreach Director, Marquette Food Co-op
Cost: \$5 members/\$10 non-members + supply cost

Come join us as Sarah Monte teaches us the technique of making ganache for truffles and desserts. Participants will learn how to make different flavors of ganache and then how to use them for both truffles and other desserts. Each group will make one batch of truffles and one type of dessert. People will learn the proportions of cream to chocolate that is required for different recipes, and how to creatively flavorful desserts. Each item made is shared by the entire class, so no one misses out on trying (and taking home) any of the items. This is a great way to start your Christmas baking gifts. After you register with NCLL, you will be sent a link to Humanitix, a ticketing website, which allows you to pay and register for the cooking class. The cost of the class is \$30, and must be paid online in advance. Each person should bring a container to take home his/her items.

Liaison Name/Phone/E-Mail: Julie Higbie, 906-361-5370, jhigbie@nmu.edu
Event Size: 16

214: Christmas Light Bus Tour

Day/Date/Time: Thursday, December 15, 2022, 6:30pm-8:30pm
Location: Berry Event Center, East Parking Lot
Presenter: Pat Woods, NCLL Member & Secretary
Cost: \$5 members/\$10 for non-members + \$1.00 to Marq Tran

Join us for a bus tour of Marquette's finest Christmas Light Displays. \$1 charge by Marq Tran payable the night of. End the evening with a Dutch treat pizza party at Vangos.

Liaison Name/Phone/Email: Pat Woods, 906-458-9994, woodsy0782@gmail.com
Event size: 27 (seats on the bus)

215: Wet Felting – From Fiber to Fabric

Day/Date/Time: Thursday, January 5, 2023, 1-3 p.m.
Location: Marquette Arts & Culture Center, PWPL
Cost: \$5 members; \$10 non-members + project cost payable the day of
Presenter(s): Karen Bacula

Spend some time learning the craft of wet felting. Participants will work with wool fibers to create a felted piece of material (up to 12" x12") to take home. The pieces can be used as a place mat, trivet, coasters, or something fun to hang on the wall. Participants will need to bring a large bowl and bath sized towel to the workshop. An apron (to protect clothes from any soapy water splashes) is optional. **Project fee** of \$16 payable the day of the event.

Liaison Name/Phone/E-Mail: Julie Higbie, 906-361-5370, jhigbie@nmu.edu
Event Size: 10

216: Wet Felting – From Fiber to Fabric

Day/Date/Time: Thursday, January 5, 2023, 3-5 p.m.
Location: Marquette Arts & Culture Center, PWPL
Cost: \$5 members; \$10 non-members + project cost payable the day of
Presenter(s): Karen Bacula

This class has been added just in case the first class fills up! Spend some time learning the craft of wet felting. Participants will work with wool fibers to create a felted piece of material (up to 12" x12") to take home. The pieces can be used as a place mat, trivet, coasters, or something fun to hang on the wall. Participants will need to bring a large bowl and bath sized towel to the workshop. An apron (to protect clothes from any soapy water splashes) is optional. **Project fee** of \$16 payable the day of the event.

Liaison Name/Phone/E-Mail: Julie Higbie, 906-361-5370, jhigbie@nmu.edu
Event Size: 10

217: Ham Radio and their Services to the Community

Day/Date/Time: Tuesday January 10, 2023, 1:30-3 pm
Location: NMU Superior Dome, Room B101
Presenter(s): Lou Gembolis
Cost: \$5 members/\$10 non-members

The Hiawatha Amateur Radio Association (H.A.R.A.) has a long history of service to the community from helping to locate elderly walkaways from local facilities, to keeping bikers, mushers, skiers and runners safe on the trails. Come listen to all that is involved in their interesting service.

Liaison Name/Phone/E-Mail: Paula Schwenke, 906-360-5352, psknitnpurl@yahoo.com
Event Size: 40

218: The Yankee from Scotland

Day/Date/Time: Tuesday, January 17, 2023, 2-4 p.m.
Location: PWPL Community Room
Cost: \$5 members; \$10 non-members
Presenter: Don Balmer

About a century and a half ago, an immigrant from Scotland came to Negaunee to work in the Jackson Mine. The immigrant is still here. Somewhere it got the name "Yankee" and for the last few years, it has lived at the Michigan Iron Industry Museum. The Yankee Locomotive is one of three surviving Chapin locomotives in the world. This program will look at its history, its use and its retirement. Very little has been written about it, but quite a lot can be discovered from pictures which we will view.

Liaison Name/Phone/E-Mail: Sandy Balmer, 906-249-1273, camfixer@pasty.net
Event Size: 50

219: Hybrid vs. Electric Automobiles: What is the Difference? Which Should I Buy?

Day/Date/Time: Thursday, January 19, 2023, 10:00a.m.-12noon
Location: PWPL, Shiras Room
Presenter(s): Tim Dawson, General Manager, Riverside Automotive
Cost: \$5 members/\$10 non-members

How do hybrid engines work and what are the benefits? How do electric engines work and what are the benefits? Are gasoline engines going away?

Liaison Name/Phone/E-Mail: Mike OSullivan, 906-250-9492, mosullivan@upfirst.com
Event Size: 40

220: Mushing the Iditarod ~10 Years of Volunteering

Day/Date/Time: Monday, January 23, 2023, 2-4:30 p.m.
Location: NMU Superior Dome, Room 101B
Cost: \$5 members; \$10 non-members
Presenter: Sarah Kimball, local musher and Iditarod volunteer

Ever wondered what it is like to mush dogs through the Alaska Wilderness? Join us as Sarah Kimball, local musher and long-time dog sled race volunteer, shares her stories, pictures and experiences volunteering for this 1000-mile long dog sled race. This will surely get you fired up for the UP 200 in February!

Liaison Name/Phone/E-Mail: Julie Higbie, 906-361-5370, jhigbie@nmu.edu
Event Size: 40

221: Muslim Religion: Culture & Practices

Day/Date/Time: Tuesday, January 24, 2023, 1:30-3:30 p.m.
Location: Peter White Public Library: Shiras Room
Cost: \$5 members; \$10 non-members
Presenter(s): Mohey Mowafy, retired NMU Professor

There are many similarities between Islam and Christian Faith. Come join the conversation as Mohey Mowafy discusses the Islam Religion, Muslim culture and practices. Learn about their basic beliefs, the Five Pillars of Islam: Testify, Prayer, Fasting, Charity and Pilgrimage; and the Six Pillars of Faith: Belief in God, Belief in Angels, Belief in the Books of Allah, Belief in the Prophets of Allah, Belief in the Day of Judgement, and Destiny & Divine Decree.

Liaison Name/Phone/E-Mail: Julie Higbie, 906-361-5370, jhigbie@nmu.edu
Event Size: 45

222: Snowshoe the Vielmetti-Peters Reserve (VPR)

Day/Date/Time: Thursday, January 26, 2023, 10a.m.-12:30pm
Location: Vielmetti-Peters Reserve, 699 Brickyard Road, Marquette Township
Presenter: Clare Fastiggi, Andrea Denham, UP Land Conservancy
Inclement Weather Date: Thursday, February 23, 2023, 10 a.m.-12:30p.m.
Cost: \$5 member/\$10 non-members

Clare Fastiggi and/or Andrea Denham of the Upper Peninsula Land Conservancy will lead a snowshoe hike at the Vielmetti-Peters Reserve. The hike will be about two miles total, over rolling terrain. We will focus on identifying winter trees. Please let us know if you do not have snowshoes, some may be available.

Liaison Name/Phone/E-Mail: Julie Higbie, 906-361-5370, jhigbie@nmu.edu
Class Size Limit: 20

223: Moosewatch - Citizen Science and the Moose of Isle Royale

Day/Date/Time: Tuesday, January 31, 2023. 6p.m. – 8p.m.
Location: PWPL Community Room
Cost: \$5 members; \$10 nonmembers
Presenter: Karen Bacula, Moosewatch Volunteer Leader

For over 60 years, scientists have been studying the moose and wolves of Isle Royale. During the spring and summer months there are opportunities for volunteers to travel to the island and assist in collecting data for this study. Moosewatch teams travel cross-country on Isle Royale in search of moose bones, which will be added to the collection and will help reconstruct the health of the moose population over the years. Learn how this work is done and what it is like to be a part of a Moosewatch team as well as find out what the research has taught us over the years. Karen Bacula has led 20 Moosewatch groups over the last 10 years and will share photos, stories, and information about the study.

Liaison Name/Phone/E-Mail: Julie Higbie, 906-361-5370, jhigbie@nmu.edu
Event Size: 50+

224: The Big Bad Wolf, or Is It?

Day/Date/Time: Thursday, February 2, 2023, 1-3:30 p.m.
Location: PWPL Community Room
Cost: \$5 members/\$10 non-members
Presenter: Nancy Warren, Executive Director of the National Wolfwatcher Coalition

Since 1993, Nancy has been committed to dispelling myths and unfounded fears associated with wolves, by investigating facts and studying the scientific research. Her passion began when she learned that there were a handful of wolves in Michigan's Upper Peninsula. She became involved by attending workshops & conferences and realized that for wolves to survive there needed to be human tolerance. She believes one way to increase social tolerance is through education. The Big Bad Wolf or Is It? Along with an update on the current status of wolves in the UP, she will discuss the benefits of wolves on the landscape along with the myths and falsehoods being spread.

Liaison Name/Phone/E-Mail: Julie Higbie, 906-361-5370, jhigbie@nmu.edu
Event Size: 50

225: Heart Disease: Prevention, Identification & Treatment

Day/Date/Time: Tuesday, February 7, 2023, 3-4:30 p.m.
Location: PWPL Community Room
Cost: **Free to all Attendees**
Presenter: Joe Ackerman, RN, UPHS – Marquette

We all think we know about heart disease, but do we recognize the symptoms? Fifty percent of people suffering a heart attack have symptoms days or weeks before the actual event. Joe Ackerman, RN, will show us what is happening, when and why. He will discuss awareness, prevention, and early treatment to prevent long-standing damage to your heart. February is National Heart month. This is the time to make even small changes to benefit our hearts! Come, bring your family members and friends. Let's help everyone become more aware.

Liaison/Phone/E-Mail: Julie Higbie, 906-361-5370, jhigbie@nmu.edu
Event Size: 50

226: Harlow Lake Snowshoe/Winter Hike

Day/Date/Time: Wednesday, February 8, 2023, 1 – 4p.m.
Location: Harlow Lake Cabin 6 parking area
Presenter: Elizabeth J Bates/Puck
Cost: \$5 for members; \$10 for non-members
Inclement Weather Date: Thursday, February 9, 2023. 1 pm- 4p.m.

Hike in the area of Harlow Lake, following a stretch of Harlow Creek for part of the distance and returning via a 2 track through a wooded area, 2 1/2 to 3 miles all totaled. Meet in the Cabin 6 parking area, immediately after the bridge over Harlow Creek, which is immediately after the road to Little Presque Isle on the right, Harlow Lake Road on the left, coming from Marquette. We will probably be back by 3p.m.

Liaison/Phone/E-Mail: Elizabeth Bates, 906-345-9295, elizabethjbates@hotmail.com
Class Size Limit: 10

227: Opportunities with Road Scholar—An Overview

Day/Date/Time: Thursday, Feb. 16, 2023, 6:30 – 8:00 p.m.
Location: PWPL Shiras Room
Presenter(s): Carol Steinhaus
Cost: \$5 members/\$10 non-members

Carol has attended a wide variety of Road Scholar programs, both in the US and internationally. She will share information on the types of programs this organization offers, focusing on how to search the website and how to register electronically.

Liaison Name/Phone/E-Mail: Carol Steinhaus, 906-458-5408, csteinhau@nmu.edu
Event Size: 40

228: The Forgotten Culture – The Americas' Pyramids

Day/Date/Time: Monday, February 20, 2023, 1-3:30 p.m.
Location: PWPL Shiras Room
Presenter: Fred Rydholm, NCLL Member and historian
Cost: \$5 Members/\$10 non-members

Were you aware that there were pyramids in the U.S.? We know a bit about the South American pyramids, but even those remain a mystery to us. Fred Rydholm will introduce us to the majestic urban architecture of American pyramids from 1000 years ago, their use as ceremonial buildings where thousands of people traveled to for rituals and feasts. Come, enjoy this piece of history!

Liaison Name/Phone/E-Mail: Julie Higbie, 906-361-5370, jhigbie@nmu.edu
Event Size: 40

229: Walking Through the Land of the Thunder Dragon! Hiking in the Kingdom of Bhutan

Day/Date/Time: Tuesday, February 21, 2023, 10 a.m. - noon
Location: Superior Dome B101
Presenter: John Frick
Cost: \$5 Members/\$10 non-members

Description:

Join John as he shares his extraordinary experience walking through the Kingdom of Bhutan. Learn about the Kingdom's food, culture, temples, and the wonderfully special people of this magical place.

Liaison Name/Phone/E-Mail: Carol Steinhaus, 906-458-5408, csteinhau@nmu.edu
Event Size: 50

230: Cooking up a Mexican Meal at the Co-op

Day/Date/Time: Thursday, February 23, 2023; 5-7 p.m.
Location: Marquette Food Co-op, 502 W. Washington.
Presenter: Amanda Latvala, Education Coordinator/Registered Dietitian, Marquette Food Co-op
Cost: \$5 members/\$10 non-members + food supply cost

Amanda will show us the secrets to making great Mexican food. This class will focus on delicious street food of Mexico; the food is simple, yet flavorful. Attendees will cook recipes that provide a variety of easy, quick, weeknight meals. After you register with NCLL, you will receive a link to Humanitix, a ticketing website, which allows you to pay and register for the cooking class. The cost of the class is \$30, and must be paid online in advance. Come, enjoy a meal with friends.

Liaison Name/Phone/E-Mail: Julie Higbie, 906-361-5370, jhigbie@nmu.edu
Event Size: 16

231: Ternary Outhouse Races

Day/Date/Time: Saturday, February 25, 2023, 1-4p.m.
Location: Will meet at Lofaro's Marketplace in Harvey to carpool at 1 p.m.
Cost: \$5 members/\$10 non-members

This is organized as just a fun day for members to gather for laughs and fun! No formal program planned. Races start at 2 p.m. Come dressed for the weather! The group, if desired, could warm up at A & M Café for dinner afterwards.

Liaison Name/Phone/E-Mail: Julie Higbie, 906-361-5370, jhigbie@nmu.edu
Event Size: 20

232: Greeting Card Making

Day/Date/Time: Tuesday, February 28, 2023, 1-4 p.m.
Location: Harlow Farms Community Center (corner of Wilson & Horizon)
Presenter: Julie Higbie & Judi Mouser
Cost: \$5 members/\$10 nonmembers + Project cost paid day of event.

You keep coming – we'll keep offering this fun class. We will make four different greeting cards. Not creative? Don't worry, we'll show you how, and you'll love the results. Project cost is \$8 for room rental and supplies to be paid day of event.

Liaison/Phone/E-Mail: Julie Higbie, 906-361-5370, jhigbie@nmu.edu & Judi Mouser, 906-360-2859, mouserhouse@hotmail.com
Class Size Limit: 14

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