



Northern Center for Lifelong Learning

Program Booklet

2024

Spring Events

March through May

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 at NMU
201.5 Cohodas Hall
1401 Presque Isle Avenue
Marquette, MI 49855

Phone: 906.227.2979

Email: ncll@nmu.edu

NCLL Website:
nmu.edu/ncll

[Connect with NCLL on Facebook](#)

Northern Center for Lifelong Learning is affiliated with



NORTHERN MICHIGAN UNIVERSITY

And Road Scholar Lifelong Learning Institute

NCLL Board of Directors 2024-2025

Carole Bard	906-228-9367	Mickey Randall	573-620-2971
Marge Forslin	906-869-4791	Al Reynolds	906-360-4167
Julie Higbie	906-361-5370	Carol Steinhaus	906-458-5408
Phyllis James	906-225-1004	Michael Uschold	425-830-9475
Judi Mouser	906-360-2859	Pat Woods	906-228-3072

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

Program Planning Committee Members for this Term

Carole Bard	Judi Mouser
Beverly Braden	Carol Steinhaus
Julie Higbie	Steven Stiles
Phyllis James	Don Balmer

Meetings are open to members who plan events prior to each upcoming new term. The committee meets the **second Wednesday** of each month in 404A Cohodas Hall, 10am to 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 programming, this would be a wonderful place to start.

Membership

Current annual membership dues: \$30 will cover members from July last year (2023) **through** August 31 this year (2024). **This is a change for this year, as we realign our membership year from the fiscal year to match the *academic* school year.**

**From now on, the NCLL membership year will run
from September 1 to August 31.**

NCLL membership dues are nonrefundable and nontransferable.

Please mail your membership form with payment to NCLL office **only if due**.

Registration and Event Details

To register for events: Please send the event registration form with your payment to guarantee your reservation. Event Limit 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 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 registration 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.

Safety Guidelines for Outside Activities

Purpose: to identify and classify the level of fitness and ability members need to take part safely in physically active outdoor activities.

Goal: to prevent injuries and provide safe outdoor activities.

Each of our outdoor activities will be identified by the following classification system:

Easy: Strolling pace, a few steps, or slight inclines. Well delineated path/paved road.

Moderate: Some stairs and hills. Possible slippery rocks and tree roots.

Hard: A good physical challenge! May include steep inclines/declines, and length over 3 miles.

Note: Our hike leaders may not have professional medical background to provide assessments of injuries or treatment on site. Some may have medical backgrounds, but others are simply sharing their love of the outdoors. The liaisons expect anyone with a disability or chronic pain issue to self-identify prior to the event to help determine if the event is appropriate for them. The liaison will not allow any member with an injury or health issue to head back to their car alone. We will try to always have two liaisons, one available to continue with the group, and the other to go back with the person who desires to turn back. Proper outdoor footwear and trekking poles are recommended.

Refund Policy

NCLL does not offer refunds on memberships or events.

Event Cancellation

In the case of an event that 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. NCLL events will be automatically cancelled if NMU closes for inclement weather.

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

Photography: The liaison, presenter, and attendees 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 Sugarloaf 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*, [the NCLL website](#), and Facebook contain the NCLL listings of activities.

On-Going Interest Groups

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 on the 2nd and 4th Monday of each month. Contact Phyllis James, 906-225-1004, hoosieryooper80@gmail.com.
- **Photography** – Meets monthly to critique photos and learn new techniques. Contact Phyllis James, 906-225-1004, hoosieryooper80@gmail.com.
- **Greeting Cards** – A monthly group gathering to make greeting cards. Contact: Julie Higbie, 906-361-5370, jhighbie@nmuedu.
- **Lunch Bunch** – Meets at various restaurants for socializing and lunch. Contact: Carol Steinhaus at 906-458-5408,

NMU Tuition is Waived!

Senior citizens, aged 62 or older, may 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:

Jacobetti Center Staff
Steven Stiles, Lieutenant Commander, USN (Retired)
Becky LaBrequé, Director, Shiras Planetarium
Judy Quirk, Messiah Lutheran Church, Bell Choir Director
Patricia ("Trish") Davis, Managing Partner and Attorney at Kendricks Bordeaux
Chris Harkness, Speech-language pathologist
Claire Lutgen, Director, Bay Cliff
NMU Cosmetology Staff and Students
Carol Steinhaus, NCLL Board Member
Boli Soderberg, Travel Enthusiast
Kristen Mowafy, Baker of Specialty Foods
Russ Magnaghi, Retired NMU Professor, Author
Cody Norton, DNR Wildlife Specialist
Henry Sale, Habitat for Humanity Repairs Coordinator
Beverly Braden, Retired Botanist
Barry James, DNR historian for the Upper Peninsula
U.P. Land Conservancy
Jason Povey, Longyear Library
Tara McKinney, Director, Downtown Development Association
Paulette Lindberg, Randy & Maureen Jensen, Bill Brazier, Mary Lou Blomquist from the Marquette Area Sister City Program
Kim Marsh, Retired Professional Photographer
Julie Higbie, NCLL Board Member and Crafter
Judi Mouser, NCLL Board Member and Crafter

NCLL would like to acknowledge our long-term relationship with Peter White Public Library in scheduling rooms and special needs for our events.

We sure appreciate all of you!

301: US Navy Submarines – Past, Present and Future

Day/Date/Time: Tuesday, March 5, 6 – 7:30pm
Location: Shiras Room PWPL
Cost: \$5 member, \$10 non-member
Presenter: Lieutenant Commander Steve Stiles USN (Ret)

This event has been rescheduled from January. Spend an evening learning about the history, current status and future plans for the US Navy's Submarine Fleet. The talk will include an exploration of the different types of nuclear submarines, high level explanation of the Navy's submarine nuclear propulsion plants, weapons employed by modern nuclear submarines and missions of the various submarine types.

Lieutenant Commander Stiles is a retired US Navy Engineering Officer and former Submariner who previously served as a Nuclear Propulsion Plant Operator on two nuclear submarines as well as a Program Manager for the refueling of the nuclear reactor on a third submarine.

Liaison: Julie Higbie, 906-361-5370, jhigbie@nmu.edu.
Event Limit: 30

302: Tour of the Newly Renovated NMU Jacobetti Complex

Day/Date/Time: Friday, March 8, 11am – 12 pm
Location: NMU's Jacobetti Complex, Sugarloaf Road
Cost: Members: \$5; Non-members \$10
Presenter: Jacobetti Complex staff

Description: Open in 1965, the \$28 million newly renovated Center is the home of the College of Technology and Occupational Studies, the Department of Engineering Technology, and Office on Continuing Education and Workforce Development (CDL, cybersecurity, real estate appraisal, school bus drivers, motorcycle safety, etc.), NMU Regional Police Academy, a branch of the Academic Career and Advisement Center and several student organizations. Students learn skills in mechanical and electrical engineering, automotive repair, construction management, building technology, electronics, industrial technology and skilled trades such as HVAC, welding, industrial maintenance, and computer numerical control (CNC). There may be a short visit to the NMU Wellness Center, following the Jacobetti tour.

Liaison: Phyllis James, 906-225-1004, hoosieryooper@yahoo.com.
Event Limit: 25

303: Shiras Planetarium – Marquette Night Sky and Solar Eclipses

Day/Date/Time: Tuesday, March 12, 1 – 2pm
Location: Shiras Planetarium, Marquette Senior High School (Door #11, S.E. Corner of High School Building)
Cost: \$5 member, \$10 non-member
Presenter: Rebecca LaBrecque, MSHS Technology & Science Teacher, Shiras Planetarium Director

Spend an afternoon learning about the current Marquette night sky. We will explore constellations and planets visible for the month. The presentation will utilize the Planetarium's Minolta MS-8 star projector. Star maps will be given to attendees at the end of the presentation. Additionally, a short film about the upcoming April 8 solar eclipse will be shown. Participants will be given a pair of eclipse glasses and will learn how to safely view a solar eclipse. NOTE: Parking at the High School is extremely limited due to classes being in session. Car Pooling is strongly encouraged.

Liaison: Steve Stiles / (248) 303-3543 / stilesds@aol.com.
Event Limit: 50

304: Everything You Want to Know about Ringing Handbells – CANCELLED

Day/Date/Time: Tuesday, March 12, 3 – 4:30pm
Location: Messiah Lutheran Auditorium
Cost: \$5 members/\$10 non-members
Presenter: Judy Quirk, Messiah Lutheran Bell Choir Director

This program was offered in the fall but was rescheduled due to some conflicts. We are offering it again!! Judy will share some history of the development of handbells, and will share interesting details about how they are made. The session will include hands-on experience resulting in all participants being able to play a composition. We need a minimum of 10 participants so please register early.

Liaison: Carol Steinhaus 906-458-5408 csteinha@nmu.edu
Event Limit: Minimum 10, Maximum 15

305: Positive Aging (Brain functions) – Part 1

Day/Date/Time: Wednesday, March 20, 1:30 – 3pm
Location: PWPL Heritage Room
Presenter: Chris Harkness, speech-language pathologist
Cost: No Charge

It is recommended that participants take both Part 1 and Part 2 (approximately one month later). Participants will learn about executive functions of the brain including attention, concentration, decision making, memory, problem solving, and word finding. Distinction is made between normal brain function and dementia.

Liaison: Beverly Braden, 906-475-4252, bbraden@consultant.com
Event Limit: 35

306: A Spa at the NMU Cosmetology Department

Day/Date/Time: Thursday, March 21, 10am – noon
Location: NMU Cosmetology Department, Northern Center
Cost: \$5 for members/\$10 for non-members plus cost of service and lunch
Presenter: NMU Cosmetology Students and supervising staff

NMU's Cosmetology Department offers a wide variety of services; facials, hair shampoo/cut/sets, manicures, pedicures, etc. Each member will need to register ahead so students can be assigned to each client for each service. Senior discounts available. Costs for services are \$5-\$15. Afterwards, we can enjoy lunch (around \$10) at the Wildcat Den. Registration is needed by Monday, March 11.

Liaison: Phyllis James, 906-225-1004, hoosieryooper80@gmail.com
Event Size: 15

307: A Multicultural Perspective of Current NMU International Students

Day/Date/Time: Wednesday, March 27, 7 – 8:15pm
Location: Peter White Public Library, Shiras Room
Cost: \$5 members/\$10 non-members
Presenter(s): International Students from Northern Michigan University

Students from several different countries who are currently attending Northern Michigan University will share information about their home countries and their countries' cultures. While we are likely still experiencing the white of winter, come join us to learn about other countries, climates, and cultures!

Liaison: Carol Steinhaus, 906-458-5408, csteinha@nmu.edu
Event limit: 35

308: I Was a War Child in Sweden

Day/Date/Time: Wednesday, April 3, 7 – 8:15pm
Location: Shiras Room, PWPL
Cost: \$5 members/\$10 non-members
Presenter: Boli Soderberg

By popular demand, this program is being repeated! In June of 1944, Sweden took in 60,000 Finnish children for safekeeping during World War II. Boli was one of these children, spending about 6 months in Sweden. She will share her experiences and pictures of this time of war.

Liaison: Carol Steinhaus, 906-458-5408, csteinha@nmu.edu
Event Limit: 35

309 – Planned Giving: Building a Legacy

Day/Date/Time: Thursday, April 4, 3:30 – 5pm
Location: PWPL Shiras Room
Cost: \$5 members/\$10 non-members
Presenter Patricia ("Trish") Davis, Managing Partner and Attorney at Kendricks Bordeau

Planned giving (sometimes referred to as gift planning or legacy giving) enables philanthropic individuals to make the greatest impact possible with gifts to charitable organizations. Some planned gifts are completed during a donor's life, others are made after death, while others provide income to the donor during life before the completion of the gift. During this session, we will learn more about the primary options for making these gifts; the tax consequences associated with them; and what makes planned giving unique.

Liaison: Carol Steinhaus, 906-458-5408, csteinha@nmu.edu
Event Limit: 35

Vango's Lunch Bunch (Interest Group)

Day/Date/Time: Friday, April 5, 11am
Location: Vango's Restaurant, 927 N 3rd Street
Cost: Your own lunch

In the past, several NCLL members and community members met weekly at various restaurants for lunch and informal conversation. Participation didn't rebound after covid. We thought we'd try meeting at Vango's on a Friday for their famous fish fry or whatever else you might like to try!! Hopefully, we can also hear a short presentation about the history of Vango's. Please contact Carol Steinhaus with a voicemail or email by Tuesday, April 2, and she will make a reservation for a "lunch bunch" event! Carol Steinhaus, 906-458-5408, csteinha@nmu.edu. **This event is open to members and non-members**

310: Positive Aging – Part 2 (Flexibility)

Day/Date/Time: Tuesday, April 9, 1:30 to – 3pm
Location: PWPL Heritage Room
Presenter: Chris Harkness, speech-language pathologist
Cost: No charge

In this 2nd session, participants will learn how to maximize their cognitive endurance and about how to incorporate flexibility into your normal routines to remain mentally sharp. If you wish, a 30 minute cognitive assessment may be arranged with Chris Harkness for an extra \$25.00. These assessments will be offered later at the Marquette Senior Center.

Liaison: Beverly Braden 906-475-4252 bbraden@consultant.com
Event Limit: 35

311: Overview of History and Purpose of Bay Cliff Health Camp--- A Treasure of the UP

Day/Date/Time: Thursday, April 11, 3:30 – 5pm
Location: Peter White Public Library, Community Room
Cost: \$5 members/\$10 non-members
Presenter(s): Claire Lutgen, Director

Last fall, many NCLL members toured Bay Cliff Health Camp and listened to a presentation by Claire Lutgen, the Director. We were very impressed and have asked Claire to provide us with a presentation locally so that more members can hear about Bay Cliff and its wonderful program. Come learn about the history, facilities, and purpose of this long-running health camp, currently in its 90th year of operation!

Liaison: Carol Steinhaus, 906-458-5408, csteinha@nmu.edu
Event Limit: 70

312: Longyear Building

Day/Date/Time: Thursday, April 11, 6:30 – 7:30pm
Location: Longyear Building, 210 N. Front St.

Cost: \$5 members; \$10 non-members

Presenter(s): Jason Povey, Longyear Historian

Learn the history of the Longyear's in Marquette, and the Longyear Building, built in 1917. The Longyear Building is on the National Register of Historic Places. The central corridor has trims, doors, etc original to the building.

Liaison: Margi Licht-Mallo, 906-250-3883, mlichtmallo@charter.net
Julie Higbie, 906-361-5370, jhigbie@nmu.edu.

Event Limit: 20

313: History of Brewing Beer in the UP

Day/Date/Time: Tuesday, April 16, 6:30 – 8:15pm

Location: PWPL Community Room

Cost: \$5 members; \$10 non-members

Presenter(s): Dr. Russ Magnaghi, author

Come join us as Dr. Magnaghi takes us back to the 1600's to explore the history of brewing beer in the United States and Upper Peninsula. His book, "Upper Peninsula Beer" details brewing efforts back to Jamestown in 1607, through the fur trading era, prohibition, craft beers to the contemporary scene in the UP. As always, this will be a very enlightening experience.

Liaison: Julie Higbie, 906-361-5370, jhigbie@nmu.edu.
Event Limit: 70

314: Making Baklava at the Food Co-op

Day/Date/Time: Thursday, April 18, 3 – 5:30pm

Location: Marquette Food Co-op, 502 W. Washington St.

Cost: \$15 members; \$20 non-members

Presenter(s): Kristen Mowafy, Baker of Specialty Foods

Join us for an afternoon learning how to make Baklava, a delicious dessert made with phyllo dough, nuts, and honey. Learn how easy it is to work with phyllo dough so you can incorporate it into your baking repertoire. Cost listed includes supplies.

Liaison: Julie Higbie, 906-361-5370, jhigbie@nmu.edu.
Event Limit: 14

315: Ecology of Coyotes and Foxes

Day/Date/Time: Thursday, May 2, 1:30 – 3pm
Location: Community Room, Peter White Public Library
Presenter: Cody Norton, Wildlife specialist
Cost: \$5 for members, \$10 for non-members

Ecology and preferred habitat of coyotes and foxes in the Upper Peninsula will be discussed. Coyotes are very adaptable in terms of food sources, behavior, and habitat and have a high dispersal rate. In Michigan, we have both Gray foxes and Red foxes. Red foxes have a higher tolerance to urban areas, so they are more likely to be seen.

Liaison: Beverly Braden 906-475-4252 bbraden@consultant.com.
Event Limit: 50

316: Work Day at Bay Cliff Work Camp

Day/Date/Time: Friday, May 3, 9:30am – 2:20pm
Location: Target Parking Lot by Dairy Queen
Cost: \$5 members/\$10 non-members
Presenter(s): Claire Lutgen, Director

Last fall, many NCLL members toured Bay Cliff Health Camp and listened to a presentation by Claire Lutgen, the Director. We were very impressed and several members suggested having a “work day” during which we could volunteer and help Bay Cliff staff get ready for another summer of campers!! Join us in the Target Parking lot, near Wright Street and the Dairy Queen, so that we can carpool to the camp and have some fun with whatever chores the staff asks us to do. Lunch in “the Big House” will be provided!

Liaison: Carol Steinhaus, 906-458-5408, csteinha@nmu.edu
Event Limit: 50

317: Habitat for Humanity

Day/Date/Time: Monday, May 6, 3 – 4pm
Location: Habitat for Humanity Offices. 2354 US 41 South in Harvey, across from Bayshore Vet Hospital
Cost: \$5 members/\$10 non-members
Presenter: Henry Sale, Repairs Coordinator

Henry Sale, Repairs Coordinator for Habitat, will provide an overview of when Habitat began nationally and locally. He will also discuss how Habitat is funded and how families and locations are chosen. Opportunities for volunteering will be included.

Liaison: Judi Mouser, 906-360-2859, mouserhouse@gmail.com

318: Touring 100 Block of West Washington Street Businesses

Day/Date/Time: Tuesday, May 7, 2 – 4pm
Location: Meet on first floor of Donckers
Cost: \$5 member, \$10 non-member
Presenter: Tara Laase-McKinney

Some businesses in Marquette have been here for years; others are more recent. Tara Laase-McKinney, Downtown Development Director, will lead us on a tour of businesses both old and new. At a minimum, the following businesses will be included: Doncker's, Evergreen Market, 906 and Company, Wattson and Wattson Jewelers, and Spice Merchants. We will hear from business owners and have a short time to browse at each place!!

Liaison: Carole Bard, 906-228-9367, upbard@gmail.com
Event Limit: 15

319: Laughing Whitefish Falls Hike (easy to moderate)

Day/Date/Time: Thursday, May 9, 10am to carpool for hike
Location: M41 and M94 carpark
Presenter: Beverly Braden (retired botanist)
Cost: \$5/members or \$10/non-member
Extra money for the driver for gas at beginning of ride

Inclement Weather Date: Monday, May 13, 10am to carpool

To view another falls, we will hike to Laughing Whitefish Falls (3/4 mi or 1.5 round trip). The hike is mostly level with one gradual hill coming back. The trail is kept in good shape. Either hiking boots or good athletic shoes should be fine. This is a beech-maple forest with nice spring ephemeral wildflowers, hopefully in bloom. There are many stairs at the falls at this site. From the bottom you will see a gentle cascade over the rocks. **Entire staircase is hard** (255 stairs), but up to the **first landing is moderate**. At the first landing (40 stairs) you will see the major drop to the falls. You can determine how far up the staircase you want to go.

Carpooling is encouraged due to limited parking. State Recreational Park Permit needed.

Liaison: Beverly Braden 906-475-4252 bbraden@consultant.com.
Event Limit: 15

320: Michigan Iron Ore Industry Museum

Day/Date/Time: Monday, May 13, 10am – 12:00noon
Location: Museum, 73 Forge Road, Negaunee
Cost: \$5 member, \$10 non-member
Presenter: Barry James, DNR historian for the Upper Peninsula

Barry James, DNR historian for the Upper Peninsula, will provide a video of the history of mining and a video of current iron pellet production. Time will be provided to explore the exhibits, outdoor trails, and the store. State recreation pass required.

Liaison: Carol Steinhaus, 906-458-5408, csteinha@nmu.edu
Event Limit: 20

321: Identifying Songbirds in the Bayou -Easy-

Day/Date/Time: Thursday, May 16, 8:30 – 10:30am
Location: Welcome Center, Chocoday Bayou
Cost: \$5 member, \$10 non-member
Presenter: UP Land Conservancy Staff

Come and enjoy an early morning stroll, listening to the songbirds which are migrating through the Chocoday Bayou, a 13 acre wetland. Load your phone with the Merlin app and you'll be all ready to hear and identify the different birds.

Liaison: Judi Mouser, 906-360-2859, mouserhouse@gmail.com
Event Limit: 16

322: Annual Meeting and Sister Cities of Marquette

Day/Date/Time: Tuesday, May 21, 5:30 – 8pm
Location: Presque Isle Pavilion
Cost: \$5 member, \$10 non-member
Presenter(s): Paulette Lindberg, Bill Brazier, Randy and Maureen Jensen, Mary Lou Blomquist

This Annual meeting is where we present the organization business to the group. This short meeting allows members the opportunity to vote in new board members, and to hear about the new term programs. The overall presentation of the Marquette Area Sister Cities Program will discuss both cities of Higoshiomi, Japan and Kaajani, Finland. The history and background, trips, events, current activities and future programs will be explained. Come, especially if you are interested in participating in these wonderful travel opportunities.

Liaison: Judi Mouser, 906-360-2589, mouserhouse@gmail.com
Event Limit: 40

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