



Northern Center for Lifelong Learning

Program Booklet

2024

Summer Events

June through August

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

Current NCLL Board of Directors 2023-2024

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

Beverly Braden	Judi Mouser
Julie Higbie	Carol Steinhaus
Margi Licht-Mallo	Steven Stiles
Phyllis James	

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.
Please do not mail in your dues before August.**

NCLL membership dues are nonrefundable and nontransferable.

Registration and Event Details

To register for events: Please send the event registration form with your payment to guarantee your reservation. Event 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 only 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 stairs, 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 size of programs based on room accommodations 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 your 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 at the Marquette Senior Center 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, jhigbie@nmu.edu.
- **Lunch Bunch** – Meets at various restaurants for socializing and lunch. Contact: Carol Steinhaus at 906-458-5408, csteinha@nmu.edu

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:

Mike Hainstock, Lakeshore Depot
Andy Smith, NMU Grounds Supervisor
Carol Steinhaus, NCLL Board Member
Ann Brownell, UPAWS Volunteer Coordinator
Jim Somers, Carp River Gardens
Jason Povey, Longyear Expert
Alie Kubichek, SAIL
Petty Officer DK Seguin, US Coast Guard
Elizabeth Bates, Avid hiker
James DeDeker, MSU Extension-Chatham
Nancy Uschold, Physical Therapist, Lifestyle Medicine Coach
Scot Stewart, Moosewood Nature Center
Brian Noell, Yellow Dog River Lower Falls
Sue Hefke, NCLL Member
Adam Berger, U.P. Land Conservancy, Mushroom Expert
Steven Stiles, Retired GM Engineer
Kim Marsh, Retired Professional Photographer
Julie Higbie, NCLL Board Member and Crafter
Judi Mouser, NCLL Board Member, Hiker and Crafter
Rick Comley, NMU Athletic Director
Marquette Conservation Staff

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!

400: Lakeshore Depot

Date/Time: Thursday, June 6, 11 am - 12 noon

Location: Lakeshore Depot, 560 Fern Place, Marquette (across from Mc Carty's Cove, around the corner from Fred's Rubber Stamp)

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

Presenter(s): Mike Hainstock or Staff member

Lakeshore Depot seeks to provide an efficient outlet for customers seeking to purchase local foods. Somewhat of a hybrid between a grocery store and farmer's market, the Depot offers a diverse variety of food and agricultural products from many local producers, processors and farmers. Their goal is also to provide a convenient and affordable outlet for those farmers and other local food producers to distribute their products to our community.

The Lakeshore Depot pays farmers much higher than the national average for farmers who sell wholesale. The store offers items from regional sources and operate a small cafe to supplement their overall gross margin, allowing them to return as many dollars as possible directly to farmers. 100% of products at Lakeshore Depot are sourced locally whenever possible and are from MI, WI and the Midwest region to supplement local offerings.

Liaison: Lisa Stasiuk, lisajstasiuk@gmail.com, 906-361-1919

Event Size: 15

401: Yard Care and Landscaping 101

Date/Time: Wednesday, June 12, 11 am - 1 pm

Location: Redeemer Lutheran Church 1700 W Fair Avenue, Marquette

Presenter: Andy Smith, NMU Grounds Supervisor

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

Does your yard look like you want it to? Are there more weeds than grass? Are there overgrown shrubs you battle every year? Would you like to know how to better maintain what you have, or update your landscape to fit your lifestyle? Join Andy Smith, NMU Grounds Supervisor, as he discusses proper maintenance practices and explores renovative options. Andy has over 30 years experience in Landscaping Maintenance, Design and Project Management. He looks forward to sharing his knowledge and experience with you.

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

Event Size: 20

402: Join us for Lunch—Crossroads Restaurant

Date/Time: Friday, June 14, 12noon - 1:45pm

Location: Crossroads Restaurant

Cost: Cost of your lunch only

Many in our area enjoy eating at “the Crossroads”. This restaurant is near UPAWS, where we will be having a tour at 2:00pm this same day. Please register if you would like to have lunch with other NCLL members before the UPAWS tour, or simply join us for lunch that day!! Registration will help us get a count to reserve seats for our group.

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

Event Size: 25

403: All About UPAWS

Date/Time: Friday, June 14, 2:00 – 3:30pm

Location: Upper Peninsula Animal Shelter, 815 South M-553

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

Presenter: Ann Brownell, UPAWS Volunteer Coordinator

Ann Brownell will provide us with an overview of the shelter’s mission, activities and challenges. We will learn of several ways in which interested people could volunteer. There will be a tour of the shelter and the outdoor runs.

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

Event Size: 25

404: Carp River Gardens Tour

Date/Time: Tuesday, June 18, 1:00pm – 2:30pm

Inclement Weather: Thursday, June 20, 1-2:30 pm

Location: Carp River Gardens, 73 Heritage Dr. Negaunee, MI

Cost: \$5 member, \$10 non-member

Presenter: Jim Somers

Spend a quiet afternoon touring around beautiful gardens filled with UP perennial flowers and shrubs. Jim Somers and Mike Wirtanen have co-owned Carp River Gardens for 34 years and in those years created an oasis that has become a wedding destination, as well as other special events. The gardens and plantings are extensive, and Mr. Somers will explain the various flowers and their unique needs for thriving in the UP as he shows us around the grounds.

Liaison: Steve Stiles, (248) 303-3543, stilesds@gmail.com

Event Size: 25

405: Longyear Building Tour

Date/Time: Thursday, June 20, 6:30 – 7:30pm

Location: Longyear Building, 210 N. Front St. Marquette

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

Presenter: Jason Povey, Longyear Historian

Learn the history of the Longyears 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. This is a repeat of the April event, for those who were not able to attend because of event size limitations.

Liaison: Margi Licht-Mallo, 906-250-3883, mlichtmallo@charter.net

Event Limit: 20

406: Living with PTSD

Date/Time: Tuesday, June 25, 1 - 2pm

Location: Shiras Room, Peter White Public Library

Cost: No charge

Presenter: Alie Kubichek, Disability Advocate/Program Manager SAIL

Explore the causation, symptoms, and treatment options for individuals living with PTSD by someone who not only works with those who have this disorder, but lives with this disability herself.

Liaison: Lisa Stasiuk, lisajstasiuk@gmail.com, 906-361-1919

Event Size: 40

407: Marquette Coast Guard Station Tour

Date/Time: Wednesday, June 26, 1 – 2:30pm

Location: Marquette Coast Guard Station, 294 North Lakeshore Boulevard, Mqt

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

Presenter: Petty Officer D.K. Seguin

Spend the afternoon being briefed on the history and missions of the Marquette Coast Guard Station. After the briefing we will tour the station including the watercraft Station Marquette uses to perform their missions on Lake Superior.

Liaison: Steve Stiles, 248-303-3543, stilesds@gmail.com

Event Size: 25

408: Harlow Creek Mini Hike - Easy

Date/Time: Tuesday, July 9, 1 - 4pm

Inclement Weather: Thursday, July 11, 1 – 4pm

Location: Cabin 6 Parking, Harlow Area

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

Presenter: Elizabeth J Bates/Puck

Hike near Harlow Lake, north of Marquette on 550. This is a leisurely walk/hike of about 2 1/2 miles over flat though sometimes rough terrain. Be prepared for bugs, mud and whatever the weather brings! More precise directions will be emailed to registrants a week before event.

Liaison: Elizabeth Bates, 906-345-9295, elizabethjbates@hotmail.com

Event Size: 10

409: MSU - Chatham Farms

Date/Time: Wednesday, July 10, 1:30- 3:30pm. Carpooling meets at 12:50pm at Lofaro's in Harvey; return approx. 4pm

Location: MSU South Farm – E3774 University Dr. Chatham, MI

Cost: \$5 members, \$10 nonmembers

Presenter: James DeDecker, PhD

Come with us to visit the MSU - Chatham farms, both north and south. This 2 hour tour will cover research of various crops, cattle and organic farming. We will tour the farm via a wagon, so participants will need to climb a few steps to load/unload the wagon. We will be doing some walking if people are able/interested.

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

Event Size: 30

410: Lifestyle Medicine

Date/Time: Friday, July 12, 1:30-3:30pm

Location: PWPL – Shiras Room

Cost: Free to all

Presenter: Nancy Uschold

Come learn about Lifestyle Medicine - and simple steps you can take toward a healthier future! Lifestyle Medicine is an exciting field in which therapeutic lifestyle interventions are used to prevent and treat a variety of chronic diseases including cardiovascular diseases, type 2 diabetes, and obesity. The presentation will include information on each of the six pillars that support a healthy life: a whole food plant predominant eating pattern, physical activity, restorative sleep, stress management, avoidance of risky substances and positive social connections. In addition, there will be activities and discussion to facilitate reflection on why these concepts might be important in your life, what lifestyle changes you might be thinking about and creative ways to get started.

Liaison: Please contact the NCLL office 906-227-2979

Event Size: 40

411: Moosewood Nature Center-Monarch Butterflies and Bog Walk

Date/Time: Saturday, July 13, 1 - 3pm

Location: Moosewood Nature Center, Shiras Pool Bldg, Presque Isle Park

Cost: \$5 member, \$10 non-member

Presenter: Scot Stewart

Scot Stewart will present a program on Monarch butterflies. Moosewood Nature Center will be raising some from caterpillars and should have milkweeds growing in front of the center. We will also include a hike around the bog for more flowers and pollinators and will check the bird feeders on the side.

MooseWood Nature Center is an independent, non-profit organization supported by memberships, donations, program fees, grants, and fundraisers. Their mission is to *celebrate nature through education and action in the Upper Peninsula.*

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

Event Size: 20

412: Yellow Dog River Lower Falls Hike - Easy

Date/Time: Monday, July 15, 11:00am – 2:00pm

Location: Yellow Dog River Falls Trailhead, CR510 at Yellow Dog River Bridge

Cost: \$5 Members / 10 Non-Members

Presenter: Brian Noell, Yellow Dog Watershed Preserve

The Yellow Dog River is a local gem and very accessible by car. Come visit the river and listen to a discussion about the river and the surrounding watershed by a representative of the Yellow Dog Watershed Preserve. The afternoon will include a hike to the lower falls on the river. The hike from the parking area on CR510 to the falls is approx. 2/3 mile and is very level. Come dressed for the bugs though. More precise directions will be emailed a week before event.

Liaison: Steven Stiles, (248) 303-3543, stilessds@aol.com

Event Size: 20

413: Tips for Writing Your Life Story

Date/Time: Wednesday, July 24, 11 am - noon

Location: Redeemer Lutheran Church, 1700 W Fair Avenue, Marquette

Cost: \$5 for members/\$10 for non-members

Presenter: Sue Hefke, NCLL Member

Join us if you have been wanting to write some memories about your past so your family can remember the good and difficult times! We will share lots of topics to get you started and discuss any questions you have. Think how happy your family will be to read these stories years from now!

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

Event Size: 10

414: Hunting for Mushrooms - Easy

Date/Time: Friday, July 26th, 11am – 1pm

Location: Vielmetti-Peters Reserve, Brookyard Rd, Marquette Township

Cost: \$5 members; \$10 nonmembers

Presenter: Adam Berger, Mushroom Expert, UPLC

Join the Upper Peninsula Land Conservancy and Adam Berger, a local mushroom expert, at the Vielmetti-Peters Preserve as we explore the fascinating world of fungi! This mushroom education hike will be about two miles total, over rolling terrain, on a former logging road. We will talk about where to look for mushrooms, local edible (and poisonous!) mushrooms, and how to identify them. This is an educational hike, not a gathering hike.

Liaison: Beverly Brayden, bbrayden@consultant.com, 906-204-8845

Event Size: 20

415: The Automobile Check Engine Light, What is it & Why do we have it?

Date/Time: Wednesday August 7, 6 – 7:30PM

Location: Superior Dome, Room B101

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

Presenter: Steve Stiles, Retired GM Electrical Engineer

Ever wonder why every car sold in North America has the ubiquitous 'Check Engine' light? Ever wonder exactly how that light works, what triggers the light to turn on and turn off? Ever wonder how to find out what's wrong with your vehicle when the light turns on? Well, come to the Dome August 7th and find the answers to these questions and many more. The talk will conclude with an in-vehicle demonstration of a commercially available OBD scan tool, how to use it and how to understand what it tells you. Does your vehicle currently have a 'Check Engine' light illuminated? Well, bring it to the presentation and we'll find out together what fault has caused the light to illuminate.

Liaison: Lisa Stasiuk, lisajstasiuk@gmail.com, 906-361-1919

Event Size: 25

416: Harlow Lake Mini Hike - Easy

Date/Time: Tuesday, August 13, 1 – 4pm

Inclement Weather: Friday, August 16, 1 - 4

Location: Cabin 4 - 5 Parking, Harlow Lake Road

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

Presenter: Elizabeth J Bates/Puck

Hike near Harlow Lake, north of Marquette off 550. This is a leisurely walk/hike of about 2 1/2 miles over flat though sometimes uneven terrain. Be prepared for bugs, mud and whatever the weather brings! More precise directions will be emailed to registrants a week before.

Liaison: Elizabeth Bates, 906-345-9295, elizabethjbates@hotmail.com

Event Size: 10

417: NCAA Rules and Regulations

Date/Time: Thursday, August 15, 1:30-3pm

Location: NMU Superior Dome B101

Cost: \$5 members, \$10 nonmembers

Presenter: Rick Conley, NMU Athletic Director

NMU Athletic Director Rick Comley will discuss new NCAA rules and regulations. Some of the proposed changes included coach to player helmet communications, sideline tablets to replay play action, 2 minute warnings prior to halftime and end of game, more enforcement of uniform violations, and more. Come hear how these changes may affect NMU's sporting events.

Liaison: Please contact the NCLL office at 906-227-2979

Event Size: 50

418: NCTA Trail Hike - Moderate

Date/Time: Tuesday, Aug 20, 10am - 1pm

Location: NC Trail head Lake LaVasseur

Presenter: Judi Mouser

Cost: \$5 members, \$10 for non-members

This hike will start at the parking area for Lake Lavasseur, on the North Country Trail. There will be some moderate up and down at the start of the trail, with views of Lake Lavasseur. Then it will level out and end up on the railroad grade trail and conclude at Lakenenland. Total hike about 3.2 miles one way. We will need to stash a few cars at Lakenenland before the start of the hike to shuttle hikers back to the start at Lake LaVasseur.

Dress appropriately for weather, walking sticks may help at beginning of trail. Wear comfortable footwear, BUG and TICK DOPE, water. More precise directions will be emailed to registrants a week before.

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

Event Size: 15

419: Overview of the Marquette Conservation District

Date/Time: Tuesday, August 27, 3 – 4:30pm

Location: Shiras Room, Peter White Public Library

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

Presenter: Conservation District Office Staff

This program will include an overview of the array of programs covered by the Marquette County Conservation District Office. Topics will include information about invasive species, native pollinator plantings, forestry issues, and other natural resource topics. We will learn what this office does for our community.

Liaison: Beverly Brayden, bbrayden@consultant.com, 906-204-8845

Event Size: 35

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