



Northern Center for Lifelong Learning

Program Booklet

2025

Winter Events

January through April

Northern Center for Lifelong Learning

**Members working together to plan, coordinate,
and provide
enjoyable and informal educational programs and events
to enrich the lives of its members and the community.**

NCLL at NMU
201.5 Cohodas Hall
1401 Presque Isle Avenue
Marquette, MI 49855
Phone: 906.227.2979
Office Hours: Mon., Wed., Thurs.
9am-1pm
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

NEW - Team System of Organization

A one-year organizational experiment was adopted by NCLL members at their annual meeting to run through August 2025. Tasks necessary for the operation of NCLL were identified and members volunteered to serve on teams to accomplish those tasks.

Program Planning & Liaisons Team

This essential team meets monthly to plan events prior to each upcoming new term. Participation is open to NCLL members and varies each term—Fall, Winter, and Spring. The team meets the **second Wednesday** of each month in 404A Cohodas Hall, 10am to noon. All NCLL members are welcome to attend to share their 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.

NCLL Membership

Annual membership dues are \$30. Memberships this year will run from September 2024 through August 2025. NCLL membership dues are nonrefundable and nontransferable.

Membership benefits:

- Reduced registration fees throughout the year
- Program Booklets with the complete schedule mailed to your address about two weeks before the start of each 4-month term: Fall, Winter, Summer, to give you an advantage in registration, since events otherwise will be announced to the public through public media just ahead of their scheduled dates.

Registration and Event Details

To register for events:

Complete enclosed registration form and mail it to the NCLL office with payment by check or cash. You may also bring your registration form and payment to the office during open office hours (listed on the cover) or slide it under the locked office door.

If the event is full when you register, you will be notified, and adjustments can be made at that time.

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: The waiver form included on the registration form must be signed when registering for events. Your waiver 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: Identify and classify the level of fitness and ability members need to take part safely in physically active outdoor activities.

Goal: Prevent injuries and provide safe outdoor activities.

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 Policy

- NCLL events will be automatically cancelled if NMU closes for inclement weather.
- If an event is cancelled by NCLL for any reason, you will be contacted.
- If the event is rescheduled to a date you cannot attend, let us know *when you are contacted*, and a credit will be sent to you via email. That 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 topics that are both current and controversial.

For Your Information . . .

Program/Event 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.

NCLL Events: The *Marquette Monthly*, *The Mining Journal*, **the NCLL website**, and Facebook will 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, hooseryooper80@gmail.com.
- **Photography** – Meets monthly to critique photos and learn new techniques. Contact Phyllis James, 906-225-1004, hooseryooper80@gmail.com.
- **Greeting Cards** – A monthly group gathering to make greeting cards. Contact: Julie Higbie, 906-361-5370, jhigbie@nmu.edu or Judi Mouser, 906-360-2859, mouserhouse@gmail.com.

NMU Parking Permits Available:

NMU provides free campus parking permits for seniors. Go to the NMU Police Department **in person** between 8 am–4 pm, located on Sugarloaf Avenue (see [campus parking map](#)) with your license plate number and model of your vehicle.

You may contact Parking Services by phone (906) 227-1476 or email parking@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 **all** the presenters, instructors, and tour guides whose participation makes the NCLL programs and events so stimulating and interesting; they are most appreciated. They **volunteer** their time to enhance our education and deserve your support and patronage of their businesses. **Please let them know how much it means to you.**

Em Rossi, Asst. Professor and Head of B.A. Theater and Entertainment Arts Technology and Design

Lex van Blommestein, Associate Professor and Head of BFA Technology and Design at NMU

Jesie Melchior, UP North Lodge

Maureen and Randy Jensen, Sister City Delegates

Adam Kall, Director of Science, KMI, Kall Morris Inc., Marquette

Liza Fust, Director of Operations, KMI

Applebee's Restaurant

Elizabeth (Puck) Bates

Valerie Olsen, Wellness Center of Marquette

Aoy LaChapelle, Thai and Asian Cuisine Chef

Jack Deo, Photographer and Historian

Matthew Zavistak, Marquette Board of Light and Power

Ruth Robb, NCLL Member and Adventurous Traveler

Vango's Restaurant

Leo Nolles, NMU Swim Team Member and NMU Student

Ann Hilton Fisher, NCLL Member, Marquette Regional History Center of Marquette

Fred Rydholm, Historian

Carol Margrif, Longtime NCLL Member and Frequent Traveler

Cody Norton, DNR Wildlife Specialist

Deb Smith, Licensed Psychologist and Certified Mindfulness meditation Teacher

Melissa Cavill, Trillium House

Angela Miller-Porter, Ed.D., Mindfulness-Based Sustainability Educator

Christy Foye, Marquette Conservation District

Swedish Pantry Restaurant

Lou Reynolds, Escanaba Veteran's Center

Jeffrey's Restaurant

Josh Wales, Materials Management Supervisor, MCSWMA

200: *Scenic and Costume Design for Theater: From Concept to Construction*

Date/Time: Tuesday, Jan 7, 2025, 6-8:30 pm

Location: McClintock Bldg, Room 106

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

Presenter: Em Rossi, NMU Theater and Design Dept
Lex van Blommestein, NMU Theater and Design Dept

This class will take an in-depth look at the scenic and costume design process for theater. Beginning with a brief discussion of how a designer approaches a script, we will discuss the work that goes into developing a design before construction begins. We will then tour the NMU scene shop and costume shop where selected pieces from past productions will be on display.

Liaison: Carol Margrif, 906-249-9975, margrifs@gmail.com

Event Size: 30

201: *UP North Lodge Sleigh Ride*

Date/Time: Tuesday, Jan 14, 2025, 5-6 pm or 7-8 pm **Inclement Weather Date 1-21-25**

Location: UP North Lodge, 205 S County Rd, Gwinn

Cost: \$20 members, \$25 non-members

Presenter: Jessie Melchiori

Experience a nostalgic two horse open sleigh ride through the piney woods! Sign up for either the 5 pm or 7 pm ride. A 6 o'clock dinner at the lodge is optional at your expense.

Liaisons: Fran Wrate, 906-241-9800, whitebirch07@icloud.com

Jan Julian 906-362-1956, tervjulj51@gmail.com

Event Size: 40 per sleigh ride

202: *Sister City Delegation Visit to Kajaani, Finland*

Date/Time: Tuesday, Jan 21, 2025, 1:30-3 pm

Location: Community Room PWPL

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

Presenter: Maureen and Randy Jensen, Sister City Delegates

In September 2024 the Marquette Area Sister City Committee sent a delegation to Kajaani, Finland to restart the visitor exchange between the two Sister Cities. Four

delegates were hosted by families in Kajaani for a week and learned about the city of Kajaani's education, health and elder services, the Kainuu Brigade of the Finnish Army, an active video game manufacturer, and toured two museums. In addition, delegates experienced a Saturday night out at a Family Center for dancing and karaoke. After the delegation visit, Maureen and Randy Jensen traveled to Finland's Lapland and Finnmark County of Norway and the Barents Sea. This presentation will provide an overview of the visit and trip to the north!

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

Event Size: 50

203: *Space Debris*

Date/Time: Thursday, Jan 23, 2025, 4-5:30 pm

Location: Shiras Room - PWPL

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

Presenter: Adam Kall, Director of Science – KMI, Kall Morris Inc. Marquette
Liza Fust, Director of Operations

This class will cover how debris gets into space in the first place, what is causing the problem to expand, and how it might impact our daily lives. Learn what is being done about it and how a safe and vibrant future in space will provide great benefits to communities on earth.

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

Event Size: 35

204: *Lunch at Applebee's*

Date/Time: Wednesday, Jan 29, 2025, 11-1 pm

Location: Applebee's Restaurant, 2902 US 41

Cost: Cost of Lunch

Presenter: n/a

Come join other NCLL members and/or bring friends for casual conversation and get to know other members!

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

Event Size: 20

205: Harlow Lake Snowshoe / Winter Hike

Date/Time: Tuesday, Feb 4, 2025, 1-4 pm **Inclement Weather Date:** Feb 6, 1-4 pm

Location: Harlow Lake Area / TBA

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

Presenter: Elizabeth Bates (Puck)

Join us for a winter wonderland hike near Harlow Lake. Plan on 2 – 2 ½ miles of trail with possible ice or snow. This will be a snowshoe or a hike, weather dependent. Exact location will be emailed a week before with directions as to where to meet.

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

Event Size: 10

206: All About Your Thyroid

Date/Time: Friday, Feb 7, 2025, 1:30-3 pm

Location: Shiras Room PWPL

Cost: No charge

Presenter: Valarie Olsen, Owner of Wellness Center of Marquette

Fatigue? Joint pain? Dry skin? Learn all about thyroid disorders, the symptoms, the blood tests needed to diagnose this condition, and the medications and/or supplements that will ease the symptoms. Thyroid problems are very common, affecting more than 12% of the population at some point in life. Come learn all about this condition and what can be done about it.

Liaison: Fran Wrate, 906-241-9800 whitebirch07@icloud.com

Event Size: 40

207: Thai Cooking with Aoy

Date/Time: Monday, Feb 10, 2025, 2-5:30 pm

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

Cost: \$45 members / \$50 non-members

Presenter: Aoy LaChapelle

Aoy, former owner of the Rice Paddy and a favorite of locals, will show attendees the tips and secrets of making fresh Salad Rolls and Tom Yum soup. You'll be able to enjoy your Salad Rolls and Tom Yum Soup at the event or bring a container if you wish to take your creations home. This class must be prepaid by Feb 3 so Aoy can purchase the correct quantity of ingredients. Drop-ins cannot be accommodated for this event.

Liaison: Susan Holliday, 906-235-8532, susanholliday83@gmail.com

Event Size: 16

208: Anita Meyland, A Marquette Treasure

Date/Time: Monday, Feb 17, 2025, 1-3 pm

Location: Redeemer Lutheran Church, 1700 W Fair Ave

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

Presenter: Ann Hilton Fisher, Volunteer – Marquette Regional History Center
Jack Deo, Historian and Photographer

Anita Meyand came to Marquette in 1924 as a young faculty wife, determined to make Marquette into an arts community. She taught painting to adults and children, started theater groups, ran countless pageants, and created writing workshops. During World War II she organized hundreds of volunteers to host enlistees coming to Marquette while they waited for transportation, and helped with salvage drives. She is most famous for founding Art on the Rocks. Jack Deo and Ann Hilton Fisher will present an amusing and richly illustrated show about Anita's life and her lasting impact on Marquette.

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

Event Size: 30

209: Your Board of Light and Power (Part 1)

Date/Time: Thursday, Feb 20, 2025, 10-12 pm **Inclement Weather Date:** Feb 27

Location: 2200 Wright St.

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

Presenter: Matthew Zavistak

In part I of this series, a general description and overview of the Marquette Board of Light and Power will be presented. Learn about the limitations and internal workings that will further our understanding of this critical utility. Part II and III will be a tour of the facility. You do not have to attend Part I to be able to attend part II or III but it is strongly advised.

Liaison: Susan Holliday, 906-235-8532, susanholliday83@gmail.com

Event Size: 20

210: Costa Rica ~ I Learned A Lot!

Date/Time: Tuesday, Feb 25, 2025, 1:30-3:30 pm

Location: Shiras Room PWPL

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

Presenter: Ruth Robb

Come enjoy a slide show presentation of our own NCLL member, Ruth Robb. Ruth will share the highlights of her trip and the things she learned about this astounding and amazing country!

Liaison: Jan Julian, 906-362-1956, terv.julj51@gmail.com

Event Size: 40

211: *An Olympic Adventure*

Date/Time: Monday, Mar 3, 2025, 11-12:30 pm

Location: Heritage Room, PWPL

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

Presenter: Leo Nolles

Leo Nolles, an NMU swimmer, represented his native country, Uruguay, in the summer 2024 Olympics in Paris, France. Now in his 3rd year at NMU, Leo has set several NMU pool records in freestyle competition. Come learn and hear what it takes to be an Olympian caliber athlete on the world stage, and celebrate that NMU and Marquette are fortunate to have him here!

Liaison: Phyllis James, 906-225-1004, hoosieyooper80@gmail.com

Event Size: 30

212: *Vango's Lunch*

Date/Time: Wednesday, Mar 5, 2025, 11-12:45 pm

Location: Vango's Restaurant, 927 N 3rd St

Cost: Cost of your Lunch

Presenter: n/a

Come join us for casual conversation at Vango's. Following lunch, you could go to the Superior Dome and attend the 'Moose on the Loose' event at 1pm.

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

Event Size: 20

213: *Moose on the Loose!*

Date/Time: Wednesday, Mar 5, 2025, 1-2:30 pm

Location: Superior Dome, Room 101B

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

Presenter: Ann Hilton Fisher, Volunteer – Marquette Regional History Center

Although moose were native to the U.P., by the turn of the 20th century they had been eliminated by logging, hunting, and disease. In the 1980's the Department of Natural Resources developed a bold plan to bring moose from Algonquin Provincial Park in Ontario to a suitable habitat in northwestern Marquette County. The moose were

tranquilized by sharpshooters, lifted by helicopter off of frozen lakes, and trucked to the U.P., where hundreds of people, including Michigan's governor, watched them be released. Ann first prepared this presentation, which includes photos and videos of the operation, for the U.P. Regional History Conference held in Sault Ste Marie in June 2024.

Liaison: Ruth Robb, 248-217-5434, rrobb28@yahoo.com

Event Size: 40

214: *Understanding Recycling in Marquette*

Date/Time: Tuesday, Mar 11, 2025, 1:30-3:30 pm

Location: Shiras Room, PWPL

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

Presenter: Josh Wales, Material Management Supervisor, MCSWMA

When speaking of garbage we use the expression 'throw away,' but do you wonder where 'away' is? Currently only 26% of all households in Marquette County recycles. Follow the journey of the trash we throw away and what happens to it and where 'away' is. This class will aid in our understanding how recycling prevents garbage going into landfills which results in years being added to the life of the landfill. Learn how recycling efforts support other agencies. This is Part I of a series. Part II and III will be a tour of the recycling area.

Liaison: Susan Holliday, 906-235-8532, susanholliday83@gmail.com

Event Size: 40

215: *The Mystery Cave of Many Faces*

Date/Time: Wednesday, Mar 12, 2025, 1:30-2:30 pm

Location: Redeemer Lutheran Church, 1700 W Fair Ave

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

Presenter: Fred Rydholm, Amateur Historian

In 1982, Russell Burrows, a caver, discovered an astounding cave in southern Illinois. Astonishingly, this cave contained thousands of engraved stones bearing non-American art styles and inscriptions in ancient European and Asian scripts. Speculations abound that these finds are false. Come listen to Fred's explanation and decide for yourself!

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

Event Size: 30

216: Voyage on the Baltic Sea

Date/Time: Thursday, Mar 27, 2025, 6:30-8:30 pm

Location: NMU Superior Dome, Room 101B

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

Presenter: Carol Margrif, NCLL member and frequent traveler

Sail along with me while we visit Stockholm, Helsinki, Estonia, Latvia, Lithuania, Poland, Bornholm Island, and Copenhagen on this power point presentation of my tour of the Baltic Sea. Highlights will include the Vasa Ship Museum, Skansen Outdoor Museum, Tallinn's Song Festival Grounds, the unbelievable Oodi Public Library in Helsinki, the Art Nouveau District in Riga, experiencing a day in the life of organic farmers on the "Sunshine Island," and the House of the Blackheads. Come on a walking tour and discover native clothing, silver and amber jewelry, linen and porcelain. Old Town architecture and traditional foods will also be highlighted.

Liaisos: Paula McCormick 906-869-5291, mccoormpaula@gmail.com

Event Size: 75

217: Fisher and Pine Marten Ecology

Date/Time: Tuesday, April 1, 2025, 1:30-3 pm

Location: Shiras Room PWPL

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

Presenter: Cody Norton, Wildlife Specialist

Both the Pine Marten and Fisher were heavily impacted by extensive logging in the late 1800's and 1900's until 1920-30's. Both species have since recovered as efforts began in 1960's-1970's. Both species are more active at night or early morning and prefer mature woods away from roads so we rarely see them. Learn about the ecology and biology of these small mammals.

Liaison: Phyllis James, 906-225-1004, hoosieyooper80@gmail.com

Event Size: 40

218: Embracing Aging with Mindfulness and Equanimity

Date/Time: Thursday, April 3, 2025, 3:30-5 pm

Location: Shiras Room PWPL

Cost: No Charge

Presenter: Deb Smith, Licensed Psychologist and Certified Mindfulness Meditation Teacher

This talk will introduce mindfulness as a practice that can be applied to our aging process. Cultivating awareness, acceptance, and curiosity to the aging process can lead to greater serenity and equanimity as we meet the last decades of our lives.

Liaison: Liz Binns, 248-767-5973, lzbinn@yahoo.com

Event Size: 40

219: Trillium House

Date/Time: Wednesday, April 9, 2025, 12-1pm

Location: 1144 Northland Drive

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

Presenter: Melissa Cavill

Take a tour and have lunch curtesy of Trillium House. Trillium House is an adult care home which works closely with U.P Hospice and U.P Home and Healthcare. Melissa will speak about their programs and services. This is a great opportunity to learn about this beautiful facility for yourself, a loved one, or anyone you know.

Liaison: Phyllis James, 906-225-1004, hoosieyooper80@gmail.com

Event size: 20

220: Mindfulness and Sustainability: The Interconnected Healing of People

Date/Time: Wednesday, April 9, 2025, 6:30–8 pm

Location: Heritage Room PWPL

Cost: No Charge

Presenter: Angela Miller-Porter, Ed.D., Mindfulness-Based Sustainability Educator

Life on Earth is our sacred story. However, in many ways, modern industrial society has hijacked our epic adventure with an unsustainable tale of dualism (disconnection), ripe with “wicked problems.” In this talk, Dr. Angela Miller-Porter will share her research and life experiences on how mindfulness can help take us down a path toward the mutual

healing of people and planet (sustainability), through reconnection with the sacred both within us and all around us.

Liaison: Liz Binns, 248-767-5973, lzbinn@yahoo.com

Event Size: 40

221: Planting for Wet and Dry Gardens

Date/Time: Thursday, April 17, 2025, 1–3 pm

Location: Community Room PWPL

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

Presenters: Christy Foye

Do you have a ‘wet’ or ‘dry’ garden space and have you considered how that impacts what should be planted there for the best outcome? Come learn about the variations of your garden space and the best type of plants to put into either a wet or dry environment. Have fun with hands-on planting of seedlings for your garden. There will also be an opportunity to purchase trees or native plants from the Marquette Conservation District.

Liaison: Sue Holliday, 906-235-8532, susanholliday83@gmail.com

Event Size: 30

222: Lunch at the Swedish Pantry

Date/Time: Tuesday, Apr 22, 2025, 10-1:15 pm **Inclement Weather Date:** Apr 29

Location: Swedish Pantry Restaurant, 819 Ludington, Escanaba

Cost: The Price of Your Lunch

Presenter: Susan Holliday

Join us for lunch at the much beloved Swedish Pantry Restaurant before our tour of the Veteran’s Center. Go online to peruse the menu and email or call Sue Holliday with your choice one week before this event. This action will help expedite our lunch to ensure a timely arrival at the Vet Center for a 1:30 pm start. If you wish to carpool, please meet at Lafaro’s Fresh Market at 10am sharp.

Liaison: Susan Holliday, 906-235-8532, susanholliday83@gmail.com

Event Size: 20

223: Learning About Veterans and the Escanaba Veterans Center

Date/Time: Tuesday, April 22, 2025, 1:30–3:30pm **Inclement Weather Date:** Apr 29

Location: 301 North 30th Street, Escanaba

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

Presenter: Lou Reynolds

After a short introduction and explanation of the center, half our group will tour the center while the other half will be given a more detailed description of the services offered in the center by our host Lou Reynolds. This tour will help provide understanding of the programs and resources so crucial to our valuable veterans and their beneficiaries. Veterans sometimes feel their service is underappreciated or do not understand the changing laws regarding their entitlements, and veteran centers are pivotal in providing assistance with these concerns. Meet at Lafaro's Fresh Market at 11:45am to if you wish to carpool. Expect to be back in Marquette between 4:30/5pm.

Liaison: Susan Holliday, 906-235-8532, susanholliday83@gmail.com

Event Size: 20

224: Brunch at Jeffrey's

Date/Time: Thursday, April 24, 2025, 10-12pm

Location: Jeffrey's Restaurant, 300 S McClellan Ave

Cost: Cost of Lunch

Presenter: n/a

Join us for good company, good food, and good conversation in the newly remodeled Jeffrey's.

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

Event Size: 20

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201.5 Cohodas
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