

# LIFE & LEISURE

**SPRING 2019**

**page 3**

balsam lake outreach  
center classes

**page 14**

healthy living

**page 20**

covey's seven habits  
italian

**page 22**

early seed starting

**page 23**

safety and ems



WISCONSIN  
INDIANHEAD  
TECHNICAL  
COLLEGE

# WITC Continuing Education

## KIDS' CLASSES *pg 3*

### ARTS *pgs 3 – 8*

- Drawing & Painting
- Fine Arts & Crafts
- Music
- Photography
- Sewing & Quilting
- Theatre
- Writing

### COMPUTERS & TECH *pgs 8 – 12*

### DO-IT-YOURSELF *pgs 12 – 13*

- Automotive
- Machine Shop
- Welding & Woodworking

### HEALTHY LIVING *pgs 14 – 17*

- Health & Wellness
- Sports & Fitness

### HOME & LEISURE *pgs 18 – 19*

- Cooking & Baking
- Family & Relationships
- Financial Planning

### LIFELONG LEARNING *pgs 19 – 23*

- Career Development
- Language
- Natural Science

## SAFETY & EMS *pgs 23 – 25*

- EMS
- Traffic Safety

## CONFERENCE CENTERS *pg 27*

## BUSINESS TRAINING *pg 28*

## CERTIFICATES *pg 29*

## REGISTRATION *pgs 30 – 31*



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To register for classes,  
see page 30.

### A Note About Class Numbers

When you register for a class, please provide *both* the Catalog **and** Class numbers.

**Catalog Number** is a hyphenated eight-digit number (12-345-678) found *under* the Class Title.

**Class Number** is a bold five-digit number (12345) found to the *left* of class meeting details.

For a complete list of WITC Continuing Education classes, go to:

**[courses.witc.edu](https://courses.witc.edu)**

# KIDS' CLASSES

## Kids' Classes

Please note that online registration is not available for kids' classes.

### Babysitting Boot Camp

60-891-663

Do you know how to calm a crying baby or what to do if a child has a stomachache? Learn how to help kids have fun while keeping them safe with this training from the American Red Cross. Skills taught include: First Aid/rescue breathing (CPR certification not a part of this class), making good decisions under pressure, communicating effectively with parents, infant care and managing a babysitting business. A materials fee of \$17 must be paid to the instructor at the beginning of the class. Bring a lunch to class. Proof of Red Cross certification (optional) is an additional \$11 processing fee payable to the instructor at the start of class. Ages 11 and up.

24310 Apr 6 Sa 9a-3:30p \$40.50  
WITC-Hayward Susan Thurn



Check out the **NEW**  
**Balsam Lake**  
**OUTREACH CENTER**  
400 Polk County Plaza, Balsam Lake, WI

Just a peek at some of the spring happenings:

- Covey's 7 Habits | February 13
- OSHA Safety Construction 10 hour | February 21-22
- Acrylic Painting | March 27; April 17 (2 sessions)
- Personalities at Work | Apr 4
- Web Design 101 | Apr 9 & 16
- Balsam Lake Open House | April 23
- Excel: Maximize w/ Macros\* | Apr 30-May 9
- Vegetable Basics | May 3

\*indicates ITV class

# ARTS

## Drawing & Painting

### Drawing for Painters

60-815-605

Practice skills to improve your drawings and ensure correct proportion every time. Topics include: methods of beginning a painting, transferring a drawing to the painting surface and checking accuracy while painting. There will be an instructor demo followed by instructor guidance. Bring an 8x10 photo of your choice. Visit [www.witc.edu/supplies](http://www.witc.edu/supplies) for the supply list; some materials and tools available to purchase from the instructor.

25016 Mar 22 F 12p-4p \$22.50/\$13.50  
Hayward: 4 Rae Whalen

### Drawing in Charcoal & White

60-815-605

Create depth in your charcoal drawings with the addition of white chalk. Work from provided photographs as you explore blending and bringing your drawing to a high level of finish. A detailed demo will begin the class, followed by one-on-one instructor guidance. Visit [www.witc.edu/supplies](http://www.witc.edu/supplies) for the supply list or purchase \$18 drawing kit in advance by emailing [rae@raewhalenart.com](mailto:rae@raewhalenart.com). Bring a lunch.

25015 Mar 8 F 10a-4p \$31.50/\$18  
Hayward: 4 Rae Whalen

### Drawing: Explore Perspective

60-815-605

Learn techniques of perspective to create the illusion of three-dimensional space on the flat surface of paper. Topics covered include: linear and atmospheric perspective, line, value and color. Use your own photos of buildings or street scenes as you work with various drawing materials. This is a 2-day class; sign up for one day or both. Bring a lunch. View the supply list at [www.witc.edu/supplies](http://www.witc.edu/supplies).

24377 Mar 18 M 10a-4p \$31.50/\$18  
Hayward: 4 Diana Randolph

24378 Mar 19 Tu 10a-4p \$31.50/\$18  
Hayward: 4 Diana Randolph

*Experience. Success.*

Drypoint Printmaking

60-815-605

Use your favorite drawing to create multiple prints with simple materials and inexpensive equipment. Explore drawing techniques such as line work and cross hatching to produce variety and depth in your prints. Finished prints can be enhanced with pastel or watercolor. Bring a small drawing (4x6 or smaller), pen, notebook and vinyl or nitrile gloves. All other materials provided. \$5 material fee due to instructor.

25018 May 10 F 12p-4p \$22.50/\$13.50  
Hayward: 4 Rae Whalen

Acrylic Painting

60-815-600

Want to develop your painting skills or try painting for the first time? Discover and practice numerous acrylic painting techniques as you fill your canvas. Beginners welcome! \$15 supply fee due to instructor.

24901\* Mar 27 W 9a-12p \$22.50/\$13.50  
Balsam Lake: 106 Michael Jekot  
\*Class theme: spring

24902\* Apr 17 W 9a-12p \$22.50/\$13.50  
Balsam Lake: 106 Michael Jekot  
\*Class theme: summer

Art: Exploring Watercolor

60-815-600

Discover the joy of painting with watercolors. Focus on basic skills and adding your own artistic vision to images. Through demonstrations and instruction you will experiment with different papers and painting techniques. This class is great for all levels. Bring your own watercolors, paper, and supplies if you have them and a work in progress if you desire.

24198 Jan 24 Th 5p-7p \$13.50/\$9  
Hayward: 2 Stephan Fritz

25067\* Jan 31 Th 5p-7p \$13.50/\$9  
Hayward: 2 Stephan Fritz  
\*Continuation of Exploring Watercolor, class # 24198.

24144 Apr 2 - May 7 Tu 6p-8p \$58.50/\$31.50  
Siren HS Sheila Dahlberg

Painting Nature in Watercolor

60-815-600

Learn to paint glowing flowers in watercolor using a provided photograph. Topics covered include: painting composition, transferring drawing to watercolor paper, glazing techniques, pen and ink use and more. Class includes instructor demo and one-on-one guidance. Visit [www.witc.edu/supplies](http://www.witc.edu/supplies) for the supply list. Bring a lunch.

25017 Apr 12 F 10a-4p \$31.50/\$18  
Hayward: 4 Rae Whalen

Pastels: Buildings in Landscape

60-815-600

Use your own photos as an inspiration to create unique pastel paintings on paper. Explore various pastel painting techniques including shapes, strokes and paper type. Visit [www.witc.edu/supplies](http://www.witc.edu/supplies) for the supply list. Bring a lunch or purchase one in class from a local catering establishment.

24376\* Apr 1 M 10a-4p \$31.50/\$18  
Cable: UCC Church Diana Randolph  
\*Bring photos of buildings in various settings: barns, sheds, houses, etc.

Pastels: Painting Lakes

60-815-600

Use your own photos as an inspiration to create unique pastel paintings on paper. Explore various pastel painting techniques including shapes, strokes and paper type. Visit [www.witc.edu/supplies](http://www.witc.edu/supplies) for the supply list. Bring a lunch or purchase one in class from a local catering establishment.

24379\* Apr 30 Tu 10a-4p \$31.50/\$18  
Cable Nat Hist Museum Diana Randolph  
\*2-day class; sign up for one day or both. Bring photos of color photos of lakes in spring, summer or fall.

24380 May 1 W 10a-4p \$31.50/\$18  
Cable Nat Hist Museum Diana Randolph



**Sign Up**  
**for The CE Connection,**  
our biweekly e-newsletter:  
[bit.ly/witccenews](http://bit.ly/witccenews)



## Fine Arts & Crafts

### Beginning Chainmail

60-815-602

Chainmail is the technique of interlocking metal rings and is used to make stunning jewelry and accessories. In this fun and interactive beginners class you will choose from a variety of weaves and materials to make a finished piece. Project options include: earrings, wallet chains, bracelets, cuffs, necklaces, etc. Bring 2 pair of needle-nose pliers that fit your hand comfortably; others are provided. \$10 materials fee is due payable to the instructor at the start of class.

24166 Mar 9 Sa 10a–3p \$31.50/\$18  
Superior: 136 Molly Martens

### Wire Wrapped Jewelry

60-815-602

Use the wire wrapping technique to create a coil bracelet, hair comb or a necklace & earring set. Learn basic techniques of wire wrapping including: using tools, hiding ends, wrapping smoothly and understanding materials. Bring a wire cutter and small hand pliers: round nose and side cutting pliers. \$5 materials fee due payable to instructor.

24146 Apr 6 Sa 10a–1p \$22.50/\$13.50  
Superior: 113 Stacie Buchanan

### Abstract Wind Chime

60-815-640

Explore your artistic side as you create a fused glass wind chime. Combine your favorite colors to decorate your garden with the sparkling sounds of glass. Please wear long pants and closed toe shoes. A \$20 material fee is due payable to the instructor.

23630 May 1 W 5:30p–8p \$22.50/\$13.50  
Superior: Shannon's Stnd Glass Shannon Johnson

### Bath Bomb/Lip Balm/Lotion Bar

60-815-640

Learn how to make your own bath bombs, lip balms and lotion bars with safe and natural ingredients. You will leave class with some of your very own creations. A supply fee of \$5 is due payable to the instructor at the beginning of class.

25071 Feb 7 Th 5:30p–8:30p \$22.50/\$13.50  
Ashland: 106 Jennifer Lavasseur

### Building a Willow Trellis

60-815-640

Create a willow trellis or experiment with other outdoor, garden or patio furniture. Learn about types of

trellises, bending techniques and construction. Please bring work gloves, pruning shears (if you have them) and a \$10 material fee payable to instructor.

25586 May 9 Th 6a–8:30p \$22.50/\$13.50  
Chetek-Weyerhaeuser HS Sydney Tanner

### Candles, Diffusing & Mists

60-815-640

Learn about making a simple soy candle and go home with some recipes for diffusing essential oils for winter time aromatherapy. \$10 supply fee is due to the instructor.

25580 Apr 3 W 5:30p–7:30p \$13.50/\$9  
Chetek-Weyerhaeuser HS Tammy Michelson

### Leathercraft & Hand Stitching

60-815-640

Learn the fundamental skills needed to start working with leather. Choose from a variety of projects, including: knife sheath, eye glass case, phone case, simple wallet or a project of your own. Lessons will cover skills such as: cutting leather, gouging, folding, hand sewing, gluing, riveting, adding hardware and creating pattern designs. Bring a pair of latex gloves and rubber mallet; other supplies provided. A \$30 material fee is due payable to instructor at start of class.

24164 Feb 9 Sa 10a–3p \$31.50/\$18  
Superior: 134 Molly Martens

### Make Holiday Soaps/Sugar Scrub

60-815-640

Join us as we learn how to make personalized holiday soaps and sugar scrubs that you can use in your home or give as gifts for any occasion. You will leave with a sugar scrub and some of the soap created in class. A supply fee of \$5 is due payable to the instructor at the start of class.

25072 Mar 7 Th 5:30p–8:30p \$22.50/\$13.50  
Ashland: 106 Jennifer Lavasseur

### Mosaic Bowl

60-815-640

Learn the technique to lay out and assemble for fusing while creating your own functional fused bowl. A great class for anyone age 8 and up (students under age 16 must come with a registered adult). \$20 material fee is due payable to the instructor. Please wear closed toe shoes and long pants.

23629 Feb 6 W 5:30p–8p \$22.50/\$13.50  
Superior: Shannon's Stnd Glass Shannon Johnson

Needle Felting

60-815-640

Learn the art of applique needle felting using wool from our sheep to create adorable owl. Class includes everything you need to get started and continue felting on your own. No previous experience necessary/youth friendly. \$20 supply fee payable to the instructor at the beginning of class.

23981	Feb 2	Sa 2p–5p	\$22.50/\$13.50
	Hayward: Farmstead Crmry/Café Laura Berlage		
23982	Mar 2	Sa 2p–5p	\$22.50/\$13.50
	Hayward: Farmstead Crmry/Café Laura Berlage		

Scrappy Birds

60-815-640

Create an adorable bird using abstract scraps of fusing glass, wire and pre-cut glass bases. This one-day class will make you look at your fusing scraps in a whole new light. \$10 material fee is due payable to the instructor. Please wear closed toe shoes and long pants.

23631	Apr 3	W 5:30p–8p	\$22.50/\$13.50
	Superior: Shannon's Stnd Glass Shannon Johnson		

Pottery: Handbuild/Throw/Wheel

60-306-685

Curious about clay? Beginner and advanced potters alike can develop hand-building, wheel-throwing and firing techniques. Learn a wide-variety of techniques and receive individual instruction as you create projects you choose. If you've always wanted to learn and experiment with pottery, this is the class for you! Material fee of \$35 is payable to instructor on the first night of class to cover the cost of clay and glaze to be used in class. The pieces you create in class will be fired and completed for you to take home.

24304	Jan 16 – Mar 20	W 4p–6p	\$94.50/\$49.50
	Webster HS Kim Kriegel		
24305	Jan 16 – Mar 20	W 6p–8p	\$94.50/\$49.50
	Webster HS Kim Kriegel		

Rosemaling/Folk Art

60-306-606

The Norwegian folk art of Rosemaling, which is decorative painting on wood or woodenware, will be taught in this course. Instruction in brush handling, application and mixing of colors, planning and painting the design will be covered.

25474*	Feb 19 – Apr 2	Tu 5p–9p	\$112.50/\$58.50
	Superior: 134 June Nyberg		
	*Class does not meet 3/19		
25475	Feb 20 – Mar 20	W 9a–3p	\$139.50/\$72
	Superior Public Library June Nyberg		
25476	Feb 21 – Mar 21	Th 9a–3p	\$139.50/\$72
	Superior Public Library June Nyberg		



Facebook:  
it's where we're at!

Like, follow us & choose to See Us First for the most up-to-date info on new classes and events!

facebook.com/WITC.ContinuingEd

Music

Five-String Banjo

60-805-605

Learn how to play banjo using the Scruggs three-finger style. Understand string and pick selection, alternate tuning, tablature and more. Beginner and intermediate students welcome. Bring your own banjo and prepare for some fun.

25463*	Jan 24 – Mar 21	Th 7p–8p	\$40.50/\$22.50
	Superior: 111 Eileen Sugars		
	*Class does not meet 2/14		
25464*	Apr 4 – May 30	Th 7p–8p	\$40.50/\$22.50
	Superior: 306 Eileen Sugars		
	*Class does not meet 4/18		

Guitar Beginning

60-805-605

Beginner and intermediate students will learn to play acoustic guitar with understanding of basic styles, beginning music theory, tablature and more. Bring your guitar and join us for some fun.

25484	Jan 22 – Mar 12	Tu 7p–8p	\$40.50/\$22.50
	Superior: 111 Steven Paplior		
25485	Mar 26 – May 14	Tu 7p–8p	\$40.50/\$22.50
	Superior: 111 Steven Paplior		

Opera as a Team Sport

60-805-605

Ever wondered about operas? These dramatic stories set to music run the gamut from slapstick comedy to bloody tragedy. In earlier centuries, opera could be considered as “lowbrow” stuff, and/or glue helping bond revolutionaries together. Discover four centuries of opera and you watch, discuss and become familiar with this historical and intriguing art from.

25233*	Jan 18 – Mar 15	F 1p–3:30p	\$67.50/\$36
	Barnes Town Hall Phyllis Karr		
	*Class meets every other Friday		

Ukulele for Beginners

60-805-605

Learn to play Ukulele with understanding of basic styles, beginning music theory, tablature and more. Beginner students welcome. Bring your own Ukulele to class or borrow from a friend. Rentals are not available through the instructor. Join us for some nights of music and fun.

25481	Jan 24 – Mar 14	Th 5:30p–6:30p	\$40.50/\$22.50
	<i>Superior: 306</i>		<i>Jane Wester</i>
25482	Apr 4 – May 23	Th 5:30p–6:30p	\$40.50/\$22.50
	<i>Superior: 306</i>		<i>Jane Wester</i>

Sew a Fidget Quilt

60-301-605

The fidget quilt was created to help with anxiety and restlessness. After a mere four hours, you will have a quilt that can help facilitate calm and less fidgeting for either yourself or a loved one. Bring your sewing machine and accessories (thread, bobbins, scissors, hand needle for attachments). \$10 fee due to the instructor at the start of the class. Bring a lunch or snacks.

25014	Apr 26	F 10a–2p	\$22.50/\$13.50
	<i>Hayward: 4</i>		<i>Anisha Woods</i>

Photography

Beginner Photography

60-203-602

Welcome to the wonderful world of photography! In this class we'll cover topics that range from getting to know your camera, photography foundation techniques, composition and the science behind the shot. Whether you are new to photography or simply need a refresher, this is the class for you!

25013	Mar 7 – Mar 28	Th 6p–8:30p	\$49.50/\$27
	<i>Ashland: 208</i>		<i>Joy Wooley</i>

Theatre

Improv 101

60-815-610

Improv is fun and has something for everyone from companies, to families, to individuals. Participate in warm-up exercises to help you let go and get your creative juices flowing. Explore and study short-and long-form improv in addition to tips from masters of improv. Your host and improv tour guide is a Second City graduate who can't wait to come out and play with you.

23962	Jan 31 – Mar 7	Th 5:30p–7:30p	\$58.50/\$31.50
	<i>Ashland: 7</i>		<i>Cynthia Gaver</i>

Sewing & Quilting

Sew a Jelly Roll Rug

60-304-615

Brighten your home with your own colorful hand-made jelly roll rug! Bring your sewing machine, pre-cut batting rolls of 50 yards of 2-1/2" wide, 4 spools of matching thread, scissors and quilting pins to class.

24899	Mar 16	Sa 9a-12p	\$22.50/\$13.50
	<i>Hayward: 7</i>		<i>Krystal Guthman</i>

Sew: Classic Diamond Table Runner

60-304-615

In this class you will make a 16"x40" classic diamond table runner in your choice of fabric. You should be able to finish the project in class, but if not, you'll leave confident that you can finish it off at home. Visit [www.witc.edu/supplies](http://www.witc.edu/supplies) for the supply list.

24900	Mar 23	Sa 9a-12p	\$22.50/\$13.50
	<i>Hayward: 7</i>		<i>Krystal Guthman</i>

Writing

Illustrated Journals

60-801-601

This workshop will help you explore ways to channel your creativity using both the right and the left sides of your brain. We will be using a variety of visuals to expand your writing to new creative dimensions. No drawing or writing experience needed.

24142	Jan 29 – Mar 5	Tu 10a-12p	\$58.50/\$31.50
	<i>Hayward: 4</i>		<i>Patricia Ginther</i>

The Relevant Personal Story

60-801-601

The relevant personal story is a powerful form of literary non-fiction that depends on the qualities of fiction (dialogue, setting, character, and plot) to create a fully rendered story, rich with subtle meaning. This six week class will take you through the writing process from concept to completed story and offer you a form that can be used for continued projects.

24505	Jan 16 – Feb 20	W 6p–8p	\$58.50/\$31.50
	<i>St. Croix Falls Library</i>		<i>Kathleen Melin</i>

Write Right Now

60-801-601

Have you ever wanted to experiment writing in different genres? This interactive course will allow you to try prompts and exercises to see where your imagination takes you. Journey into the worlds of essay, fiction, poetry, script writing and play writing. Whether you are a published author or just want to start writing, this is your course!

23964 Mar 12 – Apr 16 Tu 5:30p–7:30p \$58.50/\$31.50  
Ashland: 204 Cynthia Gaver

Writing Your Life Story

60-801-601

Develop effective and concise writing styles and techniques as you write about the different stages of your life. You will have the opportunity to share your memorable stories in class and with loved ones.

24157 Jan 24 – Mar 7 Th 5:30p–7:30p \$67.50/\$36  
Superior: 134 Mary Beth Frost

24141 Jan 29 – Mar 5 Tu 1p–3p \$58.50/\$31.50  
Hayward: 4 Patricia Ginther

23956 Apr 1 – May 13 M 9:30a–11:30a \$67.50/\$36  
Rice Lake: 221 Patricia Brewer

Movies as Storytelling

60-801-600

Explore the art of story and how it is utilized in movies from 1939-1970. Examples shown will include: silent and talkies, black & white and technicolor. You will leave with a better understanding of storylines and how movies have affected print fiction.

25217\* Jan 25 – Mar 22 F 1p–3:30p \$67.50/\$36  
Barnes Town Hall Phyllis Karr  
\*Class meets every other Friday

COMPUTERS & TECHNOLOGY

Computers & Technology

Web Conferencing for Small Business

47-107-414

Explore how to utilize the flexible, effective and free web-conference tools, including Skype, for your business meetings. Practice using instant messag-

ing, audio and video features, sending files and more. Plus, learn to schedule meetings and poll participants. There's so many free features to help your business and employees be more efficient and save travel expenses.

NOTE: For all sections course fee is \$17.92/\$4.50

Apr 11 / Th 6p–9p

24968 ITV: Balsam Lake Adam Nelson

24969 ITV: Superior Adam Nelson

24970 ITV: Hayward Adam Nelson

Apr 25 / Th 5p–8p

24965 ITV: Ashland Melissa Weber

24966 ITV: Superior Melissa Weber

24967 ITV: Rice Lake Melissa Weber

Web Design 101

47-107-414

Care to dabble in web design? Don't be afraid to try! Learn the fundamentals of web design. Plan the content, structure and layout of your website. Discover web-based software options for creating and hosting a site.

24962 Apr 9 – Apr 16 Tu 6p–8p \$25/\$11.58  
Balsam Lake: 102 Adam Nelson

24963 Apr 9 – Apr 16 Tu 5:30p–7:30p \$25/\$11.58  
Rice Lake: 160 Abigail Holman

Beginner Computers for Seniors

42-107-413

Learn the basics needed to get started using personal computers. Develop skills in the use of the computer including mouse, keyboard and terminology. As a new user of personal computers, you will be introduced to word processing, the Internet, Windows and various types of computers and components.

24922 Jan 25 – Feb 15 F 1p–4p \$44.76/\$4.50  
Ashland: 207 Melissa Weber

24925 Jan 25 – Feb 15 F 1p–4p \$44.76/\$4.50  
New Richmond: 1321 Tina Nygren

24926 Jan 25 – Feb 15 F 1p–4p \$44.76/\$4.50  
Hayward: 5 Patti Rumler

24924 Jan 29 – Mar 5 Tu 1p–3p \$44.76/\$4.50  
Superior: Senior Citizen Ctr Barbara Williams

24927 Feb 5 – Mar 5 Tu 6p–8:30p \$51.47/\$4.50  
Balsam Lake: 102 Adam Nelson

24923 Feb 12 – Mar 5 Tu 4p–7p \$44.76/\$4.50  
Rice Lake: 207 Sarah LaRose

Computers: Absolute Beginners I

42-107-413

Learn the basics needed to get started using personal computers. Develop skills in the use of the computer including mouse, keyboard and terminology. As a



new user of personal computers, you will be introduced to word processing, the Internet, Windows and various types of computers and components.

**25585** Feb 7 – Mar 7 Th 6p–8p \$38.05/\$4.50  
*Amery Intermediate Sch Adam Nelson*

## Computer Maintenance & Safety

60-107-602

Discover how to keep your computer, family, and checkbook safe online. Topics include: antivirus protection, spyware cleanup, ransomware and cryptomining and the ever-so-common email attacks such as spam and phishing.

**25427** May 14 – May 21 Tu 5:30p–7:30p \$22.50/\$13.50  
*Ashland: 208A Taylor Foley*

## Connect with Facebook & Instagram

60-107-602

This course is designed to introduce the unique features of Facebook and Instagram. Learn all about the how to post, #hashtag, share, and stay connected in this constantly evolving technical world. The instructor will provide hands-on guidance as you explore and learn all about these social media platforms.

**24935** Feb 26 Tu 5p–8p \$22.50/\$13.50  
*Ashland: TBD Melissa Weber*

**24936** Feb 26 Tu 5p–8p \$22.50/\$13.50  
*Superior: 304 Venessa Osborne*

**24939** Feb 26 Tu 5p–8p \$22.50/\$13.50  
*Hayward HS Allison Rucinski*

**24937** Feb 27 W 5p–8p \$22.50/\$13.50  
*Rice Lake: 207 Abigail Holman*

**24940** Feb 27 W 5p–8p \$22.50/\$13.50  
*WITC-Shell Lake Allison Rucinski*

**24938** Mar 1 F 12p–3p \$22.50/\$13.50  
*New Richmond: 1309 Tina Nygren*

## Free Cloud Computing w/Google

60-107-602

Discover the hidden potential in your Google account! Explore Google Docs, Sheets, and Slides including how to save files, sync between devices and more, making your life easier and more productive! Prerequisite: Set up a Google account before class.

NOTE: For all sections course fee is \$31.50/\$18

**Apr 2 – Apr 9 / TuTh 5p–7p**

**24959** *ITV: Ashland Melissa Weber*

**24960** *ITV: Superior Melissa Weber*

**24961** *ITV: New Richmond Melissa Weber*

## Intro to Androids

60-107-602

Learn to use your Android smartphone or tablet, including its' capabilities and limitations. Interact

with your device, navigate trips, capture photos, check the weather, receive your email and gain basic troubleshooting tips for when something goes awry. Please bring your Android device and charger to class and make sure that the device is updated to the latest operating system.

**24119** Jan 7 – Jan 9 MW 1p–3p \$22.50/\$13.50  
*Siren: Professional Tutor Sara Reimann*

**24957** Mar 26 Tu 5p–8p \$22.50/\$13.50  
*Ashland: 208A Melissa Weber*

**24958** Mar 26 Tu 6p–9p \$22.50/\$13.50  
*Balsam Lake: 102 Adam Nelson*

## Intro to iPhone/iPad

60-107-602

Learn to use Apple's iDevices including: iPad, iPhone and iPod Touch. Interact with your device, access different features, set up and manage your account and access the Internet. Understand the capabilities and limitations of your iDevice and why it may or may not replace your computer. Gain basic troubleshooting tips for when something goes awry. Prerequisite: update your iDevice with the latest iOS software.

**24120** Jan 14 – Jan 16 MW 1p–3p \$22.50/\$13.50  
*Siren: Professional Tutor Sara Reimann*



## Ministry WITH DEMENTIA

*How faith leaders can support those with dementia*

**bit.ly/witcCEvents**

iPad: Basics & Beyond

60-107-602

Are you a new or experienced iPad user? Explore the iPad's best features such as email, calendar/appointments, some of the best free apps and more. Bring your iPad and charger to class and be sure your email account is set up on your iPad.

24953	Mar 12 – Mar 14	TuTh 5p–8p	\$31.50/\$18
	Ashland: TBD		Melissa Weber
24954	Mar 22	F 9a–3:30p	\$45/\$22.50
	Superior: 304		Venessa Osborne
24955	Mar 22	F 9a–3:30p	\$45/\$22.50
	Hayward: 5		Patti Rumler

iPhone Features & Tips

60-107-602

Your iPhone is an amazing versatile device that can help you navigate trips, check the weather, receive your email and so much more. In this class you will learn about the most commonly used iPhone features, investigate a few new helpful apps and gain basic troubleshooting tips for when something goes awry. Bring your iPhone and charger to class and make sure that the phone is updated to the latest iOS.

24948	Mar 15	F 9a-12p	\$22.50/\$13.50
	Superior: 300		Venessa Osborne
24949	Mar 15	F 9a-12p	\$22.50/\$13.50
	Hayward: 5		Patti Rumler

iPhone/iPad in Depth

60-107-602

Dig deeper in to the capabilities of your iDevice. Discover the many applications available and how to install them. Learn how to send email, use the camera and share photos. Understand Cloud storage, security and how to sync files between your mobile device and computer. Prerequisite: update your iDevice with the latest iOS software.

24121	Jan 21 – Jan 23	MW 1p–3p	\$22.50/\$13.50
	Siren: Professional Tutor		Sara Reimann

Mac for Beginners

60-107-602

Learn all the skills necessary to use Mac computers comfortably. We'll cover hardware along with an introduction to computers, networks, and peripherals such as printers, Bluetooth devices and more. Basic procedures with software applications, the internet and email will also be included. Please bring your Mac laptop to class and make sure it has been updated to the most recent operating system.

24972	Mar 29 – Apr 5	F 12p–3p	\$31.50/\$18
	Siren: Professional Tutor		Sara Reimann
24971	Apr 5 – Apr 12	F 12p–3p	\$31.50/\$18
	Hayward: 5		Troy Morgan

24973	Apr 23 – Apr 25	TuTh 5:30p–8:30p	\$31.50/\$18
	WITC-Shell Lake		Abigail Holman

24974	Apr 30 – May 2	TuTh 5:30p–8:30p	\$31.50/\$18
	Rice Lake: 160		Abigail Holman

Great Presentations: Beginner

47-103-422

Want to capture your audience's attention and keep it? This class will cover the basics for creating presentations using PowerPoint, Sway and Prezi. Learn the basics for setting up and presenting your information. Prerequisite: Computer and word processing skills.

25584	May 9 – May 16	TuTh 6p–8p	\$24.63/\$4.50
	Amery Intermediate Sch		Adam Nelson

Using Google

60-107-602

Explore all that Google has to offer: Gmail, Chrome, Maps, Drive, Spreadsheets, YouTube, Calendar...and much more! With Google, you can upload and store all of your files online, share these files with others and access them from any computer, smartphone, or tablet. You can also quickly and easily get answers on your smartphone or computer. Please bring your laptop or device to class.

24116	Feb 5 – Feb 12	Tu 1p–3p	\$22.50/\$13.50
	Siren: Professional Tutor		Sara Reimann

Microsoft Excel Beginning

47-103-401

You will be amazed at what Excel can do for you! Understand the basics of navigating through the cells, formatting and setting up a spreadsheet for maximum efficiency. You will see how easy it is to have your numbers calculated for you in just seconds and how to sort through long, ponderous lists with ease. Prerequisite: Basic computer skills.

25581	Mar 28 – Apr 4	TuTh 6p–8p	\$24.63/\$4.50
	Amery Intermediate Sch		Adam Nelson

Microsoft Excel: Intermediate

47-103-401

Are you ready for the next level of Excel? Dig into advanced functions and formulas including date and finance functions. Explore how to customize charts, briefly explore pivot tables, create customized formatting and protect your workbooks, worksheets or cells. Work with multiple workbooks and named ranges. Prerequisites: Beginning Excel or equivalent skills including how to create, open, save, format and print a worksheet and use formulas.

25582	Apr 23 – Apr 25	TuWTh 6p–8p	\$24.63/\$4.50
	Amery Intermediate Sch		Adam Nelson

**Excel: Maximize with Macros**

47-103-401

Come learn how to save yourself hours or even days worth of time by developing some simple macros in your daily Excel spreadsheets to complete steps for you. Increase your productivity while decreasing your work-time and frustration. Your instructor will guide you through basic macro development and answer questions that could lead you further into the process.

NOTE: For all sections course fee is \$17.92/\$4.50

**Apr 26 / F 12p–3:30p**24975 *ITV: Superior* *Barbara Williams*24976 *ITV: Ashland* *Barbara Williams*24977 *ITV: Hayward* *Barbara Williams***Apr 30 – May 2 / TuTh 6p–8p**24978 *ITV: Balsam Lake* *Adam Nelson*24979 *ITV: Rice Lake* *Adam Nelson*24980 *ITV: New Richmond* *Adam Nelson***Excel: Pivot Table & Embed Link**

47-103-401

Are you looking for easier ways to sort, view and manipulate the data in your Excel worksheets? In this class you will practice using Pivot Tables to graphically summarize complicated data and leave with tools that will ease your workload back on the job.

24981 *Apr 5 F 12p–3p \$17.92/\$4.50*  
*Superior: 304 Barbara Williams***OneDrive and Free Microsoft Apps**

47-103-410

Did someone say free? Discover which Microsoft Office online apps are free to use on your various devices. Select from Word, Excel, PowerPoint, OneNote, Calendar and more. Learn how to save and share your documents from these apps with OneDrive.

NOTE: For all sections course fee is \$25/\$11.58

**Mar 1 / F 12p–3:30p**24941 *ITV: Superior* *Barbara Williams*24942 *ITV: Rice Lake* *Barbara Williams*24943 *ITV: Hayward* *Barbara Williams*24944 *ITV: Shell Lake* *Barbara Williams***Mar 5 – Mar 7 / TuTh 5p–7p**24945 *ITV: Ashland* *Melissa Weber*24946 *ITV: New Richmond* *Melissa Weber***What's New in Windows 10**

47-103-409

Learn the essential components of Windows 10. Become familiar with how to customize the Start Menu and work with the mouse, touchscreen, and key-

board. Explore Apps, create and modify user account settings, and understand file storage including photo management. Bring a laptop if you have one.

24930 *Feb 14 – Feb 21 Th 5p–7p \$25/\$11.58*  
*Rice Lake: 209 Sarah LaRose*24931 *Feb 15 F 11a–3p \$25/\$11.58*  
*New Richmond: 1309 Tina Nygren*24932 *Feb 18 – Feb 20 MW 4p–6p \$25/\$11.58*  
*Hayward HS Patti Rumler*24933 *Feb 18 – Feb 20 MW 5p–7p \$25/\$11.58*  
*WITC-Shell Lake Allison Rucinski*24928 *Feb 19 – Feb 21 TuTh 5p–7p \$25/\$11.58*  
*Ashland: TBD Melissa Weber*24929 *Feb 19 – Feb 21 TuTh 4p–6p \$25/\$11.58*  
*Superior: 304 Amy Pozniak***Microsoft Word: Beginning**

47-103-438

Maximize the power of Microsoft Word. Learn word processing basics and tips to create, edit and format documents; understand files and folders; check spelling and grammar; change font and font size; create tables, tabs, envelopes, labels, borders and shading and much more. Prerequisite: basic computer and keyboarding skills.

25583 *Mar 19 – Mar 21 TuTh 6p–8p \$24.63/\$4.50*  
*Amery Intermediate Sch Adam Nelson*

**Administrative  
Professional Day**  
SUPERIOR | RICE LAKE

Wednesday, April 24

**[bit.ly/witcCEvents](https://bit.ly/witcCEvents)**

QuickBooks

47-103-439

Learn the essentials of QuickBooks desktop accounting software. From bookkeeping and billing to payments and payroll, you can access data securely, understand how to sync it across devices, create invoices and track sales. Basic computer skills required. Lunch is included.

24964	Apr 5	F 9a-4p	\$39/\$12.16
	New Richmond: 1309		Charity Williams

Social Media for Business

47-107-491

Want to market your business on social media but don't know where to start? Discover various platforms and how to determine which is best, understand what content gets engagement, discuss image creation tools and learn how to schedule your post in advance. Basic computer skills are required.

24982	May 7	Tu 5:30p-8:30p	\$25/\$11.58
	WITC-Shell Lake		Abigail Holman
24983	May 7	Tu 5:30p-8:30p	\$25/\$11.58
	Rice Lake: 207		Abigail Holman
24985	May 7	Tu 5:30p-8:30p	\$25/\$11.58
	Ashland: 206		Taylor Foley
24987	May 7	Tu 6p-9p	\$25/\$11.58
	Balsam Lake: 102		Adam Nelson

DIY

Automotive

Basic Auto Transmissions

47-404-411

Learn or refresh your skills working with transmissions. Explore manual and automatic transmissions, drive shafts, differentials and drive axles. Work directly with four-wheel-drive systems and drivetrain electrical systems. Please note: this is not a beginner course as some automotive knowledge is necessary.

25473*	Feb 1 - Mar 29	F 9a-12p	\$95/\$14.48
	Superior: 117		James Beauto
	*Class does not meet 3/15		

Auto Mechanics for Mechanics

47-404-411

Learn component identification, basic tune-up, oil change, fuel systems, basic electrical system trou-

bleshooting, tires and suspension and drive line maintenance. Plan to work on your own vehicle in coordination with instructor.

25168*	Mar 15 - May 10	F 1p-4p	\$91.02/\$10.50
	Superior: 117		Terrance Tucker
	*Class does not meet 4/19		

Outboard Motor Servicing

47-461-411

Learn how to maintain and repair your outboard motor with personalized instruction. Limited space is available for outboard powered boats under 18'. Please bring your outboard motor, basic hand tools and safety glasses. Please note: no sterndrive powered boats.

25169	Mar 27 - Apr 24	W 5p-8p	\$62.08/\$8.40
	Ashland: 120		Todd Larson

Lawn & Garden Equipment Clinic

47-461-401

Learn to properly maintain your lawn and garden equipment through hands-on experience. Bring your lawn tractor, mower, tiller, snow blower, etc. Receive classroom training along with time to work on your equipment. Learn to check the battery, change oil, sharpen blades, properly clean carburetor, perform a tune-up, change spark plugs and do a compression test. For seasonal storage you will treat/stabilize fuel, discuss fuel treatments, fog engine, clean exterior and discuss proper storage and covering tips.

25171	Apr 8 - Apr 15	M 5:30p-9:30p	\$49/\$22.16
	New Richmond: 1211		David Brown

Machine Shop

Machine Tool Operation

47-420-455

Gain the basic skills necessary to safely operate machine tool equipment at the beginning and intermediate levels. Through group lecture and demonstrations, learn safety, set ups, proper feeds, and speeds of machine tool equipment. An advanced lab opportunity is available for students demonstrating competency in safe operation of machines. You may be approved to work independently on selected vocational objectives with assistance from your instructor. Safety glasses required; work boots and ear protection recommended.

25161	Jan 23 - Apr 10	W 6p-9p	\$155.43/\$34.65
	Superior: 119		Steven Merling
25162	Jan 24 - Apr 11	Th 6p-9p	\$155.43/\$34.65
	Superior: 119		Steven Merling
25163	Jan 25 - Mar 22	F 5:30p-9:30p	\$155.43/\$34.65
	Ashland: 119		David Olson

## Welding & Woodworking

### Welding

47-442-406

Learn oxy-fuel, shielded metal arc, gas metal arc and gas tungsten arc welding processes. This course is designed for beginner or intermediate students who wish to advance their present skills. Individual projects need prior approval from instructor. Please bring a notebook, pliers, safety glasses, work boots, goggles and welding helmet to class. This course meets the 30- hour requirement for apprentices. Please wear hair tied back if applicable, leather work boots, no loose clothing; bring safety glasses and welding helmet and jacket. Leather, 100% cotton, or wool clothing preferred.

25165	Jan 25 – Mar 29	F 6p–9p	\$142.65/\$42
	Superior: 128		Paul Renman
25164*	Jan 30 – Apr 10	W 6p–9p	\$142.65/\$42
	Ashland: 118		Matthew Tetzner
	*Class does not meet 3/27		
25173	Feb 1 – Mar 22	F 4p–8p	\$152.16/\$44.80
	New Richmond: 1209		William Stacken
25166	Feb 15 – Apr 5	F 4p–8p	\$152.16/\$44.80
	Rice Lake: 189		Ric Eckstein
25563*	Mar 7 – May 16	Th 5:30p–8:30p	\$142.65/\$42
	Spooner HS		Samuel Woods
	*Class does not meet 4/18		

### Artistic Welding

60-442-600

Do you have little or no experience with welding? Explore welding in a safe environment with a focus on its artistic possibilities. Collaborative and individual projects are encouraged. Please wear hair tied back if applicable, leather work boots, no loose clothing; bring safety glasses and welding helmet and jacket. Leather, 100% cotton, or wool clothing preferred.

25172	Jan 11 – Jan 25	F 4p–8p	\$70.80/\$43.80
	New Richmond: 1209		Casey Wagner
25167	Mar 16	Sa 9a–3p	\$35.40/\$21.90
	Rice Lake: 189		Ric Eckstein
	*Project: choice between 2 customized wall hangings		
25566*	Apr 9 – May 7	Tu 5:30p–8:30p	\$70.80/\$43.80
	Spooner HS		Samuel Woods
	*Class does not meet 4/16		

### Beginning Metal Sculpture

60-442-600

Metal sculpture is easier than you may think; found objects and scrap metal will set your imagination afire! Learn various ways to cut, form and connect objects into satisfying, unique pieces that will enhance your garden, home and business. No metal-working or art experience is necessary - just a desire

to create. Your instructor will discuss required supplies during the first class. Please wear hair tied back if applicable, leather work boots, no loose clothing; bring safety glasses and welding helmet and jacket. Leather, 100% cotton, or wool clothing preferred.

25170 Feb 11 – Mar 18 M 5:30p–8:30p \$106.20/\$65.70  
Ashland: 118 Barbara Bayuk

### Furniture Restyling

60-409-601

Breathe new life into your garage sale find or Grandma's old cast off. Bring a small piece of furniture like a nightstand, chair, small side table or large decorative frame to restyle. You'll cover applications, wax application, distressing and antiquing skills. In addition to your piece of furniture, bring a blow dryer and a \$10 supply fee payable to the instructor.

24165 Feb 23 Sa 10a–3p \$31.50/\$18  
Superior: 136 Molly Martens



## Final Affairs CONFERENCE

March 23 | WITC-New Richmond

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# HEALTHY LIVING

## Health & Wellness

### Natural Deodorant and Oils

60-815-640

Learn how to make your own deodorant, infused oil salve and essential oil roller ball with safe and natural ingredients. \$12 supply fee is due payable to the instructor at the beginning of class.

24354 Mar 13 W 5:30p-7:30p \$13.50/\$9  
WITC-Ladysmith Tammy Michelson

### Energy Healing

60-560-610

We are seeing more and more of the blending of Western and Eastern medicines; energy healing is an example of this. Explore the art of energy healing, including definition, how it works and making it work for you in a personal or a professional fashion. Learn how to unblock yourself, feel yourself become lighter, release tension and become more balanced so you can walk within truth.

25208 Feb 11 – Feb 18 M 7p-8:30p \$22.50/\$13.50  
New Richmond: 1201 Julie Buckman

### Essential Oils for Daily Life

60-560-610

Essential oil therapy has become an integral part of many healing institutions, clinics, hospitals, and wellness practices and with the increasing popularity of essential oil therapy comes a need for education! Learn about common essential oils used in everyday life in addition to the benefits of essential oils, where they come from and how to use them properly. You will leave armed with valuable information to help you make wise and informed choices about the use of essential oil therapy.

NOTE: For all sections course fee is \$22.50/\$13.50

Jan 29 / Tu 5:30p-8p

24407	ITV: Superior	Beth Lindberg
24408	ITV: Rice Lake	Beth Lindberg
24409	ITV: New Richmond	Beth Lindberg
24410	ITV: Ashland	Beth Lindberg
24411	ITV: Hayward	Beth Lindberg



## Happy Spring (Roll!)

April 13 | Superior  
Pg. 18

### Essential Oils/Mood Management

60-560-610

Emotional and mental wellness is an important component of overall health. In this course you will learn to use essential oils to support mental wellness, including managing moods and emotions. Explore ways you can use oils to manage your emotional state, including both mental and physical components.

NOTE: For all sections course fee is \$22.50/\$13.50

Feb 19 / Tu 5:30p-8p

24417	ITV: Superior	Beth Lindberg
24418	ITV: Rice Lake	Beth Lindberg
24419	ITV: New Richmond	Beth Lindberg
24420	ITV: Ashland	Beth Lindberg
24421	ITV: Hayward	Beth Lindberg

### Goodbye Toxic Connections

60-560-610

We've all had negative experiences with others. How do you get rid of the feeling left behind from someone you chatted with? Learn techniques you can use to protect yourself from this unsettling feeling.

25209 Feb 25 M 7p-8:30p \$13.50/\$9  
New Richmond: 1201 Julie Buckman

## Homemade Herbal Remedies

60-560-610

Discover homemade herbal remedies to help keep the cold/flu season at bay. Create both an elderberry syrup and a tonic known as fire cider. Bring a pint and quart jar. \$15 supply fee is due to the instructor.

24355 Feb 20 W 5:30p–7:30p \$13.50/\$9  
WITC-Ladysmith Tammy Michelson

## My Gut Aches!

60-560-610

Digestive system disorders are on the rise today. Explore how to choose foods, supplements and herbal remedies to promote health for the stomach and intestines. Learn from an experienced clinician, Naturopath and Master Herbalist in this helpful session.

NOTE: For all sections course fee is \$22.50/\$13.50

Apr 24 / W 5p–7:30p

24395	ITV: Rice Lake	Gigi Stafne
24396	ITV: New Richmond	Gigi Stafne
24397	ITV: Superior	Gigi Stafne
24398	ITV: Ashland	Gigi Stafne

## Natural Skin Care

60-560-610

Your skin is one of the main elimination channels of the body, but it sure has to weather a lot! Learn natural and botanical methods to support the skin inside and out. By the end of class you'll have more than a dozen ideas to improve your skin health!

NOTE: For all sections course fee is \$22.50/\$13.50

May 1 / W 5p–7:30p

24399	ITV: Rice Lake	Gigi Stafne
24400	ITV: New Richmond	Gigi Stafne
24401	ITV: Superior	Gigi Stafne
24402	ITV: Ashland	Gigi Stafne

## Nourishing the Nerves

60-560-610

The Nervous System needs extra nourishment by the time winter wanes and early spring arrives. Foods, herbs and other naturopathic supports can help. Join Naturopath and Botanical Medicine Clinician Gigi Stafne for this session filled with super ideas for yourself, family patients or clients.

NOTE: For all sections course fee is \$22.50/\$13.50

Apr 3 / W 5p–7:30p

24381	ITV: Rice Lake	Gigi Stafne
24383	ITV: New Richmond	Gigi Stafne
24385	ITV: Superior	Gigi Stafne
24386	ITV: Ashland	Gigi Stafne

## Spring into Health

60-560-610

Get a head start! It has been a long winter and your body will benefit from healthful herbs, foods, juicing and gentle detoxification. Learn how to create an Optimal Spring Health Plan for yourself in this lively session. Herbal formula detox guide included!

NOTE: For all sections course fee is \$22.50/\$13.50

Apr 10 / W 5p–7:30p

24387	ITV: Rice Lake	Gigi Stafne
24388	ITV: New Richmond	Gigi Stafne
24389	ITV: Superior	Gigi Stafne
24390	ITV: Ashland	Gigi Stafne

## Those Aching Joints!

60-560-610

Feeling stiff, sore, achy? Dietary, health, environmental and genetic factors can build up to rheumatism, arthritis and lack of mobility. Learn about herbs and foods to support a more fluid body. Start feeling better sooner rather than later!

NOTE: For all sections course fee is \$22.50/\$13.50

Apr 17 / W 5p–7:30p

24391	ITV: Rice Lake	Gigi Stafne
24392	ITV: New Richmond	Gigi Stafne
24393	ITV: Superior	Gigi Stafne
24394	ITV: Ashland	Gigi Stafne

## Way to Be: Toxin Free

60-560-610

Every day, you are exposed to a multitude of environmental toxins that can wreak havoc on your health and well-being. A large number of these toxins come from foods and personal care/cleaning products. In this class, you will learn about harmful environmental chemicals and will learn how to incorporate essential oils and other natural substances for a healthier lifestyle that reduces the toxin load on the body. Emphasis will be placed on the role of diet, nutrition, environment and the incorporation of pure essential oils.

NOTE: For all sections course fee is \$22.50/\$13.50

Apr 2 / Tu 5:30p–8p

24422	ITV: Superior	Beth Lindberg
24423	ITV: Rice Lake	Beth Lindberg
24424	ITV: New Richmond	Beth Lindberg
24425	ITV: Ashland	Beth Lindberg
24426	ITV: Hayward	Beth Lindberg

## Sports & Fitness

### Old Time Group Dancing

60-807-630

Kick up your heels, relax and get some exercise with old-time group dancing. Dances are thoroughly taught and no experience is necessary. Learn reels, circle mixers, square dances, contias and waltzes.

**24093** Jan 30 – Mar 6 W 3:30p–5:30p \$58.50/\$31.50  
Cornucopia Community Ctr Donnan Christensen

### Total Body Strength

60-807-607

This is a total body workout. Work both large and small muscle groups in addition to focusing on balance and core. Many of the exercises will be body weight exercises. Great for all levels!

<b>24167</b>	Jan 10 – Feb 14	Th 12:30p–1:15p	\$31.50/\$18
	Hayward Senior Ctr	Jodi Olney	
<b>24171</b>	Feb 4 – Mar 11	M 9a–9:45a	\$31.50/\$18
	Hayward Senior Ctr	Jodi Olney	
<b>24168</b>	Feb 21 – Mar 28	Th 12:30p–1:15p	\$31.50/\$18
	Hayward Senior Ctr	Jodi Olney	
<b>24172</b>	Mar 18 – Apr 22	M 9a–9:45a	\$31.50/\$18
	Hayward Senior Ctr	Jodi Olney	
<b>24169</b>	Apr 4 – May 9	Th 12:30p–1:15p	\$31.50/\$18
	Hayward Senior Ctr	Jodi Olney	
<b>24173</b>	Apr 29 – Jun 10	M 9a–9:45a	\$31.50/\$18
	Hayward Senior Ctr	Jodi Olney	
<b>24170</b>	May 16 – Jun 20	Th 12:30p–1:15p	\$31.50/\$18
	Hayward Senior Ctr	Jodi Olney	

### Weight Training For Beginners

60-807-607

Weight training is great for building strength and for developing and maintaining muscle tone. Learn how to use weights and machines properly and discover the joy of becoming stronger at any age. This class is intended for individuals with little or no experience using weight training equipment. Please consult with your physician before participating.

<b>25068</b>	Jan 22 – Feb 26	Tu 10:15a–11:15a	\$31.50/\$18
	Hayward: Northwoods Fitness Ctr	Rolfe Hanson	
<b>25069</b>	Mar 12 – Apr 16	Tu 10:15a–11:15a	\$31.50/\$18
	Hayward: Northwoods Fitness Ctr	Rolfe Hanson	
<b>25070</b>	Apr 30 – Jun 4	Tu 10:15a–11:15a	\$31.50/\$18
	Hayward: Northwoods Fitness Ctr	Rolfe Hanson	

### Tai Chi

60-807-640

Tai Chi is a great way to improve balance and coordination, strength and vitality, and to rehabilitate and regain lost conditioning. Discover how simple movement and breathing techniques can enhance your

overall health by releasing toxins and bringing more oxygen to your cells. This course is open to people of all ages. Class location and time subject to change.

<b>24149</b>	Jan 14 – Mar 18	M 5:15p–6:15p	\$49.50/\$27
	Superior: Bergquist Chiropractic	Thomas Ross	
<b>24151</b>	Jan 16 – Mar 20	W 10a–11a	\$49.50/\$27
	Superior: Ctry Peace Pres Church	Thomas Ross	
<b>24152</b>	Apr 1 – May 20	M 5:15p–6:15p	\$40.50/\$22.50
	Superior: Bergquist Chiropractic	Thomas Ross	
<b>24153</b>	Apr 3 – May 22	W 10a–11a	\$40.50/\$22.50
	Superior: Ctry Peace Pres Church	Thomas Ross	

### Gentle Yoga

60-807-628

Gentle yoga focuses on developing balance, flexibility and strength for body, mind and spirit through mindful movement and breathing. Yoga will help you open the spine, release tension, strengthen your immune system and provide strengthening and stretching for all major muscle groups. Calm your mind with relaxation, centering and meditation. This class is suitable for beginning students and students seeking gentle movement. Please bring a mat, a blanket and a towel. As with any new exercise program, please check with your physician.

<b>25022</b>	Jan 9 – Feb 27	W 1:30p–3p	\$58.50/\$31.50
	Hayward: Northwoods Fitness Ctr	Joan Shumway	
<b>25028*</b>	Mar 13 – May 8	W 1:30p–3p	\$58.50/\$31.50
	Hayward: Northwoods Fitness Ctr	Joan Shumway	

\*Class does not meet on 4/10

### Hatha Yoga

60-807-628

Hatha Yoga is a very gentle style of yoga that combines stretching, breathwork and meditation to connect you to all parts of yourself. A few of the many benefits include improved flexibility, mobility, strength, circulation, relaxation, balance and energy. Yoga helps to bring awareness and trust to your body, calmness to your mind and joy to your spirit. Please bring your own mat, a blanket, two yoga blocks and a 6-8 foot strap. As always, please check with your physician before starting this or any other exercise class.

<b>24528</b>	Jan 7 – Feb 11	M 9a–10a	\$31.50/\$18
	Round Lake Fire Dept	Mary Jo Jirik	
<b>25036</b>	Jan 7 – Feb 25	M 1:30p–3p	\$58.50/\$31.50
	Cable Nat Hist Museum	Joan Shumway	
<b>24492</b>	Jan 8 – Feb 12	Tu 8:30a–9:30a	\$31.50/\$18
	Hayward Senior Ctr	Mary Jo Jirik	
<b>24493</b>	Jan 8 – Feb 12	Tu 4:30p–5:30p	\$31.50/\$18
	Hayward Senior Ctr	Mary Jo Jirik	
<b>25034*</b>	Jan 8 – Feb 26	Tu 1:30p–3p	\$58.50/\$31.50
	Barnes Town Hall	Joan Shumway	
	*Class does not meet on 1/22		
<b>24530</b>	Jan 9 – Feb 13	W 9a–10a	\$31.50/\$18
	Round Lake Fire Dept	Mary Jo Jirik	

24494	Jan 10 – Feb 14	Th 8:30a–9:30a	\$31.50/\$18
	Hayward Senior Ctr		Mary Jo Jirik
24495	Jan 10 – Feb 14	Th 10a-11a	\$31.50/\$18
	Hayward Senior Ctr		Mary Jo Jirik
25029	Jan 15 – Feb 26	Tu 11a-12:30p	\$58.50/\$31.50
	Drummond Civic Ctr		Joan Shumway
24531	Feb 25 – Apr 1	M 9a-10a	\$31.50/\$18
	Round Lake Fire Dept		Mary Jo Jirik
24496	Feb 26 – Apr 2	Tu 8:30a–9:30a	\$31.50/\$18
	Hayward Senior Ctr		Mary Jo Jirik
24497	Feb 26 – Apr 2	Tu 4:30p–5:30p	\$31.50/\$18
	Hayward Senior Ctr		Mary Jo Jirik
24532	Feb 27 – Apr 3	W 9a-10a	\$31.50/\$18
	Round Lake Fire Dept		Mary Jo Jirik
24498	Feb 28 – Apr 4	Th 8:30a–9:30a	\$31.50/\$18
	Hayward Senior Ctr		Mary Jo Jirik
24499	Feb 28 – Apr 4	Th 10a-11a	\$31.50/\$18
	Hayward Senior Ctr		Mary Jo Jirik
25037*	Mar 11 – May 6	M 1:30p–3p	\$58.50/\$31.50
	Cable Nat Hist Museum		Joan Shumway
	*Class does not meet on 4/8		
25031*	Mar 12 – May 7	Tu 11a-12:30p	\$58.50/\$31.50
	Drummond Civic Ctr		Joan Shumway
	*Class dos not meet on 4/9		
25035*	Mar 12 – May 7	Tu 1:30p–3p	\$58.50/\$31.50
	Barnes Town Hall		Joan Shumway
	*Class does not meet on 3/19 or 4/9		
24533	Apr 15 – May 20	M 9a-10a	\$31.50/\$18
	Round Lake Fire Dept		Mary Jo Jirik
24500	Apr 16 – May 21	Tu 8:30a–9:30a	\$31.50/\$18
	Hayward Senior Ctr		Mary Jo Jirik
24501	Apr 16 – May 21	Tu 4:30p–5:30p	\$31.50/\$18
	Hayward Senior Ctr		Mary Jo Jirik
24534	Apr 17 – May 22	W 9a-10a	\$31.50/\$18
	Round Lake Fire Dept		Mary Jo Jirik
24502	Apr 18 – May 23	Th 8:30a–9:30a	\$31.50/\$18
	Hayward Senior Ctr		Mary Jo Jirik
24503	Apr 18 – May 23	Th 10a-11a	\$31.50/\$18
	Hayward Senior Ctr		Mary Jo Jirik

## Water Aerobics

60-807-606

You'll feel and see the results of this class: it includes a fun regiment of stretching, cardio, and core strengthening. Weight-resistance training from foam bar bells and noodles helps tone your arms, legs and abdominals. All skill levels are welcome; buoyancy allows for low impact on your body.

26246	Jan 21 – Feb 27	MW 8:30-9:30a	\$58.50/\$31.50
	Luck Country Inn Pool		Janet Erickson
26247	Jan 21 – Feb 27	MW 9:30-10:30a	\$58.50/\$31.50
	Luck Country Inn Pool		Janet Erickson
26248	Jan 22 – Feb 28	TuTh 8:30-9:30a	\$58.50/\$31.50
	Luck Country Inn Pool		Janet Erickson
26249	Jan 22 – Feb 28	TuTh 9:30-10:30a	\$58.50/\$31.50
	Luck Country Inn Pool		Janet Erickson
26276	Jan 25 – Mar 1	F 8:30-9:30a	\$31.50/\$18
	Luck Country Inn Pool		Kelley St. Croix-Bush
26250	Mar 11 – Apr 17	MW 8:30-9:30a	\$58.50/\$31.50
	Luck Country Inn Pool		Janet Erickson
26252	Mar 11 – Apr 17	MW 9:30-10:30a	\$58.50/\$31.50
	Luck Country Inn Pool		Janet Erickson
26253	Mar 12 – Apr 18	TuTh 8:30-9:30a	\$58.50/\$31.50
	Luck Country Inn Pool		Janet Erickson
26255	Mar 12 – Apr 18	TuTh 9:30-10:30a	\$58.50/\$31.50
	Luck Country Inn Pool		Janet Erickson
26277*	Mar 15 – Apr 26	F 8:30-9:30a	\$31.50/\$18
	Luck Country Inn Pool		Kelley St. Croix-Bush
	*Class does not meet Apr 19		
26256*	Apr 29 – Jun 10	MW 8:30-9:30a	\$58.50/\$31.50
	Luck Country Inn Pool		Janet Erickson
	*Class does not meet May 27		
26257*	Apr 29 – Jun 10	MW 9:30-10:30a	\$58.50/\$31.50
	Luck Country Inn Pool		Janet Erickson
	*Class does not meet May 27		
26260	Apr 30 – Jun 6	TuTh 8:30-9:30a	\$58.50/\$31.50
	Luck Country Inn Pool		Janet Erickson
26262	Apr 30 – Jun 6	TuTh 9:30-10:30a	\$58.50/\$31.50
	Luck Country Inn Pool		Janet Erickson
26278	May 10 – Jun 14	F 8:30-9:30a	\$31.50/\$18
	Luck Country Inn Pool		Kelley St. Croix-Bush



## Early Seed Starting

Home computer conferencing course

**Pg. 22**

# HOME & LEISURE

## Cooking & Baking

### Cake Decorating: Beginning

60-303-607

Discover the secrets to flowers, stacked frosting, character cakes, border work, colors, cake themes and more! Learn from professional cake decorator Fay Olson of Fay's Fantasy Cakes. For a complete supply list and the instructor's information go to [www.witc.edu/supplies](http://www.witc.edu/supplies).

24375*	Apr 9 – May 7	Tu 6p–8p	\$44.40/\$26.40
	Rice Lake HS		Fay Olson
*Class does not meet on 4/16			

### Cupcake Decorating

60-303-607

Decorate Easter cupcakes with six fun designs. Topics include: making and coloring buttercream frosting, choosing a decorating tip, loading frosting into piping bags and piping techniques. Bring 12 regular-sized, undecorated cupcakes, a cupcake carrier, scissors, rubber spatula, large spoon and an apron. Materials fee of approximately \$10 is payable to the instructor.

24351	Apr 13	Sa 1p–3p	\$13.50/\$9
	New Richmond: 1317		Kelley Kepler

### Asian Soup

60-303-610

This is not your regular Chinese take-out soups or the normal clotted-with-cream-soups. In the Chinese culture, soups are an essential in every meal to provide nourishment and warmth the body. Learn how to turn ingredients in your fridge and freezer

into a nutritious pot of soup and serve it with rice or noodles for a hearty meal. Bring soup bowls and utensils to class. A supply fee of \$8 payable to the instructor at the beginning of class.

25052	Mar 9	Sa 10a–2p	\$22.50/\$13.50
	Superior Middle Sch		May Joseph

### Cookie Decorating: Royal Icing

60-303-610

Learn the art of decorating cookies with royal icing, including outlining and flooding your cookies, creating marbled effects, and pipe finishing details onto your cookies. The cookies will be Valentine's Day-themed and will be provided by the instructor. Materials fee of \$10 per person payable to the instructor.

24374	Feb 9	Sa 1p–3p	\$13.50/\$9
	New Richmond: 1317		Kelley Kepler

### Happy Spring (Roll)!

60-303-610

Love those egg rolls when you do oriental take outs? Join us in this class and learn how you can make your very own egg rolls and rice wrapper rolls (fresh spring rolls) at home! You'll be surprised at how simple these are to make and they will surely be a crowd pleaser at the next family gathering. \$8 supply fee is due to the instructor.

25051	Apr 13	Sa 10a–2p	\$22.50/\$13.50
	Superior Middle Sch		May Joseph

## Family & Relationships

### After Death Home Care/Burial

60-305-620

Return to simple traditions: for thousands of years, families have taken care of their loved ones at home after death. It is a choice that is still possible. Discuss the legalities and practicalities of a home funeral, how spending time with a deceased loved one affects grief and the benefits of natural burial. It is legal, inexpensive and greener than a conventional funeral.

NOTE: For all sections course fee is \$22.50/\$13.50

May 9 / Th 1p–3:30p

23949	ITV: Rice Lake	Lucy Basler
23950	ITV: Superior	Lucy Basler
23951	ITV: Ashland	Lucy Basler
23952	ITV: Hayward	Lucy Basler
23953	ITV: New Richmond	Lucy Basler
23954	ITV: Ladysmith	Lucy Basler



**Class Full?**

Call your campus—get added to a waiting list.

View our most up-to-date class listings online at [courses.witc.edu](http://courses.witc.edu).



### Final Affairs Conference

47-520-405

A guide to arranging your personal and legal affairs. This class is co-sponsored by Adoray and WITC. Light breakfast and lunch included. This event is free of charge due to generous sponsorships. Pre-registration is required through Adoray or WITC. Registration options include: online (adoray.org/2019fa), email (a.bettinger@adorayhomecare.org or Gina.Monicken@witc.edu), phone (Amber at 715-629-1888 or WITC at 715-246-6561, ext. 4212) or in-person at WITC.

25575	Apr 26	F 9a–3p	FREE
	New Richmond: 1122A		Various Speakers

## Financial Planning

### Advanced Care Planning

42-102-404

Engage in a process which helps you think about, talk about, and write down your choices for future health care decisions. While it's not an easy topic, it is important for every adult to have a Health Care Directive—a written plan to follow so that your wishes are known. Learn vocabulary, reflect on your values, choose a healthcare agent, explore goals for treatment and take steps toward completing an advance directive.

25407	Feb 7	Th 5p–6:30p	\$11.21/\$4.50
	Superior: 111		Wanda Paulsen

### Wills and Trusts

42-102-404

Understand what your current estate plan will achieve for you, how to avoid probate of your assets, and reduce or eliminate taxes to the extent possible. You will also learn how to effectively pass on your assets in the way that you desire.

25184	Apr 22	M 1p–3p	\$11.21/\$4.50
	Superior: 112		Susan Miley
25185	Apr 23	Tu 1p–3p	\$11.21/\$4.50
	WITC-Ladysmith		Susan Miley
25186	Apr 24	W 1p–3p	\$11.21/\$4.50
	Chetek Luth Ch		Susan Miley
25187	Apr 25	Th 1p–3p	\$11.21/\$4.50
	Ashland: 204		Susan Miley

### ABCs & Ds Medicare/Consumer

42-162-409

Are you nearing Medicare age and have questions about Medicare options and enrollment? Or are you responsible for someone else's healthcare decisions? If so, this short seminar is for you. You will

gain a fundamental understanding of the elements of Part A, Part B, Part C and Part D as it relates to consumers. Learn about initial enrollment options and additional enrollment periods as they pertain to the Medicare Plan types.

NOTE: For all sections course fee is \$11.21/\$4.50

Feb 5 / Tu 6p–8p

24904	ITV: Superior	Dan Conrad
24905	ITV: Ashland	Dan Conrad
24906	ITV: Rice Lake	Dan Conrad
24907	ITV: New Richmond	Dan Conrad
24908	ITV: Hayward	Dan Conrad
24909	ITV: Ladysmith	Dan Conrad

Mar 7 / Th 6p–8p

24910	ITV: Superior	Dan Conrad
24911	ITV: Ashland	Dan Conrad
24912	ITV: Rice Lake	Dan Conrad
24913	ITV: New Richmond	Dan Conrad
24914	ITV: Hayward	Dan Conrad
24915	ITV: Ladysmith	Dan Conrad

Apr 8 / M 6p–8p

24916	ITV: Superior	Dan Conrad
24917	ITV: Ashland	Dan Conrad
24918	ITV: Rice Lake	Dan Conrad
24919	ITV: New Richmond	Dan Conrad
24920	ITV: Hayward	Dan Conrad
24921	ITV: Ladysmith	Dan Conrad

## LIFELONG LEARNING

### Career Development

#### Resume Writing Workshop

47-801-411

Enhance, or even start, your resume! Learn how to make a good first impression, write a great resume, and sell yourself in the interview to get hired for the job. Your instructor comes to you with 14 years of experience as a professional in the education field, including managing, hiring and recruitments.

24898	Mar 28	Th 5:30p–8:30p	\$17.92/\$4.50
	Rice Lake: 120		Jennifer Siem

How to Start Your Own Business

47-102-416

Explore the ins and outs of starting your own business. Do you have what it takes to be an entrepreneur? We will guide you through some state law requirements and show you how to obtain an EIN. This course helps you make the decision on what business entity you should be: S-Corp, C-Corp. or LLC. We will also give you helpful tips on creating and presenting a business plan. This fast-paced high-energy course will have you walking away energized and with ample knowledge on the subject of starting your own business.

24525	Mar 7	Th 6p–9p	\$25/\$11.58
	New Richmond: 1210		TBD

Covey’s Seven Habits

47-196-421

Essential Class Information

Live a more productive life through course of habit. Using Stephen Covey’s book *The Seven Habits of Highly Effective People*, this class will help you discover how to close the gap between what is most important to you and how you spend your time. It will help you increase your interpersonal effectiveness and your ability to foster cooperation. Develop your own personal mission statement and creed and use them as tools to achieve balance in your life. Light breakfast included.

26388	Feb 13	W 8a–12p	\$29/\$15.58
	WITC-Balsam Lake		Sally Field

Personalities at Work

47-196-421

Have you ever wondered why someone is never on time? Or why your co-worker rarely says anything in a meeting but is SO smart? Through the use of the Myers Briggs Type Indicator questionnaire, you will explore the differences and styles in the workplace. Engage discussion and glean new information about yourself and your co-workers. This class will enable you to identify different styles and teach you to recognize and work together toward understanding and productivity. Light breakfast included.

26389	Apr 4	Th 8:30a–11:30a	\$29/\$15.58
	WITC-Balsam Lake		Sally Field

Language

Italian

60-802-640

Learn the basics of Italian language and culture through this short, interactive course. Engage in a va-

riety of learning activities and you become more familiar with the culture and language. Individual requests for content related to business, travel, etc. will be integrated into the material covered.

NOTE: For all sections course fee is \$49.50/\$27

Apr 24 – May 29 / W 6p–7:30p

24187	ITV: Hayward	James Richie
24189	ITV: Ashland	James Richie
24190	ITV: Rice Lake	James Richie
24192	ITV: New Richmond	James Richie
24195	ITV: Superior	James Richie

Sign Language : Beginning

42-533-400

Learn to communicate on a basic level using common phrases, questions, the alphabet, greetings and more! You will also explore facial affect, sentence structure and proper terminology related to deafness. By communicating with deaf guests, you will gain a greater appreciation for their language and culture. Please bring pen and paper.

25019	Apr 1 – May 6	M 6:30p–9:30p	\$64.89/\$4.50
	Rice Lake: 203		Betsy Wolford Phillips

Sign Language: Intermediate

42-533-400

This intermediate course is designed for students who have completed a beginning sign language class or those who possess a demonstrated knowledge of sign language. Explore additional vocabulary and polish your signing skills as you learn to construct dialogues based on common situations. Deaf guests will be available for communication.

25020	Apr 2 – May 7	Tu 6:30p–9:30p	\$64.89/\$4.50
	Rice Lake: 203		Betsy Wolford Phillips

Spanish: Beginning

60-802-600

Learn basic conversational Spanish in this interactive short course. This course employs a wide variety of learning activities that build Spanish comprehension and vocabulary. Individual requests for content related to professional, business, travel or other purposes will be integrated into sessions.

NOTE: For all sections course fee is \$49.50/\$27

Jan 29 – Mar 5 / Tu 6p–7:30p

24174	ITV: Hayward	James Richie
24175	ITV: Ashland	James Richie
24176	ITV: Rice Lake	James Richie
24177	ITV: Prescott HS	James Richie
25401	ITV: Siren	James Richie

# Leadership Trust Initiative

**Leadership Trust Initiative (LTI)** is a signature program of the New Richmond Area Community Foundation. Since 2009, LTI has been leading scores of individuals through a process to uncover their personal strengths and utilize these strengths as citizens and leaders within their communities.

The program is led by Jody Thone, a highly lauded leadership development consultant. Facilitated discussions, small group activities, and panel presentations create an engaging format for learning.

Delve into topics including:

- Strengths
- Deep Listening
- Resilience
- Collaboration
- Creativity & Innovation
- Leading Change

Apply your learnings as you work in small groups to design initiatives to benefit your communities.

Open to all area residents.

## 2019 Program Calendar

9a — 3p on the following Tuesdays:

March 26	April 23	May 28
June 25	July 23	August 27
September 24	October 22	November 12

*Leadership Trust Initiative is conducted in partnership with Wisconsin Indianhead Technical College. Participants are eligible to receive CEU credit through WITC.*

## Location

The Space

156 High Street | New Richmond, WI

## Cost

Tuition Fee: \$695

Payable upon acceptance into program.

Scholarships for up to one-half tuition are available upon request. Scholarship funds are limited.

Space is limited in order to foster connections and collaboration among participants.

Businesses, institutions, and nonprofit organizations are encouraged to sponsor employees in this proven leadership development program.

## Application Process

Download and compete application form available at:

[www.nracfoundation.com/lti](http://www.nracfoundation.com/lti).

Submit application as an email attachment to:

[info@nracfoundation.com](mailto:info@nracfoundation.com)

Or mail paper copy to:

New Richmond Area Community Foundation

PO Box 96, New Richmond WI 54017

**Applications for LTI-11 are due February 1, 2019.**

Space is limited. Early application is encouraged.

*"Leadership is a matter of how to be, not how to do."*  
—Frances Hesselbein



New Richmond Area  
Community Foundation

leadership. philanthropy. collaboration. resource management

## New Richmond Area Community Foundation

PO Box 96, New Richmond, WI 54017

[www.nracfoundation.com/lti](http://www.nracfoundation.com/lti) | [info@nracfoundation.com](mailto:info@nracfoundation.com)

# Italian

## Language Class

Ashland • Grantsburg • Hayward  
New Richmond • Rice Lake • Superior

**Pg. 20**

**Spanish II**

60-802-600

This conversational course employs a wide variety of learning activities that build Spanish comprehension, vocabulary, and oral and writing skills in a highly interactive environment. Learning materials are also highly varied, including total physical response, videos, the internet, written exercises, weekly homework assignments, etc. Individual requests for content related to professional, business, travel or other purposes are purposefully integrated into sessions. Instruction is mainly in Spanish.

24353 Jan 14 – Apr 1 M 6p–8:30p \$139.50/\$72  
Superior: 112 Gary Valley

**Spanish: Intermediate**

60-802-600

This course picks up where the Spanish Beginning course ends and employs a wide variety of learning activities that build Spanish comprehension and vocabulary. Individual requests for content related to professional, business, travel or other purposes will be integrated into sessions.

NOTE: For all sections course fee is \$49.50/\$27

Mar 12 – Apr 16 / Tu 6p–7:30p

24180	ITV: Hayward	James Richie
24183	ITV: Ashland	James Richie
24184	ITV: Rice Lake	James Richie
24185	ITV: Prescott HS	James Richie
25402	ITV: Siren	James Richie

Learn about several seed starting techniques from Sue Reinardy, UWEX - Master Gardener Volunteer including: deciphering catalog and seed package jargon, proper planting conditions and seeds in plastic containers that can be left outside while you go south to enjoy the warmth! This webinar can be attended from any home computer or device with internet connection, microphone and camera. Instructions to access the course will be provided a few days before start of class.

24506 Feb 6 W 6p–7:30p \$13.50/\$9  
Webinar Sue Reinardy

**Grasses & Ground Covers**

60-001-602

Grasses and ground covers grow naturally in the wild and should have a place in your garden as well. These are easy plants to grow and maintain. Learn from a UWEX -Master Gardener Volunteer how to put the right plant in the right place, keep them looking good in your garden. You will learn the difference between cool and warm species of grasses, clump vs. spreading and the main choices for our Zone 3 northern climate.

NOTE: For all sections course fee is \$13.50/\$9

Apr 5 / F 1p–3p

24508	ITV: Hayward	Sue Reinardy
24509	ITV: Ladysmith	Sue Reinardy
24511	ITV: Balsam Lake	Sue Reinardy
24513	ITV: Rice Lake	Sue Reinardy
25524	ITV: Superior	Sue Reinardy
25525	ITV: Ashland	Sue Reinardy

**Natural Science**

**Early Seed Starting**

60-001-602

Late winter and early spring are the time to check out catalogs, place seed orders and start seeds.



Continuing Education

**Plant Your Paradise**

60-001-602

Have you ever wondered what your backyard could look like, if only? Explore topics such as: culinary and healing herbs, companion plants and plant guilds, herb spirals, vertical gardens, and giving your backyard the “wow factor”! With a clear step-by-step process, this class will help you plant your own paradise!

**23965** Apr 24 – May 29 W 5:30p–7:30p \$58.50/\$31.50  
Ashland: 210 Cynthia Gaver

**Vegetable Basics**

60-001-602

Grow vegetables with confidence! Learn from a UWEX -Master Gardener Volunteer: planting, growing, harvesting, seed starting, soil preparation, transplants, crop selection, rotation, site selection, pests, diseases, fertilizing and watering will all be covered. Even if you are an experienced gardener there will be science-based information that may debunk some of your long-held practices. In addition, we will briefly discuss new methods for intensive gardening for smaller spaces.

NOTE: For all sections course fee is \$13.50/\$9

**May 3 / F 1p–3p**

<b>24519</b>	<i>In Person: Balsam Lake 104</i>	<i>Sue Reinardy</i>
<b>24515</b>	<i>ITV: Hayward</i>	<i>Sue Reinardy</i>
<b>24518</b>	<i>ITV: Ladysmith</i>	<i>Sue Reinardy</i>
<b>24520</b>	<i>ITV: Rice Lake</i>	<i>Sue Reinardy</i>
<b>25526</b>	<i>ITV: Superior</i>	<i>Sue Reinardy</i>
<b>25527</b>	<i>ITV: Ashland</i>	<i>Sue Reinardy</i>

**Wild Mushrooms 101**

42-806-410

Learn about mushrooms from a 30+ year veteran of wild mushroom foraging! You will explore the three rules (plus one!) and the safe six (morels, shaggy manes, hen of the woods, chicken mushrooms, oyster mushrooms and puffballs). Topics include tree identification, ethics, safety, storage and preparation. Poisonous mushrooms will also be discussed.

NOTE: For all sections course fee is \$24.63/\$4.50

**Mar 27 – Mar 28 / WTh 5:30p–8:30p**

<b>24628</b>	<i>ITV: Rice Lake</i>	<i>Tavis Lynch</i>
<b>24629</b>	<i>ITV: Superior</i>	<i>Tavis Lynch</i>
<b>24630</b>	<i>ITV: Ashland</i>	<i>Tavis Lynch</i>
<b>24631</b>	<i>ITV: Hayward</i>	<i>Tavis Lynch</i>

**Wild Mushrooms: Spring Edibles**

42-806-410

Discover how to identify, harvest and prepare wild morel mushrooms as you learn from a 30+ year veteran of wild mushroom foraging. You will also discuss oyster mushrooms, pheasant’s back mushrooms and edible spring plants. Emphasis will be put on safety and ethical harvest.

NOTE: For all sections course fee is \$24.63/\$4.50

**Apr 24 – Apr 25 / WTh 5:30p–8:30p**

<b>24632</b>	<i>ITV: Rice Lake</i>	<i>Tavis Lynch</i>
<b>24633</b>	<i>ITV: Superior</i>	<i>Tavis Lynch</i>
<b>24634</b>	<i>ITV: Ashland</i>	<i>Tavis Lynch</i>
<b>24635</b>	<i>ITV: Hayward</i>	<i>Tavis Lynch</i>
<b>25579</b>	May 6 – 7 MTu 5:30p–8:30p <i>Chetek-Weyerhauser HS</i>	\$24.63/\$4.50 <i>Tavis Lynch</i>

**SAFETY & EMS**

**Emergency Medical Services**

**CPR/AED/Basic First Aid-ASHI**

47-531-419

This course is a combined CPR/AED & basic First Aid program designed specifically for laypeople. Beneficial for the community and workplace setting, this program will teach you how to recognize emergencies, perform CPR, use an AED and perform First Aid until EMS arrives. This course will certify you for 2 years in CPR/AED/basic First Aid.

<b>24619</b>	Jan 21 – Jan 23 <i>Ashland: 307</i>	MW 6p–10p	\$41.54/\$14.70 <i>TBD</i>
<b>24621</b>	Feb 11 – Feb 13 <i>Superior: 134</i>	MW 6p–10p	\$41.54/\$14.70 <i>TBD</i>
<b>25061</b>	Feb 16 <i>New Richmond: 1323</i>	Sa 8a–4p	\$41.54/\$14.70 <i>TBD</i>
<b>24620</b>	Mar 19 – Mar 21 <i>Ashland: 427</i>	TuTh 6p–10p	\$41.54/\$14.70 <i>TBD</i>
<b>24622</b>	Apr 9 – Apr 11 <i>Superior: 136</i>	TuTh 6p–10p	\$41.54/\$14.70 <i>TBD</i>
<b>25063</b>	Apr 15 – Apr 16 <i>New Richmond: 1325</i>	MTu 6p–10p	\$41.54/\$14.70 <i>TBD</i>



**CPR/AED/Basic First Aid Renewal-ASHI**

47-531-459

This course will recertify students in CPR/AED & basic First Aid. Prerequisite: Students must have taken the original course within the last 2 years.

25062	Feb 16	Sa 8a-12p	\$34/\$20.58
	<i>New Richmond: 1325</i>		<i>TBD</i>
24623	Feb 26	Tu 6p-10p	\$34/\$20.58
	<i>Ashland: 204</i>		<i>TBD</i>
24625	Mar 21	Th 6p-10p	\$34/\$20.58
	<i>Superior: 136</i>		<i>TBD</i>
25064	Apr 15	M 6p-10p	\$34/\$20.58
	<i>New Richmond: 1323</i>		<i>TBD</i>
24624	Apr 24	W 6p-10p	\$34/\$20.58
	<i>Ashland: 307</i>		<i>TBD</i>
24626	May 13	M 6p-10p	\$34/\$20.58
	<i>Superior: 134</i>		<i>TBD</i>



# Caregiver

CONFERENCES

April 18 | WITC-Ashland  
May 16 | WITC-Superior

[bit.ly/witcCEevents](https://bit.ly/witcCEevents)

**Heartsaver for K-12 Schools**

47-531-504

The Heartsaver for K-12 course is designed to teach rescuers the knowledge and psychomotor skills they need to recognize emergencies and to give CPR and First Aid until EMS arrives. The goal of the course is to train K-12 personnel in CPR and/or First Aid actions that have been shown to make a difference in mortality and morbidity rates.

25466	Jan 10	Th 6:30p-9:30p	\$17.92/\$4.50
	<i>Rice Lake: Moose Club</i>		<i>Stephen Mackiewicz</i>

**Medic First Aid**

47-531-404

This course will help students gain the knowledge, skills, and confidence necessary to manage a medical emergency using CPR, an AED and First Aid until more advanced help is available. This course will certify a student for two years in CPR/AED/First Aid. Book is provided at the class.

23664	Feb 2	Sa 8:30a-3:30p	\$41.94/\$15.10
	<i>Rice Lake: 162</i>		<i>TBD</i>
23667	Mar 30	Sa 8:30a-3:30p	\$41.94/\$15.10
	<i>Hayward: 4</i>		<i>Matthew Fitch</i>
23676	Apr 13	Sa 8:30a-3:30p	\$41.94/\$15.10
	<i>Rice Lake: 221</i>		<i>TBD</i>
23671*	May 28 – May 29	Tu 5:30p-9:30p	\$41.94/\$15.10
	<i>Rice Lake: 165</i>		<i>TBD</i>
	<i>*Class meets Tu 5:30p-9:30p &amp; W 5:30p-8:30p</i>		

**Medic First Aid Recertification**

47-531-405

This course will recertify students in Medic First Aid. Students will renew skills in CPR, AED and First Aid. Prerequisite: Students must have taken the original course, Medic First Aid, within the last 2 years. This course will renew your certification for two years. Book is provided at class.

23665	Feb 2	Sa 8:30a-12:30p	\$35/\$21.58
	<i>Rice Lake: 174</i>		<i>TBD</i>
23669	Mar 30	Sa 8:30a-12:30p	\$35/\$21.58
	<i>Hayward: 4</i>		<i>Matthew Fitch</i>
23679	Apr 13	Sa 8:30a-12:30p	\$35/\$21.58
	<i>Rice Lake: 225</i>		<i>TBD</i>
23673	May 28	Tu 5:30p-9:30p	\$35/\$21.58
	<i>Rice Lake: 155</i>		<i>TBD</i>

# Class Full?

Call your campus–get added to a waiting list.

View our most up-to-date class listings online at [courses.witc.edu](https://courses.witc.edu).

Pediatric Medic First Aid & CPR

47-531-464

This course will help students gain the knowledge, skills and confidence necessary to respond to and manage medical emergencies involving children and infants until more advanced help is available. You be taught the updated guidelines of CPR, AED and First Aid for children and infants. This course will certify a student for 2 years in CPR/AED/First Aid. Book is provided at class.

23680	Feb 23	Sa 8:30a–4:30p	\$41.94/\$15.10
	<i>Rice Lake: 225</i>		<i>TBD</i>
23682	Apr 13	Sa 8:30a–4:30p	\$41.94/\$15.10
	<i>Hayward: 4</i>		<i>Matthew Fitch</i>
23685	May 11	Sa 8:30a–4:30p	\$41.94/\$15.10
	<i>Rice Lake: 225</i>		<i>TBD</i>

Pediatric Medic First Aid & CPR Recertification

47-531-477

This course will recertify a student in Pediatric Medic First Aid & CPR. Students will renew their skills in CPR, AED and First Aid for infants and children. Students must have taken the original course, Pediatric Medic First Aid & CPR within the last 2 years. This course will renew a student’s certification for 2 years. Book is provided at class.

23681	Feb 23	Sa 8:30a–12:30p	\$39/\$25.58
	<i>Rice Lake: 225</i>		<i>TBD</i>
23683	Apr 13	Sa 8:30a–12:30p	\$39/\$25.58
	<i>Hayward: 4</i>		<i>Matthew Fitch</i>
23686	May 11	Sa 8:30a–12:30p	\$39/\$25.58
	<i>Rice Lake: 225</i>		<i>TBD</i>

Traffic Safety

Traffic Safety for Point Reduction

42-812-404

Participants in this course will examine their driving behavior and review traffic laws and penalties. Emphasis will be placed on ways to drive responsibly. This class will show participants how to develop a change plan to reduce their risk of traffic violations and crashes. Students who successfully complete the class may be eligible to receive a three-point reduction from their driving record. This class also meets the requirements for anyone that has received a “Failure to Yield Right of Way Violation” 2011 Wisconsin Act 173-346.18.

24229	Feb 16 – Feb 23	Sa 8a–2p	\$69.66/\$29.40
	<i>Rice Lake: 208</i>		<i>Timothy Smith</i>
24232	Mar 11 – Mar 20	MW 6p–9p	\$69.66/\$29.40
	<i>New Richmond HS</i>		<i>Eric Lockwood</i>
24228	Mar 16 – Mar 23	Sa 8a–2p	\$69.66/\$29.40
	<i>Ashland: 427</i>		<i>Timothy Smith</i>
24227	Apr 3 – Apr 24	W 5:30p–8:30p	\$69.66/\$29.40
	<i>Superior: 306</i>		<i>Casey Johnstone</i>
24231	May 11 – May 18	Sa 8a–2p	\$69.66/\$29.40
	<i>Rice Lake: 212</i>		<i>Timothy Smith</i>



YOUR INVESTMENT, THEIR FUTURE

WITC Foundation Mission

To encourage the success and achievement of WITC students, staff, faculty, and alumni.



Foundation

For information on how you can take part in this mission & support students in your area, visit [witc.edu/foundation](https://www.witc.edu/foundation).

# WITC**FLEX** > My Pace. My Way. My Flex.

**Business Courses Flex Lab.** Take WITC business courses independently at your pace with in-person access to instructors as needed during flexible lab hours that fit your busy schedule.



## Spring 2019 FLEX credit courses start the week of January 21!

Courses offered include:

- PowerPoint, Word, Access, Excel
- Medical Terminology
- Adobe Photoshop
- Administrative Office Procedures
- Financial Accounting
- ...and MORE!

**Register at: [www.witc.edu/registration](http://www.witc.edu/registration)**



# Legacy of Leaders

Take your leadership to the next level.

**April 15** WITC-Rice Lake

**April 17** WITC-Superior



**[bit.ly/witcCEevents](http://bit.ly/witcCEevents)**

## WITC CONFERENCE CENTERS

**DISCOVER A WELCOME RESOURCE.** Full service conference center facilities for your team meeting, retreat or staff event.



### **WITC-Ashland**

Small and large groups  
up to 200 people.

2100 Beaser Avenue  
Ashland, WI 54806  
715.682.4591, ext. 3150



### **WITC-Shell Lake**

Small and large groups  
up to 60 people.

505 Pine Ridge Drive  
Shell Lake, WI 54871  
715.468.2815 ext. 2050



### **WITC-New Richmond**

Small and large groups  
up to 200 people.

1019 South Knowles Avenue  
New Richmond, WI 54017  
715.246.6561, ext. 4318



### **WITC-Superior**

Small and large groups  
up to 200 people.

600 North 21<sup>st</sup> Street  
Superior, WI 54880  
715.394.6677, ext. 6292



### **WITC-Rice Lake**

Small and large groups  
up to 300 people.

1900 College Drive  
Rice Lake, WI 54868  
715.234.7082, ext. 5520

**Call  
800.243.9482  
or take a look  
online at  
witc.edu.**

Each center provides an ideal setting for conferences, seminars, and training sessions for a variety of business and community groups.

Facilities include both small and large-group meeting rooms with accommodations for 50-300 people, depending on the location. Refreshments, meals and room set-ups are coordinated by friendly conference center staff who strive to meet your training and meeting needs at very reasonable prices.

# WITC BUSINESS TRAINING

FIRST IN TRAINING SOLUTIONS



WISCONSIN  
INDIANHEAD  
TECHNICAL  
COLLEGE



Flexible

Convenient

Customized

26 of WITC's  
programs are  
fully online.

## ■ Solve complex problems.

To compete in today's global marketplace, your employees need to be well trained and current. WITC can help you get there.

## ■ We start by listening.

WITC takes the time to understand your needs. We know how to assess and design your customized training supported by business experts and instructional staff. Our experts will be there, every step of the way, keeping in touch, so you can focus on your day-to-day operations.

## ■ Delivering the solution.

Courses meet the training and certification needs of today's workforce, with convenient locations and a variety of delivery formats to fit your schedule.

*Call regional associate dean today for your free, no obligation customized training assessment!*

### ■ Charlie Glazman

**800.243.9482 ext. 6341**

Ashland and Superior campuses including counties of Ashland, Bayfield, Douglas and Iron

### ■ Liz Pizzi

**800.243.9482 ext. 4376**

New Richmond campus including counties of Burnett, Polk and St. Croix

### ■ BJ Williams

**800.243.9482 ext. 5179**

Rice Lake campus including counties of Barron, Rusk, Sawyer and Washburn



# Featured Certificates 2019

## Phlebotomy Technician

13 Credits

Occupational Supportive/General Studies Courses

Through this series of courses, you will receive practical training in collection of blood specimens, processing blood samples and basic laboratory skills as well as customer service and communication.

Choose one:

10501101	Medical Terminology	3 credits
or 10806177	General Anatomy and Physiology	4 credits
10801196	Oral/Interpersonal Communication	3 credits
10106143	Medical Office Procedures & Cust Serv	2 credits
10513110	Basic Lab Skills	1 credits
10513111	Phlebotomy	2 credits
10513112	Phlebotomy Clinical	2 credits

Contact your local campus Student Services office for more information and registration details about any certificate.

*Note: Academic support services are available.*

## Dementia Care

Short-term technical certificate

12 Credits

This certificate is ideal for caregivers and practitioners who work with older adults in various settings. You will gain relevant information related to dementia types, symptoms and progression and will be provided with practical tools and strategies that promote effective communication, honor human dignity and support the importance of advanced planning. Upon completion you will be able to positively affect your community through advocacy, education and other initiatives.

10544100	Communication of Aging	3 credits
10544105	Alzheimer's and Dementia	3 credits
10544107	Death and Dying	3 credits
10544111	Legal and Financial Issues of Aging	3 credits

## Healthcare and Service Provider

Short-term technical certificate

12 Credits

This certificate is designed to enhance the education and experience of practitioners who work directly with older adults in various settings. Upon completion you will be able to directly apply the acquired theory, knowledge and practical skills within a variety of professional settings.

10544100	Communication of Aging	3 credits
10544101	Social Gerontology	3 credits
10544105	Alzheimer's and Dementia	3 credits
10544110	Programs of Aging Services	3 credits

## Nonprofit Essential Technical Certificate

15 Credits

Explore. Develop. Coordinate. Manage. With this certificate you can complete all the classes in one semester or take one class at a time. Explore strategies for meeting the challenges of running board meetings, raising funds through grants and events, and managing volunteers.

10196131	Fundamentals of Nonprofit Management	3 credits
10104189	Social Media Marketing	3 credits
10196123	Grant Writing & Management	2 credits
10196127	Fundraising & Event Planning	3 credits
10196149	Dynamics of Board Relations	1 credit
10196158	Managing Volunteers	2 credits
10196159	Nonprofit Field Experience	1 credit

## Certified Nursing Assistant

Technical diploma

120 hours

The CNA program provides classroom & laboratory instruction and supervised clinical hours in area long term care facilities and hospitals. CNAs provide hands-on care and perform routine tasks under the supervision of nursing and medical staff.

HOW DO I REGISTER?



**ONLINE**  
courses.witc.edu



**PHONE**  
VISA, MasterCard,  
Discover



**MAIL**  
Send registration  
& payment to your  
local campus



**IN PERSON**  
See Student Services  
at any campus

Registration Locations

MAIN CAMPUSES

- **WITC-Ashland**  
2100 Beaser Ave, Ashland, WI 54806  
715.682.4591, ext. 3050
- **WITC-New Richmond**  
1019 S. Knowles Ave, New Richmond, WI 54017  
715.246.6561, ext. 4221
- **WITC-Rice Lake**  
1900 College Drive, Rice Lake, WI 54868  
715.234.7082, ext. 5045
- **WITC-Superior**  
600 N. 21st Street, Superior, WI 54880  
715.394.6677, ext. 6050

OUTREACH CENTERS

- **WITC-Balsam Lake**  
400 Polk County Plaza, Balsam Lake, WI 54810  
715.485.3044
- **WITC-Hayward**  
15618 Windrose Ln Ste 106 Hayward, WI 54843  
715.634.5167
- **WITC-Ladysmith**  
1104 Lake Avenue Ste 1 Ladysmith, WI 54848  
715.532.3399

REGISTRATION POLICIES

Nondiscrimination Notice

WITC is an equal opportunity employer/educator functioning under the affirmative action plan. The Wisconsin Indianhead Technical College District does not discriminate on the basis of race, color, national origin, sex, disability or other applicable legislated categories, in its services, employment programs, and/or its educational programs and activities, including but not limited to admissions, treatment, and access. The following person has been designated to handle inquiries regarding the nondiscrimination policies: Amanda Gohde, Director, Human Resources, Equal Opportunity/Access & Affirmative Action Officer, 505 Pine Ridge Drive, Shell Lake WI 54871, 715.468.2815 ext. 2240, Amanda.Gohde@witc.edu. Program information or assistance regarding requests for reasonable accommodation under the Americans With Disabilities Act can be obtained from the College Affirmative Action Office.

Accommodations for Persons With Disabilities

Reasonable accommodations for persons with disabilities will be made to ensure access to academic programs, activities, services and employment in accordance with 504 of the Rehabilitation Act of 1973, the Americans With Disabilities Act of 1990 and the Americans with Disabilities Act (ADA) Amendments Act of 2008. If accommodations are needed, the student should contact the campus Accommodations Specialist or Amanda Gohde, Director, Human Resources, Equal Opportunity/Access & Affirmative Action Officer, at 715.468.2240, 30 days in advance of needed assistance.

Senior Fees

WITC has implemented a waiver for students ages 62 plus. This waiver is for personal enrichment courses only (the catalog number begins with 60) and provides up to a 50% discount. (Amount varies based on material fees.) Student's age must be 62 plus at the start of the term (6/1 for summer, 8/27 for fall and 12/24 for spring). Students ages 62 plus who are enrolled in professional courses (catalog number begins with 42 or 47) are still exempt from program fees under State Statute 38.24 (1)(b) and only required to pay material fees, which is approximately \$4.50 for many courses.



REGISTRATION FORM

For Continuing Education (non-credit) Courses  
WITC is an equal opportunity employer/educator

Last NameFirst NameM.I. Former Last Name (if applicable)Date of BirthAge 62+

WITC Student ID No.

Social Security No.

☐ I've taken classes at WITC in the past.

Email address (required for WITC alerts and important communication)

Home phoneCell phone

Home address

CityStateZIP Code

Resident of (check one): ☐ Township ☐ Village ☐ CityCountySchool District

Last high school attended:

Highest grade COMPLETED (K-12):

The information below and right is required for state and federal reporting purposes and will be kept confidential.

Gender: ☐ Male ☐ Female

Ethnicity: Hispanic/Latino origin? ☐ Yes ☐ No

Race (check all that apply):

☐ American Indian/Alaska Native

☐ Asian ☐ Black/African American

☐ Native Hawaiian/Other Pacific Islander

☐ White

OFFICE USE ONLY

Term

38.14 Contract #

Employer #

Course Fees \$

Senior Fees \$

Other

Received by/ext.

Date/time

Highest Credential Earned

☐01 = No Credential

☐02 = GED

☐03 = HSED

☐04 = High school diploma

☐05 = Some college credit

☐06 = Short-term diploma/certificate

☐07 = 1yr diploma

☐08 = 2yr diploma

☐09 = Associate degree

☐10 = Associate degree + credential

☐11 = Baccalaureate

☐12 = More than Baccalaureate

☐99 = Student Declined/Unknown

It is your responsibility to contact WITC to officially drop a class. If you decide to drop, you should do so immediately as a single day can affect your refund amount. A full refund will be given if you notify WITC prior to the first scheduled class meeting.

CLASS NO.	CATALOG NO.	CLASS TITLE	LOCATION	START DATE	CLASS FEE
Once registered for a course(s), you have created a liability with WITC and a promise to pay.				TOTAL	

PAYMENT METHOD: ☐ Check or money order payable to WITC ☐ Cash ☐ MasterCard ☐ Visa ☐ DiscoverExp. Date:Security Code:

Credit Card No.:Name on Card:Signature:

Traffic-Related Registration: Motorcycle, Traffic Safety, Group Dynamics, Multiple Offender

Driver's License NumberAssessment Agency and Date

Youth Registration: With parent/guardian approval, WITC courses are open to students age 16 or younger when the course meets outside student's normal school hours. Some courses may have minimum age prerequisites.

Signature of Parent/Legal GuardianDate

Sponsored Registration: If an agency or employer has agreed to pay your tuition, complete the section below and attach written authorization.

Name of Business/Agency:EMS/Fire Sponsor:

I authorize WITC to forward information regarding the completion of this course to the sponsor listed on the line above. Student Signature

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TECHNICAL  
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Wisconsin Indianhead Technical College  
505 Pine Ridge Drive  
Shell Lake, WI 54871

# 2019 CALENDAR

*For full descriptions and details look inside or online at [bit.ly/witcCEevents](http://bit.ly/witcCEevents).*

*Register early as events fill quickly!*

## Law Enforcement Management Conference

January 14-17 | Barkers Island, Superior  
*Conference designed to enhance the skills of a wide range of law enforcement professionals*

## JA Counter Employer Symposium

January 15 | WITC-New Richmond

## UDC Update

January 22 | WITC-Rice Lake

## Cosmetology Continuing Education

February 4 | WITC-New Richmond

## Ministry with Dementia

February 7 | WITC-New Richmond

## Dental Continuing Education

February 8 | WITC-Rice Lake

## Covey's 7 Habits

February 13 | WITC-Balsam Lake

## Legal Interviewing for Hiring Managers, Conflict Resolution and Customer Skills

TBD | Siren

## Ag Safety Day

March 6 | WITC-New Richmond

## Medical Assistant Conferences

March 9 | WITC-Rice Lake (ITV to WITC-Ashland)  
April 13 | WITC-New Richmond (ITV to WITC-Superior)  
*A day of learning for Certified Medical Assistants*

## Emergency Services Conference

March 22-23 | WITC-Rice Lake  
*Professional development for fire and emergency medical providers*

## Leadership Trust Initiative

March 26-November 12 | The Space, New Richmond  
*Uncover your personal leadership strengths.*

## WITC/OSHA Spring Safety Day

April 9 | WITC-New Richmond

## Legacy of Leaders

April 15 | Rice Lake  
April 17 | Superior  
*Training for aspiring leaders, newly promoted supervisors and anyone wishing to take leadership to the next level!*

## Caregiver Conferences

April 18 | Ashland  
May 16 | Superior  
*Conference for family and professional caregivers*

## Administrative Professionals Day

April 24 | Rice Lake & Superior  
*A day of learning and celebration for administrative professionals.*

## Final Affairs Conference

April 25 | WITC-New Richmond