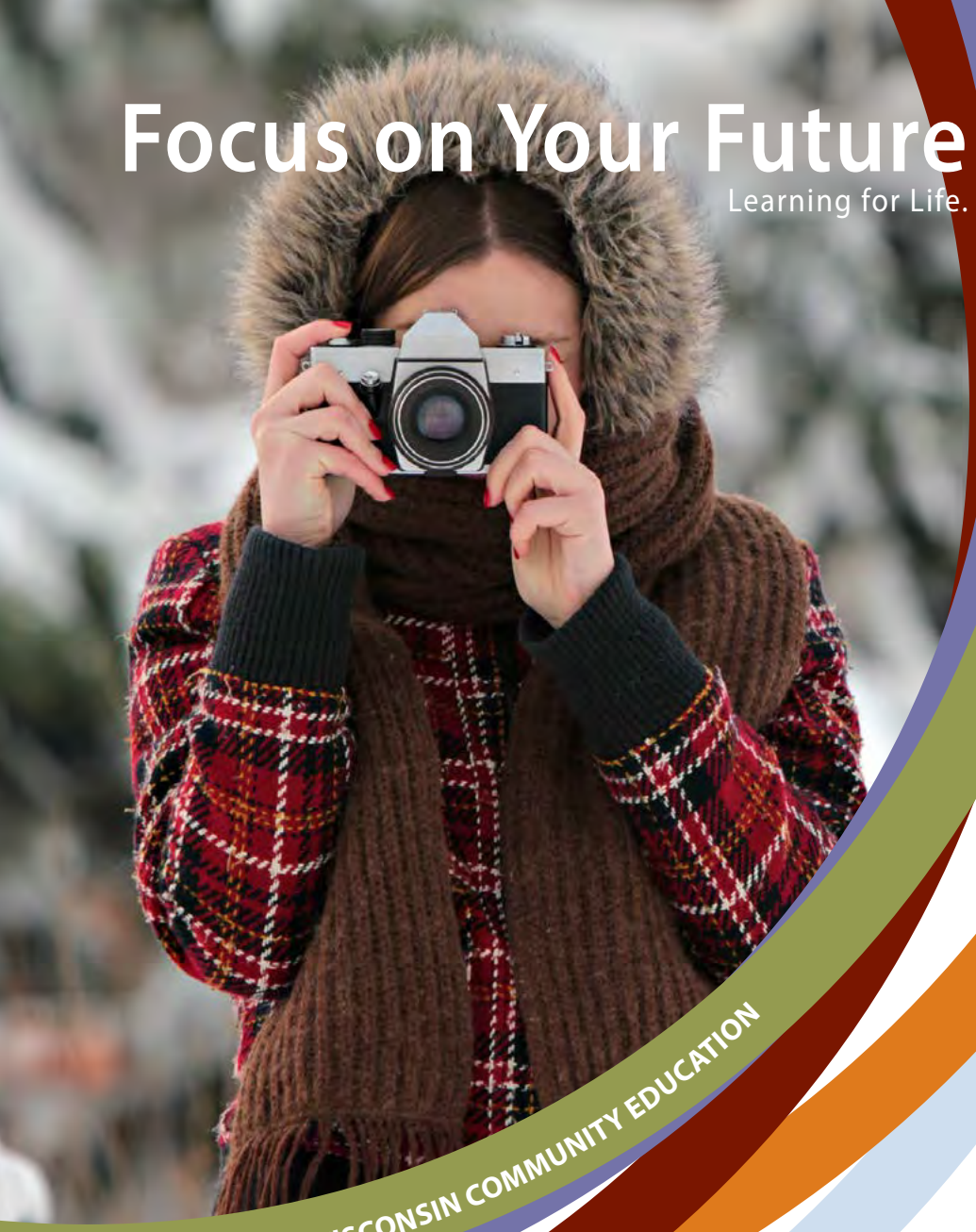
Focus on Your Future

Learning for Life.



SIREN & WEBSTER, WISCONSIN COMMUNITY EDUCATION

SPRING 2013

715-349-7070 • www.cueclass.com

CUE

COMMUNITIES
United in Education

COMMUNITIES
United in Education

24022 Fourth Avenue
Siren, WI 54872

Jennifer Swenson
(715) 349-7070
Email: comed@siren.k12.wi.us

www.cueclass.com
Visit our website, where you'll find the latest classes, upcoming events, instructor spotlights, Class photo tours, and announcements!

Advisory Council Members

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Holly Jo Anderson
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Karen Fey
Dave McGrane, School Board
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Gene Stanchfield, Vice Chair
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LeAnn Christensen, Advisor
Jim Erickson, Advisor
Jessica Jackson, Advisor
Scott Johnson, Advisor

CUE's purpose is to unite the Siren and Webster School Districts, in order to provide intergenerational, life-long learning opportunities, through partnerships that address community needs.

Registration

For registration information, please see individual class descriptions.

Many of our classes are offered in collaboration with Wisconsin Indianhead Technical College (WITC). This partnership offers benefits such as Continuing Education Credits, and reduced rates for seniors aged 62 and older.

Pre-registration is necessary for classes. Classes may be cancelled if not enough people sign up. If a class or event is cancelled, you will be notified.

WITC Registration

For classes listed with WITC Class #'s only:

Register by phone with a credit card. Call (800) 243-9482 Ext. 4221.

Register online with a credit card. Go to www.e-witc.com to search for classes by keyword, location, or class number

Register by mail. Fill out WITC registration form on the next page and mail, with payment, to:

WISCONSIN INDIANHEAD TECHNICAL COLLEGE

WITC Educational Services
1019 South Knowles Ave.
New Richmond, WI 54017

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Partners in Learning

Communities United in Education (CUE) is an active partnership and service provided by the community-centered School Districts of Siren and Webster, WI.

Siren School District
24022 Fourth Avenue
Siren, WI 54872

Phone: (715) 349-7392
Fax: (715) 349-7476
www.siren.k12.wi.us

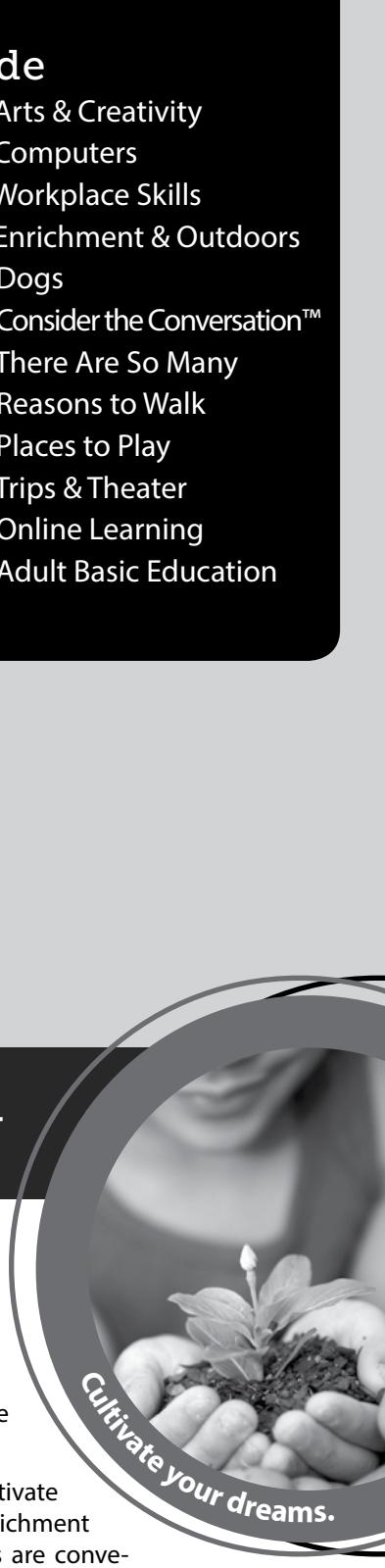
Superintendent: Scott Johnson

Webster School District
26428 Lakeland Avenue S; PO Box 9
Webster, WI 54893

Phone: (715) 866-4391
Fax: (715) 866-4283
www.webster.k12.wi.us

Superintendent: James Erickson

From the Director



Dear Siren & Webster Community:

Invest in yourself with Community Education classes—it's easy, fun, and cost-effective, too. Do you want to develop your professional skill set? Perhaps you want to have fun and meet like-minded people following a passion? Want to learn a new activity or follow a creative pursuit? Would you like to take some time for yourself?

Whatever you want to do, CUE offers you countless ways to cultivate your dreams, with a wide range of lifelong learning and enrichment opportunities that are designed with you in mind. Our classes are conveniently scheduled, low cost and taught by talented instructors.

CUE classes can keep you current with today's trends and technologies, help you get ahead in life and career, or just have fun! We are focused on your needs, and work to provide you the best opportunities in YOUR community. We welcome your class suggestions and feedback. Visit us online at www.cueclass.com, and join us in some fun winter and spring activities!

Yours in Community,

Jennifer Swenson

Mail to: **WITC Educational Services;** 1019 South Knowles Ave.; New Richmond, WI 54017

WISCONSIN INDIANHEAD TECHNICAL COLLEGE

REGISTRATION FORM

for Continuing Education (non-credit) Courses

☐ New Student ☐ Returning Student

LOCATION

Last Name **First** **Middle Initial**

Student ID (enter if known) **Social Security No.**

Date of Birth __ __ / __ __ / __ __ __ __ ☐ **Age 62+**

☐ ***My address information has changed since my last WITC registration.***

Email address (needed for important communication with all students)

Home address

City **State** **ZIP code**

Mailing/Permanent Address (if different from above)

City **State** **ZIP code**

Home phone **Cell phone**

Legal resident of: ☐ **Township** ☐ **Village** ☐ **City (check one)** **County** **State**

School District in which you live

Last high school attended ____ _____

City _____ **State** _____ _____

☐ **H.S. Graduate (Date)** _____ ☐ **GED** ☐ **HSED (Date completed)**_____

Check highest grade COMPLETED:

☐ Did not attend ☐ Third grade ☐ Sixth grade ☐ Ninth grade ☐ Twelfth grade
☐ First grade ☐ Fourth grade ☐ Seventh grade ☐ Tenth grade ☐ Above 12th grade
☐ Second grade ☐ Fifth grade ☐ Eighth grade ☐ Eleventh grade

The following information is required for state and federal reporting purposes and will be kept confidential. Accurate data enables WITC to obtain state and federal funding that reduces the cost of education.

U.S. citizen ☐ Yes ☐ No **Gender** ☐ Male ☐ Female

Ethnicity: Are you Hispanic/Latino (a person of Cuban, Mexican, Puerto Rican, South or Central American or other Spanish culture or origin, regardless of race)? ☐ Yes ☐ No

Racial Identity (check all groups that apply): ☐ American Indian/Alaska Native ☐ Asian ☐ Black/African American ☐ Native Hawaiian/Other Pacific Islander ☐ White

Youth Options student? ☐ Yes ☐ No Do you have a **disability?** ☐ Yes ☐ No

Former last name (if applicable)

Work status at enrollment
☐ 01 Employed Full-time
☐ 02 Employed Part-time
☐ 03 Underemployed
☐ 04 Unemployed Seeking Employment
☐ 05 Not in Labor Market
☐ 06 Dislocated Worker
☐ 99 Student Refused

Highest Credential Earned
☐ 01 = No Credential
☐ 02 = GED
☐ 03 = HSED
☐ 04 = High School Diploma
☐ 05 = Some college credit
☐ 06 = Short-term Diploma or Certificate
☐ 07 = 1yr Diploma
☐ 08 = 2yr Diploma
☐ 09 = Associate Degree
☐ 10 = Associate Degree Plus Additional Credential
☐ 11 = Baccalaureate
☐ 12 = More than Baccalaureate
☐ 99 = Student Declined/Unknown

Single Parent?
You are unmarried or legally separated with custody or joint custody of one or more minor children or pregnant.
☐ 01 Yes ☐ 02 No ☐ 9 Student Declined

Economically Disadvantaged?
You or a member of your family receives need-based financial assistance, or whose income is at or below the poverty level as defined by the U.S. Department of Health and Human Services.
☐ 01 Yes ☐ 02 No ☐ 9 Student Declined

Displaced Homemaker?
- Worked in the home for a substantial number of years providing unpaid household services for family members
- Is not gainfully employed or would have difficulty securing employment
- Lost income support of another household member due to death, divorce, separation or disability or has been dependent on public assistance but is no longer eligible for such assistance or termination of public assistance or child support will occur within two years.

Check Yes, if all three apply:
☐ 01 Yes ☐ 02 No ☐ 9 Student Declined

THANK YOU!!! This information can help to reduce the cost of education through state and federal funding.

CLASS ID	CATALOG NO.			COURSE TITLE	LOCATION	START DATE	CLASS FEE
						TOTAL	

By enrolling in classes, you agree to be responsible for the payment of related tuition and fees according to the college payment policy. Should you choose not to attend a class, you will need to drop it prior to the day it begins to avoid any charges. Any drops that occur on or after the first day of a class will result in tuition charges to your account. Failure to pay your tuition bill can result in suspension of registration and records access, collection agency action and additional collection fees added to your balance. 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. WITC is an Equal Opportunity/Access Employer and Educator.

OFFICE USE ONLY

Term _____
38.14 Contract # _____
Employer # _____
Course Fees $_____
Other_____
_____
Fee collected by _____
Date _____
Contact #

Signature of Student/Parent/Legal Guardian _____ **Date** _____

PAYMENT METHOD: ☐ Check or Money Order payable to WITC ☐ Cash ☐ MasterCard ☐ VISA ☐ DISCOVER Exp. Date |__|__|-|__|__| (Mo. Yr.) Security Code |__|__|__|
☐ Agency bill - attach written authorization

Credit Card No: __ __ __ __-__ __ __ __-__ __ __ __-__ __ __ __ **Name on Credit card:**_____ **Signature of Cardholder:**_____

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

Employer Sponsor/Agency_____ **EMS/Fire Sponsor**_____

☐ **I authorize WITC to forward information regarding the completion of this course to the sponsor listed above.** 05.12

Arts & Creativity

Pottery

Instructor: Kim Kriegel

Curious about clay? Whether you are a beginning or advanced potter, develop your hand-building, wheel-throwing and firing techniques. Join us for inspiration, relaxation, camaraderie and just plain fun. Please bring material fee of $25 payable to instructor first night of class.

Wednesdays, January 30 - April 3, 2013
6:00 - 8:00pm
Webster High School - Art Room

To register call (800) 243-9482 Ext. 4221.
WITC Class #25717 Cat. #60-306-685
Course Fee: $84 Senior (62+) Fee: $44

How to Find *Your* Unique Voice as a Photographer

NEW

Instructor: Susan Steffen

This exciting class will take you through steps to help you discover and carve out your own one-of-a-kind path as a photographer, using creative ideas and guidelines for developing *your own* unique style. We will explore photography as an art, by learning from examples of photographers throughout history. You will learn concepts of photo composition, elements of interesting photos, and how to creatively capture the unique subject matter that interests you, whether your focus is nature, people, food, abstract, or more! Bring your camera, and some of your best and worst photos to class.

Tuesdays, February 12 - 26, 2013
6:00 - 8:00 pm
Webster High School - Business Lab

To register call (800) 243-9482 Ext. 4221.
WITC Class #26502 Cat. #60-203-602
Course Fee: $28 Senior (62+) Fee: $16

Kids Create: Masterpieces!

NEW

Instructor: Susan Steffen

Kids Create is a fun filled art program that teaches children artistic skills while allowing them to explore their creativity in a supportive, fun environment. In this class, children will learn about master artists, and then create their own unique masterpieces in the styles of those artists. Children will develop creativity, stretch their imagination, and learn art concepts and techniques. Kids Create is for children in grades 1-4. Please bring a materials fee of $8 on the first day of class.

Mondays, March 4 – 25, 2013
3:30 - 5:00 pm
Webster Elementary School – cafeteria

To register call (800) 243-9482 Ext. 4221.
WITC Class #26504 Cat. # 60-891-663
Course Fee: $28

Spring Watercolor

Instructor: Sheila Dahlberg

Watercolor for fun! This class is great for all levels whether you are just beginning or an artist who is developing your own style. Enjoy the camaraderie of painting together with an experienced instructor who will offer demonstrations, individual instruction, painting assistance and critiques. Gain confidence and have fun in this supportive and relaxing class. Bring your own supplies and your work in progress if you desire. You will receive a supply list at the first class.

Tuesdays, March 5 – April 23, 2013
6:00 – 8:00pm
Siren High School – Art Room

To register call (800) 243-9482 Ext. 4221.
WITC Class # 25718 Cat. # 60-815-600
Course Fee: $68 Senior (62+) Fee: $36

Introduction to Portrait Photography

NEW

Instructor: Craig Honeysett

Photographing people can be fun, exciting - and complicated! This course will make taking beautiful pictures simple. Here is your chance to learn how to take professional-looking portraits at home. In this hands-on class you will learn about posing individuals and groups, set-up techniques, backgrounds, props, and what you need to know about do-it-yourself lighting, Bring your camera to class.

Thursdays, April 4 - 18, 2013
6:00 - 8:00 pm
Siren High School - Library

To register call (800) 243-9482 Ext. 4221.
WITC Class #26509 Cat. # 60-203-602
Course Fee: $28 Senior (62+) Fee: $16

Intermediate Quilting: Skill Builder Sampler

Instructor: Vicki Tollander

This is the perfect class to sharpen your quilting skills. You will practice sewing a variety of quilt blocks. Some quilting experience preferred. Enjoy the atmosphere of quilting together with an experienced instructor who will offer demonstrations, individual instruction, and critiques. Gain confidence and have fun in this supportive quilting class. Bring your sewing machine. A list of material and supplies will be sent to you once you've registered for the class.

Thursdays, March 14 – 28 , 2013
6:00 – 8:30pm
Siren High School – FACE Room

To register call (800) 243-9482 Ext. 4221.
WITC Class # 26508 Cat. # 60-304-615
Course Fee: $36 Senior (62+) Fee: $20

Mosaic Birdfeeder

Instructor: Peggy Ingles

Transform a plain birdfeeder into a five-star restaurant that will attract the finest birds to your garden. This birdfeeder is perfect to give as a gift to a special gardener, or to keep for yourself. Using this easy, no-fail mosaic glass process and a bit of your creativity, you will take home colorful and functional art for your garden. On the first night of class, bring your own design ideas, or use simple patterns that are available, and apply the colorful glass. The second night will be grouting, which can be messy, so dress for mess. Please bring old towels and a container with a lid. The birdfeeder is 11"long, 7"wide and 12" tall. The materials fee is $23 and payable to the instructor.

Thursdays, April 18 & 25 , 2013
6:00 – 9:00pm
Webster High School – Art Room

To register call (800) 243-9482 Ext. 4221.
WITC Class # 26506 Cat. # 60-815-640
Course Fee: $28 Senior (62+) Fee: $16

Computers

MS Excel: Advanced Techniques

Instructor: Renae Peterson

Do you have knowledge of MS Excel, but want to learn better ways of working with your data? Bring your questions, along with your data/spreadsheets, to this customized class! In this practical and usable training, you'll learn time saving Excel techniques, formatting, data analysis, and formulas to help you accomplishing your tasks, and get more done, more efficiently. MS Excel 2010.

Mondays, January 28 - February 11, 2013
6:00 – 8:00pm
Siren High School – Business Lab

To register call (800) 243-9482 Ext. 4221.
WITC Class # 26225 Cat. # 60-103-601
Course Fee: $28 Senior (62+) Fee: $16

Intro to iPad

Instructor: Tim Quinn

Learn the basics of your new iPad…it didn't come with a manual! We will begin to explore the basics such as how to set up a wireless connection, open and close apps, use a Bluetooth keyboard, and more. In this class you will also learn about common skills, such as how to access the web, download apps, send email, use the built-in camera, and how to share photos with others. You will better understand what your iPad can do for you, and have fun. Bring your iPad to class. There will be time for questions and class discussion.

Thursday, January 31, 2013
6:00 – 8:00pm
Webster High School – Business Lab

To register call (800) 243-9482 Ext. 4221.
WITC Class # 26498 Cat. # 60-107-602
Course Fee: $12 Senior (62+) Fee: $8

Computers for Absolute Beginners

Instructor: Kitty Holmquist

If you are ready to explore the very basics of computer use, including how to turn it on and off, using a mouse, and exploring the computer desktop, your instructor will guide you at a comfortable pace. Time will be spent using word processing software. We'll go on the Internet to check out a couple of websites and talk about some of the things you can do using the Internet, such as emailing, searching for information, and how to save a website address so you can find it easily. Students will receive handouts to help them practice on their home computer.

Tuesdays, February 5 - 26, 2013
6:00 – 8:00pm
Webster High School – Business Lab

To register call (800) 243-9482 Ext. 4221.
WITC Class # 25048 Cat. # 42-107-413
Course Fee: $27.38 Senior (62+) Fee: $4

Get Smart with Your Smartphone

Instructor: Kitty Holmquist

Get to know your smartphone. Understand how to set up email, add social network accounts, customize your device and much more! Your instructor will demonstrate how to take and share photos and videos right from your smartphone. It is recommended that you bring your instruction booklet or know the name of your phone model, as each phone is unique.

Thursday, February 7, 2013
6:00 – 8:00pm
Webster High School – Business Lab

To register call (800) 243-9482 Ext. 4221.
WITC Class # 25068 Cat. # 60-107-608
Course Fee: $12 Senior (62+) Fee: $8

Intro to MS Excel

Instructor: Renae Peterson

New to MS Excel? Then this is the class for you! We'll start at the very beginning and work all the way up to creating our own basic spreadsheets. After this course you will be able to organize information, calculate formulas and figures in a spreadsheet. Your instructor will guide you in formatting columns, rows, fonts, borders, auto-fill, and more. MS Excel 2010.

Mondays, March 4 - 25, 2013
6:00 – 8:00pm
Siren High School – Business Lab

To register call (800) 243-9482 Ext. 4221.
WITC Class # 26503 Cat. # 60-103-601
Course Fee: $36 Senior (62+) Fee: $20

Intro to Google Docs

Instructor: Renae Peterson

Google Docs has fabulous free tools that you can use to create word processing documents, spreadsheets and presentations. In this class, you will be guided through the steps to create, save and send a short word document, a simple spreadsheet, and a quick multi-media presentation. You will set up a Google account, and learn about cloud computing, to share and collaborate with others on these programs.

Tuesdays, March 5 & 12, 2013
6:00 – 8:00pm
Siren High School – Business Lab

To register call (800) 243-9482 Ext. 4221.
WITC Class # 26505 Cat. # 60-107-602
Course Fee: $20 Senior (62+) Fee: $12

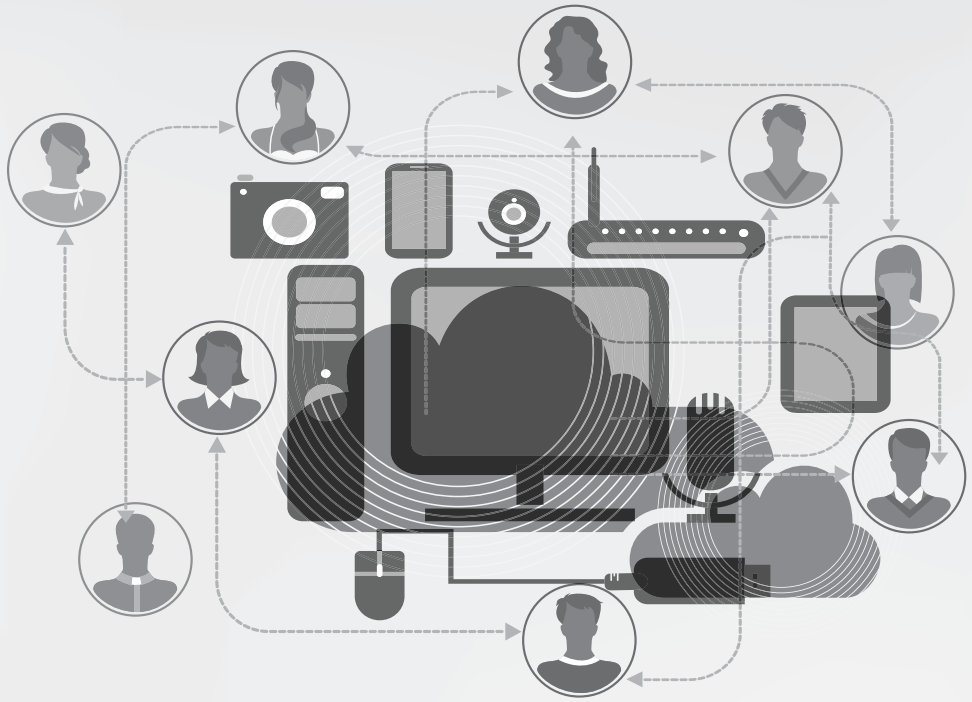
Beginner Internet & Email Skills

Instructor: Kitty Holmquist

Search and you will find! Learn basic internet skills and terminology to navigate the world wide web. Use techniques for easier and faster access to various websites. Learn to communicate easily with friends and family members who may be located anywhere in the world, using email on the web. It's fast, it's easy, and you don't have to buy any stamps! You'll practice the techniques for both sending and receiving email messages. Learn the secret to resizing high resolution photos before attaching them to messages for faster downloads. Please bring your laptop if you have one, otherwise, desktops are available for use.

Tuesdays, March 5 - 26, 2013
6:00 – 8:00pm
Webster High School – Business Lab

To register call (800) 243-9482 Ext. 4221.
WITC Class # 25106 Cat. # 42-107-490
Course Fee: $27.38 Senior (62+) Fee: $4



Social Networking for Beginners

Instructor: Kitty Holmquist

Social networking has changed how people use the Internet. Gain an understanding of these exciting tools to stay in touch with family, find lost friends, or learn how to leverage social networking for your business. Learn how each site can be used to its best advantage.

Thursdays, March 7 - 28, 2013
6:00 – 8:00pm
Webster High School – Business Lab

To register call (800) 243-9482 Ext. 4221.
WITC Class # 25125 Cat. # 60-107-602
Course Fee: $36 Senior (62+) Fee: $20

Computers: Beginner Photo Editing

Instructor: Craig Honeysett

Learn to make visual improvements to your digital images. Using a computer, you will gain understanding of photo editing using examples of free software. Bring your questions, along with your digital images on a flash drive, to this customized class! In this practical and usable training, you'll learn techniques for cropping/sizing, image enhancing, and other tools to help you create impressive photos.

Thursdays, March 14 - 28, 2013
6:00 - 8:00 pm
Siren High School - Computer Lab

To register call (800) 243-9482 Ext. 4221.
WITC Class # 26507 Cat. # 60-203-602
Course Fee: $28 Senior (62+) Fee: $16

MS PowerPoint

Instructor: Kitty Holmquist

Transform your visual presentations with this classic software program. If you have basic computer skills, but have never or rarely used PowerPoint, your instructor will guide you in setting up a presentation. Topics will include starting and saving a presentation; templates; layouts; video, clip art, tables, charts, and printing different types of handouts; using a variety of transitions, and running a slide show.

Tuesdays - April 16 - May 7, 2013
6:00 – 8:00pm
Webster High School – Business Lab

To register call (800) 243-9482 Ext. 4221.
WITC Class # 25126 Cat. # 60-103-601
Course Fee: $ 36 Senior (62+) Fee: $20

MS Publisher

Instructor: Kitty Holmquist

Create brochures, newsletters, calendars, greeting cards, award certificates, letterheads and much more. If you have never or rarely used Microsoft Publisher, but have basic computer skills, you will develop new talents in this class.

Thursdays, April 18 - May 9, 2013
6:00 – 8:00pm
Webster High School – Business Lab

To register call (800) 243-9482 Ext. 4221.
WITC Class # 25128 Cat. # 60-103-601
Course Fee: $ 36 Senior (62+) Fee: $20

Workplace Skills

NEW

Confident Communication

Instructor: Tim Quinn

Want to be a more confident communicator, or even give powerful presentations? Learn keys to confident and assertive communication, and make a positive difference in your professional and personal success. You will learn how to stay poised under pressure, demonstrate confident body language, and utilize your best tone of voice. We will explore and practice speaking skills in a fun, no-pressure group atmosphere.

Thursdays, April 18 - May 9, 2013
7:00 – 8:30pm
Webster High School

To register call (800) 243-9482 Ext. 4221.
WITC Class # 26510 Cat. # 60-810-600
Course Fee: $ 28 Senior (62+) Fee: $16

NEW

Fun, Delivered: Customer Service Starts with You

Instructor: Drew Nussbaum

We know customer service is important. It reflects on our community. It reflects on your business. And it goes beyond the moment of the actual interaction with the customer. But how does one provide customer service? What does it entail? Let's talk about some of the basics of customer service, and how to properly serve your patrons, customers and out-of-town visitors. Many customers will rely on you to tell them about your community, your points of interest, etc. But, unless you immerse yourself in your community, unless you care, it's impossible to convey this information to your patrons. We'll talk about some of the best ways to show pride in your community and how this will make your customers' (and your) experience more fun. Offered in partnership with Wisconsin Department of Tourism.

Tuesday, May 7, 2013
6:00 – 8:00pm
Siren High School – Library

To register call (715) 349-7070, or email comed@siren.k12.wi.us
Course Fee: $4

Enrichment & Outdoors

How to Inventory and Monitor Wildlife on Your Property

Instructor: Neal W. Chapman

You will learn how to systematically find out more about the animals on your property. Upon careful observation, you can discover an unbelievable number of wildlife you had no idea existed on your property. Learn about activities you can do to improve your chances of attracting and/or retaining certain critters, and define your goals in a wildlife plan. You will take home many new ideas to implement on your land, and a substantial amount of reference material on a dvd.

Tuesday, March 12, 2013
6:30 – 8:30pm
Webster High School

To register call (715) 349-7070, or email comed@siren.k12.wi.us
Course Fee: $15

Wonder About Your Woods?

Instructor: Neal W. Chapman

Are you getting what you want from your woods? Perhaps you own woodlands for aesthetics, recreation, speculation, income, a place to hunt, or some combination of these and other reasons. Have you thought about how best to enjoy it, protect it, keep it healthy, profit from it, and how about how to pass it on? In this class you will be given the tools you can use to help you make informed decisions about your land to meet your goals and objectives in owning it.

Tuesday, March 26, 2013
6:30 – 8:30pm
Webster High School

To register call (715) 349-7070, or email comed@siren.k12.wi.us
Course Fee: $15

Your guide for these workshops, Neal W. Chapman, is a seasoned woodland owner, Master Woodland Steward, Coverts Cooperator, and Woodland Advocate, who enjoys sharing his passion for the woods with others.

Beginner Dog Obedience

Instructor: Mitch Keating

Have you tried basic commands with your dog and found that your dog still won't follow? A professional dog trainer will guide you through the basics: focus, come, sit, down, and walk nice on a leash, and possibly start the heeling exercise. Please bring your dog, a flat collar, a favorite toy, treats, a long line 6 to 10 feet, and a positive attitude! Class is limited to 6 dogs & owners. Great for puppies too!

Tuesdays, April 30 - May 28, 2013
5:30 – 6:30pm Siren High School

Register for Dog Obedience: (715) 349-7070, or email comed@siren.k12.wi.us
Course Fee: $50 per person w/dog

Advanced Dog Obedience

Instructor: Mitch Keating

A professional dog trainer will guide you through advanced exercises with your dog. Your dog should be able to do the basics prior to taking this class: come, sit, down, walk on leash. Please bring your dog, a flat collar, a favorite toy, treats, a long line 6 to 10 feet, and a positive attitude! Class is limited to 6 dogs & owners.

Tuesdays, April 30 - May 28, 2013
7:00 – 8:00pm Siren High School

Register for Dog Obedience: (715) 349-7070, or email comed@siren.k12.wi.us
Course Fee: $50 per person w/dog

Wild Mushroom Foraging

Instructor: Tavis W. Lynch

Join us for this rare opportunity to learn from a 30 year veteran of wild mushroom foraging! You will gain an understanding of the 'safe six' mushrooms to harvest, including the rules of wild foraging, and the ability to identify common poisonous mushrooms. Your instructor is a certified expert by the Minnesota Department of Agriculture and owns Martha's Mushrooms.

Tuesday & Thursday, March 5 & 7, 2013
5:30 – 8:30pm Spooner High School

To register call (800) 243-9482 Ext. 4221.
WITC Class # 25286 Cat. # 42-806-410
Course Fee: $ 21.54 Senior (62+) Fee: $4

Babysitting Clinic

Instructor: Wendy Larson

This course is designed for middle schoolers (11 years +) who are interested in babysitting for young children. Areas covered are child development (0-5 years,) health, safety, discipline, nutrition, and activities for young children. Healthy snacks are provided. Participants will create and take home their own babysitting tote bag.

Friday, March 15, 2013
3:30 – 7:00pm
Siren High School – FACE Room

Register for Babysitting Clinic: (715) 349-7070, or email comed@siren.k12.wi.us Fee: $18

Drivers Education

Dorie Pederson, Safe Start Driving School

New drivers under 18 years must attend 30 hours of classroom instruction. Students must be 15 years by first day of class.

Parent Orientation: Wednesday, July 31, 2013
6:00 - 8:00pm (parent & student must attend)
Classes: Monday through Friday, August 1 - 9, AND Monday through Thursday, August 12 - 22
1:00 – 3:00pm
Siren High School - IMC

To register call Safe Start Driving School at (715) 825-4950 or (715) 553-0474.
Course Fee: $75

DNR Snowmobile Safety Certification

Instructor: Jeffrey Hahn

January 22 – 24, 2013
Unity School, Balsam Lake Course Fee: $10
Please Call Unity Community Ed to register: (715) 825-2101, ext 1560

Hunter Safety for Adults (18+)

CD/Internet, adults only test out.
Instructor: Katelyn Teschler
Friday, February 1 or Friday, March 1, 2013
9:30 am - Spooner DNR Office
To register: (715) 635-4267 or email katelyn.teschler@wisconsin.gov

DNR Snowmobile Safety Certification

Instructor: Katelyn Teschler
February 20 – 21, 2013
Spooner DNR Office
To register: (715) 635-4267 or email katelyn.teschler@wisconsin.gov

Entry Level Firefighter

Thursdays & Saturdays, February 7, 14, 16, 21, 28, March 2, 7, 14, 16, 21, 28, 30, April 4, 11, 13.
Webster Fire Department
State funded for WI firefighters. Contact WITC to purchase textbook: Essentials of Firefighting.
To register call (800) 243-9482 Ext. 4221.

Award of Merit Short Documentary | Award of Excellence Film for Social Change | Award of Merit Viewer Impact
Best Shorts International Competition

Consider the Conversation™

When it comes to discussing end-of-life decisions, most people are unprepared, confused and frightened. With a little preparation, you can make end-of-life decisions with peace of mind. Consider the Conversation is a remarkable, thought-provoking film that looks at many of the issues we will all face at the end-of-life. The award-winning film examines multiple perspectives on end-of-life care and includes information and experiences gathered from interviews with patients, family members, doctors, nurses, clergy, social workers, and national experts from around the country. Know that Consider the Conversation does not seek to hand down answers. Rather, it provides something far more important - the questions all of us need to contemplate. The film seeks to inspire dialogue between patient and doctor, husband and wife, parent and child, minister and parishioner. Immediately following the screening, a panel (social worker, nurse, and hospice) will field questions from the audience, and may address topics such as advance directives, hospice care, and living wills. This film screening is offered in partnership with Regional Hospice Services.

"I genuinely believe that every person over the age of 40 in America needs to see this piece. Be prepared to be terrified, illuminated, profoundly moved, confronted, comforted and warmly hugged all within 60 minutes. Just knocked me off my feet!"
Alan

Thursday, March 14, 2013
7:00 – 8:30pm
Siren High School

To register call (715) 349-7070, or email comed@siren.k12.wi.us
Free

Michael Perry: Wisconsin humorist & bestselling author

Perry grew up on a small dairy farm and continues to live in rural Wisconsin. He has written for a number of national magazines, performs regularly with his band the Long Beds, and is host of Tent Show Radio, a weekly public radio variety series showcasing live performances from Lake Superior Big Top Chautauqua. His newest book is Visiting Tom: a Man, a Highway, and the Road to Roughneck Grace. Join us for an entertaining evening as Michael Perry shares his unique perspective on life in Midwestern America.

Thursday, February 21, 2013
7:00pm
Frederic High School - performance center
Free
Sponsored by Friends of the Frederic Library.

Fly Fishing for Beginners

Instructor: Tom Bowers

Have you always wanted to fly fish? Tom Bowers from 45' North, covers everything you need to know to get started in fly fishing, from casting methods and knot tying to safety advice. You will be using all new equipment and Tom will answer all of your questions. Tom has been fly fishing for 50 years and is a registered WI guide.

Mondays, February 4 - 25, 2013
6:00 - 8:00pm
Grantsburg Elementary School - Gym

Course Fee: $12
To register, call Grantsburg Community Ed. at (715) 463-5165 ext. 160.

There Are So Many Reasons To Walk

By Sherill Summer

Burnett County employees taking a walk during their afternoon break. Shown left to right are Julie Chell, Sarah Miller, Jan Moddrell, Diane Lindh, Tracy Horel and Mary Bjorgaard.

This catalog will arrive to you in January. Here at CUE, we hope that one or more of the classes in here will be just the thing to break-up the winter months and bring-in spring. But January is also a time when many of you try to lose weight or exercise more. If you are trying to keep that New Year's resolution or just notice how those extra pounds stretch your clothes to the limit, this part of the catalog is for you.

Probably you have heard that there are many health benefits if you exercise. You might even like the way you feel after you exercise. But fitting exercise into a day is hard.

One of the most effective ways of fitting that exercise into your day is to exercise where you spend most of your day. Chances are this is at work. Talking a walk during a break is a good way to exercise during the workday.

Maybe you have noticed Burnett County employees walking near the Burnett County government center north of Siren. Many of these county employees have been walking during their breaks for years. And they walk in all types of weather – not just those extraordinarily beautiful days when everyone wants to be outside. Recently a group of these walkers agreed to explain just what makes a walk worthwhile – no matter what the weather outside.

For starters, it makes them feel good. Tracy Horel explains that it is just nice getting away from your desk and moving around. "It gives your eyes a break."

Diane Lindh adds that getting out for 15 minutes really helps get through the last couple of hours of the day. "It gives me a burst of energy and helps me focus - I am more productive after my walk. And, there is always a need for weight loss."

The group advises to make the walk a routine part of the day and find others to walk with you if at all possible. It will make sticking with it easier. Sarah Miller admits that without her co-workers getting out there and walking, she probably wouldn't walk as much. "It is inspiring to see how dedicated they are. Finally I say that I need to get on board too, and I get going."

Jan Moddrell agrees. "I really hate to walk, but when I get together with my friends, it is so much better. By yourself, it is really hard to find the motivation.

An added benefit with walking with a partner or a group is the camaraderie. The walk was a time to catch-up on each other's lives – something there may not be time for otherwise.

In all likelihood, your boss will approve of a walk during a break. Many workplaces are encouraging these types of habits in their employees because they know that it affects the bottom line. Workplace wellness can lower health insurance rates, increase productivity and there is some evidence that it can reduce illness among employees too.

But at other workplaces, having employees walk during a break might be something new. If this is the case where you work, the group had one last important tip: Don't abuse it.

Most employees have at least one paid break during a shift, and there is usually leeway on how this break is spent. But even if it is permissible to take a walk during a break, make sure that you pay attention to the length of the walk. This group of walkers has been walking the same walk for years, and they know exactly how long it takes.

So, take their word for it. Find a partner. Find a pair of walking shoes and warm clothes you can keep at work. Walk. You'll be glad you did!

Communities United in Education is one of 30 communities around the state awarded Transform Wisconsin grants in an effort to create healthier places to live, work and play. All across the state, communities will be building on local efforts to improve health by empowering individuals to make healthier choices and preventing chronic disease. Transform Wisconsin grants are administered by the Wisconsin Clearinghouse for Prevention Services and funded by a U.S. Centers for Disease Control and Prevention (CDC) grant through the Prevention and Public Health Fund.

Everyone has a role. Diverse partners are coming together to find shared solutions that work for Wisconsin. It will take us all to make a difference.

Being part of a group has its benefits. Jan Moddrell says she doesn't really like to walk very much, but she doesn't mind it as much when she is walking with her friends – the time goes by quick. Plus, she has all the wonderful benefits of exercise when she is done.

Places to Play

Open Gym – Adult Volleyball

Get an active workout while having fun playing volleyball. These are coed, open play, pickup games, and all are welcome (ages 18+).
As needed, gyms may be divided by skill level:
Recreational: A non-competitive format with friendly games.
Competitive: A healthy competition for those who desire to compete at a high level.

Mondays, January 14 – March 25, 2013 (No volleyball February 18th)
In case of inclement weather, open gym may be cancelled.
7:00 - 9:00pm
Webster High School

Free

Open Gym – Adult Basketball

Stay in shape through the winter by playing basketball. These are open play, pickup games, and all are welcome (ages 18+).
As needed, gyms may be divided by skill level:
Recreational: A non-competitive format with friendly games.
Competitive: A healthy competition for those who desire to compete at a high level.

Wednesdays, January 16 – March 27, 2013
In case of inclement weather, open gym may be cancelled.
6:00 - 8:00pm
Webster High School

Free

Trips & Theater

2nd Annual Quilt Shop Hop - 5 Shops!
Saturday, February 23, 2013
Leave Grantsburg 7:30am
Fee: $35 includes coach travel, door prizes.
To register, call Grantsburg Community Ed. by Feb. 15th at (715) 463-5165 ext. 160.

Plymouth Playhouse: Ring of Fire - Cash
Friday, March 1, 2013
Leave Grantsburg 9:30am, return 5:30 pm
Fee: $64 includes coach travel, meal and show.
To register, call Grantsburg Community Ed. by Feb. 25th at (715) 463-5165 ext. 160.

Mall of America
Wednesday, March 20, 2013
Leave Grantsburg 8:00am, return 6:00 pm
Fee: $25 includes coach travel
To register, call Grantsburg Community Ed. by March 15th at (715) 463-5165 ext. 160.

Minnesota Science Museum - Body Worlds
Tuesday, April 16, 2013
Leave Grantsburg 9:00am, return 5:30 pm
Fee: $48 includes coach travel, exhibits and omni show.
To register, call Grantsburg Community Ed. by April 5th at (715) 463-5165 ext. 160.

Nifty—Thrifty Shopping Trip
Friday, April 19, 2013
Leave Grantsburg 7:00am, return 6:00 pm
Fee: $25 includes coach travel.
To register, call Grantsburg Community Ed. by April 8th at (715) 463-5165 ext. 160.

Chanhassen: Joseph and the Amazing Technicolor Dreamcoat
Wednesday May 15, 2013
Leave Grantsburg 9:00am, return 6:00 pm
Fee: $79 includes coach travel, meal & show.
To register, call Grantsburg Community Ed. by April 19th at (715) 463-5165 ext. 160.

Como Conservatory & Japanese Garden
Sunday June 23, 2013
Leave Grantsburg 8:00am, return 6:00 pm
Fee: $40 for coach travel, tour, and flower class.
To register, call Grantsburg Community Ed. by June 10th at (715) 463-5165 ext. 160.

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ADULT BASIC EDUCATION & GED/HSED

If you have not completed high school and want to seek more education or improve your employability, you have choices that can open the doors to your future.

First, attend Adult Basic Education classes, for free, in order to brush up on reading, math, English, or basic computer skills. Next, take the General Educational Development (GED) tests, and receive a GED Certificate. Or, you can go further and receive a High School Equivalency Diploma (HSED).

Adult Basic Education Locations

Frederic High School
(715) 327-4868

St. Croix Education Center, Hertel
(715) 349-2195

Washburn Co Learning Center, Spooner
(715) 635-9120

Polk Co Learning Center, Balsam Lake
(715) 485-3116

SUGGEST A CLASS

If you want to learn something new, it's likely there are other people who want to learn the same thing. We are very interested in your class ideas and will do everything we can to provide you the best class offerings available. Let us know who you would recommend as a potential instructor, too! Call (715) 349-7070.

BECOME AN INSTRUCTOR

Are you interested in teaching a class? CUE is always looking for qualified instructors who would enjoy sharing their skills and special knowledge with others. Contact us today to discuss teaching options! Call (715) 349-7070, or email comed@siren.k12.wi.us

New Classes!

How to Find Your Unique Voice as a Photographer
Discover and carve out your own one-of-a-kind path as a photographer, using creative ideas and guidelines for developing your own unique style. **See page 5.**

Beginner Internet & Email Skills
Search and you will find! Learn basic internet skills and terminology to navigate the web. How to use email on the web. **See page 7.**

Intro to Google Docs
Google Docs has fabulous free tools you can use to create word processing documents, spreadsheets and presentations. **See page 7.**

Hot Topics!

Consider the Conversation™
Making end-of-life decisions with peace of mind. Consider the Conversation is a remarkable, thought-provoking film that looks at many of the issues we will all face at the end-of-life. **See page 11.**

Fun, Delivered: Customer Service Starts with You
Let's talk about some of the basics of customer service, and some of the best ways to show pride in your community. It will make your customers' (and your) experience more fun! **See page 9.**

Register now for Lifelong Learning Contact CUE today!

Call (715) 349-7070

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NEW This Spring!

Open Gym - Adult Volleyball
Mondays, January 14 – March 25, 2013

Open Gym - Adult Basketball
Wednesdays, January 16 – March 27, 2013
See page 14.