

Learning Never Ends

.. *An Evening For Adults*



Tuesday, October 18, 2011

6:45 - 9:30 p.m.

**Wauwatosa West High School
11400 W. Center Street**

Check-in begins: 6:15pm 1st Session: 6:45 - 8:00pm 2nd Session: 8:15 - 9:30pm

Use the registration form on page 16. Select two mini-courses and two alternatives. Register early. All mini-courses will be filled on a first-registered basis. *Fee for the evening is \$10.00 per person.*

Don't Worry, Be Happy!

Discover how to create balance and happiness by redirecting your energy in a positive fixed manner. Identify the negative conditioning and biases in your life and learn how to use your cognitive powers to make acceptable changes.

Course Number 01

Steve Kunkel

Certified Life Coach, N.L.P. Practitioner

Tea 101

Did you know that tea is the second-most consumed liquid, after water, world-wide? Learn about the different varieties of tea, their origins around the world, how to properly brew them, and the many benefits that regular tea drinking can provide for you. You'll get to try samples of properly brewed loose-leaf tea.

Course Number 02

Anaba Tea Room, Shorewood

Secrets to Permanent Weight Loss and Healthy Living

Over \$30 million is spent every year on products and services to rectify the problem of obesity. Yet, despite all of the fad diets, calorie counting and diet pills, nothing seems to work. Join us to discuss the "real" secrets to weight loss and healthy living.

Course Number 03

Jamie Lynn Settini,

Dr. of Chiropractic, Wellness Consultant

Settimi Chiropractic

Simplify Your Financial Life

Join us as we look at how to simplify your life in several key financial areas, including tips you can implement immediately. Learn how to get your statements organized, solidify your goals and think outside the box. Leave with a resource binder that you can use at home.

Course Number 04

Chris Dunn & Rhonda Noordyk

Global View Capital Advisors

*Advisory services offered through the Strategic Financial Alliance, Inc.
(262)650-1030*

The Potter's Field

Over 5,000 people are buried beneath Milwaukee County buildings, denied the dignity of marked and undisturbed graves because of their poverty. Learn about the origins of the pauper cemetery, including a brief history of the poor in Milwaukee County, and an examination of the Almshouse, the county's first medical institution.

Course Number 05

Michael McBride

Beading Basics

Discover how easy it is to create your own one-of-a-kind jewelry. Learn about basic bracelet and earring making and what tools and materials are needed. Leave the class with a new beaded bracelet and earrings that you'll make in class.

Course Number 06

Dale Dehmlow

Bentley's One of a Kind, Tosa

Transform With Updated Cabinetry

If you're looking at expanding or considering a renovation project, you'll need to decide on finished woodworking and cabinetry. Achieve affordable custom quality craftsmanship in any room, including kitchen, bath, entertainment room or closet. See cabinet options, available detailing, and how sometimes less can be more, yielding dramatic results.

Course Number 07

Jim Hendricks

Renovation Experts

A Trip Through Time . . . Clocks!

Do you have an old family clock that you know nothing about? Learn about the entrepreneurial American clock industry over the last 200+ years, and see actual examples of clocks. Find out about clock restoration and repair and get answers to questions about your own clocks. Pictures and clocks are welcome.

Course Number 08

S. Howard Young, PE

Howards' Antique Clocks, Tosa

Extending the Season Through Food Preservation

Learn how to utilize food preservation techniques to make the most of our state's bountiful harvest. We'll focus on the canning of fruits and vegetables, and have a look at drying and freezing methods. Discover how easy it is to maintain and enhance the appearance and taste of food!

Course Number 09

Jeanine Becker

Madam J's Jams & Jellies

Backing Up Your Computer

Don't let a computer "crash" find you unprepared! Get a better understanding of when and how to back up your PC or MAC, what is actually saved by different software programs and what you need for a complete computer recovery. Find out about different types of hard drives and storage devices that can be used, and what the industry is moving toward. *An understanding of computer files and your computer's operating system are recommended.*

Course Number 10

Patricia Jaeger

PLJ Computer Services, Inc.

Paper Clutter: Find Your Desk Top

Is extraneous paper and clutter preventing you from seeing the top of your office or home desk or your home's "command central" space? Learn the art of paper clutter control, including what tools you need to stay organized and what to keep and for how long. Create new habits for a clutter free desk top!

Course Number 11

Patricia Granger

Patricia Granger Redesign

A Taste of the Islands

Join the chefs from Wauwatosa's own Hawaiian deli/grocery store for a short trip to Hawaii, with its rich ethnic diversity and unique culinary flavors. They will prepare several local favorites made with ordinary ingredients, yet with extraordinary results. Most importantly, you'll get to sample the foods. Aloha!

Course Number 12

Guy Roeseler & David Lau

Ono Kine Grindz, Wauwatosa

Ham Radio - Past & Present

Amateur "ham" radio dates back to the 19th century. Learn about the history of this recreational hobby that continues to have a strong following among amateur radio enthusiasts today. Find out about the equipment used, call signs, licensing and more. Get information on how you, too, can become a ham!

Course Number 13

Dick Wood & Tom Macon

West Allis Ham Radio Club

Vintage-Inspired Holiday Decorations

Get a jump start on the winter holiday season by making your own one-of-a-kind decorations. See several examples, then let your creative juices take over as you decorate a 5x7 clayboard panel using alcohol inks, embossed paper images from Germany, metallic Peel-Offs, stamps and more. Perfect as a gift for family, friends, or yourself!

Course Number 14

Karen Kartaly & Jan Hoefler

Artist and Display

Milwaukee in the Civil War

This year marks the 150th anniversary of the start of the American Civil War. Many great accomplishments were made by our Wisconsin ancestors during this frightening period of national strife. Find out about the important role young Wisconsin men played in this epic conflict.

Course Number 15

Tom Finley

Baby Boomers: Trends in Building

Are you one of the 63% of Baby Boomers who are planning on staying in their current homes? Updating your home for the future can be one of the best investments you make. Discover new trends and design ideas, as well as practical advice on updates that will enable you to get the most out of your home now and in years to come. Bring magazine pictures or photos of your home to discuss remodeling potential.

Course Number 16

S.J. Janis Co., Inc.

Understanding Excel - Old vs. New

Maximize your utilization of Excel 2007 and 2010. Get a better understanding of the "Ribbon vs. Command" feature changes made since Office 2003. This class will offer you in-lab experience and helpful tips, whether you are a PC or MAC user. *Prior Excel knowledge strongly recommended.*

Course Number 17

Patricia Jaeger

PLJ Computer Services, Inc.

QiGong - Exercise for Wellness

Increase your sense of well-being by practicing QiGong (Chi Kung) routines that emphasize gathering, storing and circulating vital energy in the body, promoting health and emotional balance. Perfect for warm-ups/cool-downs for other exercise.

Course Number 18

Pat Corrigan Culotti, CTI,MTF

Enhancing Balance Integrative Wellness Services

Off-Season Landscape Maintenance

There are many fall, winter and early spring projects that will spruce up your property! Bed prep, mulching, fall cut back and pruning, winterizing plants, winter dormant pruning, granular fertilizing of beds . . . all are tasks that can make the May through September season more enjoyable! Learn procedures, tools, products and proper timing to make these landscape maintenance projects work for you.

Course Number 19

Michael Kreuser & Chuck Bongert

Kanavas Landscape Management, Inc.

Muslim Women in Today's World

Do you know enough about Muslim women to separate fact from fiction? What comes to mind when you see a Muslim woman wearing a headscarf? Do you think there are any similarities with your own traditions? Join us for a lively discussion and gain insight into the lives of Muslim women.

Course Number 20

Janan Najeeb, President

Milwaukee Muslim Women's Coalition

Islamic Resource Center

Register with a friend and have
twice the fun!

Please use the registration form
on page 16.

Great Winery Destinations

Delight your senses! Join AAA on a journey exploring the wonderful world of winery destinations. There are self-guided and arranged tours worldwide, including hidden gems throughout the U.S. and in our own state of Wisconsin. Memorable tasting and great vacations are awaiting your discovery!

Course Number 21

Lynn Kloss & Joanna Ponjavic

AAA Wisconsin

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6:45 - 9:30 p.m.
Wauwatosa West High School
11400 W. Center Street

Please park in the large parking lot located on the west side of the school, and use the southwest entrance.

1. Complete the form below, indicating 2 mini-course preferences AND 2 alternatives, in case your first choices are filled. All sessions will be filled on a first-registered basis.
2. Your mini-course schedule will be available at Check-In (begins at 6:15pm). Confirmations **will not** be mailed.
3. **Return this form with credit card info or a check for \$10.00 PER PERSON**, payable to:
Wauwatosa Recreation Department, 11324 West Center Street, Wauwatosa, WI 53222.

OR You may fax, with MasterCard/VISA information, to (414) 773-2920.

Download extra copies of this form from our website at www.tosarec.com, or photocopy.

Questions? Call (414)773-2900, or send email to tosarec@wauwatosa.k12.wi.us

Please note: For program promotion purposes, photographs may be taken of participants. If you do not wish to have your photo taken, please notify the photographer or instructor.

Learning Never Ends Registration Forms

(Please print)

Name: _____

Address: _____ City: _____ Zip: _____

Home Phone: _____ Work Phone: _____ Email: _____

I would like to attend the following courses:

Choice #1 ___ Course Name: _____

Choice #2 ___ Course Name: _____

Alternate ___ Course Name: _____

Alternate ___ Course Name: _____

MasterCard/VISA _____ exp. date ___/___ 3-digits _____ Signature _____

(Please print)

Name: _____

Address: _____ City: _____ Zip: _____

Home Phone: _____ Work Phone: _____ Email: _____

I would like to attend the following courses:

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