Good Ideas
An enriching three-day program for lifelong learners age 50 and over

January 5, 6 & 7, 2016

Good Ideas: A University Experience for Adults
January 5, 6 & 7, 2016

Join a group of lifelong learners age 50 & over for an enriching three-day program at UWMC.

A January thaw for your mind and spirit.

Daily Schedule

8:15 - 8:45 am  Registration (Tuesday only)
UWMC West Entrance Hallway

8:45 - 9:00 am  Welcome & Announcements (Tuesday only)

9:00 - 10:00 am  General Session, Auditorium in Main Building

10:00 - 10:30 am  Refreshment Break, Union & Concourse.
You’re welcome to bring your own mug!

10:30 - 12:00 noon  Class

12:00 - 1:00 pm  Lunch

1:00 - 2:30 pm  Class

2:45 - 3:45 pm  Wednesday: Senior Stretch & Balance or Where There’s Will…There is a Way

Tuesday - January 5

The Black Hawk War
Dr. John Hall

John Hall is primarily interested in the ethno-historical examination of military conflict and cooperation between the Native peoples of North America and European colonial powers. He also is drawn to Native American and early American history with particular emphasis on the Revolutionary Era and the Early Republic. Within the field of military history, his research has focused on "small wars" involving irregular forces and U.S. defense policy.

Dr. Hall is currently teaching at the University of Wisconsin-Madison. He received the 2015 Philip R. Certain & Gary D. Sandefur Distinguished Faculty Award and the 2105 Army Historical Foundation Distinguished Writing Award for "An Irregular Reconsideration of George Washington and the American Military Tradition."

Wednesday - January 6

Ginseng 101: An Introduction to the History and Usage of Ginseng
Will Hsu, Vice President of Operations

Asian Ginseng has been used by the Chinese and other cultures for thousands of years, but American Ginseng was only discovered in North America about 200 years ago. Learn about how ginseng has traditionally been used in Eastern medicine, the differences between the major species of ginseng, the special place this prized root holds in American folklore and its unique Central Wisconsin history. Recently popularized by reality TV shows, wild American ginseng will also be discussed as the basis for today’s cultivated ginseng industry in Wisconsin and what Hsu’s Ginseng Enterprises, Inc. is doing to educate and promote sustainable harvest of this rare woodlands plant.

The company was founded in 1974 by Paul C. Hsu as a direct-to-consumer, mail-order business selling cultivated Wisconsin ginseng. Since its founding, the company has grown to become the largest grower and retailer of ginseng in the country. Headquartered in Wausau, Wis., the company has six branch offices across North America (Houston, Los Angeles, New York, San Francisco, Toronto and Vancouver), four offices in Asia (Nanjing and Guangzhou, China; Taipei, Taiwan and Hong Kong) and operates joint venture production facilities in mainland China.

Thursday - January 7

The UW Trout Lake Station: A Scientific Resource for Northern Wisconsin and Beyond
Dr. Susan Knight

Susan Knight's work involves aquatic plant identification, plant surveys, and technical review of state-wide lake management plans. She is fascinated by bogs and is especially fond of bladderworts and other carnivorous plants.

Susan Knight was born in Massachusetts, and was an undergraduate at Dartmouth College and a graduate student at the University of Wisconsin-Madison. She currently works for the UW-Madison’s Center for Limnology at Trout Lake Station in Boulder Junction, Wis., serving as the interim director.

Full Lunch Menu

January 5
Chili, Ham & Swiss Cheese on Rye Bread, Fruit, Dessert Bars, Beverages

January 6
Tomato Basil Soup, Honey Roasted Turkey on a Croissant, Fruit, Cookies, Beverages

January 7
Chicken Noodle Soup, Roast Beef on Ciabatta Roll, Fruit, Cheese Cake, Beverage

⚠️ See Registration Instructions for Soup, Relish, Dessert & Beverage option.
--Indicate if you are vegetarian.

Good Ideas: General Sessions, UWMC Auditorium–Main Building

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