

FRIENDS FOR LEARNING COURSE CATALOG Spring 2019
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Registration for Spring 2019 classes begins at 9:00 a.m, January 16th and continues throughout the semester.

Registration Online: Go to the Friends For Learning website (friendsforlearning.com) and click on “Register.” Follow the prompts. You will need an email address. (Please do not use an email address shared with someone else.) First select “FFL Membership”, then select the classes you wish to register into. Complete enrolment by making payment for membership by Visa/MC credit or debit.

Help with online registration. If you would like help registering online, come to CHE 202 at University Place Campus anytime between 9:00 a.m. and 12:00 p.m. Wednesday, January 16, 2019. Members of the FFL Board of Directors and ISU Continuing Education staff will be there to assist you.

Mail in Registration: If you prefer registering by mail, print a copy of the “Class Selection” form found on the FFL website. Nothing received by mail will be processed until January 18th. Complete the form and attach your check **MADE OUT TO ISU** for the \$20.00 membership fee and mail to the following address:

Idaho State University
 Continuing Education / Workforce Training– FFL
 921 S. 8th Avenue, Stop 8380
 Pocatello, ID 83209

Parking Passes–If you were an FFL member last semester, the parking pass you received is valid through August 31, 2019. Do not order another. The first item in the course catalog deals with the parking passes. This is the area to mark to indicate you need a pass. New FFL members will receive a parking pass by mail shortly after you register. To avoid a parking fine, display the parking pass in your vehicle when you attend FFL classes at University Place. Replacement parking passes may be purchased for \$5.00 from President, Kathy Hendrix, 208-523-8859.

All students should wear name badges to all classes. If you wish a name tag, contact Denise Morton, 208-524-0389. She will make one which you can arrange to pick up.

QUESTIONS? If you have questions, please call ISU Continuing Education; 208-282-3155; FFL President Kathie Hendrix; 208-523-8859, or Secretary Denise Morton; 208-524-0389.

Class Locations: TAB = Tingey Administration Building. CHE = Center for Higher Education Building. Both are located at the ISU Idaho Falls Campus at University Place, 1770 and 1776 Science Center Drive in Idaho Falls.

FFL Course Catalog Spring 2019

4215 Parking Pass

Instructor: n/a

Fee:

When: n/a

Location: n/a

If you are new to the organization and need a parking pass, mark the box. If you have lost your old pass and need a replacement call Kathie Hendrix at 208-523-8859. The Tigar Paw parking pass from Fall 2018 will be good until Aug. 31, 2019. Do not discard it.

Credentials:

Facilitator: n/a

Phone: n/a

Email: n/a

4242 A Volunteer Opportunity

Instructor: n/a

Fee:

When: n/a

Location: n/a

Select if you wish to volunteer. The Friends For Learning organization operates totally by volunteers. As this organization has grown, the need for more volunteers has increased. We need volunteers in the following areas: curriculum, cultural cuisine, hiking, walking, and exploring, and helping leadership. By registering here you will be sent an email with the volunteer form to fill out as to the areas in which you would like to volunteer. Thanks for your interest.

Credentials: If Margie doesn't contact you, please send your information to margieprestwich59@yahoo.com or call her at 208-523-0261.

Facilitator: Margie Prestwich

Phone: 208-523-0261

Email: margieprestwich59@yahoo.com

4121 Hiking, Walking and Exploring

Instructor: HWE Committee

Fee:

When: n/a

Location: n/a

This year-round 'class' schedules various activities for FFL members. Hiking (H) activities can range from easy to difficult and might last two hours or all day. Most walking (W) activities are easy trips and in the vicinity of Idaho Falls. Exploring (E) often takes us some distance from Idaho Falls, even other states. The most vigorous activities range from hiking, biking, canoing, horseback riding, skiing and snowshoeing. We are guided by member ideas and leaders, so we may try anything.

Credentials: HWE Committee members have been involved with outdoor activities for many years. Committee members Jim Schaffer (208-589-6005), chairman; Allen Perkins (208-604-0820); Marilyn Quast (208-523-4987); Eileen Perkins (208-520-7483); Richard Scheerer (208-881-6331); Garney Hardy (208-680-1370).

Facilitator: Jim Schaffer

Phone: 208-589-6005

Email: milodoctor@gmail.com

***4145 Spanish II (Intermediate)**

Instructor: Jackie Christiansen

Fee: Book required

When: 1/24 -4/18 10:00-11:30 Thu.

Location: CHE 305

This class is for those with a basic knowledge of Spanish. You are invited to participate with us in a "new" way to learn to speak Spanish. We use the modified Blaine Ray TPR Storytelling materials to guide and direct us in our journey to continue to speak and comprehend the beautiful Spanish language. Simple stories provide context and background from which we explore vocabulary, grammar, and speaking fluency. This is a continuation of the Spanish II fall semester class. Limit 30

Credentials: Jackie is a student of Spanish and is committed to guiding you as you continue to learn, pronounce, and comprehend the language.

Facilitator: Jackie Christiansen

Phone: 208-522-8705

Email: ajc1983@q.com

***4144 Spanish I (Beginning)**

Instructor: Jackie Christiansen

Fee: Book required

When: 1/28-4/15 1:30-3:00 Mon.

Location: CHE 308

You are invited to participate with us in a "new" way to learn to speak Spanish. We use the modified Blaine Ray TPR Storytelling and materials to guide and direct us in our journey to begin to speak and comprehend the beautiful Spanish language. Simple stories provide context and background from which we explore vocabulary, grammar, and speaking fluency. This is a continuation of the Spanish I fall semester class. Limit 30

Credentials: Jackie is a student of Spanish and is committed to guiding you as you learn to pronounce and comprehend the Spanish language.

Facilitator: Jackie Christiansen

Phone: 208-522-8705

Email: ajc1983@q.com

***4151 Creative Writing Workshop**

Instructor: Sidney Hoopes

Fee:

When: 1/31, 2/7,14,21, 28 1:00 - 3:00 Thu.

Location: CHE 305

This is a 5-session self-guided class. We have fun while learning to express ourselves and giving each other pointers and encouragement. We invite new people to come and join us this semester. Limit 12

Credentials: Sidney has been facilitating this class for a number of years.

Facilitator: Sidney Hoopes

Phone: 208-524-1280

Email: fshoopos@cableone.net

4137 Pinochle, Double Deck

Instructor: Vicky Van Sickle

Fee: Purchase lunch

When: 2/4-5/20 12:00-3:00 Mon.

Location: Leo's Place
155 S. Holmes

You must have knowledge of how to play the game of Pinochle to sign up for this fun class. There will be no formal instruction. Each participant is expected to mix with the other players and sit at different tables each week. Groups will be formed at the discretion of the facilitator. Players must buy lunch and a donation is taken for new playing cards. We play year round on every Monday. Vicky and Senia help organize this class.

Credentials: We all help each other. There is no formal instruction.

Facilitator: Senia Weinrich

Phone: 208-521-8526

Email: seniale3025@gmail.com

***4348 Spanish III (Advanced)**

Instructor: John Maxfield

Fee:

When: 2/4-4/15 10:00-11:30 Mon.

Location: Senior Citizens' Center
535 W. 21st St.

This class meets weekly for 32 weeks and those who have taken it previously will have preference. Class format and study material will be determined at the first class. Limit 20

Credentials: John has had two years of high school Spanish, lived in Mexico for two years and Spain for 18 months. Linda has taken Spanish for several years.

Facilitator: Linda Tycz

Phone: 208-360-0990

Email: gblet@msn.com

***4316 Yoga II**

Instructor: Dino Lowrey

Fee:

When: 2/5-4/25 8:30-10:00 Tue/Thu.

Location: Good Samaitan Chapel
840 E. Elva

This twice-weekly class will focus on Yoga for those over 50. It will use the techniques of B.K.S. Iyengar, focusing on posture and breathing. Students will need a yoga mat. Blocks and straps are optional. Limit 16

Credentials: Dino is a retired archeologist. She has taken Yoga classes for the past seven years and has taught this class for several years.

Facilitator: Joel/Joy Hubbell

Phone: 208-524-2333

Email: Joelmhubbell@gmail.com

***4323 Everyone Can Draw**

Instructor: Nancy Peterson

Fee: \$5.00

When: 2/5, 12, 19, 26 10:00 - 12:00 Tue.

Location: CHE 305

An engaging drawing course for beginners. A fun class designed to introduce multiple techniques and media to the want-to-be artist. Color pencil, pastels, watercolors and ink are a few media used to complete your small pieces of art each class. Bring your own Crayola water brand water colors, colored pencils and a regular pencil. Gain confidence and express yourself through art. Limit 12

Credentials: Nancy studied art at Boise State University. She currently has illustrated 14 published children's books and teaches art classes to children. Find Nancy Garnett Peterson on Jacketflap.com for samples of her work.

Facilitator: Kathie Hendrix

Phone: 208-523-8859

Email: chatiek06@yahoo.com

***4355 Art Museum's Art Collective Exhibit Tour**

Instructor: Alexa Stanger

Fee:

When: 2/5 1:00-2:00 Tue.

Location: The Art Museum
300 S. Capital

Enjoy a guided tour with Education Director Alexa Stanger and explore the Art Collective exhibit, a biennial homage to the art organizations, groups and guilds in eastern Idaho that nurture the professional and artistic development of regional artists. Exhibiting groups include the Idaho Watercolor Society, Colored Pencil Society, Gallery 12, Museum Artists Group, Eagle Rock Art Guild and more. Limit 40.

Credentials: Alexa is the Education Director for the Art Museum.

Facilitator: Liz Herrmann

Phone: 208-522-0493

Email: lherrmann@cableone.net

***4231 Singing for Fun**

Instructor: Donna Park

Fee:

When: 2/6 -5/22 1:00-2:00 Wed.

Location: 4051 Cambria

You don't need to have a fabulous voice or even prior experience to spend an hour once a week singing old and new favorites with FFL friends. Bring your ideas for songs, some music you want to sing if you have it and of course your enthusiasm. We occasionally sing at assisted living centers or at FFL functions. Limit 40

Credentials: Donna has many years experience in both singing in and leading choral groups. She is an experienced pianist, composer and arranger, and delights in helping others "find their voice. "

Facilitator: Gail Fielding

Phone: 208-970-7130

Email: gailsplc76@gmail.com

4228 Science Wednesday

Instructor: varies

Fee:

When: 2/6- 5/15 3:00-4:00 Wed.

Location: Idaho Brewing Co.
775 S. Capital Ave.

Facilitators will provide initial sets of articles to the group for discussions. Participants will meet and join in an open forum discussion of the article for that week. After the initial meetings, participants will be asked to suggest an article for discussion at later meetings. This class meets every other Wednesday. Participants should be able to receive pdfs by email.

Credentials: Facilitators are retired scientists from the INL.

Facilitator: Hubbell, McIlwain, Daum

Phone: 208-524-2333

Email: joelhubbell@gmail.com

***4154 Yoga I**

Instructor: Brenda Stewart

Fee:

When: 2/6 - 4/10 1:00-2:00 Wed.

Location: Good Samaritan Chapel
840 E. Elva

This class is a great way to move and be active while improving strength and flexibility. Yoga is a total mind-body workout that combines strengthening and stretching poses with deep breathing and meditation/relaxation. It will be taught one day a week and use the techniques of B.K.S. Iyengar. Students will need a yoga mat. Blocks and strap are recommended but optional. Limit 16

Credentials: Brenda has a 200-hour yoga teaching training certificate. She taught yoga for the YMCA for 12 years and is currently teaching yoga for the Idaho Falls Recreation Deptment.

Facilitator: Joel Hubbell

Phone: 208-524-2333

Email: joelmhubbell@gmail.com

4359 Beautiful Portugal

Instructor: Jerry Johnson

Fee:

When: 2/7 10:00 -11:30 Thu.

Location: TAB 200

Take a visual tour of beautiful Portugal, examine its principal cities of Lisboa and Porto, then move to some lesser known but stunning towns and vistas. Walk on castle walls, go barefoot on beautiful beaches, hike to unusual estates, drive through five-lane roundabouts, enter 500-year old cathedrals, and stare up at amazing aqueducts built centuries ago.

Credentials: Jerry and his wife lived and worked in Portugal for 18 months and have revisited since. Both have also lived in Brazil.

Facilitator: Phyllis Arrington

Phone: 208-403-9365

Email: terphyl@gmail.com

4368 Hand & Foot Card Game

Instructor: Sibyl Priest

Fee: \$5.00

When: 2/7-5/16 11:30-3:00 Thu.

Location: Papa Tom's Pizza
1830 S. Woodruff

Hand & Foot is a card game similar to Canasta, in which each player is dealt two sets of cards, the "Hand" and the "Foot". In this class students are taught the basic rules of the game and enjoy playing with other members of FFL. Please arrive by 11:30 to order lunch. That way we will be able to start playing cards at 12:00 and be done at 3:00. Students must buy lunch at each session.

Credentials: Sibyl has been a player of "Hand and Foot" for several years and is knowledgeable in the rules of the game.

Facilitator: Sibyl Priest

Phone: 208-522-8351

Email: sibylpriest@icloud.com

***4241 Zumba**

Instructor: Bitsy Blakely

Fee:

When: 2/7,2/11-5/30 9:00-10:00/1:00-2:00 Mon/

Location: Senior Citizens' Center
535 W. 21st St.

Zumba-dance first, think later! Zumba's easy-to-follow choreography and Latin rhythms make Zumba your new Happy Hour. Zumba improves balance and fitness, protects against Dementia, fights depression, creates new pathways for the brain, adds flexibility, coordination, endurance and energy to your life. This class will be held each Mon at 9:00-10:00 and Thu at 1:00-2:00. Limit 40

Credentials: Bitsy is a certified Zumba instructor.

Facilitator: Patsy Komoda

Phone: 208-529-0297

Email: pkomoda@gmail.com

4387 Zumba® Gold (Seated/Chair)

Instructor: Jennifer O' Sullivan

Fee:

When: 2/8 - 5/17 2:00-3:00 Fri.

Location: 570 2nd St.

Zumba Gold® (Seated/Chair) class is suitable for people who have mobility or balance problems or who might just want to start in a chair. We use simple, easy movements to increase strength and flexibility in your arms, legs, and core muscles. Enjoy working out to fun Latin and international music and have a joyful time moving with our uplifting instructor. Zumba® Gold, seated classes, when attended regularly, can help with: Muscle strength, Balance, Flexibility, Mental awareness, Functioning, Mood, and so much more! Limit 15

Enter building at door 570. Classroom is straight ahead.

Credentials: Licensed in Zumba Fitness®, Zumba® Gold and Zumba® Toning since February 2013.

Facilitator: Kathy Lee

Phone: 208-524-5836

Email: lees@cableone.net

4218 Line Dancing

Instructor: Varies

Fee:

When: 2/8-5/17 9:00-10:00 Fri.

Location: Senior Citizens' Center
535 W. 21st St.

Come and learn how to line dance from five experienced instructors - Adele George, Lesley Cable, Lianne Buxton, Deb Scheerer and Molly Brinkerhoff. Good exercise, good fun, good for your memory and good for laughs. No experience required. Just come and enjoy - we will teach you how! Come and learn basic and intermediate line dances to all genres of music. You'll be amazed how good you feel and the many benefits you will gain from this.

Credentials: Adele, Lesley, Deb, Molly and Lianne have danced all their lives in many areas of dance. Adele, Lesley and Lianne have owned their own dance studios.

Facilitator: Adele George

Phone: 208-716-1239

Email: gottatap4me@live.com

4371 Idaho Falls and the Nuclear Navy

Instructor: Kurt D. Hamman

Fee:

When: 2/11 10:30-12:00 Mon.

Location: TAB 200

During his tenure, Admiral Rickover was responsible for more nuclear reactors than the total of all other reactors in the U.S. Most of the necessary technology for the development, construction and operation of the nuclear reactors had to be created by his program. This class will provide an overview of the history of the Naval Nuclear Propulsion Program, including its presence in Idaho Falls.

Credentials: Kurt Hamman has over 30 years engineering experience working at DOD and DOE facilities in the areas of research, development, operations, maintenance and training associated with nuclear power plants. Kurt's experience includes 20 years of service in the Naval Nuclear Propulsion Program.

Facilitator: Joel Hubbell

Phone: 208-524-2333

Email: joelmhubbell@gmail.com

4360 Printing the First English Bibles

Instructor: Joseph H. Groberg

Fee:

When: 2/12 2:00 - 3:30 Tue.

Location: TAB 200

Printing the Bible in English required sacrifice. This class will discuss the history of the first English Bibles and will discuss the revolutionary impact of printing. Copies of early Bibles will be displayed. In addition, Mary Jane Fritzen will introduce Alexander Cruden (1699-1770), who compiled a concordance printed in 1737 that is still in print.

Credentials: Joseph H. Groberg, a retired Idaho Falls Attorney, has studied and collected old English Bibles.

Facilitator: Mary Jane Fritzen

Phone: (208) 522-3185

Email: mfritzen@ida.net

***4147 Tai Chi**

Instructor: David Jenkins

Fee:

When: 2/12-5/14 3:30-4:30 Tue.

Location: Senior Citizens' Center
535 W. 21st St.

Tai Chi is a low impact exercise class from Chinese Martial Arts. Tai Chi can improve arthritis, balance, the immune system, high blood pressure, osteoporosis, headaches, stress and more! The movements are designed to build up the body's inner energy which will improve your circulation and your overall health. In this class we will learn one of TY Pang's style of Tai Chi.

Credentials: Mr. Jenkins has been practicing Tai Chi for thirty years. He has studied under Nolan Bownen for the last four years.

Facilitator: David Jenkins

Phone: 208-525-9442

Email: djenkins518@gmail.com

4364 Defining Moments in Idaho History

Instructor: Linden Bateman

Fee:

When: 2/13 10:30 - 12:00 Wed.

Location: CHE 211

Linden will trace the difficult passage of Idaho from territorial days to statehood. He will tell the interesting story of how Idaho nearly ceased to exist.

Credentials: Linden taught history and government for 37 years in both districts 91 and 93. He served in the Idaho House of Representatives for 16 years and has been active in various local community organizations.

Facilitator: Colleen Sargent

Phone: 208-522-3134

Email: sarg1942@gmail.com

4380 Supreme Court & the Constitution

Instructor: Dr. David Adler

Fee:

When: 2/19 1:00-3:00 Tue.

Location: TAB 200

Dr. Adler will discuss the role of the Supreme Court in protecting Americans' rights and maintaining the separation of powers in our government.

Credentials: Dr. David Adler is the president of the Alturas Institute established to promote the Constitution and Education. He has lectured nationally and internationally on presidential power and the Constitution.

Facilitator: Sidney Hoopes

Phone: 208-524-1280

Email: fshoopos@cableone.net

4354 Argentina! Eating, Fishing & More

Instructor: Karin Armstrong

Fee:

When: 2/20 10:30-12:00 Wed.

Location: CHE 211

Karin and her husband love to travel and fly fish. They spent three weeks in Patagonia touring, eating, fishing and absorbing the Argentine culture.

Credentials: Karin is a world traveler who loves adventure.

Facilitator: Karin Armstrong

Phone: 208-522-7005

Email: karinidaho@yahoo.com

***4229 Swimming-Beginning/Intermediate A**

Instructor: Robin Piet

Fee: \$17.50/19.50

When: 2/25-3/13 9:15-10:15 Mon/Wed.

Location: Aquatic Center
149 7th St.

This six-session class is for beginning to intermediate swimmers who want to learn to swim efficiently so it's more fun. The course will be geared toward learning to swim laps for fitness. The only requirement is that the swimmer can swim 25 yards without stopping. To guarantee a place in the class, pay the fee to the Aquatic Center by February 1. \$17.50/\$19.50 city residents/non. If during registration the class is not filled, on Feb.2 it will open to the public. Maximum: 12

Credentials: Robin has been swimming competitively for the better part of 54 years. She is a certified Level 2 United States Masters Swimming coach and has been a USA Swimming coach. She loves to swim and enjoys helping others learn to swim for fitness.

Facilitator: Robin Piet

Phone: 208-521-0628

Email: robinloupriet@gmail.com

***4196 Swimming-Intermediate/Advanced B**

Instructor: Robin Piet

Fee: \$17.50/\$19.50

When: 2/25-3/13 10:15-11:15 Mon/Wed.

Location: Aquatic Center
149 7th St.

This six-session class is for intermediate and advanced swimmers. Learn to swim efficiently so it's more fun. The course will be geared toward learning to swim laps for fitness. The only requirement is that the swimmer can swim 25 yards without stopping. To guarantee a place in the class, pay the fee to the Aquatic Center by February 1. \$17.50/\$19.50 city residents/non. If during registration the class is not filled, on Feb.2 it will open to the public. Maximum: 12

Credentials: Robin has been swimming competitively for the better part of 54 years. She is a certified Level 2 United States Masters Swimming coach and has been a USA Swimming coach. She loves to swim and enjoys helping others learn to swim for fitness.

Facilitator: Robin Piet

Phone: 208-521-0628

Email: robinloupriet@gmail.com

4350 Africa: Sights, Sounds, and Excitement Instructor: Steve Piet & Mick Nelson Fee:

When: 2/26 1:00-3:00 Tue. Location: TAB 200

Experience Kenya, Botswana, and Zimbabwe and their sights, sounds, and exciting interactions. In this class you'll learn about the animals and the people. Watch a leopard stalk its prey. Learn about a girl named Hope in a dirt-poor village in Zimbabwe and two poverty stricken villages in Kenya.

Credentials: Steve and Mick went with a group from Idaho Falls and Boise to visit Africa in the summer of 2018.

Facilitator: Holly Crawley Phone: 208-552-1639 Email: holly.h.crawley@gmail.com

4385 Wasden Archaeological Find Instructor: Carrie Anderson Athay Fee:

When: 2/27 10:00-12:00 Wed. Location: TAB 200

Recently, the Museum of Idaho received a donation of more than 80,000 artifacts found in a series of caves west of Idaho Falls. The collection contains archaeological finds dating back 14,000 years, most famously including Columbian mammoth, bison, and camel remains along with Folsom points. Also included are human-made artifacts such as a millennia-old dolls head made of clay and feathers. Learn about the new collection describing this find.

Credentials: Carrie Athay earned her masters degree in Museum Studies from George Washington University. She has been the curator at Museum of Idaho for a total of 7 years, and worked with the Civil War Preservation Trust among other sites.

Facilitator: Kathryn Welsh Devries Phone: 208 339-3000 Email: kwelshand2@yahoo.com

4383 Theragami, Healing Mind and Body Instructor: Hugh Suenaga Fee:

When: 2/28 1:00-2:30 Thu. Location: CHE 210

Theragami is a wellness program that strives to stimulate the brain and exercise the hands with origami patterns. It connects the body and mind for healing, medical and therapeutic benefits by using origami as the medium. Through active stimulation with consistent application, origami and theragami serve as catalysts for healing. They can benefit survivors of trauma, arthritis sufferers, as well as helping the aging mind and body.

Credentials: Hugh Suenaga has two BAs in the Biological Sciences, plus an MBA. He has survived 7 life-and-death miracles, making him a deeply spiritual man. He is eager to share his pioneering work of Theragami.

Facilitator: Nancy DaFoe Phone: 208-596-0491 Email: nancyd@uidaho.edu

4372 India: Exotic and Challenging Travel Instructor: Aaron Linsdau Fee:

When: 3/5 10:00-12:00 Tue. Location: TAB 200

India is both a land of mystery and adventure with over a billion citizens. It is on the other side of the planet, so traveling there can be difficult. The culture, perspective, and values are dramatically different than in America. Aaron Linsdau traveled there in the Spring of 2018 and found the experience to be exotic and challenging. Come listen to the joy, fear, and adventure of his classic India talk.

Credentials: Aaron has a degree in Electrical Engineering and a Masters in Computational Science. He is a motivational speaker and professional photographer. He has traveled the world.

Facilitator: Nancy Carpenedo Phone: 208 529-4714 Email: nancycarpe@msn.com

4386 Wealth Management Instructor: Jennifer Landon Fee:

When: 3/7 10:30-12:00 Thu. Location: CHE 213

Learn common pitfalls of high net-worth investors and how to invest for growth and inflation defense. Learn essential principles of investing.

Credentials: Jennifer is a financial planner for Journey Financial Services.

Facilitator: Marla Case Phone: 208-757-2950 Email: marlacase52@yahoo.com

4362 Clutter's Last Stand

Instructor: Don Aslett

Fee:

When: 3/12 1:00 - 2:30 Tue.

Location: TAB 200

In this class you will learn how to declutter your life and your home from one of America's foremost authors, entertainers and motivational speakers. Don will delight you with his humor and insight as he discusses how to accomplish twice as much and have fun doing it.

Credentials: Don is considered "America's Cleaning Expert" and the pioneer and founder of the decluttering movement. He has written more than 40 books on how to clear our lives of clutter and has made thousands of presentations at seminars, workshops and TV shows nationally and internationally.

Facilitator: Eileen Perkins

Phone: (208) 520-7483

Email: eileenperkins404@gmail.com

4384 Understanding Putin and Russia

Instructor: Jeff Carr

Fee:

When: 3/13 1:00-2:30 Wed.

Location: TAB 200

This lecture will attempt to shed light on Russian government actions in the U.S. and around the world. We will begin by discussing historical themes that have resonated with the Kremlin and its subjects from the Soviet era to today, and try to add some nuance to traditional U.S. views of the Russian experience. Finally, we will attempt to view recent global events from the perspective of President Vladimir Putin, so as to gain a greater understanding of his agenda.

Credentials: Jeff was a Russia/East European analyst with the Central Intelligence Agency from 2013-17. He Holds a masters degree in Russian, East European, and Eurasian Studies from Stanford University.

Facilitator: Adele George

Phone: 208-716-1239

Email: gottatap4me@live.com

4382 Thailand, Cambodia and Vietnam

Instructor: Sue Braastad

Fee:

When: 3/14 1:00-2:00 Thu.

Location: CHE 213

In March 2017 Sue went on a whirlwind tour of Thailand, Cambodia and Vietnam with a photography group. Join Sue for pictures of this unique part of the world.

Credentials: A seasoned traveler. It is always wonderful to hear of such adventures.

Facilitator: Susan Mckinley

Phone: 208-520-3784

Email: ksmcinley@msn.com

4331 Strength, Balance and Flexibility

Instructor: Jolene Cunningham

Fee:

When: 3/15 1:00-2:30 Fri.

Location: CHE 211

This class will cover the importance of balance, strength, and flexibility for people over 50. What type of exercises are beneficial and how? What can I do at home.? How can I strength train with everyday household objects? There will be demonstrations and Q & A. This class was well received last semester. It will be repeated for those that weren't able to get in before.

Credentials: Jolene has worked as an ACE and NASM certified trainer and group fitness instructor since 2006. Much of her continuing education is working with people over 50. She currently works at Anytime Fitness.

Facilitator: Lynn Howell

Phone: 208-709-3601

Email: btb.nsfa@outlook.com

4357 Writing About Idaho

Instructor: Kirby Jonas

Fee:

When: 3/18 1:00-3:00 Mon.

Location: CHE 210

Kirby Jonas will talk about inspiration and background for his writing. Part of his discussion will be about the Shelley Russets football in the 1950s. He will answer questions about his writing of Idaho history.

Credentials: Mr. Jonas has written several books about Idaho.

Facilitator: Kathleen Hain

Phone: 208-524-4432

Email: hainparkwood@gmail.com

4373 Influence of Diseases on Human History

Instructor: Dr. John Russell

Fee:

When: 3/19 10:00-12:00 Tue.

Location: TAB 200

The impact of disease upon human history (and vice versa) will be discussed. Besides the usual examples, i.e., medieval Black Death, lesser known examples of both infectious and non-infectious diseases on the course of human affairs will illustrate the under-appreciated role that diseases have played in history.

Credentials: Dr. Russell did research and taught medical physiology at medical schools in Texas and Pennsylvania prior to joining the Dept of Biology at Syracuse U. Life science was his professional vocation and history his life-long avocation.

Facilitator: Nancy Carpenedo

Phone: 208-529-4714

Email: nancycarpe@msn.com

4352 Alternative Methods To Good Health

Instructor: Shakti Cain

Fee:

When: 3/21 1:00-3:00 Thu.

Location: TAB 200

Explore alternative methods of helping the body correct imbalances. Various devices will be presented, potentials and personal experiences related. Other methodologies generated from within ourselves will be included.

Credentials: Shakti Cain has been a licensed massage therapist for over 31 years and a licensed avatar master for over 25, exploring human consciousness, and seeking non-harmful means of fostering a healthy body.

Facilitator: Betty Muir

Phone: 208-522-4966

Email: bttymuir@live.com

4336 Opera off Broadway

Instructor: Rob Farnam

Fee:

When: 3/22 1:00-3:00 Fri.

Location: TAB 200

A musical preview of H.M.S. Pinafore by the singers of the Idaho Falls Opera Theatre ensures a delightful afternoon.

Credentials: Mr. Farnam has been involved with the music world of Idaho Falls for many years, performing as well as promoting the classics.

Facilitator: Phyllis Arrington

Phone: 208-403-9365

Email: terphyl@gmail.com

4361 Birding in Southeast Idaho

Instructor: Bill Dell'Isola

Fee:

When: 3/26 1:00 - 3:00 Tue.

Location: CHE 216

Enjoy an introduction to natural history of regionally significant species and citizen science. Bill Dell'Isola will discuss basic birdwatching, ornithology and bird identification.

Credentials: Bill has a BS in Wildlife Science from State University of New York College of Environmental Science and Forestry. He has four years' experience as a Resource Specialist at Teton Regional Land Trust and Professional experience working for the Idaho Department of Fish & Game, the Trumpeter Swan Society and Brookhaven National Lab.

Facilitator: Phyllis Arrington

Phone: (208) 403-9365

Email: terphyl@gmail.com

4363 Comeback Country: Our Wildlife & Lands

Instructor: Kris Millgate

Fee:

When: 3/28 10:00 - 12:00 Thu.

Location: TAB 200

Idaho's natural resources are vast. The value placed on those resources is changing from what we extract out of them to what they provide when left as is or in some cases put back together. This class explores Idaho's wildlife and wild lands. It includes award winning films and an interactive discussion with outdoor journalist Kris Millgate of Tight Line Media.

Credentials: Kris Millgate is a well-known local journalist. She has a degree in broadcast media from the University of Utah and is CEO of Tight Line Media.

Facilitator: Nancy Carpenedo

Phone: 208-529-4714

Email: nancycarpe@msn.com

4381 Symphony and Beethoven

Instructor: Dr. Thomas Heuser

Fee:

When: 3/29 5:30-6:30 Fri.

Location: Idaho Falls Civic Center for Performing Arts, formerly the Civic Center

Explore the genius of Beethoven through an interactive lecture with Dr. Heuser of the IF Symphony. With in-depth historical context and musical examples, Maestro Heuser will describe the evolution and revolution of Beethoven with special focus on his innovative writing for both the piano and orchestra. Participants will be invited to stay and observe the 7:00-9:30 p.m. rehearsal of the symphony immediately following the lecture, featuring the "Emperor Piano Concerto" with guest artist Nikita Mndoyants.

Credentials: Currently the Music Director of the IF Symphony and the San Juan Symphony in Colorado, this season includes Dr. Heuser as guest conducting with the Wyoming Symphony, Symphony New Hampshire, and the Boise Baroque Chamber Orchestra. He has appeared as guest conductor in many states, Canada and Europe.

Facilitator: Penni Englert

Phone: 208-521-8765

Email: penni@ifsymphony.org

***4159 Coke Bottle Boxes**

Instructor: Karin Armstrong

Fee:

When: 4/1 1:00-3:00 Mon.

Location: Senior Citizens' Center
535 W.21st St.

Plastic drink bottles can be recycled to make beautiful containers for flowers, plants, gifts or tea lights. The right Coke bottles can be transformed into boxes. Colorful napkins or tissue paper are glued to the bottles to make them surprisingly wonderful. You will need to bring a clean empty two liter Coke bottle, scissors, Mod Podge, and a small paint brush. Limit 25

Credentials: Karin taught this class last year and everyone had a great time!

Facilitator: Karin Armstrong

Phone: 208-522-7005

Email: karinidaho@yahoo.com

4356 Attracting Bees, Butterflies, & Birds

Instructor: Mark Heckenback

Fee:

When: 4/2 10:00-12:00 Tue.

Location: CHE 213

If you plant it, they will come. Would you like to witness more hummingbirds, butterflies, and bees in your garden? Join Mark as he discusses avian and insect behaviors and how you can modify your southeast Idaho garden to be more attractive to our flighty friends.

Credentials: Mark has been associated with the Bonneville Co. Master Gardener program for over 30 years,. He is a frequent speaker for the Advanced Master Gardeners and the local community Garden program.

Facilitator: Nancy Carpenedo

Phone: 208 529-4714

Email: nancycarpe@msn.com

4369 Humor in Presidential History

Instructor: Linden Bateman

Fee:

When: 4/3 1:00-2:30 Wed.

Location: CHE 213

Linden will entertain us with humorous stories of U.S. presidents.

Credentials: Linden taught history and government for 37 years in school districts 91 and 93. He served in the Idaho House of Representatives for 16 years and has been active in several local organizations.

Facilitator: Colleen Sargent

Phone: 208-522-3134

Email: sarg1942@gmail.com

4375 Micronesia: Scuba Adventure

Instructor: Mark and Vicky Van Sickle

Fee:

When: 4/5 1:00-3:00 Fri.

Location: TAB 200

The Van Sickles traveled to Micronesia, to scuba dive on World War II shipwrecks. Learn about the US attack on Japanese forces called Operation Hailstorm that occurred in 1944. The Van Sickles will share pictures of the deep scuba diving on these shipwrecks.

Credentials: Mark has been scuba diving since 1988 and Vicky joined him in 1997. Mark is a scuba diving instructor and has over 500 open water dives.

Facilitator: Mark and Vicky Van Sickle

Phone: 208-523-8687

Email: victorialynnvs@hotmail.com

***4111 Cultural Cuisine- Africa**

Instructor: FFL Members

Fee: prepare food

When: 4/8 6:00 - 8:00 Mon.

Location: First Evangelical Lutheran Church
455 Sunnyside Rd.

Experience a taste of Africa during our Cultural Cuisine dinner. FFL members attending the dinner will be asked to prepare and bring an authentic dish assigned by the food committee. Non-member spouses and friends will be charged \$20. Register by March 15 to attend this event. Be sure and attend the lecture on Africa Feb. 26 from 1:00-3:00 in TAB 200. Limit 130

Credentials: The FFL Cultural Cuisine committee has been hosting a variety of dinners for many years.

Facilitator: Vicky Van Sickle

Phone: 208-523-8687

Email: vistorialynnvs@hotmail.com

4370 Iceland: Land of Fire and Ice

Instructor: Dr. Margaret Fisher

Fee:

When: 4/9 10:00-12:00 Tue.

Location: TAB 200

Learn about how Iceland was made and how it is being shaped into a stunning island country through the eyes of a geologist. You will hear about its Viking history, its culture, its myths, and these sea-faring people who call this island "home". You'll be taken on a travelogue around the peninsulas, fjords, beaches, and highlands of this waterfall-rich, geothermally powered country.

Credentials: Dr. Margaret Fisher earned her PhD from the University of Idaho and has a Professional Geologist certification from the State of Idaho. She is a member of FFL and has done several classes and field trips on the geology of Eastern Idaho. She spent three weeks in Iceland in the fall of 2018.

Facilitator: Nancy Carpenedo

Phone: 208 529-4714

Email: nancycarpe@msn.com

***4351 Bead Weaving - Unfinished Projects**

Instructor: David Johnson

Fee:

When: 4/9,11,16,18 1:00-3:00 Tue/Thu.

Location: CHE 305

Do you have an unfinished bead weaving project? This class is for you whether you took the class from Sydney or Dave. Bring your project and work with other bead weavers to get it finished. The Shoshone stitch, peyote stitch, or others can be reviewed. We'll figure it out and make some progress. Fringes, tapers, or whatever you need to work on. Do you want to start something new or do you need more materials? Some materials will be available for a small cost. Limit 14

Credentials: Dave learned a style of handweaving from Sydney Hoopes who learned it from the Shoshone. He is self taught in other stitches and in loomwork. He has been teaching beadweaving to FFL members since 2015.

Facilitator: David Johnson

Phone: 719-235-3910

Email: davjohns_01@hotmail.com

***4366 Excel: A Basic Computer Class**

Instructor: Maxine Smolowitz

Fee:

When: 4/10, 17, 24 1:30 -3:30 Wed.

Location: CHE 202

This three-session class is for FFL members who would like to learn to use MS Excel. During the class, you will learn how to enter and edit data, format cells, make lists, sort data, use simple formulas for calculations and more. Excel can be used for much more than business spreadsheets. Other uses include managing your finances, creating a schedule, managing an event, creating a list, and creating an address book. You will be using MS Excel 2016 on computers in the computer lab. Limit 20

Credentials: Maxine and Joanne have been using and teaching Excel for several years now.

Facilitator: Maxine Smolowitz

Phone: 208-523-0373

Email: msmolowitz@yahoo.com

***4376 PowerPoint Basics**

Instructor: Bob Anderl

Fee:

When: 4/10,17,24 10:00-12:00 Wed.

Location: CHE 202

This will be a basic course for FFL members who have not used the program or "just know a little." It will be a three-session class. PowerPoint is the premier presentation program that enables the user to prepare slides on topics of interest. The slides may contain text, graphics and other objects which may be arranged freely on a slide. The presentation can be shared electronically, printed, displayed on a computer, or navigated through at the command of the presenter and projected using a video projector. Limit 25

Credentials: Bob used PowerPoint extensively when he worked at the INL. Since retiring, he has used it for many volunteer activities. He has taught previous sessions of this class.

Facilitator: Maxine Smolowitz

Phone: 208-523-0373

Email: msmolowitz@yahoo.com

4353 Archimedes: Inventor in an Ancient World

Instructor: Rod Hansen

Fee: Reduced Rate

When: 4/10 2:00-3:30 Wed.

Location: Museum of Idaho

Archimedes: Science and Innovations celebrate the work and legacy of this Greek mathematician whose inventions revolutionized the ancient world. This exhibit showcases more than 140 items, including reconstructions of lost technology. Visitors will be challenged to solve puzzles and interact with machines he designed in the 3rd century BC, many of which used gravity, wind and solar rays to create energy. Located at the Museum of Idaho.

Credentials: Rod has been with us for many years, giving his personal touch to the many fun and interesting exhibits we have. He is well educated on every exhibit that we are privileged to be a part of.

Facilitator: Adele George

Phone: 208-716-1239

Email: gottatap4me@live.com

4374 Idaho National Lab Site Archeology

Instructor: Brenda Pace

Fee:

When: 4/11 10:00-12:00 Thu.

Location: TAB 200

Brenda will discuss the prehistory of the Idaho National Laboratory Site based on her 30 years with the site archeology team.

Credentials: Brenda is a registered Archaeologist with 30 years of experience studying the 13,000 year history of the site that is now occupied by INL.

Facilitator: Kathleen Hain

Phone: 208-524-4432

Email: Hainparkwood@gmail.com

***4389 Post Register Tour**

Instructor: Mark McKenzie

Fee:

When: 4/11 10:00-11:00 Thu.

Location: 2430 Boge Ave.

We will tour the Post Register's printing and packaging plant. The Post Register was founded in 1925 (as the Daily Post) and serves Southeastern Idaho as well as Jackson and West Yellowstone. This tour will be about an hour long.

Limit 20

Credentials: Guided by knowledgeable employees.

Facilitator: Rachel Poor

Phone: 208-206-9409

Email: rpoor64@gmail.com

4378 Search for Alien Life in Pacific Ocean

Instructor: Shannon Kobs
Nawotniak

Fee:

When: 4/16 10:30-12:00 Tue.

Location: TAB 200

Underwater volcanoes may hold the secrets of finding extraterrestrial life in the solar system. ISU professor Dr. Shannon Kobs Nawotniak will talk about her work with NASA using unmanned submarines to explore Loihi Seamount near Hawaii and how the work relates to Enceladus, one of Saturn's icy moons.

Credentials: Shannon is an Assistant Professor (volcanology) with the ISU Geosciences Department and Director of the University Honors Program. Her research specialties are physical volcanology, computational fluid dynamics and high performance computing.

Facilitator: Joel Hubbell

Phone: 208-524-2333

Email: joelmhubbell@gmail.com

4367 IF Food Pantry and Soup Kitchen

Instructor: Dave Manson

Fee:

When: 4/18 1:00-2:00 Thu.

Location: CHE 210

Dave will discuss the history, current operations, and volunteer opportunities of the Food Pantry and Soup Kitchen.

Credentials: Dave is the director of both the IF Food Pantry and the Soup Kitchen.

Facilitator: Kathleen Hain

Phone: 208-524-4432

Email: hainparkwood@gmail.com

4365 Ears, Why Can't I Hear?

Instructor: Dr. Kalob Parsons, AuD. Fee:

When: 4/22 10:00 - 11:30 Mon.

Location: CHE 210

A discussion about hearing health with a wisp of auditory humor, covering the following topics and more: what we know about the amazing hearing system; what hearing has to do with overall health, dementia, depression and well being; and what are best practices and how they help get the best results.

Credentials: Dr. Parsons is a Doctor of Audiology. He has been in practice for over 15 years.

Facilitator: Marla Case

Phone: 208-757-2950

Email: marlacase52@yahoo.com

***4358 Aviation History: Amazing Staggerwing**

Instructor: Thomas Hoff

Fee:

When: 4/23 1:00-2:30 Tue.

Location: CHE 213

Few aircraft have made as big an impact on the world as the Beech Model 17. Though relatively obscure to the non-flying public, the "Staggerwing," first flown in 1934, was a masterpiece of technical innovation, merging Art Deco aesthetics with a racing aircraft pedigree. We'll explore how this unique airplane played important roles not only in aviation, but in world events, and whose pilots were among the greatest of the Golden Age of Aviation. Limit 100.

Credentials: Thomas Hoff is the Editor of the Staggerwing Club News, a publication for owners and enthusiasts of the Beech Model 17. He is an aviation writer and photographer, and a volunteer historian for the Beechcraft Heritage Museum of Tullahoma, TN.

Facilitator: Holly Crawley

Phone: 208-552-1639

Email: holly.h.crawley@gmail.com

4303 Wind Turbine Tour

Instructor: Invenergy Staff

Fee:

When: 5/2 11:00-12:00 Thu.

Location: Invenergy Operations
789 Bone Road

During this one-hour tour, you will have the opportunity to see some of the wind turbines up close and learn from the experts the ins and outs of how they work. Carpools will be arranged for those who attend. Please do not sign up for this class if you have previously gone on the tour.

Credentials: The Invenergy staff is highly skilled in maintaining the wind turbines.

Facilitator: Eileen Perkins

Phone: 208-520-7483

Email: eileenperkins404@gmail.com

***4299 Spring Social**

Instructor: FFL Members

Fee:

When: 5/7 10:00-12:00 Tue.

Location: College of Eastern Idaho
1600 S 25th E
Building 3, Entry 7

Join us for a brunch buffet in the cafeteria at the College of Eastern Idaho. Vote for the new FFL officers. Facilitators will have class displays and the year's activities will be reviewed. No cost to participants. Limit 150

Credentials: Spring social and the year in review.

Facilitator: Vicky Van Sickle

Phone: 208-589-0655

Email: victorialynnvs@hotmail.com

***4273 Palisades Dam Tour**

Instructor: Donald Scheirer

Fee:

When: 5/8 10:00-4:00 Wed.

Location: Palisades Dam

We will tour Palisades Dam and Power Plant. The managers at the dam will lead a discussion about water management and power production. Plan to carpool from Idaho Falls, leaving about 10 am. Bring a sack lunch. We will return to Idaho Falls by 4:00 p.m. Please do not sign up for this class if you have already been on this tour. There are many stairs and 2-3 hours of walking. If you are not able to walk or climb stairs we would recommend you not sign up for this class. Limit 20

Credentials: Mr. Scheirer is the facility manager for the Upper Snake River Field Office for the Bureau of Reclamation.

Facilitator: Rachel Poor

Phone: 208-206-9409

Email: rpoor64@gmail.com

4258 Find the Artist in You

Instructor: Amber Van Sickle

Fee: \$25.00

When: 5/9 1:00 - 3:30 Thu.

Location: 1421 1st St.

Follow step by step instructions as you produce an acrylic painting. Choose to follow along or express your own creative style. By the end of the session you will have completed a unique masterpiece. This is a fun way to "paint and party".

Credentials: Amber has a unique way of helping her students have fun as they create beautiful art in a short time.

Facilitator: Vicky Van Sickle

Phone: 208-588-6055

Email: victorialynnvs@hotmail.com

***4388 Potato Museum Tour**

Instructor: Tish Dahmen

Fee: \$3.00

When: 5/14 10:00-12:00 Tue.

Location: 130 NW Main Street
Blackfoot, ID

We will tour the Potato Museum and see exhibits on the history and cultivation of potatoes. The cost is \$3 per person. Ms. Dahmen will give us a guided tour and then allow time for us to wander on our own and watch several films available throughout the museum. If you would like to stay after the tour and have a snack in their cafe, they have several potato-themed foods to choose from. The facilitator will arrange car-pooling. Limit 50

Credentials: Tish Dahmen is the Museum's Executive Director.

Facilitator: Rachel Poor

Phone: 208-206-9409

Email: rpoor64@gmail.com

***4377 Rexburg Museum & Teton Dam Tour** Instructor: Jackie Rawlins Fee: \$1.00

When: 5/21 10:00-1:00 Tue. Location: 51 N. Center St., Rexburg
Teton Dam, Newdale

The Museum of Rexburg has several displays on East Idaho history, including several exhibits about the Teton Dam breaking and flooding in 1976. Eleven people and 12,000 cattle died as the result of the dam collapsing. The museum has a 25-minute movie about the collapse and destruction that followed. The cost is \$1.00. After enjoying the museum, you may take a 20-minute drive to the location where the dam use to be, although there is no educational material available at the dam site. Limit 50

Credentials: Jackie Rawlins is the museum's curator.

Facilitator: Rachel Poor Phone: 208-206-9409 Email: rpoor64@gmail.com

***4314 Garden Art: Pavers A. M.** Instructor: Maxine Smolowitz Fee: \$3.00 for materials

When: 5/23,30,6/6 9:30-12:00 Thu. Location: 3860 Tuscany Dr.

Broken and unbroken ceramic tiles will be used to design and create pavers for outdoor garden decoration. Instructions will include how to set and grout tiles onto the paver. All materials will be furnished by the instructor unless you have ceramic pieces you would like to use. Limit 8

Credentials: Maxine has taught this class previously with glowing success.

Facilitator: Kathie Hendrix Phone: 208-589-4352 Email: chatiek06@gmail.com

***4214 Garden Art: Pavers P. M.** Instructor: Maxine Smolowitz Fee: \$3.00 for materials

When: 5/23,30,6/6 1:30-4:00 Thu. Location: 3860 Tuscany Dr.

Broken and unbroken ceramic tiles will be used to design and create pavers for outdoor garden decoration. Instructions will include how to set and grout tiles onto the paver. All materials furnished by the instructor unless you have ceramic pieces you would like to use. Limit 8

Credentials: Maxine has taught this class previously with glowing success.

Facilitator: Kathie Hendrix Phone: 208-589-4352 Email: chatiek06@gmail.com

***4152 Bears & the Yellowstone Experience** Instructor: Sidney Hoopes Fee:

When: 6/21 - 25 All Day Mon/Fri. Location: Yellowstone Park

We are going on a five-day bear hunt! We will spend four nights in cabins in Yellowstone. The trip will include informal lectures in the field, wildlife viewing and maybe some light hiking. Planning meetings will be held prior to departure. Priority will be given to those who have not attended before. Costs will be discussed during meetings. We have cabins enough for 11 but if you have other accommodations, such as campers or a tent and camp near the cabins, you may join us on the day treks. Limit 11

Credentials: Sidney has taught this class 20 times in the past 12 years. She worked for the Yellowstone Grizzly Foundation, was a founding member of the Greater Yellowstone Coalition and has been associated with the Yellowstone Institute.

Facilitator: Sidney Hoopes Phone: 208-524-1280 Email: fshoopes@cableone.net

4311 Summer Picnic Instructor: FFL Board Fee:

When: 8/14 6:00-8:00 Wed. Location: Peterson Park
3740 Samuel St., Ammon

Come and join us for a fun evening at Peterson Park and enjoy a delicious catered picnic (free for our current members, \$15.00 for nonmembers.) Optional: Bring a lawn chair.

Credentials: FFL tradition

Facilitator: Vicky Van Sickle Phone: 208-523-8687 Email: victorialynnvs@hotmail.com

2019 Bus Trips *For Information Only*

Potential day bus trips spring and summer 2019 Dates TBD

- Chesterfield a restored ghost town founded by Mormon settlers in 1881
- Playmill theater in West Yellowstone to see the comedy "The Foreigner".
- Guided tour of Big Hole Battlefield with bison burgers in Wisdom and possible visit to Jardine hot springs
- National Museum of Wildlife Art Jackson and Raptor Center in Wilson, Wyo.
- Challis Greenhouse and geothermal fish pond
- Tracy Aviary and the International Peace Gardens

Have an idea for a trip? Please contact one of the committee by phone or hover over their e-mail address and press ctr+click.

Note: this is just FYI information. If you are interested in facilitating one of these trips please contact one of the committee members listed below.

At this time we don't have dates. About 6 weeks before each trip you will receive trip details from the facilitator by e-mail from Shirley at ISU.

ALL RESPONSES ARE TO THE FACILITATOR NOT SHIRLEY AS SHE IS JUST THE MESSENGER.

Bus Trip Committee:

Nancy Carpenedo (208) 529-4714 – nancycarpe@msn.com

Cathy Johnson (719) 235-3910 – dacjohns@hotmail.com

Linda Tycz (208) 360-0990 – gblet@msn.com