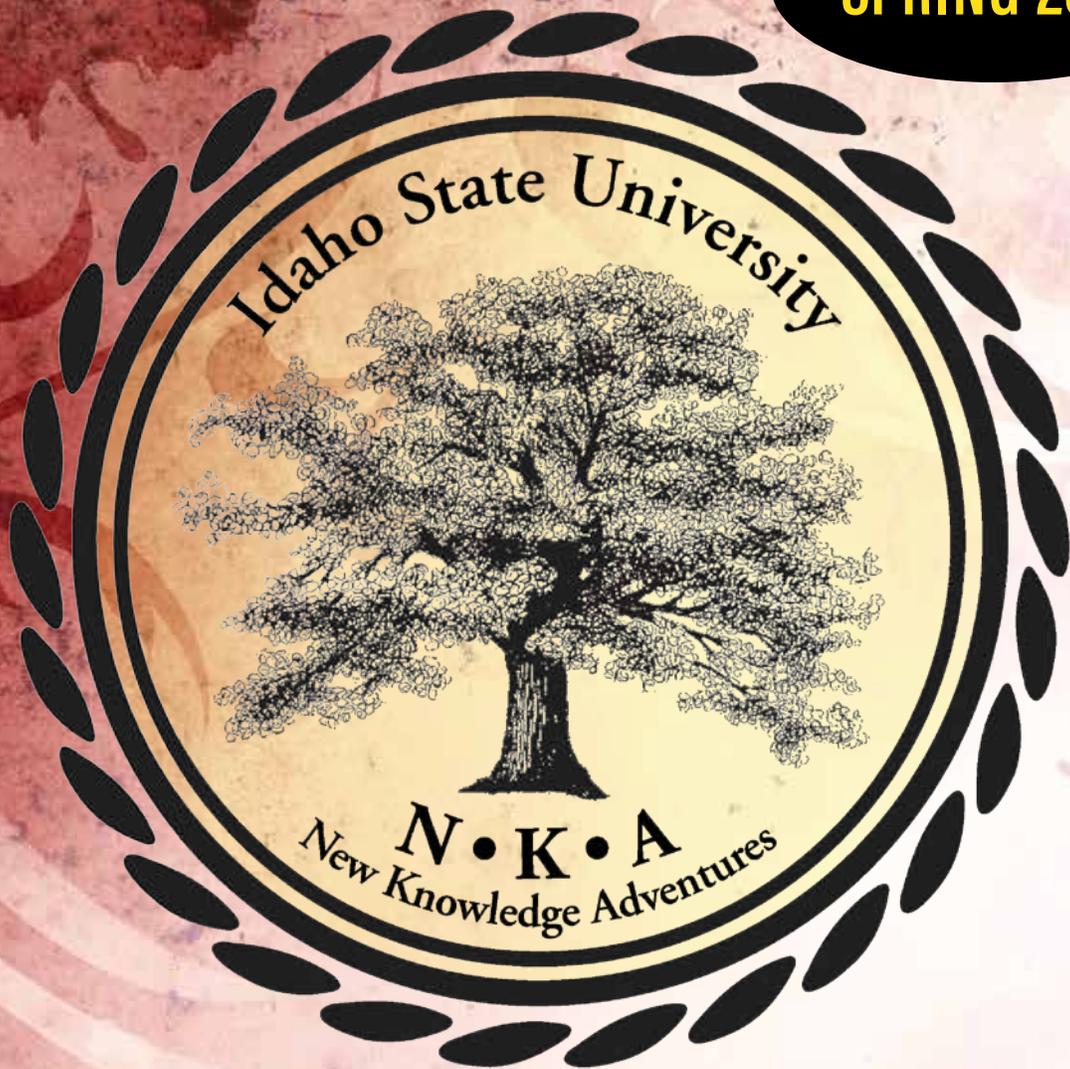
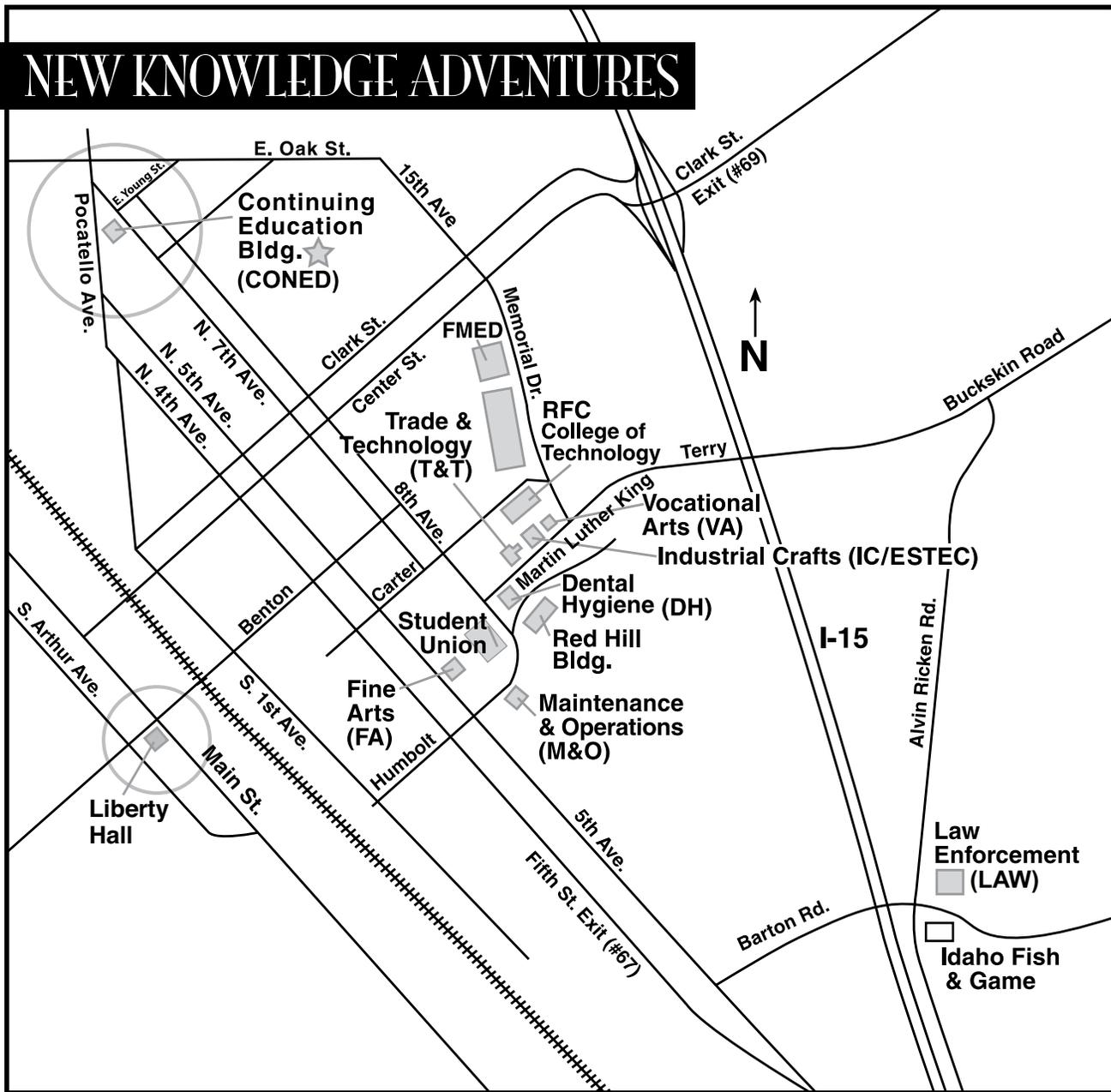


# New Knowledge ADVENTURES

SPRING 2017



# NEW KNOWLEDGE ADVENTURES



# Welcome to New Knowledge Adventures

## A MESSAGE FROM THE PRESIDENT

Welcome to the NKA spring semester! It's great to be part of such a vibrant and energetic group.

As you probably know, NKA in Pocatello is celebrating its twentieth birthday. We are a Lifelong Learning Institute, which is a registered partner of Road Scholars, and are affiliated with Idaho State University. We and our sister organizations in Idaho Falls and Treasure Valley are all-volunteer and seek to make lifelong learning affordable to everyone aged 50 and better who wish to join.

In spite of some changes in facilities last semester, our membership rallied, and enough new members joined that we topped the 600-member mark! Through this spring term Liberty Hall will continue to serve as the venue for our larger classes, while our other classes will remain in much the same places. We could not have come through venue changes without your support.

Thanks to each of you for your dedication in attending your classes. It is noticeable and thrilling to see so few empty chairs at the presentations.

So, where will NKA go after vacating the Continuing Education building after May? Nobody knows yet, but we will be fine. We will work together and stay positive and adventurous as we transition into a bright future. I invite you to get involved in a committee or offer your talents to the Board of Directors.

Stay well. Stay happy. You are appreciated and valued.

Thanks to all,

*Marilyn Ames*, 2016-2017 NKA President

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## NKA BLOG

*NKA members are encouraged to submit pictures and information about NKA activities to be included in the NKA blog. E-mail these items to Cheryl Lyda at lydacher@gmail.com.*

**newknowledgeadventures.blogspot.com**

*Blog maintained by Cheryl Lyda*

*New Knowledge Adventures (NKA), a Road Scholar affiliate at Idaho State University, is a member-directed organization that provides an informal, noncompetitive environment for lifelong learners age 50 or older.*

### **HOW DO YOU BECOME A MEMBER OF NEW KNOWLEDGE ADVENTURES?**

Fill out the Membership and Registration form (both sides) in the middle of this catalog, sign the “Agreement and Release of Liability” form, choose your classes, and return the forms to the Continuing Education office with all registration fees. Or register online. Membership is by semester and fees are due each semester. For additional membership information call 282-2789, Monday–Friday between 8 a.m. and 5 p.m.

### **NKA MEMBERSHIP CLASS REQUESTS**

Registrations will be accepted after the due date, but you may not be able to enroll in all the classes you want because of room or class size limitations. Be assured: every effort will be made to accommodate and register you for requested classes.

### **THANKS TO OUR INSTRUCTORS AND FACILITATORS**

We are very fortunate that our instructors share their time and knowledge with us. Please take a minute to thank the class instructor and the facilitator. *We should all do our part by attending the classes we sign up for. If you cannot attend a class, please call and let the office know.* Some classes have waiting lists, and it is your responsibility to inform the facilitator so someone else can attend the class.

### **NOTICES**

—INSTRUCTORS, facilitators, or leaders of classes, field trips, or other activities have the discretion and right to deny enrollment or participation of anyone who fails to demonstrate consistently the ability, with or without reasonable accommodation, to complete or perform the requirements of a particular course, field trip, or other activity without jeopardizing the health or safety of the member, other participants, or the instructor.

—FEES required in advance for travel or activity tickets, lodging, transportation, meals, and similar expenses are nonrefundable. Some fees will need to be paid either at the first class or prior to the class.

—The VIEWS AND OPINIONS expressed in presentations are those of the instructor and do not necessarily reflect the policy or position of the NKA governing board.

—PHOTOS AND VIDEOS may be taken during NKA classes and activities for publicity or historical purposes. Members may request to opt out of any visual documentation.

### **PARKING**

Parking is free at the Continuing Education Building and at Liberty Hall, but on the ISU campus it is free only after 4 p.m.

For daytime classes on campus, you need a campus parking permit, which is good in all the General Lots for the entire year. *The cost of a parking permit through NKA is \$5; the permit will be mailed with the registration receipt, or you can buy one in person at the Continuing Education office.* Permits issued to NKA members are not transferable to anyone else. Permits are issued to members, not their vehicles, and are to be used for NKA classes only. Any other use may result in the member receiving a ticket. *Neither Continuing Education nor Workforce Training shall be held liable for any violation of parking regulations.*

### **BUS TRANSPORTATION**

PRT bus stops are located near the Continuing Education building and on the ISU campus: 234-ABUS; [www.pocatellotransit.com](http://www.pocatellotransit.com)

# Table of Contents SPRING 2017

CLASSES LISTED BY APPEARANCE ON THE CALENDAR, EARLIEST TO LATEST.

—PLEASE be courteous to other members and cancel ASAP if you cannot attend a program so that those on the Wait List may attend. Call the NKA office at 282-3155 to cancel.

—If you are put on a wait list, it is due to the instructor's class limit or the classroom's size.

—ISU will be CLOSED January 16 for MLK Day and February 20 for Presidents' Day; no classes will be held on campus these days, including in CONED building.

## ART, MUSIC, & THEATRE

<i>Readers' Theatre</i> .....	1	<i>Line Dance 2</i> .....	7
<i>Preview to Menotti Operas at OTAS</i> .....	1	<i>Line Dance 3</i> .....	7
<i>Preview to the Symphony</i> .....	1	<i>Line Dance 4: Oldies but Goodies I</i> .....	7
<i>Westside Players Dinner &amp; Show</i> .....	1	<i>Afro-Haitian Dance Workshop</i> .....	7
<i>How the West Was Sung</i> .....	2	<i>Line Dance 5: Oldies but Goodies II</i> .....	7
<i>Preview to ISU Dance Concert</i> .....	2	<i>Beginning Belly Dance</i> .....	7
<i>Kanthas: Embroidered Quilts of Bengal</i> .....	2	<i>Walking the Greenway</i> .....	8
<i>Preview to Much Ado About Nothing</i> .....	2	<i>Lady Niners' Golf</i> .....	8

## CRAFTS & HOBBIES

<i>Advanced Woodcarving</i> .....	3
<i>Knitting &amp; Crocheting Service Project</i> .....	3
<i>Hand Built Pottery</i> .....	3
<i>Glazing Bisque Pottery</i> .....	3
<i>Needle Turn Hand Appliqué</i> .....	4
<i>Silk Painting, Salt Technique</i> .....	4
<i>Silk Painting, Fence Technique</i> .....	4
<i>Basic Ceramics</i> .....	4
<i>Flowers With L.D.</i> .....	4
<i>Tie-Dying</i> .....	5
<i>Barn Quilts</i> .....	5

## FITNESS & MOTION

<i>Chair Yoga for Seniors</i> .....	5
<i>Fit &amp; Fall Proof</i> .....	5
<i>Latin Line Dance I</i> .....	5
<i>Latin Line Dance II: Performance</i> .....	6
<i>Ballroom Dancing</i> .....	6
<i>Square Dance Lessons &amp; Practice</i> .....	6
<i>Hiking &amp; Snowshoeing</i> .....	6
<i>Line Dance 1</i> .....	6

## FOOD & BEVERAGE

<i>Wine Tasting at Café Tuscano</i> .....	8
<i>Wine Tasting/Pairing at The Bridge</i> .....	8
<i>Taste &amp; Share</i> .....	8
<i>Wine Pairing/Dinner at Café Tuscano</i> .....	8
<i>History of Brewing in Pocatello</i> .....	9
<i>Cooking with Herbs: Salads &amp; Dressings</i> .....	9

## GAMES

<i>Mahjong</i> .....	9
<i>Texas Hold'em Poker</i> .....	9
<i>Intermediate Bridge: 2 Over 1</i> .....	9
<i>Pinochle</i> .....	9
<i>Lunch &amp; Games</i> .....	9
<i>Beginning Billiards</i> .....	10
<i>Beginning Bridge</i> .....	10

## GENERAL INTEREST

<i>United Senior Project</i> .....	10
<i>Family Search Workshop for Beginners</i> .....	10
<i>Pre-Employment Transition Services 1</i> .....	11

*A New President: What Now?* ..... 11  
*Pre-Employment Transition Services 2* ..... 11  
*Commercial Vehicle Safety*..... 11  
*New Day Products Visit* ..... 11  
*America’s First Families* ..... 11  
*Preview to the Frank Church Symposium*..... 12  
*Election 2016 & the Economy* ..... 12  
*A Taliban Education* ..... 12  
*Pre-Employment Transition Services 3* ..... 12  
*NeighborWorks® Pocatello* ..... 13  
*The Dark Triad*..... 13  
*Islamic Visit* ..... 13  
*Food Banking 101* ..... 13  
*Journey to Greece: Syrian Refugees*..... 13  
*User-Friendly Gardens for Seniors*..... 13  
*KPVI TV Station Tour* ..... 14  
*Life Through the Eyes of a State Trooper* ..... 14  
*Relight the Night*..... 14  
*A Trip to Gypsy Gardens*..... 14  
*Tour of Pocatello Regional Airport* ..... 14  
*Roadside Cleanup Service Project* ..... 14

**HEALTH & WELLNESS**

*Therapeutic Drumming Circle* ..... 15  
*Origami & Theragami*..... 15  
*Long-Term Care* ..... 15  
*Gluten-Free Dining*..... 15  
*Psychology of Aging*..... 16  
*Family & Friends CPR*..... 16  
*Introduction to Mindfulness Meditation*..... 16  
*Codependency* ..... 16  
*Cognitive Aging*..... 16  
*Fundamentals of Mindfulness Meditation* ..... 16  
*Skin Cancer & Sun Protection* ..... 17

**HISTORY**

*Pocatello Street Names Preserve History* ..... 17  
*America Goes to War: The Great Debate* ..... 17  
*History of NKA*..... 17  
*Power of the President*..... 17  
*Historical Textiles*..... 18  
*The Bear River Massacre*..... 18  
*The Second Most Famous Tapestry*..... 18  
*Irish Revolution: 1916-1922* ..... 18  
*Iron Jawed Angels*..... 18  
*Camp Rupert: WWII P.O.W. Camp* ..... 18  
*Pocatello High School: A Visual History* ..... 19  
*Pocatello High School Tour* ..... 19  
*ISU Trolley Tours*..... 19

**NATURE, SCIENCE, & TECHNOLOGY**

*Tech Savvy Seniors* ..... 19  
*Managing Idaho Landscapes...* ..... 20  
*Astronomy 103: The Solar System, Unbound* ..... 20  
*Do We Protect Our Drinking Water?*..... 20  
*Idaho Hummingbirds*..... 20  
*Portneuf River Vision Implementation* ..... 20  
*Archaeological Discoveries at the INL*..... 21

**TRAVEL & FIELDTRIPS**

*Yellowstone Overnight Adventure* ..... 21  
*Tulips & Ancient Life* ..... 21  
*Oregon Trail & Pioneer Settlement* ..... 21  
*Prospectors, Battlefields, & Explorers*..... 22

**WRITING & LITERATURE**

*Low-Impact Creative Writing* ..... 22  
*Book Exchange* ..... 22  
*Book Group & a Glass...* ..... 22  
*Bellon Visiting Author Series* ..... 23  
*Shakespeare* ..... 23  
*I Retired To Be a Writer* ..... 23  
*Kirby Jonas, Author & Cowboy Singer* ..... 23

# Alphabetical Listing BY TITLE

<b>A</b>		<b>F</b>	
<i>Afro-Haitian Dance Workshop</i> .....	7	<i>Family &amp; Friends CPR</i> .....	16
<i>America Goes to War: The Great Debate</i> .....	17	<i>Family Search Workshop for Beginners</i> .....	10
<i>America's First Families</i> .....	11	<i>Flowers With L.D.</i> .....	4
<i>A New President: What Now?</i> .....	11	<i>Fit &amp; Fall Proof</i> .....	5
<i>Archaeological Discoveries at the INL</i> .....	21	<i>Food Banking 101</i> .....	13
<i>Astronomy 103: The Solar System, Unbound</i> .....	20	<b>G</b>	
<b>B</b>		<i>Glazing Bisque Pottery</i> .....	3
<i>Ballroom Dancing</i> .....	6	<i>Gluten-Free Dining</i> .....	15
<i>Barn Quilts</i> .....	5	<i>Gipsy Gardens, A Trip to</i> .....	14
<i>Bear River Massacre, The</i> .....	18	<b>H</b>	
<i>Bellon Visiting Author Series</i> .....	23	<i>Hand Built Pottery</i> .....	3
<i>Beginning Belly Dance</i> .....	7	<i>Hiking &amp; Snowshoeing</i> .....	6
<i>Billiards, Beginning</i> .....	10	<i>Historical Textiles</i> .....	18
<i>Book Exchange</i> .....	22	<i>History of Brewing in Pocatello</i> .....	9
<i>Book Group &amp; a Glass...</i> .....	22	<i>History of NKA</i> .....	17
<i>Bridge, Beginning</i> .....	10	<i>How the West Was Sung</i> .....	2
<i>Bridge, Intermediate: 2 Over 1</i> .....	9	<b>I</b>	
<b>C</b>		<i>Idaho Hummingbirds</i> .....	20
<i>Camp Rupert: WWII P.O.W. Camp</i> .....	18	<i>I Retired To Be a Writer</i> .....	23
<i>Ceramics, Basic</i> .....	4	<i>Irish Revolution: 1916-1922</i> .....	18
<i>Chair Yoga for Seniors</i> .....	5	<i>Iron Jawed Angels</i> .....	18
<i>Codependency</i> .....	16	<i>Islamic Visit</i> .....	13
<i>Cognitive Aging</i> .....	16	<i>ISU Trolley Tours</i> .....	19
<i>Commercial Vehicle Safety</i> .....	11	<b>J</b>	
<i>Cooking with Herbs: Salads &amp; Dressings</i> .....	9	<i>Journey to Greece: Syrian Refugees</i> .....	13
<b>D</b>		<b>K</b>	
<i>Dark Triad, The</i> .....	13	<i>Kanthas: Embroidered Quilts of Bengal</i> .....	2
<i>Do We Protect Our Drinking Water?</i> .....	20	<i>Kirby Jonas, Author &amp; Cowboy Singer</i> .....	23
<i>Drumming Circle, Therapeutic</i> .....	15	<i>Knitting &amp; Crocheting Service Project</i> .....	3
<b>E</b>		<i>KPVI TV Station Tour</i> .....	14
<i>Election 2016 &amp; the Economy</i> .....	12		

<b>L</b>			
<i>Lady Niners' Golf</i> .....	8	<i>Preview to Much Ado About Nothing</i> .....	2
<i>Latin Line Dance I</i> .....	5	<i>Preview to Menotti Operas at OTAS</i> .....	1
<i>Latin Line Dance II: Performance</i> .....	6	<i>Preview to the Symphony</i> .....	1
<i>Life Through the Eyes of a State Trooper</i> .....	14	<i>Prospectors, Battlefields, &amp; Explorers</i> .....	22
<i>Line Dance 1</i> .....	6	<i>Psychology of Aging</i> .....	16
<i>Line Dance 2</i> .....	7	<b>R</b>	
<i>Line Dance 3</i> .....	7	<i>Readers' Theatre</i> .....	1
<i>Line Dance 4: Oldies but Goodies I</i> .....	7	<i>Relight the Night</i> .....	14
<i>Line Dance 5: Oldies but Goodies II</i> .....	7	<i>Roadside Cleanup Service Project</i> .....	14
<i>Long-Term Care</i> .....	15	<b>S</b>	
<i>Low-Impact Creative Writing</i> .....	22	<i>Second Most Famous Tapestry..., The</i> .....	18
<i>Lunch &amp; Games</i> .....	9	<i>Shakespeare</i> .....	23
<b>M</b>		<i>Silk Painting, Fence Technique</i> .....	4
<i>Mahjong</i> .....	9	<i>Silk Painting, Salt Technique</i> .....	4
<i>Mindfulness Meditation, Fundamentals</i> .....	16	<i>Skin Cancer &amp; Sun Protection</i> .....	17
<i>Mindfulness Meditation, Introduction</i> .....	16	<i>Square Dance Lessons &amp; Practice</i> .....	6
<i>Managing Idaho Landscapes...</i> .....	20	<b>T</b>	
<b>N</b>		<i>Taliban Education, A</i> .....	12
<i>Needle Turn Hand Appliqué</i> .....	4	<i>Taste &amp; Share</i> .....	8
<i>NeighborWorks® Pocatello</i> .....	13	<i>Texas Hold'em Poker</i> .....	9
<i>New Day Products Visit</i> .....	11	<i>Tech Savvy Seniors</i> .....	19
<b>O</b>		<i>Tie-Dying</i> .....	5
<i>Oregon Trail &amp; Pioneer Settlement</i> .....	21	<i>Tour of Pocatello Regional Airport</i> .....	14
<i>Origami &amp; Theragami</i> .....	15	<i>Tulips &amp; Ancient Life</i> .....	21
<b>P</b>		<b>U</b>	
<i>Pickleball</i> .....	8	<i>United Senior Project</i> .....	10
<i>Pinochle</i> .....	9	<i>User-Friendly Gardens for Seniors</i> .....	13
<i>Pocatello High School: A Visual History</i> .....	19	<b>W</b>	
<i>Pocatello High School Tour</i> .....	19	<i>Walking the Greenway</i> .....	8
<i>Pocatello Street Names Preserve History</i> .....	17	<i>Westside Players Dinner &amp; Show</i> .....	1
<i>Portneuf River Vision Implementation</i> .....	20	<i>Wine Pairing/Dinner at Café Tuscano</i> .....	8
<i>Power of the President</i> .....	17	<i>Wine Tasting/Pairing at The Bridge</i> .....	8
<i>Pre-Employment Transition Services 1</i> .....	11	<i>Wine Tasting at Café Tuscano</i> .....	8
<i>Pre-Employment Transition Services 2</i> .....	11	<i>Woodcarving, Advanced</i> .....	3
<i>Pre-Employment Transition Services 3</i> .....	12	<b>Y</b>	
<i>Preview to the Frank Church Symposium</i> .....	12	<i>Yellowstone Overnight Adventure</i> .....	21
<i>Preview to ISU Dance Concert</i> .....	2		

# Adventures for the Spring of Twenty Seventeen

## ART, MUSIC, & THEATRE

### Readers' Theatre (#3134)

*Thursdays: January 12 – May 18; 12:30 – 2:00 p.m.*

Registered participants select, rehearse, and perform skits, plays, poems, stories, and songs. Opportunities for creativity abound, but no memorization is required (nor is singing). Performances, before our always-appreciative audiences, are monthly. Registration is not required to attend performances. E-mail invitations will be sent shortly before performances, which are typically the last Thursday of the month. For examples of past Readers' Theatre performances, visit the NKA blog at [newknowledgeadventures.blogspot.com](http://newknowledgeadventures.blogspot.com).

**Location:** CONED 162

**Facilitators:** Group facilitation

**Class Limit:** 25

### Preview to Menotti Operas at OTAS (#3633)

*Friday: January 13; 4:30 – 5:30 p.m.*

The Old Town Actors Studio has invited us to a preview of their productions of *The Medium* and *The Telephone*, both by Pulitzer Prize winning composer-librettist Gian Carlo Menotti. *The Medium*, a short two-act dramatic opera, revolves around the relationships of a medium, her daughter, and a mute servant. *The Telephone*, a light opera, tells the story of an attempted marriage proposal. Director Sherri Dienstfrey-Swanson will present background information. ISU music professors Diana Livingston Friedley, Geoffrey Friedley, and Kathleen Lane are members of the cast.

Play Dates: January 20, 21, 23, 27, 28, 30, February 3, 4

**Location:** Old Town Actors' Studio, 427 N. Main

**Instructor:** Dr. Sherri Dienstfrey-Swanson

**Facilitator:** Jane Riley (237-6801)

### Preview to the Symphony (#3322)

*Fridays: February 3, March 3, April 21;  
3:00 – 4:00 p.m.*

Dr. Grant Harville will discuss and describe the compositions to be performed at the forthcoming symphony concerts. He will talk about the composers, their times, and their styles; and he will demonstrate what to expect at the concerts. These previews will enhance the enjoyment of going to the concerts. For more information, visit: [www.thesymphony.us](http://www.thesymphony.us)

Performance Dates: February 10, Valentine Concert, Hubbard Street 2; March 11, POPS Concert, Le Vent du Nord; April 28, Mendelssohn: Elijah

#### SECTION 1 – Valentine Concert

*Friday: February 3; 3 - 4 p.m.*

#### SECTION 2 – POPS Concert

*Friday: March 3; 3 - 4 p.m.*

#### SECTION 3 – Mendelssohn

*Friday: April 21; 3 - 4 p.m.*

**Location:** Liberty Hall, 325 W. Benton

**Instructor:** Dr. Grant Harville, conductor, Idaho State Civic Symphony

**Facilitator:** Dr. Bill Brydon (233-4278)

### Westside Players Dinner & Show (#3634)

*Friday: February 10; Door Opens 6 p.m.;  
Dinner 7 p.m.; Show 8 p.m.*

Support a community enterprise, and join us for an evening out! Enjoy dinner and show with family and friends at Westside Players Warehouse. Dinner catered by an upscale local establishment. Live show is a mystery, *Murder Weapon*, by Brian Clemens. Facilitator will be there to welcome you and make you feel more comfortable. Fee includes dinner and show. Reservations taken in order of payment, not registration.

**Location:** The Warehouse, 1009 S. 2nd Ave.

**Facilitator:** Julie Becvar ([uptight1999@yahoo.com](mailto:uptight1999@yahoo.com))  
(continues...)

(continued: *Westside Players Dinner & Show*)

**Class Limit:** 80

**Class Fee:** \$35. Make check payable to Westside Players. Send to Julie Becvar, 438 E. Humbolt St., Pocatello ID 83201, by January 13 – no refunds after that date.

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### How the West Was Sung (#3635)

*Thursday: February 16; 11:30 a.m. – 1:30 p.m.*

When 19th-century settlers headed West, they sang songs about the land of milk and honey. By the time they arrived, they rewrote those songs to tell of rattlesnakes and alkali water. These songs are musical snapshots of life in the American West. Carving a home out of the “Great American Desert” was tough enough, but sticking it out year after year was the real test. Some songs and stories are serious, some are funny, and some are seriously funny, but they are definitely not Hollywood’s version of the West. This presentation is through the Idaho Humanities Council. Lunch with entertainment.

**Location:** Juniper Hills Country Club,  
6600 S. Bannock Hwy.

**Instructor:** William Rossiter, past chair, humanities division, Flathead Valley Community College & University of Montana, author & songwriter

**Facilitator:** Helen Beitia (237-2528)

**Class Limit:** 90

**Class Fee:** \$16. Make check payable to NKA. Send to Helen Beitia, 13194 N. Yellowstone Hwy., Pocatello ID 83202, by February 3.

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### Preview to ISU Dance Concert (#3636)

*Friday: February 17; 5:00 – 6:00 p.m.*

One of the proud achievements in the School of Performing Arts is their dance department. Come and meet their new director, Aaron Wood, who will preview ISU Dance in Concert showcasing ISU students and faculty. This year’s concert will feature a blend of dance genres ranging from ballet and modern to hip hop and jazz. Don’t miss your opportunity to journey into the imagination of

some of Pocatello’s most creative choreographers and dancers.

Concert Dates: February 24, 25, March 2, 3, 4

**Location:** Chick & Diane Bilyeu Theatre, Frazier Hall

**Instructor:** Aaron Wood

**Facilitator:** Jane Riley (237-6801)

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### Kanthas: Embroidered Quilts of Bengal (#3637)

*Tuesday: February 28; 1:30 – 2:30 p.m.*

Discover images of a rich quilting tradition and learn the poetic tale of Kantha quilts from East Bengal and Bangladesh. Generations of women hand stitched the symbols and emblems representing their hopes and dreams in the iconography of these traditional embroidered masterpieces. Learn about the Kantha revival and how the folk art tradition is expressed today.

**Location:** Liberty Hall, 325 W. Benton

**Instructor:** Naomi Adams, assistant professor, art & fiber media, ISU

**Facilitator:** Jane Riley (237-6801)

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### Preview to *Much Ado About Nothing* (#3638)

*Friday: April 7; 5:00 – 6:00 p.m.*

*Much Ado About Nothing*, one of Shakespeare’s most beloved comedies, explores themes of love, family, and friendship that resound to this day. This preview provides a chance to learn about the plot, which involves the wealthy Sicilian noble Leonato, his daughter Hero, his friend Don Pedro, and the company of officers who visit the estate for a month. The quick-witted, sharp-tongued Benedick battles his wits and wills with Beatrice, a woman of similar disposition and verbal skills. We will meet with director Norm Schroder, cast members, and designers/technicians.

Play Dates: April 14, 15, 20, 21, 22

**Location:** Rogers Black Box Theatre, ISU Stephens Performing Arts Center

**Instructor:** Dr. Norm Schroder

**Facilitator:** Jane Riley (237-6801)

*Please be courteous to other members and cancel ASAP if you are signed up for a program and cannot attend so that the Wait List individuals may be contacted to attend. Call the NKA office at 282-3155.*

The ISU Continuing Education/Workforce Training (CONED) Building is located at 1001 N. 7th Avenue.

## CRAFTS & HOBBIES

### Advanced Woodcarving (#3558)

*Mondays, Wednesdays, OR Fridays: January 9 – May 26; 9:00 a.m. – 12:00 noon AND Friday: May 26; 9:00 a.m. – 12:00 noon.*

*No classes Jan. 16 & Feb. 20. Daily classroom clean-up from 11:30 to 12.*

Students may select any one session: Monday, Wednesday, OR Friday. This class is for those who have completed Beginning Woodcarving or have experience and do not require constant assistance/supervision. Advanced carvers provide their own tools and select their own projects. A visit to the Utah Valley Wood Carvers' show and competition (March) and a class carving display in conjunction with NKA (May 17) are optional. **NOTE:** Woodcarving tools cause considerable airborne dust. Those with respiratory problems may not be able to tolerate our dusty classroom even while using dust masks.

**Location:** CONED 108A

**Instructors:** Shorty Miller & Diane Porter

**Facilitator:** Cathy McPherson (233-5899)

**Class Limit:** 11 per session

**Class Fee:** \$10. To be paid to facilitator at first class.

**Note:** Parking permit required to park on campus. *Obtain permit at the NKA office or by marking your registration form.*

### Knitting & Crocheting Service Project Group (#3196)

*Thursdays: January 12 – May 25; 11:00 a.m. – 12:00 noon*

We will be knitting or crocheting lap robes, scarves, chemo caps, pic covers, etc. for the PMC Cancer Center. A basic knowledge of knitting or crocheting is helpful, but we have many talented women to assist and teach you. You don't have to attend every session. Some yarn is available for PMC items. We gladly accept donations of acrylic yarn.

**Location:** CONED 159

**Instructors-Facilitators:** Rita Anderson (232-2166) & Carolyn Johnson (237-1604)

### Hand Built Pottery (#3165)

*Mondays: January 23 & February 13; 1:30 – 3:30 p.m.*

This popular class has returned for those who would like to start or continue the dabbling adventure in clay. Explore hand built pottery techniques with Mary Miller, a local potter with years of experience. Mary will demonstrate and explain techniques such as coil, pinch pot, and slab. In the first class, you will create your own pottery using a combination of techniques. Three weeks later (after the initial firing), in the second class, you will glaze your piece. All materials are included in the class fee.

**Location:** ISU Craft Shop, located on the lower level of the Pond Student Union Building

**Instructor-Facilitator:** Mary Miller, director of the ISU Craft Shop

**Class Limit:** 15

**Class Fee:** \$10. To be paid at first class to ISU Craft Shop.

**Note:** Parking permit is required to park on campus. *Obtain permit at the NKA office or by marking your registration form.*

### Glazing Bisque Pottery (#3629)

*Tuesday: January 31; 1:30 – 3:30 p.m.*

After a pot is completely dry, it is ready to be bisque fired. In this class, a cup or bowl has been thrown and fired by ISU craft shop employees to fast forward the process. The bisque pottery is ready to be glazed by you. This class offers an opportunity to experiment in colors and designs with glazes, and a functional, personalized piece of pottery when you are done. This class would complement the Hand Built Pottery class for practice/experimenting in glazing. All materials are included in the class fee.

**Location:** ISU Craft Shop, located on the lower level of the Pond Student Union Building

**Instructor-Facilitator:** Mary Miller, director of ISU Craft Shop

**Class Limit:** 12

**Class Fee:** \$10. Paid at first class to ISU Craft Shop.

**Note:** Parking permit is required to park on campus. *Obtain permit at the NKA office or by marking your registration form.*

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**Needle Turn Hand Appliqué** (#3639)

*Thursdays: February 2; 9:00 a.m. – 1:30 p.m. & February 9, 16, 23; 10:00 a.m. – 12:00 noon*

Learn to hand appliqué using the “needle turn” method. Kit with pattern, thread, fabrics, and all other needed supplies to complete a spring wall hanging will be provided at the first all-day class, which includes a lunch break (bring your own lunch). Bring thimble, scissors, seam ripper, needle, and needle threader. Three 2-hour follow-up sessions allow participants to perfect their skills.

**Location:** CONED 156

**Instructor:** J’neane Smith

**Facilitator:** Ruth Moorhead (233-5011)

**Class Limit:** 8

**Class Fee:** \$24. Send to J’neane Smith, 5777 Hilo Dr., Pocatello ID 83204, by January 10.

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**Silk Painting, Salt Technique** (#3430)

*Friday: February 3; 1:30 – 3:30 p.m.*

Participants will paint on a hemmed, long rectangular piece of white silk, using the technique of silk painting with salt. Salt works by pulling the fabric paint toward the salt. The result is often a streak of lighter color pointing at a dot of intense color. The effect is unpredictable, but the results are often as beautiful as those carefully hand painted by experts. If you just want something beautiful, you can’t go wrong. All materials are included in the class fee.

**Location:** ISU Craft Shop, located on the lower level of the Pond Student Union Building

**Instructor-Facilitator:** Mary Miller, director of ISU Craft Shop

**Class Limit:** 8

**Class Fee:** \$15. To be paid at class to ISU Craft Shop.

**Note:** Parking permit is required to park on campus. *Obtain permit at the NKA office or by marking your registration form.*

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**Silk Painting, Fence Technique** (#3486)

*Monday: February 6; 1:30 – 3:30 p.m.*

Participants will learn the fence technique of silk painting with gutta. Gutta is a water-based wax resist and acts as a barrier for the dye. It keeps the color within the outlined areas of a design, allowing sharply defined borders. Participants will

free form their own designs with gutta to paint on a hemmed white silk scarf. Once the gutta has dried, the spaces can be filled in with a large selection of colors. All materials are included in the class fee.

**Location:** ISU Craft Shop, located on the lower level of the Pond Student Union Building

**Instructor-Facilitator:** Mary Miller, director of ISU Craft Shop

**Class Limit:** 8

**Class Fee:** \$15. To be paid at class to ISU Craft Shop.

**Note:** Parking permit is required to park on campus. *Obtain permit at the NKA office or by marking your registration form.*

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**Basic Ceramics** (#3561)

*Mondays: March 6, 13, 20, 27; 1:00 – 3:00 p.m.*

The many technical aspects of this special art form will be explained. The course will cover the three types of clay: stoneware, earthenware, and porcelain. Classes will include casting a mold, cleaning, and firing in a kiln. You will work with greenware and bisque, decorating with underglaze, glaze, and acrylics. By the last class, take home your own finished creation. All materials are included in the fee.

**Location:** Pocatello Art Center, 444 N. Main St.

**Instructor:** Carol Dille

**Facilitator:** Lee Dille (339-5346)

**Class Limit:** 10

**Class Fee:** \$15. Paid to the instructor at first class.

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**Flowers With L.D.** (#3487)

*Tuesday: March 7; 1:00 – 2:30 p.m.*

*OR 3:00 – 4:30 p.m.*

Let L.D. teach you how create a beautiful spring floral arrangement sure to send the winter doldrums away. Water bricks and foliage included in class fee.

**SECTION 1** – March 7; 1 - 2:30 p.m.

**SECTION 2** – March 7; 3 - 4:30 p.m.

**Location:** CONED 161

**Instructor:** L.D. Wolfley, owner of Flowers by L.D.

**Facilitator:** Liz Benson (232-0054)

**Class Fee:** \$30. Make check payable to Flowers by L.D. Send to Liz Benson, 87 Stanford Ave., Pocatello ID 83201, by February 21.

**Class Limit:** 30

**Tie-Dying** (#3368)

*Tuesday: March 7; 1:30 – 3:30 p.m.*

This popular class has returned. Participants will learn to tie dye by making either a tie-dyed t-shirt or an environmentally friendly shopping bag. Participants may also bring 100% cotton items from home to dye. Wear appropriate clothing. A t-shirt or a shopping bag, along with the dyes, are included in the class fee.

**Location:** ISU Craft Shop, located on lower level of the Pond Student Union Building

**Instructor-Facilitator:** Mary Miller, director of ISU Craft Shop

**Class limit:** 12

**Class Fee:** \$12. Paid at first class to ISU Craft Shop.

**Note:** Parking permit is required to park on campus. *Obtain permit at the NKA office or by marking your registration form.*

**Barn Quilts** (#3489)

*Mondays: April 3, 10, 17, 24; 1:00 – 4:00 p.m.*

Creating a barn quilt: 1) Select pattern, 2) draw outline on 2 ft. by 2 ft. piece of plywood, 3) apply green tape to surround one color, 4) paint that area, 5) wait until next session, 6) remove tape, 7) repeat by taping in another color, paint, 8) when all colors are applied, touch up paint and sand edges of plywood. Eureka, you are done!

**Location:** CONED 156

**Instructor:** Kay Merriam

**Facilitator:** Nancy Dafoe (nancyd@uidaho.edu)

**Class limit:** 20

**Class Fee:** \$20. Paid at first class.

**FITNESS & MOTION****Chair Yoga for Seniors** (#3640)

*Mondays: January 9, 23, 30, February 6, 13, 27, March 13, 20; 9:00 – 10:00 a.m.*

All are welcome to participate in this seated yoga asana (postures that rebalance the body) practice. Yoga is much more than physical exercise; it is also a spiritual practice that supports all religious traditions. We will practice yoga positions

to open our bodies with space, to bring strength where we are weak, and to increase flexibility where we are tight. We will also discuss how yoga can strengthen mind, body, and spirit through three of the limbs; *asana* (movement), *pranayama* (breathing), and *dhyana* (meditation).

**Location:** Liberty Hall, 325 W. Benton

**Instructor-Facilitator:** Brenda Ehrler, certified 200 hour yoga instructor (bl\_ehrler@att.net)

**Fit & Fall Proof** (#3106)

*Wednesdays & Fridays: January 11 – May 26;*

*Wednesdays 9:30 – 10:45 a.m., Fridays 9:30 – 10:00 a.m.*

Fit & Fall Proof is an exercise program developed in Idaho for older adults to promote balance, strength, flexibility, and endurance to decrease the risk of falling. The class is designed to gradually build strength and endurance by using chairs, walls, and resistance bands; Tai Chi breathing/stretching and Laughter Yoga are also included. With exercise, anyone can counteract the lower body weakness, loss of muscle mass, and poor posture that contribute to falls. Bring a bottle of water and wear comfortable clothes.

**Location:** CONED 162

**Instructors-Facilitators:** Marlene Hendrick (220-0615) & Rachel Damewood (damerw@cablone.net)

**Latin Line Dancing I** (#3107)

*Wednesdays: January 11 – April 26; 2:00 – 3:00 p.m.*

Dance to Latin rhythms – mambo, cha cha, rumba, bachata, tango, samba, merengue, and a little salsa thrown in! No partners required. Dances are beginner's level. Here is your chance to "dance like no one is looking", get in shape, meet people, and have fun. The music impassions the heart and brain, and the dance itself is a full body workout! What a winning combination!

**Location:** CONED 162

**Instructor:** Lucy Bonman

**Facilitator:** Martha Collins (marti.collins5@gmail.com)

*Please be courteous to other members and cancel ASAP if you are signed up for a program and cannot attend so that the Wait List individuals may be contacted to attend. Call the NKA office at 282-3155.*

## Latin Line Dancing II:

### Performance (#3108)

*Mondays & Wednesdays: January 11 – April 26 (except Jan. 16 and Feb. 20); 3:00 – 4:30 p.m.*

This is Latin line dance taken to the next level. Fun and rewarding but requires skill and commitment. This class integrates more complex variations of Latin dance steps and tempos. Focus is on learning and refining dances to perform at assisted living, nursing, and retirement homes, and other venues. Please seriously consider these requirements before registering: Must have taken Beginning Line Dance or have other dance experience; must have demonstrated dexterity, musicality, ability to dance to music using tags, syncopation, turns, styling, and phrasing; must have skill and commitment to learn and retain multiple routines at a fairly fast pace.

**Location:** CONED 162

**Instructor:** Lucy Bonman

**Facilitator:** Jane Gibson (gibsonjm@cableone.net)

## Ballroom Dancing (#3491)

*Thursdays: January 12 – April 20 (except March 23); 2:30–3:30 p.m./3:30 – 4:30 p.m.*

These beginning classes are for singles or couples and are strictly basic ballroom dancing. JoAn DiCataldo will teach the waltz, fox trot, and East Coast swing from 3 to 4 p.m. and the cha cha, tango, and rumba from 4 to 5 p.m. JoAn has taught at the Senior Activities Center for over ten years and has won many dance competitions.

### SECTION 1 – Waltz, Fox Trot, East Coast Swing

*2:30 - 3:30 p.m.*

### SECTION 2 – Cha Cha, Tango, Rumba

*3:30 - 4:30 p.m.*

**Location:** CONED 162

**Instructors:** JoAn DiCataldo

**Facilitator:** Aleen Shearer (233-4803; 251-9589)

## Square Dance Lessons &

### Practice (#3105)

*Thursdays: January 12 – May 11; 4:00 – 7:00 p.m.*

Learn the joy of square dance! No partner needed – we have several experienced dancers who dance male/female positions. You commit

your time and we'll all have fun! Wear comfortable clothing, comfortable dance shoes, a can-do attitude, and a big smile! Learn from Steve Sullivan, a nationally known, third-generation, licensed, top square dance caller – and he's GOOD!

### SECTION 1 – Basic & Mainstream

*4 - 5:15 p.m.*

### SECTION 2 – Introduction to Plus Level

*5:15 - 6:30 p.m.*

### SECTION 3 – Round Dance

*6:30 - 7 p.m.*

**Location:** Sullivan's Square Dance Hall, 1935 S. 5th Ave.

**Instructor:** Steve Sullivan, licensed square dance caller

**Facilitator:** Sondra Dunkle (dunksond@gmail.com)

**Class Fee:** Non-NKA members: \$5/person/evening

## Hiking & Snowshoeing (#3118)

*January through May*

Our hiking and snowshoeing plans will depend on weather conditions and facilitators' availability. Facilitators will coordinate then e-mail participants about upcoming outings several days before each outing. We will try to meet at trailheads, but can meet at the CE building to carpool/caravan. In the past we hiked on Fridays, but we are receptive to other days, so let a facilitator know your preferences.

**Facilitators:** Lynn Hebdon (339-4841); Deborah Jeppson (234-7036); Rayde Mortenson (252-1157); & Sandy Clark (530-0657)

**Class Limit:** 40

## Line Dance 1 (#3111)

*Mondays: February 6 – April 17 (except Feb. 20 & March 20); 1:30 – 2:25 p.m.*

If you are new to line dancing, you want to start with this class. You will learn simple yet fun dances, step patterns, and rhythms, which will help build memory, so you will get both physical and mental exercise. If you have line danced before and want to practice some easy dances just for kicks, you are welcome to join us. This class is for guys and gals – you don't need a partner. Tennis or soft-soled shoes are required to avoid scuffing the polished wood floor in the church's gym.

**Location:** United Congregational Church, corner of Garfield Ave. & Fremont Ave.  
**Instructors:** Bob Schaffner & Khristi Cummings  
**Facilitator:** Anita Affa (478-1744)  
**Class Limit:** 60

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### Line Dance 2 (#3112)

*Mondays: February 6 – April 17 (except Feb. 20 & March 20); 2:30 – 3:30 p.m.*

The line dances taught in this class are more complex than the dances in Line Dance 1, but still fun and relatively easy. Guys and gals, come enjoy the FUN of line dancing, and get some exercise too. No partner required. Tennis or soft-soled shoes are required to avoid scuffing the polished wood floor in the church's gym.

**Location:** United Congregational Church, corner of Garfield Ave. & Fremont Ave.  
**Instructors:** Marti Collins  
**Facilitator:** Anita Affa (478-1744)  
**Class limit:** 60

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### Line Dance 3 (#3113)

*Tuesdays: February 7 – April 18 (except March 21); 9:30 – 10:25 a.m.*

This class introduces a bit more challenging dances than taught in Line Dance 1 & 2. We will start slowly and keep adding to our repertoire, working up to low intermediate level. You'll have lots of fun learning these dances, which are designed for those who have completed Line Dance 2.

**Location:** CONED 162  
**Instructors:** Susan Cramer & Kay Elsethagen  
**Facilitator:** Susan Cramer (237-8709)  
**Class Limit:** 30

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### Line Dance 4 – Oldies but Goodies I (#3110)

*Tuesdays: February 7 – April 18 (except March 21); 10:30 – 11:30 a.m.*

This class is a combination of dances previously taught in the Beginner 1, Beginner 2, and Beginner 3 classes. Dances will not be taught but reviewed with a variety of music and rhythms. Join us for a workout and lots of fun.

**Location:** CONED 162  
**Instructors:** Sue Schaffner, Judy Liday, & Tom Baxter  
**Facilitator:** Judy Liday (317-6664)  
**Class Limit:** 30

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### Afro-Haitian Dance Workshop (#3641)

*Tuesday: February 7; 2:00 – 3:30 p.m.*

If you can walk, you can dance. A survey of basic dance moves from West Africa and Haiti. Learn to move your hips, torso, shoulders, and more to the rhythm of the drums. Bring a water bottle and wear comfortable, loose clothing.

**Location:** CONED 162  
**Instructor-Facilitator:** Roberta Ridgley  
 (zendasdancing@outlook.com; 530-1336)  
**Class Limit:** 30

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### Line Dance 5 – Oldies but Goodies II (#3109)

*Thursdays: February 9 – April 20 (except March 23); 9:30 – 11:00 a.m.*

Class is a combination of dances previously taught in the intermediate to advanced classes. It is designed for experienced dancers who have taken the intermediate level classes. Expect a variety of music and rhythms. Join us for a workout, some challenges, and lots of fun.

**Location:** CONED 162  
**Instructors-Facilitators:** Jan Green (251-1244) & Joyce DeGarlais (238-1247)  
**Class limit:** 30

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### Beginning Belly Dance (#3492)

*Tuesdays: February 21 – March 28; 2:00 – 3:30 p.m.*

Have trouble dancing within the lines? Come learn Classic American Belly Dance. This class will teach the basic movements, combinations, and veil work. Learn the music and rhythms of the Middle East. Bring a water bottle and wear comfortable, loose clothing. You will learn about styles of costume and costume construction. Girls just wanna have fun!

**Location:** CONED 162  
**Instructor-Facilitator:** Roberta Ridgley  
 (zendasdancing@outlook.com; 530-1336)  
**Class Limit:** 30

**Walking the Greenway** (#3115)*Fridays: April 7 – 28; 9:00 – 10:30 a.m.*

Come walking with us along the Portneuf Greenway Trails. These trails are paved and on mostly flat terrain. Walk at your own pace. We meet at the CONED building for carpooling or guidance to the trail heads. Dress for the weather, wear comfortable shoes, and bring your own water.

**Location:** Meet in parking lot between CONED building and Liquor Store

**Facilitator:** Sandra Babb (sacbabb@gmail.com)

**Lady Niners Golf** (#3116)*Wednesdays: April 26 – May 24; 12:00 noon*

Come join our ongoing golf group for some fun golfing. Greg Albright will teach a lesson for us at noon, and then we will break into groups of four to golf. We are given discounts through the season. Come to enjoy and play.

**Location:** Riverside/Highland Golf Courses

**Instructor:** Greg Albright

**Facilitator:** Linda Lindley (lindlind@msn.com)

**Pickle Ball** (#3433)*Tuesdays: May 9, 16, 23, 30; 11:00 a.m.*

Come to Raymond Park and learn this new, exciting, and popular game of pickleball. Everyone is getting on board, although it is geared so well to seniors, people of all ages are playing it. So if you like ping pong, volleyball, or tennis, come join us for some fun playing.

**Location:** Raymond Park

**Instructor:** Linda Lindley (lindlind@msn.com)

**FOOD & BEVERAGE****Wine Tasting at Café Tuscano** (#3120)*Tuesday: January 24; 5:00 – 7:00 p.m.*

Allow Café Tuscano to pamper you and your friends while you taste some great wines. The wines will be paired with light appetizers to highlight the qualities of each wine.

**Location:** Café Tuscano, 2231 E. Center St.

**Instructor:** Allyson Burnham

**Facilitator:** Sharon Manning (233-9425)

**Class limit:** 50

**Class Fee:** \$12. Make check payable to Café Tuscano. Send to Sharon Manning, 830 Spyglass Pt., Pocatello ID 83204, by January 17.

**Wine Tasting/Pairing at****The Bridge** (#3642)*Tuesday: February 7; 5:00 – 7:00 p.m.*

Come and enjoy wine tasting at the newly reopened The Bridge inside The Yellowstone. This will be a tasting and pairing of exquisite wines paired with selected menu items.

**Location:** The Bridge inside The Yellowstone Hotel, S. Main & Whitman

**Instructor:** Lisa Willmore

**Facilitator:** Pauline Havens (234-8517)

**Class Limit:** 50

**Class Fee:** \$35. Make check payable to The Bridge. Send to Pauline Havens, 5 Purdue Ave., Pocatello ID 83201, by January 28.

**Taste & Share** (#3197)*Wednesdays: February 8, March 8, April 12; 11:30 a.m. – 1:00 p.m.*

Come share your favorite recipes and discover new treats that someone else has made. You only bring a dish once during the semester, but you get to taste everything others bring. Plus, you take all the recipes home! We would like to see more men join us to share their favorite recipes.

**Location:** CONED 162

**Instructors-Facilitators:** Marilyn Edwards (237-0751) & Liz Meske (234-1544)

**Class Limit:** 30

**Wine Pairing/Dinner at****Café Tuscano** (#3120)*Tuesday: March 21; 5:00 p.m.*

Enjoy a special four-course gourmet dinner prepared for NKA members by our passionate kitchen staff, featuring menu items and wines from California. What a great way to usher in spring.

**Location:** Café Tuscano, 2231 E. Center St.

**Instructor:** Allyson Burnham

**Facilitator:** Sharon Manning (233-9425)

**Class Limit:** 40

**Class Fee:** \$50. Make check payable to Café Tuscano. Send to Sharon Manning, 830 Spyglass Pt., Pocatello ID 83204, by March 14.

**History of Brewing in Pocatello** (#3224)

*Tuesday: April 25; 5:00 – 7:00 p.m.*

Come enjoy a pizza and salad buffet dinner while tasting a variety of beers handcrafted by Portneuf Valley Brewing. Learn about the history of brewing in Pocatello and the evolution of Portneuf Valley Brewing. Conclude with a tour of the brewing operations.

**Location:** Portneuf Valley Brewing, 615 S. 1st Ave.

**Instructor:** Penny Pink

**Facilitator:** Donna Hillard (hilldonn73@gmail.com); Barb Bain (bainbarb@isu.edu)

**Class Limit:** 20

**Class Fee:** \$20. Facilitators will contact participants a week prior to class re. payment.

**Cooking with Herbs: Salads & Dressings** (#3643)

*Wednesday: April 26; 10:30 a.m. – 12:00 noon*

Come and enjoy a cook who is also a gardener. See some interesting combinations of fruits and vegetables in salads and learn to infuse both vinegar and oils for dressing. Receive recipes. Catherine will also demonstrate making a windowsill herb planter.

**Location:** Liberty Hall, 325 W. Benton

**Instructor:** Catherine Buchanan

**Facilitator:** Helen Beitia (237-2528; 241-3933)

**GAMES**

**Mahjong** (#3125)

*Fridays: January 13 – April 28; 10:00 a.m. – 12:00 noon*

Mahjong, similar to the Western card game rummy, is a game of skill, strategy, and calculation, and it involves a certain degree of chance. It is commonly played by four players (with some three-player variations found in Korea, Japan, and the Philippines). The game requires players to form melds and to discard until a winning hand is completed. This is a fun game!

**Location:** CONED 156

**Instructor:** Lucy Bonman

**Facilitator:** Marijana Dolsen (233-8735)

**Texas Hold'em Poker** (#3127)

*Fridays: January 13 – May 5; 2:00 – 4:00 p.m.*

This class is for anyone who wants to play Texas Hold'em Poker. Groups will be set up by ability levels. We will teach anyone to play.

**Location:** CONED 156

**Facilitators:** Betty Adams (589-2880); Barry Rose (589-8440); & Annette Tolman (226-4597)

**Class Limit:** 24

**Intermediate Bridge: 2 Over 1** (#3228)

*Tuesdays: January 17 – March 7; 1:30 – 4:00 p.m.*

The 2 Over 1 force system is for players who want to take their game to a new level. It is simply a modification to standard bidding. Participants should understand the basics of bridge. Required text: Audrey Grant and E. Rodwell E (2009), *2 Over 1: Game Force*. Please contact facilitator two weeks prior to first class if you want a book ordered for you. Cost is dependent on how many books are ordered but should not exceed \$21.

**Location:** CONED 156

**Instructors:** Jeanne Moore

**Facilitators:** Janice Matteson-Howell (howejani@isu.edu) & Barb Bain (bainbarb@isu.edu)

**Pinochle** (#3496)

*Wednesdays: January 18, 25, February 1, 8; 1:00 – 3:00 p.m.*

Partnership Pinochle will be taught and played. Twenty participants will play in five groups of four at each table.

**Location:** CONED 156

**Instructors:** Virginia Kelly (232-7417) & others

**Class Limit:** 20

**Lunch and Games** (#3126)

*Fridays: January 20, February 10, March 10, April 21, May 12; 12:00 – 3:00 p.m.*

Lunch is served at noon. Hand and Foot game OR the Dominoes Mexican Train game go from 1 to 3 p.m. There is no cost for the games. You must sign up to participate each month. The facilitator will verify attendance by calling everyone who (*continues...*)

(continued: *Lunch and Games*)

signs up. On the registration form, please choose the months you plan to attend.

**SECTION 1** – Friday: January 20; 12 – 3 p.m.

**SECTION 2** – Friday: February 10; 12 – 3 p.m.

**SECTION 3** – Friday: March 10; 12 – 3 p.m.

**SECTION 4** – Friday: April 21; 12 – 3 p.m.

**SECTION 5** – Friday: May 12; 12 – 3 p.m.

**Location:** Juniper Hills Country Club, 6600 S. Bannock Hwy.

**Facilitator:** Pat Ringe (233-5494)

**Class Limit:** 90

**Class Fee:** \$13 per lunch. To be paid at the door.

## Beginning Billiards (#3644)

*Wednesdays: February 1, 8, 15, 22; 2:00 – 4:00 p.m.*

Remember Paul Newman in *The Hustler* (1961)? Learn to play billiards...9 ball, 8 ball, snooker, and other popular games. Learn techniques of cue selection and body mechanics, standard rules, and basics of stroke and stance. The basement of ISU's Student Union Building offers pleasant surroundings to visit and learn a new skill.

**Location:** SUB ISU Game Center, downstairs next to ISU Bookstore

**Instructor:** Shane Lindsay, manager, Game Center

**Facilitator:** Jackie Birch (681-4539)

**Class Limit:** 15

**Class Fee:** \$20 for four sessions. To be paid at first class.

**Note:** Parking permit is required to park on campus. Obtain permit at the NKA office or by marking your registration form.

## Beginning Bridge (#3128)

*Tuesdays: March 7 - May 2 (except March 21); 10:30 a.m. – 1:00 p.m.*

This class is a continuation of the fall beginning bridge classes or for those who have played bridge before. It concentrates on opening the bidding (making good decisions when opening the bidding, guidelines of 15 and 20, light opening bids, preemptive bids, etc.) and doubles (takeout doubles, advancing the doubles, balancing, etc.). You will play dealt hands that match the lessons.

Recommended texts are *Improving Your Judgment 1: Opening the Bidding* and *Improving Your Judgment 1: Doubles*. Contact the instructor if you want her to order a book for you.

**Location:** CONED 156

**Instructor:** Joy Burke (joyburke34@yahoo.com)

**Facilitator:** Shiela R. Mathiesen (233-5360)

## GENERAL INTEREST

### United Senior Project (#3645)

*Tuesday: January 10; 1:00 – 2:00 p.m.*

The United Senior Project is a group of representatives from AARP, NKA, Senior Activities Center, and Snake River New Horizon Band. This group formed to find a long-term solution to the need for a facility to meet the mental, social, emotional, and health-related needs of our active senior community. Learn about the goals of this project and how you can help achieve the ultimate goal of that facility.

**Location:** Liberty Hall, 325 W. Benton

**Instructor:** Panel of Project Committee Members

**Facilitator:** Marilyn Ames (705-8451)

### Family Search Workshop for Beginners (#3235)

*Fridays: January 27, February 3; 11:00 a.m. – 12:30 p.m.*

Got genealogy and searching for ancestors on your bucket list? This is your chance to get going, using arguably the best program available – and it's free! Please bring a short list of ancestors with approximate birth dates and places, a notebook, and a pen. You can learn how to begin creating a family tree and how to search for documentation of your ancestors.

**Location:** Pocatello Family Search Library, 156½ S. Sixth Ave.

**Instructor:** Gaylen Binggeli

**Facilitator:** Dawn Keller (237-9521)

**Class Limit:** 30

(Class listings continue after calendars)

# JANUARY 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4 7:30 Yellowstone Overnight	5 10 BOARD MEETING	6	7
8	9 9-10 Chair Yoga 9-12 Adv. Woodcarvers 3:30-5 Tech Savvy 1	10 1-2 United Sr. Project	11 9-12 Adv. Woodcarvers 9:30-10:45 Fit & Fall 2-3 Latin Line Dance I 3-4:30 Latin Line Dance II	12 11-12 Knit/Crochet Service 12:30-2 Readers Theatre 2-4 Creative Writing 3-4:30 Drumming 2:30-3:30 Ballroom 1 3:30-4:30 Ballroom 2 4-7 Square Dance	13 9-12 Adv. Woodcarvers 9:30-10 Fit & Fall 10-12 Mahjong 2-4 Texas Hold'em 4:30-5:30 Preview OTAS	14
15	16 <b>MLK DAY – NO CLASSES</b>	17 10:30-12 Origami/Theragami 1 1-2:30 Street Names 1:30-4 Int. Bridge	18 9-12 Adv. Woodcarvers 9:30-10:45 Fit & Fall 1-3 Pinochle 2-3 Latin Line Dance I 3-4:30 Latin Line Dance II	19 10-11 Long-Term Care 11-12 Knit/Crochet Service 12:30-2 Readers Theatre 2-4 Creative Writing 3-4:30 Drumming 2:30-3:30 Ballroom 1 3:30-4:30 Ballroom 2 4-7 Square Dance	20 9-12 Adv. Woodcarvers 9:30-10 Fit & Fall 10-12 Mahjong 12-3 Lunch & Games 1:30-3 War/Debate 2-4 Texas Hold'em	21
22	23 9-10 Chair Yoga 9-12 Adv. Woodcarvers 1-2:30 Managing ID Lands... 1:30-3:30 Hand Built Pottery 3-4:30 Latin Line Dance II	24 10:30-12 Origami/Theragami 1 1-2:30 History of NKA 1:30-4 Int. Bridge 5-7 Wine at Café Tuscano	25 9-12 Adv. Woodcarvers 9:30-10:45 Fit & Fall 1-2:30 Power of President 1-3 Pinochle 2-3 Latin Line Dance I 3-4:30 Latin Line Dance II	26 10-11 Gluten-Free 11-12 Knit/Crochet Service 12:30-2 Readers Theatre 2-4 Creative Writing 3-4:30 Drumming 2:30-3:30 Ballroom 1 3:30-4:30 Ballroom 2 4-7 Square Dance	27 9-12 Adv. Woodcarvers 9:30-10 Fit & Fall 10-12 Mahjong 11-12:30 Family Search 1:30-3 War/Debate 2-4 Texas Hold'em	28
29	30 9-10 Chair Yoga 9-12 Adv. Woodcarvers 10-11:30 Book Exchange 3-4:30 Latin Line Dance II	31 1-2:30 Pre-Employment 1 1:30-3:30 Glazing Bisque 1:30-4 Int. Bridge				





REGISTER FOR THE CLASSES YOU WISH TO ATTEND BY CHECKING THE BOXES BELOW.

**NOTE:** Classes filled first-registered, first-served. Please cancel ASAP if you are signed up for a program and cannot attend.

## ART, MUSIC & THEATRE

- Readers Theatre #3134
- Preview to Menotti Operas at OTAS #3633
- ▼ Preview the Symphony #3322 (choose section)
  - Section 1 – Valentine Concert
  - Section 2 – POPS Concert
  - Section 3 – Mendelssohn
- Westside Players Dinner & Show #3634
- How the West Was Sung #3635
- Preview to ISU Dance Concert #3636
- Kanthas: Embroidered Quilts of Bengal #3637
- Preview to *Much Ado About Nothing* #3638

## CRAFTS & HOBBIES

- ▼ Advanced Woodcarving #3558
  - Session 1 - Monday
  - Session 2 - Wednesday
  - Session 3 - Friday
- Knitting & Crocheting Service Project #3196
- Hand Built Pottery #3165
- Glazing Bisque Pottery #3629
- Needle Turn Hand Appliqué #3639
- Silk Painting, Salt Technique #3430
- Silk Painting, Fence Technique #3486
- Basic Ceramics #3561
- ▼ Flowers With L.D. #3487 (choose section)
  - Section 1
  - Section 2
- Tie-Dying #3368
- Barn Quilts #3489

## FITNESS & MOTION

- Chair Yoga for Seniors #3640
- Fit & Fall Proof #3106
- Latin Line Dance I #3107
- Latin Line Dance II: Performance #3108
- ▼ Ballroom Dancing #3491 (choose section)
  - Section 1 - Waltz, Fox Trot, East Coast Swing
  - Section 2 – Cha Cha, Tango, Rumba
- Square Dance Lessons & Practice #3105
- Hiking & Snow Shoeing #3118
- Line Dance 1 #3111
- Line Dance 2 #3112
- Line Dance 3 #3113
- Line Dance 4: Oldies but Goodies I #3110
- Line Dance 5: Oldies but Goodies II #3109
- Afro-Haitian Dance Workshop #3641
- Beginning Belly Dance #3492
- Walking the Greenway #3115
- Lady Niners Golf #3116
- Pickleball #3433

## FOOD & BEVERAGE

- Wine Tasting at Café Tuscano #3120
- Wine Pairing/Dinner at Café Tuscano #3120
- Wine Tasting/Pairing at The Bridge #36423

- Taste and Share #3197
- Cooking with Herbs: Salads & Dressings #3643
- History of Brewing in Pocatello #3224

## GAMES

- Mahjong #3125
- Texas Hold'em Poker #3127
- ▼ Lunch and Games #3126 (choose section)
  - Section 1
  - Section 2
  - Section 3
  - Section 4
  - Section 5
- Beginning Bridge #3128
- Intermediate Bridge: 2 Over 1 #3228
- Beginning Billiards #3644
- Pinochle #3496

## GENERAL INTEREST

- United Senior Project #3645
- Family Search Workshop for Beginners #3235
- Pre-Employment Transition Services 1 #3646
- Pre-Employment Transition Services 2 #3648
- Pre-Employment Transition Services 3 #3654
- A New President: What Now? #3647
- Commercial Vehicle Safety #3649
- New Day Products Visit #3650
- America's First Families #3651
- Preview to the Frank Church Symposium #3517
- Election 2016 & the Economy #3652
- ▼ A Taliban Education #3653 (choose section)
  - Section 1
  - Section 2
- NeighborWorks® Pocatello #3655
- The Dark Triad #3577
- Islamic Visit #35011
- Food Banking 101 #3656
- Journey to Greece: Syrian Refugees #3657
- User-Friendly Gardens for Seniors #3658
- ▼ KPVI TV Station Tour #3659
  - Section 1
  - Section 2
- Life Through the Eyes of a State Trooper #3660
- Relight the Night #3661
- A Trip to Gypsy Gardens #3428
- Tour of Pocatello Regional Airport #3662
- ▼ Roadside Cleanup Service Project #3415
  - Section 1
  - Section 2
  - Section 3

## HEALTH & WELLNESS

- Therapeutic Drumming Circle #3527
- ▼ Origami & Theragami #3461 (choose section)
  - Section 1
  - Section 2

- Long-Term Care #3663
- Gluten-Free Dining #3664
- Psychology of Aging #3665
- Family & Friends CPR #3532
- Introduction to Mindfulness Meditation #3666
- Fundamentals of Mindfulness Meditation #3339
- Codependency #3667
- Cognitive Aging #3668
- Skin Cancer & Sun Protection #3669

## HISTORY

- Pocatello Street Names Preserve History #3670
- Power of the President #3671
- America Goes to War: The Great Debate #3672
- History of NKA #3673
- Historical Textiles #3159
- The Bear River Massacre #3674
- Second Most Famous Tapestry on Earth #3675
- Irish Revolution: 1916-1922 #3676
- Iron Jawed Angels* #3677
- Camp Rupert: WWII P.O.W. Camp #3678
- Pocatello High School: A Visual History #3679
- Pocatello High School Tour #3680
- ▼ ISU Trolley Tours #3681 (choose section)
  - Section 1
  - Section 2
  - Section 3
  - Section 4

## NATURE, SCIENCE, & TECHNOLOGY

- ▼ Tech Savvy Seniors #3505 (choose section)
  - Section 1 - Devices
  - Section 2 - Smart Phones
  - Section 3 - Google Drive
  - Section 4 - Social Media
- Managing Idaho Landscapes... #3682
- Astronomy 103: Solar System, Unbound #3613
- Do We Protect Our Drinking Water? #3683
- Idaho Hummingbirds #3684
- Portneuf River Vision Implementation #3606
- Archaeological Discoveries at the INL #3685

## TRAVEL & FIELD TRIPS

- Yellowstone Overnight Adventure #3620
- Tulips & Ancient Life #3281
- Oregon Trail & Pioneer Settlement #3686
- Prospectors, Battlefields, & Explorers #3687

## WRITING & LITERATURE

- Low Impact Creative Writing #3136
- Book Group and a Glass... #3372
- Book Exchange #3129
- Bellon Visiting Author Series #3688
- I Retired to Be a Writer #3689
- Shakespeare #3690
- Kirby Jonas, Author & Cowboy Singer #3601



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# APRIL 2017

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

							<b>1</b>
<b>2</b>	<p>9-12 Adv. Woodcarvers 10:30-12 Meditation 1-4 Barn Quilts 1:30-2:30 Line Dance 1 2:30-3:30 Line Dance 2 3-4:30 Latin Line Dance II 3:30-5 Tech Savvy 4</p>	<p>9:30-10:25 Line Dance 3 10:30-11:30 Line Dance 4 10:30-1 Beg. Bridge</p>	<p>9-12 Adv. Woodcarvers 9:30-10:45 Fit &amp; Fall 2-3 Latin Line Dance I 3-4:30 KPVI Tour 3-4:30 Latin Line Dance II</p>	<p>9:30-11 Line Dance 5 10 BOARD MEETING 11-12 Knit/Crochet Service 12:30-2 Readers' Theatre 2-4 Creative Writing 3-4:30 Drumming 2:30-3:30 Ballroom 1 3:30-4:30 Ballroom 2 4-5:30 Book Group 4-7 Square Dance</p>	<p>9-10:30 Greenway Walk 9-12 Adv. Woodcarvers 9:30-10 Fit &amp; Fall 10-11 Skin Cancer 10-12 Mahjong 2-4 Texas Hold'em 5-6 Preview <i>Much Ado...</i></p>		<b>8</b>
<b>9</b>	<p>9-12 Adv. Woodcarvers 10:30-12 Meditation 1-4 Barn Quilts 1:30-2:30 Line Dance 1 2:30-3:30 Line Dance 2 3-4:30 Latin Line Dance II</p>	<p>9:30-10:25 Line Dance 3 10:30-11:30 Line Dance 4 10:30-1 Beg. Bridge 1-2:30 Camp Rupert</p>	<p>9-12 Adv. Woodcarvers 9:30-10:45 Fit &amp; Fall 11:30-1 Taste &amp; Share 2-3 Latin Line Dance I 3-4:30 Latin Line Dance II</p>	<p>9:30-11 Line Dance 5 11-12 Knit/Crochet Service 12:30-2 Readers' Theatre 2-4 Creative Writing 3-4:30 Drumming 3-4:30 KPVI Tour 2:30-3:30 Ballroom 1 3:30-4:30 Ballroom 2 4-7 Square Dance</p>	<p>9-10:30 Greenway Walk 9-12 Adv. Woodcarvers 9:30-10 Fit &amp; Fall 10-12 Mahjong 1-2 State Trooper 2-4 Texas Hold'em</p>		<b>15</b>
<b>16</b>	<p>9-12 Adv. Woodcarvers 10:30-12 Meditation 11-12 PHS History 1-4 Barn Quilts 1-30-2:30 Line Dance 1 2:30-3:30 Line Dance 2 3-4:30 Latin Line Dance II 3:15-4:15 PHS Tour</p>	<p>9:30-10:25 Line Dance 3 10:30-11:30 Line Dance 4 10:30-1 Beg. Bridge 1-2 Reight Night</p>	<p>6:30 Tulips &amp; Ancient Life 9-12 Adv. Woodcarvers 9:30-10:45 Fit &amp; Fall 10-12 Hummingbirds 2-3 Latin Line Dance I 3-4:30 Latin Line Dance II</p>	<p>9:30-11 Line Dance 5 11-12 Knit/Crochet Service 12:30-2 Readers' Theatre 2-4 Creative Writing 3-4:30 Drumming 2:30-3:30 Ballroom 1 3:30-4:30 Ballroom 2 4-7 Square Dance</p>	<p>9-10:30 Greenway Walk 9-12 Adv. Woodcarvers 9:30-10 Fit &amp; Fall 10-12 Mahjong 12-3 Lunch &amp; Games 2-4 Texas Hold'em 3-4 Preview Symphony</p>		<b>22</b>
<b>23</b>	<p>9-12 Adv. Woodcarvers 10:30-12 -Meditation 1-4 Barn Quilts 3-4:30 Latin Line Dance II</p>	<p>10:30-1 Beg. Bridge 5-7 History of Brewing...</p>	<p>9-12 Adv. Woodcarvers 9:30-10:45 Fit &amp; Fall 10:30-12 Herbs 12 Lady Niners' 1-2 Gypsy Gardens 1:30-3 Airport 2-3 Latin Line Dance I 3-4:30 Latin Line Dance II</p>	<p>11-12 Knit/Crochet Service 12:30-2 Readers' Theatre 2-4 Creative Writing 3-4:30 Drumming 4-7 Square Dance</p>	<p>9-10:30 Greenway Walk 9-12 Adv. Woodcarvers 9:30-10 Fit &amp; Fall 10-12 Mahjong 2-4 Texas Hold'em</p>		<b>29</b>
<b>30</b>							



New Knowledge Adventures

# NKA Annual Meeting and Show Time!

*at the* Clarion Hotel & Event Center

**Wednesday, May 17, 2017**  
**Beginning at Noon**

Join us for—

■ **Annual Business Meeting**

Show your support for NKA and our Board.  
Elect officers for the coming year.

■ **Show and Tell**

Knitting, crocheting, barn quilts, and more!

■ **A Readers' Theatre**

Some of the class members' favorite pieces.

■ **Demonstrations**

T'ai Chi Chih, line dancers galore, square dancers, belly dancers,  
ballroom dancers.

■ **Good food and good friends**

Lunch will be served at 12:15.

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## Pre-Employment Transition Services 1 (#3646)

*Tuesday: January 31; 1:00 – 2:30 p.m.*

This workshop will offer ways that NKA members can partner with high schools and vocational rehabilitation to provide mentorship to high school students on Individualized Education Plans or receiving 504 services. Members will be informed of changes to the *Workforce Innovations and Opportunities Act* offered through Pre-Employment Transition Services in job exploration counseling, work-based learning, counseling on postsecondary educational opportunities, workplace readiness training, and instruction in self-advocacy. Members will learn more about these services and how they can assist students in learning the skills that they will need to be successful in college or in a career.

**Location:** Liberty Hall, 325 W. Benton

**Instructor-Facilitator:** Alison Lowenthal, transition coordinator, Idaho Division of Vocational Rehabilitation (334-3390)

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## A New President: What Now? (#3647)

*Wednesday: February 1; 10:30 a.m. – 12:00 p.m.*

Dr. Adler will lead us in an analysis of the November 2016 election and will share his prediction of what to expect from our state and federal governments in the future.

**Location:** Liberty Hall, 325 W. Benton

**Instructor:** David Adler, PhD, director of the Alturas Institute & professor emeritus of political science, ISU

**Facilitator:** Donna Boe (donnaboec@cablone.net)

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## Pre-Employment Transition Services 2 (#3648)

*Monday: February 6; 1:00 – 2:30 p.m.*

The mission of ISU's Disability Services (DS) is to increase access to all programs and services sponsored or funded by ISU, including pre-employment transition programs and partnerships with the Idaho Division of Vocational Rehabilitation (IDVR) and area high schools. The DS office and the services it provides will be discussed, and current projects and partnerships

servicing high school students participating in 504 plans and Individualized Education Plans will be provided. Ways NKA members can assist with projects and partner with area high schools, ISU DS, and the IDVR will be suggested.

**Location:** Liberty Hall, 325 W. Benton

**Instructor:** Karina Mason-Rorris, director of Disability Services

**Facilitator:** Rachel Damewood (damerw@cablone.net)

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## Commercial Vehicle Safety (#3649)

*Tuesday: February 7; 1:00 – 2:00 p.m.*

Learn what Idaho State Police commercial vehicle safety officers do and how they make our highways safer.

**Location:** Liberty Hall, 325 W. Benton

**Instructor:** Idaho State Police commercial vehicle specialist

**Facilitator:** Kel Smith (smitkelvin1@gmail.com)

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## New Day Products Visit (#3650)

*Thursday: February 9; 10:00 – 11:30 a.m.*

New Day Products director Terry Fredrickson will share the facility and the products available. He will also speak briefly about the Grays Baseball team.

**Location:** New Day Products building, 1704 N. Main

**Instructor:** Terry Fredrickson

**Facilitator:** Virginia Kelly (232-7417)

**Class Limit:** 20

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## America's First Families (#3651)

*Tuesday: February 14; 10:30 - 11:30 a.m.*

America's first families are among the most private public figures on earth. From the mystique of the glamorous Kennedys to the tumult that surrounded Bill and Hilary Clinton during the president's impeachment to the historic yet polarizing residency of Barack and Michelle Obama, each new administration brings a unique set of personalities to the White House – and a new set of challenges to the fiercely loyal and hardworking people who serve them: the White House residence staff. Please join JoAn Dilweg and (continues...)

*(continued: America's First Families)*

Diane Bilyeu for an hour's glimpse of what life is really like in the fishbowl that is the White House.

**Location:** Liberty Hall, 325 W. Benton

**Instructors:** JoAn Dilweg & Diane Bilyeu

**Facilitator:** Helen Beitia (237-2528; 241-3933)

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## Preview to the Frank Church Symposium (#3517)

*Thursday: February 23; 10:30 a.m. – 12:00 noon*

On March 2-3, 2017, the Idaho State University International Affairs Council (IAC) will be hosting the 46th Annual Frank Church Symposium on International Affairs. Named in honor of the late Senator Frank Church, the symposium has grown over the years to become an important platform for the university and community to engage in discussion on international affairs. We are inviting delegates to come and address "The Post-Colonial State" from a multidisciplinary/interdisciplinary perspective. Our class will preview this year's symposium and the delegates we have invited to speak.

**Location:** Liberty Hall, 325 W. Benton

**Instructors:** Will Callejas, president, & Morgan Pitcock, vice-president, Int'l. Affairs Council, ISU

**Facilitator:** Donna Boe (233-5651)

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## Election 2016 & the Economy (#3652)

*Thursday: February 23; 1:00 – 2:00 p.m.*

We have a new president. Now what? How will this affect our current economic situation? Will the political climate in Washington DC steer the economy in a different direction? Will there be winners and losers? Do we need to be concerned? Joel will present his economic perspective to us in light of these developments.

**Location:** Liberty Hall, 325 W. Benton

**Instructor:** Joel Phillips, Sanctuary Wealth Management

**Facilitator:** Jim Manning (233-9425)

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## A Taliban Education (#3653)

*Friday: February 24; 10:00 – 11:30 a.m.*

*OR 2:00 – 3:30 p.m.*

A case study of the incidental and formal learning process of an extremist Islamic fundamentalist movement gone wrong. The Taliban mindset and ideology is defined through academic and combat experience in Afghanistan and Iraq. Who are they? What are their goals? What is the lengthy indoctrination of terrorists? Lecture and PowerPoint presentation.

**SECTION 1** – *Friday, February 24, 10-11:30 a.m.*

**SECTION 2** – *Friday, February 24, 2-3:30 p.m.*

**Location:** Liberty Hall, 325 W. Benton

**Instructor:** Colonel Guy Hollingsworth, PhD, BYU faculty

**Facilitator:** Jackie Birch (681-4539)

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## Pre-Employment Transition Services 3 (#3654)

*Monday: February 27; 1:00 – 2:30 p.m.*

ISU is home to a fully immersive virtual classroom environment – MEdia. MEdia, in conjunction with TeachLivE, is used to teach interview and self-advocacy skills through the use of the simulated classroom. This presentation will introduce the community to the avatars and discuss and demonstrate the potential of the lab and its impact on supporting postsecondary transition for youth with disabilities. Individuals can practice interview and self-advocacy skills within a nonthreatening environment and receive real-time feedback and coaching. Dr. Gallup uses the lab in the teacher preparation program; Dr. Bocanegra uses MEdia in the school psychology program.

**Location:** Liberty Hall, 325 W. Benton

**Instructors:** Jenn Gallup, PhD & Joel Bocanegra, PhD

**Facilitator:** Rachel Damewood  
(damerw@cableone.net)

*Please be courteous to other members and cancel ASAP if you are signed up for a program and cannot attend so that the Wait List individuals may be contacted to attend. Call the NKA office at 282-3155.*

The ISU Continuing Education/Workforce Training (CONED) Building is located at 1001 N. 7th Avenue.

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**NeighborWorks® Pocatello** (#3655)*Thursday: March 2; 10:00 – 11:30 a.m.*

Learn what NeighborWorks® Pocatello (NWP) is doing to revitalize the central neighborhoods of Pocatello. NWP builds and rehabilitates homes, provides home improvement and down payment assistance loans to people of low and moderate incomes, educates first-time homebuyers, and helps those who own their homes but have fallen on difficult circumstances. It has undertaken projects such as the construction of the new pavilion at Caldwell Park and has initiated a marketing campaign for the Neighborhoods of Historic Old Town. Learn how NWP can assist you or a friend or family member and how it fits into the local community development circle.

**Location:** Liberty Hall, 325 W. Benton**Instructor:** Mark Dahlquist, executive director, NeighborWorks® Pocatello**Facilitator:** Lee Dille (339-5346)

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**The Dark Triad** (#3577)*Thursday: March 9; 10:00 – 11:30 a.m.*

A discussion about how the “Dark Triad” of narcissism, psychopathy, and Machiavellianism in varying degrees of combination (self-grandiosity, emotional instability, exploitation of others) in those holding leadership roles (dictators, CEOs, military commanders, cult leaders, politicians, celebrities) have been toxic to their supporters/followers.

**Location:** Liberty Hall, 325 W. Benton**Instructor:** Dr. Victor Joe, professor emeritus of psychology, ISU**Facilitator:** Virginia Kelly (232-7417)

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**Islamic Visit** (#3501)*Saturday: March 11; 1:00 – 3:00 p.m.*

Learn about Islamic beliefs and the Islamic community in Pocatello during this visit.

**Location:** The Mosque, 1513 S. 5th Ave.**Instructors:** Mohammad Safdar & the Amah**Facilitator:** Virginia Kelly (232-7417)

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**Food Banking 101** (#3656)*Wednesday: March 15; 2:00 – 3:00 p.m.*

Idaho has an important, efficient food bank system that provides food aid to many Idahoans in need. The Idaho Foodbank is an independent, donor-supported, nonprofit organization founded in 1984, and it is the largest distributor of free food assistance in Idaho. The Idaho Foodbank reaches 163,000 recipients a month and the Eastern Idaho Branch reaches 33,000 per month. Rebecca Ristrem will explain how food banking works, why it is needed, and why it is important.

**Location:** Liberty Hall, 325 W. Benton**Instructor:** Rebecca Ristrem, Eastern Idaho branch manager, Idaho Food Bank**Facilitator:** Shirley Rodgers (rodgershirl@gmail.com)

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**Journey to Greece: Syrian Refugees** (#3657)*Thursday: March 16; 10:30 – 12:00 noon*

Iris Mayer and Debbie Shell joined with Hope for a Better World, a local organization, in August 2016. The opportunity gave them a chance to not only serve humanity, but to also learn firsthand a little more about the Syrian refugee situation in Greece by living in and working in a Syrian refugee camp. They will discuss the current world refugee situation, especially in Greece, by giving some history and sharing their stories and photos.

**Location:** Liberty Hall, 325 W. Benton**Instructors:** Iris Mayer & Debbie Shell**Facilitator:** Donna Boe (233-5651)

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**User-Friendly Gardens for Seniors** (#3658)*Monday: March 27; 10:30 a.m. – 12:00 noon*

Learn some tips about how to make gardening less effort and more fun through types of plants and landscaping. Catherine is a Master Gardener with experience and creativity. New to Pocatello from Colorado, Catherine’s knowledge is in horticulture, garden design, playing the guitar, and cooking.

**Location:** Liberty Hall, 325 W. Benton**Instructor:** Catherine Buchanan**Facilitator:** Helen Beitia (beithele@isu.edu)

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**KPVI TV Station Tour** (#3659)

*Wednesday: April 5 OR Thursday: April 13;  
3:00 – 4:30 p.m.*

Attend a tour of the inner working of our local TV station. Meet and chat with the News team and learn what it takes to produce the daily half-hour news broadcast.

**SECTION 1** – *Wednesday: April 5; 3 - 4:30*

**SECTION 2** – *Thursday: April 13; 3 - 4:30*

**Location:** KPVI Studio, 902 E. Sherman

**Instructor/s:** Tony Kahl, general manager/  
Rhea Moser, tour guide

**Facilitator:** Liz Benson (232-0054)

**Class Limit:** 25

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**Life Through the Eyes of a State Trooper** (#3660)

*Friday: April 14; 1:00 – 2:00 p.m.*

Come on a “ride along” with the Idaho State Police. Get a feel for the history, tradition, and day-to-day operations of the patrol division. Hear about the experiences that make you wonder why Troopers do what they do. Listen and laugh at situations that make you wonder why criminals do what they do. Sit down and hang on as you experience life through the eyes of a State Trooper.

**Location:** Liberty Hall, 325 W. Benton

**Instructor:** Sgt. Todd Orr, Idaho State Police

**Facilitator:** Kel Smith (smitkelvin1@gmail.com)

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**Relight the Night** (#3661)

*Tuesday: April 18; 1:00 – 2:00 p.m.*

The Relight the Night committee has been busy. Their mission is to preserve the neon signs that are both art and of historical significance to our community. They have accomplished that task with several signs we are already familiar with – the Chief Theatre, the Greyhound Bus Depot, and most recently the Pocatello High School Indian. Their work is not complete; they are involved in saving more projects. Randy will share the work of this hardworking group.

**Location:** Liberty Hall, 325 W. Benton

**Instructor:** Randy Dixon, chairperson of Relight the Night Committee

**Facilitator:** Jim Manning (233-9425)

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**A Trip to Gipsy Gardens** (#3428)

*Wednesdays: April 26 & May 3; 1:00 – 2:00 p.m.*

Camille (Gipsy) Hanks will open her large, unique botanical garden of diversified plantings, which is full of design ideas and plant combinations. She will share her expertise with NKA members. She is full of practical, inexpensive ideas to make your garden a pleasure to you.

**Location:** Gipsy Gardens, 902 S. Grant

**Instructor:** Camille Hanks

**Facilitator:** Kathy Reynolds (237-3670)

**Class Limit:** 20

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**Tour of Pocatello Regional Airport** (#3662)

*Wednesday: April 26; 1:30 – 3:00 p.m.*

Come and enjoy our newly remodeled, up-to-date airport. David Allen, airport manager, will lead us on a tour of the passenger boarding area and the Kizuna Japanese gardens. We will also look at the snow and ice and the fire station operations. There will also be information about the air service development plan, airport operations, and the economic impact of the airport.

**Location:** passenger terminal, Pocatello Regional Airport

**Instructor:** David Allen, manager of the Pocatello Regional Airport

**Facilitator:** Donna Boe (donnaboec@cablone.net)

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**Roadside Cleanup** (#3415)

*Tuesdays: May 9, 16, 23; 1:00 – 4:00 p.m.  
(approximately)*

Ongoing roadside cleanup projects for the City of Pocatello (May 9, 23) and Bannock County (May 16). Bring your own gloves, drinking water, and a small pack for extra bags; instructor provides bags and bright orange vests; another organization loans us pick-up sticks.

**SECTION 1** – *Tuesday: May 9; 1 – 4 p.m.*

**Location:** Climbers' parking lot just south of Ross Park, on the east (cliff) side of S. 2nd Ave. There, we'll distribute equipment and choose segments. We will clean from Fredregill Rd. to the former Cheyenne bridge, and the South Valley Road ramps.

**SECTION 2** – *Tuesday: May 16; 1 – 4 p.m.*

**Location:** CONED parking lot to carpool to S. Bannock Hwy. and Fort Hall Mine Rd., where we will work outward. Experienced litter-pickers may meet at site. We especially need helpers here.

**SECTION 3** – *Tuesday: May 23; 1 – 4 p.m.*

**Location:** CONED parking lot to clarify working area (alleys from 7th Ave. to 15th Ave. between Oak and Center Streets) and form teams.

**Instructor-Facilitator:** Ruth Moorehead (233-5011)

## HEALTH & WELLNESS

### Therapeutic Drumming Circle (#3527)

*Thursdays: January 12 – May 25;*

*Thursdays 3:00 – 4:30 p.m.*

Therapeutic drumming is a facilitated group drumming with these objectives: reduce stress and boost energy; learn about scientific research on drumming and health; develop personal rhythm and connections; play healing rhythms of life, spirit, and the world; find joy in making music with a group. Weekly practices include learning Rhythms of Life, Spirit, and World, with their integrative play-along, and a 45-minute jam session. Nursing home performance is optional. Bring your world drums (e.g., frame drum, timber drum, buffalo drums, djembe, conga, shakers, Native American flute, etc.). No experience necessary. Just come, learn, and have fun.

**Location:** Senior Activities Center

**Instructor-Facilitator:** Rachel Damewood (damerw@cableone.net)

### Origami & Theragami (#3461)

*Tuesdays: January 17, 24; 10:30 a.m. – 12:00 noon*

*February 7 – 28; 10:00 a.m. – 12:00 noon*

Origami is the ancient art of paper folding; Theragami is the healing benefit of origami. Hugh uses origami, commonly misunderstood as merely arts & crafts, to educate, inspire, self-heal, and instill confidence. Discover this cutting-edge path to health, scientific discoveries, inventions, advanced logic, and FUN. Sect. 1, an introduction,

begins with the basics. The nerves in the fingertips are exercised, which contributes to wellness and self-healing. Sect. 2 focuses on creating beautiful, purposeful, and spiritual objects. Students will learn how to complete projects at their own pace. Taking Sect. 1 is not required for taking Sect. 2, but would help.

**SECTION 1** – *January 17, 24; 10:30 a.m. – 12 noon*

**SECTION 2** – *February 7-28; 10 a.m. – 12 noon*

**Location:** CONED 156

**Instructor:** Hugh Suenaga

**Facilitator:** Becky Phelps (406-9355)

**Class Limit:** 20

**Class Fee:** \$6 Sect. 1; \$11 Sect. 2. Collected at door.

### Long-Term Care (#3663)

*Thursday: January 19; 10:00 – 11:00 a.m.*

The Area Agency on Aging is here to safeguard the independence of the elderly and provide them with a choice of services for their long-term needs. It is also here to provide the growing aging population and its caregivers with access to a system of services with options that promote well-being and independence and embody the values of dignity and choice. These options and choices will be discussed, and there will be plenty of time for your questions and answers.

**Location:** Liberty Hall, 325 W. Benton

**Instructor:** Sandy Guidinger, information & assistance specialist

**Facilitator:** Rachel Damewood (damerw@cableone.net)

### Gluten-Free Dining (#3664)

*Thursday: January 26; 10:00 – 11:00 a.m.*

People follow gluten-free diets for many reasons. We will review which grains have gluten, how to create healthy meals with gluten-free foods, and ways to avoid cross-contact at home. Class participants will plan menus and taste food.

**Location:** Liberty Hall, 325 W. Benton

**Instructor:** Julie Harker Buck, EdD, MHE, RD UI Extension, Bannock County

**Facilitator:** Liz Benson (232-0054)

*Please be courteous to other members and cancel ASAP if you are signed up for a program and cannot attend so that the Wait List individuals may be contacted to attend. Call the NKA office at 282-3155.*

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**Psychology of Aging** (#3665)*Friday: February 3; 10:00 – 11:30 a.m.*

From memory function to emotions, this class investigates changes in the brain to examine how age impacts the ways in which we think and behave. Particular attention is paid to differences between men and women, whether they age differently from a psychological perspective, and potential reasons underlying the long-held finding that women live longer than men. Factors affecting healthy brain aging and the notion of ‘resiliency’ are also discussed.

**Location:** Liberty Hall, 325 W. Benton**Instructor:** Dr. Anna C. McCarrey, assistant professor of psychology, ISU**Facilitator:** Barb Bain (bainbarb@isu.edu)

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**Family & Friends CPR** (#3532)*Monday: March 6; 10:00 a.m. – 12:00 noon*

Be better prepared to do the right thing for your family, children, grandchildren, friends, and neighbors when an emergency arises. This program is ideal for community members who want to learn CPR but don’t desire a certification card. Skills are taught in a group setting using the American Heart Association (AHA) research-proven practice while watching techniques that provide hands-on practice. Each participant receives a booklet and reusable pocket mask provided by Portneuf Medical Center. This class is taught by an AHA CPR instructor.

**Location:** Portneuf Medical Center, 957 Hospital Way, Building C (south of hospital)**Instructor:** Kara Alexander, RN**Facilitator:** Jackie Birch (681-4539)**Class Limit:** 15**Class Fee:** \$20. To be paid at class.

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**Introduction to Mindfulness Meditation** (#3666)*Monday: March 6; 10:00 a.m. – 12:00 noon*

Mindfulness meditation is an ancient practice now being used for its physical and emotional benefits, especially for those of us who are older. Join Tony and Paula Seikel in learning about mindfulness meditation in this one-day workshop.

We will discuss the various forms of mindfulness meditation and scientific evidence of the health benefits gained from practicing. Participants should wear comfortable clothes so they can sit and walk easily.

**Location:** Liberty Hall, 325 W. Benton**Instructors:** Tony Seikel, PhD & Paula Seikel, PhD**Facilitator:** Barb Bain (bainbarb@isu.edu)

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**Codependency** (#3667)*Tuesday: March 7; 10:30 – 12:00 noon*

Alcohol and drug addiction is a growing problem in our country. Experts in the field suggest that friends and family members are negatively affected by each substance abuser. Many times, the loved ones of the addicted believe they are helping, when in fact they are enabling the person to continue abusing the substance. Learn the behaviors practiced by friends and family that not only contribute to the abuser’s problem but can cause problems in their own lives. Also learn new and healthy ways to think and interact with their substance-addicted loved ones.

**Location:** Liberty Hall, 325 W. Benton**Instructor-Facilitator:** Brenda Ehrler, author of *Learning to be You; It’s an Inside Job...* (bl\_ehrler@att.net)

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**Cognitive Aging** (#3668)*Friday: March 10; 10:00 – 11:30 a.m.*

We will cover how several cognitions (attention, memory, language, metacognition, and decision making) change (or don’t) in older adulthood and what you can do to minimize cognitive decline.

**Location:** Liberty Hall, 325 W. Benton**Instructor:** Dr. Erika Fulton**Facilitator:** Barb Bain (bainbarb@isu.edu)

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**Fundamentals of Mindfulness Meditation** (#3339)*Mondays: April 3, 10, 17, 24; 10:30 a.m. – 12:00 noon*

Mindfulness meditation is an ancient practice now being used for its physical and emotional benefits, especially for those of us who are older. Join Tony and Paula Seikel in learning and

practicing mindfulness meditation in several forms. Meditation sessions will involve sitting for up to 30 minutes as we develop our practice. Participants should wear comfortable clothes.

**Location:** CONED 160

**Instructors:** Tony Seikel, PhD & Paula Seikel, PhD

**Facilitator:** Barb Bain (bainbarb@isu.edu)

**Class Limit:** 20

### **Skin Cancer & Sun Protection** (#3669)

*Friday: April 7; 10:00 – 11:00 a.m.*

Dr. Earl Stoddard of the Idaho Skin Institute will discuss what you need to know about skin cancer and how to reduce risk

**Location:** Liberty Hall, 325 W. Benton

**Instructor:** Earl R. Stoddard, MD FAAD, FACMS

**Facilitator:** Lee Dille (339-5346)

## **HISTORY**

### **Pocatello Street Names Preserve History** (#3670)

*Tuesday: January 17; 1:00 – 2:30 p.m.*

As you go across the Gould Overpass and down Arthur you pass street names honoring individuals who shaped the early history of Pocatello and the West. Now you will get to know about the lives and exploits of the mountain men, explorers, pioneers, and railroaders for whom the streets were named.

**Location:** Liberty Hall, 325 W. Benton

**Instructor:** Jacquee Alvord

**Facilitator:** Janet Boehm (233-1645)

### **America Goes to War: The Great Debate** (#3672)

*Fridays: January 20, 27, February 3 – 24; 1:30 – 3:00 p.m.*

British military historian John Keegan writes, “The Second World War is the largest single event in human history.” Fifty to 53 million people perished in WWII (compared to approximately 10 million in WWI. The question “should America

enter the war?” was the subject of a great debate that President Roosevelt said “was argued in every newspaper, on every wave length, on every cracker barrel in all the land.” We will study the main events and issues of the “Great Debate of 1940-1941.”

**Location:** Frazier Hall, Room 320

**Instructor:** Dr. Bruce Loeb

**Facilitator:** Jane Thornley (237-1659)

**Class Limit:** 40

### **History of NKA** (#3673)

*Tuesday: January 24; 1:00 – 2:30 p.m.*

The launch of New Knowledge Adventures in 1997 was the result of a true community effort. A panel of individuals will share how that vision has evolved over the years and created the truly special learning-in-retirement organization it is today. Come help us celebrate our twentieth year of NKA!

**Location:** Liberty Hall, 325 W. Benton

**Instructor:** Marilyn Ames, president of NKA

**Facilitator:** Jane Riley (237-6801)

### **Power of the President** (#3671)

*Wednesday: January 25; 1:00 – 2:30 p.m.*

The U.S. Presidency is regarded as the most powerful office in the United States and perhaps the world. But its powers are limited through a constitutional system that originally envisioned the U.S. Congress, rather than the president, as being the main authority, agenda setter, and director of national policy. However, the Office of the President has become the paramount institution in the U.S. national politics. This class explains how this power has grown and how it is still constrained by the separation of powers and judicial restraints that form important parts of our constitutional order.

**Location:** Liberty Hall, 325 W. Benton

**Instructor:** Sean Anderson, PhD, professor, political science, ISU

**Facilitator:** Jane Riley (237-6801)

*Please be courteous to other members and cancel ASAP if you are signed up for a program and cannot attend so that the Wait List individuals may be contacted to attend. Call the NKA office at 282-3155.*

The ISU Continuing Education/Workforce Training (CONED) Building is located at 1001 N. 7th Avenue.

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**Historical Textiles** (#3159)*Wednesday: February 15; 10:30 a.m. – 12:00 noon*

Natural fibers and the earliest methods of dying both the fibers and the fabric will be illustrated and discussed up to the time of synthetic fibers. Methods of creating patterns will also be discussed. Participants are encouraged to bring vintage fabric they may have questions about or just wish to share.

**Location:** Liberty Hall, 325 W. Benton**Instructor:** Pat Lyon**Facilitator:** Helen Beitia (beithele@isu.edu)

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**The Bear River Massacre** (#3674)*Monday: March 13; 1:30 – 3:00 p.m.*

On January 29, 1863, U.S. troops attacked a camp of the Northwestern Shoshone at Bear River, nearly annihilating Chief Sagwich's tribe. Darren Parry, a direct descendent of Chief Sagwich, will present details of the event of that day, the impacts of the massacre, and the current efforts of the Northwestern Shoshone to preserve the site.

**Location:** Liberty Hall, 325 W. Benton**Instructor:** Darren Parry**Facilitator:** Jane Riley (237-6801)

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**The Second Most Famous Tapestry on Earth** (#3675)*Wednesday: March 15; 11:00 a.m. – 12:30 p.m.*

The Bayeux Tapestry is second only in fame to the Shroud of Turin. Yet even the Shroud is not a 230-foot-long tapestry recounting one of the most important battles in the history of civilization. Probably the tapestry was produced in England for the consecration of the cathedral in Bayeux in 1077. The Battle of the Grey Apple Tree, which we now simply call the Battle of Hastings, was the turning point in the history of England and, by English influence, the history of the entire world.

**Location:** Liberty Hall, 325 W. Benton**Instructor:** Trent Stephens, PhD, emeritus professor of anatomy and embryology, ISU**Facilitator:** Kathleen Stephens (kathleenstephens@cableone.net)

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**Irish Revolution: 1916-1922** (#3676)*Friday: March 17; 12:30 – 2:00 p.m.*

The Irish Revolution began Easter 1916. On Monday morning April 24, about 1,200 members of the Irish Volunteers and Irish Citizen Army mustered in several downtown Dublin locations. Several key buildings were occupied, but the volunteers were poorly organized. Attempts at recruiting reinforcements failed. By week's end, when the rebels surrendered, at least 485 were dead: 260 civilians, 126 British soldiers, 82 Irish rebels, and 17 police. Another 2,600 were wounded, including 2,200 civilians and rebels, 370 British soldiers, and 29 policemen. The Revolution continued for six more years, until the Irish Free State was established December 6, 1922.

**Location:** Liberty Hall, 325 W. Benton**Instructor:** Trent Stephens, PhD, emeritus professor of anatomy and embryology, ISU**Facilitator:** Kathleen Stephens (kathleenstephens@cableone.net)

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**Iron Jawed Angels** (#3677)*Thursday: March 30; 10:00 – 11:30 a.m.*

The film focuses on the American women's suffrage movement during the 1910s, and follows women's suffrage leaders Alice Paul and Lucy Burns as they use peaceful and effective nonviolent strategies, tactics, and dialogues to revolutionize the American feminist movement to grant women the right to vote.

**Location:** Liberty Hall, 325 W. Benton**Instructor:** DVD**Facilitator:** Virginia Kelly (232-7417)

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**Camp Rupert: World War II P.O.W. Camp** (#3678)*Tuesday: April 11; 1:00 – 2:30 p.m.*

By 1943, the large number of Americans joining the military worsened the labor shortage and prompted the use of P.O.W. labor as allowed by the Geneva Convention. As the need for manpower escalated, prisoners of war were eventually dispersed among more than 500 camps in almost every state. Of the 21 camps in Idaho, Camp

Rupert was the largest, at one time housing over 4,000 prisoners and about 1,000 army personnel and civilians. It was designated a base camp from which 24 branch camps in Idaho, Montana, and Oregon were managed.

**Location:** Liberty Hall, 325 W. Benton

**Instructor:** Anne Schenk, volunteer, Minidoka County Historical Society Museum

**Facilitator:** Sharon Manning (233-9425)

### **Pocatello High School: A Visual History** (#3679)

*Monday: April 17; 11:00 a.m. – 12:00 noon*

The history of Pocatello High School parallels the history of Pocatello itself. From its beginning as an eight-room, two-story stone building in the center of the block where it still stands, the school was, and has remained, a major landmark of what is now called “Old Town Pocatello”. The original building remains as the core of the present structure. This fully illustrated history of the building includes information about the city, the people, and the culture of Pocatello as the building survived fire, reconstruction, remodeling, and additions through the years.

**Location:** Liberty Hall, 325 W. Benton

**Instructor:** Arlen Walker

**Facilitator:** Nancy Dafoe (nancyd@uidaho.edu)

### **Pocatello High School Tour** (#3680)

*Monday, April 17; 3:15 – 4:15 p.m.*

This tour, sponsored by the Pocatello High School Foundation, is an excellent follow-up to the morning classroom presentation, but attending the classroom presentation is not a requirement for tour takers. See firsthand and hear about the transformation this historical institution has gone through in its 125-year history, the impact it has had on thousands of students, as well as interesting tidbits about this institution and some of its graduates.

**Location:** Pocatello High School, meet at the "Rock"

**Instructor:** Dr. Robert (Bob) Myers, a PHS graduate, former PHS teacher, and long-time Pocatello/Chubbuck School District administrator

**Facilitator:** Nancy Dafoe (nancyd@uidaho.edu)

**Class Limit:** 30

### **ISU Trolley Tours** (#3681)

*Tuesdays: May 2; 4:00 – 5:00 p.m.*

*OR 5:15 – 6:15 p.m. OR May 9; 4:00 – 5:00 p.m.*

*OR 5:15 – 6:15 p.m.*

Ride on our Old Town Trolley while Latecia Herzog and Terry Neu, both members of Pocatello Historic Preservation Commission, lead us on a tour of historic homes in the ISU residential area. Each tour is the same; register for only one section.

**SECTION 1** – Tuesday: May 2; 4 - 5

**SECTION 2** – Tuesday: May 2; 5:15 - 6:15

**SECTION 3** – Tuesday: May 9; 4 - 5

**SECTION 4** – Tuesday: May 9; 5:15 - 6:15

**Location:** Parking lot at 5th Ave. – 7th Ave. & E.

Center St. (across from Bannock County Courthouse)

**Instructors:** Latecia Herzog, architect & Terry Neu, assistant planner, Pocatello

**Facilitator:** Sallee Gasser (232-6285)

**Class Limit:** 25 per section

**Class Fee:** \$4 & bring \$1 for driver tip. Pay \$4 fee to ISU at registration, no later than April 14.

## **NATURE, SCIENCE, & TECHNOLOGY**

### **Tech Savvy Seniors** (#3505)

*Mondays: January 9, February 6, March 6,*

*April 3; 3:30 – 5 p.m.*

The special feature is the corps of honors high school students who will work with participants keeping the teacher to student ratio low for a more interactive learning experience. The course will be divided into four sections, each focusing on one aspect of technology.

**SECTION 1 – Devices** (tablet, laptop, printer, mouse, storage, etc.)

*Monday: January 9; 3:30 - 5 p.m.*

**SECTION 2 – Smart Phones**

*Monday: February 6; 3:30 - 5 p.m.*

**SECTION 3 – Google Drive** (create, save, share Google Docs, Sheets, Slides)

*Monday: March 6; 3:30 - 5 p.m.*

**SECTION 4 – Social Media** (Facebook, Twitter, InstaGram, etc.)

*Monday: April 3; 3:30 - 5 p.m.*

**Location:** 540 N. 7th, Holy Spirit Catholic School Computer Lab

(continues...)

*(continued: Tech Savvy Seniors)*

**Instructors:** Peggy Kaiser, math & robotics teacher, Holy Spirit Catholic School & high school students and HSCS middle school students

**Facilitator:** Angela Luckey (237-2610)

**Class Limit:** 40

## **Managing Idaho Landscapes...** (#3682)

**Monday: January 23; 1:00 – 2:30 p.m.**

Scientists with Managing Idaho Landscapes for Ecosystem Services study the relationship between humans and their natural environment, in particular the use of ecosystem services provided by nature. We analyze services such as water supply, water quality, flood control, and water-based recreation, and are interested in the different ways that rural and urban citizens prefer to manage each service. Our goal is to predict use, then inform decision makers of their options. Prof. Rodgers will explain the cooperative study of Idaho Ecosystem Services currently underway, financed by a five-year, \$20 million NSF grant for all three state universities.

**Location:** Liberty Hall, 325 W. Benton

**Instructor-Facilitator:** Prof. David Rogers, assoc. dean, science & engineering (rodgdavi@isu.edu)

## **Astronomy 103: The Solar System, Unbound** (#3613)

**Tuesday: February 7; 10:30 – 12:00 noon**

In this third and final astronomy class, we'll take off with a select history of mankind's past, present, and future adventures into space. As we relive the early days of spaceflight, you'll learn some interesting and little-known facts. We'll also explore noteworthy unmanned missions to the planets, moons, and sun. Finally we'll look at current developments, who the players are, and speculate on the future of spaceflight. Astronomy 101 and 102 not needed! No math involved!

**Location:** Liberty Hall, 325 W. Benton

**Instructor:** Jim Marian

**Facilitator:** Sharon Manning (233-9425)

## **Do We Protect Our Drinking Water?** (#3683)

**Wednesday: February 15; 1:00 – 2:30 p.m.**

As part of our ongoing Sustainability Series, we will share the latest information about how Idaho is protecting the groundwater that we use to drink. One hundred percent of our local Pocatello drinking water comes from groundwater.

**Location:** Liberty Hall, 325 W. Benton

**Instructors:** Sue Skinner, retired EPA; Shannon Ansley, Sho-Ban Tribe environmental management

**Facilitator:** Shirley Rodgers (233-4662)

## **Idaho Hummingbirds** (#3684)

**Wednesday: April 19; 10:00 a.m. – 12:00 noon**

From the tiny Calliope to the feisty Rufous, few birds are as fascinating as hummingbirds. Join Francine Rudeen for a discussion and slide show about hummingbird identification, behavior, and migration. Learn about when to put out your feeder, how to properly maintain feeders, and how to create a hummingbird haven. Get the scoop about the 2017 Hummingbird Roundup and how these tiny jewels are trapped and banded. Learn about ongoing research from banding at Rudeen Ranch and results from banders around the state. The Annas are coming! Be a citizen scientist and help document this species' expansion into Idaho.

**Location:** Liberty Hall, 325 W. Benton

**Instructor:** Francine Rudeen

**Facilitator:** Nancy Dafoe (nancyd@uidaho.edu)

## **Portneuf River Vision Implementation** (#3606)

**Tuesday: May 2; 1:00 – 2:00 p.m.**

Hannah Sanger will discuss where we stand and what we can look forward to in achieving the goals and recommendations for the restoration and revitalization of the Portneuf. For more information visit <http://river.pocatello.us>

**Location:** Liberty Hall, 325 W. Benton

**Instructor:** Hannah Sanger, division manager, science & environment, City of Pocatello

**Facilitator:** Lee Dille (339-5346)

*Please be courteous to other members and cancel ASAP if you are signed up for a program and cannot attend so that the Wait List individuals may be contacted to attend. Call the NKA office at 282-3155.*

## Archaeological Discoveries at the INL (#3685)

*Thursday: May 4; 1:00 – 2:30 p.m.*

Cold desert lands within the protected boundaries of the Idaho National Laboratory contain a well-preserved record of human history in southeastern Idaho. This presentation will highlight some of the remarkable archaeological resources that have been discovered.

**Location:** Liberty Hall, 325 W. Benton

**Instructor:** Brenda Ringe Pace, registered professional archaeologist, INL

**Facilitator:** Pat Ringe (233-5494)

## TRAVEL & FIELD TRIPS

**NOTE:** Fees for trips must be received thirty (30) days prior to departure date. Trip payment unless otherwise stated includes bus, meals, gratuities, admissions, and hotels. Reservations will be taken in order of payment, not registration. If we do not have the minimum of 40 people paid 30 days prior to a trip, we will cancel it. Fees are nonrefundable within the 30-day period prior to departure except for medical reasons. If you cancel for medical reasons, we will refund any monies that are not dedicated funds (dedicated funds include bus costs and any nonrefundable deposits that NKA has spent on the trip). All costs for overnight trips are double occupancy. For single occupancy add \$50 per night.

## Yellowstone Overnight Adventure (#3620)

*Wednesday & Thursday: January 4 – 5; Boarding Time 7:30 a.m., Departure Time 8:00 a.m.*

This class was offered in the fall catalog because of the time limitation for payment. Stay overnight in West Yellowstone, visit the Grizzly & Wolf Discovery Center and IMAX Theatre, and tour Yellowstone National Park in a snow coach. Payment was due November 15. If you are unable to attend, please call the NKA office at 282-3155 so the waitlist may be contacted.

*Please be courteous to other members and cancel ASAP if you are signed up for a program and cannot attend so that the Wait List individuals may be contacted to attend. Call the NKA office at 282-3155.*

**Location:** Meet at CONED building entrance to board bus at 7:30 a.m.

**Instructor:** Becky Phelps (406-9355)

**Facilitator:** Linda Ellis (237-3530)

**Class Limit:** 40

**Class Fee:** \$350

## Tulips & Ancient Life (#3281)

*Wednesday: April 19; Boarding Time 6:30 a.m., Departure Time 7:00 a.m.*

Travel to Thanksgiving Point UT, and stroll among all the colors of the rainbow spread throughout 100 different varieties and 250,000 tulips displayed in the Ashton Gardens. Continue on to the Museum of Ancient Life, and roam among one of the world's largest display of mounted dinosaurs. Explore carboniferous forests, and dive deep into cretaceous oceans. We will arrive home about 6 p.m. All entrance fees are included. **Lunch is not included** but can be purchased in the museum.

**Location:** Meet at CONED building entrance to board bus at 6:30 a.m.

**Instructor:** Chris Rhodes

**Facilitator:** Lynn Hebdon (339-4841)

**Class Limit:** 54 or with a minimum of 80 we will add a second bus

**Class Fee:** \$80. Make check payable to ISU. Send to Linda Ellis, 2000 Judy Ln., Pocatello ID 83201, by March 17. Questions about fee, call Linda, 237-3530.

## Oregon Trail & Pioneer Settlement (#3686)

*Monday: May 15; Boarding Time 8:15 a.m., Departure Time 8:45 a.m.*

Travel to Montpelier ID to experience a live, authentic historical adventure on the Oregon Trail. Equip your covered wagon for life on the Oregon Trail, listen to diaries of the trail, and visit a pioneer camp at Clover Creek. Have lunch in a covered wagon at the Oregon/California Trail Interpretive Center dining room. On the way home stop at Chesterfield town site for a visit to a pioneer ghost town, including a preserved church, general store, and homes. Return to Pocatello 5 p.m.

*(continues...)*

(continued: *Oregon Trail & Pioneer Settlement*)

**Location:** Meet at CONED building entrance to board bus at 8:15 a.m.

**Instructor:** Betty Lochridge

**Facilitator:** Kathryn Snyder (589-7853)

**Class Limit:** 54 or with a minimum of 80 we will add a second bus

**Class Fee:** \$57. Make check payable to ISU. Send to Linda Ellis, 2000 Judy Ln., Pocatello ID 83201, by April 15. Questions about fee call Linda 237-3530.

## Prospectors, Battlefields, & Explorers (#3687)

*Monday – Wednesday: September 12 – 14: Boarding Time 7:00 a.m., Departure Time 7:30 a.m.*

Travel to Quake Lake Visitors Center then explore Virginia City, a well-preserved ghost town. Spend the night in Dillon MT. After breakfast, visit Bannack State Park (first territorial capital of MT) and Big Hole National Battlefield (Nez Perce war). Lunch in Wisdom. Travel over Chief Joseph Pass; spend the night in Salmon. Last day: Sacajawea Cultural Center; Salmon Historical Museum; lecture, "The Most Important Day of the Lewis & Clark Expedition". Lunch in Salmon and back in Pocatello by about 5 p.m. Fee includes meals, motels, entrance fees, and gratuities. **Lunch NOT provided** the first day in Virginia City.

**Location:** Meet at CONED building entrance to board bus at 7:00 a.m.

**Instructor:** Lynn Hebdon

**Facilitator:** Kathryn Snyder (589-7853)

**Class Limit:** 54

**Class Fee:** \$310. Make check payable to ISU. Send to Linda Ellis, 2000 Judy Ln., Pocatello ID 83201, after July 1 and by August 11. Questions about fee, call Linda, 237-3530.

*Please be courteous to other members and cancel ASAP if you are signed up for a program and cannot attend so that the Wait List individuals may be contacted to attend. Call the NKA office at 282-3155.*

## WRITING & LITERATURE

### Low-Impact Creative Writing (#3136)

*Thursdays: January 12 – May 25; 2:00 – 4:00 p.m.*

We write for an hour on ideas stimulated by story starters that the facilitator or volunteers provide. We always have the option to write about anything we want. For the second hour, we take turns reading what we wrote, if we want to. No pressure, no homework, very little instruction.

**Location:** CONED 156

**Instructor-Facilitator:** Stephanie Gill (234-4184)

**Class Limit:** 18

### Book Exchange (#3129)

*Monday: January 30; 10:00 – 11:30 a.m.*

Each participant will bring up to five books to be exchanged (good reads only, please). People will be encouraged to explain why they chose their particular books, and why they want to share them with others.

**Location:** CONED 159

**Instructor:** Marijana Dolsen

**Facilitator:** Pat Bystrom (251-2356)

**Class Limit:** 16

### Book Group and a Glass... (#3372)

*Thursdays: February 2, March 2, April 6, May 4; 4:00 – 5:30 p.m.*

Enjoy a glass of wine or other beverage and appetizers prepared under the supervision of Allyson Burnham while we discuss the book of the month in small groups. Books will be selected by the group. On February 2, we will discuss Ivan Doig's *Last Bus to Wisdom*.

**Location:** Café Tuscano, 2231 E. Center St.

**Facilitators:** Ann Smith (251-5812) & Sharon Manning (233-9425)

**Class Limit:** 42

**Class Fee:** \$10 per session, includes tax & gratuity. Make check payable to Café Tuscano. Send to Sharon Manning, 830 Spyglass Pt., Pocatello ID 83204, by January 19 for first meeting.

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**Bellon Visiting Author Series** (#3688)*Tuesday: February 21; 1:00 – 2:00 p.m.*

For over 30 years the Bellon Visiting Author Series has been bringing nationally recognized published authors and illustrators of children's books to our community. This year's author, S.D. Nelson, is also an artist and illustrator. As a member of the Standing Rock Sioux Tribe, Nelson has often used his people's culture as inspiration for his work. Our presentation will introduce some of his award-winning children's books. Nelson will give public lectures March 6, 4-5 p.m., Marshall Public Library; March 7, 7-8 p.m., ISU College of Ed. Auditorium; March 8, 4-5 p.m., Portneuf District Library. Books will be available for purchase and autographing at each location.

**Location:** Marshall Public Library, 113 S. Garfield Ave.**Instructors:** Kathryn Poulter & Becca Hyde**Facilitator:** Jane Riley (237-6801)

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**Shakespeare** (#3690)*Monday: March 6; 1:00 – 2:00 p.m.*

Jacob Claflin, English graduate student and dramaturge for Theatre ISU, has a special interest in Shakespeare. Learn how teachers and professors are making the bard's literary work relevant in today's educational system.

**Location:** Liberty Hall, 325 W. Benton**Instructor:** Jacob Claflin, PhD candidate, ISU**Facilitator:** Jane Riley (237-6801)

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**I Retired to Be a Writer** (#3689)*Wednesday: March 8; 1:00 – 2:00 p.m.*

Brenda Stanley will give us the background stories of her three novels, *The Color of Snow*, *Like Ravens in Winter*, and *I Am Nuchu*, and how they came to be published. She will explain her craft and share with us the challenges she faced. Enjoy your time with an author from our area.

**Location:** Liberty Hall, 325 W. Benton**Instructor:** Brenda Stanley, author**Facilitator:** Sharon Manning (233-9425)

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**Kirby Jonas, Author & Cowboy Singer** (#3601)*Tuesday: March 21; 1:00 – 2:00 p.m.*

Kirby Jonas, singer, firefighter, and best-selling Western author from Pocatello, will present an hour of music of the Old West, with a Marty Robbins/Chris Ledoux flair, along with entertaining stories about his book-writing adventures.

**Location:** Liberty Hall, 325 W. Benton**Instructor:** Kirby Jonas**Facilitator:** Lee Dille (339-5346)

*Please be courteous to other members and cancel ASAP if you are signed up for a program and cannot attend so that the Wait List individuals may be contacted to attend. Call the NKA office at 282-3155.*

The ISU Continuing Education/Workforce Training (CONED) Building is located at 1001 N. 7th Avenue.

## NOTES



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Erica Lothspeich*