

# Friends for Learning. Inc

## Course Catalog

### Spring 2022

Registration for Spring 2022 begins January 19, 9:00 a.m. and continues throughout the semester.

**Registration online:** Go to [friendsforlearning.com](http://friendsforlearning.com) or [cetrain.isu.edu](http://cetrain.isu.edu). You will be able to register at either site. If you would like help registering, join us at ISU Idaho Falls campus, January 19, CHE 202 from 9:00 a.m. to noon. FFL Board members and ISU Continuing Education staff will be available to help with questions and registration. Please wear a mask to registration. I would like to remind you to have your parking pass visible if you are joining us to register on campus, and drive slowly through the parking lot. Thanks.

**Mail-In Registration:** If you prefer to register by mail, print a copy of the "Class Selection" form found on the FFL website. Nothing received by mail will be processed before Jan. 19. Complete the form and attach your check made out to ISU for the \$20.00 membership fee and mail to the following address:

Idaho State University  
Continuing Education/Workforce Training FFL  
921 S 8<sup>th</sup> Avenue, Stop 8380  
Pocatello, Idaho 83209

**Parking Passes:** If you joined last semester, your parking pass will be good throughout August 31<sup>st</sup>. If you are new to the organization, check the first class on your registration form and you will be issued a parking pass. The cost of the pass is included in the registration, but it is necessary to request a pass. It should be displayed prominently anytime you park on campus or you may be ticketed. Replacement parking passes can be purchased from Kathie Hendrix (208-589-4352) or obtained at the time of registration for \$5.00.

If you have a name tag, we encourage you to wear it when attending classes.

**Questions?** If you have questions, please call ISU Continuing Education, 208-282-3155, our President, Vicky Van Sickle at 208-589-6055, or the Secretary, Denise Morton at 208-390-3389.

Class locations: TAB= Tingey Administration Building. CHE= Center for Higher Education Building. Both are located at the ISU Idaho Falls Campus at University Place, 1779 and 1776 Science Center Drive in Idaho Falls.

## FFL Course Catalog Spring 2022

4516  
2/11

1861: Why This War at This Time  
Fri 10:00-11:30

Instructor: Jim Frances  
Location: TAB 200

Content: The full title of the course is "1861: Why This War at This Time? What Can We Learn from the 1850s." In 1861 the United States fell into a civil war. Why? Even if we identify the root cause as the dispute over slavery, it does not explain why leaders could not work out solutions/compromises as they had done for the past four score and five years. As an attempt to understand the 1850s as the decade that created the Civil War, the FFL audience will be visited by three ghosts: the ghost of John C. Calhoun, the ghost of Henry Clay, and the ghost of an unpleasant truth. Each ghost has its interpretation of the events of the 1850s. The takeaway question is what 1850's patterns unlock 2021.

Credentials: Jim is an award-winning teacher of history. He taught in the public schools for 37 years, taught at ISU for six years, and is now serving on the Idaho Falls City Council.

Facilitator: Margaret Kennelly

[margaret\\_kennelly@yahoo.com](mailto:margaret_kennelly@yahoo.com)

208 524-4930

4517                    A Musical Presentation  
3/4                     Fri 1:00-3:00

Instructor: Rob Farnam  
Location: TAB 200

Content: The singers will perform selections from their up-and-coming production of the musical "Into the Woods".

Credentials: Rob Farnam is currently the president of the Idaho Falls Opera Theatre and a practicing attorney in Idaho Falls.

Facilitator: Sidney Hoopes                    [sidneyhoopes456@gmail.com](mailto:sidneyhoopes456@gmail.com)                    208-524-1280

4348                    Advanced Spanish  
2/7-6/6                Mon 10:00-11:00

Instructor: Eva Montantes  
Location: ZOOM

Content: Advanced Spanish is for those who have gone beyond beginning and intermediate Spanish.

Credentials: Life-long resident of Mexico. Eva is a University of Guadalajara Professor.

Facilitator: Vance Hawley                    [wa7fdr@hotmail.com](mailto:wa7fdr@hotmail.com)                    208-522-9296

4425                    Advanced Tai Chi  
2/1-6/7                Tue 2:00-3:00

Instructor: David Jenkins  
Location: IF School of Ballet, 410 W 16th

Content: This class is a continuation of study of the three sections of the long form Yang style of Tai Chi. It is open to those having a prior knowledge of all three sections of the long form. Limit: 30

Credentials: Mr. Jenkins has been studying Tai Chi for over 30 years

Facilitator: David Jenkins                    [djenkins518@gmail.com](mailto:djenkins518@gmail.com)                    208-681-3487

4518                    Ageism and Elderspeak  
3/22, 3/29            Tue 10:00-11:00

Instructor: Dr. Nancy Frank  
Location: CHE 306

Content: Ageism is so deeply embedded in our culture that often we don't even notice it's there. It is so pervasive that it even has its own language - ELDERSSPEAK. Elderspeak is used with older adults, but it resembles speech used with children. This subject will be discussed in two one hr. workshops.

Workshop #1 - Bring to class: rough notes and observations of personal experiences with Elderspeak.

Workshop # 2 - Bring personal journal of observations and personal experiences. Limit: 15.

Credentials: Doctor Frank: PhD Organizational Studies State University of New York at Albany State, 20 yrs. Empire State College, SUNYMBA Program, Faculty MBA Program with Anadolu University-Istanbul Turkey, Faculty Cyprus International Residency Program for Lebanese and Middle Eastern Students.

Facilitator: Colleen Sargent                    [sarg1942@gmail.com](mailto:sarg1942@gmail.com)                    208-522-3134

4519                      Artist Demo with Gloria Miller Allen                      Instructor: Alexa Stanger  
5/19                      Thur 1:00-2:00                      Location: The Art Museum, 300 S Capital

Content: One hour artist demonstration followed by a question-and-answer session with American Watercolor Society Signature Member, Gloria Miller Allen. Gloria will discuss her work, her approach to painting and share information about her recent National Park Artist in Residence experience.

Credentials: Nationally recognized American Watercolor Society Artist and long-time Idaho Falls resident.

Facilitator: Deborah Wagoner                      [deborahwagoner31@gmail.com](mailto:deborahwagoner31@gmail.com)                      208-680-9095

4152                      Bears and the Yellowstone Experience                      Instructor: Sidney Hoopes    Fee: yes  
5/15-5/19                      Sun through Thur                      Location: Yellowstone Nat. Park

Content: We are going on a 5-day bear hunt! We will spend 4 nights in cabins. The trip will include informal lectures in the field, wildlife viewing and maybe some light hiking. Planning meetings will be held prior to departure. Priority will be given to those who have not attended before. Costs will be discussed during meetings. If you would like, you may bring campers or a tent and camp near the cabins, joining us on the day treks. Limit: 11

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

Facilitator: Sidney Hoopes                      [sidneyhoopes456@gmail.com](mailto:sidneyhoopes456@gmail.com)                      208-524-1280

4147                      Beginning Tai Chi                      Instructor: David Jenkins  
2/1-6/7                      Tue 1:00-2:00                      Location: IF School of Ballet, 410 W 16th

Content: Originally developed for self-defense, tai chi has evolved into a graceful form of exercise that's now used for stress reduction and a variety of other health conditions. Often described as meditation in motion, tai chi promotes serenity through gentle, flowing movements. In this class you will be introduced to the long form of the Yang style of Tai Chi. Limit: 30

Credentials: Mr. Jenkins has been studying Tai Chi for over 30 years

Facilitator: David Jenkins                      [djenkins518@gmail.com](mailto:djenkins518@gmail.com)                      208-681-3487



4524 4/8	Butterfly Haven Fri 10:00-11:30	Instructor: : Karen Reed Location: CHE 213
<p>Content: The Butterfly Haven is privately owned and a fascinating botanical retreat full of hundreds of Idaho butterflies. The Butterfly House, Idaho's largest, also is home to bees, birds, walking sticks and beautiful flowers. There is a possibility of a tour connected to this class.</p> <p>Credentials: Karen Reed and her husband own and run the Butterfly Haven in Pingree, Idaho.</p> <p>Facilitator: Karin Armstrong      <a href="mailto:karinidaho@yahoo.com">karinidaho@yahoo.com</a>      208-357-6068</p>		
4525 3/11	Community Food Basket - Idaho Falls Role Fri 10:00-11:30	Instructor: Ariel Jackson Location: TAB 200
<p>Content: Community Food Basket - Idaho Falls began in 1980 as a community effort among several churches to meet the emergency needs of their church members. Today, CFBIF works to meet the emergency food needs of all families and individuals facing food-insecurity in the greater Idaho Falls area. Currently, they serve over 850 families monthly, with some months exceeding 1,000 families (over 4,000 individuals).</p> <p>Credentials: Ariel Jackson is the Executive Director.</p> <p>Facilitator: Chris White      <a href="mailto:white42@gmail.com">white42@gmail.com</a>      208-716-3245</p>		
4526 2/25	COVID-19 Genomic Surveillance by the CDC Fri 1:00-2:30	Instructor: Justin Lee, Ph. D., DVM Location: ZOOM
<p>Content: COVID-19 and evolving variants have impacted our world. This presentation will provide an overview of how the Centers for Disease Control and Prevention (CDC) organized the National SARS CoV-2 Strain Surveillance program and will provide insight into how data are generated, analyzed, and used to inform public health guidance and policy.</p> <p>Credentials: Dr. Justin Lee currently leads the Genomic Surveillance Unit in the COVID-19 Laboratory and Testing Task Force at the Centers for Disease Control and Prevention (CDC) in Atlanta. His normal role at the CDC is Team Lead of the Genomic Sequencing Lab in the National Center for Emerging and Zoonotic Infectious Diseases.</p> <p>Facilitator: Royce Lee      <a href="mailto:royceblee337@gmail.com">royceblee337@gmail.com</a>      208-589-4276</p>		
4151 3/10,17,24,31,4/7	Creative Writing Class Thu 1:00-3:00	Instructor: Sidney Hoopes Location: CHE 305
<p>Content: This is a five-week self-guided class. We have fun while learning to express ourselves and giving each other pointers and encouragement. We invite new people to join us. Limit: 12</p> <p>Credentials: Sidney has been facilitating this class for several years.</p> <p>Facilitator: Sidney Hoopes      <a href="mailto:sidneyhoopes456@gmail.com">sidneyhoopes456@gmail.com</a>      208-524-1280</p>		

4137  
2/7-6/6

Double Deck Pinochle  
Mon 12:00-3:00

Instructor: Vicky Van Sickle  
Location: Leo's Place, 1<sup>st</sup> & Holmes

Content: We play double deck Pinochle starting at noon. Each participant is expected to mix with the other players and sit at different tables each week. Groups will be formed at the discretion of the facilitator or instructor. Players should arrive early and must buy lunch. A donation is taken for buying new playing cards. We play year-round every Monday.

Credentials: Vicky Van Sickle and Senia Weinrich have been coordinating pinochle for several years.

Facilitator: Senia Weinrich [senialee3025@gmail.com](mailto:senialee3025@gmail.com)

208-521-8526

4527  
2/2

Family History Center  
Wed 1:00-3:00

Instructor: FHC Staff  
Location: Family History Center  
750 W Elva St, IF

Content: Do you want to start your family history (genealogy) or work on your family tree and don't know where to start? Have you started and don't know what to do next? Do you want a refresher? Do you have photographs and documents you want digitized but don't have the equipment? If you answered yes to any of these questions, come to this class. After the presentation you can stay and research.

If you don't have an account with Family Search ([www.familysearch.org](http://www.familysearch.org)) you should open one before attending this class. Accounts are free. Bring a flash drive if you wish so you can save some of the data you might create. Limit: 24

Credentials: The staff at the Family History Center has experience in helping others with family history research and digitizing photographs and documents.

Facilitator: David Johnson

[davjohns\\_01@hotmail.com](mailto:davjohns_01@hotmail.com)

719-235-3943

4311 FFL Summer Picnic and Annual Meeting  
Date to be announced

Instructor: FFL Board of Directors  
Location: To be announced

Watch for more information coming soon.

Content: Please join us for a fun evening normally held at Peterson Park. We will vote for FFL officers and enjoy a delicious catered picnic. The cost of \$10 per person, non-refundable, to be paid at registration. Bring your favorite lawn chair.

This is an annual event but the location might change. We are adding adventure to our lives. Please join us.

Facilitators: FFL Board

<p>4433 1/24-6/6</p>	<p>Fitness Made Simple Mon 10:00-11:00</p>	<p>Instructor: Leslie Blanch Location: Bonn. County Extension Office, 1542 E 73<sup>rd</sup> S</p> <p>Content: Leslie will give us an opportunity to improve our strength, flexibility, and balance through the use of various types of equipment and exercise. Come join this fun and worthwhile class. All equipment will be provided by the U of I Bonneville County Extension Office. Wear something comfortable. Face masks are required. Limit 24</p> <p>Credentials: Leslie is a Registered Dietitian and Certified Group Fitness Instructor.</p> <p>Facilitator: Cheryl Zaladonis      <a href="mailto:zaladonis@cableone.net">zaladonis@cableone.net</a>      208-251-1763</p>
<p>4314 5/26,6/2,6/9</p>	<p>Garden Art Pavers A.M. Thur 9:00-12:00</p>	<p>Instructor: Maxine Smolowitz Fee:\$3 Location: 3860 Tuscany Dr, IF</p> <p>Content: Broken and unbroken ceramic tiles will be used to design and create pavers for outdoor garden decorations. Instructions will include how to set and grout tiles onto the paver. All materials will be furnished by the instructor unless you have ceramic pieces you would like to use. Attendance at all three sessions is required. Limit: 8</p> <p>Credentials: Maxine has made numerous beautiful unique pictures and pavers using ceramic tiles. She has taught this FFL class several times.</p> <p>Facilitator: Kathie Hendrix      <a href="mailto:msmolowitz@yahoo.com">msmolowitz@yahoo.com</a>      208-523-0373</p>
<p>4214 5/26,6/2,6/9</p>	<p>Garden Art Pavers P.M. Thur 1:30-4:30</p>	<p>Instructor: Maxine Smolowitz Fee: \$3 Location: 3860 Tuscany Dr, IF</p> <p>Content: Broken and unbroken ceramic tiles will be used to design and create pavers for outdoor garden decorations. Instructions will include how to set and grout tiles onto the paver. All materials will be furnished by the instructor unless you have ceramic pieces you would like to use. Attendance at all three sessions is required. Limit: 8</p> <p>Credentials: Maxine has made numerous beautiful unique pictures and pavers using ceramic tiles. She has taught this FFL class several times.</p> <p>Facilitator: Kathie Hendrix      <a href="mailto:msmolowitz@yahoo.com">msmolowitz@yahoo.com</a>      208-523-0373</p>
<p>4368 2/3-6/2</p>	<p>Hand &amp; Foot Card Game Thur 12:00-3:00</p>	<p>Instructor: Lynda Ulschmid Fee: Buy lunch Location: Leo's Place, 155 S Holmes</p> <p>Content: Hand &amp; Foot is a card game similar to Canasta, in which each player is dealt two sets of cards, the "Hand" and the "Foot". In this class students are taught the basic rules of the game and enjoy playing with other members of FFL. Players must buy lunch at each session. A donation is taken for new playing cards. We play year-round every Thursday.</p> <p>Credentials: Lynda Ulschmid has been playing Hand &amp; Foot for several years and is knowledgeable in the rules of the game.</p> <p>Facilitator: Peggy Ash      <a href="mailto:mrash@cableone.net">mrash@cableone.net</a>      208-520-4377</p>

4441 History of The Colonial Theatre Instructor: Brandi Newton  
3/3 Thur 10:00-12:00 Location: Colonial Theater, 450 A St

Content: Built by C.A. Spath, cashier of the Farmers and Merchants Bank, Dr. C.M. Cline, physician and S.K. Mitty, contractor. The Colonial Theater opened on November 10, 1919, at a cost of just over \$175,000. It boasted one of the largest stages in the Intermountain West, a modern ramp (in lieu of stairs) to the balcony, a ventilation system, which circulated fresh air every five minutes and superb acoustics. Traveling vaudeville acts and minstrels entertained, as well as musical acts like John Phillips Sousa.

Credentials: Brandi is the Executive Director of the IF Arts Council.

Facilitator: Chris White white42@gmail.com 208-716-3245

4528 Home Health and Hospice Care Today Instructor: Celeste Eld / Tiana Sautter  
2/18 Fri 1:00-2:30 Location: CHE 215

Content: Celeste Eld will discuss hospice philosophy for end-of-life care, hospice services, advance directives and payment sources. Tiana Sautter will discuss the range of medical and other services that can be provided in your home for an illness or injury. These services are generally initiated through a doctor's order and the doctor gets follow-up information during the home health care.

Credentials: Celeste Eld is the Executive Director of Hospice of Eastern Idaho and has over 30 years of experience working in hospice care. She is a licensed Social Worker. Tiana Sautter is the marketer for Advanced Home Health and has a bachelor's degree from BYU. She provides information on how home health clinicians can help with patients and what qualifies them for home health care.

Facilitator: Annette Lee ap337@hotmail.com 208-589-2535

4121 Hiking, Walking, and Exploring Instructor: HWE Committee

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

Credentials: HWE committee members have been involved with outdoor activities for many years. Committee members include Jim Schaffer, Chairman, 208-589-6005, Allen Perkins, 208-604-0820, Janet Clayton, 208-932-5674, and many others.

Facilitator: Jim Schaffer milodoctor@gmail.com 208-589-6005



4490 3/18	I Don't Want to Go Fri 10:00-11:30	Instructor: Vicki Bailey Location: TAB 200
<p>Content: The Oregon Trail journey from the perspective of a wife whose husband has "Oregon Fever". It will cover the trials and tribulations the women encountered on the Oregon Trail.</p> <p>Credentials: Vicki graduated from Rick's College, and BYU, majoring in history. She taught for 30 years in Bonneville School District 93, receiving Idaho Regional History Teacher of the year several times, Teacher of the year from Ricks College, and history teacher of the year from the Idaho Chapter of the Sons of the Revolution.</p>		
<p>Facilitator: Margaret Kennelly      <a href="mailto:margaret_kennelly@yahoo.com">margaret_kennelly@yahoo.com</a>      208-524-4930</p>		
4529 4/22	Idaho Falls Zoo, Behind the Scene Fri 1:00-3:00	Instructor: Dave Pennock Fee: \$8 Location: IF Zoo, Merek Ed. Center
<p>Content: With more than 300 individual animals representing 130 species from around the globe, the Idaho Falls Zoo is known as the "best little zoo in the west." It is the first zoo in Idaho to be accredited by the Association of Zoos and Aquariums. Executive Director David Pennock and his staff will take us behind the scenes, talking about the different activities and skills necessary in running the Idaho Falls Zoo.</p> <p>NOTE: There is an FFL special admission fee of \$8, unless you are a member of the Zoo Friends. Limit: 25</p> <p>Credentials: Dave Pennock is the Executive Director of the Idaho Falls Zoo.</p>		
<p>Facilitator: Chris White      <a href="mailto:white42@gmail.com">white42@gmail.com</a>      208-716-3245</p>		
4419 2/25	Idaho Falls Tokai Sister Cities Fri 10:00-11:30	Instructor: Cindy Ozaki Location: CHE 215
<p>Content: 1981 Idaho Falls and Tokai (Japan) formed a Sister Cities partnership to exchange fellowship and friendship between the two cities. Sister Cities of Idaho Falls is a non-profit, tax-exempt corporation dedicated to educational and cultural exchanges. It was agreed that in even years a delegation from Tokai would come to Idaho Falls, and in odd years a delegation from Idaho Falls would visit Tokai.</p> <p>Credentials: Cindy Ozaki is the president of Sister Cities.</p>		
<p>Facilitator: Chris White      <a href="mailto:white42@gmail.com">white42@gmail.com</a>      208-716-3245</p>		
4530 4/15	Idaho Falls Magazine and More! Fri 10:00-11:30	Instructor: Chris Sheetz Location: CHE 215
<p>Content: Harris Publishing Inc. is a local business that prints an astounding number of pamphlets and magazines about Idaho. Chris brings the publishing business to life with her wit and local knowledge.</p> <p>Credentials: Chris Sheetz is the general manager of Harris Publishing Inc.</p>		
<p>Facilitator: Karin Armstrong      <a href="mailto:karinidaho@yahoo.com">karinidaho@yahoo.com</a>      208-357-6068</p>		

4218  
2/4-6/3

Line Dancing  
Fri 10:00-11:00

Instructor: Multiple teachers  
Location: Elk's Lodge, 640 Elva St

Content: Join us for a low impact form of exercise as we learn dances to all types of music from decades past to current day. All that is required is a comfortable pair of shoes and a desire to get moving.

Credentials: All instructors have histories of teaching dance and have taught this class for several years.

Facilitator: Debbie Scheerer

[debscheerer@yahoo.com](mailto:debscheerer@yahoo.com)

208-881-6031

4532  
3/10,17,24,31

Meditation: Tools for a Mindful Life  
Thur 10:00-11:30

Instructor: Tony & Paula Seikel  
Location: ZOOM

Content: Mindfulness practices provide powerful tools for learning to live in the present moment, to be resilient in the face of crises, and to develop compassion and joy. This course provides an introduction to mindfulness as well as experience using numerous meditation tools. Limit: 30

Credentials: Tony and Paula Seikel retired from ISU and continue to teach mindfulness classes at ISU and in the community. Tony was a professor in Communication Sciences at WSU and ISU, and Paula is a clinical psychologist working at WSU and ISU in the counseling centers. Both graduated from a two-year certification program in teaching mindfulness meditation in February, 2021.

Facilitator: Margaret Kennelly

[margaret\\_kennelly@yahoo.com](mailto:margaret_kennelly@yahoo.com)

208-524-4930

4409  
5/11

Miles Willard Facility  
Wed 10:00-12:00

Instructor: Nathan Bronson  
Location: 655 W Sunnyside Rd

Content: Miles Willard Technologies is a snack food and food processing research company with a 50-year history of world-wide innovations.

Credentials: Nathan Bronson has over 20 years of research experience in the fields including genetic engineering, embryo transfer, nuclear waste processing, and food science. His products are in stores throughout the world.

Facilitator: Margaret Kennelly

[margaret\\_kennelly@yahoo.com](mailto:margaret_kennelly@yahoo.com)

208-524-4930

4533 Museum of Idaho - Genghis Khan Instructor: : Museum staff, Jeff Carr  
2/9 Wed 1:00-2:30 Fee: \$8.00 Location: 200 N Eastern Ave

Content: The exhibit is "Genghis Khan: Culture and Conquest" and runs January 22 -- September 5, 2022 so you don't want to miss out. "Washington Post historians called Genghis Khan the single most influential person of the last millennium -- both for his bloody conquest of history's largest land empire, as well as the lasting cultural and scientific advances he spread. MOI invites you to view 13th-century swords and jewelry, step into domestic yurt life, and enjoy daily live performances of traditional Mongolian music." Limit: 25

Bonus exhibit is artwork of the late Roy Reynolds, an Idaho Falls artist. Admission is free for members of the Museum. (If you are a member of the museum, your admittance is free.)

Credentials: The Museum of Idaho is one of the most highly rated museums of its size in the United States. The staff is superb and has given us excellent tours in the past.

Facilitator: David Johnson [davjohns\\_01@hotmail.com](mailto:davjohns_01@hotmail.com) 719-235-3943

4503 Pickleball Practice Instructor: Mark Van Sickle  
4/14-5/26 Thur 10:00-11:30 Location: Lincoln Park Pickleball  
Complex, 2280 Lincoln Road

Content: Pickleball is a fun sport that combines many elements of tennis, badminton and ping-pong.

Pickleball is played on a badminton-sized court and a slightly modified tennis net using a paddle and a plastic ball with holes. It can be enjoyed by all ages and skill levels. Pickleball is fun, social and friendly. The rules are simple and the game is easy for beginners to learn, but can develop into a quick, fast-paced, competitive game for experienced players. Come and join us to help one another improve our pickleball skills.

Credentials: Mark has enjoyed playing pickleball for several years.

Facilitator: Mark Van Sickle [scubamarkvs@cableone.net](mailto:scubamarkvs@cableone.net) 208-757-8687

4188 Reader's Round Table Instructor: Sidney Hoopes  
4/14 Thur 1:00-2:30 Location: CHE 305

Content: Come share your recent reads and get ideas for your book list. Each member of the class should come prepared to make recommendations. If you have any books you want to give away, bring no more than three. Limit: 15

Credentials: Sidney said, "I can read and I do a lot of it." Sidney has conducted many of these sessions in the past.

Facilitator: Sidney Hoopes [sidneyhoopes456@gmail.com](mailto:sidneyhoopes456@gmail.com) 208-524-1280

4228  
3/2, 3/16

Science Wednesday  
Wed 3:00- completion

Instructor: Daum/Hubbell  
Location: ZOOM

Content: Free flowing discussions of science topics to be announced later. Names of, and information about, science topics to be provided before each class. Additional classes may be organized if there is interest and volunteers to lead the discussions.

Credentials: Keith and Joel are retired scientists and have led several past semesters of Science Wednesday.

Facilitator: Steve Piet

[pietsteven@hotmail.com](mailto:pietsteven@hotmail.com)

208-521-0627

4534 Self Defense, How to Identify Threats  
2/3 Thur 1:00-2:30

Instructor: Robert Wylie  
Location: CHE 213

Content: Learning how to identify personal threats and how to avoid them is important for all of us. In this class you will learn where to look and what to look for to identify possible threats and deal with them. See [www.dppdefense.com](http://www.dppdefense.com) for more information about this subject.

Credentials: Robert is the author of the book "Defense Against Frogs, Dogs and Humans and Everything in Between." He teaches self-defense classes throughout Idaho, Utah, Montana and Wyoming.

Facilitator: Jacqueline Potter

[jenkkins@hotmail.com](mailto:jenkkins@hotmail.com)

208-201-7334

4535 Senior Center and Meals on Wheels  
2/16 Wed 1:00-2:30

Instructor: Sarah Ryner  
Location: CHE 213

Content: The IF Senior Center is home to lots of wonderful activities for our community. One very beneficial service to IF is Meals on Wheels. Come and hear how the center takes care of our Senior Residents.

Credentials: Sarah Ryner is the new Executive Director of the IF Senior Center.

Facilitator: Karin Armstrong

[karinidaho@yahoo.com](mailto:karinidaho@yahoo.com)

208-357-6068

4536 Sidewalk Mosaic  
5/10 Tue 1:00-2:30

Instructor: Sandra Birk  
Location: CHE 215

Content: Learn how to make a mosaic pattern in your sidewalk or patio. You can do this! You don't have to be an artist and you don't need to call the concrete truck. You might have to buy a trowel at Lowes or Home Depot if you can't borrow one and you will need to visit your local gravel yard or abandoned tiles from a previous project. You can do this!

Credentials: Sandra had made one last year and will show how in pictures.

Facilitator: Steve Piet

[pietsteven@hotmail.com](mailto:pietsteven@hotmail.com)

208-521-0627

4231  
2/2-6/1

Singing for Fun  
Wed 11:00-12:00

Instructor: Donna J. Park  
Location: 4051 Cambria Dr

Content: Do you sing in the shower? Sing along with the radio in the car? Just burst into song because it feels good? Then you're the perfect person for this class. Whether you're a novice singer or a practiced professional, we have fun just gathering around the piano and singing songs from the 50s (sometimes even older) to the newer songs, letting the music bring back old memories and make new ones. Limit: 15

Credentials: Donna is not only a director, but an accompanist, an arranger, and a composer who has been immersed in music for more years than she's willing to admit, performing on stage in musicals, and performing and directing choirs for over 10 years. She's been blessed with the ability to play by ear, transpose at the piano, and compose arrangements to fit the mature voices.

Facilitator: Gail Fielding

[gailsplce76@ridgemail.com](mailto:gailsplce76@ridgemail.com)

208-970-7103

4299  
4/26

Spring Social \* Potluck\*  
Tue 1:00 pm

Instructor: FFL Board of Directors  
Location: 455 W Sunnyside Rd  
First Evangelical Lutheran Church

Content: Come and join us for a potluck Spring Social Lunch. Do you remember when we had our last Spring Social in 2019? We would like to start it up again. Facilitators will have class displays and we will enjoy the year in review. Bring food to share. Plates, drinks, and utensils will be provided. We might even have a talent show.

Credentials: FFL has offered spring socials for many years but this is our first pot luck. It should be fun.

Facilitator: Vicky Van Sickle

[victorialynnvs@hotmail.com](mailto:victorialynnvs@hotmail.com)

208-589-6055

4537  
4/13

The Ugly Face of Prejudice  
Tue 10:00-11:30

Instructor: Patrick Toussaint  
Location: TAB 200

Content: In this class you will learn about prejudice from one who has experienced it first-hand. You will discover what it really is, how to recognize it in yourself and others and how you can be part of the solution to this global epidemic.

Credentials: Patrick spent most of his youth in Florida where he learned how to survive the prejudices heaped against black people. Being in Southeast Idaho, he sees himself as a trailblazer for black people.

Facilitator: Eileen Perkins

[eileenperkins404@gmail.com](mailto:eileenperkins404@gmail.com)

208-520-7483

4510 4/20	Things to do When I'm Dead Wed 1:00-2:30	Instructor: Brian McBride Location: CHE 213
<p>Content: None of us can escape the inevitable, death will come to each of us; are we ready? Each of us when we die leave behind a life that must be closed. A funeral must be planned, bank accounts must be closed, pets cared for and the final bills paid. Brian will present insightful information on the process of before, during, and after.</p> <p>Credentials: Brian McBride is currently working at Wood Funeral Home as a funeral director. He has been working there since 2005. He attended Pittsburgh Institute of Mortuary Science in 2007, where he received his degree. He is currently serving on the Idaho State Board of Morticians.</p> <p>Facilitator: Kathie Hendrix                      <a href="mailto:chatiek06@gmail.com">chatiek06@gmail.com</a>                      208-589-4352</p>		
4512 5/20	Tour the Aquarium Fri 9:00-11:00	Instructor: Aquarium Staff Fee: \$8. Location: 570 Anderson St., IF
<p>Content: Participants will tour the Aquarium and visit feeding stations where they will feed some of the animals. The remaining time will be spent observing and learning about all of the animals housed at the aquarium. Limit: 40</p> <p>Credentials: Trained Aquarium staff</p> <p>Facilitator: Margaret Kennelly                      <a href="mailto:margaret_kennelly@yahoo.com">margaret_kennelly@yahoo.com</a>                      208-524-4930</p>		
4538 4/6	Travelling with Road Scholar Wed 1:00-2:30	Instructor: Bob Maynard, Road Scholar Location: ZOOM
<p>Content: "Road Scholar is a university of the world inspiring adults to learn, discover, and travel." This introduction to Road Scholar (previously Elder Hostel) will discuss the history, how it works, and popular programs. ("My favorites included a Monastery stay in Jerome, ID., Costa Rica, Mainak Island, Canadian Rockies, Sedona at Christmas, and volunteering at Camp Make-a-wish. C. Sargent). You can expect expert instructors and field leaders, interesting places, and great organization of programs.</p> <p>Credentials: Road Scholar Ambassador.</p> <p>Facilitator: Colleen Sargent                      <a href="mailto:sarg1942@gmail.com">sarg1942@gmail.com</a>                      208-522-3134</p>		
4539 5/18	Truth and Complexity in Idaho History Wed 1:00-2:30	Instructor: Chloe Doucette, Carrie Athay Location: TAB 200
<p><u>Content:</u> The truth of history is complicated, and every story has more than one side. In this course, members of the Museum of Idaho's "Experience Team" discuss their creation of "A Complex State" -- a gallery exploring thorny issues in Idaho's past and present. The team will discuss difficulties faced by modern historians and museums, and they'll share their approach to exploring inconvenient truths without alienating audiences.</p> <p><u>Credentials:</u> Chole Doucette is the Sr. Director for Programs and Engagement at the Museum of Idaho, Carrie Athay is the Director of Curation and Collections, and Rod Hansen is the Director of Exhibitions. They have a combined 20+ years of designing exhibits and working as public historians through the Museum of Idaho.</p> <p>Facilitator: Jeff Carr/Margaret Kennelly                      <a href="mailto:pr@museumofidaho.org">pr@museumofidaho.org</a>                      208-522-1400</p>		

4540 3/15,22,29	Understanding Personalities Tue 1:30-3:00	Instructor: Dr. Nancy Frank Location: CHE 213
<p>Content: During this three-session course, we will delve into personalities and how competing traits influence our interactions with others. Have these traits determined how successful we have been or will be in our lives? Do traits change with differing environments, circumstances, or aging? TO GET THE MOST FROM THIS COURSE YOUR ATTENDANCE AT ALL THREE CLASSES IS ADVANTAGEOUS.</p>		
<p>Credentials: Dr. Nancy Frank: PhD Organizational Studies State University of New York at Albany State, 20 yrs. Empire State College, SUNYMBA Program, Faculty MBA Program with Anadolu University-Istanbul Turkey, Faculty Cyprus International Residency Program for Lebanese and Middle Eastern Students</p>		
<p>Facilitator: Colleen Sargent                      <a href="mailto:sarg1942@gmail.com">sarg1942@gmail.com</a>                      208-523-3134</p>		
4541 3/2	Whitewater Rafting on the Salmon River Wed 1:00-2:30	Instructor: David Johnson Location: CHE 218
<p>Content: In July 2021 Dave had the opportunity to raft the Salmon River with a private (as opposed to guided) group. Twelve days and almost 200 miles on the rivers. Beautiful scenery, wildlife, white knuckle rapids, long stretches of calm water, beautiful starlit nights and lots of adventure. Come get a small taste of the adventure and what it takes to raft one of the top five whitewater rivers in the US.</p>		
<p>Credentials: David was there.</p>		
<p>Facilitator: David Johnson                      <a href="mailto:davjohns_01@hotmail.com">davjohns_01@hotmail.com</a>                      719-235-3943</p>		
4387 2/8-6/7	Zumba Gold Tue 10:00-11:00	Instructor: Teri Tyler Location: Elk's Lodge, 640 Elva St
<p>Content: Zumba Gold participants will be inspired to express themselves through movement while effectively improving overall health by increasing self-confidence, boosting metabolism, and enhancing coordination.</p>		
<p>Credentials: Teri received her Zumba Gold license in June of 2020 and has been teaching since 2005.</p>		
<p>Facilitator: Teresa Konishi                      <a href="mailto:shalomtk@outlook.com">shalomtk@outlook.com</a>                      208-339-2645</p>		
4242	Wonderful Volunteer Opportunity	
<p>Friends For Learning operates totally by volunteers. As this organization has grown, the need for volunteers has increased. We need volunteers in the following areas: Curriculum, Cultural Cuisine, Hiking, Walking &amp; Exploring, and helping Leadership. By signing up on the registration form, you will be sent an e-mail with the volunteer form to fill out as to the areas in which you would like to volunteer. Thank you for your interest and support.</p>		
<p>Facilitator: Jeanell Coyne                      <a href="mailto:jeanellcoyne7@gmail.com">jeanellcoyne7@gmail.com</a>                      208-589-5237</p>		

## Friends For Learning Registration Form- Spring 2022

Please keep a copy of this for your use

Name \_\_\_\_\_ *please print clearly*

- FFL Member: List change in address, e-mail, or phone here \_\_\_\_\_
- For New Members only: Please complete the following information:  
 Address \_\_\_\_\_ Zip \_\_\_\_\_  
 Phone \_\_\_\_\_ E-mail \_\_\_\_\_

### How to Register:

- Complete the Registration form. Refer to the Course Catalog for details about each class.
- Membership Fee: \$20.00
- Check made out to ISU-FFL Please mark below if new to FFL and in need of a parking pass.
- Register online at: [certain.isu.edu/ffl](http://certain.isu.edu/ffl)
- Mail-in Registration: Mail your Registration Class List and \$20.00fee to:

Continuing Education/Workforce Training-FFL  
 921 South 8<sup>th</sup> Ave. Stop 8380  
 Pocatello, ID 83209

### Parking Passes:

You do not need a parking pass if you were a member last semester. Your current pass is good until the end of the Summer. Check the Parking pass blank if you were not a member last semester. You may be ticketed if you do not properly display your pass. Replacement parking passes can be purchased for \$5.00 from Kathie Hendrix at 208-589-4352.

Ck.	Course #	Course Name	Dates	Time	Location
___	4215	Parking Pass	Check only if you are a new member this semester.		
___	4516	1861- Why this War	2/11	10-11:30	TAB 200
___	4517	A Musical Presentation	3/4	1-3	TAB 200
___	4348	Advanced Spanish	2/7-6/7	10-11	ZOOM
___	4425	Advanced Tai Chi	2/1-6/7	2-3	410 W 16th
___	4518	Ageism and Elderspeak	3/22,29	10-11	CHE 306
___	4519	Artist Demo	5/19	1-2	300 S Capital
___	4152	Bear Class	6/21-6/27	a week	YN Park
___	4147	Beginning Tai Chi	2/1-6/7	1-2	410 W 16th
___	4520	Behind the Scenes...	4/13	1:30-3	343 E St
___	4521	Bike Touring...	2/23	1-2:30	TAB 200
___	4522	Books that changed America	4/05,4/19	1-3	CHE 305
___	4523	Building Affordable Housing	5/9	10-11:30	TAB 200
___	4524	Butterfly Haven	4/8	10-11:30	CHE 213
___	4525	Community Food Basket...	3/11	10-11:30	TAB 200
___	4526	COVID-19...	2/25	1-2:30	ZOOM
___	4151	Creative Writing	3/10,17,24,31,4/5	1-3	CHE 305
___	4137	Double-Deck Pinochle	2/7-6/6	12-3	Leo's Place



—	4527	Family History Center	2/2	1-3	750 W Elva
—	4311	FFL Summer Picnic	Aug	5:00	TBA
—	4433	Fitness Made Simple	1/24-6/6	10-11	Bonn Exten..
—	4314	Garden Pavers AM	5/26,6/2,6/9	9-12	3860 Tuscany
—	4214	Garden Pavers PM	5/26,6/2,6/9	1:30-4:30	3860 Tuscany
—	4368	Hand and Foot Card Game	2/3-6/2	12-3	155 S Holmes
—	4441	History of Colonial Theater	3/3	10-12	450 A St
—	4528	Home Health and Hospice	2/18	1-2:30	CHE 215
—	4121	HWE	all year		
—	4490	I Don't Want to go, Oregon Trail	3/18	10-11:30	TAB 200
—	4529	IF Zoo, Behind the Scene	4/22	1-3	IF Zoo
—	4419	Tokai Sister Cities	2/25	10-11:30	CHE 215
—	4530	Idaho Falls Magazine	4/15	10-11:30	CHE 215
—	4218	Line Dancing	2/4-6/3	10-11	640 Elva
—	4532	Meditation Tools...	3/10,17,24,31	10-11:30	ZOOM
—	4409	Miles Willard	5/11	10-12	655 Sunnyside
—	4533	Museum of Idaho	2/9	1-2:30	Museum of ID
—	4503	Pickleball	4/14-5-26	10-11:30	2280 Lincoln
—	4188	Reader's Round Table	4/14	1-2:30	CHE 305
—	4228	Science Wednesday	3/2,3/16	3-4	ZOOM
—	4534	Self-Defense...	2/3	1-2:30	CHE 213
—	4535	Senior Center, Meals on Wheels	2/16	1-2:30	CHE 213
—	4536	Sidewalk Mosaic	5/10	1-2:30	CHE 215
—	4231	Singing For Fun	2/2-6/1	11-12	4051 Cambria
—	4299	Spr. Social, Potluck	4/26	1-3	455 Sunnyside
—	4537	Ugly Face of Prejudice	4/13	10-11:30	TAB 200
—	4510	Things to Do When I'm Dead	4/20	1-2:30	CHE 213
—	4512	Tour the Aquarium	5/20	9-11	570 Anderson
—	4538	Traveling with Road Scholar	4/6	1-2:30	ZOOM
—	4539	Truth/ Complexity in ID History	5/18	1-2:30	TAB 200
—	4540	Understanding Personalities	3/15,22,29	1:30-3	CHE 213
—	4541	White Water Rafting	3/2	1-2:30	CHE 218
—	4387	Zumba Gold	2/8-6/7	10-11	640 Elva
—	4242	Volunteer Opportunity	Volunteer to help Friends for Learning		