

# Friends for Learning. Inc

## Course Catalog

### Spring, 2023

Registration for 2023 begins Wednesday, January 25, 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, Wednesday, January 25, CHE 202 from 9:00 a.m. to 11:30 a.m. FFL Board members and ISU Continuing Education staff will be available to help with questions and registration. Please have your parking pass visible if you are joining us to register on campus and drive slowly through the parking lot. **Your parking pass is good until August 31, 2023.** Call 208-282-3372 if you have questions.

**Mail-In Registration:** If you prefer to register by mail, print a copy of the "Class Registration" form found on the FFL website. Nothing received by mail will be processed before January 25<sup>th</sup>. Complete the form and attach your check made out to ISU for the \$20.00 membership fee, and any additional fees, then 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:** The parking pass issued last fall is good until August of this year. If you weren't registered last semester, please check the first box on the registration form and you will receive 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) 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, 208-282-3372, our President, Vicky Van Sickle at 208-589-6055, or the Secretary, Janet Clayton at 208-932-5674.

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.

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## FFL Course Catalog Spring 2023

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### 4215 Parking pass

If you were registered last semester, the parking pass you received is good until Aug. 2023. Do not discard it at the end of the semester. If you are new to the organization, please mark the box associated with the parking pass on the registration form to ensure you receive the parking pass. If you haven't received the pass in a timely manner, you can call the ISU Continuing Education at 208-282-3372 and you will be assisted.

### 4242 Wonderful Volunteer Opportunity

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 & Exploring, and helping Leadership. By signing up on the registration form, you will be sent an email 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.

Facilitator: Jeanell Coyne

Email: [jeanellcoyne7@gmail.com](mailto:jeanellcoyne7@gmail.com)

Phone: 208-589-5237

**4577 8 Countries in 28 Days**

Instructor: Mark and Vicky Van Sickle

Fee:

Date: 5-16

Day: Tues

Time: 1:00-3:00

Location: CHE 213

Content: Mark and Vicky traveled on the Rhine, Mein, and the Danube River in October 2022. Come and enjoy a slide show and fun stories about eight countries; Holland, Germany, Austria, Hungary, Croatia, Serbia, Bulgaria, and Romania.

Credentials: Mark and Vicky enjoy traveling and would like to share their adventures with

you. Facilitator: Vicky Van Sickle Email: [victorialynnv@hotmail.com](mailto:victorialynnv@hotmail.com) Phone: 208-589-6055

**4578 A Chef's Life**

Instructor: David Pyre

Fee:

Date: 2-9

Day: Thurs

Time: 1:00-2:30

Location: CHE 213

Content: College of Eastern Idaho has a successful catering course to train new Chefs in our area. David will discuss his teaching at CEI, his catering business in Idaho Falls, challenges of prices, supplies, help and more.

Credentials: David is the instructor-Chef for CEI. He teaches the catering course and owns "Catered Your Way", a local catering business.

Facilitator: Karin Armstrong

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

Phone: 208-357-6068

**4579 Aging, Body Wisdom, part 1**

Instructor: Debbie Vanderniet

Fee:

Date: 4-19

Day: Wed

Time: 1:00-2:30

Location: CHE 217

Content: The human body can make its own medicine! This course will help participants learn that the effects normally associated with aging (heart disease, diabetes, arthritis, weakness, etc.) are not an inevitable. Whether the participants are looking to avoid age-related issues or reverse them, this class will provide scientific-based information and guidelines for achieving a high quality, healthy lifestyle. Our bodies are designed to live long and be healthy if we know how to care for and feed them properly, exercise regularly, overcome stress, and develop a positive attitude. You will learn how to make dietary and lifestyle choices to maximize the production of nitric oxide and "open the pharmacy" within your body. By making wise choices, individuals can look forward to maintaining a healthy and productive lifestyle. Part 1

Credentials: Debbie Vanderniet lives in Rigby, Idaho, and is fully trained and qualified in ways the body can heal itself.

Facilitator: Vicky Van Sickle

Email: [victorialynnv@hotmail.com](mailto:victorialynnv@hotmail.com)

Phone: 208-589-6055

**4580 Aging, Make Health Your Hobby, part 2** Instructor: Debbie Vanderniet Fee:

Date: 4-26 Day: Wed Time: 1:00-2:30 Location: CHE 217

Content: Make Health you Hobby by overcoming the three “-ations”: Oxidation, inflammation, glycation. This course will help participants learn that the effects normally associated with aging are not an inevitable. Whether the participants are looking to avoid age-related issues or reverse them, this class will provide scientific-based information and guidelines. With an Individual Retirement Account for Health (IRAH), you can become (or remain) a member of the group of people who enjoy good digestion, clearer thinking, increased energy and less pain without taking prescription medications! People save money for retirement, but they don't think about saving their body to better enjoy it.

Credentials: Debbie Vanderniet lives in Rigby, Idaho, and is fully trained and qualified in age-related issues.

Facilitator: Vicky Van Sickle Email: [victorialynnvs@hotmail.com](mailto:victorialynnvs@hotmail.com) Phone: 208-589-6055

**4581 Aging: Processed Food is Detrimental part 3** Instructor: Debbie Vanderniet Fee:

Date: 5-3 Day: Wed Time: 1:00-2:30 Location: CHE 217

Content: Processed, refined food is detrimental to human health, and it may be as addictive as cocaine. Whether the participants are looking to avoid age-related issues or reverse them, this class will provide scientific-based information and guidelines. We human beings are biologically programmed to desire sugar and fat. The consumption of sugar and sugar-laden products has skyrocketed. Furthermore, processed, refined foods are typically stripped of micronutrients. These foods are consumed at an astonishingly high rate in western societies. This class will show participants how to reverse this trend in their own lives and make healthier life-saving choices daily.

Credentials: Debbie Vanderniet is fully trained and qualified in understanding nutrients and aging.

Facilitator: Vicky Van Sickle Email: [victorialynnvs@hotmail.com](mailto:victorialynnvs@hotmail.com) Phone: 208-589-6055

**4582 Aging: Move It, part.4** Instructor: Debbie Vanderniet Fee:

Date: 5-10 Day: Wed Time: 1:00-2:30 Location: CHE 217

Content: This course will help participants understand the amazing benefits of exercise including lowering blood pressure, improving circulation, increasing the delivery of nutrients to the brain, removing toxic waste, lubricating knee joints and strengthening the heart. Moderate exercise will lead to better health both physically and mentally. We will review the types of exercise that are optional and realistic for individuals, the amount of time one should spend exercising, and even discuss the various online resources to help participants set and achieve realistic goals. This course helps participants recognize the many health risk associated with excess weight around the waist and identifies specific strategies to change that.

Credentials: Debbie Vanderniet lives in Rigby, Idaho, and is fully trained and qualified in how movement affects the body.

Facilitator: Vicky Van Sickle Email: [victorialynnvs@hotmail.com](mailto:victorialynnvs@hotmail.com) Phone: 208-589-6055

**4258 Anyone Can Paint**

Instructor: Amber Birch

Fee: \$25.00

Date: 5-5

Day: Fri

Time: 1:00-4:00

Location: Grape Van Gogh, 1500 Pancheri

Content: Follow step by step as you create your own acrylic painting. Choose to follow along or express your own creative style. By the end of the class, you will have completed your own unique masterpiece. Everything is provided for you. This is a fun way to "Paint and Party". The \$25 fee will be prepaid as you register for FFL. We had a blast last fall doing a fall painting. In order to hold the class, we need to have 15 people prepaid.

Credentials: Amber Birch owns the Grape Van Gogh and has helped hundreds of people paint. Amber has a unique way of helping her students have fun as they practice painting techniques and create beautiful art in a short time.

Facilitator: Vicky Van Sickle

Email: victorialynnvns@hotmail.com

Phone: 208-589-6055

**4583 Australia, New Zealand, and Fiji Tour**

Instructor: Mike Saville

Fee:

Date: 2-15

Day: Wed

Time: 1:00-2:30

Location: CHE 213

Content: In 2014, Mike toured Australia, New Zealand, and the Fiji Islands with Grand Circle Tours of Boston, MA. In addition to sharing his experiences about the tour, he will discuss three social programs used in New Zealand, and Fiji: 1. Universal Health Care for participants of Medicare. 2. Mandatory voting with penalties and why. 3. Graduated minimum wage based on age with a cost-of-living adjustment every year.

Credentials: Mike is a Pocatello Native, an Air Force Veteran, and worked at IBM Field Services in Pocatello. He has lived in Rochester, MN, Los Angeles, and Salt Lake City, and has worked at Thrivent Financial for Lutherans. Mike retired in 2013, and now lives in McCammon.

Facilitator: Teresa Konishi

Email: shalomtk@outlook.com

Phone: 208-339-2645

**4392 Bear Awareness and Safety**

Instructor: Jeremy Nicholson/ Carrie Crom

Fee:

Date: 4-5

Day: Wed

Time: 1:00-3:00

Location: CHE 213

Content: Grizzly bear research and management is Jeremy's primary focus. He will briefly cover grizzly bear biology and range expansion in the Greater Yellowstone Ecosystem and talk about grizzly bear research and management conducted by the Idaho Fish and Game (IDFG). Much of the class will cover ways to distinguish between black bears and grizzly bears, bear behavior, what to do to avoid attacks, how to react when encountered or attacked, and how to effectively use bear spray. After the presentation, class participants will have a chance to spray a "charging bear" with an inert can of bear spray.

Credentials: Jeremy Nicholson joined the Upper Snake Office as a regional biologist with the Idaho Fish and Game (IDFG) in September 2016.

Facilitator: Jim Schaffer

Email: milodoctor@gmail.com

Phone: 208 589-6005

**4152 Bears and the Yellowstone Experience** Instructor: Sidney Hoopes Fee: TBA

Date: 6-21to 6-25 Day: Wed-Sun Time: 5 days Location: Yellowstone National Park

Content: We are going on a five-day four-night bear hunt with four 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 signed up last year when we were unable to go. Costs will be discussed during meetings. THIS IS A LIMITED CLASS - 14

Credentials: Sidney has taught this class 14 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 Email: sidneyhoopes456@gmail.com Phone: 208-524-1280

**4584 Benefits of Urban Trees** Instructor: John Radford Fee:

Date: 2-16 Day: Thurs Time: 1:00-2:30 Location: CHE 213

Content: In this class we will discuss the benefits and uses of trees in the urban landscape. Urban trees are predicted to save over 200,000 lives from cooling effects. Urban trees build wealth, adding over \$100,000 to property values on tree canopied streets. Urban trees lower crime by as much as ten percent and reduce domestic abuse by 25%. More importantly, urban trees can bring more rain and water to a desert like ours, and they store carbon.

Credentials: John is an Idaho Falls city councilman with a special interest in the uses of urban trees.

Facilitator: Chris White Email: whitec42@gmail.com Phone: 208-716-3245

**4585 Beyond Freeze Dryer Basics** Instructor: Richard Harker Fee:

Date: 2-22 Day: Wed Time: 1:00-2:30 Location: CHE 217

Content: In this class Richard will discuss types of food that can be harvested and preserved through freeze drying. Learning the "tricks of the trade" makes freeze drying all kinds of food an enjoyable and fun endeavor. Samples of what can be harvested and preserved will be on display. A questionnaire at the beginning of the class will help determine the focus of the class.

Credentials: Richard has had three years of hands-on experience using the freeze-drying method of preserving food.

Facilitator: Janet Clayton Email: jmesina0214@gmail.com Phone: 208-932-5674

**4586 Bonneville County Fairgrounds Tour** Instructor: Monica Allen Fee:

Date: 5-23 Day: Tues Time: 11:00-12:30 Location 1542 E 73<sup>rd</sup> S

Content: Come tour the newly built facilities at the Bonneville County Fairgrounds. Class will begin with an instructional period informing participants of the various resources available to them through the County Extension and Fairgrounds office. Following the presentation, a tour will be given of the grounds which will include the five buildings on the premises and plans for future growth. THIS IS A LIMITED CLASS - 45

Credentials: A member of the Bonneville County Fair Board.

Facilitator: Dorothy Kennedy Email: dorothy.kennedy69@gmail.com Phone: 208-521-8224

**4587 The Book of Martyrs** Instructor: Joe Groberg Fee:

Date: 3-21 Day: Tues Time: 1:00-2:30 Location: CHE 213

Content: For 300 years John Foxe's "Book of Martyrs" sat next to the Bible in English households. It was first published in Switzerland (1554), and then in England (1563-1584). With 2300 folio pages and 150 woodcuts, it became the largest, most complex publishing project undertaken in that country, and greatly influenced the people and their religion. The class format will be a show and tell with the actual early editions available for perusal by class members.

Credentials: Joe has studied the early history of printing and collected examples of it for the last 20 years. He has degrees from Brigham Young University (BA), and the University of Chicago (JD) and Dartmouth College (MALS).

Facilitator: Margaret Kennelly Email: margaret\_kennelly@yahoo.com Phone: 208-524-4930

**4545 Champ's Heart Bridling the Healing Power** Instructor: Larry Cudmore Fee:

Date: 3-2 Day: Thurs Time: 10:00-12:00 Location: 988 S 45<sup>th</sup> East

Content: In the seven eastern Idaho counties there are more than 7,000 children with various disabilities. This number does not include the many veterans who struggle with physical or emotional disabilities. Champs Heart provides fun horse encounters for more than 75 children and veterans with a growing wait list of more than 100 people.

During this class we will be able to watch volunteers work with participants of the program. THIS IS A LIMITED CLASS - 30

Credentials: Pastor Cudmore worked for 42 years before entering this needed field. His love for working with horses and the needs he saw in individuals was joined to reach a special group of people in our society.

Facilitator: Margaret Kennelly Email: margaret\_kennelly@yahoo.com Phone: 208-524-4930

**4588 Develop Worth and Independence (DWI)**

Instructor: McKayla Matlack

Fee:

Date: 2-7

Day: Tues

Time: 1:00-2:30

Location CHE 213

Content: Development Workshop is, first and foremost, a community rehabilitation program, providing vocational and independent living, training and assistance in securing employment to individuals with disabilities or to those who are disadvantaged.

Mission Statement: To assist individuals who have a disability or who are disadvantaged to recognize and to achieve their chosen level of economic and social independence.

Credentials: McKayla Matlack is the head of Develop, Worth and Independence. She has a bachelor's degree in Special Education.

Facilitator: Kathie Hendrix Email: chatiek06@gmail.com

Phone: 208-589-4352

**4533 Dinos of the Deep (Underwater)**

Instructor: Staff at the Museum of Idaho

Fee: \$6.00

Date: 4-19

Day: Wed

Time: 10:00-11:30

Location: Museum of Idaho

Content: In this tour at the Museum of Idaho, journey through the Western Interior Seaway where massive mosasaurs, sharks, and savage marine reptiles dominated the age of the dinosaurs — beneath the waves. Pay when you attend. Limit: 30

Credentials: Curator of Museum of Idaho

Facilitator: Cathy Johnson

Email: dacjohns@hotmail.com

Phone: 719-235-3910

**4137 Double Deck Pinochle**

Instructor: Gene Hicks

Fee: Purchase lunch on site

Date: 2-6 thru 5-22

Day: Mondays

Time: 12:00-3:00

Location: Canton Restaurant  
2173 E 17<sup>th</sup> St.

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 the instructor. Players should arrive early and must buy lunch. A \$5 donation is taken for buying new playing cards. We play year-round every Monday.

Credentials: Gene Hicks has played many variations of Pinochle for years.

Facilitator: Vicky Van Sickle

Email: victorialynnvs@hotmail.com

Phone: 208-589-6055

**4589 Downtown Walking tour of IF** Instructor: Heresch Mynarcik Fee:

Date: 5-11 Day: Thurs Time: 1:00-3:00 Location: Downtown TBD

Content: Join us for a walking tour of the old historic downtown Idaho Falls with noted historian Heresch Mynarcik. As a longtime resident and owner of a historic house, Hersch is well acquainted with the many stories behind the buildings and now vacant lots of past structures.

THIS IS A LIMITED CLASS - 25

Credentials: Heresch is a long-time member of the Idaho Falls Historic Preservation Commission and has written and helped write many of the brochures highlighting this area. He has also led walks such as this for many people over the years.

Facilitator: Chris White Email: whitec42@gmail.com Phone: 208-716-3245

**4590 Dry Eye Disease** Instructor: Jason Hooton, MD Fee:

Date: 5-15 Day: Mon Time: 10:00-11:30 Location: CHE 213

Content: Discussion of the symptoms, causes and most importantly, treatments to achieve clearer more comfortable vision.

Credentials: Dr. Hooton is a Cornea Fellowship trained ophthalmologist.

Facilitator: LaLa Chambers Email: mlalastanquill@gmail.com Phone: 208-317-7515

**4591 Dutch Oven Cooking with Doug** Instructor: Dave Dameron Fee:

Date: 2-28 Day: Tues Time: 1:00-3:00 Location: 2141 W Saddle Lane IF

Content: During this class we will be treated to Dave's famous cobbler and biscuits. He will teach how to clean, store and treat Dutch ovens and answer all questions.

THIS IS A LIMITED CLASS - 15

Credentials: Dave and his wife Rosemary have a Dutch Oven Catering business that they have run for 25 years. They cook for retreats, camps, and have catered for all size weddings up to over 300 people.

Facilitator: Jeanell Coyne Email: jeanellcoyne7@gmail.com Phone: 208-589-5237



**4592 E Bikes- What's all the Fuss?**

Instructor: Gretchen O'Brien

Fee:

Date: 3-15

Day: Wed

Time: 1:00-2:30

Location: CHE 213

Content: Gretchen, a happy E Bike owner, will share her experience with E Bikes. In this class you will learn how an E Bike works (spoiler alert, you do have to pedal!), as well as the pros and cons for using one. Basically, learn what all the fuss is about!

Credentials: Gretchen owns an E Bike and has many excursions both overseas and, in the U.S., to tell you about!

Facilitator: Gretchen O'Brien

Email: gretchen.obleness@gmail.com

Phone: 208-681-3451

**4593 Egypt-Pyramids, Pharaohs and People**

Instructor: Royce Lee

Fee:

Date: 3-17

Day: Fri

Time: 10:00-11:30

Location: CHE 213

Content: The class will include history of Egypt, the tombs, temples and pyramids of the pharaohs, and life and people in Egypt today.

Credentials: Royce Lee visited Egypt in 2022 on a week-long guided tour of temples, tombs and a Nile River cruise.

Facilitator: Sidney Hoopes

Email: sidneyhoopes456@hotmail.com

Phone: 208-524-1230

**4323 Everyone can Draw**

Instructor: Nancy Peterson

Fee: \$5.00

Date: 3-9,16,23,30

Day: Thurs

Time: 10:00-12:00

Location: CHE 306

Content: For the person who always wanted to draw or improve the skills they have. Several different mediums will be introduced including, watercolor, pastels, color pencil, ink. All papers and pens will be supplied, bring regular #2 pencils, a sharpener and a "simple box" of color pencils (Crayola brand works.) After each class you will go home with a completed work of art while learning several new tools and techniques to make drawing easy and fun. You just might surprise yourself. THIS IS A LIMITED CLASS – 12. Money will be collected during the first class.

Credentials: Nancy Garnett Peterson is a published illustrator of children's books for five authors. She recently wrote and illustrated her 17th book. She has taught art to adults and children for over 14 years. She also taught calligraphy for several years at the community college. She is from Shelley and studied at Boise State University.

Facilitator: Kathie Hendrix

Email: chatiek06@gmail.com

Phone: 208-589-4352

**4594 Finland, Estonia, Russia Tour**

Instructor: Mike Saville

Fee:

Date: 3-8

Day: Wed

Time: 10:00-11:30

Location: CHE 213

Content: This course will focus on Mike's trip to Finland and Russia in 2012 before Russia invaded Crimea in 2014. He spent five days in Helsinki Finland, and a few days in Tallinn, the capital of Estonia. He then traveled by bus to St Petersburg, where the group boarded a cruise ship on the Volga River.

Credentials: Mike is a Pocatello Native, an Air Force Veteran, and worked at IBM Field Services in Pocatello. He has lived in Rochester, MN, Los Angeles, and Salt Lake City, and has worked at Thrivent Financial for Lutherans. Mike retired in 2013, and now lives in McCammon.

Facilitator: Teresa Konishi

Email: shalomtk@outlook.com

Phone: 208-339-2645

**4433 Fitness Made Simple**

Instructor: Leslee Blanch

Fee:

Date: 2-6 thru 5-8

Day: Mon

Time: 10:00-11:00

Location: Bonneville County Extension Office  
1542 E.73rd S.

Content: Leslee will give us an opportunity to improve our strength, flexibility, and balance using 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. THIS IS A LIMITED CLASS - 40

Credentials: Leslee is a Registered Dietitian and Certified Group Fitness Instructor.

Facilitator: Kathy Duplessis

Email: kduplessis81@gmail.com

Phone: 208-390-9505

**4595 Forecasting Your Weather Daily**

Instructor: Michael Coats

Fee:

Date: 2-22

Day: Wed

Time: 10:00-11:30

Location: CHE 213

Content: We will take a look at what it takes to broadcast a daily weather report for over-the-air and digital platforms in Eastern Idaho and Western Wyoming.

Credentials: Michael is currently the Chief Meteorologist, KIFI-TV Local News 8 & Eyewitness News 3. He has a BA Journalism from California State University Northridge and postgraduate in Meteorology from Mississippi State University.

Facilitator: Kathie Hendrix

Email: chatiek06@gmail.com

Phone: 208-589-4352

**4596 Gardening Success in Three Easy Steps** Instructor: Karen Brady Fee:

Date: 3-15 Day: Wed Time: 10:00-12:00 Location: CHE 213

Content: In this fast-paced, fun course, John and Karen will share their experience in growing healthy, productive gardens and beautiful, well designed flower containers. During the course they will cover the three basics of success with plants: healthy plants, appropriate water, and consistent feeding. Design, planting and extended care of vegetable and flower containers, in ground plantings, drip irrigation and proper nutrition to promote healthy, productive plants will all be covered.

Credentials: John, an agronomist, and Karen, an R.N. and florist, started Brady's Plant Ranch in Virginia, Idaho in 1985. They have over 35 years' experience growing vegetables for resale and annuals, perennial, trees, hanging baskets, containers and vegetable starts in their garden center.

Facilitator: Margaret Kennelly Email: margaret\_kennelly@yahoo.com Phone: 208-524-4930

**4313 Geology of the Neighborhood** Instructor: Dr. Margaret Fisher Fee:

Date: 5-16 Day: Tues Time: 10:00-12:00 Location: CHE 210

Content: Students will learn how Eastern Idaho and the mountains around our area were formed. The overview will include discussion of the environments under which the local rocks were formed, the influence that plate tectonics had on our current topography, and the development of a mantle Hot Spot and its role in the formation of the Snake River Plain. Students from this class will be eligible to attend an all-day field trip - details, proposed date(s), costs, and sign-up sheets will be supplied at the time of the lecture.

Credentials: Margaret holds undergraduate and graduate degrees in Geology from Lafayette College, Montana State, and U of I, respectively. She has 30 years of geology work experiences in Idaho, Montana and Wyoming and is an Idaho registered professional geologist with a PhD.

Facilitator: Margaret Kennelly Email: margaret\_kennelly@yahoo.com Phone: 208-524-4930

**4597 Gyozas (Pot stickers)** Instructor: Gretchen O'Bleness Fee: \$ TBD

Date: 4-7 Day: Fri Time: 1:00-4:00 Location: Bonneville Extension kitchen at  
1542 E 73<sup>rd</sup> S

Content: In this class Gretchen will teach you to make Gyoza's, which are Japanese Pot stickers. You will learn how to make the filling, and how to fold and cook this delicious treat!

Note: there will be a supply fee. THIS IS A LIMITED CLASS - 10

Credentials: Gretchen has been to Japan twice where she learned the technique to make these delicious dumplings!

Facilitator: Gretchen O'Bleness Email: gretchen.obleness@gmail.com Phone: 208-681-3451

**4598 Ham Radio Repeater and Teton Dam** Instructor: Mike Saville Fee:

Date: 3-22 Day: Wed Time: 10:00-11:30 Location: CHE 213

Content: In 1973 a group of Ham Radio Operators decided to place a Repeater on 9,265-foot Mount Harrison near Burley, Idaho. This repeater would provide a wide area of coverage of South Western, Central, Eastern, Idaho and Northern Utah. This lecture will include how the Hams convinced the Forest Service and Commercial Radio telephone services that this project would not interfere with any businesses. Shortly after the Repeater was operational, the Teton Dam failed. The course will focus on what happened after that and the enlightenment of the Value of Amateur Radio to Idaho.

Credentials: Mike is a Pocatello Native, an Air Force Veteran, and worked at IBM Field Services in Pocatello. He has lived in Rochester, MN, Los Angeles, and Salt Lake City, and has worked at Thrivent Financial for Lutherans. Mike retired in 2013, and now lives in McCammon.

Facilitator: Teresa Konishi Email: shalomtk@outlook.com Phone: 208-339-2645

**4289 Hand & Foot Card Game** Instructor: Marion Hudnall Fee: Buy lunch at Leo's

Date: 2-2 thru 4-13 Day: Thurs Time: 11:00-3:00 Location: Leo's, 155 S Holmes Ave

Content: Hand & Foot is a card game similar to Canasta, in which each player is dealt two sets of cards, the "Hand" and the "Foot". In this class students are taught the basic rules of the game and enjoy playing with other members of FFL. Players must buy lunch at each session. A donation is taken for new playing cards. We play year-round every Thursday.

Credentials: Marion Hudnall and Peggy Ash have been playing Hand & Foot for several years and are knowledgeable in the rules of the game.

Facilitator: Peggy Ash Email: peggy12bill@gmail.com Phone: 208-520-4377

**4599 Having fun with Feng Shui** Instructor: Sondra East Fee:

Date: 5-12 Day: Fri Time: 10:00-11:30 Location: CHE 217

Content: A brief overview of what Feng Shui is and how to map out your house to start bringing in fun new energy and a change to your life.

Credentials: Sondra is certified in all three schools of Feng Shui, traditional compass school, western black hat school and land form school. She has been practicing Feng Sui for 19 years.

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

**4600 History of Hair**

Instructor: Samantha Mashburn

Fee:

Date: 5-9 Day: Tues Time: 10:00-11:30

Location: CHE 217

Content: Hair...we all have it. Styles change often and so do gadgets to use on/in hair. A fascinating look at our obsession with our hair.

Credentials: Samantha is a retired hairdresser and avid antique collector.

Facilitator: Karin Armstrong Email: karinidaho@yahoo.com Phone: 208-357-6068

**4601 History of the Black Sea and Turkey**

Instructor: Jerry Jayne

Fee:

Date: 4-18

Day: Tues

Time: 1:00-3:00

Location: CHE 213

Content: Jerry will discuss The Black Sea and how it came to be. Come along with Jerry to Turkey where he learned that there are more Greek and Roman ruins than in all of Italy. Visit the very ancient and legendary site of Troy and the great ancient cities of Ephesus, Pergamon, Hattusa, and of course Istanbul. There will also be some irrelevancies thrown in for seasoning.

Credentials: Based upon an Elderhostel trip Jerry and his wife took to Turkey in 2001 and reading history, including ancient history.

Facilitator: Chris White Email: whitec42@gmail.com Phone: 208-716-3245

**4602 How to Improve Brain Health as You Age**

Instructor: Dr. Justin T. Hammon

Fee:

Date: 2-1, 3-1, 4-5, 4-26 Day: Wed Time: 10:00-11:30

Location: CHE 213

Content: This will be a 4-part hands-on series (1x/month) on what you need to know about acupuncture and the latest on neuro brain connection.

In this 4-part series, we will cover the four topics relating to the brain and its ability to heal through neuroplasticity using acupuncture/acupressure, an ancient principle in nutrition and movement, along with a brain rehab exercise known to restore health back to the brain. This hands-on class is designed to not only teach you the concepts but show you first-hand how to start implementing the tools, resources, and material to change your health and the health of others.

Credentials: Dr. Hammon is a Board-Certified Doctor of Chiropractic and Acupuncture specializing in optimizing brain, heart, and gut health through seasonal nutrition, functional movements and exercise, brain rehab, and emotional health. He is the author of the book "Digestive Reset" and owner of "Next Level" Health Center.

Facilitator: Sonia Rahman

Email: Srahmansmile@gmail.com

Phone: 208-313-9814

**4603 HWE Class - what is it?**

Instructor: Pam Johnson

Fee:

Date: 3-31

Day: Fri

Time: 10:00-12:00

Location: CHE 213

Content: HWE is a class named Hiking, Walking and Exploring. This classroom instruction will discuss what kinds of activities the HWE class might do during a year; what the expectations are for ride sharing; recommendations on equipment and supplies; differences between day trips and week-long ventures; and other things. We will outline the activities planned for the upcoming year. Bring your questions and your ideas.

Credentials: Pam Johnson is a long-time participant in HWE activities and an HWE committee member.

Facilitator: Jim Schaffer

Email: milodoctor@gmail.com

Phone: 208-589-6005

**4121 Hiking Walking and Exploring**

Instructor: HWE Committee

Fee:

Date:

Day:

Time:

Location: varies

Content: This year-round "class" schedules various activities for FFL members. Hiking (H) 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 I.F. Exploring (E) often takes us some distance from I.F., even to other states. The most vigorous activities range from hiking, biking, canoeing, horseback riding, skiing and snowshoeing. We are guided by member ideas and leaders, so we may try anything. We have recently ventured into some limited trips for ATV-ing.

Credentials: HWE committee members have been involved for many years. Committee - Jim Schaffer – chairman, 208-589 6005, Allen Perkins, 208-604-0820, Richard Scheerer, 208-881-6331, Garney Hardy, 208-680-1370, Pam Johnson, 970-420-8783, Larry Hull, 208-521-1268, Margaret Kennelly, 208-524-4930, and Janet Clayton, 208-932-5674.

Facilitator: Jim Schaffer

Email: milodoctor@gmail.com

Phone: 208-589-6005

**4604 Idaho Falls Downtown Development Corp**

Instructor: Catherine Smith

Fee:

Date: 4-14

Day: Fri

Time: 10:00-12:00

Location: CHE 213

Content: Idaho Falls Downtown Development Corporation (IFDDC) advances our historical downtown as the regional center for commerce, culture, and leisure activities for residents and visitors. A Business Improvement District, (BID), is a publicly sanctioned, yet privately directed organization that supplements public service to improve shared, geographically defined, outdoor public spaces. BIDs enhance the safety, cleanliness, image and competitiveness of city centers.

Credentials: Catherine is the Executive Director of Idaho Falls Downtown Development. Her work has always focused on the eastern region of Idaho. She is an active member of the nonprofit community and serves on a handful of local nonprofit boards and IF Rotary.

Facilitator: Chris White

Email: whitec42@gmail.com

Phone: 208-716-3245

**4605 Idaho Falls Law Enforcement Interfaces** Instructor: Bryce A. Johnson, Chief Fee:

Date: 4-21 Day: Fri Time: 1:00-3:00 Location: CHE 213

Content: Chief Johnson and Sheriff Hulse will present specifics of their respective responsibilities, interfaces and how the two agencies work together in providing high quality law enforcement services for the city and the county. An update progress of the new Idaho Falls Police Facility will also be presented. This type of presentation has not been done and should be of significant interest to the membership!!

Credentials: Bryce Johnson is the Idaho Falls Chief of Police. Sam Hulse is the Bonneville County Sheriff.

Facilitator: Gene Hicks Email: ghicks3313@aol.com Phone: 208-757-7362

**4606 In Time of Need** Instructor: Christa Trinchera Fee:

Date: 3-28 Day: Tues Time: 1:00-2:30 Location: CHE 213

Content: Christa is a Chaplain for Chaplains of Idaho, a non-denominational organization offering comfort and solace to those in need, throughout the state of Idaho.

This class will address the needs and care given to those who live in this area.

Credentials: Executive Director of Chaplains of Idaho.

Facilitator: Karin Armstrong Email: karinidaho@yahoo.com Phone: 208-357-6068

**4607 Spanish** Instructor: Eva Montantes Fee:

Date: 2-6 thru 5-22 Day: Mon Time: 10:00-11:30 Location: ZOOM

Content: Intermediate Spanish for those who have gone beyond beginning.

Credentials: Lifelong resident of Mexico. Eva is a University of Guajajara professor.

Facilitator: Vance Hawley Email: wa7fdr@Hotmail.com Phone: 208-522-9296

**4608 Is an E Bike Right for You?**

Instructor: Ryan Edge

Fee:

Date: 5-4

Day: Thurs

Time: 10:00-11:30

Location: CHE 210

Content: The lecture will provide information on the types of e bikes and the appropriate use of e bikes. E bikes come in a variety of configurations from town cruisers to downhill mountain bikes. What type of bike is appropriate for you? There are three classes of e bike based on the power rating and maximum speed that the motor will support. Where an e bike can be ridden is closely tied to the class of the bike. Other places do not allow e bikes at all. Determine where you want to ride and select a bike that is legal. The talk will also cover loading and carrying your bike on your car.

Credentials: Ryan Edge is manager of Fitzgerald's Bicycles in Idaho Falls with years of experience with analog and electric bicycles.

Facilitator: Larry Hull Email: hulllc68@gmail.com

Phone: 208-521-1268

**4609 Lawn Sprinkler Maintenance and Install**

Instructor: Greg Cramer

Fee:

Date: 4-12

Day: Wed

Time: 1:00-2:30

Location: CHE 217

Content: Greg Cramer will teach how to maintain repair and install a lawn sprinkler system. Limited to 50.

Credentials: Greg has operated a sprinkler installation business for 40 years and installed over 2,000 sprinkler systems. He taught similar classes for Community Education for several years.

Facilitator: Royce Lee

Email: royceblee337@gmail.com

Phone: 208-589-4276

**4610 Learn how to cook Paella (and eat!)**

Instructor: Sonia Rahman

Fee: \$5.00

Date: 3-30

Day: Thurs

Time: 11:00-2:00

Location: Bonneville County Fairgrounds, Commercial Kitchen

Content: Paella is a traditional rice dish originally from Valencia, Spain. There are many variations, but we will be cooking a Paella Mixta (i.e. mixed chicken and shrimp). Come learn about the history of Paella, get the recipe and take your own notes, watch and partake in the cooking as we make two large paellas at the same time - all ingredients, cooking utensils and paper plates/cutlery/napkins will be provided. Then enjoy some paella for lunch! Bring your own drink (no alcohol allowed). You will be expected to help with clean up before we vacate the premises.

Note, a \$5 cash fee will be charged/person upon arrival to help cover the ingredients.

THIS IS A LIMITED CLASS - 16

Credentials: Sonia Rahman was born in Valencia, Spain and has attended multiple Paella cooking lessons in Spain. Over the years she and her father have entered Paella cooking contests in her village fiestas. Though they didn't win they did get honorable mention.

Facilitator: Sonia Rahman

Email: srahmansmile@gmail.com

Phone: 208-313-9814



**4611 Leigh Lake Canoe Trip** Instructor: Gretchen O'Bleness Fee:

When: 3-29 Day: Wed Time: 1:00-2:30 Location: CHE 213

Content: The class will center on how to get to Leigh Lake, what gear you might need, how to make reservations and other details about the process through the Grand Teton National Park. The best part is seeing the wonderful sights of the area and learning about the activities available. The highlights range from swimming in the lake, incredible flowers and even some wildlife!

Credentials: This trip was enjoyed so much that Gretchen ended up taking THREE more trips to the lake in the summer of 22!

Facilitator: Gretchen O'Bleness E-mail: Gretchen O'Bleness Phone: 208-681-3451

**4218 Line Dance** Instructor: Group Instructors Fee:

Date: 2-3 thru 4-14 Fri Time: 1:00-2:00 Location: Development Workshop  
555 W 25<sup>th</sup> 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 Email: debscheerer@yahoo.com Phone: 208-881-6031

**4612 Little Dresses of Africa** Instructor: Marian Packebush Fee:

When: 4-27 Day: Thurs Time: 10:00-12:00 Location: First Presbyterian  
Church, 325 Elm Street

Content: Come and help make dresses out of pillowcases. This is a rewarding activity for those who would like to contribute to the needy youth of the world. Materials will be supplied. However, if you would like to donate cotton-blend pillowcases, extra wide double-fold bias tape, quarter inch elastic, lace, etc. Bring it with you. All donations will be welcome. Bring a sewing machine if you have one. Volunteers who do not sew may help iron, pull elastic through cases, trim, and donate supplies and money for shipping.

Credentials: Marian has been sewing little dresses for Africa for 10 years. Her group donated 228 dresses this year. She has a very encouraging and helpful team that helps even the most inexperienced person complete a dress that gives a gift of love and friendship.

Facilitator: Teresa Konishi Email: [shalomtk@outlook.com](mailto:shalomtk@outlook.com) Phone: 208-339-2645

<b>4613</b>	<b>Melaleuca Headquarters Tour</b>	Instructor: Debbie Caldwell	Fee: Buy Lunch
Date: 4-11	Day: Tues	Time: 11:00-1:00	Location: Melaleuca Global Headquarters 4609 W. 65th South
Content: Enjoy touring the beautiful buildings of the Melaleuca Global Headquarters. Wear comfortable shoes. Following the one-hour tour we will have lunch in the onsite cafeteria. THIS IS A LIMITED CLASS - 30			
Credentials: Debbie Caldwell is one of the Senior Business Development Team for Melaleuca members.			
Facilitator: Vicky Van Sickle	Email: victorialynnvns@hotmail.com	Phone: 208-589-6055	

<b>4614</b>	<b>The Mike File: A Story of Grief and Hope</b>	Instructor: Stephen Trimble	Fee:
Date: 2-17	Day: Fri	Time: 10:00-12:00	Location: ZOOM
Content: In 1957, when “Stevie” was six and Mike 14, psychosis overwhelmed Mike. He never lived at home again and died alone in a Denver boarding home at 33. Journalists used Mike's death to expose these “ratholes” warehousing people with mental illness. In this presentation, Trimble recreates Mike's life. Equal parts detective story, social history, journey of self-discovery, and compassionate memorial to a family and a forgotten life, "The Mike File" will move every listener with a relative or friend touched by psychiatric illness or disability—which is pretty much all of us.			
Credentials: As writer, editor, and photographer, Stephen Trimble has published 25 award-winning books during 45 years of paying attention to the landscapes and peoples of the Desert West. He's received The Sierra Club's Ansel Adams Award for photography and conservation and a Doctor of Humane Letters from his alma mater, Colorado College. In 2019, he was honored as one of Utah's 15 most influential artists.			
Facilitator: Margaret Kennelly	Email: margaret_kennelly@yahoo.com	Phone: 208-524-4930	

<b>4615</b>	<b>Origami Tulips</b>	Instructor: Jamie Dazey	Fee: \$3
Date: 3-7 ,9	Day: Tues and Thurs	Time: 2:00 - 4:00 pm	Location: CHE 306
Content: In this class you will use the Origami technique to create a small (4-6) tulip bouquet and vase to brighten your Spring space. Difficulty: 3 - 4 on a 0 - 10 scale. All supplies included in fees. This class size is limited to a maximum of 10 people. Pay fee the first day of class.			
Credentials: Jamie has been practicing origami for about 5 years and has taken classes from Linda Buttles.			
Facilitator: Kathie Hendrix	Email: Chatiek06@gmail.com	Phone: 208-589-4352	

**4616 People and Pictures of Papua New Guinea (PNG)**

Instructor: Dan Cummins Fee:

Date: 2-21 Day: Tues Time: 1:00 - 2:30 Location: CHE 213

Content: From being an accomplished carpenter in Idaho, Dan took an unexpected job in Papua New Guinea where he lived and worked with locals in very remote sites. In this class he will share pictures and stories about his experiences that will inform and entertain you.

Credentials: Dan worked in construction for years while making many trips to Papua New Guinea to use his skills.

Facilitator: Allen Perkins Email: adp1942@gmail.com Phone: 208-604-0820

**4503 Pickleball Practice**

Instructor: Mark Van Sickle

Fee:

Date: 4-6,13,20,27 Day: Thurs Time: 10:00 -12:00 Location: Lincoln Park Pickleball Complex  
5-4 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.

Pickleball 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 Email: scubamarkvs56@gmail.com Phone:208-757-8687

**4188 Readers' Round Table**

Instructor: Sheryl Schaffer

Fee:

Date: 5-3 Day: Wed Time: 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 whether from old classics or recent publications. If you have any books you want to give away, bring no more than three. THIS IS A LIMITED CLASS - 15

Credentials: Sheryl is an avid reader of many reading genres and has participated in this class in several past sessions.

Facilitator: Sidney Hoopes Email: sidneyhoopes456@gmail.com Phone: 208-524-1280

**4299 Potluck Spring Social**

Instructor: FFL Board of Directors

Fee: Bring Food

Date: 4-25 Day: Tues Time: 12:00 - 2:00 Location: First Evangelical Lutheran Church  
455 W. Sunnyside Road, Idaho Falls

Content: Come and join us for a potluck Spring Social Lunch. We had a blast last year in the Spring of 2022 getting to know one another better. Facilitators will have class displays and we will enjoy the year in review with pictures. Bring some food to share. Plates, drinks, and utensils will be provided.

Credentials: FFL has had spring socials for many years.

Facilitator: Vicky Van Sickle

Email: victorialynnvsv@hotmail.com

Phone: 208-589-6055

**4617 Riding the Great Divide Mtn Bike Route**

Instructor: Dave Wilding

Fee:

Date: 5-18 Day: Thurs Time: 10:00-12:00 Location: CHE 213

Content: The Great Divide Mountain Bike Route (GDMBR), developed and mapped in 1997 by the Adventure Cycling Association, is approximately 2,700 miles long and is considered by many to be the birthplace of bike packing as a sport. The route follows the Continental Divide and is 90% off-pavement using high-quality dirt roads, gravel roads, trails, and a few short sections of unmaintained tracks. Bike packing the GDMBR requires only intermediate off-road mountain biking skills, but it is a painstaking test of endurance based on the sheer scale of the route, with over 200,000 feet (60,960 meters) of elevation gain and loss. Follow along with Dave Wilding who completed this ride the summer of 2022 with some days riding over 100 miles on dirt roads.

Credentials: Dave is the owner of Dave's Bike Shop in Downtown IF and a long-time distance rider. This was the most challenging of any ride he has done.

Facilitator: Chris White

Email: white42@gmail.com

Phone: 208-716-3245

**4569 Shutterfly Photo Book Computer Class**

Instructor: Gretchen O'Bleness

Fee:

Date: 3-30, 4-13, 20, 27 Day: Thurs Time: 1:00-4:00 Location: CHE 202

Content: Shutterfly is an online computer program to upload photos and create a photo book. This class will teach you how to create an account with Shutterfly, upload pictures and create a sample book by arranging the layout of photos and captions. THIS IS A LIMITED CLASS - 16

Credentials: Gretchen has used Shutterfly for many years and has created at least 12 Shutterfly photo books over the years. She also taught this class in the Fall and is ready to present again

Facilitator: Gretchen O'Bleness

Email: gretchen.obleness@gmail.com

Phone: 208-681-3451

**4231 Singing for Fun**

Instructor: Donna Park

Fee:

Fun Date: 2-8 - 5/17 Day: Wed. Time: 1:00-2:00 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. THIS IS A LIMITED CLASS - 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: Donna Park

Email: DonnaJPark@hotmail.com

Phone: 208-403-9302

**4505 Spanish for Touring**

Instructor: John Maxfield

Fee:

Date: 3-17,24,31,4-7,14,21 Day: Fri Time: 10:00-11:30 Location: CHE 305

Content: If you have a vacation or a cruise planned for Mexico, South America, Spain or another Spanish-speaking country, this course may be helpful. This is a 6-week course for beginning-level Spanish speakers to learn or brush up on the language skills needed to visit and travel in Spanish-speaking countries. Survival Spanish techniques will include pronunciation and basic vocabulary needed for travel using present tense conjugation. Students should have an electronic or printed copy of "Easy Spanish Phrasebook" by Pablo Garcia Loaeza. Either format is available from Amazon. THIS IS A LIMITED CLASS - 15

Credentials: John has lived in the Monterrey, Mexico area and in Barcelona, Spain for a combined 3 1/2 years. He continues to be a student of Spanish and recognizes increased learning comes from teaching and helping others begin to learn the language.

Facilitator: Sherrie Maxfield

Email: s.maxfield7@yahoo.com

Phone: 208-520-6867

**4311 Summer Picnic and Annual Meeting**

Instructor: FFL Board of Directors

Fee: \$10.00

Date: 8-8 Date: Tues Time: 5:30 Location: Tautphaus Park Shelter 1

Content: Come and join us for a delicious catered picnic. The cost is \$10.00 per person, non-refundable, to be paid at registration. We collect the small fee so we can order the proper amount of food being delivered (because of no-shows in the past). Bring your favorite lawn chair. Following our picnic, we will have a short FFL Annual Meeting voting for our FFL officers.

Credentials: Annual tradition

Facilitator: Vicky Van Sickle

Email: victorialynnv@hotmail.com

Phone: 208-589-6055

**4618 The Tapestry of American Religion** Instructor: Rev. Kevin Carson M.Div. Fee: 0

Date: 3-13,20 Day: Mon Time: 1:00-3:00 Location: CHE 213

Content: In this two-part series, we will explore the rich history and diversity of American religion and spirituality from pre-colonial times to the present. Part one will begin with the spirituality of the Indigenous Peoples and will end with the onset of the Civil War. Part two will begin with the period of the Civil War and continue to the present time.

Credentials: Rev. Kevin Carson, Master of Divinity (M.Div.), Senior Minister of the Unitarian Universalist Church in Idaho Falls. B.S. Physics, Vanderbilt University, and M.Div. from Andover Newton Theological School.

Facilitator: Lala Chambers Email: mlalastanquill@gmail.com Phone: 208-317-7515

**4572 Who's Afraid of the Brothers Grimm** Instructor: Lexie French Fee:

Date: 2-14 Day: Tues Time: 1:00- 3:00 Location: CHE 213

Content: Witches! Fairies! Gnomes! Trolls! Are these creatures purely the work of the Grimm Brothers and others, or were these tales shaped and molded by history, economics and psychology? Come find some answers and perhaps more questions.

Credentials: Lexie French graduated from ISU with a BA in history. She taught composition and literature for 30 years in School District 91. She has traveled widely in the UK tracing the footsteps of the English Monarchs.

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

**4573 Writing Your Story** Instructor: Sidney Hoopes Fee:

Date: 2-23, 3-2, 3-9,16,23 Day: Thurs. Time: 1:00-3:00 Location: CHE 217

Content: Come and learn to enjoy expressing yourself through writing. This five-week class can help get you started preserving personal and family stories or simply give you a reason to start writing for pleasure. We have fun while learning and giving each other help and encouragement. CLASS LIMIT 12

Credentials: Sidney has been facilitating this class for several years.

Facilitator: Sidney Hoopes Email: sidneyhoopes456@gmail.com Phone: 208-524-1280

## **BUS TRIPS 2023**

**Sandy Bryan is planning a September day trip to Butte Montana to learn about early mining in Montana with an optional underground mine tour, additional stops at Stodden Park, the Copper King Mansion, a trolley ride to hear the story of historic Butte and more.**

**Eileen Perkins is arranging an overnight excursion in late June with lodging in Ennis. The main activities include Quake Lake, Lewis and Clark Caverns, Virginia and Nevada City, and the popular Virginia City Playhouse.**

**Nancy Carpenedo is planning a late spring trip to the Tulip Festival at Thanksgiving Point with a stop in Pocatello to visit the beautiful Greek Orthodox Church of the Assumption.**

### **Other possibilities:**

**Dinner and a play in West Yellowstone - Utah Olympic Park - The National Museum of Military Vehicles in Dubois, Wyo. (the nation's premier world class military history museum.**

**Information for each trip will be e-mailed to all FFL members about a month before the scheduled date.**

**Have a suggestion? Contact Cathy 1(719)235-3910, Eileen (208) 520-7483, Nancy (208) 529-4714.**

## 3Friends for Learning Registration Form – Spring, 2023

*Please keep a copy of this form for your future reference.*

Name \_\_\_\_\_ *Please print clearly*

• **FFL Members:** List changes to address, e-mail or phone here \_\_\_\_\_

• **For new members only:** Please complete the following information:

Address \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ Cell \_\_\_\_\_ Email \_\_\_\_\_

### How to Register:

- Complete the Registration Form. Refer to the Course Catalog for details about each class.
- **Membership Fee** – The semester fee is \$20.00. (*Other course-specific fees may be assessed as needed by the instructor.*) Make the check out to ISU-FFL and follow mail-in instructions below.
- **Register Online at: [cetrain.isu.edu/ffl](http://cetrain.isu.edu/ffl)**
- **In-person registration:** If you wish to have help with registration, join us on campus, CHE 202 between 9:00-11:30 Wednesday, January 25<sup>th</sup>.

**You can just as easily download this Registration Form, fill it out and send it to the address below.**

- **Mail-in Registration:** Mail your Registration Class List and registration \$20.00 fee to:  
 Idaho State University  
 Continuing Education/Workforce Training - FFL  
 921 South 8<sup>th</sup> Avenue, Stop 8380  
 Pocatello, ID 83209

**Parking Passes:** All registries will need a parking pass this semester.

X	Course #	Course name	Date	Days	Time	Location
	4215	Parking Pass				
	4242	A Volunteer Opportunity				
	4577	8 Countries in 28 Days	5-16	Tues	1:00-3:00	CHE 213
	4578	A Chef's Life	2-9	Thurs	1:00-2:30	CHE 213
	4579	Aging, Body Wisdom part 1	4-19	Wed	1:00-2:30	CHE 217
	4580	Aging, Make Health a Hobby part 2	4-26	Wed	1:00-2:30	CHE 217
	4581	Aging, Processed Food is Detrimental...3	5-3	Wed	1:00-2:30	CHE 217
	4582	Aging, Movie It part 4	5-10	Wed	1:00-2:30	CHE 217
	4258	Anyone Can Paint ( \$25 at registration)	5-5	Fri	1:00-4:00	Grape Van Gogh 1500 Pancheri
	4583	Australia, New Zealand & Fiji	2-15	Wed	1:00-2:30	CHE 213
	4392	Bear Awareness and Safety	4-5	Wed	1:00-3:00	CHE 213
	4152	Bears and the Yellowstone Experience	6-21 to 6-25	5 days		Yellowstone Park
	4584	Benefits of Urban Trees	2-16	Thurs	1:00-2:30	CHE 213
	4585	Beyond Freeze Dried Basics	2-22	Wed	1:00-2:30	CHE 217
	4586	Bonn. County Fairgrounds Tour	5-23	Tues	11:00-12:30	1542 E 73 <sup>rd</sup> So
	4587	Book of Martyrs	3-21	Tues	1:00-2:30	CHE 213
	4545	Champs Heart Bridling the Healing Power	3-2	Thurs	10:00-12:00	988 S 45th East
	4588	Develop Worth and Independence	2-7	Tues	1:00-2:30	CHE 213
	4533	Dino of the Deep	4-19	Wed	10:00-11:30	Museum of Idaho
	4137	Double Deck Pinochle	2-6 to 5-22	Mon	12:00-3:00	Canton, 2173 E 17th
	4589	Downtown Walking Tour of Idaho Falls	5-11	Thurs	1:00-3:00	TBD
	4590	Dry Eye Disease	5-15	Mon	10:00-11:30	CHE 213
	4591	Dutch Oven Cooking with Doug	2-28	Tues	1:00-3:00	2141 W Saddle Lane
	4592	E Bikes- What's All the Fuss?	3-15	Wed	1:00-2:30	CHE 213



4593	Egypt- Pyramids, Pharaohs, and People	3-17	Fri	10:00-11:30	CHE 213
4323	Everyone Can Draw	3-9,16,23,30	Thurs	10:00-12:00	CHE 306
4594	Finland, Estonia, and Russia Tour	3-8	Wed	10:00-11:30	CHE 213
4433	Fitness Made Simple	2-6 thru 5-8	Mon	10:00-11:00	1542 E 73 <sup>rd</sup> S
4595	Forecasting Your Weather Daily	2-22	Wed	10:00-11:30	CHE 213
4596	Gardening Success in Three Easy Steps	3-15	Wed	10:00-12:00	CHE 213
4313	Geology of the Neighborhood	5-16	Tues	10:00-12:00	CHE 210
4597	Gyoza (Potstickers)	4-7	Fri	1:00-4:00	Bonn. County Ext. kitchen
4598	Ham Radio Repeaters and Teton Dam	3-22	Wed	10:00-11:30	CHE 213
4289	Hand and Foot Card Game	2-2 thru 4-13	Thurs	11:00-3:00	Leo's, 155 S Holmes
4599	Having Fun with Feng Shui	5-12	Fri	10:00-11:30	CHE 217
4600	History of Hair	5-9	Tues	10:00-11:30	CHE 217
4601	History of the Black Sea and Turkey	4-18	Tues	1:00-3:00	CHE 213
4602	How to Improve Brain Health as You Age	2-1,3-1,4-5, 4-26	Wed	10:00-11:30	CHE 213
4603	HWE What is it?	3-31	Fri	10:00-12:00	CHE 213
4121	HWE	varies			Varies
4604	Idaho Falls Downtown Development	4-14	Fri	10:00-12:00	CHE 213
4605	Idaho Falls Law Enforcement Interaction	4-21	Fri	1:00-3:00	CHE 213
4606	In Time of Need	3-28	Tues	1:00-2:30	CHE 213
4607	Spanish	2-6 thru 5-22		6:00-7:30	ZOOM
4608	Is an E Bike Right for You?	5-4	Thurs	10:00-11:30	CHE 210
4609	Lawn Sprinkler Maintenance and Installation	4-12	Wed	1:00-2:30	CHE 217
4610	Learn How to Cook Paella	3-30	Thurs	11:00-2:00	Bonn. County Fair- grounds, Kitchen
4611	Leigh Lake Canoe Trip	3-29	Wed	1:00-2:30	CHE 213
4218	Line Dance	2-3 thru 4-14	Fri	1:00-2:00	Development Workshop
4612	Little Dresses for Africa	4-27	Thurs	10:00-12:00	325 Elm St, Church
4613	Melaleuca Headquarter Tour	4-11	Tues	11:00-1:00	4609 W 65 <sup>th</sup> S
4614	Mike's File: A Story of Grief and Hope...	2-17	Fri	10:00-12:00	ZOOM
4615	Origami Tulips	3-7,9	Tue/Thur	2:00-4:00	CHE 306
4616	People and Pictures of PNG	2-21	Tues	1:00-2:30	CHE 213
4503	Pickleball Practice	4-6,13,20,27 5-4	Thurs	10:00-12:00	Lincoln Park Pickleball Com. 2280 Lincoln Rd.
4299	Potluck Spring Social	4-25	Tues	12:00-2:00	Lutheran Ch. 455 W. Sunnyside Rd
4188	Reader's Round Table	5-3	Wed	1:00-2:30	CHE 305
4617	Riding the Great Divide Mtn Bike Route	5-18	Thurs	10:00-12:00	CHE 213
4569	Shutterfly Photo Book Computer Class	3-30,4-,13 ,20,27	Thurs	1:00-4:00	CHE 202
4231	Singing For Fun	2-7 thru 5-15	Wed	1:00-2:00	4051 Cambria Dr.
4505	Spanish for Touring	3-17,24,31,4-7,14,21	Fri	10:00-11:30	CHE 305
4311	Summer Picnic (\$10 pay at registration)	8-8	Tues	5:30...	Tautphaus Park, Shelter 1
4618	Tapestry of American Religion	3-13,20	Mon	1:00-3:00	CHE 213
4572	Who's Afraid of the Brothers Grimm?	2-14	Tues	1:00-3:00	CHE 213
4573	Writing your Story	2-23,3-2,9,16,23	Thurs	1:00-3:00	CHE 217