

Friends for Learning. Inc

Course Catalog

Fall 2022

Registration for 2022 begins Wednesday, August 10, 9:00 a.m. and continues throughout the semester.

Registration online: Go to friendsforlearning.com or 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, August 10, 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. 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. Your parking pass is good until August 31. Call 208-282-3372 if you have questions.

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 August 10th. Complete the form and attach your check made out to ISU for the \$20.00 membership fee and mail to the following address:

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

Parking Passes: Everyone will need a parking pass this semester. I have checked the first class on your registration form because everyone will be issued a new 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, 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 Fall 2022

4215 Parking pass

Everyone will need a parking pass this semester. It will be good until Aug. of 2023. Do not discard it at the end of the semester. I have marked 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 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.

Facilitator: Jeanell Coyne

Email: jeanellcoyne7@gmail.com

Phone: 208-589-5237

4531 3 Girls Gardens: U-Pick Flowers Instructor: Jessica Smedly Fee: \$10.00

When: 9/13 Tues. Time: 10:00-12:00 Location: 5959 E 1st St., Ammon, ID

Content:

Jessica has planted acres of flowers for a U-Pick Garden. She will talk to us about flowers in Eastern Idaho and then we can pick the flowers we want for \$10:00 or more, depending on the size of your bouquet. This is a fun experience. Meet at Winco Parking lot 9:30 and carpool to the Garden.

Credentials:

Jessica started planting flowers to give to friends, then invited others to pick their own. It has grown into her flower business.

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

4542 A Just War: Iraq and Afghanistan Instructor: G Michael Pratt Fee:

When: 10/21 Fri Time: 1:00-3:00 Location: TAB 200

Content:

Most of what we see and hear on the news regarding the wars in Iraq and Afghanistan are filtered through a paradigm adopted for societal norms for public consumption and are wrong. In order for people to make well informed decisions, the history leading up to the invasions as well as how the wars were executed and consequences subsequent to the conflicts, it is important to know what happened and why. Although news stories and history books usually cover topics which reflect actual events, the implications of such events and the stories from the front lines very rarely reflect relevant facts of what happened. In order to clear the fog of war and bring to light events and implications for the American people, I have compiled a presentation of what happened in Iraq and Afghanistan and why I believe it is important to know what really happened.

Credentials:

Field Grade Officer in the United States Army Reserve with 35 years of military service. He completed 7 full deployments (2 to Iraq, 2 to Afghanistan, 2 to Central America and the COVID-19 Response Team). Former US Army Senior Counterintelligence Special Agent, former Intelligence Officer.

Facilitator: Margaret Kennelly E-mail: margaret_kennelly@yahoo.com Phone: 208-524-4930

4348 Advanced Spanish Instructor: Eva Montantes Fee:

When: 9/12-12/12 year-round. Time: 10:00-11:30 Location: ZOOM

Content:

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

Credentials:

Eva Montantes is a life-long resident of Mexico and is a University of Guadalajara Professor.

Facilitator: Vance Hawley E-mail: wa7fdr@hotmail.com Phone: 208-522-9296

4543 Antique Appraisals

Instructor: Mindy Baker

Fee:

When: 12/5 Mon Time: 10:00-12:00

Location: CHE 214

Content:

Myron Curtis runs Family and Friends Liquidation Estate Sales. He is experienced in the value of antiques.

Credentials:

Students can bring in one item to have it valued by Myron and his daughter.

Facilitator: Karin Armstrong

E-mail: karinidaho@yahoo.com

Phone: 208-357-6068

4258 Anyone Can Paint

Instructor: Amber Birch

Fee: \$25.00

When: 9/14 Wed Time: 12:30-3:30

Location: Grape Van Gogh, 1500 Pancheri

Content:

Follow step by step as you create your own Fall themed acrylic painting. Choose to follow along or express your own creative style. By the end of the session, you will have completed your own unique masterpiece. This is a fun way to "Paint and Party". The \$25.00 fee will be paid as you register for the class.

Credentials:

Amber Birch owns the Grape Van Gogh which 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

E-mail: victorialynnvs@hotmail.com

Phone: 208-523-8687

4524 Butterfly Haven

Instructor: Members of the Butterfly Haven

Fee: \$10.00

When: 9/6 Tues Time: 1:00-5:00

Location: 1462 W. 200 S., Pingree, ID

Content:

Come with us to enjoy the hundreds of butterflies in the indoor botanical retreat designed especially for the butterflies of Idaho. You will see butterflies, flowers, birds, bees, and more. This information was covered in a class we offered in Spring of 2022. Join us for a field trip. Meet at the west side Wal-Mart at 1:00 to car-pool to Pingree. More information can be found on line at: www.thebutterflyhaven.com . Fee will be paid at the Butterfly Haven

Credentials:

Members of the Butterfly Haven will conduct the class.

Facilitator: Mikki Fitch

E-mail: LFMFITCH17@GMAIL.COM

Phone: 208-201-7479

4544 Car Camping Made Easy

Instructor: David Johnson

Fee:

When: 10/5 Wed Time: 1:00-3:00

Location: CHE 307

Content:

Do you want to get back to nature? Do you want to take your grandkids camping, or perhaps camp with friends? This class might help spur your interest, get you motivated again, or refresh your memory. It might even bring back some fond memories. This class is oriented towards car camping, which includes RVs. It will also touch on bicycles, motorcycles, and backpacking. It will cover planning, clothing, equipment, The Ten Essentials, Leave No Trace, meals, where to go, setting up, and more.

Credentials:

Dave has camped since he was a toddler. He has car camped, back-packed, river camped, RV camped, Army camped, and even camped in his back yard. He has slept under stars, tents, and vehicles. He has camped in the desert, jungles, mountains and the sub-arctic, with temperatures ranging from -50 to the +90s.

Facilitator: Dave Johnson

E-mail: davejohns_01@hotmail.com

Phone: 719-235-3943

4545 Champ's Heart Bridling the Healing Power

Instructor: Larry Cudmore

Fee:

When: 9/20 Tues Time: 10:00-12:00

Location: 988 S 45th E, IF

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.

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

E-mail: margaret_kennelly@yahoo.com

Phone: 208-524-4930

4546 Colored Pencil Art for Beginners

Instructor: Colleen Bohan/Sue Braastad

Fee: \$10.00

When: 11/1 & 11/2 Tues, Wed Time: 1:00-3:00

Location: TAB 140

Content:

Class members will learn basics of working in colored pencil: Working from a reference photo, transferring images, layering color, impressed lines, blending color with a colorless blender marker, burnishing color with a colorless blending pencil. Reference photos, transfer paper, drawing paper, tracing paper, stylus, colorless marker and colorless blending pencil will be provided. Class members will need to bring a set of 24 Prismacolor Premier ARTIST QUALITY colored pencils and a pencil sharpener. limit:12 Fee will be collected at the first class.

Credentials:

Colleen Bohan and Sue Braastad are members of the Colored Pencil Society of America Idaho Falls District Chapter and display their work at The Art Museum of Eastern Idaho and other venues

Facilitator: Colleen Bohan

E-mail: colleen.m.bohan@gmail.com

Phone: 208-351-3879

4270 Cheese Making Process

Instructor: Blake Manwaring

Fee:

When: 9/22 Thurs Time: 2:30-4:00

Location: 310 Eastern Avenue, IF

Content:

Attendees will receive a presentation on the cheese making process, including all stages from beginning to final product. Manwaring makes approximately 26 variety of flavors of handcrafted cheese. They also have many delicious gelato flavors at their store Cheese and gelato samples will be available for tasting following the presentation.

Credentials:

Blake Manwaring learned from his father and has been making handcrafted cheese for over 40 years. He is a master cheese maker in this family business. Manwaring Cheeses are sold to area Broulim's stores, external vendors and at Chucker's games.

Facilitator: Helen Hill

E-mail: helenhillsemail@gmail.com

Phone: 208-589-8358

4101 Colonial Theater Preview

Instructor: Brandi Newton

Fee:

When: 9/6 Tues

Time: 10:00-12:00

Location: Colonial Theater, 450 A St.

Content:

Come join us for the 2022-2023 season previews for the Idaho Falls Arts Council. If you've attended a preview before you know you don't want to miss this. If you haven't attended a preview or haven't attended any of the shows, don't wait, now is the time. Before and after the presentation you should have the opportunity to tour the Carr and Hall Galleries and view the latest exhibits. Caveat: If remodeling is still in progress or if it is between exhibits the galleries might be closed. This could be moved to the ARTitorium on Broadway if the remodeling hasn't been completed.

Credentials:

The Arts Council has been providing quality entertainment and education in the arts for many years. It brings in world class visual and performing arts for the community to enjoy.

Facilitator: Dave Johnson

E-mail: davejohns_01@hotmail.com

Phone: 719-235-3943

4160 Computer Security for Seniors

Instructor: Gretchen O'Bleness & Steve Tomm

Fee:

When: 9/28 Wed

Time: 2:00-3:00

Location: CHE 213

Content:

This class will be a basic one-hour discussion of how to keep your computer devices more secure and help plan for the future. This is NOT a highly technical class, just some easy and basic things you can do to improve your computer security. Topics will include most common attacks, password strategies, how to use 2-factor authentication, preparing your various accounts for the inevitable (death), avoiding identity theft, how to reduce the risk of being impersonated on Facebook, and more!

Credentials:

Both Gretchen and Steve are "computer nerds" retired from the INL. Gretchen started her career at the INL teaching lab employees how to use computers then spent the rest of her 30+ in Information Management. Steve's career included providing Mac, PC and Unix support for several National Labs, as well as 8 years with a Cyber Emergency Response Team.

Facilitator: Gretchen O'Bleness

E-mail: gretchen.obleness@gmail.com

Phone: 208-681-3451

4547 Cooking with Ancient Grains

Instructor: Jamie Ashcraft Fee:

When: 10/25 Tues

Time: 10:00-12:00

Location: Evangelical Lutheran Church, 455 Sunnyside Rd, IF

Content:

Instruction and discussion of different grains, including ancient grains. A demonstration will be given using different grains. Sampling the final results will follow this demonstration.

Credentials:

The class will be led by the owners of HiStakes-Spelt, located in Sugar City.

Facilitator: Jeanell Coyne

E-mail: jeanellcoyne7@gmail.com

Phone: 208-589-5237

4151 Creative Writing Class

Instructor: Sidney Hoopes

Fee:

When: 10/27,11/3,10,17,12/1,8 Thurs

Time: 1:00-3:00

Location: CHE 306

Content:

Come and learn to enjoy expressing yourself through writing. This six-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. Limit: 12

Credentials:

Sidney has been facilitating this class for several years.

Facilitator: Sidney Hoopes

E-mail: sidneyhoopes456@gmail.com

Phone: 208-524-1280

4548 Dot Mandala Rocks

Instructor: Gretchen O'Bleness

Fee:

When: 12/8 Thurs

Time: 1:00-3:00

Location: TAB 140

Content:

In this class you will learn how to make geometric patterns using dots of acrylic paint on rocks to create your very own simple dot mandala rock. Gretchen will start you out using the basic "anchor" system to start your design. All supplies will be provided including a rock to paint and take home. She'll talk about the craze of painting rocks and hiding them for others to find in local parks, the minimal supplies needed to paint rocks, and some basic techniques. Still not sure what we're talking about? Google "Dot mandala rock images" or check out Gretchen's Facebook page! https://www.facebook.com/gretchen.obleness/photos_albums Limit: 30

Credentials:

Gretchen started painting rocks four years ago on a lark and ended up discovering the Dot Mandala technique of painting. Over those four years she has developed quite a following of "Gretchen Rock" fans. She has expanded from just painting rocks to mugs, ornaments, and basically anything smooth that sits still for a few minutes!

Facilitator: Gretchen O'Bleness

E-mail: gretchen.obleness@gmail.com

Phone: 208-681-3451

4549 Energy Systems Lab: INL Tour

Instructor: Shelly Norman

Fee:

When: 12/1 Thurs

Time: 10:00-12:00

Location: INL 775 M K Simpson Blvd, IF

Content:

Discussion and touring of ESL Lab, Rechargeable Batteries, Electric Vehicles, Micro-Grid, Integrated Energy Systems, and more. We will meet in the INL office and split into three groups of about fifteen each for the tour.

Credentials:

Shelly Norman is Tour Director at the INL.

Facilitator: Karin Armstrong

E-mail: karinidaho@yahoo.com

Phone: 208-357-6068

4323 Everyone Can Draw

Instructor: Nancy Peterson

Fee: \$5.00

When: 10/13, 20, 27, 11/3 Thurs

Time: 10:00-12:00

Location: TAB 140

Content:

This class is 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, and ink. All paper and pens will be supplied. Bring regular #2 pencils, a sharpener and a "simple box" of color pencils (Crayola brand works.) Each class will focus on a different subject and technique. You will be able to leave with a completed drawing each week while learning to use several new tools and techniques to make drawing easy and fun. You just might surprise yourself. The Fee will be collected at the first class. Limit: 20

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

E-mail: chatiek06@gmail.com

Phone: 208-589-4352

4550 Farr Car Collection Tour

Instructor: Kevin Call

Fee:

When: 10/7 Fri

Time: 10:00-12:00

Location: TBA

Content:

Join us for a tour of the Farr Confectionary owner, Kevin Call's mostly red antique car collection. Tour is limited to 30 people.

Credentials:

Kevin Call owns this collection.

Facilitator: Chris White

E-mail: whitec42@gmail.com

Phone: 208-716-3245

4551 Farr Candy Company Tour

Instructor: Kevin Call

Fee:

When: 11/10 Thurs

Time: 10:00-12:00

Location: Farr Candy Company, 250 S Blvd.

Content:

In 1911, Roy Farr started a small confectionery store on Broadway Street in Idaho Falls, Idaho, where he became well known for his delicious hand-made candies. Since that small beginning over 100 years ago and four family generations later, Farr Candy and Ice Cream Company has become Southeast Idaho's own regional favorite. Made with the finest of ingredients, their candies are copper kettle cooked, creamed on an old-fashioned creaming table, and all hand-dipped to ensure the very best quality. Roy Farr's son-in-law Bill Call, grandson Kevin Call, and great grandson Bill Call, have worked to keep the family tradition strong. Tour is limited to 30 people.

Credentials:

Kevin Call is the co-owner of Farr Candy.

Facilitator: Chris White

E-mail: whitec42@gmail.com

Phone: 208-716-3245

4552 Festival of Trees

Instructor: Mike O'Bleness

Fee:

When: 10/4 Tues

Time: 10:00-12:00

Location: CHE 213

Content:

The Idaho Falls Festival of Trees is a long running annual event in Idaho Falls. In this class you learn how the event works, what is done with the funds, and how you can get involved or just enjoy the event. The dates for this year's event are November 14-18, 2022 at the Elks Club.

Credentials:

The presenter, Mike O'Bleness, has been helping the Festival of Trees for over 30 years, he is the former CEO of Development Workshop, and is the current president of the Festival of Trees board.

Facilitator: Gretchen O'Bleness

E-mail: gretchen.obleness@gmail.com

Phone: 208-681-3451

4433 Fitness Made Simple

Instructor: Leslie Blanch

Fee:

When: 9/12-12/12 Mondays

Time: 10:00-11:00

Location: Bonneville County Extension Office
1542 E 73rd S, IF**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 may be required.

Credentials:

Leslie is a Registered Dietitian and Certified Group Fitness Instructor.

Facilitator: Colleen Sargent

E-mail: sarg1942@gmail.com

Phone: 208-522-3134

4553 France Biking Adventure

Instructor: Dian Thomas

Fee:

When: 9/15 Thurs

Time: 2:00-4:00

Location: ZOOM

Content:

France is an adventure of a lifetime. We will explore the food, the culture and the countryside of this spectacular European nation. Dian Thomas has visited France several times. She will share with us her five-week bike ride from Paris to the spectacular Loire Valley, which is dotted with castles from the 16th and 17th Century. Join us on ZOOM to learn about France. Dian is a World Traveler, Author, and worked on National TV for 14 years. Dian is a great keynote speaker. She has many fascinating stories and pictures to share with us.

Credentials:

Dian was raised in southeastern Utah, where her father was the forest ranger. She took the skills she learned in the outdoors and turned them into a New York Times best-selling book, "Roughing It Easy". Her appearance on the NBC's Tonight show with Johnny Carson catapulted her into the national media scene, where she became a regular on NBC's Today show for eight years and then ABC's Home Show for six years.

Facilitator: Vicky Van Sickle

E-mail: victorialynnvs@hotmail.com

Phone: 208-589-6055

4111 Cultural Cuisine: France

Instructor: FFL Event

Fee: preparing a dish

When: 11/7 Mon

Time: 5:30-8:00

Location: Evangelical Lutheran Church
544 Sunnyside Rd**Content:**

Come and learn about France and enjoy the flavors you can find there. Enjoy cooking and eating what you cook along with other participants who have also prepared a dish to share. Please be willing to prepare something rather than pay extra to enjoy the evening. It puts extra burdens on those preparing if there are not enough participants willing to contribute food.

Credentials:

Friends for Learning has offered the cuisines for many years with admirable success.

Facilitator: Vicky Van Sickle

E-mail: victorialynnvs@hotmail.com

Phone: 208-589-6055

4554 Funeral Home Tour / Understanding Grief

Instructor: Brian McBride

Fee:

When: 10/11 Tues

Time: 10:00-12:00

Location: Wood Funeral Home Eastside

Content:

Behind the scene at the funeral home tour and tips to understanding the grieving process better, and the ability to meet the needs of those suffering the loss of a loved one.

Credentials:

Director/Mortician for the Past 17 years, Brian McBride studied Mortuary Science at the Pittsburg Institute of Mortuary Science.

Facilitator: Kathie Hendrix

E-mail: chatiek06@gmail.com

Phone: 208-589-4352

4555 Google Products 101

Instructor: Gretchen O'Bleness

Fee:

When: 10/12, 10/26 Wed

Time: 2:00-4:00

Location: CHE 215

Content:

The first session of this two-session class (2 hours each) will focus on the main Google products such as Gmail, Calendar, Sheets and Docs. In the second class, we will go into other tools you may not have tried yet such as Fit, Keep, Translate, Meet, Slides and Forms. We will assume you know the basics of Gmail and will help you learn how to use it more efficiently and teach you things you may not know about. Should you have any questions Gretchen can't answer about Google, she can always "phone a friend" - her daughter, who works at Google!

Credentials:

Gretchen O'Bleness has an Industrial Education teaching degree from University of Wisconsin-Stout. She started her career at the Idaho National Lab teaching lab employees how to use Word Perfect and many other topics. She specializes in Windows and Android devices.

Facilitator: Gretchen O'Bleness

E-mail: gretchen.obleness@gmail.com

Phone: 208-681-3451

4368 Hand and Foot Card Game

Instructor: Marion Hudnall

Fee: buy lunch + (\$5.00 1 time)

When: 9/1-12/8 Thurs

Time: 12:00-3:00

Location: Leo's Place, 155 S Holmes, IF

Content:

Hand and 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. The \$5.00 will replace cards as needed.

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

E-mail: peggy12bill@gmail.com

Phone: 208-520-4377

4556 History of Time

Instructor: Martell Grover

Fee:

When: 8/31 Wed

Time: 1:00-3:00

Location: CHE 210

Content:

Mr. Grover is a Master Watch maker and will give us a history of watch making and how he got into the business. He will give advice on cost of repairs for any clock or watch you want to bring in.

Credentials:

Swiss trained, Master watchmaker owns Grover Service Center in Rexburg. He has been fascinated with and repairing clocks and watches since he was 13 years old.

Facilitator: Karin Armstrong

E-mail: karinidaho@yahoo.com

Phone: 208-357-6068

4171 Holiday Luncheon

Instructor: Karin Armstrong

Fee: \$25.00

When: 12/6 Tues

Time: 11:30-2:00

Location: Idaho Falls Country Club
1161 Country Club Dr.

Content:

Annual FFL Holiday Lunch. Buffet lunch with spacious seating, limited to 50-60 diners. A \$25 non-refundable check should be sent made out to Karin Armstrong 2155 E. Olympic Ave. 83404 no later than Nov. 23rd. Please bring a wrapped gift (\$15 value) for the gift exchange.

Credentials:

Karin is a world traveler and great party planner. This is always a delightful social activity. Secure a place early.

Facilitator: Karin Armstrong

E-mail: karinidaho@yahoo.com

Phone: 208-357-6068

4557 How Dark was the Dark Ages?

Instructor: David Johnson

Fee:

When: 10/11 Tues

Time: 2:00-4:00

Location: CHE 210

Content:

Were the Dark Ages really figuratively dark, or was it because the influence of Rome on Europe was waning and scholars at that time were biased towards and influenced by Rome. What were some of the advances between the 5th and 15th Centuries that we enjoy? Were the sciences and the arts as primitive as we might think? Were those times as barbaric as popular entertainment often depicts? Let's delve briefly into the Dark Ages and see if maybe they should be thought of as the Bright Ages.

Credentials:

David is a very amateur historian and genealogist. Recent genealogical research has renewed his interest in European Middle Ages and digging into his Scottish and European heritage has further enhanced his knowledge.

Facilitator: David Johnson

E-mail: davjohns_01@hotmail.com

Phone: 719-235-3943

4558 How to make Baklava

Instructor: Gretchen O'Bleness

Fee:

When: 11/9 Wed

Time: 1:00-4:00

Location: 2121 Santalema Drive

Content:

Baklava is a layered pastry dessert made with phyllo dough pastry basted with butter, filled with chopped nuts, and sweetened with sugar covered in a honey syrup. In groups of two, the class will make five pans of Baklava to be donated to the Festival of Trees the following week! All supplies will be provided. After making Baklava, you will also have the skills to make Spanikopita which is another dish using Phyllo dough that encases a spinach filling! This is a limited class. (10)

Credentials:

Gretchen has been making Baklava for some 30 years!

Facilitator: Gretchen O'Bleness

E-mail: gretchen.obleness@gmail.com

Phone: 208-681-3451

4121 Hiking, Walking, and Exploring

Instructor: HWE Committee

Fee:

When: NA

Time:

Location:

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, horse-back riding, skiing and snowshoeing. We are guided by member ideas and leaders, so we may try anything.

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, Catherine Crowder 208-521-8114, Janet Clayton 208-932-5674, Pam Johnson 970-420-8786, Margaret Kennelly 208-524-4930.

Facilitator: Jim Schaffer

E-mail: milodoctor@gmail.com

Phone: 208-589-6005

4559 IF City Council Role and Function

Instructor: Jim Freeman

Fee:

When: 10/3 Mon

Time: 2:00-3:30

Location: City Council Chambers,
308 Constitution Way, IF**Content:**

Jim Freeman was born and raised in Idaho Falls and grew up in the numbered streets. As a child growing up his father and grandfather both served on the City Council. This was the impetus that started his interest in civic service.

Credentials:

Jim found his true calling when he joined the Idaho Falls Fire Department in 1986. Since retirement in 2012, Jim has been involved in civic service and volunteering his free time. He recently served on the Mayor's Citizen Review Committee for Parks and Recreation.

Facilitator: Chris White

E-mail: whitec42@gmail.com

Phone: 208-716-3245

4560 Idaho Falls Public Library Tour

Instructor: Beth Swenson

Fee:

When: 9/27 Tues

Time: 10:30-12: 00

Location: IF Library meeting room, IF

Content:

Beth Swenson will discuss how the local library is so vital to a community, the services it offers, and reading lists, etc.

Credentials:

Beth is Assistant Director of Public Services at the IF Public Library and versed in the running of the library and how we can use it to our advantage.

Facilitator: Karin Armstrong

E-mail: karinidaho@yahoo.com

Phone: 208-357-6068

4561 I.F. Planning and Zoning Process

Instructor: Brad Cramer

Fee:

When: 10/10 Mon

Time: 2:00-3:30

Location: CHE 219

Content:

Have you ever wondered how the city determines where, what and when to build or not build in Idaho Falls? Join one of the planners from the I.F. Planning Division as they walk us through the history of planning and zoning and the current state. With all the new growth it should be quite useful in understanding how the city works.

Credentials:

One of the planners on the IF Planning Division will be presenting this program. They have a background in and are currently working in this area of expertise.

Facilitator: Chris White

E-mail: white42@gmail.com

Phone: 208-716-3245

4529 Idaho Falls Zoo, Behind the Scene

Instructor: Dave Pennock

Fee: \$8.00

When: 9/15 Thurs

Time: 10:00-12:00

Location: Idaho Falls Zoo Merek Ed. Center

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 in running Idaho Falls Zoo. NOTE: There is an FFL special admission fee of \$8, unless you are a member of the Zoo Friends. Limit: 40

Credentials:

David Pennock is the Executive Director of the Idaho Falls Zoo.

Facilitator: Chris White

E-mail: white42@gmail.com

Phone: 208-716-3245

4265 Iris Folding

Instructor: Karin Armstrong

Fee: \$3.00

When: 11/21 Mon

Time: 10:00-12:00

Location: CHE 305

Content:

Iris Folding is a craft making beautiful cards and pictures by taping folded stripes of paper around a center spot or Iris. Students should bring scissors, lots of scotch tape, a pencil, and a small ruler. Limit: 20

Credentials:

Karin has taught this class several times. She learned how by taking an FFL class years ago!

Facilitator: Karin Armstrong

E-mail: karinidaho@yahoo.com

Phone: 208-357-6068

4562 Legal Issues to Help Care for the Aging

Instructor: Steven Wright

Fee:

When: 9/28 Wed Time: 10:00-12:00

Location: CHE 213

Content:

Legal Issues to help Care for Aging Parents. Mr. Wright will discuss legal issues with an emphasis on estate planning, long term care and end of life decisions.

Credentials:

Steven Wright has been practicing law since 1996. He is the owner of Wright Law Offices. Each year since 2013, he has been named to the Mountain States Super Lawyers list as one of the top lawyers in the Mountain States. He currently publishes a Sunday estate planning column in the Post Register's obituary pages.

Facilitator: Helen Hill

E-mail: helenhillsemail@gmail.com

Phone: 208-589-8358

4218 Line Dance

Instructor: Group Instruction

Fee:

When: 9/2-12-9 Fridays

Time: 10:00-11:00

Location: To be announced later

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

E-mail: debscheerer@yahoo.com

Phone: 208-881-6031

4563 Living with Food Allergies

Instructor: Megan Lavin

Fee:

When: 10/19 Wed

Time: 10:00-12:00

Location: CHE 211

Content:

Megan's two sons were born with life-threatening food allergies. She spent over 10 years researching this complex subject and has published three cookbooks, has made several television presentations and has a thriving internet business on how to live with food allergies. If you think you have a food allergy, don't miss this class.

Credentials:

Megan has a B.S. of Communications from B.Y.U. and has been a consultant for several food companies.

Facilitator: Colleen Sargent

E-mail: sarg1942@gmail.com

Phone: 208-522-3134

4181 Medicare Drug Plan

Instructor: Carrie Crom

Fee:

When: 10/18 Tues

Time: 11:00-12:00

Location: CHE 213

Content:

Attendees will be provided with information about how to select their own Medicare Prescription Drug Plan and how to enroll in it. An overview of the upcoming changes will be provided. Using the Medicare web site students will be provided step-by-step instructions about how to select their medication and drug stores. The result will be an individualized drug plan that covers all the individual's medications and is the least expensive of the plans available.

Credentials:

Carrie has been a SHIBA volunteer since 2005 when she began by running drug plans for Medicare Beneficiaries. She receives training on a regular, ongoing basis regarding all aspects of Medicare, drug plans, supplement plans, and Medicare Advantage plans.

Facilitator: Helen Mayberry

E-mail: helen.mayberry@doi.idaho.gov

Phone: 208-236-6350

4564 Men's Brunch Bunch

Instructor: Mark Van Sickle

Fee:

When: 9/13 Tues

Time: 10:30

Location: To Be Determined

Content:

Men, let's gather together once a month to have breakfast and socialize. We will start at Smitty's Restaurant in September and choose a different location for the next month.

Credentials:

Training from 3KE tells us that Men need to communicate more.

Facilitator: Mark Van Sickle

E-mail: scubamarkvs56@gmail.com

Phone: 208-757-8687

4565 Micro Greens: Growing and Eating

Instructor: Courtney Taylor Morehouse

Fee:

When: 9/26 Mon

Time: 10:00-11:30

Location: CHE 213

Content:

Are you ever curious about some greens in the grocery store? Now you can find out. Microgreens are older than sprouts but younger than spring greens. They are grown in soil and often have more nutrition than the mature vegetable. Radish, broccoli, sunflower, bean, peas, kale, and cabbage are just some of the micro greens grown in Ammon.

Credentials:

Courtney Taylor Morehouse and her husband own Green Rise Micro Green business in Ammon.

Facilitator: Karin Armstrong

E-mail: karinidaho@yahoo.com

Phone: 208-357-6068

4409 Miles Willard Technologies Tour Instructor: Nathan Bronson Fee:

When: 11/2 Wed Time: 10:00-12:00 Location: 655 W Sunnyside Rd, Idaho Falls

Content:

Miles Willard Technologies is a snack food and food processing research company with a 50-year history of worldwide innovations. This is a highly anticipated and often offered tour with a fascinating history. Limit: 30

Credentials:

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

Facilitator: Margaret Kennelly E-mail: margaret_kennelly@yahoo.com Phone: 208-524-4930

4318 Museum of Clean Instructor: Museum Staff Fee: \$4.00

When: 11/15 Tues Time: 10:00-12:00 Location: 711 S 2nd Ave, Pocatello

Content:

The tour of the Museum of Clean in Pocatello was a field trip our FFL group took several years ago so your curriculum committee decided it was time to do it again since it was a fun/educational field trip to do. We will travel to the Museum in Pocatello where we will be able to see the history of cleaning. After our visit to the Museum, we will plan a stop for lunch in Pocatello. Plan to meet at the North end of the west side Walmart on Utah Ave. no later than 10:00 to car pool to Pocatello.

Credentials:

The Staff of the Museum will guide us through the facilitate.

Facilitator: Marion Hudnall E-mail: mudnall@yahoo.com Phone: 208-522-1135

4180 Navigating the Medicare Maze Instructor: Helen Mayberry Fee:

When: 10/18 Tues Time: 10:00-11:00 Location: CHE 213

Content:

Are you turning 65 soon? Are you already on Medicare but want to learn more about it? Come join us to learn all about Medicare Parts A & B, Part D prescription drug plans, Part C Advantage Plans, and Medicare Supplemental Insurance.

Credentials:

Helen Mayberry is with the Idaho Department of Insurance's SHIBA program. Helen has eight years of experience as a Medicare Counselor.

Facilitator: Carrie Crom E-mail: carriecrom@gmail.com Phone: 208-525-8550

4566 Painting with Oils, a Study of Values

Instructor: Shirley Draski

Fee: \$20.00

When: 10/14 Fri

Time: 10:00-12:00

Location: TAB 140

Content:

Beginner-intermediate getting familiar with the concepts of oil painting, creating values that impact the shape of dimensional interpretation to the eye. Using the shape of a pear we can study light source and shadows. All materials will be provided. An apron is suggested to keep paint off your clothes. The fee will be collected at the first class. Limit: 15

Credentials:

Shirley Draski has been painting since 1982. For ten years she studied acrylics and applied her skill as a Tole painter at the Logan Convention Conferences. In 1990 she studied under Karen Patton in Kansas, who is an accredited portrait painter. Shirley is a delightful teacher with a fun easy approach to achieve understanding of value.

Facilitator: Galene Anderson

Email: r.galene_anderson@hotmail.com

Phone: 208-201-2633

4503 Pickleball Practice

Instructor: Mark Van Sickle

Fee:

When: 9-1,8,15,22,29 Thurs

Time: 10:00

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. 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. Weather permitting, we could play again in November.

Credentials:

Mark has enjoyed playing pickleball for several years.

Facilitator: Mark Van Sickle

E-mail: scubamarkvs56@gmail.com

Phone: 208-757-8687

4137 Pinochle: Double Deck

Instructor: Gene Hicks

Fee: Pay for lunch each week

When: 9/12-12/12 Mon

Time: 12:00-3:00

Location: Olive Garden
1305 W Broadway, IF**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 on every Monday.

Credentials:

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

Facilitator: Senia Weinrich

E-mail: senialee3025@gmail.com

Phone: 208-521-8526

4400 Posture and How it Affects our Shoulders Instructor: Jay Ellis Fee:

When: 9/29 Thurs Time: 1:00-3:30 Location: CHE 210

Content:

A look at our posture and how slumping, slouching, rounding the shoulders affects the joints not only in the spine, but our extremities. Why is it important to maintain muscle tone and to avoid the postural weakness that can add additional stress to our body as we age and retire.

Credentials:

Jay graduated from the University of Puget Sound with a Bachelor's of Science in Physical Therapy. Supervising Therapist at Consolidated Hospital (Riverview), Director of Physical Therapy at Bingham Memorial, then Private Practice in Idaho Falls and Blackfoot. He was also a consultant with the Chinese Olympic Team Doctors in Guangzhou and Beijing from 2006-2008.

Facilitator: Kathie Hendrix E-mail: chatie06@gmail.com Phone: 208-589-4352

4188 Reader's Round Table Instructor: Sheryl Schaffer Fee:

When: 11/30 Wed Time: 1:00-3:00 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. Limit 15

Credentials:

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

Facilitator: Sidney Hoopes E-mail: sidneyhoopes456@gmail.com Phone: 208-524-2910

4568 Reconstruction Era after the Civil War Instructor: Jim Francis Fee:

When: 10/6 Thurs Time: 10:00-12:00 Location: TAB 200

Content:

The Reconstruction era was a period in American history following the American Civil War (1861–1865); it lasted from 1865 to 1877 and marked a significant chapter in the history of civil rights in the United States. Reconstruction, as directed by Congress, abolished slavery and ended the remnants of Confederate secession in the Southern states. It proclaimed the newly freed slaves (freedmen; black people) citizens with (ostensibly) the same civil rights as those of whites; these rights were nominally guaranteed by three new constitutional amendments: the 13th, 14th, and 15th, collectively known as the Reconstruction Amendments. Reconstruction also refers to the general attempt by Congress to transform the 11 former Confederate states, and refers to the role of the Union states in that transformation.

Credentials:

Jim holds a B.A. in history from Arizona State University, 1970, and an M.A. in history from the University of British Columbia, 1978.

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

4569 Shutterfly Photo Book Computer Class

Instructor: Margie Prestwich

Fee:

When: 10/21, 28, 11/4, 11 Fri Time: 1:30-4:00

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. Limited: 18

Credentials:

Margie has used Shutterfly for many years to create photo books of her trips and family reunions.

Facilitator: Gretchen O'Bleness

E-mail: Gretchen.obleness@gmail.com

Phone: 208-681-3451

4231 Singing for Fun

Instructor: Donna Park

Fee:

When: 9/7-12/14 Wed

Time: 1:00-2:00

Location: 451 Cambria Drive, Idaho Falls

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.

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

E-mail: gailsplc76@gmail.com

Phone: 208-970-7103

4567 The Italian Campaign of WWII

Instructor: Trent Stephens

Fee:

When: 10/13

Thurs

Time: 10:00-11:30

Location:

ZOOM

Content:

The Allied invasion of Sicily caused the fall of Mussolini, the collapse of his Fascist Regime, and an armistice with the Allies on Sept. 8, 1943. However, German forces immediately moved in and took control, not giving up until the final defeat of Germany in May of 1945.

Credentials:

Trent Stephens, PhD Distinguished Emeritus Professor of Anatomy and Embryology, ISU.

Facilitator: Kathleen Stephens

E-mail: kathleenrstephens@gmail.com

Phone: 208-244-2732

4570 The Psychology of Retirement Funding

Instructor: Mary Black

Fee:

When: 9/14,10/12,26 Wed

Time: 10:00-12:00

Location: CHE 214

Content:

How is your plan for retirement funding going? Do you feel confident that your money will last as long as you do? Are you covered in case of unexpected healthcare needs, rising taxes, runaway inflation? Are you prepared for the tax consequences of RMDs, Capital Gains, Tax Deferred accounts? Come have some fun while making friends with your retirement resources! Along the way, we will learn some strategies to make sure your money is where you need it, when you need it. Please note, this is a three-session class taught on three different days.

Credentials:

Mary Black is a licensed financial professional who specializes in helping clients gracefully move into and through Retirement. NPN (license) #18721173

Facilitator: Mary Black

E-mail: mblack7718@gmail.com

Phone: 208-360-7100

4399 Therapy Dogs

Instructor: Chaz Houpt & Milli

Fee:

When: 11/29 Tues

Time: 10:00-12:00

Location: CHE 213 and ZOOM

Content:

Learn the answers to these questions about Therapy and Service Dogs: What is the difference between therapy dogs that serve by comforting patients experiencing any of many different challenges and service dogs such as those assisting the blind. Do you or someone you know need a therapy or service dog? How can they support someone? How do you find one? What does it take to become a therapy animal? In this class you will learn about available programs, qualifications and preparations needed to become certified. You will learn how meaningful a dog's participation in a patient's recovery is.

Credentials:

Chaz has been a handler for years, including Milli, an Intermountain Therapy Animals (ITA) Certified Therapy Dog with seven years' experience. She has visited more than 8000 patients including one-on-one interventions in several hospital units including ICU and Pediatrics.

Facilitator: Steve Piet

E-mail: pietsteven@hotmail.com

Phone: 208-521-0627

4512 Tour the Aquarium

Instructor: Aquarium Staff

Fee: \$8.00

When: 11/9 Wed

Time: 9:00-12:00

Location: 570 Anderson Street

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 all of the animals housed at the aquarium. If you haven't visited the Aquarium, you should sign up. Idaho Falls has done a nice job of bringing this to our community. Limit: 30

Credentials:

A Trained aquarium staff will conduct the tour and entertain with information about the species on display. There are "hands on" opportunities for those bold enough to take advantage of the possibilities.

Facilitator: Margaret Kennelly

E-mail: margaret_kennelly@yahoo.com

Phone: 208-524-4930

4571 Trinity's Stained-Glass Windows

Instructor: Richard Dickson

Fee:

When: 9/23 Fri

Time: 1:00-3:00

Location: Trinity United Methodist Church
237 N Water Ave, IF

Content:

During construction in 1917, matching stained-glass windows were installed in the sanctuary of Trinity United Methodist Church. The windows are examples of cathedral glass from the Opalescent Era of glass manufacturing. Gothic architectural elements of ornate columns, towers, arches and spires are included as surrounds to the central amber glass. The architectural elements of the sanctuary and recent restoration of two vent windows will be discussed. We will take a walking tour to view windows in the sanctuary, parlor, and upstairs balcony and chapel.

Credentials:

Richard is a trustee at Trinity. He participated in the major renovation of the stone building during 2018/19 and preservation of two stained-glass ventilator windows during 2021.

Facilitator: Kathie Hendrix

E-mail: chatie06@gmail.com

Phone: 208-589-4352

4572 Who's Afraid of the Brothers Grimm

Instructor: Lexie French

Fee:

When: 10/19 Wed

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 history, composition and literature for 30 years in School District 91. She attended two summer, six-week seminars on fairy tales. The seminars were sponsored by the National Endowment for the Humanities at Wayne State university and the University of Rochester.

Facilitator: Nancy Carpenedo

E-mail: nancycarpe21@gmail.com

Phone: 208-529-4714

4573 Writing Your Life History

Instructor: Maxine McCoy

Fee:

When: 10/4 Tues

Time: 1:00-3:00

Location: CHE 217

Content:

Where should I begin with writing my life history? What do I need to know? What kind of preparation do I need to make before I begin? Now that I have all the preplanning completed how do I begin writing? How should I edit my writing to make it the best possible product? Limited: 30

Credentials:

Maxine has taught writing classes for the last 20 years. She works at the Idaho Falls Family History Center where she teaches students to write their own life history.

Facilitator: Margaret Kennelly

E-mail: margaret_kennelly@yahoo.com

Phone: 208-524-4930

4574 Yellowstone Railroads

Instructor: Thornton Waite

Fee:

When: 11/8 Tues Time: 10:00-12:00

Location: TAB 200

Content:

Thornton Waite presents the story of Yellowstone Park from its establishment by Congress and the Northern Pacific in 1872 until the end of rail transportation to the Park in the 1960s. Five different railroads served the five Yellowstone Park entrances over the course of almost 100 years. Mr. Thornton will teach us about each of the railroads and how they helped transport people to and from the Park.

Credentials:

Thornton is the author of numerous railroad books, including one about the Yellowstone Railroads.

Facilitator: Chris White

E-mail: white42@gmail.com

Phone: 208-716-3245

4575 Your First Foreign Trip

Instructor: Steve Piet

Fee:

When: 8/30 Tues Time: 10:00-12:00

Location: CHE 217

Content:

Are you hesitating taking your first foreign trip? Find out what is involved and how to move forward with confidence and comfort. The world awaits. We aren't getting any younger, go explore now. This interactive session will present some ideas, share experiences, and include a free-ranging discussion.

Credentials:

Steve has visited 31 foreign countries on 5 continents over 38 years. He's helped several people take their first foreign trip and is eager to reduce the anxiety and hesitancy for others who might want to explore the world.

Facilitator: Steve Piet

E-mail: pietsteven@hotmail.com

Phone: 208-521-0627

4241 Zumba

Instructor: Teri Tyler

Fee:

When: 9/28-12/14 Wed

Time: 1:00

Location: Senior Citizen's Center
535 W 21st St, IF

Content:

Zumba participants will be inspired to express themselves through movement while effectively improving overall health by increasing self-confidence, boosting metabolism, and enhancing coordination.

Credentials:

Teri received her Zumba Gold license in June of 2020 and has been teaching Zumba classes since 2005

Facilitator: Teresa Konishi

E-mail: shalomtk@outlook.com

Phone: 208-339-2645