

## Friends for Learning Registration Form – Fall, 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 215 between 9:00-11:30 Monday, August 7<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.

Course #	Course name	Date	Days	Time	Location
4215	Parking Pass				
4242	A Volunteer Opportunity				
4579	Aging, Body Wisdom	10/18	Wed	1:00 pm	CHE 213
4580	Aging, Make Health a Hobby	10/25	Wed	1:00 pm	CHE 213
4581	Aging, Move It	11/01	Wed	1:00 pm	CHE 213
4582	Aging, Processed, refined Food is ...	11/08	Wed	1:00 pm	CHE 213
4258	Anyone Can Paint	12/01	Fri	1:00 pm	Grape Van Gogh 1500 Pancheri, IF
4558	Baklava Basics	11/08	Wed	3:30 pm	Developmental Workshop 555W 25 <sup>th</sup> Street, IF
4619	Balance and Fall Prevention	09/13	Wed	1:00 pm	CHE 213
4620	Being Trama Informed	09/11	Mon	10:00 am	CHE 213
4621	CASA-Advocates for Children at Risk	09/06	Wed	10:00 am	CHE 213
4622	Chat GPT and Artificial Intelligence	10/04	Wed	10:00 am	CHE 219
4623	Citizens Watch Patrol	11/07	Tues	10:00 am	CHE 213
4624	Colored Pencil Techniques	11/07 & 11/09	Tue & Thurs	1:00 pm	CHE 306
4160	Computer Security for Seniors	10/06	Fri	10:00 am	CHE 213

4625	Costa Rican Adventure	10/20	Fri	1:00 pm	CHE 213
4626	CPR Basics	11/15	Wed	10:00 am	CHE 213
4533	Dinosaurs of the Deep (Underwater)	08/29	Tues	3:00 pm	Museum of Idaho 200 N. Eastern Ave. IF
4548	Dot Mandala Rock Painting	11/29	Wed	2:00 pm	CHE 306
4137	Double Deck Pinochle	09/11 & every Monday	Mon.	11:30 am	Canton Restaurant 2173 E 17 <sup>th</sup> Street, IF
4591	Dutch Oven Cooking with Dave	09/07	Thurs	1:00 pm	Dave's Home 2141 W Saddle Lane, IF
4323	Everyone Can Draw	10/20,27 & 11/3,10	Fri	10:00 am	CHE 306
4627	Family Search Center Tour	12/12	Tues	11:00 am	750 W. Elva IF
4433	Fitness Made Simple	09/12 & every Tuesday	Tues	10:00 am	Bonneville Co Ext. Office 1542 E 73 <sup>rd</sup> S IF
4595	Forecasting Your Weather Daily	09/13	Wed	10:00 am	CHE 213
4554	Funeral Home Tour /Understanding Grief	09/19	Tues	1:00 pm	Wood Funeral Home Eastside
4628	George Washington & the Culper Spy Ring	09/08	Fri	1:00 pm	CHE 213
4629	Get a Good Night's Sleep	10/17	Tues	9:00 am	Romaines 563 S. 25 <sup>th</sup> E., IF
4630	Getting the Most from your Android phone	09/15	Fri	1:00 pm	CHE 213
4289	Hand and Foot Card Game	09/07	Thurs	12:00 pm	Leo's Place 155 S. Holmes IF
4121	Hiking Walking and Exploring /HWE	TBA	TBA	TBA	Different locations
4171	Holiday Luncheon	12/06	Wed	11:30 am	Westbank Inn 525 River Parkway IF
4631	Idaho Brewing Company Tour	10/10	Tues	3:00 pm	Idaho Brewing Co 775 S. Capital IF
4632	Idaho Falls Power Tour	09/05	Tues	10:00 am	Idaho Falls Power
4633	Idaho Museum of Natural History Tour	10/30	Mon	10:00 am	Idaho Museum of N. H. 698 Dillion St., Pocatello
4634	Idaho Wilderness	10/13	Fri	10:00 am	CHE 213
4635	Improve your Communication Skills	10/11,18,25	Wed	10:00 am	CHE 213
4111	Italian Potluck Cuisine	11/06	Mon	5:30 pm	Lutheran Church 455 W. Sunnyside, IF
4636	Jambalaya Cooking	09/14	Thurs	3:00 pm	Bonneville Co Fairground commercial kitchen
4610	Learn How to Cook Paella (and eat)	10/05	Thurs	11:00 am	Bonneville Co Fairground commercial kitchen
4218	Line Dance	9/08-12/15	Fri	1:00 pm	Development Workshop 555 W. 25 <sup>th</sup> St. IF
4637	Martha Washington: Her Life in Her Time	11/28	Tues	10:00o am	CHE 213
4613	Melaleuca Headquarters Tour	9/22	Fri	11:00 am	Melaleuca Global Headquarters 4609 W 65 <sup>th</sup> S. IF
4564	Men's Brunch	9/12, 10/10, 11/14, 12/12	Tues	12:00 pm	Idaho Falls various restaurants
4641	Nativescaping in Eastern Idaho	9/07	Thurs	10:00 am	CHE 213
4180	Navigating the Medicare Maze	10/10	Tues	9:00 am	CHE 217
4503	Pickleball Practice	9/14 & every Thursday	Thurs	10:00 am	Lincoln Park Pickleball Complex 2280 Lincoln Road, IF
4639	Queen Victoria's Descendants at War	10/24	Tues	10:00 am	CHE 213
4640	Rafting the Grand Canyon	10/19	Thurs	10:00 am	CHE 213
4188	Reader's Round Table	9/05	Tues	1:00 pm	CHE 306

4231	Singing for Fun	9/13-12/06	Every Wed	1:00 pm	Linda Hawley's home 4051 Cambria Drive, IF
4142	Sourdough for Starters	10/26	Thurs	10:00 am	Bonneville Co Fairground Commercial Kitchen
4607	Spanish, Intermediate	9/12-12/18	Every Mon	6:00 pm	ZOOM
4143	Summiting Kilimanjaro: Leadership lesson	10/12	Thurs	10:00 am	CHE 213
4144	Swimming for Fitness - Beginning	10/02-11/01	Every Mon & Wed	9:30 – 10:20 am	Wes Deist Aquatic Center 149 7 <sup>th</sup> St. IF
4145	Swimming – Intermediate/Advanced	10/02-11/01	Every Mon & Wed	10:30 – 11:20 am	Wes Deist Aquatic Center 149 7 <sup>th</sup> St. IF
4618	Tapestry of American Religion	10/16 & 23	Mon	1:00 pm	CHE 213
4642	The Magic between Horse and Human	9/25	Mon	10:00 am	CHE 213
4643	Tater Tots Story	9/15	Fri	10:00 am	CHE 213
4644	Under the Canopy Tour	10/17	Tues	3:00 pm	Museum of Idaho 200 N Eastern Ave., IF
4645	Update on Ukraine	9/20	Wed	10:30 am	CHE 213
4646	Using a Garmin for Navigation & Safety	10/16	Mon	10:00 am	CHE 219
4647	Visions of East Idaho from a Blind Guy	10/10	Tues	11:00 am	CHE 213
4574	West Yellowstone Railroad Tour	9/12	Tues	All Day	West Yellowstone, MT Museum
4648	What is the Idaho Falls Rotary Club	12/04	Mon	2:00 pm	CHE 213
4649	What is Vascular Health?	9/19	Tues	10:00 am	CHE 213
4650	Wood Specialty Court	11/01	Wed	9:30 am	Bonneville County Courthouse 605 N. Capital, IF
4652	Write Your Own Story	10/12,19,26,& 11/2,16	Thurs	1:00 pm	CHE 306
4651	WWII Relocation of Japanese Americans	9/8	Fri	10:00 am	CHE 213
4241	Zumba Gold	9/12 - 11/21	Tues	1:00 pm	Senior Citizen's Center Idaho Falls 535 W. 21 <sup>st</sup> Street

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### **4215 Parking Pass**

The cost of this pass is included in the registration. You must have this pass displayed prominently anytime you park on campus, or you may be ticketed. Replacement parking passes can be purchased from Kathie Hendrix (208-589-4352). This pass is good for the fall semester and the spring semester so please keep it. If you do not receive the pass in a timely manner, you can call the ISU Continuing education at 208-282-3372 and you will be assisted.

### **4343**

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, Catalogs, 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

**4579 Aging without Getting Old, Body Wisdom**

Instructor: Debbie Vanderniet

Fee: \$0

When: 10/18

Time: 1:00 pm – 3:00 pm

Location: CHE 213

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 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 life. Our bodies are designed to live a long and be healthy if we know how to care and feed them properly, exercise regularly, overcome stress, and develop a positive attitude. I show class members how make dietary and lifestyle choices to maximize the production of nitric oxide and “open the pharmacy” within their 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. Debbie graduated from BYU with a degree in University Studies, and from St. Cloud State University (Minnesota) with a MS in Social Science. She taught Sociology, Anthropology, and Social Problems in a community college for about 25 years. Debbie's love and passion is health and nutrition.

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

**4580 Aging: Make Health Your Hobby**

Instructor: Debbie Vanderniet

Fee: \$0

When: 10/25

Time: 1:00 pm - 3:00 pm

Location: CHE 213

Content: Make Health you Hobby by overcoming the three “-ations”: Oxidation, inflammation, glycation. This course will help you learn that the effects normally associated with aging are not inevitable. Whether you 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 don't think about saving their body to better enjoy it. Part 2 repeated from Spring 2023 semester.

Credentials: Debbie Vanderniet lives in Rigby, Idaho. She graduated from BYU with a degree in University Studies and St. Cloud State University (Minnesota) with a MS in Social Science. She taught Sociology, Anthropology, and Social Problems in community college for about 25 years. Her love and passion is health and nutrition.

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

**4581 Aging: Processed food is detrimental**

Instructor: Debbie Vanderniet

Fee: \$0

Date: 11/01

Time: 1:00 pm - 3:00 pm

Location: CHE 213

Content: Processed, refined food is detrimental to human health, and it may be as addictive as cocaine. Whether you 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. 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 on without Getting Old.

Credentials: Debbie graduate from BYU with a degree in University Studies and from St. Cloud State University (Minnesota) with a MS in Social Science. She has taught Sociology, Anthology and Social Problems in community college for about 25 years. Her love and passion are health and nutrition.

Facilitator: Vicky Van Sickle

Email: victorialynnvs@hotmail.com

Phone: 208-589-6055

**4582 Aging: Move It**

Instructor: Debbie Vanderniet

Fee: \$0

Date: 11/08

Time: 1:00 pm - 3:00 pm

Location: CHE 213

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 discuss the various online resources to help participants set and achieve realistic goals. Part 4: Repeated from Spring 2023 semester.

Credentials: Debbie graduate from BYU with a degree in University Studies and from St. Cloud State University (Minnesota) with a MS in Social Science. She has taught Sociology, Anthology and Social Problems in community college for about 25 years. Her love and passion are health and nutrition.

Facilitator: Vicky Van Sickle

Email: victorialynnvs@hotmail.com

Phone: 208-589-6055

**4258 Anyone Can Paint** Instructor: Amber Birch Fee: \$25.00

Date: 12/01 Time: 1:00 pm - 3:00 pm 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 session, 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. To hold the class, we need to have 15 people prepaid. A refund will be made if the class is canceled.

Credentials: Amber Birch owns the Grape Van Gogh and has helped hundreds of people paint. She 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: victorialynvs@hotmail.com Phone: 208-589-6055

**4558 Baklava Basics** Instructor: Gretchen O'Bleness Fee: \$0

Date: 11/08 Time: 3:30 pm - 5:30 pm Location: Development Workshop

Content: Baklava is a layered pastry dessert made with phyllo dough pastry basted with butter, filled with chopped nuts, sweetened with sugar, and covered in a honey syrup. Students will be put in pairs, and 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 have the skills to make Spanakopita which is another dish using Phyllo dough that encases a spinach filling! A copy of both recipes will be provided via email before the class.

Credentials: Gretchen has been making Baklava for some 30 years.

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

**4619 Balance and Fall Prevention** Instructor: Jay Ellis Fee: \$0

Date: 9/13 Time: 1:00 pm - 2:30 pm Location: CHE 213

Content: A look at balance and strength and how they influence falls. What can we do to increase balance, strength, and reduce fall risks. General strength and balance has a great influence with posture and safety during general mobility. Why is it important to maintain proper balance, muscle tone and to avoid the postural weakness or falls than can add additional stress to our body as we age and retire.

Credentials: Graduated from the University of Puget Sound with a Bachelors 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. Consultant with the Chinese Olympic Team Doctors in Guangzhou.

Facilitator: Margie Prestwich Email: margieprestwich59@gmail.com Phone: 208-523-0261

**4620 Being Trauma Informed**

Instructor: Terry Yackley

Fee: \$0

Date: 9/11

Time: 10:00 am – 12:00 pm

Location: CHE 213

Content: Are you aware of the trauma you and others have experienced? Trauma can be physical, emotional, and/or spiritual. You will learn trauma-informed approaches to day-to-day communication to avoid hurting friends, acquaintances, and others you interact with.

Credentials: Terry has taught many Red Cross certified CPR classes and is a licensed Respiratory Therapist. She has a Master of Education, and is a certified trainer for SAMHSA's GAINS center, teaching Trauma-Informed programming.

Facilitator: Steve Piet

Email: Pietsteven@hotmail.com

Phone: 208-521-0627

**4621 CASA-Advocates for Children at Risk**

Instructor: Kimberly Murphy

Fee: \$0

Date: 9/06

Time: 10:00 am – 12:00 pm

Location: CHE 213

Content: CASA, the Court Appointed Special Advocates program, uses volunteers to advocate for the protection and best interests of children in an abusive or neglected environment. Learn about the needs of children at risk in our community and how volunteers visit with children and families, assess the needs and circumstances, and report to the court in Child Protection cases.

Credentials: Kimberly Murphy is the Volunteer Coordinator for the Region 7 CASA program. She is responsible for community outreach and education, recruitment, and training of volunteers.

Facilitator: Royce Lee

Email: royceblee337@gmail.com

Phone: 208-589-4276

**4622 Chat GPT and Artificial Intelligence**

Instructor: Paul Dickey

Fee: \$0

Date: 10/04

Time: 10:00 am – 12:00 pm

Location: CHE 219

Content: The class will focus on Artificial Intelligence, what it is and how we use it every day. We will discuss the ethics of AI and how it will change the workforce. There will also be a demonstration of Chat GPT and how to effectively use it as a personal resource.

Credentials: Paul Dickey is the coordinator for the apprenticeship program at ISU. He is a self-described enthusiast about computers and the new world of Artificial Intelligence and Chat GPT.

Facilitator: Royce Lee

Email: royceblee337@gmail.com

Phone: 208-589-4276



**4623 Citizens Watch Patrol**

Instructor: Steve Cannon

Fee: \$0

Date: 11/07

Time: 10:00 am – 12:00 pm

Location: CHE 213

Content: Citizens Watch Patrol started in late 1999 when a group of IFPD Citizens Police Academy graduates asked, "Now what do we do?" The group had received some training at the academy, and then LT. Royce Clements developed an advanced training program for the unit. They are always on call to assist the IF Police Department with limited citation authority, such as for abandoned vehicles and parking issues. Also, they are CPR/First Aid certified and can assist IFPD with crowd control at emergencies, city celebrations (e.g., 4th of July) and helping to find lost children. The advantage of CWP is so that paid officers are freed up to assist in more complex situations.

Credentials: Steve was one of the first six CWP members and has been a part of the organization from day one. He currently serves as president of the CWP organization and is the lead training officer for Citizens Watch.

Facilitator: Chris White

Email: whitec42@gmail.com

Phone: 208-716-3245

**4624 Colored Pencil Techniques**

Instructor: Bohan and Morton

Fee: \$11.00

Date: 11/0 &amp; 11/09

Time: 1:00 pm - 3:00 pm

Location: CHE 306

Content: You will learn techniques such as color mixing and blending, transferring an image, using different application pressures and their results, adding details, and using values to create the illusion of depth. We will discuss qualities of different types of papers and other supports, and how to draw what you see rather than what you think you know about an object. You will be able to apply the techniques to your own drawings and artwork. Students must bring a set of 24 or 36 Prismacolor Premier colored pencils--be sure not to buy Prismacolor Scholar or Prismacolor Watercolor Pencils.

Credentials: Colleen Bohan and Denise Morton are members of Colored Pencil Society of America, District Chapter 217 and have shown their work at The Art Museum of Eastern Idaho and the Idaho Falls Arts Council.

Facilitator: Kathie Hendrix

Email: chatiek06@gmail.com

Phone: 208-589-4352

**4160 Computer Security for Seniors**

Instructor: Tomm Larson

Fee: \$0

Date: 10/06

Time: 10:00 am – 12:00 pm

Location: CHE 213

Content: We all hear about cybersecurity attacks and know there are criminals trying to take advantage of people online, but not many people know there are just a few simple rules that can protect you from most cyberattacks. Tomm will share those rules and include other good ideas to make your online activities safe and enjoyable.

Credentials: Tomm Larson is the Cybersecurity Awareness Lead at Idaho National Laboratory and has been working in Cybersecurity for more than 20 years.

Facilitator: Gretchen O'Bleness

Email: gretchen.obleness@gmail.com

Phone: 208-681-3451

**4625 Costa Rican Adventure**

Instructor: Nancy Carpenedo, etal

Fee: \$0

Date: 10/20

Time: 1:00 pm - 3:00 pm

Location: CHE 213

Content: Why do sloths always seem to be smiling? What is a Jesus lizard? How do people survive in a country without guns? Thirteen friends, who recently took a private, guided tour of Costa Rica, discovered a land rich in history, exotic animals, birds, plants, and friendly people. Come experience a taste of this amazing land of volcanoes, rain forests and desert with all it has to offer. Pura Vida!

Credentials: Looking for adventure and an educational experience, 13 world-traveler friends, mostly FFL members, recently spent 15 days together on a private, guided tour of Costa Rica.

Facilitator: Eileen Perkins

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

Phone: 208-520-7483

**4626 CPR Basics**

Instructor: Terry Yackley

Fee: \$0

Date: 11/15

Time: 10:00 am – 12:00 pm

Location: CHE 213

Content: A person may need cardiopulmonary resuscitation (CPR) at any time. Knowing the basics can help save a life during cardiac arrest, when the heart stops beating or beats ineffectively to get blood to the brain and other vital organs.

Credentials: Terry has taught many Red Cross certified CPR classes and is a licensed Respiratory Therapist.

Facilitator: Steve Piet

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

Phone: 1-208-521-0627

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

Instructor: Museum Staff

Fee: \$6.00

Date: 8/29

Time: 3:00 pm - 5:00 pm

Location: Museum of Idaho

200 N Eastern Ave.

Content: Join us for one more tour of "Dinos of the Deep" at the Museum of Idaho before it leaves in September.

Credentials: Museum of Idaho Managing Director

Facilitator: Vicky Van Sickle

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

Phone: 208 529 8859

**4548 Dot Mandala Rock Painting**

Instructor: Gretchen O'Bleness

Fee: \$0

Date: 11/29

Time: 2:00 pm - 4:00 pm

Location: CHE 306

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"!

Credentials: Gretchen started painting rocks four years ago and ended up discovering the Dot Mandala technique of painting rocks. 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 Email: gretchen.obleness@gmail.com

Phone: 208-681-3451

**4137 Double Deck Pinochle**

Instructor: Gene Hicks

Fee: Purchase own food/drink

Date: Every Monday

Time: 11:30am-3:00pm

Location: Canton Restaurant 2173 E 17<sup>th</sup> Street, 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 the instructor. Players should arrive early at 11:30 am and must buy lunch since we don't pay a fee to use the back room. A \$5.00 donation is taken for buying new playing cards each semester. We play year round every Monday.

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

Facilitator: Vicky Van Sickle Email: victorialynns@hotmail.com

Phone: 208-589-6055

**4591 Dutch Oven Cooking**

Instructor: Dave Dameron

Fee: \$0

Date: 9/0

Time: 1:00pm-3:00pm

Location: Dave's Home, 2141 W. Saddle Lane,  
Idaho Falls, Idaho 83402

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. Dave is an experienced chef with lots of stories to tell. Not only will you learn the art of Dutch oven cooking, you will be entertained as well.

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

Facilitator: Jeanell Coyne Email: jeanellcoyne7@gmail.com

Phone: 208-589-5237

**4323 Everyone can Draw**

Instructor: Nancy Peterson

Fee: \$5.00

Date: 10/20 &amp; 27; 11/3 &amp; 10 Time: 10:00 am – 12:00 pm Location: CHE 306 ISU art room

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.) Each class you will go home with a completed drawing while learning several new tools and techniques to make drawing easy and fun. You just might surprise yourself.

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

**4627 Family Search Center Tour**

Instructor: Bill Forsyth

Fee: \$0

Date: 12/12 Time: 11:00 am - 1:00 pm Location: 750 W. Elva, Idaho Falls, ID 83402

Content: FamilySearch is an international, nonprofit organization dedicated to helping all people discover their family story. They provide information free of charge to everyone, regardless of tradition, culture, or religious affiliation. The Idaho Falls FamilySearch Center is one of 15 large regional centers and part of more than 5,000 family history centers in 129 countries worldwide. Join us for a tour of the 14,000 square foot facility that was renovated in 2022. See all of the various community resources that are available including research, preservation and discovery areas, historic murals, two large classrooms and more than 100 workstations.

Credentials: Bill Forsyth is the Community Outreach Coordinator for FamilySearch.

Facilitator: Vicky Van Sickle

Email: victorialynnvs@hotmail.com

Phone: 208-589-6055

**4433 Fitness Made Simple**

Instructor: Leslee Blanch

Fee: \$0

Date: 9/12 & Every Tuesday Time: 11:00 am Location: Bonneville County Extension Office,  
1542 E.73rd S., Id Falls (by Sandy Downs)

Content: Leslie 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.

Credentials: Leslie 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: \$0

Date: 9/13

Time: 10:00 am – 12:00 pm

Location: CHE 213

Content: 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 at KIFI-TV Local News 8 and Eyewitness News 3. He holds a bachelor's degree in Journalism from California State University Northridge with postgraduate studies in Meteorology from Mississippi State University.

Facilitator: Kathie Hendrix

Email: chatiek06@gmail.com

Phone: 208-589-4352

**4554 Funeral Home Tour / Understanding Grief**

Instructor: Brian McBride

Fee: \$0

Date: 9/19

Time: 1:00 pm - 2:00 pm

Location: Wood Funeral Home Eastside

Content: This is a "behind the scenes" tour of Wood Funeral Home Eastside. You will receive insightful tips to understanding the grieving process and increase your ability to meet the varied options available to those suffering the loss of a loved one.

Credentials: Brian McBride has worked as a Funeral Director/Mortician for the Past 17 years. He studied Mortuary Science at the Pittsburg Institute of Mortuary Science.

Facilitator: Kathie Hendrix

Email: chatiek06@gmail.com

Phone: 208-589-4352

**4628 George Washington & the Culper Spy Ring**

Instructor: Dr. Kenneth A. Piippo

Fee: \$0

Date: 9/08

Time: 1:00 pm - 3:00 pm

Location: CHE 213

Content: During the Revolutionary War, General George Washington was keenly aware that for his army to succeed, he would need up-to-date information concerning the tactical and military strategies and weaknesses of the English army. In this class you will learn about the Culper Spy Ring, who the spies were, how they operated and how General Washington received the information from the spies.

Credentials: Dr. Piippo has had a lifelong interest in history and has spent years researching various historical topics. In addition to teaching geography and history in high school, he has made historical presentations in several western states.

Facilitator: Eileen Perkins

Email: eileenperkins404@gmail.com

Phone: 208-520-7483

**4629 Get a Good Night's Sleep**

Instructor: Chris Luster

Fee: \$0

Date: 10/17

Time: 9:00 am

Location: Romaines, 563 S. 25th E., I.F.

Content: Chris is the Manager of the Local Romaines Mattress King Store. He will give a tour of their brand-new store and work rooms. With cut-aways, he will show us the best mattresses for our old bodies to get a good night's sleep. Zzzzzz.

Credentials: Chris Luster is the Store Manager for Romaines.

Facilitator: Karin Armstrong Email: karinidaho@yahoo.com

Phone: 208-357-6068

**4630 Getting the most from your Android phone**

Instructor: Gretchen O'Bleness

Fee: \$0

Date: 9/15

Time: 1:00 pm - 3:00 pm

Location: CHE 213

Content: Are you envious of the things others can do with their phone? This class will teach you some of the cool things that all Android phones can do! Just to name a few topics, you'll learn about "Do Not Disturb" mode, "Voice Dictation", and how to rearrange and group your icons so you can find what you want to use! We will also cover some common applications you might want to install on your phone for even more fun. Note this class will be specific to ANDROID phones which does not include iPhones.

Credentials: Gretchen is a computer nerd who has used an Android phone for many years! She loves helping people and makes learning fun! 208-681-3451

Facilitator: Gretchen O'Bleness

Email: gretchen.obleness@gmail.com

Phone: 208-681-3451

**4289 Hand & Foot Card Game**

Instructor: Marion Hudnall

Fee: Buy lunch

Date: Year Round, Every Thursday

Time: 12:00 pm – 3:00 pm

Location: Leo's 1<sup>st</sup> Street and Holmes

Content: 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

**4121 Hiking Walking and Exploring**

Instructor: HWE Committee

Fee: \$0

Date: N/A

Time: N/A

Location: N/A

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

**4171 Holiday Luncheon**

Instructor: Karin Armstrong

Fee: \$25.00

Date: 12/06

Time: 11:30 am

Location: West Bank Inn, 525 River Parkway, IF

Content: Holiday Luncheon Buffet. Come visit and have a good meal and share some Christmas Joy with friends. Attendees should send a non-refundable check for \$25 made out to Karin Armstrong, 2155 E. Olympic Ave. Idaho Falls ID 83404. This money must be sent by November 29th. Since the Country Club is going through an extensive remodel, we are holding this year's Holiday Luncheon in a new and exciting venue.

Credentials: Please bring a wrapped \$15 gift for the gift exchange.

Facilitator: Karin Armstrong Email: Karinidaho@yahoo.com

Phone: 208-357-6068

**4631 Idaho Brewing Company Tour**

Instructor: Leon Wolfram

Fee: \$0

Date: 10/10

Time: 3:00 pm - 5:00 pm

Location: 775 S Capital, IF

Content: Leon "Wolf" Wolfram has been brewing beer and winning awards since 2009 at the Idaho Brewing Company more commonly known as IBC. In this class, Wolf will take you into the brewery and explain the process from start to finish. He will show you the malts, hops, and yeast that are used to produce the various ales and lagers. He will also show you their 10 barrel (310 gallon) system and talk about the process.

Credentials: Leon (Wolf) Wolfram and his wife Robin literally built the brewery from scratch, converting an old ice storage building into the brewery and building the tasting room nearby. The process took nearly three years but culminated on New Year's Day 2009 when the first beer, an oatmeal stout, was brewed by Wolf and friends in the new facility. Five months later, in May 2009, Robin and Wolf opened the IBC tasting room with four beers on tap. Nowadays IBC offers an assortment of 18 different ales and lagers throughout the year.

Facilitator: Gretchen O'Bleness

Email: gretchen.obleness@gmail.com

Phone: 208-681-3451

**4632 Idaho Falls Power Tour**

Instructor: Steve Boorman

Fee: \$0

Date: 9/05

Time: 10:00 am - 11:30 am

Location: Idaho Falls Power

Content: Falls Power is a municipal electric utility serving the city of Idaho Falls, Idaho. Since 1900, their mission has been to deliver low-cost electricity to residents and businesses. They have done this by harnessing the power of the Snake River to produce clean, reliable, hydropower. Idaho Falls owns and operates five hydropower plants that deliver about one-third of the city's electricity needs. After an orientation in the IF Power Conference room there will be a tour of the hydropower plant. Note that the stairs are not ADA accessible. There is a limit of 20 participants.

Credentials: Steve is the director of Idaho Falls Power.

Facilitator: Chris White

Email: whitec42@gmail.com

Phone: 208-716-3245

**4633 Idaho Museum of Natural History Tour**

Instructor: Robert J. Gay

Fee: \$0

Date: 10/30

Time: 10:00 am - 11:30 am

Location: 698 Dillion St., Pocatello, ID

Content: This is a tour of the Idaho Museum of Natural History in Pocatello. It will include the new "Dinosaurs from the Mountain" exhibit that opens in October. Get the story behind the exhibits and the in-depth highlights with this fun, hands-on tour.

Credentials: Robert is an educator and paleontologist with the Idaho Museum of Natural History. Prior to coming to IMNH two years ago, he worked in similar roles in Colorado and Arizona.

Facilitator: Helen Hill

Email: helenhillsemail@gmail.com

Phone: 208-589-8358

**4634 Idaho Wilderness**

Instructor: Jerry Jayne

Fee: \$0

Date: 10/13

Time: 10:00 am - 12:00 am

Location: CHE 213

Content: Idaho is the Wilderness State! Learn where the wilderness areas are, their importance and some history about how they gained protection.

Credentials: Jerry is a long-time citizen conservationist who has been involved in the effort to protect wild areas, wild rivers, and wildlife habitat in Idaho. He has done hiking exploration in many of these areas.

Facilitator: Margaret Kennelly Email: margaret\_kennelly@yahoo.com

Phone: 208-524-4930



**4635 Improve Your Communication Skills** Instructor: Steve Piet, Mick Nelson, Nancy Makey Fee: \$0

Date: 10/11, 18, 25

Time: 10:00 am – 12:00 pm

Location: CHE 213

Content: We don't suffer from too much communication excellence. This three-session class will explore different sets of skills. You are encouraged to attend all three, but they will be as independent of each other as possible so that if you miss one, come to the others. You'll learn by information presented, handouts, and practice. (1) Introduction to communication skills, examples, and active listening. (2) The three sets of fundamental skills - vocal variety, descriptive language, and body language, (3) Additional topics such as storytelling (engage those grandkids!) as participants request

Credentials: Mick Nelson, Nancy Makey, and Steve Piet have more than seven decades of membership in Toastmasters International. Each has earned the top education award - Distinguished Toastmaster (DTM) and have given countless speeches in and out of Toastmasters. Nancy and Steve have served as District 15 Director (Idaho, Utah).

Facilitator: Helen Hill Email: [helenhillsemail@gmail.com](mailto:helenhillsemail@gmail.com)

Phone: 208-589-8358

**4111 Italian Potluck Cuisine**

Instructor: FFL

Fee: Cook or Pay \$15.00

Date: 11/06

Time: 5:30 pm - 8:00 pm

Location: Lutheran Church

455 W Sunnyside, Idaho Falls, ID

Content: Come and experience a taste of Italy during our FFL Cultural Cuisine dinner. FFL members attending the dinner will choose their own Italian recipe to prepare a dish for the dinner. Non-member spouses and friends will be charged \$15.00. Members must register by October 15 to attend the event.

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

Facilitator: Vicky Van Sickle Email: [victorialynnvs@hotmail.com](mailto:victorialynnvs@hotmail.com)

Phone: 208-589-6055

**4636 Jambalaya Cooking** Instructor: Ed and Debbie Woodward Fee: \$7.00

Date: 9/14 Time: 3:00 pm - 5:00 pm Location: Bonneville Co Fairground -  
Commercial Kitchen

Content: Ed Woodward "Woody" has always loved to cook...grilling, smoking, Jambalaya and more. This will be a hands-on class with students working in groups. We will eat what we cook and take some Jambalaya home, too.

Credentials: Woody has been a Safety Engineer at INL but loves to cook.

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

**4610 Learn how to cook Paella (and eat!)** Instructor: Sonia Rahman Fee: \$5.00

Date: 10/05/2023 Time: 11:00 am - 2:00 pm Location: Bonneville Co Fairground -  
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 participate in the cooking as we make two large paellas at the same time, 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 to help cover the cost of ingredients.

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.

Facilitator: Sonia Rahman Email: srahmansmile@gmail.com Phone: 208-313-9814

**4218 Line Dance** Instructor: Group Instruction Fee: \$0

Date: 9/8 - 12/15, Every Friday Time: 1:00 pm - 2:00 pm Location: Development Workshop  
555 W. 25th St., Idaho Falls, ID

Content: Every Friday - Join us as we learn line dances to various types of music from decades past to current day. All that's needed is a comfortable pair of shoes, a water bottle, and a desire to move. Line dancing is great exercise for the brain as well.

Credentials: All instructors have taught this class for Friends for Learning for several years.

Facilitator: Debbie Scheerer Email: debscheerer@yahoo.com Phone: 208-881-6031

**4637 Martha Washington: Her Life in Her Time** Instructor: Vicki Baily Fee: \$0

Date: 11/28 Time: 10:00 am – 12:00 pm Location: CHE 213

Content: Come learn about the trials and challenges Martha Dandridge Curtis Washington faced with great courage and determination as she helped win the Revolutionary War along the side of her husband. She lived with dignity and humor. FFL has enjoyed immensely Vickie's presentations in previous classes.

Credentials: Vicki has taught 30 years at both Bonneville Jr. High. and Sandcreek Jr. High. She was chosen regional history day teacher of the year several times, awarded Rick's College outstanding educator of the year in 2007. She has led student and parent tours of Washington D.C. and Mount Vernon areas for more than 30 years.

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

**4613 Melaleuca Headquarters Tour** Instructor: Debbie Caldwell Fee: Buy Lunch

Date: 9/22 Time: 11:00 am - 1:00 pm Location: Melaleuca Global Headquarters  
4609 W. 65th S.

Content: Enjoy touring the beautiful buildings of the Melaleuca Global Headquarters. Wear comfortable shoes. Following the hour-long tour, we will have lunch in the onsite cafeteria.

Credentials: Melaleuca staff assigned to tours.

Facilitator: Vicky Van Sickle Email: victorialynnvs@hotmail.com Phone: 208-589-6055

**4564 Men's Brunch** Instructor: Jeff Bryan, John Atchison Fee: Buy lunch

Date: 9/12, 10/10, 11/14, 12/12 Time: 12:00 pm Location: Idaho Falls various restaurants

Content: Men, let's gather together once a month to have breakfast, expand our friends network, try new foods and eateries, trade stories and experiences, and catch up on local happenings. We plan to start at Smitty's Restaurant on Tuesday, September 12 and choose a different location for the next month. Bring your enthusiasm for good friends and good food.

Credentials: Jeff Bryan and John Atchison are retired and semi-retired engineers and longtime residents of Idaho Falls. They are looking to get interested men out of the house and actively involved in Friends for Learning. Oh... we also enjoy eating!

Facilitator: John Atchison Email: john@half-fast--racing.com Phone: 208-390-9298

**4638 Nativescaping in Eastern Idaho**

Instructor: Kristin Kaser

Fee: \$0

Date: 9/07

Time: 10:00 am – 12:00 pm

Location: CHE 213

Content: In this class, we will focus on how to integrate locally adapted plants into your Eastern Idaho garden using fundamental landscaping design principles. We will discuss the planning process to develop a native plant garden based on a range of topics from hardscaping, soil preparation, to sourcing native plant stock. A demonstration garden will highlight the many possibilities and inspire your creativity.

Credentials: Kristin has been working as a professional botanist in the sagebrush steppe for five years. In her spare time, she has installed a demonstration nativescape at her Idaho Falls home using native plants. She is a member of the Idaho Native Plant Society. 3046 Disney Drive IF 83404

Facilitator: Amy Kaser

Email: ski.bum.1973@hotmail.com

Phone: 208-201-1968

**4641 Navigating the Medicare Maze**

Instructor: Helen Mayberry - Carrie

Fee: \$0

Date: 10/10

Time: 9:00 am – 10:30 am

Location: CHE 217

Content: Medicare: 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. Medicare Drug plan: 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 store. The result will be an individualized drug plan that covers all the individual's medication and is the least expensive of the plans available.

Credentials: Helen Mayberry is with the Idaho Department of Insurance's SHIBA program. Helen has eight year's experience as a Medicare Counselor. Carrie has been a SHIBA volunteer since 2005.

Facilitator: Carrie Crom/Helen Mayberry

Email: carriecrom@gmail.com

Phone: 208-525-8550

**4503 Pickleball Practice**

Instructor: Mark Van Sickle &amp; Jeff Bryan

Fee: \$0

Date: 9/14, Every Thursday

Time: 10:00 am

Location: Lincoln Park Pickleball Complex

Content: Pickleball is a fun sport that combines many elements of tennis, badminton and ping-pong. It is played on a badminton-sized court with a slightly modified tennis net using a paddle and a plastic ball with holes. Pickleball can be enjoyed by all ages and skill levels. It 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 until November.

Credentials: Mark and Jeff have enjoyed playing pickleball for several years.

Facilitator: Mark Van Sickle

Email: scubamarkvs56@gmail.com

Phone: 208-757-8687

**4639 Queen Victoria's Descendants at War** Instructor: Lexie French Fee: \$0

Date: 10/24 Time: 10:00 am – 12:00 pm Location: CHE 213

Content: The great wars of the twentieth century nearly destroyed Europe. Millions of innocent people were killed, and the structure of many countries were ripped apart. Aside from the horrendous suffering, an important family found itself in the midst of the carnage. The royal families of Europe were closely related. Queen Victoria called her extended family the Royal Mob. The wars pitted brothers, sisters, cousins, parents, and children against each other. How did they reconcile love of country with family loyalty? During the conflicts the ties of kinship were strained, and the fate of the countries was changed forever.

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 has traveled widely in the UK tracing the footsteps of the English Monarchs.

Facilitator: Nancy Carpenedo Email: nancycarpe21@gmail.com Phone: 208 529-4714

**4640 Rafting the Grand Canyon** Instructor: Gretchen O'Bleness Fee: \$0

Date: 10/19 Time: 10:00 am – 12:00 pm Location: CHE 213

Content: In this class you will learn many things about rafting the Colorado River which runs through the Grand Canyon. For example: What does rafting some 200 miles of the canyon entail? Where do you go to the bathroom? What has the Glen Canyon's Dam impact been on the river? Who were the first explorers to document the river?

Credentials: Gretchen and her husband Mike rafted the Colorado River with a private group of nine people and three 18' rafts in May. They have also rafted the Middle and Main Forks of the Salmon River, along with plenty of canoe and kayak adventures!

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

**4188 Readers' Round Table** Instructor: Sheryl Schaffer Fee: \$0

Date: 09/05 Time: 1:00 pm - 3:00 pm Location: CHE 306

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.

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

**4231 Singing for Fun**

Instructor: Donna Park

Fee: \$0

Date: 9/13-12/06, Every Wednesday

Time: 1:00 pm - 2:00 pm

Location: Linda's Home  
4051 Cambria Dr. IF

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: Donna Park

Email: DonnaJPark@hotmail.com

Phone: 208-403-9302

**4142 Sourdough for Starters**

Instructor: Jackie &amp; Sherri

Fee: TBD

Date: 10/26

Time: 10:00 am – 12:00 pm

Location: Bonneville Co Fairgrounds -  
Commercial Kitchen

Content: Sourdough is an ancient bread technique that was used by the Egyptians before the Bronze Age. Learn this timeless technique and how to make mouthwatering sourdough pancakes/waffles, English muffins, bread (regular and gluten-free), chocolate cake, and many more delicious items. The majority of the class will be spent learning about the care and feeding of a sourdough start, discovering sourdough recipes, and enjoying sourdough food items. If you would like a sourdough start, bring a one-quart container such as a wide mouth quart canning jar. Class handouts (recipes, resources, etc.) will be emailed prior to class. Please print and bring to class.

Credentials: Jackie and Sherrie have been making sourdough creations, including gluten-free, for several years.

Facilitator: Alan Christiansen

Email: alanchristiansen.ac@gmail.com

Phone: 208-932-3438

**4607 Spanish / Intermediate**

Instructor: Eva Montantes

Fee: \$0

Date: 9/11- 12/18

Time: 6:00 pm - 7:30 pm

Location: Zoom

Content: This class is for those who have gone beyond beginning Spanish and want to improve their Spanish speaking skills.

Credentials: Eva is a lifelong resident of Mexico. She is a University of Guadalajara professor.

Facilitator: Vance Hawley

Email: wa7fdr@hotmail.com

Phone: 208-522-9296

**4143 Summiting Kilimanjaro: Leadership lesson** Instructor: Dr. Geoff Thomas Fee: \$0

Date: 10/12 Time: 10:00 am – 12:00 pm Location: CHE 213

Content: Thomas will share those lessons and additional insights from this amazing experience.

Credentials: Hiking is Dr. Thomas' passion. In addition to summiting Mt. Kilimanjaro, he has summited Mt. Borah, South, Middle and Grand Teton, Mt. Elbert in Colorado, and many other mountains since 2012. He is a 40-year public educator and served as superintendent of Madison School District for 20 years.

Facilitator: Helen Hill Email: hellenhillsemail@gmail.com Phone: 208-589-8358

**4144 Swimming for Fitness - Beginning** Instructor: Robin Piet Fee: \$90/\$95

Date: 10/2 to 11/1, Mon & Wed Time: 9:30 am - 10:20 am Location: Wes Deist Aquatic Center,  
149 7th St., Idaho Falls, ID

Content: Learn to swim efficiently so it is more fun. This 10-session class will be geared toward learning to swim laps to improve fitness. The only requirement is to be able to swim 25 yards without stopping. The cost is \$90 for I.F. residents or \$95 for non-residents. The class is open to FFL members first, then it will be open to the public. To save your spot, pay the fee to the Aquatic Center as soon as possible.

Credentials: Robin has been swimming for 60 years as a competitive swimmer and triathlete, and now for fitness. She considers swimming to be an excellent way to stay fit and enjoys helping others learn to love to swim. Maximum class size is 10 people.

Facilitator: Robin Piet Email: robinloupiet@gmail.com Phone: 208-521-0628

**4145 Swimming - Intermediate/Advanced** Instructor: Robin Piet Fee: \$90/\$95

Date: 10/2 - 11/1, Mon & Wed Time: 10:30 am - 11:20 pm Location: Wes Deist Aquatic Center,  
149 7th St., Idaho Falls, ID

Content: This 10-session class is to help those with intermediate or advanced swimming skills learn to swim more efficiently. The only requirement is that you must be able to swim at least 25 yards without stopping. The cost is \$90 for I.F. residents or \$95 for non-residents. The class is open to FFL members first, then it will be open to the public. To save your spot, pay the fee to the Aquatic Center as soon as possible.

Credentials: Robin has been swimming for 60 years as a competitive swimmer and triathlete, and now she swims for fitness. She considers swimming to be an excellent way to stay fit and enjoys helping others learn to love to swim. Maximum class size is 10 people.

Facilitator: Robin Piet Email: robinloupiet@gmail.com Phone: 208-521-0628

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

Date: 10/16 and 10/23 Time: 1:00 pm - 3:00 pm 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. Maximum class size is 40 people.

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

Facilitator: Teresa Konishi Email: shalomtk@outlook.com Phone:

**4642 The Magic Between Horse and Human** Instructor: Karole Honas Fee: \$0

Date: 9/25 Time: 10:00 am - 12:00 pm Location: CHE 213

Content: Karole is involved with and passionate about Champs Heart, the charity that pairs horses with handicapped kids and Veterans. It is amazing the healing that can happen.

Credentials: Karole was the co-anchor of New Channel 8 for 30 years. Since her retirement she has become more involved in community. Maximum class size is 100 people.

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

**4643 Tater Tots Story** Instructor: Leslie Grigg Fee: \$0

Date: 9/15 Time: 10:00 am - 12:00 pm Location: CHE 213

Content: Most of us have eaten our share of Tater Tots. Did you know that they were developed by a local family? In this class you will learn the true story of Tater Tots, who originated them, and the legacy that has made them a household name across the country and beyond.

Credentials: Les is the conservator and founder of the Grigg Tater Tot Legacy Foundation.

Facilitator: Eileen Perkins Email: eileenperkins404@gmail.com Phone: 208-520-7483



**4644 Under the Canopy Tour** Instructor: Rod Hansen and colleagues Fee: \$6/person  
Date: 10/17 Time: 3:00 pm - 4:30 pm Location: 200 N. Eastern Ave., Idaho Falls  
Content: Join us for a tour of Museum of Idaho's new special exhibit, Under the Canopy! Travel to the most vital and diverse ecosystem on the planet and interact with many of the exotic live animals that call it home. Maximum class size is 20 people.  
Credentials: Museum of Idaho Director of Exhibitions  
Facilitator: Rod Hansen & colleagues Email: exhibits@museumofidaho.org Phone: 208-522-1400 x 3015

**4645 Update on Ukraine** Instructor: Karen Leibert Fee: \$0  
Date: 9/20 Time: 10:30 am - 11:30 am Location: CHE 213  
Content: Russia's war of aggression in Ukraine threatens democracy and stability around the world. What's happened so far? How might this war end? What would a ceasefire mean? How could the war change our future? Maximum class size is 100 people.  
Credentials: Karen holds a Ph.D. in the History of Russia and Modern Europe. She was an Adjunct Professor of History at Idaho State University from 1997-2016.  
Facilitator: Helen Hill Email: helenhillsemail@gmail.com Phone: 208-589-8358

**4646 Using a Garmin for Navigation & Safety** Instructor: Mike O'Bleness Fee: \$0  
Date: 10/16 Time: 10:00 am - 11:30 pm Location: CHE 219  
Content: Mike O'Bleness loves navigating using a compass, maps and a GPS. When he retired, he was given a Garmin InReach Explorer+ to take on his adventures so his wife Gretchen could track his progress while working at home. In this class you will learn how an SOS type GPS can be used to provide safety and communications while spending time in the great outdoors! He will outline an actual experience where the ability to communicate made this an essential tool! Maximum class size is 100 people.  
Credentials: Mike is a NOLS (National Outdoor Leadership School) Graduate and was the climbing coordinator for the Idaho Falls Alpine Club back in the 80's. Although he loves his paper maps, he also appreciates the usefulness of electronics and the swift rescue they can provide.  
Facilitator: Gretchen O'Bleness Email: gretchen.obleness@gmail.com Phone: 208-681-3451

**4647 Visions of East Idaho from a Blind Guy** Instructor: Todd DeVries Fee: \$0

Date: 10/10

Time: 11:00 am - 12:00 pm

Location: CHE 213

Content: This course examines the experience of blindness in a vision-centric society. Blindness is a physical/medical state. It is a cultural artifact; it is a metaphor. The presenter examines these aspects of blindness through personal stories, the media and literature. It concludes with some practical hands-on ways of being more inclusive. Participants will learn to interact more comfortably with those with vision loss and to consider their way of seeing the world. Maximum class size is 50 people.

Credentials: Todd is a licensed MSW. He believes self-redefinition is not only possible, but essential in our fast-changing world. Todd has presented on disability and technology issues at local, state and national venues.

Facilitator: Teresa Konishi

Email: shalmotk@outlook.com

Phone: 208-339-2645

**4574 West Yellowstone Railroad Tour** Instructor: Museum of the Yellowstone Fee: \$8.00

Date: 9/12

Time: All Day

Location: Museum of the Yellowstone,  
104 Yellowstone Ave, West Yellowstone, MT 59758

Content: In 1905, E. H. Harriman, president of the Union Pacific Railroad, traveled through Yellowstone National Park to meet with officials from the Northern Pacific Railroad. Enjoy a guided tour of West Yellowstone's Union Pacific Railroad Historic District and museum. A museum attendant will lead you through the district, which includes stops at the 1908 Depot, the 1925 Dining Lodge. Accompanying us will be author and railroad historian Thornton Waite.

Sign up for the afternoon bike ride on nine miles on the Yellowstone Short-line Rail Trail adjacent to West Yellowstone. This paved trail has just opened and features several interpretive panels about the railroad that ran to West Yellowstone. An all day event or half day with the museum or bike ride. The morning tour is limited to 30 participants and has an \$8 per person fee. The afternoon bike tour has no limit.

Credentials: The Museum of the Yellowstone is dedicated to telling the story of travel to and through Yellowstone National Park, and the Park's influence on West Yellowstone and the Hebgen Lake Basin. The Museum is managed by the Yellowstone Historic Center, a non-profit located in West Yellowstone, MT.

Facilitator: Chris White

Email: whitec42@gmail.com

Phone: 208-716-3245

**4648 What is the Idaho Falls Rotary Club**

Instructor: Mike O'Bleness

Fee: \$0

Date: 12/04

Time: 2:00 pm- 3:00 pm

Location: CHE 213

Content: In this class you will learn about the Rotary Club and its impact internationally in ending polio. You will also learn about local projects the Rotary club has fostered such as the Idaho Falls Green Belt and their current major project, Heritage Park. Maximum class size is 75 people.

Credentials: Mike has been a member of the Idaho Falls Rotary Club since 2008 and has held a number of roles from President to Foundation Director. He has also been involved in the Idaho Falls Duck Race which is run by the Rotary Club. Maximum class size is 75 people.

Facilitator: Gretchen O'Bleness

Email: [gretchen.obleness@gmail.com](mailto:gretchen.obleness@gmail.com)

Phone: 208-681-3451

**4649 What is Vascular Health?**

Instructor: Warren Albrecht

Fee: \$0

Date: 9/19

Time: 10:00 am - 12:00 pm

Location: CHE 213

Content: Beyond heart health: Peripheral artery disease (PAD), Venous disease including varicose veins, Carotid disease and stroke risk, and Abdominal Aortic Aneurysm. What are these? Do they affect you and how? How do vascular surgeons find these? What are the treatments? Is there Prevention? Go beyond the pump (your heart) to explore why the human vascular plumbing is just as important if not more. Maximum class size is 100 people.

Credentials: Board certification in Vascular Surgery with recertification in 2020, RPVI certification (reading vascular ultrasound exams), 18.5 years of experience.

Facilitator: Kathy Hendricks

Email: [chatiek06@gmail.com](mailto:chatiek06@gmail.com)

Phone: 208-589-4352

**4650 Wood Specialty Court**

Instructor: Judge Dane Watkins

Fee: \$0

Date: 11/01

Time: 9:30 am - 11:00

am

Location: Bonneville County Courthouse  
605 N. Capital, Idaho Falls

Content: This class will be held in the Bonneville County Courthouse during a session of the Wood Specialty Court with Judge Dane Watkins. We will watch Judge Watkins meet with people on probation who are struggling with mental health and substance abuse issues. He monitors their progress in a highly structured treatment program and motivates them in their long-term recovery goals. Following the court session, we will have a Q and A time with Judge Watkins. Maximum class size is 50 people.

Credentials: Judge Dane Watkins has operated the Wood Specialty Court for many years. He monitors and motivates people on probation for felonies and misdemeanors in a weekly face-to-face meeting.

Facilitator: Royce Lee

Email: [royceblee337@gmail.com](mailto:royceblee337@gmail.com)

Phone: 208-589-4276

**4652 Write Your Own Story**

Instructor: Sidney Hoopes

Fee: \$0

Date: 10/12, 10/19, 10/26, 11/2, 11/16

Time: 1:00 pm - 3:00 pm

Location: CHE 306

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. Maximum class size is 12 people.

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

Facilitator: Sidney Hoopes

Email: sidneyhoopes456@gmail.com

Phone: 208-524-1280

**4651 WW II Relocation of Japanese Americans**

Instructor: Jim Francis

Fee: \$0

Date: 9/8

Time: 10:00 am - 12:00 pm

Location: CHE 213

Content: The class begins with the definitions of two words: "democracy" and "history." From this foundation, the audience, in a variety of decision-making scenarios, will take a guided tour of the story of the 1942-1945 relocation/imprisonment/detention of Japanese Americans. The "tour" includes the historical context associated with the political and social rhetoric of the decades prior to the 1940s, the relocation process, the camp life, and the aftermath for the internees/prisoners. Based on the "tour," the audience will face the question: "How and why should this story be taught to students in the public schools?" Maximum class size is 100 people.

Credentials: Jim was a long term local high school history teacher receiving many awards. He 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

Email: whitec42@gmail.com

Phone: 208-716-3245

**4241 Zumba Gold**

Instructor: Teri Tyler

Fee: \$0

Date: 9/12 - 11/21

Time: 1:00 pm - 2:00 pm

Location: Senior Citizen's Center,  
535 W. 21st Street, Idaho Falls, Id 83402

Content: Zumba is a dance fitness that incorporates Latin dance moves and music. It is a fun way to promote cardio, flexibility, endurance and tone muscle. Interval workout. In this medium to low impact class, dances are designed to get your heart rate up and boost cardio endurance. Many of the dance steps emphasize the hips and mid-section to strengthen the core. The main goal is to have fun and keep moving. Maximum class size is 20 people.

Credentials: Teri has taught Zumba since 2019 and danced Zumba since 2005. She holds a group fitness instructor's certification and has been an instructor for many groups in various settings.

Facilitator: Teresa Konishi

Email: shalomtk@outlook.com

Phone: 208-339-2645

## **Bus Trips**

The Bus Committee is working on a day trip to Butte, MT for a Wednesday, September 6. The day will include a visit to The World Museum of Mining and Underground Mining Tour, lunch at Stodden Park, a scenic trolley ride through historic Butte and dinner in Butte before heading home. Stay tuned for more information.