

FRIENDS FOR LEARNING
COURSE CATALOG
FALL 2021

Registration for Fall 2021 classes begins at 9:00 a.m. **August 11**, and continue throughout the semester. There will be a combination of classes in rooms and also ZOOM classes. You will be able to register on line or download the registration form and send in by mail. You can select your classes and complete enrollment by making payment for membership by using a credit or debit card.

Membership will be open to any person 50 years or older who is willing to abide by the provisions of the FFL, Inc Bylaws and who has paid his or her dues for the current semester. All Board Members are exempt from payment of dues as a requirement of membership. Payment of \$20.00 also constitutes a signature of the FFL, Inc Indemnity form each semester to waive all liability on the part of Friends for Learning, Inc and / or its officers. Include any fees for classes requiring such with your check.

You will either have to download registration forms and materials or contact Denise Morton at 208-390-3389. She will have extra forms.

When registering by mail fill out the registration form and make the check payable to ISU, to the following address:

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

Parking Passes: **Everyone will need to purchase a parking pass this semester.** The cost of the pass is included in the registration of \$20.00. The pass will be good until Fall 2022. Mark the registration form to request a pass. They will be mailed shortly after your registration is received. To avoid a parking fine, display the parking pass in your vehicle when you attend FFL classes at University Place. Replacement parking passes may be purchased for \$5.00 from Kathy Hendrix, 208-523-8859.

If you have questions, please call ISU Continuing Education; 208-282-3155; FFL President Vicky Van Sickle: 208-589-6055; or Secretary Denise Morton; 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, 1770 and 1776 Science Center Drive in Idaho Falls.

FFL.Inc Course Catalog Fall 2021

4427	Artist & Naturalist in 1830s Midwest	Linden Bateman
Date: 11-10	Wed	Time: 1:00-2:30
Content: Come experience the adventures of and see the works of American painter, George Catlin and German naturalist Prince Philip Maximillian as they traveled through upper Missouri during the 1830's.		Location: Tab 200
Credentials: Linden Bateman is a retired educator and Idaho representative. He has been an FFL instructor since 2004.		
Facilitator: Colleen Sargent		sarg1942@gmail.com
		208-522-3134

4462 Aspen Restoration in the Forest Sarah Wheeler

Date: 11-16 Tue Time: 1:00-2:30 Location: CHE 113

Content: This class will cover portions of Forest Service history and mission, plus its efforts to restore aspen stands on the landscape. Aspen ecosystems are critical to a healthy forest in our region, but are on the decline. Several local projects being used to restore aspens will be discussed.

Credentials: Sarah Wheeler is the USDA Forest Service Public Affairs Officer. She will be assisted by Arik Jorgensen, Assistant Fire and Fuel Management Officer, also with the Forest Service.

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

4478 Bags to Benches: How to Win at Recycling Claudia Pine

Limited: 35

Date: 9-3 Fri Time: 2:00-3:30 Location: CHE 215

Content: Some plastic can be recycled but most of it can't. Learn how our group has recycled over two tons of plastic bags and film to win beautiful and useful benches for our community. Hands-on practice will help you become an expert on exactly which kinds of plastic meets the challenge!

Credentials: Claudia Pine designed and taught the first courses on sustainability at the University of Idaho and co-founded their Sustainability Center in 2008. She is a co-founder and leader of Recycle IF, the citizen task force for increased recycling in Idaho Falls and our area.

Facilitator: Melanie Edwards edwardsam@q.com 208-716-4775

4479 Behind the Scene: BLM/FS Fire Dispatch Sarah Wheeler/Jared Fisher

Date: 11-17 Wed Time: 1:00-2:30 Location: TAB 200

Content: Firefighters arrive at the fire in trucks or by air. There's so much more to fighting a fire than what you see on tv. What about more hose, food, water, medical help, place to sleep, restroom facilities, tools, public information? Fire Dispatch help is critical in getting fires contained and suppressed.

Credentials: Sarah Wheeler, forest service public affairs officer, has reported fire information to the public for many years. Jared Fisher worked in the Interagency Fire Dispatch for many years and is now the forest service fire business manager for the Caribou-Targhee National Forest.

Facilitator: Judy Warrick cider6000@gmail.com 208-542-1365

4480 **Calm Doodling** Denise Morton

Date: 9-8-21 Wed Time: 10:00-11:30 Location: CHE 215

Content: We will focus on one design and master it finding the joy and satisfaction in being able to complete a project in one class sitting. We will also examine Pinterest.

Credentials: Denise has done art for 60 years and is delighted to share with you one of the more satisfying art forms. One does not have to be an artist to successfully master doodling. Join us for a fun relaxing experience.

Facilitator: Kathie Hendrix Chatiek06@gmail.com 208-589-4352

4481 **Canoeing Utah's Green River** Sue Braastad, Colleen Bohan

Date: 10-25 Mon Time: 1:00-2:30 Location: TAB 200

Content: Come join us on a 100-mile canoe trip down the Green River of Utah.

Credentials: Sue and Colleen are outdoor enthusiasts who take advantage of many exciting adventures.

Eileen Perkins eileenperkins404@gmail.com 208-520-7483

4430 **Colored Pencil Art, Beginning** Sue Braastad, Colleen Bohan

Cost \$10

Date: 10-26,28 Tue, Thu Time: 1:00-3:00 Location: CHE 304 Limit: 12

Content: Class members will learn colored pencil basics of working from a reference photo, transferring images, layering color, impressing lines, blending color with a colorless blending marker, and burnishing with a colorless blending pencil. Reference photos, art paper, tracing paper, transfer paper, colorless marker, colorless blender pencil, and stylus will be provided. Class members will need to bring a set of 24 Prismacolor Premier colored pencils and a pencil sharpener. The instructors may be contacted for questions and can advise the most economical place to purchase the colored pencils and sharpener.

Credentials: Colleen Bohan is the president of the Idaho Falls District Chapter of the Colored Pencil Society of America. Sue Braastad is a member of the chapter. Both have shown their work at The Art Museum of Eastern Idaho and the Eli Oboler Library at ISU, as well as other venues.

Facilitator: Colleen Bohan/ Sue Braastad colleen.m.bohan@gmail.com jscbraastad@gmail.com

Phone: 208-351-3879 208-881-4354

4482 Colored Pencil Art, Intermediate Sue Braastad, Colleen Bohan Cost \$12

Date: 11-17,18 Wed, Thu Time: 1:00-3:00 Location: CHE 309 Limit: 12

Content: Class members will learn techniques for working on sanded, black paper and will complete a 5X7 inch picture by layering colors and blending with a brush. Sanded black colorfix paper, line drawings, transfer paper, reference photo, and paint brush will be provided. Class members will need to bring a set of 24 Prismacolor Premier colored pencils and a pencil sharpener. Instructors may be contacted to answer questions or advise where to buy supplies.

Credentials: Colleen Bohan and Sue Braastad are experienced colored pencil artists who belong to the local chapter of Colored Pencil Society of America and show work at The Art Museum and other venues.

Colleen Bohan and Sue Braastad colleen.m.bohan@gmail.com 208-351-3879/ 208-881-4354

4151 Creative Writing Class Sidney Hoopes

Date: 9-23,10-7,21, 11-4 Thu Time: 1:00-3:00 Location: CHE 304

Content: This is a 4-week self-guided class. We have fun while learning to express ourselves and giving each other pointers and encouragement. We invite new people to join us.

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

Facilitator: Jean Johannesen jeangailj@aol.com 208-523-0939

4323 Everyone Can Draw Nancy Peterson Cost \$5.00

Date: 10-26, 11-2,9, 16 Time: 10:00-12:00 Location: CHE 304 Limit: 12

Content: A fun way to learn that EVERYONE has the talent to draw. You will learn multiple techniques in different mediums. You will discover and enjoy learning that you can draw! Colored pencils, pastels, watercolor and ink are a few mediums you will use to complete your pieces of art. Bring your own Crayola water colors, colored pencils and regular pencils. Gain confidence and express yourself through art.

Credentials: Nancy studied art at Boise State University. She currently has illustrated 14 published children's books and teaches art for adults and children. Find Nancy Garnett Peterson on Jacketflap.com for samples of her work.

Facilitator: Kathie Hendrix Chatiek06@gmail.com 208-589-4352

4258 **Find the Artist in You** Amber Birch Cost: 25.00

Date: 10-13 Wed Time: 1:00-3:30 Location: Grape Van Gogh, 1500 Pancheri. IF

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".

Credentials: Amber Birch owns the Grape Van Gogh and has helped hundreds of people to 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 victorialynns@hotmail.com 208-523-8687

4433 **Fitness Made Simple** Leslie Blanch

Date: 9-13 to 12-13 Mon Time: 10:00-11:00 Location: Bonn. County Extension Office,
Limited: 24 1542 E 73rd S (by Sandy Downs)

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. Wear something comfortable. This is a chair-based class. You may use a chair or not use it during the exercises/stretchers/activities.

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

Facilitator: Colleen Sargent sarg1942@gmail.com 208-522-3134

4314 **Garden Art Pavers A.M.** Maxine Smolowitz Fee: \$3.00

Date: 8-26, 9-2,9 Limit: 8 Time: 9:00-12:00 Location: 3860 Tuscany Dr., IF

Content: Broken and unbroken ceramic tiles will be used to design and create pavers for outdoor garden decorations. Instructions will include how to set and grout tiles onto the paver. All materials will be furnished by the instructor unless you have ceramic pieces you would like to use. Attendance at all three sessions is required.

Credentials: Maxine has made numerous beautiful, unique pictures and pavers using ceramic tiles. She has taught this FFL class several times.

Facilitator: Jamie Daisey msmolowitz@yahoo.com 208-522-0147

4214

Garden Art: Pavers P.M.

Maxine Smolowitz

Fee: \$3.00

Date: 8-26, 9-2,9

Limit: 8

Time: 1:00-3:00

Location: 3860 Tuscany Dr., IF

Content: Broken and unbroken ceramic tiles will be used to design and create pavers for outdoor garden decorations. Instructions will include how to set and grout tiles onto the paver. All materials will be furnished by the instructor unless you have ceramic pieces you would like to use. Attendance at all three sessions is required.

Credentials: Maxine has made numerous beautiful, unique pictures and pavers using ceramic tiles. She has taught this FFL class several times.

Facilitator: Kathie Hendrix

chatiek06@gmail.com

208-589-4352

4111

German Cultural Cuisine

FFL Instructors

Pay or cook

Date: 11-15 Mon

Time: 6:00-8:00 p.m.

Location: Lutheran Church, 455 W. Sunnyside

Content: Come and experience a taste of Germany during our FFL cultural cuisine dinner. FFL members attending the dinner will be given an authentic German recipe to prepare a dish for the dinner which will be assigned to them by the cuisine food committee. If you have a favorite German recipe, please email it to Chris White. Non-member spouses and friends will be charged \$15.00. Members must register by October 15th to attend the event.

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

Facilitator: Chris White

whitec42@gmail.com

208-716-3245

4368

Hand and Foot Card Game

Marion Hudnall

Fee: purchase lunch

Date: 9-2 to 12-9

Thu

Time: 12:00-3:00

Location: Papa Tom's, 1830 S Woodruff

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

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

Facilitator: Peggy Ash

mrash@cablone.net

208-520-4377

4483 Happyville Farm Tour Claudia Pine

Date: 9-24 Fri/ 9-28 /Tue Time: 2:00-4:00 208-524-4930 Limit: 20 Location: Happyville Farm, 600 S Saturn Ave, IF

Content: Tour eastern Idaho's first certified organic urban farm. The Community Food Basket Happyville Farm grows fresh, healthy local produce for hungry families that come to the Community Food Basket-Idaho Falls. We have a one-acre farm with beehives, fruit trees, pollinator habitat, closed-vessel composting, soil carbon farming and education for all ages on sustainable organic growing practice that protects and enhances the environment while growing great food for people. THE FIELD TRIP WILL BE OFFERED TWO DIFFERENT TIMES. Please sign up for only one of the tours, either the 24th or the 28th.

Credentials: Claudia Pine has worked in sustainable and organic agriculture for nearly 20 years. She co-founded the University of Idaho's campus organic farm and taught gardening classes for FFL and many other community groups.

Facilitator: Melanie Edwards edwardsam@q.com 208-716-4775

4484 Hello! U.S. Embassy in Lithuania! Sara Veldhuizen Stealy

Date: 9-15 Wed Time: 1:00-2:30 Location: ZOOM meeting

Content: Sara is the Public Affairs Officer for the United States Embassy in Lithuania. Find out what the embassy does and the ultimate benefit for Americans. What influence has Russia had in Lithuanian history and the current culture/relationship Lithuania has with the United States?

Credentials: Sara has been with the U.S. State Department for many years, having worked in Washington D.C. and in the Zambia, Ghana, Latvia and (currently) Lithuanian embassies. Originally an Iowa native, Sara has bachelor degrees in theatre/speech and communications from Northwestern College of Iowa.

Facilitator: Judy Warrick cider6000@gmail.com 208-542-1365

4252 History and tour of Colonial Theatre Lara Hill

Date: 9-16 Thu Time: 10:00-12:00 Location: Colonial Theater, 498 A St, IF

Content: Go behind the scenes of the historic Colonial Theatre. Learn about the past uses of the building, the organization that now runs it, and some of its many programs. The tour will involve climbing some stairs and walking.

Credentials: The Idaho Falls Arts Council, a private nonprofit organization, owns and operates the Willard Arts Center, the Colonial Theater, and ARTitorium on Broadway. Their mission is to educate our community and enrich its quality of life by promoting, advocating and presenting a broad spectrum of visual and performing arts in eastern Idaho.

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

4485 History of Golf in Idaho Falls Tim Reinke

Date: 11-12 Fri Time: 10:00-12:00 Limit: 30 Pinecrest Golf Course

Content: Golf and public golf courses in Idaho Falls have a long and storied history. Join club pro Tim Reinke at the Pinecrest Clubhouse to learn about this history firsthand. Built in 1938, Pinecrest Golf Course is an 18-hole course. It was the second 18-hole golf course in the state of Idaho. Pinecrest can boast many "firsts" in golf. The first Idaho Open was played at Pinecrest in 1941. Pinecrest became widely known as a very beautiful golf course. In a survey by Life Magazine of public courses throughout the country, Pinecrest was selected as one of the three best public courses west of the Mississippi.

Credentials: Tim has been the PGA Head Professional at Pinecrest for many years.

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

4486 The History of Books Joseph Groberg

Date: 9-30 Thu Time: 10-11:30 Location: CHE 218

Content: Mr. Groberg will discuss early printed books and manuscripts, mainly Bibles and books related to the Bibles. He will focus on developments in history: 1. codices (books as we know them with pages that turn). 2. different paper used, and 3. the printing. Class members will be able to examine the books at the end of the class.

Credentials: In 1995 Joseph Groberg attended Dartmouth where he became interested in the history of the English Bible which led to the study of the translation and early printing of this book. Working with others they identified places in England which played significant roles in the translation and printing of this Bible.

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

4171 Holiday Luncheon Karin Armstrong Fee: \$25.00

Date: 12-2 Thu Time: 11:30-2:00 Location: Idaho Falls Country Club, 11611 Country Club Drive.
Limit: 50 to 60, Reserve quickly!

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 by Nov. 26. Please bring a wrapped gift (\$15 value) for the gift exchange.

Credentials: World traveler and great planner.

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

4487	How to Do a Hybrid (online + onsite) Meeting	Steve Piet
Date: 9-15	Wed	Time: 10:00-11:30
		Location: ZOOM Meeting
<p>Content: Most, if not all, future meetings will be hybrid (online + onsite). Hybrid meetings provide the most opportunities for people to participate in a meeting in the way most convenient for them. Hybrid meetings also require the most effort to plan, prepare, and implement. This course will explain some of the arrangement and equipment options, why you would use each, and how to confidently move forward. Each participant needs eyes, ears, mouth, and face to relate to others. If not co-located, the participant must be represented via camera, microphone, audio speakers, and video monitor. Learn how the meeting rooms' arrangements lead to different technological and operational considerations.</p> <p>Credentials: Steve's first hybrid meeting was more than a quarter century ago. Before Covid, two of his Toastmaster clubs were hybrid. During Covid, all were online. Now, each is hybrid. Steve has organized dozens of hybrid meetings of various types, including a funeral.</p>		
Facilitator: Steve Piet	pietsteven@hotmail.com	208-521-0627

4488	Humanitarian Journey to Nepal	Sue Braastad
Date: 12-9	Thu	Time: 10:00-11:30
	Limited by room size	Location: CHE 218
<p>Content: Helping others is a way of life for Sue Braastad and Rusty Kappel. They assisted in fund raising for a much-needed medical clinic in Hill, Nepal. Rusty and Sue traveled with five others to the village and saw the building almost completed and electricity installed. In this class you will learn about Sue's experience and a trek towards Namche Bazaar.</p> <p>Credentials: Sue Braastad is a world traveler both for pleasure and for humanitarian service.</p>		
Facilitator: Eileen Perkins	eileenperkins404@gmail.com	208-520-7483

4489	Huntsman Senior Games	Kyle Case
Date: 8-24	Tue	Time: 2:00-4:00
		Location: ZOOM Meeting
<p>Content: The Huntsman World Senior Games is the largest annual multi-sport event in the world for athletes age 50 and better. Sound intimidating? It shouldn't. Every year, over 11,000 athletes, from beginner to expert, people just like you, compete in their choice of 35 different sports in St. George, Utah. This course will teach you all about the history of the Games, how to compete or volunteer and much more.</p> <p>Credentials: Kyle Case has spent his career managing world-class, multi-sport competitions for tens of thousands of athletes from all around the world. Currently the CEO of the Huntsman World Senior Games, the largest annual multi-sport event in the world for athletes 50+. Kyle welcomes over 11,000 athletes to St. George, Utah.</p>		
Facilitator: Vicky Van Sickle	victorialynnvs@hotmail.com	208-523-8687

4121

Hiking Walking and Exploring

HWE Committee

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.

Credentials: HWE committee members have been involved for many years. Committee: Jim Shaffer - chairman 208-589 6005, Allen Perkins 208-604-0820, Richard Scheerer 208-881-6331, Garney Hardy 208-680-1370, Catherine Crowder 208-521-8114, Margaret Kennelly 208-524-4930, Janet Clayton 208-932-5674

Facilitator: Jim Schaffer

milodoctor@gmail.com

208-589-6005

4490

I Don't Want to Go!

Vicki Bailey

Date: 10-1

Fri

Time: 1:00-2:00

Location: TAB 200

Content: The Oregon Trail journey from the perspective of a wife whose husband has "Oregon Fever". It will cover the trials and tribulations the women encountered on the Oregon Trail.

Credentials: Vickie graduated from Rick's College and BYU, majoring in history. She taught for 30 years in Bonneville School District 93, receiving Idaho Regional History Teacher of the year several times, Teacher of the Year from Ricks College and history teacher of the year from the Idaho chapter of the Sons of the Revolution.

Facilitator: Margaret Kennelly

margaret_kennelly@yahoo.com

208-524-4930

4491

Ins and Outs of the iPad

Molly Brinkerhoff

Date: 9-29

Wed

Time: 1:00-2:30

Location: CHE 304

Content: This is for iPad and iPhone owners only. You will be shown the ins and outs of how to best use the iPad and iPhone and how to find recommended apps. Please bring your iPad or iPhone.

Credentials: Molly Brinkerhoff worked for School District 91 for 14 years. The final four years was as a Technology Integration Specialist.

Facilitator: Eileen Perkins

eileenperkins404@gmail.com

208-520-7483

4492

Idaho Falls New Comprehensive Plan

Brad Cramer

Date: 10-8

Fri

Time: 1:00-3:00

Location: TAB 200

Content: Brad Cramer is heading up a committee to develop a Comprehensive Plan for Idaho Falls. The Planning Division assists the Planning Commission to prepare and implement this Comprehensive Plan, a general guide for future growth and development of the city adopted by the Mayor and City Council. Their goal is to assist elected decision makers in the development of a plan for the city's future which reflects the vision, needs and values of the citizens of Idaho Falls. The plan will be in its final stages of being adopted this fall and Brad will bring us up to date on the process and the final product.

Credentials: Brad is head of the Idaho Falls Planning Division.

Facilitator: Chris White

whitec42@gmail.com

208-716-3245

4493

Native American Stories of Idaho

Randy Thompson

Date: 10-20

Wed

Time: 1:00-2:30

Location: TAB 200

Content: Discussion by a member of the Shoshone-Bannock Tribe. Hear wonderful Native American stories, history and some anthropology.

Credentials: Randy Thompson works for the Bureau of Indian Affairs as a federal representative for the Shoshone-Bannock Tribe. He was raised on a small family farm in Fort Hall. He graduated from Idaho State University with both bachelor and master's degrees in anthropology.

Facilitator: Judy Warrick

cider6000@gmail.com

208-542-1365

4494

Idaho Women and the Right to Vote

Linden Bateman

Date: 10-13

Wed

Time: 10:00-11:30

Location: CHE 218

Content: Imagine that you lived in Idaho 100 years ago when women had few rights and were not allowed to vote. Join Lynden Bateman as he shows us Idaho's "Women in White" and their dedicated struggle to secure that freedom.

Credentials: Linden is a retired educator and Idaho State Representative. He had been an FFL instructor since 2004.

Facilitator: Colleen Sargent

sarg1942@gmail.com

208-522-3134

4265 **Iris Folding** Karin Armstrong Fee: \$3.00

Date: 10-18 Mon Limit: 20 Time: 10:00-12:00 CHE 215

Content: Iris Folding is a craft that allows you to make beautiful cards and picture from placing folded strips of paper around a center spot. It is like the iris of a camera. Kits will be provided. Students should bring scissors, lots of scotch tape, a pencil and a small ruler.

Credentials: Karin is a crafty person and has taught Iris folding several times. She learned it by taking an FFL class many years ago.

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

4495 **Seven Habits of Highly Effective Retirement** Garth Hassel

Date: 11-15,19 Mon, Fri Time: 9:00-10:30 Location: TAB 200

Content: Benefits to the students include: 1) Identify the 7 prevailing assumptions that lead to a series of disappointments in retirement. 2) How to make the toughest decisions before crises compel the decisions under duress. 3) How to establish an accountability team of loved ones and professionals to ensure your decisions retain their authority and efficacy, thereby maintaining control and harmony through your sunset years.

Credentials: Retirement Income Certified Professional®. Certified in Long-Term Care. Amazon best-selling author, experienced in five personal finance categories.

Facilitator: Steve Piet pietsteven@hotmail.com 208-521-0627

4496 **Kindness and Compassion** Dr Paula Seikel

Date: 11-4,11,18 Thu Time: 10:00-11:30 Location: ZOOM Meeting

Content: Kindness and compassion are qualities we can cultivate to increase the happiness and well-being of ourselves and others. These qualities are encouraged by all faith traditions and professional ethical standards. In this class, we will discover together why these qualities increase happiness and well-being. We will explore what makes it so difficult for us to act with kindness and compassion consistently, and we will learn ways to feel, think, speak and act in concert with our values.

Credentials: Dr. Paula Seikel is a retired clinical psychologist who teaches classes at ISU, in the Pocatello community and now in the Idaho Falls community.

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

4497 Law Enforcement on The Snake Deputy Nick Contreras

Date: 9-24 Fri Time: 1:00-2:30 Location: TAB 200

Content: The Bonneville County Sheriff's office has a deputy that patrols the Snake River. This class will touch on river experiences and all things law enforcement that make the water a safe place for recreation.

Credentials: Deputy Contreras is "the Water Guy" with the Bonneville County Sheriff's Department.

Facilitator: Judy Warrick cider6000@gmail.com 208-542-1365

4218 Line Dance Group Instruction

Date: 9-3 to 12-10 Fri Time: 10:00-11:00 Elks Lodge, 640 E Elva, IF

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: The four instructors are Adele George, Lesley Cable, Lianne Buxton and Debbie Scheerer. They all have histories of teaching dance and have taught this class for several years.

Facilitators: Adele George gottatap4me@live.com 208-716-1239
 Debbie Scheerer debscheerer@yahoo.com 208-881-6031

4498 Making Maps & So Much More! – GIS Keith Weber

Date: 10-6 Wed Time: 1:00-2:30 Location: ZOOM Meeting

Content: Keith Weber is the director of the Geographic Information System (GIS) department at Idaho State University. Find out how GIS is used to create maps, the future of geospatial science and so much more!

Credentials: Keith Weber guides the direction of geospatial science and works to increase education and awareness of GIS at the University and across the region.

Facilitator: Judy Warrick cider6000@gmail.com 208-542-1365

4499 **Montana Native American Stories** Dr. Walter Fleming

Date: 9-1 Wed Time: 1:00-2:30 Location: ZOOM Meeting

Content: Fascinating Native American history and stories as told by an enrolled member of the Kickapoo Tribe. Dr. Fleming was born on the Crow Indian Reservation but was raised on the Northern Cheyenne Reservation, Montana.

Credentials: Dr. Fleming is a professor in and department chair of the Native American Indian Studies at Montana State University. He has taught American Indian history and culture courses at the university for nearly 40 years. He is the author of "The Complete Idiot's Guide to Native American History" and several other books.

Facilitator: Judy Warrick cider6000@gmail.com 208-542-1365

4501 **Museum of Idaho Behind the Scenes** Carrie Athay

Date: 11-3 Wed Time: 1:00-3:00 Location: Museum of Idaho ,200 N Eastern Ave, IF

Content: Have you ever wondered what it takes to run a museum? Join us for a behind the scenes look at the collection's curation, exhibit design, and administration of the Museum of Idaho. We will break into three teams of 15 each for this tour.

Credentials: Carrie and her staff are professionals in the fields of museum curation, exhibit design and administration.

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

4502 **Photography of Africa's Majestic Animals** Christopher Balmer

Date: 10-29 Fri Time: 1:00-3:00 Location: TAB 200

Content: Experience the adventure of a life time in Africa through the vivid images photographed by Christopher. Learn element and skills necessary to capture stunning wildlife images to set your photography apart.

Credentials: Christopher has in depth knowledge of photography and has had countless excursion into the heart of Africa where he has photographed animals in their natural habitat.

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

4503 Pickleball Practice Mark Van Sickle

Date: 9-23 until it snows Thu Time: 10:00-11:30 Location: Lincoln Park Pickleball Complex
2280 Lincoln Road, IF

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

Credentials: Mark has enjoyed playing pickleball for several years.

Facilitator: Mark Van Sickle scubamarkvs@cablone.net 208-757-8687

4504 Pillowcase Dresses Marian Traugher

Date: 10-19 Tue Time: 9:30-11:30 Location: First Presbyterian Church, 325 Elm, IF

Content: These dresses are fun to make and donate. Enjoy completing a garment which will delight any child. Supplies will be available or bring your own 2-30 inch or longer lengths of coordinating wide double-fold bias tape, 2 six-inch pieces of 1/4 inch wide elastic. Scissors, pins, safety pins, coordinating thread, optional coordinating trim. Directions and other information are available at littledressesforafrica.org. Please bring your own sewing machine. Bring a lunch and stay and visit.

Credentials: Marian Traugher Packebush is a Swan Valley native who turned to making these dresses after retiring from 35 years of teaching. Swan Valley ladies and their friends have donated more than 1000 dresses to Little Dresses for Africa and continue enjoying, designing and constructing these garments.

Facilitator: Treasa Konishi shalorntk@outlook.com 208-229-2645

4137 Pinochle - Double Deck Vicky Van Sickle Fee: Buy Lunch at Tom's

Date: 9-13 to 12-13 Mon Time: 12:00-3:00 Location: Papa Tom's Pizza, 1890 Woodruff

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 must buy lunch, and 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 seniale3025@gmail.com 208-521-8526

4188

Reader's Round Table

Sidney Hoopes

Date: 11-30

Tue

Time: 1:00-2:30

Limit: 15

Location: CHE 304

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

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

Facilitator: Sidney Hoopes

fshoopescableone.net

208-524-1280

4435

Scotland, A Bonnie Land

Phyllis Arrington

Date: 10-27

Wed

Time: 1:00-2:30

Location: CHE 210

Content: Repeat of class. Four weeks in Scotland is a life changer. We visited historical castles and battlefields, found a world of culture in the art and literature. We immersed ourselves in nature whether it be in green hills, crashing waves on the North Sea or bleating sheep. We sampled Scotch from a world-renowned distillery and watched golfers play in the pouring rain. Scotland is this and far more.

Credentials: Phyllis, is a lifelong educator who loves to travel. She and her daughter spent a month on their own exploring beautiful, friendly Scotland.

Facilitator: Margaret Kennelly

margaret_kennelly@yahoo.com

208-524-4930

4231

Singing for Fun

Donna J Park

Date: 9-1 to 12-15

Wed

Time: 11:00-12:00

Location: Home of Linda Hawley, 4051 Cambria Dr, IF

Content: Whether you can carry a tune without a bucket, or with one, this is the class where you can express yourself in song along with like-minded individuals. We'll sing classics. We'll sing rock 'n roll. We'll sing country. We're flexible! And we have fun.

Credentials: Donna is not only a director, but an accompanist, an arranger, and a composer who has been in choirs for more years than she's willing to admit, performing on stage in musicals, and directing choirs for over 10 years.

Facilitator: Gail Fielding

gailsplc76@ridgemail.com

208-970-7130

4515	Songs of Broadway	Rob Farnam
Date: 10-15	Fri	Time: 1:00-3:00
		Location: TAB 200
Content: Come and enjoy an afternoon of Broadway music presented by the Idaho Falls Opera Theatre.		
Credentials: Rob Farnam is currently the president of the Idaho Falls Opera Theatre and a practicing attorney in Idaho Falls.		
Facilitator: Sidney Hoopes	fshoopes@cableone.net	208-524-1280

4505	Spanish for Touring	John Maxfield
Date: 10-19, 26	11-2, 9	Tue
Limit: 15	Time: 2:00-3:30	Location: CHE 305
Content: If you have a vacation or a cruise planned for Mexico, South America, Spain or another Spanish-speaking country, this course may be helpful. This is a 4-week course for beginning-level Spanish speakers to learn or brush up on the language skills needed to visit and travel in Spanish-speaking countries. Survival Spanish techniques will include pronunciation and basic vocabulary needed for travel using present tense conjugation.		
Credentials: John has lived in the Monterrey Mexico area and in Barcelona, Spain for a combined 3 1/2 years. He continues to be a student of Spanish and recognizes increased learning comes from teaching and helping others begin to learn the language.		
Facilitator: Sherrie Maxfield	s.maxfield7@yahoo.com	208-520-6867

4506	Xeriscaping: The Beauty of Sustainability	Claudia Pine
Date: 9-10	Fri	Time: 2:00-3:30
		Limit: 20
		Location: CHE 215
Date: Part 2: 9-13	Mon	Time: 2:00-3:30
		Location: 600 S Saturn Ave, IF
Content: Learn how low-water gardening, or Xeriscaping, produces landscape beauty while conserving water. In part one of this two-session class and field trip, we cover the principles of Xeriscaping first developed in Colorado, and show how use across the western U.S. is helping restore and celebrate native plants, bees, and other wildlife, while also cutting water use and costs.		
In the second part of the class, we will meet at Happyville Farm on South Saturn to see the Farm's xeriscape demonstration garden, funded in part by a grant from Idaho Botanical Garden. This Xeriscape shows the use of both native and non-native plants.		
Credentials: Claudia Pine has worked in sustainability, gardening and organic agriculture for nearly 20 years. She has taught previous gardening classes for FFL and other community groups.		
Facilitator: Melanie Edwards	edwardsam@q.com	208-716-4775

4147

Tai Chi

David Jenkins

Date: 9-7 to 12-14 Tue Time: 2:00-3:00 Limit: 35 Location: Elks' Lodge, 640 E Elva, IF

Content: Tai Chi is a low impact exercise class evolving from Chinese Martial Arts. Movements are designed to build up the body's inner energy. Tai Chi helps improve circulation and overall health. In this class you will be introduced to yang style Tai Chi Chuan.

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

Facilitator: David Jenkins

djenkins518@gmail.com

208-681-3487

4507

Tales from Viet Nam

Ed Marohn

Date: 11-5 Fri Time: 10:00-11:30 Location: TAB 200

Content: Ed served in the Army during the Viet Nam War. He will speak to PTSD and military suicide issues he dealt with as volunteer facilitator for eight years at the VA. His experience led him to write a novel "Legacy of War", and he is about to publish the sequel, "Legacy of Evil". He will speak about his experience and becoming a novelist.

Credentials: Ed served in Viet Nam and as an Assistant Professor of Military History at University of Nevada, and as executive at Continental AG. He was elected to the IF City Council.

Facilitator: Karin Armstrong

karinidaho@yahoo.com

208-357-6068

4508

Taming the Bully Between Your Ears

Jeanie Cisco-Meth

Date: 9-9 Thu Time: 1:00-2:00 Location: Zoom Meeting

Content: So many times, our worst bully lives in our own head. It's time to tame those little voices that shut you down every time you want to improve. Jeanie's five step method will help you create the life you have always dreamed of by improving your relationship with yourself and others. People that are hurt, tend to hurt others, and healed people heal people. It all starts with emotional management. Learn how to manage your emotions, and you can control your life and its trajectory.

Credentials: Two-time best-selling author, professional speaker, educator, and parent, Jeanie Cisco-Meth shares her scientifically proven system for improving communication and decreasing conflict. She has written many magazine articles, been quoted in Forbes, and was a contributor for The Blaze.

Facilitator: Vicky Van Sickle

victorialynnvs@hotmail.com

208-523-8687

4509

Teton Raptor Center Meet the Birds

Jesse Walters

Date: 9-29

Wed Time: 1:00-3:00

Location: TAB 200

Content: Teton Raptor Center (Jackson, WY) began in 1991 when two field biologists working in Grand Teton National Park began caring for injured raptors out of their home. Now they care for over 130 injured birds per year at their fully equipped rehabilitation facility. The staff will bring three different raptors with them and talk about their life history and life cycle along with learning more about the center itself. Meet the birds closeup and learn about their life history.

Credentials: Teton Raptor Center and their instructors are experts in bird rehab and release.

Facilitator: Chris White

whitec42@gmail.com

208-716-3245

4510

Things to Do When I'm Dead

Brian McBride

Date: 9:21

Tue Time: 2:00-3:30

Location: CHE 211

Content: None of us can escape the inevitable, death will come to each of us; are you ready? Each of us when we die leave behind a life that must be closed. A funeral must be planned, bank accounts must be closed, pets cared for and the final bills be paid. Brian will present insightful information on the process of before, during, and after.

Credentials: Brian McBride is currently working at Wood Funeral Home as a funeral director. He has been working there since 2005. He attended Pittsburgh Institute of Mortuary Science in 2007, where he received his degree. He is currently serving on the Idaho State Board of Morticians.

Facilitator: Kathie Hendrix

chatiek06@gmail.com

208-589-4352

4511

To Maine and Back in Sixty or So Days

David Johnson

Date: 9-22

Wed Time: 1:00-2:30

Location: TAB 200

Content: Come join Dave and Cathy Johnson as they go down memory lane back to fall of 2017.

During September and October of 2017 Dave and Cathy took a two-month road trip to Acadia National Park in Maine and back to Idaho. This is their travelogue of the trip and some of their interesting experiences living in a small RV and visiting friends and relatives along the way. Over the two-month period, they hit at least 30 states and saw interesting places such as the town where Bill Clinton was born (also a national park), met interesting people like Ray Turner who was featured on "Filthy Riches", and can say they remember being at Woodstock. Join us and share the adventure.

Credentials: Cathy and Dave Johnson took the pictures and the trip.

Facilitator: Cathy Johnson

dacjohns@hotmail.com

719-235-3910

4512 **Tour the Aquarium** Aquarium Staff Fee: \$10.00

Date: 10-20 Wed Time: 9:00-11:00 Location: Aquarium, 570 Anderson St., IF

Limit: 40

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.

Credentials: Trained aquarium staff.

Facilitator: Jean Johannesen jeangailj@aol.com 208-523-0939

4513 **Tragedy at Martin's Cove** Val and Linda Hill

Date: 10-29 Fri Time: 10:00-11:30 Location: TAB 200

Content: Val and Linda Hill have spent six months at Martin's Cove in Wyoming telling visitors the story of the pioneers who were stranded here when early snows kept them from continuing their journey to the Salt Lake Valley. In this class you will revisit the tragic events that took place in the 1800s and the activities presently taking place at this historic landmark.

Credentials: Val and Linda have had first-hand experience living at Martin's Cove for six months.

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

4514 **World Gardens** Judy Seydel

Date: 11-18 Thu Time: 10:00-11:30 Location: CHE 218

Content: Seven gardens from various latitudes from 70 degrees to the equator are examined.

Credentials: Judy Seydel is an Advanced Master Gardener and avid traveler.

Facilitator: Cathy Johnson dacjohns@hotmail.com 719-235-3910

4242 **Volunteer Opportunities** Margie Prestwich

Friends for Learning, Inc. operates totally by volunteers. As this organization has grown, the need for volunteers has increased. We are currently in need of a Historian and a Publishing Editor. We also need volunteers to shadow officers in hopes that you will want to try that job. We need people to help with the Cultural Cuisine. If you are interested in getting more involved or serving on the Executive Committee, please contact one of the board members or our Volunteer Coordinator, Margie Prestwich.

Margie Prestwich margieprestwich59@yahoo.com 208-523-0261

You can also mark the box during registration and she will get in touch with you. Thanks.

4180

Medicare Workshop

Instructor: Carrie Crom

When: Sept. 14 9:00-10:30 Tue

CHE 217

Content: Unravel the mysteries of Medicare. This workshop, given by the Idaho Department of Insurance-SHIBA, will introduce the various parts of Medicare including Original Medicare, Medigaps, Medicare Advantage and prescription drug plans. It will also cover enrollment time frames and how the different parts of Medicare work. Together.

Credentials: The instructor is a certified Medicare Counselor with the Idaho Department of Insurance.

Facilitator: Carrie Crom

Phone: 208-525-8550

Email: crom@ida.net

4181

Medicare Prescription Drug Plans

Instructor: Carrie Crom

When: Sept. 14 10:30-12:00 Tue.... continued from the previous class: Medicare Workshop

Content: Learn to use the Medicare website to select your own prescription drug plans.

Credentials: Carrie Crom is a volunteer with the Idaho Department of Insurance SHIBA organization. She has been volunteering to assist people in selecting their own drug plans since 2006.

Facilitator: Carrie Crom

Phone: 208-525-8550

Email: crom@ida.net

4215

Parking Pass

Everyone will need a parking pass this semester. The cost is included in your \$20.00 registration fee. Parking on campus is enforced and tickets are issued to the cars that aren't displaying the parking passes. Please select to check the Parking Pass as you register and you will be sent a pass.

You can contact Kathie Hendrix: 208-523-8859 or Continuing Education/Workforce Training: 208-282-3155 with questions or concerns.