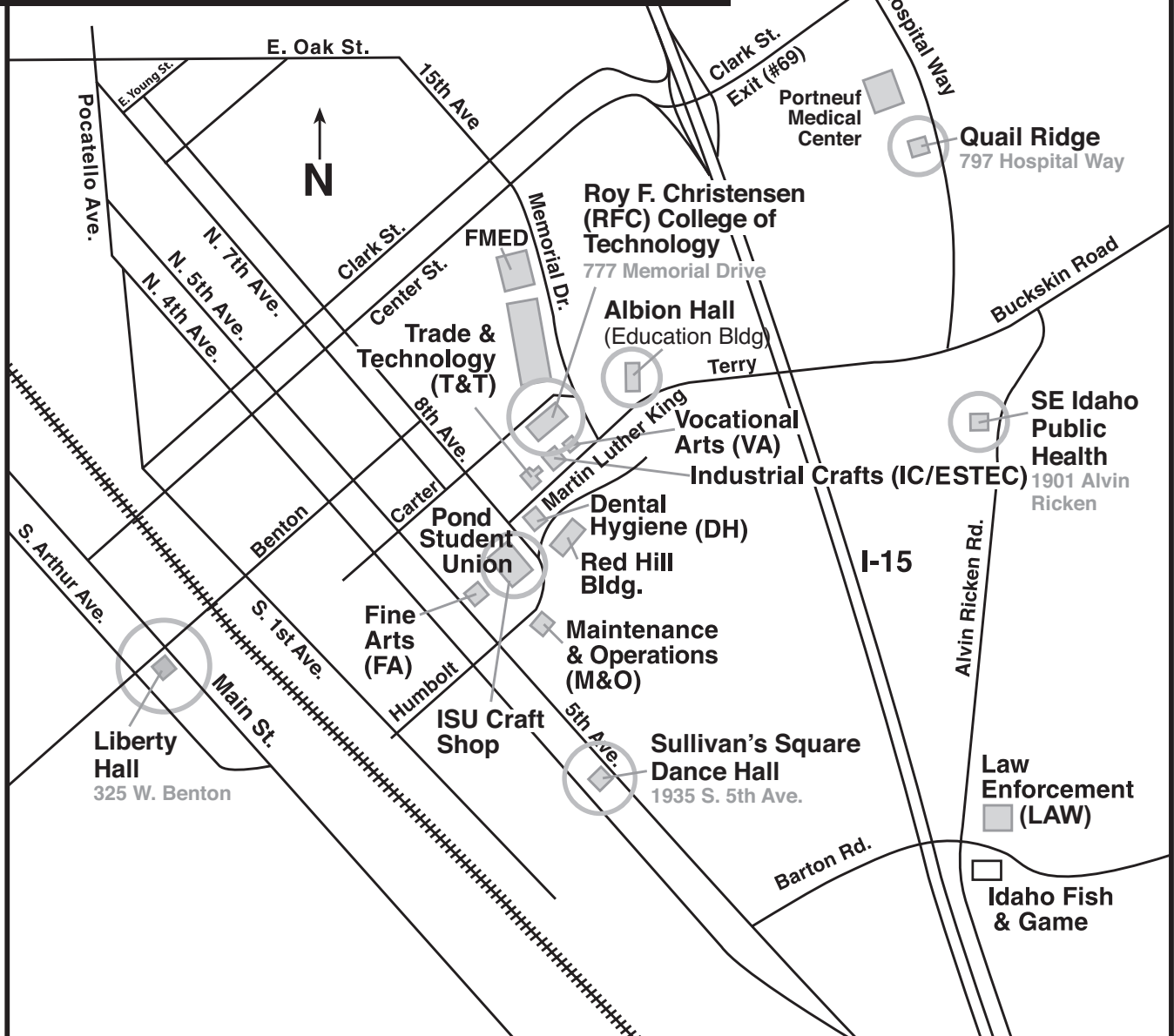


NKA

FALL 2021



NEW KNOWLEDGE ADVENTURES



NOTES

Welcome to New Knowledge Adventures

A MESSAGE FROM THE PRESIDENT

Welcome to the fall semester. It is wonderful and inspiring to be such a part of an active and stimulating lifelong learning program.

The past year has been very challenging, but thanks to our great NKA members, officers, and committee chairs, we were able to weather the changes. We are so grateful to the computer gurus who assisted us through ZOOM. Change is inevitable, but that is how we grow and appreciate each other.

Our lecture classes will resume in September at Liberty Hall on the main floor. I know this will make many very happy, as we will not have to climb the stairs. Zoom will be available for certain classes. As our membership grows and the number of courses we offer increases, we have moved some of our classes and activities to other venues to meet needs better.

Please consider volunteering on one of our committees, as this will help our organization become stronger. The rewards of your involvement will be instrumental for others to follow. We are always looking for facilitators and presenters, so ask your friends if they would be interested in presenting a class and sharing their knowledge.

The board and I are very excited for our new semester to begin, we welcome and encourage dialogue for all our members, we look forwards to the interaction with one another.

We thank all the past Presidents and the NKA board, and all past and present committee members for all their dedication and hard work in making this organization so strong.

May we all enjoy this upcoming semester and take advantage of all that NKA has to offer.

Stay safe and healthy. The board and I appreciate each and every one of you.

—Sue Miller, NKA President

OFFICERS

President: **Sue Miller**
208-993-1133

President-Elect: **Lynn Hebdon**
208-339-4841

Past President: **Trent Stephens**
208-240-4994

Secretary: **Suzanne Johnson**
208-589-5122

Treasurer: **Phil Joslin**
208-251-1951

DIRECTORS-AT-LARGE

Nancy Dafoe (3-year term ending 6/30/2024)
208-596-0491

Robert Farmer (3-year term ending 6/30/2022)
208-221-9627

Kathy Reynolds (1-year term ending 6/30/2022)
208-237-3670

COMMITTEE CHAIRS

Curriculum: **Trent Stephens**
208-240-4884

Publicity: **Kathleen Stephens**
208-244-2732

History: **Trish Mooney**
208-220-1283

Social: **Kathy Priddy**
208-234-2849

Travel: **Katie Sierra**
208-244-1418

Community Service: **Paula Jull**
208-406-9248

CONTINUING ED. Management Assistant
Shirley Hockett – 208-282-2789; mcelshir@isu.edu

Policies and Procedures for NKA Classes

NKA is a life-long learning group for people 50+ years of age. It is based upon the Road Scholar program and offers a variety of educational classes to its members. There is a fall and a spring catalog that describe the semester classes being offered, giving dates, times, location, and a brief description of each class. Members may register for and participate in as many classes as they like, (space provided.)

- 1) Each class has a facilitator who fills out the facilitator sheet to be turned in to the curriculum committee. The facilitator oversees the class and ensures that it adheres to the times, dates, location, and other information listed in the catalog. If changes are necessary, the facilitator notifies the curriculum chairperson, who will then notify CEWT and the president.
- 2) Each class will operate within the semester dates designated by the Curriculum Committee (which typically follows the ISU calendar.)
- 3) If the class is held in a venue that NKA contracts with, i.e. Liberty Hall or the Elks Lodge, then the class will abide by the parameters set in the contract.
- 4) NKA may cancel a class that does not comply with these guidelines.

COVID-19 VACCINATION POLICY

Anyone who has not been vaccinated must wear a mask when attending lectures. Anyone may wear a mask, if desired. Lecture-style classes will be also offered via Zoom. If you have not been vaccinated and cannot or choose not to wear a mask, please view the lecture via Zoom.

EMERGENCY CLASS CANCELLATION POLICY

In case of emergencies such as hazardous weather conditions (and if School District 25 has canceled school) then NKA classes will be also be canceled. Membership will notified via e-mail and the NKA

Facebook page. If a presenter must cancel a class, the presenter will notify the facilitator, who will contact CEWT to send an email to class members.

PRESENTERS

Generally, presenters are voluntary and are not compensated. Non-member presenters are invited to the Spring luncheon as guests of NKA. We are very fortunate that our presenters share their time and knowledge with us. Please take a minute to thank them.

HOW DO YOU BECOME A MEMBER OF NEW KNOWLEDGE ADVENTURES?

Fill out the Membership and Registration Form (both sides) in the middle of this catalog, sign the “Agreement and Release of Liability” form, choose classes, and return forms with registration fees. Or register online. Membership is by semester and fees are due each semester. For additional information, call 208-282-2789, Monday-Friday, between 8 a.m. and 5 p.m.

NKA MEMBERSHIP CLASS REQUESTS

Registrations will be accepted after the due date, but you may not be able to enroll in all the classes you want because of room or class size limitations. Be assured: every effort will be made to accommodate and register you for requested classes.

NOTICES

—INSTRUCTORS, facilitators, or leaders of classes, field trips, or other activities have the discretion and right to deny enrollment or participation of anyone who fails to demonstrate consistently the ability, with or without reasonable accommodation, to complete or perform the requirements of a particular course, field trip, or other activity without jeopardizing the health or safety of the member, other participants, or the instructor.

—FEES required in advance for travel or activity tickets, lodging, transportation, meals, and similar expenses are *nonrefundable*. Some fees will need to be paid either at the first class or prior to the class.

—The VIEWS AND OPINIONS expressed in presentations are those of the instructor and do not necessarily reflect the policy or position of the NKA governing board.

—PHOTOS AND VIDEOS may be taken during NKA classes and activities for publicity or historical purposes. Members may request to opt out.

PARKING

Parking on the ISU campus is *free only after 4 p.m.* For daytime classes on campus, you need a campus parking permit, which is good in all the General Lots for the entire year. The cost of a parking permit through NKA is \$5; the permit will be mailed with the registration receipt or you can buy one in person at the CEWT office. Permits issued to NKA members are not transferable to anyone else and are to be used for NKA classes only. Any other use may result in a ticket. *Neither NKA or CEWT shall be held liable for any violations of parking regulations.*

BUS TRANSPORTATION

For bus stop locations: 208-234-ABUS;
www.pocatellotransit.com

New Knowledge Adventures (NKA), a Road Scholar affiliate at Idaho State University, is a member-directed organization that provides an informal, noncompetitive environment for lifelong learners age 50 or older.



NKA FACEBOOK PAGE

NKA members are encouraged to submit pictures and information about NKA activities to the NKA Facebook Page at www.facebook.com/nkapocatello. LindaLee Furstenthworth and Christine Young are the group moderators. They can be reached using the Messenger link on the Facebook page. Look for “Send a message” next to the visit group link.

PLEASE be courteous to other members and cancel ASAP if you cannot attend a program so that those on the WAIT LIST may attend. Call the NKA office at 208-282-3372 to cancel.

If you are put on a **wait list**, it is due to the instructor’s class limit or the classroom’s size.

ISU will be CLOSED September 6 for Labor Day; November 22 - 26 for Thanksgiving; and December 20 through January 7 for ISU Christmas Holiday. No classes will be held these days.

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Adventures for the Fall of Twenty Twenty-One

ART, MUSIC, & THEATRE

Artworks by Edson Fichter (#3331)

Wednesday: October 20; 2:30 - 3:30 p.m.

You will walk through an extensive collection of the works of the late Dr. Edson Fichter, including some original art.

Location: Idaho Museum of Natural History, 698 E. Dillon Street, museum classroom. Parking in general lot with the NKA ISU Parking Permit or in the marked Museum parking spaces.

Instructor: Amber Tews, Collections Manager, Idaho Museum of Natural History

Facilitators: Geoff Hogander (ghogande@yahoo.com) or Teresa Henderson (hendtere@isu.edu)

Class Limit: 15

Class Fee: None for the class. There is a \$2.00 charge if you wish to tour the museum's current display in the main gallery, payable to the cashier at the museum entrance.

Drum/Flute & Music Connection (#3288)

Mondays: September 27 (initial meeting); 2:30 - 3:30 p.m.

This is designed for those amateur music players to connect and share their passion for music in a relaxed environment via **Zoom**. If you love music, or play any kind of instruments for solo, duet, trio, and etc., or drum with Native American flute for rhythm connections, or sing-along, play-along music making, you may want to connect just for fun, and to support local nursing/assisted living facilities with online performance via music recordings, if needed.

Location: This is an online **Zoom** only pilot class. We will have an initial Zoom meeting to plan the online activities. Must have an email address and the PC connection for Zoom meetings. Will help with Zoom setup.

Instructor/ Facilitator: Rachel Damewood (208-604-0741, racheldamewood91@gmail.com)

Movie: *A Christmas Memory* (#3060)

Thursday: December 9; 1:00 - 2:30 p.m.

Emmy Award winning Truman Capote's beautiful and poignant recollection of an episode of his youth in the South. It stars Geraldine Page, and is narrated by Capote. This film appeared on ABC-TV in 1966. Running time is 51 minutes.

Location: Liberty Hall, 325 W. Benton, lecture room and upstairs room

Instructor/Facilitator: Carol Nelson (208-238-6969)

Preview to *Burial at Thebes* at ISU (#3308)

Friday: September 24; 5:00 - 6:00 p.m.

Director Joel Shura and his creative team will share the process and product of elements from the ISU Theatre and Dance production of *Burial at Thebes*.

Play Performance Dates: October 1, 2, 7, 8, 9. Shows start at 7:30 PM.

Location: Black Box Theatre, Stephens Performing Arts Center and Zoom, if necessary

Zoom Link: <https://isu.zoom.us/j/487957079>

Instructor: Joel Shura, Assistant Professor of Theatre

Facilitator: Sharon Manning (208-233-9425, manninsh@aol.com)

Preview to *Daddy Long Legs* at OTAS

(#3119) *Friday: September 17; 5:00 p.m.*

The musical *Daddy Long Legs*, by John Caird and Paul Gordon, is based on the 1912 novel by Jean Webster. Set in turn-of-the-century New England, the musical tells the story of orphan Jerusha and her mysterious benefactor, who she dubs "Daddy Long Legs" after seeing his elongated shadow. After he sends her to college, Jerusha sends him a letter once a month, describing her new-found experiences with life outside the orphanage. Their relationship and the musical evolve over time.

(continues...)

(continued: *Preview to Daddy Long Legs*)

Play Performance Dates: Sept 24, 25, 27; Oct 1, 2, 4 at 7:30 PM; Matinees Sept 25 and Oct 2 at 1:00 PM

Location: OTAS, 427 N. Main, Suite G

Instructor: Sherri Dienstfrey-Swanson, Director

Facilitator: Geoff Hogander (ghogande@yahoo.com)

Class Limit: 30

Preview to the Symphony (#3322)

Fridays: September 17, October 22, & December 3; 3:00 – 4:00 p.m.

Dr. Geoffrey Friedley is an adjunct instructor at ISU, where he teaches voice, music appreciation, and music history. Dr. Friedley will describe the compositions, composers, their times and styles, and what to expect at the upcoming concert. These previews will enhance the enjoyment of going to the concerts. For more information, visit: www.thesymphony.us.

Symphony Performance Dates: Saturday, September 25; Friday, October 29; & Friday, December 10

Location: Liberty Hall, 325 W. Benton, lecture room and Zoom

Instructor: Dr. Geoffrey Friedley

Facilitator: Elizabeth Dyer (dyer2158@gmail.com, 573-210-7588)

CRAFTS & HOBBIES

Beginning Knitting (#3135)

Tuesdays: September 14- November 16; 1:00 – 3:00 p.m.

Learn the basics of knitting, and reading patterns. We will be starting with basic dish cloth and checker board slippers; these make excellent Christmas gifts. Each student will need to bring size 8 knitting needles, 2 different colors of 4 ply knitting worsted yarn (materials for slippers), and 1 skein of 100% cotton yarn (for dish cloth.)

Location: Liberty Hall, 325 W. Benton, small room

Instructor: Shanna Erickson

Facilitator: Sue Miller (208-993-1133)

Class Limit: 10

Creative Card Making (#3739)

Wednesday: November 3; 1:00 – 3:00 p.m.

Join us for lots of fun while creating several beautiful Christmas cards! Please bring a small pair of scissors.

Location: Liberty Hall, 325 W. Benton, small room

Instructor: Diane Tauscher

Facilitator: Nancy Dafoe (208-596-0491)

Class Limit: 10

Class Fee: \$10 (pays for prepared packets of supplies); please bring to class.

Crochet/Knitting Service Group (#3196)

Tuesdays: September 14 – November 16; 2:00 – 3:00 p.m.

A service project crocheting and knitting lap blankets for the PMC cancer center. Yarn is provided for these projects. BYO hooks and needles are helpful although we do have some we can lend. A basic knowledge of crocheting or knitting is also helpful plus we have talented members to assist you. This is a fun way to practice your skills and to be creative with colors and patterns while helping others at the same time.

Location: Senior Activity Center, 427 North 6th Avenue, dining room

Facilitator: Barbara Christensen (562-544-4136)

Class Limit: 20

Introduction to Quilling Greeting Cards

(#3220) *Wednesday: November 10; 2:00 – 4:00 p.m.*

Learn the beautiful art of quilling (paper scrolling). We can extend our creativity and create thoughtful cards.

Location: Liberty Hall, 325 W. Benton, small room

Instructor: Suzanne Hong Johnson

Facilitator: Nancy Dafoe (208-596-0491, nancyd@uidaho.edu)

Class Limit: 15

Class Fees: \$5 (pays for quill tool, paper and supplies), bring to class

Letterpress: A Card of Note (#3138)*Wednesdays: October 6-27; 2:00 – 4:00 p.m.*

Participants will use the Pinyon Jay Press collection of vintage art and historic typefaces to create original notecards or postcards of their own. They will also learn to create their own original linoleum block art to print on the cards or just as art. You will get the chance to print a set of notes or cards for your future use.

Location: Pinyon Jay Press, Liberal Arts Building, Room 139 (downstairs) at ISU. Quad side entrance.

Instructor: Paula Jull, Professor Emerita, ISU

Facilitator: Elizabeth Dyer (dyer2158@gmail.com, 573-210-7588)

Class Limit: 5

Class Fee: \$20 (which pays for all inks, papers and envelopes, linoleum block, tools and equipment needed.) Bring cash or check to the instructor at the first class.

Origami Dragons (#3141)*Wednesday: October 27; 10:00 a.m. – noon*

There may be people out there who don't love dragons, but I haven't met any yet. These charming little guys are only slightly more difficult to fold than cranes, can be individualized with varying back and tail styles and infused by you with special powers, like the "patience dragon" and the "courage dragon". Keep one on the dashboard of your car to help you watch the road. Fun to fold and even more fun to give away!

Location: Liberty Hall, 325 W. Benton, small room

Instructor: Kris Hansen

Facilitator: Nancy Dafoe (208-596-0491)

Class Limit: 10

Class Fee: \$2 (which pays for origami paper.) Pay in class.

Origami for Beginners (#3148)*Wednesdays: September 22 & 29, October 6 & 13; 10:00 a.m. – Noon*

The ancient art of origami has been enjoying a real renaissance in the past few decades. Modern designers and paper publishers around the world

are developing exciting new models and clever new techniques, as well as new colors and prints of paper especially created for accurate origami. Feel like a magician as you transform a simple square of paper into a swan, a mouse, and yes, the elegant traditional crane.

Location: Liberty Hall, 325 W. Benton, small room

Instructor: Kris Hansen

Facilitator: Nancy Dafoe (208-596-0491)

Class Limit: 10

Class Fee: \$5 due first day of class (pays for origami paper for class and homework)

Origami: Simple Kusudama (#3155)*Wednesdays: November 10, 17, & 24, December 1; 10:00 a.m. – Noon*

Fold a specifically designed unit, perhaps shaped like a star or flower, with special tabs and pockets. Then fold 29 more identical units and fit them together by sliding the tabs of each unit into the pockets of other units to form an amazing sphere. Centuries ago, these "medicine balls" contained fragrant medicines and herbs and were believed to help ward off evil and sickness. Several modern designers have developed ingenious new models and you will compose at least two.

Location: Liberty Hall, 325 W. Benton, small room

Instructor: Kris Hansen

Facilitator: Nancy Dafoe (208-596-0491)

Class Limit: 10

Class Fee: \$10 due first day of class (pays for specially designed two-sided paper)

Rock Art – Plain and Simple (#3168)*Thursday: October 21; 1:00 - 3:00 p.m.*

Have fun painting rocks, a great way to express creativity and to make simple, thoughtful gifts. Bring your own or use one of ours!

Location: Liberty Hall, 325 W. Benton, small room

Instructor: Suzanne Hong Johnson

Facilitator: Nancy Dafoe (208-596-0491, nancyd@uidaho.edu)

Class Limit: 20

Class Fee: \$5 (pays for rocks and paint), bring to class

Rubber Stamp Card Making (#3096)

Thursdays: September 16, October 14, & November 18; 1:00 – 3:00 p.m.

Make seven cards with rubber stamps using several techniques such as die cuts, punches, folders, heat embossing and more.

Location: Liberty Hall, 325 W. Benton, small room

Instructor: Melissa Millermon

Facilitator: Sue Miller (208-993-1133)

Class Limit: 10

Class Fee: \$15 (which pays for materials) due at first class.

Seasonal Frame (#3063)

Friday: October 15; 10:00 a.m. – Noon.

Let's make an 8 x 10 wooden frame with seasonal themed paper inserts that will compliment your home décor.

Location: Liberty Hall, 325 W. Benton, small room

Instructor: Diane Tauscher

Facilitator: Nancy Dafoe (208-596-0491)

Class Limit: 8

Class Fee: \$15 (which pays for the frame and all materials needed for the project) please bring to class.

Splash: Introduction to Watercolor

(#3966) *Thursday: September 23: 1:00 – 3:00 p.m.*

This class gives you a chance to dabble and learn basics! An inexpensive form of creativity.

Location: Liberty Hall, 325 W. Benton, small room

Instructor: Suzanne Hong Johnson

Facilitator: Nancy Dafoe (208-596-0491, nancyd@uidaho.edu)

Class Limit: 15

Class Fee: \$10 (which pays for paint and paper), please bring to class.

Woodcarving, Advanced (#3558)

Mondays, Wednesdays and Fridays as desired: September 13 – December 17; 9:00 a.m. – Noon (clean-up starts at 11:30)

Advanced wood carver classes are for individuals who have completed at least one semester as a beginning carver or who have prior

experience and do not require constant assistance and supervision. They will provide their own tools and equipment to include rotary power tools or knives/gouges (edged hand tools). Carvers will select their own projects. Related optional activities include participation in the First Friday Art Walk on October 1, the Eastern Idaho State Fair, and the Great Salt Lake Wood Carvers show.

Location: Home Depot – Lumber Department, 4340 Hawthorne Road, Pocatello

Instructors: Shorty Miller & Diane Porter both with years of experience and recognition in woodcarving journals

Facilitator: Cathy McPherson (208-233-5899, cathylee@cableone.net)

Class Limit: Unlimited

Class Fee: \$10 (cash or check at first meeting) plus purchase of any other additional supplies.

Woodcarving, Beginning (#3101)

Wednesday: September 22; 9:00 a.m. – Noon (clean-up from 11:30-noon). After this first class, you may come any Monday, Wednesday or Friday from September 22 – December 17.

Beginning woodcarving classes are for individuals with little or no experience. Students will use rotary power tools and related equipment provided. Projects may begin with a stylized bird, then a shelf cat, with a final project selected by the carver. Related optional activities include participation in the First Friday Art Walk on October 1, the Eastern Idaho State Fair, and the Great Salt Lake Wood Carvers show.

Location: Home Depot lumber department, 4340 Hawthorne Road, Chubbuck

Instructors: Shorty Miller & Diane Porter, both with years of experience and recognition in woodcarving journals

Facilitator: Cathy McPherson (208-233-5899, cathylee@cableone.net)

Class Fee: \$10 (cash or check at first meeting) plus purchase of any other additional supplies.

Please be courteous to other members and cancel ASAP if you are signed up for a program and cannot attend so that the Wait List individuals may be contacted to attend.

Call the NKA office at 208-282-3372.

Woodland Gnome (#3170)

Monday: November 22; 1:00 - 3:00 p.m.

Just in time to be thinking about Christmas, join us in creating an adorable fabric woodland gnome.

Location: Liberty Hall, 325 W. Benton, small room

Instructor: Jill Serpa

Facilitator: Diane Tauscher (208 680 2393, dmt88bailey@q.com)

Class Limit: 10

Class Fee: \$10 (cash or check at first meeting) pays for all materials.

FITNESS & MOTION**Essentrics®: Stretch and Tone** (#3065)

*Mondays: September 13 – December 13;
11:30 a.m. -12:30 p.m.*

Essentrics® is a low-impact equipment-free class perfect for men and women and will leave you feeling energized, youthful and healthy similar to Classical Stretch on PBS. This class is a dynamic, full-body workout that combines stretching and strengthening to: rebalance your body, unlock tight joints, improve posture, tone and shape your body, increase flexibility, balance and strength.

Location: Liberty Hall, 325 W Benton, upstairs

Instructor: Megan Tews, PA-C Essentrics® Instructor

Facilitator: Jan Flandro (208-221-4091)

Class Limit: 20

Fit & Fall Proof™ (#3106)

*Mondays & Wednesdays: September 13 –
November 17; 9:30-10:30 a.m.*

Fit and Fall Proof is an exercise-based fall prevention program that focuses on improving strength, mobility and balance to reduce the risk of falling. Wear loose clothing and bring water.

Location: Rosewood Reception Center and Gathering Place, 1499 Bannock Highway, Pocatello

Instructor/Facilitator: Marlene Hendrick (208-220-0615, mkhendy@yahoo.com)

Class Limit: 30

Latin Line Dance I (#3107)

*Wednesdays: September 15 – November 17;
2:00 – 3:00 p.m.*

Dance to Latin rhythm—mambo, cha-cha, rumba, tango, samba, bachata, merengue, and salsa! No partners required. Meet people and have fun! The music impassions the brain and the dance itself is a full body workout. Water may be brought to the facility.

Location: Rosewood Reception Center and Gathering Place, 1499 Bannock Highway, Pocatello

Instructor: Lucy Bonman

Facilitator: Martha Collins (208-776-5526, marti.collins5@gmail.com)

Class Limit: 30

Latin Line Dance II (#3108)

*Wednesdays: September 15 – November 17;
3:00 – 4:00 p.m.*

Dance to Latin rhythm—mambo, cha-cha, rumba, tango, samba, bachata, merengue, and salsa! No partners required. Meet people and have fun! The music impassions the brain and the dance itself is a full body workout. Water may be brought to the facility.

Location: Rosewood Reception Center and Gathering Place, 1499 Bannock Highway, Pocatello

Instructor: Lucy Bonman

Facilitator: Jane Gibson (gibsonjm@cableone.net)

Class Limit: 20

Line Dancing: Beginning 1 (Starter)

*(#3013) Mondays: September 13 – November 15;
1:00 – 1:50 p.m.*

If you are new to line dancing, this is the place to “start”. Basic line dance steps, step patterns, and rhythms will be taught, which then will be combined into simple and easy-to-learn dances. This will help memory and coordination; so that you get both physical and mental exercise. This class is for guys and gals; you don’t need a partner. Social distancing and masks may be required, depending on the CDC Guidelines in September. (*continues...*)

(continued: Line Dancing: Beginning 1 Starter)

Location: Elks Lodge, 410 S. Main Street, Pocatello

Instructors: Judy Liday, Marjean Waford, Penny Cooper and Bob Schaffner

Facilitator: Judy Liday, 208-317-6664, lidayjam@gmail.com

Class Limit: 30

Line Dancing: Beginning 2 (#3111)

Mondays: September 13 – November 15;
2:00 – 3:00 p.m.

This class will build on what was taught in the Beginning 1 class. The line dances in this class are more complex than the dances in the Beginning 1 class, but they are still fun and relatively easy. Line dancing helps to build memory and coordination with physical and mental exercise. This class is for guys and gals; you don't need a partner. Social distancing and masks may be required, depending on the CDC Guidelines in September.

Location: Elks Lodge, 410 S. Main Street, Pocatello

Instructors: Kay Elsethagen and Carlyn Rice

Facilitator: Kay Elsethagen (208-233-2945, robandkays@msn.com)

Class Limit: 30

Line Dancing: Intermediate (#3113)

Tuesdays: September 14 – November 16;
9:30 – 10:25 a.m.

Intermediate line dancing is for those who have completed the Beginning 2 line dancing class. This class introduces more challenging dances. We will start slowly and keep adding to our repertoire, working up to the intermediate level. You'll have lots of fun learning these dances. Social distancing and masks may be required, depending on the CDC Guidelines in September.

Location: Elks Lodge, 410 S. Main Street, Pocatello

Instructors: Susan Kramer and Joyce DeGarlais

Facilitators: Joyce DeGarlais (208-238-1247, joydgd@yahoo.com) and Susan Kramer (208-237-8709, s.kramer1@gmail.com)

Class Limit: 30

Line Dancing: Oldies but Goodies (#3110)

Tuesdays: September 14 – November 16;
10:30 – 11:30 a.m.

This class is a combination of dances previously learned in the beginning and intermediate dance classes with a few advanced dances at the end. All dances will be reviewed (not taught) with a variety of music and rhythms, beginning with very easy dances to the intermediate and advanced level. If you know the basic steps in line dancing, you will love this class. Please join us for lots of fun, exercise and dancing. Social distancing and masks may be required, depending on the CDC Guidelines in September.

Location: Elks Lodge, 410 S. Main Street, Pocatello

Instructors: Judy Liday, Marjean Waford, and Tom Baxter

Facilitator: Judy Liday, 208-317-6664, lidayjam@gmail.com

Class Limit: 30

Line Dancing: Step It Up (#3819)

Thursdays: September 16 – November 18;
9:30 – 11:00 a.m.

If you'd like a little more challenge to your line dancing, we encourage those who have completed the beginning/intermediate classes and are familiar with most line dance steps to join our "STEP-IT-UP" dance class. We teach new dances and review/reteach oldies and then incorporate different songs/rhythms. These dances are not advanced; rather geared toward introducing additional steps/turns to create slightly more complicated dances. Social distancing and masks may be required, depending on the CDC Guidelines in September.

Location: Elks Lodge, 410 S. Main Street, Pocatello

Instructors: Jan Green (208-251-1244, rgreen9812@gmail.com) and Joyce DeGarlais (208-238-1247, joydgd@yahoo.com)

Facilitator: Judy Liday, 208-317-6664, lidayjam@gmail.com

Class Limit: 20

Please be courteous to other members and cancel ASAP if you are signed up for a program and cannot attend so that the Wait List individuals may be contacted to attend. Call the NKA office at 208-282-3372.

SEPTEMBER 2021

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

FALL FIELD TRIPS

- September 15: Minidoka National Historic Site (TRAVEL Minidoka)
- October 8–10: Trailing of the Sheep Festival (TRAVEL Sheep in Hailey)
- December 11: *Chitty Chitty Bang Bang* Musical (TRAVEL Chitty Chitty)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
5	LABOR DAY 6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

OCTOBER 2021

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

2

1
Wd Crv, Adv 9am-noon
Wd Crv, Beg 9am-noon
Sq Dance Basic 6-7:30
Sq Dance Plus 7:30-9

9
TRAVEL Sheep in Hailey
(OCTOBER 8-10)

8
TRAVEL Sheep in Hailey 7:30am
Wd Crv, Adv 9am-noon
Wd Crv, Beg 9am-noon
Greenway 9 am
Sq Dance Basic 6-7:30
Sq Dance Plus 7:30-9

16

15
Wd Crv, Adv 9am-noon
Wd Crv, Beg 9am-noon
Greenway 9am
Amnesia 10-11:30
Seasonal Frame 10am-noon
No Lunch but Games 12:30-4pm

23

22
Wd Crv, Adv 9am-noon
Wd Crv, Beg 9am-noon
Greenway 9 am
Hold'em 2:00-4:00
Preview to Symphony 3-4

30

29
Wd Crv, Adv 9am-noon
Wd Crv, Beg 9am-noon
Greenway 9 am
Hold'em 2:00-4:00

7
NKA Board 10:00
T'ai Chi 9-10am
Step It Dance 9:30-11
Mindfulness 10-11:30
Zumba Gold 10-10:50
Astronomy 10:30-12
Academy 10:30-12
Mahjong 1-3
Senior tour 1-2:30
Book Group 3-4:30

6
Wd Crv, Adv 9am-noon
Wd Crv, Beg 9am-noon
Fit&Fall Proof 9:30-10:30
Beg Origami 10-12
Pandemic 10-11:30
Climate 1:00-2:30
Letterpress 2-4 pm
Latin line 1 2:00-3:00
Latin Line 2 3:00-4:00

14
T'ai Chi 9-10am
Step It Dance 9:30-11
Mindfulness 10-11:30
Zumba Gold 10-10:50
Children's books 10-12
Stamp Card Making 1-3
Mahjong 1-3

21
T'ai Chi 9-10am
Step It Dance 9:30-11
Mindfulness 10-11:30
Zumba Gold 10-10:50
Mahjong 1-3
Rock art 1-3
Rocks of ID 2-4 pm

28
T'ai Chi 9-10am
Step It Dance 9:30-11
Mindfulness 10-11:30
Zumba Gold 10-10:50
South Africa 10:30-12
Mahjong 1-3pm
QPR Training 1-2:30

5
T'ai Chi 9-10am
Int Line Dance 9:30-10:25
Origami I 10am-noon
Oldies Line Dance 10:30-11:30
Beg Knitting 1-3 pm
Crochet/Knit 2-3pm
Medicare overview 1-3:00
Int Bridge 1:30-4:00

13
Wd Crv, Adv 9am-noon
Wd Crv, Beg 9am-noon
Fit&Fall Proof 9:30-10:30
Beg Origami 10-12
Letterpress 2-4 pm
Latin line 1 2:00-3:00
Latin Line 2 3:00-4:00
Wine Yellowstone 5-7

12
T'ai Chi 9-10am
Int Line Dance 9:30-10:25
Origami II 10am-noon
Liberia 10-11:30
Oldies Line Dance 10:30-11:30
Beg Knitting 1-3pm
Team Trivia 1-2:30
Int Bridge 1:30-4:00
Crochet/Knit 2-3pm

20
Wd Crv, Adv 9am-noon
Wd Crv, Beg 9am-noon
Fit&Fall Proof 9:30-10:30
Beekeeping 10:30-12:00
IMNH Fichter 2:30-3:30
Latin line 1 2:00-3:00
Latin Line 2 3:00-4:00
Letterpress 2-4 pm

27
Wd Crv, Adv 9am-noon
Wd Crv, Beg 9am-noon
Fit&Fall Proof 9:30-10:30
Edson Fichter 10-11:30
Origami dragon 10-12
Latin line 1 2:00-3:00
Latin Line 2 3:00-4:00
Letterpress 2-4 pm
Egg roll 2-4 pm

4
Wd Crv, Adv 9am-noon
Wd Crv, Beg 9am-noon
Fit&Fall Proof 9:30-10:30
Tai Chi Breathe 10-11
Essentrics 11:30-12:30
Beg 1 Line Dance 1-1:50
Medicare 101 1-2:30
Qigong 1-2:00
Beg 2 Line Dance 2-3 pm
Creative Writing 2-4pm

11
Wd Crv, Adv 9am-noon
Wd Crv, Beg 9am-noon
Fit&Fall Proof 9:30-10:30
Tai Chi Breathe 10-11
Essentrics 11:30-12:30
Beg 1 Line Dance 1-1:50
Qigong 1-2:00
Beg 2 Line Dance 2-3 pm
Creative Writing 2-4pm

19
T'ai Chi 9-10am
Int Line Dance 9:30-10:25
Beg Bridge 9:30-12:00
Origami II 10am-noon
Oldies Line Dance 10:30-11:30
Beg Knitting 1-3 pm
Int Bridge 1:30-4:00
Crochet/Knit 2-3pm

26
T'ai Chi 9-10am
Int Line Dance 9:30-10:25
Beg Bridge 9:30-12:00
Origami II 10am-noon
Oldies Line Dance 10:30-11:30
Write! 10:30-12:30
Beg Knitting 1-3 pm
Team Trivia 1-2:30
Int Bridge 1:30-4:00
Crochet/Knit 2-3pm

25
Wd Crv, Adv 9am-noon
Wd Crv, Beg 9am-noon
Fit&Fall Proof 9:30-10:30
Tai Chi Breathe 10-11
Hot Topics 10-11:30
Essentrics 11:30-12:30
Beg 1 Line Dance 1-1:50
Qigong 1-2:00
Beg 2 Line Dance 2-3 pm
Creative Writing 2-4pm

3

10
TRAVEL Sheep in Hailey

17
Wd Crv, Adv 9am-noon
Wd Crv, Beg 9am-noon
Fit&Fall Proof 9:30-10:30
Tai Chi Breathe 10-11
Essentrics 11:30-12:30
Beg 1 Line Dance 1-1:50
Qigong 1-2:00
Beg 2 Line Dance 2-3 pm
Creative Writing 2-4pm

18
Wd Crv, Adv 9am-noon
Wd Crv, Beg 9am-noon
Fit&Fall Proof 9:30-10:30
Tai Chi Breathe 10-11
Essentrics 11:30-12:30
Beg 1 Line Dance 1-1:50
Qigong 1-2:00
Beg 2 Line Dance 2-3 pm
Creative Writing 2-4pm

24
Wd Crv, Adv 9am-noon
Wd Crv, Beg 9am-noon
Fit&Fall Proof 9:30-10:30
Tai Chi Breathe 10-11
Hot Topics 10-11:30
Essentrics 11:30-12:30
Beg 1 Line Dance 1-1:50
Qigong 1-2:00
Beg 2 Line Dance 2-3 pm
Creative Writing 2-4pm

31

31

31

31

31

NKA 2021 MEMBERSHIP AND REGISTRATION FORM

New Member Previous Member

PLEASE: • PRINT NEATLY
• SIGN BELOW
• COMPLETE BOTH SIDES

Name: _____

Address: _____

City/State/Zip: _____

Daytime Phone: _____ Evening Phone: _____ Cell Phone: _____

E-Mail: _____

Emergency Contact Person and Phone: _____

Preferred method of contact: Phone E-mail

Preferred method of registration receipt: Mailed E-mailed

REGISTRATION OPENS ON SEPTEMBER 1

Three options are available to register:

1—By Mail:

Idaho State University
Continuing Education/Workforce Training
921 S 8th Ave. STOP 8380
Pocatello ID, 83209

2—In Person at:

777 Memorial Drive, Roy F. Christensen Bldg. #48

3—Online at:

cetrain.isu.edu/nka

Phone: 208-282-2789 or 208-282-3372

Fax: 208-282-5894; ATTN. Shirley

Membership Dues MUST Accompany Your Registration

\$40 per person/per semester \$ _____

Parking Fee \$5 (once a year) \$ _____

Only required on campus before 4 p.m.

TOTAL DUE \$ _____

NOTE: Some classes require additional fees that need to be paid at the first class or prior to the class to the instructor or facilitator.

AGREEMENT AND RELEASE OF LIABILITY

I, the undersigned, am aware that participation in activities as a member of New Knowledge Adventures (NKA) is voluntary and may be risky and dangerous to include bodily injury, including death, as well as damage to property or third parties. By participating, I certify that I have full knowledge of and assume all risks, and that I am in good health and have no physical or mental limitations that would preclude the safe participation or the use of equipment related to the activities of NKA. To the fullest extent permitted by law, and in consideration of gaining membership or being allowed to participate in the activities and programs of NKA and to use its facilities and equipment, I, on behalf of myself, my heirs, representatives, executors, administrators, and assignees (the Releasing Parties) hereby agree to indemnify, defend, save, hold harmless, release, and covenant not to sue NKA, the State of Idaho, Idaho State University, its State Board of Education, its members, respective officers, employees, volunteers, and agents (the Released Parties) for any negligently caused injuries or losses arising out of, or connected with, my participation in any activities of NKA. On behalf of myself, I hereby consent to emergency medical care, including transportation to and exchange of medical information with a medical facility. I understand that I am responsible for all medical expenses for myself.

I do assume responsibility for my participation in class and will call 208-282-3372 if I cannot attend.

Date: _____ NKA Member or Participant Signature: _____

REGISTER FOR THE CLASSES YOU WISH TO ATTEND BY CHECKING THE BOXES BELOW.

NOTE: Classes filled first-registered, first-served. Please cancel ASAP if you are signed up for a program and cannot attend. Lecture-style classes will also be available via Zoom. Crafts & Hobbies, Fitness & Motion, Food & Beverage, and Games classes will be held in-person, unless designated otherwise in the catalog description. Please check the class description for more information.

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- T'ai Chi Chih (Advanced) (#3104)
- Walking the Greenway (#3115)
- Zumba Gold (#3952)

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- ▼ Old Fashioned Egg Rolls with Apricot Sauce (#3250) Section: 1 2
- Sushi Bowl (#3192)
- Wine Pairing at PV's Uncorked on Main (#3943)
- Wine Pairing at the Yellowstone (#3642)
- ▼ Wine Tasting at Café Tuscano (#3120)
Section: 1 2

GAMES

- Intermediate Bridge: 2 over 1 (#3376)
- Let's Play Bridge! (#3194)
- Mahjong (#3125)
- ▼ No Lunch, but Games (#3139)
Section: 1 2 3 4
- Team Trivia (#3014)
- Texas Hold'em Poker (#3127)

GENERAL INTEREST

- 2021 Economic Update: Where Are We Now? (#3746)
- The Art of Pilgrimage: Labyrinths (#3206)
- Backyard Beekeeping (#3195)
- Building a Better Baloney Detector (#3828)
- Discrimination and Racism in Pocatello (#3202)
- Hike and Float the Grand Canyon (#3203)
- Hot Topics (#3827)
- Mules, Can You Trust Them? (#3212)
- People-Powered Fair Maps: Idaho Redistricting 101 (#3218)
- A Picture Tour of South Africa's Garden Route (#3221)
- Portneuf River Vision Partnership (#3174)
- QPR Suicide Prevention Training (#3225)
- Senior Activity Center Tour (#3756)

HEALTH & WELLNESS

- Cultivating Kindness with Mindfulness (#3229)
- Idiopathic Transitory Global Amnesia (#3231)
- Interpreting Your Laboratory Test Results: What Are All Those Abbreviations and Numbers Anyway? (#3226)
- Medicare 101 (#3905)
- Medicare Overview – New to Medicare and Annual Enrollment? (#3905)

- ▼ Origami and Theragami (The Science and Art of Celebration and Healing) (#3461)
IN-CLASS ONLY
Section: 1 2 3 4
- Yoga for Healthy Aging (#3223)

HISTORY

- From Academy to University (#3232)
- Great North American Diamond Rush (#3098)
- History of the Marshall Public Library
ZOOM ONLY (#3772)
- How Much is Your Old Vinyl Record Worth? (#3233)
- James Longstreet: Lee's Old War Horse (#3241)
- Lessons of the Second Pandemic: The Bubonic Plague (c 1350-1720) (#3246)
- Native American Collection Tour
IN-PERSON ONLY (#3190)
- The Pocatello Red Light District (#3248)
- Reflections on 40 Years of ISU Athletics (#3252)
- Thalidomide Sixty Years Later (#3378)
- The United States and Liberia (#3270)

NATURE, SCIENCE, & TECHNOLOGY

- Astronomy 1: The Big Picture, Part 2 (#3057)
- Climate Solutions Using the En-ROADS Simulator (#3176)
- Cutting the Cable Cord (#3083)
- Edson Fichter Nature Area and Garden: History and Vision for the Future (#3740)
- Idaho Sharks **IN-PERSON ONLY** (#3137)
- Rocks and Geology of Idaho (#3396)
- Skulls **IN-PERSON ONLY** (#3245)
- Solving the Climate Challenge (#3253)

TRAVEL & FIELD TRIPS

- Chitty Chitty Bang Bang* Musical (#3258)
- Minidoka National Historic Site, Jerome (#3182)
- Trailing of the Sheep Festival (#3086)

WRITING & LITERATURE

- Book Group and a Glass... (#3372)
- Low-Impact Creative Writing (#3136)
- Remembering Our Favorite Children's Books (#3184)
- Write, You Have Stories to Tell! (#3296)

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New Member Previous Member

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Name: _____

Address: _____

City/State/Zip: _____

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E-Mail: _____

Emergency Contact Person and Phone: _____

Preferred method of contact: Phone E-mail

Preferred method of registration receipt: Mailed E-mailed

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Pocatello ID, 83209

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777 Memorial Drive, Roy F. Christensen Bldg. #48

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cetrain.isu.edu/nka

Phone: 208-282-2789 or 208-282-3372

Fax: 208-282-5894; ATTN. Shirley

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\$40 per person/per semester \$ _____

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Section: 1 2 3 4
- Team Trivia (#3014)
- Texas Hold'em Poker (#3127)

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- The Art of Pilgrimage: Labyrinths (#3206)
- Backyard Beekeeping (#3195)
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- Idiopathic Transitory Global Amnesia (#3231)
- Interpreting Your Laboratory Test Results: What Are All Those Abbreviations and Numbers Anyway? (#3226)
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- How Much is Your Old Vinyl Record Worth? (#3233)
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- Chitty Chitty Bang Bang* Musical (#3258)
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- Book Group and a Glass... (#3372)
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NOVEMBER 2021

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

	1 Wd Crv, Adv 9am-noon Wd Crv, Beg 9am-noon Fit&Fall Proof 9:30-10:30 Essentrics 11:30-12:30 Beg 1 Line Dance 1-1:50 Qigong 1-2:00 Beg 2 Line Dance 2-3 pm Creative Writing 2-4pm	2 T'ai Chi 9-10am Int Line Dance 9:30-10:25 Beg Bridge 9:30-12:00 Origami III 10am-noon Oldies Line Dance 10:30-11:30 Write! 10:30-noon Beg Knitting 1-3 pm Int Bridge 1:30-4:00 Crochet/Knit 2-3pm	3 Wd Crv, Adv 9am-noon Wd Crv, Beg 9am-noon Fit&Fall Proof 9:30-10:30 Creative cards 1-3 Latin line 1 2:00-3:00 Latin Line 2 3:00-4:00	4 T'ai Chi 9-10am NKA Board 10:00 Step It Dance 9:30-11 Zumba Gold 10-10:50 Mahjong 1-3 Book Group 3-4:30pm	5 Wd Crv, Adv 9am-noon Wd Crv, Beg 9am-noon Hold'em 2:00-4:00 Sq Dance Basic 6-7:30 Sq Dance Plus 7:30-9	6
7	8 Wd Crv, Adv 9am-noon Wd Crv, Beg 9am-noon Fit&Fall Proof 9:30-10:30 Essentrics 11:30-12:30 Beg 1 Line Dance 1-1:50 Qigong 1-2:00 Beg 2 Line Dance 2-3 pm Creative Writing 2-4pm	9 T'ai Chi 9-10am Int Line Dance 9:30-10:25 Beg Bridge 9:30-12:00 Origami III 10am-noon Oldies Line Dance 10:30-11:30 Beg Knitting 1-3 pm Team Trivia 1-2:30 Int Bridge 1:30-4:00 Crochet/Knit 2-3pm	10 Wd Crv, Adv 9am-noon Wd Crv, Beg 9am-noon Fit&Fall Proof 9:30-10:30 Kusudama 10-12 Racism 11-12:30 Quilling 2-4 Latin line 1 2:00-3:00 Latin Line 2 3:00-4:00	11 T'ai Chi 9-10am Step It Dance 9:30-11 Zumba Gold 10-10:50 Red Lights 10:30-12 Grand Canyon 1-2:30 Mahjong 1-3	12 Wd Crv, Adv 9am-noon Wd Crv, Beg 9am-noon Hold'em 2:00-4:00 Sq Dance Basic 6-7:30 Sq Dance Plus 7:30-9	13
14	15 Wd Crv, Adv 9am-noon Wd Crv, Beg 9am-noon Fit&Fall Proof 9:30-10:30 Essentrics 11:30-12:30 Beg 1 Line Dance 1-1:50 Qigong 1-2:00 Beg 2 Line Dance 2-3 pm Creative Writing 2-4pm	16 T'ai Chi 9-10am Int Line Dance 9:30-10:25 Beg Bridge 9:30-12:00 Origami III 10am-noon Oldies Line Dance 10:30-11:30 Thalidomide 10:30-noon Beg Knitting 1-3 pm Int Bridge 1:30-4:00 Tusciano Tasting 2-4 pm Crochet/Knit 2-3pm Tusciano Tasting 5-7pm	17 Wd Crv, Adv 9am-noon Wd Crv, Beg 9am-noon Fit&Fall Proof 9:30-10:30 Kusudama 10-12 Diamond Rush 10-11:30 Sushi bowl 2-4:00 IMNH Nat Am 2:30-3:30 Latin line 1 2:00-3:00 Latin Line 2 3:00-4:00	18 T'ai Chi 9-10am Step It Dance 9:30-11 Zumba Gold 10-10:50 Longstreet 10:30-noon Library History 10-11:30 Stamp Card Making 1-3 Mahjong 1-3	19 Wd Crv, Adv 9am-noon Wd Crv, Beg 9am-noon No Lunch but Games 12:30-4pm Hold'em 2:00-4:00 Sq Dance Basic 6-7:30 Sq Dance Plus 7:30-9	20
21	22 Wd Crv, Adv 9am-noon Wd Crv, Beg 9am-noon Essentrics 11:30-12:30 Gnomes 1-3 Qigong 1-2:00 Creative Writing 2-4pm	23 T'ai Chi 9-10am Beg Bridge 9:30-12:00 Origami III 10am-noon Team Trivia 1-2:30 Yoga for Aging 1-2:30pm	24 Wd Crv, Adv 9am-noon Wd Crv, Beg 9am-noon Kusudama 10-12	25 THANKSGIVING	26 Wd Crv, Adv 9am-noon Wd Crv, Beg 9am-noon	27
28	29 Wd Crv, Adv 9am-noon Wd Crv, Beg 9am-noon Hot Topics 10-11:30 Essentrics 11:30-12:30 Qigong 1-2:00 Creative Writing 2-4pm	30 T'ai Chi 9-10am Beg Bridge 9:30-12:00 Origami IV 10am-noon Int Bridge 1:30-4:00				

DECEMBER 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5	6	7	8	9	10	11
	Wd Crv, Adv 9am-noon Wd Crv, Beg 9am-noon Essentrics 11:30-12:30 Qigong 1-2:00 Creative Writing 2-4pm	T'ai Chi 9-10am Beg Bridge 9:30-12:00 Origami IV 10am-noon Team Trivia 1-2:30	Wd Crv, Adv 9am-noon Wd Crv, Beg 9am-noon	Tai Chi 9-10am Christmas Memory 1-2:30	Wd Crv, Adv 9am-noon Wd Crv, Beg 9am-noon Hold'em 2:00-4:00 Sq Dance Basic 6-7:30 Sq Dance Plus 7:30-9	TRAVEL Chitty Chitty 12 Noon
12	13	14	15	16	17	18
	Wd Crv, Adv 9am-noon Wd Crv, Beg 9am-noon Essentrics 11:30-12:30 Qigong 1-2:00 Creative Writing 2-4pm	T'ai Chi 9-10am Origami IV 10am-noon	Wd Crv, Adv 9am-noon Wd Crv, Beg 9am-noon IMNH Sharks 2:30-3:30	T'ai Chi 9-10am	Wd Crv, Adv 9am-noon Wd Crv, Beg 9am-noon No Lunch but Games 12:30-4pm	
19	20	21	22	23	24	25
						CHRISTMAS
26	27	28	29	30	31	

Qigong (#3282)

*Mondays: September 13 – December 13;
1:00 – 2:00 p.m.*

More vigorous than Tai Chi, Qigong is a system of coordinated body-posture and movement, breathing, and meditation used for the purposes of health, spirituality. We'll do Qigong to recorded videos, led by expert practitioners.

Location: Liberty Hall, 325 W Benton, upstairs
Instructor/Facilitator: Jim Mariani; jsm22553@yahoo.com
Class Limit: 20

Square Dance (#3105)

*Fridays: September 17 - December 17: 6:00 – 9:00 p.m. (See sections for specific time)
No Dances – October 15, 22, 29; November 26;
December 3.*

Learn the joy of square dance! No partner needed—we have several experienced dancers who dance male/female positions. You commit your time and we'll all have fun! Wear comfortable clothing, comfortable dance shoes, a can-do attitude, and a big smile! Learn from Steve Sullivan, a nationally known, third-generation, licensed, top square dance caller—and he's GOOD!

SECTION 1 – Basic & Mainstream:
6:00 – 7:30 p.m

SECTION 2 – Introduction to Plus Level (For those who have completed Basic and Mainstream):
7:30 – 9:00 p.m.

Location: Basement of the building at the NW corner of W. Lewis and North Arthur (same building as Henry's Hair Salon). Park on west side of building in lot and use the west entrance. If the door is locked call (208) 237-3609 and they will let you in.

Instructor: Steve Sullivan, licensed square dance caller
Facilitator: Jim Mariani; jsm22553@yahoo.com
Class Limit: 25
Class Fee: Non-NKA members: \$5/person/evening

T'ai Chi Chih (Advanced) (#3104)

Tuesdays & Thursdays: September 28 – December 16; 9:00 – 10:00 a.m.

Meditation in motion. We practice the 19 T'ai Chi Chih disciplines taught in the beginner's class and also several classical Qigong forms. Class is limited to those who have previous experience or are willing to come early for tutoring.

Location: Liberty Hall, 325 W. Benton, upstairs
Instructor/Facilitator: Stephanie Gill (sgillforterra@gmail.com)
Class Limit: 30

T'ai Chi Breathing, Stretching, and More (#3178)

*Mondays: September 27 – October 25;
10:00 – 11:00 a.m.*

The class will practice Tai Chi breathing and stretching exercises with focus on the Thirteen Grand Preservers movements which help in achieving a straight and flexible spinal column, rejuvenate muscles and tendons, increase circulation, and keep the lower back and legs supple and limber. If there is any doubt about whether you are healthy enough to undertake these exercises, consult your doctor before attempting to practice them. Have a chair nearby, a bottle of water, and wear comfortable clothes.

Location: This is an online Zoom-only class.
Instructor/Facilitator: Rachel Damewood (208-604-0741, racheldamewood91@gmail.com)

Walking the Greenway (#3115)

Fridays: October 8 - 29; 9:00 a.m.

Portneuf Greenway Trails are paved on mostly flat terrain. Walk at your own pace. We will meet at the Trailheads, which will be announced by e-mail two days before the walk. Those who do not have e-mail or need guidance must phone the CEWT office.

Location: Portneuf Greenway Trails
Instructor: Sandra Babb (208-238-2034, sacbabb@gmail.com)
Facilitator: CEWT Office (208-282-2789)

Zumba Gold® (#3952)

*Thursdays: September 16 – November 18:
10:00 – 10:50 a.m.*

Are you ready to party yourself into shape? That's exactly what the Zumba® program is all about. It's an exhilarating, effective, easy to follow, Latin-inspired, calorie-burning, balance training, dance fitness party geared for seniors. It's exercise in disguise.

Location: Fitness, Inc., 1800 Garrett Way, Pocatello, Unit 19 (backside of the mall)

Instructor: Elizabeth McKenna, Licensed Zumba Gold instructor, Licensed Zumba and Aqua Zumba instructor

Facilitator: Rod Johnson (208-251-4230, rodjohnson703@gmail.com)

FOOD & BEVERAGE

Old Fashioned Egg Rolls with Apricot Sauce (#3250)

We'll recreate the old-fashioned egg rolls we used to get at the Shanghai Café and the Hong Kong Cuisine. The same class will be taught twice, sign up for one session only!

SECTION 1 – Thursday, September 16, 1 – 3 pm
OR

SECTION 2 – Wednesday, October 27, 2 – 4 pm

Location: Liberty Hall, 325 W. Benton

Instructor/Facilitator: Suzanne Hong Johnson (208- 589-5122, suzyjmom@icloud.com)

Class Limit: 35

Class Fee: \$2 for handouts, supplies. Bring to class.

Sushi Bowl (#3192)

Wednesday: November 17: 2:00 – 4:00 p.m.

A course on basic stir-frying. Principles, cutting techniques, cooking, and tasting. We will learn about a variety of stir fry sauces. Face masks are required in classes held on the ISU campus.

Location: Liberty Hall, 325 W. Benton

Instructor/Facilitator: Suzanne Hong Johnson (208- 589-5122, suzyjmom@icloud.com)

Class Limit: 40

Class Fee: \$4 for handouts, sample. Bring to class.

Wine Pairing at PV's Uncorked on Main

(#3943) Thursday: September 23; 6:00 – 8:00 p.m.

Let's get together at PV's Uncorked for some great food, great wine, and good company.

Location: PV's Uncorked, 138 N. Main St., Pocatello

Instructors: Donny and Jenn Flores

Facilitator: Geoff Hogander (208-232-3437)

Class Limit: 30

Class Fee: \$45, includes wine, food, and gratuity. Make check payable to PV's Uncorked. Mail to Geoff Hogander, 255 Fairmont Ave. Pocatello, ID 83201 by **September 16**.

Wine Pairing at the Yellowstone (#3642)

Wednesday: October 13; 5:00 – 7:00 pm

The Yellowstone Restaurant is reprising their successful pairing from last spring, matching select menu items to complement the attributes of a wine.

Location: The Yellowstone Restaurant inside the Yellowstone Hotel, 230 W. Bonneville, downtown

Instructor: Jennifer Erchul, owner

Facilitator: Geoff Hogander (208- 232-3437)

Class Limit: 50

Class Fee: \$50 includes gratuity. Make check payable to Geoff Hogander, 255 Fairmont Ave., Pocatello, ID 83201 and send by **October 8**.

Wine Tasting at Café Tuscano (#3120)

Allow Café Tuscano to pamper you and your friends while you taste some great wines. The wines will be paired with light appetizers to highlight the qualities of each wine. Please sign up for the section you would prefer to attend.

**SECTION 1 – Tuesday: November 16;
2:00 – 4:00 p.m.**

OR

**SECTION 2 – Tuesday: November 16;
5:00 – 7:00 p.m.**

Location: Café Tuscano, 2231 E. Center Street

Instructor: Allyson Burnham

Facilitator: Sharon Manning (208-233-9425)

Class Limit: 30

Class Fee: \$20, includes gratuity. Make checks payable to Café Tuscano. Send to Sharon Manning, 830 Spyglass Point, Pocatello, Idaho 83204, by **November 1**.

GAMES

Intermediate Bridge: 2 over 1 (#3376)

Tuesdays: October 5 – November 30, no class on November 23; 1:30 – 4:00 p.m.

The 2 over 1 force system is for players who want to take their game to a new level. It is simply a modification to standard bidding. Participants should understand the basics of bridge.

Required Text: *2 over 1: Game Force*, Grant, Audrey and Rodwell, E. (2009). Baron Barclay, Louisville, KY. Please contact the facilitator if you want a book ordered for you. Cost will be dependent on how many books are ordered but should not exceed \$21.00.

Location: Rosewood Reception Center and Gathering Place, 1499 Bannock Highway

Instructor: Jeanne Moore

Facilitators: Barbara Bain, (208-232-3415) and Janice Matteson-Howell, (208-221-4276)

Let's Play Bridge! (#3194)

Tuesdays: October 19 – December 7; 9:30 a.m. – Noon

Never played? A beginner? Need a refresher? Then join us! A deck of cards, instruction, and learning! We will discuss different bidding strategies and responses each week. And then play and discuss hands related to the topic. No Trump, Majors, Minors...we have it all!

Location: Rosewood Reception Center and Gathering Place, 1499 Bannock Highway

Instructor: Peggy Vogt

Facilitators: Barbara Bain, (208-232-3415) and Janice Matteson-Howell, (208-221-4276)

Mahjong (#3125)

Thursdays: September 16 – November 18; 1:00 – 3:00 p.m.

Mahjong, similar to the Western card game rummy, is a game of skill, strategy and calculation, and involves a certain degree of chance. It is a four-

player table game with some 3-player variations found in Korea, Japan and the Philippines. The game requires players to draw (to make melds) and discard until a winning hand is completed. This game is fun!

Location: Rosewood Reception Center and Gathering Place, 1499 Bannock Highway

Instructor: Lucy Bonman

Facilitator: Barbara Hyde (208-760-7260)

Class Limit: 24

No Lunch, but Games (#3139)

Hand and Foot game and Dominoes Mexican Train game to be played from 12:30 to 4 pm. You must sign up to participate for each month you plan to attend. You will receive a phone call to verify attendance. If you must cancel please call class facilitator Sharon Manning (208-233-9425). JHCC is being remodeled and will be available again in 2022.

SECTION 1 – Friday: Sept 24; 12:30 to 4:00 p.m.

SECTION 2 – Friday: Oct 15; 12:30 to 4:00 p.m.

SECTION 3 – Friday: Nov 19; 12:30 to 4:00 p.m.

SECTION 4 – Friday: Dec 17; 12:30 to 4:00 p.m.

Location: Liberty Hall, 325 W. Benton upstairs and downstairs lecture rooms.

Facilitators: Sharon Manning & Committee (208-233-9425)

Class Limit: 50

Team Trivia (#3014)

Every other Tuesday: beginning September 14 until December 7; 1:00 – 2:30 p.m.

Why scratch your head alone? We'll form teams on the spot and change them out each session. Play for bragging rights only!

Location: Liberty Hall, 325 W. Benton, lecture room

Facilitator/Instructor: Jim Mariani (208-851-0842, jsm22553@yahoo.com)

Class Limit: 40

Please be courteous to other members and cancel ASAP if you are signed up for a program and cannot attend so that the Wait List individuals may be contacted to attend. Call the NKA office at 208-282-3372.

Texas Hold'em Poker (#3127)

*Fridays: October 22 - December 10,
2:00 – 4:00 p.m.; NO class November 19, 26*

This class is for anyone who wants to play Texas Hold'em Poker. Groups will be set up by ability levels. We will teach anyone to play.

Location: Liberty Hall, 325 W. Benton, lecture room

Instructors: Carol Harsch and Charles Lines

Facilitator: Carol Harsch (charsch7@aol.com)

Class Limit: 24

GENERAL INTEREST**2021 Economic Update: Where Are We Now?** (#3746)

Thursday: September 23; 1:00 – 2:30 p.m.

Much has transpired in the global economy in the last 18 months. This class will provide up-to-date data on where we are, where we have been, and a couple different outlooks for the near future.

Location: Liberty Hall, 325 W. Benton, lecture room

Instructor: Joel Phillips, Vice President of Operations, Sanctuary Wealth Management

Facilitator: Jim Manning, 208-233-9425 (djamesmanning@aol.com)

The Art of Pilgrimage: Labyrinths (#3206)

Tuesday: September 14; 10:00 – 11:30 a.m.

Expand your spiritual experience. Enjoy learning about the spiritual knowledge and experience of labyrinths while staying close to home. This class introduces you to spiritual rituals, philosophy and history of labyrinths.

Location: Liberty Hall, 325 W. Benton, lecture room and Zoom

Instructor: Midge Woods

Facilitator: Donna Hillard, (208-241-9855, hilldonn73@gmail.com)

Backyard Beekeeping (#3195)

Wednesday: October 20; 10:30 a.m. - Noon

Would you like to raise honey bees in your backyard? In this class, we'll talk about how to get

started raising bees, the clothing and equipment needed, and building a hive. After this "taste" of honey making, you can decide if you're ready to enter the world of beekeeping!

Location: Liberty Hall, 325 W. Benton, lecture room

Instructor: Jocy McCormick

Facilitator: Jennie McCormick (208-521-2780)

Class Limit: 50

Building a Better Baloney Detector (#3828)

Wednesday: September 22; 9:30– 10:45 a.m.

An introduction to several common human thinking errors that skew how we view the world around us, make us vulnerable to being manipulated by others and allow us to persist in personal beliefs that are just plain wrong.

Location: Liberty Hall, 325 W. Benton, lecture room and Zoom

Instructor: Steve Lawyer, PhD, Professor of Psychology, ISU

Facilitator: Geoff Hogander, ghogande@yahoo.com

Discrimination and Racism in Pocatello (#3202)

Wednesday: November 10; 11:00 a.m. – 12:30 p.m.

Personal viewpoints of discrimination and racism based on being born of immigrant parents in Pocatello, Idaho. Mamoy Hong Walker and Suzanne Hong Johnson have had different experiences, even though their backgrounds, schooling and such were remarkably similar.

Location: Liberty Hall, 325 W. Benton, lecture room and Zoom

Instructors: Mamoy Hong Walker and Suzanne Hong Johnson

Facilitator: Trent Stephens (208-244-2732, trentstephens1@cablone.net)

Hike and Float the Grand Canyon (#3203)

Thursday: November 11; 1:00 – 2:30 p.m.

In the spring of 2021, Kathy Olsen joined her husband & friends to hike the side canyons & float the Colorado River of the Grand Canyon.

Join Kathy as she shares the highlights of this fascinating trip via slides and lecture.

Location: Liberty Hall, 325 W. Benton, lecture room
Instructor: Kathy Olsen, retired ISU nursing professor
Facilitator: Sondra Dunkle (dunksond@gmail.com)

Hot Topics (#3827)

Mondays: September 27, October 25, & November 29; 10:00 – 11:30 a.m.

Events are moving very quickly in our modern world. Some move so quickly we can't even calendar them for the following semester, but need to address them as they unfold. Just in case this semester will see some strange and exciting events, we are leaving time open to discuss those topics hot off the press. Suitable instructors will be invited as events evolve.

Location: Liberty Hall 325 W. Benton, Lecture room
Instructors: Various
Facilitator: Trent Stephens (208-240-4994, trentstephens1@cableone.net)

Mules, Can You Trust Them? (#3212)

Wednesday: September 29; 10:00 - 11:30 a.m.

Last March, we rode mules down into the Grand Canyon to Phantom Ranch, stayed overnight and rode back the next day. Our trip took us down the Bright Angel Trail. The trail consists of numerous switchbacks, too numerous to count, trails on the sheer side of cliffs, crossing the Colorado River on a suspension bridge, etc. The talk will be illustrated with slides and provide some history of the human footprint in the Grand Canyon.

Location: Liberty Hall, 325 W. Benton, lecture room
Instructors: Don and Jane Streubel, retired educators
Facilitator: Geoff Hogander (ghogande@yahoo.com)

People-Powered Fair Maps: Idaho Redistricting 101 (#3218)

Wednesday: September 15; 1:00 - 2:00 p.m.

In 2021, states will use U.S. Census data to change district boundaries. The League of Women Voters advocates for the creation of fair political maps throughout our nation. This presentation will

make Idahoans aware of how boundary choices can determine legislation that affects our lives. Citizens will learn how they can participate in the redistricting process. We bring this to you because the League's mission is to increase informed participation in public policy decisions.

Location: Zoom Meeting (40-minute presentation followed by a group discussion)

Instructors: Linda Engle, a member of LWV of Pocatello since 2016, is currently faculty in the Idaho State University Math Department and teaches about the math behind fair redistricting. Pam Ward has been a member of the LWV of Pocatello since 1995 and serves on the Board of the Idaho and the Pocatello Leagues.

Facilitator: Pam Ward (wardpa@cableone.net, 208-237-6535)

A Picture Tour of South Africa's Garden Route (#3221)

Thursday: October 28; 10:30 a.m. - Noon

South Africa's Garden Valley has an aroma distinct from any other area, rich and earthy. My husband and I spent ten days in South Africa with my sister and her husband who were living there and knew how to get around and be safe to see the best sites. Join me for a picture tour and narrative on our fabulous experiences in South Africa including the Addo Elephant National Park, a Plettenberg Safari, amazing vegetation, food experiences and wonderful people.

Location: Liberty Hall, 325 W. Benton, lecture room and Zoom

Instructor: Audrey Liddil, Emeritus Extension Professor – Food and Nutrition

Facilitator: Geoff Hogander, (208-232-3437)

Portneuf River Vision Partnership (#3174)

Monday: September 20; 3:00 - 4:30 p.m.

This presentation informs participants on the progress of implementation of the Portneuf River Vision. The Sagebrush Steppe Land Trust is working collaboratively with the City of Pocatello to support these projects and are incorporating a new Community Conservation program to bring awareness of conservation to an urban setting.

(continues...)

(continued: *Portneuf River Vision Partnership*)

Location: Liberty Hall, 325 W. Benton, lecture room and Zoom

Instructors: Matt Lucia, Executive Director and Jaime Campbell, Conservation Manager, Sagebrush Steppe Land Trust

Facilitator: Geoff Hogander (ghogande@yahoo.com)

QPR Suicide Prevention Training (#3225)

Thursday: October 28; 1:00 - 2:30 p.m.

QPR suicide prevention training focuses on helping non-experts better understand what to see, say, and do to help someone with thoughts of suicide. QPR is on SAMHSA's National Registry of Evidence-based Programs and Practices. Yes! QPR reinforces simple, practical communication skills that can increase confidence and safety when interacting with anyone who may be at risk. Safe communication patterns are a benefit to anyone. We have trained over 1400 individuals.

Location: Liberty Hall, 325 W. Benton, lecture room and Zoom

Instructors: BYU-ID Faculty Andra Smith Hansen and Nancy Espeseth Director of the Center for Hope

Facilitator: Nancy Espeseth (nancye@rhscare.com, 208-709-0388)

Senior Activity Center Tour (#3756)

Thursday: October 7; 1:00 - 2:30 p.m.

This presentation introduces the public to the Center. There will be a brief description of the inception of the Center and its history.

Location: Pocatello Senior Center, 427 N. 6th Ave.

Instructor/Facilitator: Anita Valladolid, Director of the Senior Activity Center (208-233-1212, senioractivities@ida.net)

HEALTH & WELLNESS

Cultivating Kindness with Mindfulness

(#3229) *Thursdays: October 7-28;*

10:00 - 11:30 a.m.

Kindness and compassion are qualities we can cultivate to increase the happiness and wellbeing

of ourselves and others. These qualities are encouraged by all faith traditions and professional ethical standards.

We will discover together why recovering and cultivating these qualities increases happiness and wellbeing. 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.

Location: Portneuf Sangha at 424 W. Lewis, Pocatello and Zoom

Instructors: Drs. Paula and Tony Seikel

Facilitator: Barbara Bain (208-232-3415)

Class Limit: 25

Idiopathic Transitory Global Amnesia

(#3231) *Friday: October 15; 10:00 - 11:30 a.m.*

One morning this spring, my wife came home from driving her school bus and could not remember anything that had happened that morning. She kept asking if she had driven the bus and then driven herself home. The condition is called Idiopathic Transitory Global Amnesia, which translates to "You can't remember anything, but the problem will pass, and I have no idea what caused it." It is not uncommon in people our age - about 1 in 75 people experience it.

Location: Liberty Hall, 325 W. Benton, lecture rooms

Instructor: Trent Stephens, (208-240-4994, trentstephens1@cableone.com)

Facilitator: Kathleen Stephens (208-244-2732, kathleenstephens@gmail.com)

Interpreting Your Laboratory Test Results: What Are All Those Abbreviations and Numbers Anyway? (#3226)

Thursday: September 30; 1:00-2:30 p.m.

The interpretation of laboratory tests can sometimes be like reading a foreign language. Physicians let their patients know what the results are, but don't always have the time to explain the details or how to read the report. Understand what all those numbers and abbreviations mean and why they are so important.

Location: Liberty Hall, 325 W. Benton, lecture room and Zoom

Instructor: Debbie Shell, MS, MLS(ASCP)^{CM} SM, DLM, Laboratory Instructor, Medical Laboratory Science Program, ISU

Facilitator: Geoff Hogander, ghogande@yahoo.com

Medicare 101 (#3905)

Monday; October 4: 1:00 – 2:30 p.m.

This course will break Medicare down for you and answer questions you may have. Learn about the parts of Medicare and how they are different. What's plan G? We'll help you determine the right plan. By the end of the class you will be equipped with the tools you need when it's time to sign up. This class is open to all and recommended for individuals over 62 years of age. Family members of Medicare beneficiaries are welcome as well.

Location: Liberty Hall, 325 W. Benton, lecture room

Instructor: Marilee Park, Blue Cross of Idaho

Facilitator: Geoff Hogander (ghogande@yahoo.com)

Medicare Overview – New to Medicare and Annual Enrollment? (#3905)

Tuesday; October 5: 1:00 – 3:00 p.m.

Are you turning 65 soon? Come join us to learn about Medicare A & B, Part D prescription drug plans, Part C Advantage Plans, and Medicare Supplemental Insurance, as well as enrollment periods. Medicare updates for 2021 will be shared.

Location: This is an online class via Cisco WebEx, provided by SHIBA. Invitation emailed to registered members from the SHIBA account (Cisco WebEx)

Instructor: Helen Mayberry, SHIBA – Medicare Counselor, ID Department of Insurance

Facilitator: Rachel Damewood (208-604-0741, racheldamewood91@gmail.com)

Origami & Theragami: The Science and Art of Celebration and Healing (#3461)

Origami and Theragami are used to educate, inspire, self-heal, and instill greater confidence. Theragami has therapeutic benefits connecting the mind and body. Four classes offered.

SECTION 1 – Senbazuru Spiritual Cranes

Tuesdays: September 21 & 28, October 5;

10:00 a.m. – Noon

Come bless your mental and physical health-wellness through the simple, but mesmerizing and empowering, elegance of Senbazuru, the Thousand Cranes.

SECTION 2 – Tessellations I

Tuesdays: October 12, 19, & 26;

10:00 a.m. – Noon

Tessellations are folded patterns that repeat themselves indefinitely. This session teaches almost magical basics as a pre-requisite to complex modeling. All skill levels are welcome.

SECTION 3 – Tessellations II (Prerequisite: Tessellations I)

Tuesdays: November 2, 9, 16, & 23;

10:00 a.m. – Noon

This session will teach many complex models that lay the foundation for expanding the greatest resource in the world—your imagination. Come “touch” the future as it is meant to be touched by “You”.

SECTION 4 – Kusudama

Tuesdays: November 30, December 7 & 14;

10:00 a.m. – Noon

Kusudama are comprised of multiple folded modules that are presented as special blessings at celebrations such as baptisms and weddings. They have been a tradition for centuries. All skill levels from beginner to advanced are welcome.

Location (all classes): Liberty Hall, 325 W. Benton, small room

Instructor: Hugh Suenaga

Facilitator: Nancy Dafoe (208-596-0491)

Class Limit: 12

Class Fee: \$20 to be paid at the first day of the class. Pays for all paper and costs associated with preparation of an instructional video which is emailed to each registered student.

Please be courteous to other members and cancel ASAP if you are signed up for a program and cannot attend so that the Wait List individuals may be contacted to attend.

Call the NKA office at 208-282-3155.

Yoga for Healthy Aging (#3223)

Tuesday: November 23; 1:00 – 2:30 p.m.

Gentle yoga is a healthy way to maintain strength, flexibility, and balance. The biggest myth is that one needs to be flexible. The truth is you must have a flexible mind to try something different. Join me for a discussion about how yoga can keep one healthy. We are going to do some gentle practice moves, so please dress accordingly.

Location: Liberty Hall, 325 W. Benton, lecture room

Instructor: Kath Olsen, RN, PhD., Yoga Alliance certified; Therapeutic yoga for Seniors from Duke University Integrative Medicine; Silver Sneakers; Silver and Fit. PhD. Thesis topic: Falls in the Elderly, The Consequences for the Spouse.

Facilitator: Sondra Dunkle, (dunksond@gmail.com)

HISTORY

From Academy to University (#3232)

Thursday: October 7; 10:30 a.m. – Noon

A visual tour through the history of Idaho State University from its beginning as the Academy of Idaho, a single building at the south end of 7th Avenue in 1901, to the campus it is today. The presentation includes information about the people for whom the buildings were named and views of the campus at various stages of its growth and development.

Location: Liberty Hall, 325 W. Benton, lecture room

Instructor: Arlen Walker, President of the Bannock County Historical Society

Facilitator: Nancy Dafoe (208) 596-0491

The Great North American Diamond Rush (#3098)

Wednesday: November 17; 10:00 – 11:30 a.m.

We may think of the mines in Africa when we think of diamonds. Yet there were two great diamond rushes in North America in the 1980s—one in Colorado and one in Canada. The latter led to the discovery of several of the world's richest

diamond mines operating today. Two old-time prospectors found what international companies missed—under the Great Slave Lake in the Northwest Territories. How did they do this? How can you mine for diamonds under a lake?

Location: Liberty Hall, 325 W. Benton, lecture room and Zoom

Instructor: Dr. S. Eric Krasa

Facilitator: Geoff Hogander (ghogande@yahoo.com)

History of the Marshall Public Library (#3772)

Thursday: November 18; 10:00 – 11:30 a.m.

Public libraries have had an important place in US history and culture since the colonial era. Yet the true Golden Age of libraries was the late 19th and early 20th centuries when Carnegie libraries were built across the nation. Pocatello was no exception, yet the story of its building took an unexpected turn. We will look at our library's place in city, state, national, and global history, both in its development and its architecture.

Location: Zoom only

Instructor: Kristine Hunt, adjunct instructor, History Department, ISU

Facilitator: Barbara Christensen (christensen.barb@gmail.com)

How Much is Your Old Vinyl Record Worth? (#3233)

Friday: September 24; 10:00 – 11:30 a.m.

I will cover the history of Rock and Roll in vinyl records – mostly 45 rpm. We will examine the value of the top records from each year from 1954 to 1969. I will also bring my record player and play some of the old records. Dancing is encouraged.

Location: Liberty Hall, 325 W. Benton, lecture rooms

Instructor: Trent Stephens, (208-240-4994, trentstephens1@cablone.com)

Facilitator: Kathleen Stephens (208-244-2732, kathleenstephens@gmail.com)

Please be courteous to other members and cancel ASAP if you are signed up for a program and cannot attend so that the Wait List individuals may be contacted to attend. Call the NKA office at 208-282-3372.

James Longstreet: Lee's Old War Horse*(#3241) Thursday: November 18; 10:30 a.m. – Noon*

James Longstreet was a general officer in the Confederate Army during the Civil War. He and Stonewall Jackson were Robert E. Lee's two senior commanders in the Army of Northern Virginia. At the Battle of Antietam in September 1862, Lee called him "my old war horse". After the war, Longstreet caused a lot of controversy when he criticized Lee's generalship at the Battle of Gettysburg. This presentation will focus on the reasons for that controversy.

Location: Liberty Hall, 325 W. Benton, lecture room and Zoom

Instructor: Fowler Charles (Chuck) Humphrey, PhD, Professor Emeritus, ISU

Facilitator: Coke McClure (mcclure.coke56@gmail.com)

Lessons of the Second Pandemic: The Bubonic Plague (c 1350-1720) (#3246)*Wednesday: October 6; 10:00 – 11:30 a.m.*

The course examines the consequence of pandemics with attention paid to the Black Death and to Covid-19. How are societies, economies, political systems and culture affected in both positive and negative ways? What do the similarities and contrasts reveal about responses to disease?

Location: Liberty Hall, 325 W. Benton, lecture rooms

Instructor: Stephanie Mooers Christelow, Professor Emerita, Department of History, ISU, and Life Member of the University of Cambridge, UK

Facilitator: Jim Mariani (jsm22553@yahoo.com)

Native American Collection Tour (#3190)*Wednesday: November 17; 2:30 - 3:30 p.m.*

You will be shown through an extensive collection of Native American clothing, toys, photos, etc. that have been gifted to the Museum.

Location: Idaho Museum of Natural History, 698 E. Dillon Street, museum classroom. Parking in general lot with the NKA ISU Parking Permit or in the marked Museum parking spaces.

Instructor: Amber Tews, Collections Manager, Idaho Museum of Natural History

Facilitators: Geoff Hogander (ghogande@yahoo.com) or Teresa Henderson (hendtere@isu.edu)

Class Limit: 15

Class Fee: None for the class. There is a \$2.00 charge if you wish to tour the museum's current display in the main gallery, payable to the cashier at the museum entrance.

The Pocatello Red Light District (#3248)*Thursday: November 11; 10:30 a.m. – Noon*

A history of a rarely discussed aspect of early Pocatello, a frontier town like many others in the "Old West". Prostitution was once an accepted (though ignored by polite society) institution... often regulated, sometimes licensed, occasionally taxed, and frequently a source of civic revenue for developing cities in the late 1800s and early 1900s. This presentation covers the Pocatello "red-light" district from its beginnings through World War II and after... where it was, how it was regulated, misconceptions, and its place in city history.

Location: Liberty Hall, 325 W. Benton, lecture room

Instructor: Arlen Walker, President of the Bannock County Historical Society

Facilitator: Nancy Dafoe (208-596-0491)

Reflections on 40 Years of Idaho State Athletics (#3252)*Wednesday: September 15; 10:00 a.m. – Noon*

Brad Bugger has followed Idaho State athletics for over 40 years, from his time as a sportswriter in the 1980s to his work as a radio analyst on ISU football and basketball games from 1994 to 2020. Hear his reflections on the championships and challenges, the most exciting athletes and top coaches over four decades of Bengal athletics.

Location: Liberty Hall, 325 W. Benton, lecture room

Instructor: Brad Bugger

Facilitator: Nancy Dafoe (208-596-0491)

Thalidomide Sixty Years Later (#3378)*Tuesday: November 16; 10:30 a.m. – Noon*

Sixty years ago, on this day, 16 November 1961, two physicians: Widukind Lenz in Germany and William McBride in Australia independently
(continues...)

(continued: *Thalidomide Sixty Years Later*)

identified the new drug—sleeping pill, thalidomide, as causing a pandemic of horrific birth defects. What has happened in these past sixty years? The answer will probably surprise you.

Location: Liberty Hall, 325 W. Benton, lecture room

Instructor: Trent Stephens, (208-240-4994, trentstephens1@cableone.com)

Facilitator: Kathleen Stephens (208-244-2732, kathleenstephens@gmail.com)

The United States and Liberia (#3270)

Tuesday: October 12; 10:00 – 11:30 a.m.

Liberia, a West African colony settled by African Americans, is an important piece in the story of the abolition of slavery in the United States. We'll examine the history of the approximately 12,000 African Americans who arrived in Liberia during the nineteenth century, and explore how opposition to Liberian colonization spurred the abolition movement in the U.S.

Location: Liberty Hall, 325 W. Benton, lecture rooms and Zoom

Instructor: Marie Stango, PhD, Assistant Professor of History, ISU

Facilitator: Virginia Kelly (208-232-7417)

NATURE, SCIENCE, & TECHNOLOGY

Astronomy 1: The Big Picture, Part 2

(#3057) *Thursday: October 7; 10:30 a.m. – Noon*

We'll cover interesting concepts not addressed in Part one—stars, galaxies, black holes and more.

Location: Liberty Hall, 325 W. Benton, lecture rooms and Zoom

Instructors: Jim Mariani

Facilitator: Trent Stephens (208-240-4994, trentstephens1@cableone.net)

Climate Solutions Workshop Using the En-ROADS Simulator (#3176)

Thursday: September 30; 10:30 a.m. - Noon

The En-ROADS Climate Workshop helps build support for strategies to address climate change via interactive use of the cutting-edge simulation

model En-ROADS. In the workshop, participants propose climate solutions such as energy efficiency, carbon pricing, fossil fuel taxes, and carbon dioxide removal. The facilitator then tests these approaches in the En-ROADS Climate Solutions Simulator, so participants can see the impact on global temperature and other factors.

Location: Liberty Hall, 325 W. Benton, lecture room and Zoom

Instructors/Facilitators: Kayti Didricksen, (kdidricksen@gmail.com, 208-850-3983), Greg Weeks, and Don Kemper, all three are Boise Citizens' Climate Lobby members and En-ROADS ambassadors with Climate Interactive

Cutting the Cable Cord (#3083)

Thursday: September 23; 10:00 - 11:30 a.m.

Is cable TV getting too expensive? Has satellite TV dropped your favorite channel because of a contract dispute? Have you almost forgotten about broadcast TV and rabbit ear antennas? Let's talk about your options for broadcast TV, replacing your cable or satellite service with a live streaming service, or just using streaming apps on your TV. We'll talk about your available options, their cost (some are free!), and what channels or features you might gain or lose.

Location: Liberty Hall, 325 W. Benton, lecture room and Zoom

Instructor: Brian Kauffmann

Facilitator: Geoff Hogander (208-232-3437)

Edson Fichter Nature Area and Garden: History and Vision for the Future (#3740)

Wednesday: October 27; 10:00 – 11:30 a.m.

An introduction into the history of the Edson Fichter Nature Area and Garden since 1993 and an explanation of its development and visions of its future. Truly a natural gem within the city limits!

Location: Idaho Fish and Game Office, 1345 Barton Road, Pocatello, Conference Room

Instructors: Maria Pacioretty, Fish and Game; Sallee Gasser and Helen Beitia, members of original Garden Development group

Facilitator: Helen Beitia (208-241-3933, beithele@isu.edu)

Idaho Sharks (#3137)

Wednesday: December 15; 2:30 – 3:30 p.m.

Dr. Leif Tapanila, paleontologist and museum director, will take you into our collection and tell the story of Idaho's sharks.

Location: Idaho Museum of Natural History, 698 E. Dillon Street. Parking in general lot with the NKA ISU Parking Permit or in the marked Museum parking spaces

Instructor: Dr. Leif Tapanila, Director/Curator Idaho Museum of Natural History and Professor, Earth Sciences, ISU

Facilitators: Geoff Hogander (ghogande@yahoo.com) or Teresa Henderson (hendtere@isu.edu)

Class Limit: 15

Class Fee: None for the class. \$2.00 if you wish to tour the museum's current display in the main gallery, payable to the cashier at the museum entrance.

Rocks and Geology of Idaho (#3396)

Thursday: October 21; 2:00 - 4:00 p.m.

Paul Link will talk about and show pictures of the geology of Idaho. Participants are encouraged to send to Paul (contact info below) rocks or pictures of rocks they have collected in their travels. (Locations of the samples will help a lot). Paul will attempt to put each rock in a regional geologic context, resulting in a tour of Idaho's geological history, no doubt with some surprises.

Location: Liberty Hall, 325 W. Benton, lecture rooms

Instructor: Paul Link, Geosciences Professor, ISU (208-317-3946, linkpaul@isu.edu)

Facilitator: Geoff Hogander (208-232-3437, ghogande@yahoo.com)

Class Limit: 50

Class Fee: \$28 optional (which pays for the 2021 edition of *Roadside Geology of Idaho* book. Bring cash or check to Paul Link at the class, but **please contact Paul Link by October 15 if you want the book.**)

Skulls (#3245)

Wednesday: September 22; 2:30 - 3:30 p.m.

Take a walk through the world of skulls. See extinct and living skulls. This will open your eyes to see your own skull in a new way.

Location: Idaho Museum of Natural History, 698 E. Dillon Street, museum classroom. Parking in general lot with the NKA ISU Parking Permit or in the marked Museum parking spaces.

Instructor: Amber Tews, Collections Manager, Idaho Museum of Natural History

Facilitators: Geoff Hogander (ghogande@yahoo.com) or Teresa Henderson (hendtere@isu.edu)

Class Limit: 15

Class Fee: None for the class. \$2.00 if you wish to tour the museum's current display in the main gallery, payable to the cashier at the museum entrance.

Solving the Climate Challenge (#3253)

Wednesday: October 6; 1:00 - 2:30 p.m.

This upbeat interactive presentation is about possible solutions to climate change. How will warming affect Idaho's agriculture and the health of our citizens? We will discuss a variety of solutions; some have been introduced into Congress.

Will these proposals work? Will they crash our economy—what do economists say? What about job creation? What can individual citizens do?

Location: Liberty Hall, 325 W. Benton, lecture room

Instructors: Linda Engle and Chris Stevens, Citizens' Climate Lobby

Facilitator: Sondra Dunkle (dunksond@gmail.com)

TRAVEL & FIELD TRIPS

NOTES:

- Fees for trips must be received thirty (30) days prior to scheduled departure date.
- Trip payment, unless otherwise stated, includes all expenses—bus, meals, gratuities, admissions, hotels.
- Your reservation for the trip will be taken in order of payment, not registration.
- If we do not have the minimum of 40 people paid 30 days prior to a trip, we will cancel it.
- Fees are nonrefundable within the 30-day period prior to departure except for medical reasons. If you cancel for medical reasons, we will refund any monies that are not dedicated funds. Dedicated funds include bus costs and any nonrefundable deposits NKA has spent on the trip. (continues...)

(continued: Travel & Field Trips)

• *Costs for overnight trips are based on double occupancy. For a single, add \$50 per night to the fee.*

Chitty Chitty Bang Bang Musical (#3258)

Saturday: December 11; Check in Noon.

Depart 12:30 p.m..

Travel to Hale Centre Theatre in Sandy, Utah to watch a live performance of *Chitty Chitty Bang Bang*. The show starts at 4:00 PM. Come soar with the car that rattles, swims and flies as the whimsical adventure of Caractacus Potts, his darling children and Truly Scrumptious weaves splendid adventures. Based on Jeremy Sam's book, the Sherman Brothers created the most fantasmigorical stage musical of all time! When the curtain closes, we will travel to Brigham City to enjoy a delicious meal at Golden Corral, then on to Pocatello, arriving at about 10:00 PM.

Departure Location: Pocatello Regional Transport, 5815 South 5th Avenue, Pocatello. Parking is available on site. There are restrooms inside the terminal.

Facilitators: Linda Ellis (208-221-8009, lmjdellis@cablone.net) and Nadine Howard (775-843-2743, Nadiney1@aol.com)

Class Limit: 40

Class Fee: \$110.00 (pays for bus, theater show, and dinner)

How and When to Pay: Make checks payable to NKA and send to Linda Ellis, 2000 Judy Lane, Pocatello, ID 83201 (208-237-3530) prior to **November 12**.

Minidoka National Historic Site, Jerome, ID (#3182)

Wednesday: September 15; Check in 7:30 a.m.

Depart 8:00 a.m.

Travel to Jerome, Idaho and visit the Minidoka Relocation Center. This site served as an internment camp for West Coast Japanese-American citizens from 1942 – 1945 after Japan attacked Pearl Harbor and plunged the U.S. into World War II. At one time, approximately 13,000 Japanese-Americans were incarcerated and housed at Minidoka. Several exhibits educate about the relocation camp. Snacks and lunch included.

Departure Location: Pocatello Regional Transport, 5815 South 5th Avenue, Pocatello. Parking is available on site. There are restrooms inside the terminal.

Instructor: Park Ranger, Minidoka National Historic Site

Facilitator: Kathy Reynolds (208-237-3670)

Class Limit: 30

Class Fee: \$55.00 (pays for bus, bus driver tip, snacks, and lunch)

How and When to Pay: Make checks payable to NKA and send to Linda Ellis, 2000 Judy Lane, Pocatello, ID 83201 (208-237-3530) prior to **August 30**.

Trailing of the Sheep Festival – 25th Anniversary (#3086)

Friday-Sunday: October 8, 9, & 10;

Check in 7:30 a.m.; Depart 8:00 a.m.

Travel to Hailey, ID and lunch at the Senior Center. Travel to the National Point Qualifying Sheepdog Trials at Quigley Canyon Field. Border collies, at the direction of their handlers, maneuver sheep through a specified course. There are craft booths and Basque food available. (Bring your lawn chair). At 3 PM, travel to Ketchum for the famous "Love of Lamb" dinner, where you can wander around town to top restaurants and experience the best in American Lamb baaa-ites. Saturday will be the Folk Life Fair in Hailey at the park. There are many craft booths, demonstrations, and entertainment throughout the day. At 3:30 PM, travel to the Sun Valley Resort for a self-guided walking tour. At 5:30 PM return to our hotel in Bellevue to clean up for dinner at 7 PM. Sunday will be the Trailing of the Sheep Parade down Main Street in Ketchum. Early dinner at Golden Corral in Twin Falls. Return to Pocatello about 6 PM.

Departure Location: Pocatello Regional Transport, 5815 South 5th Avenue, Pocatello. Parking is available on site. There are restrooms inside the terminal.

Facilitators: Kathryn Snyder (208-589-7853) and Lu Cooper (208-221-2007)

Class Limit: 40

Class Fee: \$290

How and When to Pay: Make checks payable to NKA and send to Linda Ellis, 2000 Judy Lane, Pocatello, ID 83201 (208-237-3530) prior to **September 8**.

WRITING & LITERATURE

Book Group and a Glass. . . (#3372)

Thursdays: October 7, November 4, & December 2; 3:00 – 4:30 p.m.

Enjoy a glass of wine or another beverage with an appetizer prepared under the supervision of Allyson Burnham while we discuss the book of the month in small groups. Books for this semester:

October 7—*Ordinary Grace*, by William Kent Krueger

November 4—*The Vanishing Half*, by Brit Bennett

December 2—*Hamnet*, by Maggie O'Farrell.

Location: Café Tuscano, 2231 E. Center Street

Facilitators: Ann Smith (208-251-5812) & Sharon Manning (208-233-9425)

Class Limit: 30

Class Fee: \$10 per session, which pays for beverage and appetizer. Make check payable to Café Tuscano. Send to Sharon Manning, 830 Spyglass Point, Pocatello, ID 83204 by **September 17**.

Low-Impact Creative Writing (#3136)

Mondays: September 27 – December 13; 2:00 to 4:00 p.m.

Writing for your own pleasure. Like low-impact aerobics, the object is to enjoy the activity without stress. We write for an hour on any topic we want, or on ideas sparked by story starters that class members bring in. During the second hour we take turns reading our creations, if we want. Negative criticism is not allowed. Our encouraging environment and the support of other writers helps everyone become a better writer.

Location: Liberty Hall, 325 W. Benton, lecture room

Facilitator: Stephanie Gill (208-234-4184; sgillforterra@gmail.com)

Class Limit: 12

Remembering Our Favorite Children's Books (#3184)

Thursday: October 14; 10:00 a.m. to Noon

Come prepared to reminisce about the books you loved as a child.

Location: Liberty Hall, 325 W. Benton, lecture room

Instructor: Kathryn Lopez Luker, Children's Librarian at the Marshall Public Library

Facilitator: Nancy Dafoe (208-596-0491)

Write, You Have Stories to Tell! (#3296)

Tuesdays: October 26 and November 2; 10:30 a.m. – Noon

We want you to write—for fun and/or for publication. Putting your thoughts, feelings, and memories on paper is therapeutic. You can use any form—fiction, poetry, non-fiction, memoirs, even word puzzles. In October, writers will discuss their genres and offer prompts to spark your writing. In November, presenters will describe how they publish or preserve their stories and outline writers' resources and read excerpts from their work. Class members may read their stories. Only positive feedback will be given to those who choose to read.

Location: Liberty Hall, 325 W. Benton, upstairs room

Instructors: Ronald Gill (non-fiction), Lee Hendricks (memoirs), and Stephanie Gill (fiction)

Facilitator: Stephanie Gill 208-234-4184, sgillforterra@gmail.com

Class Limit: 20



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NKA learning tree logo by Erica Lothspeich