

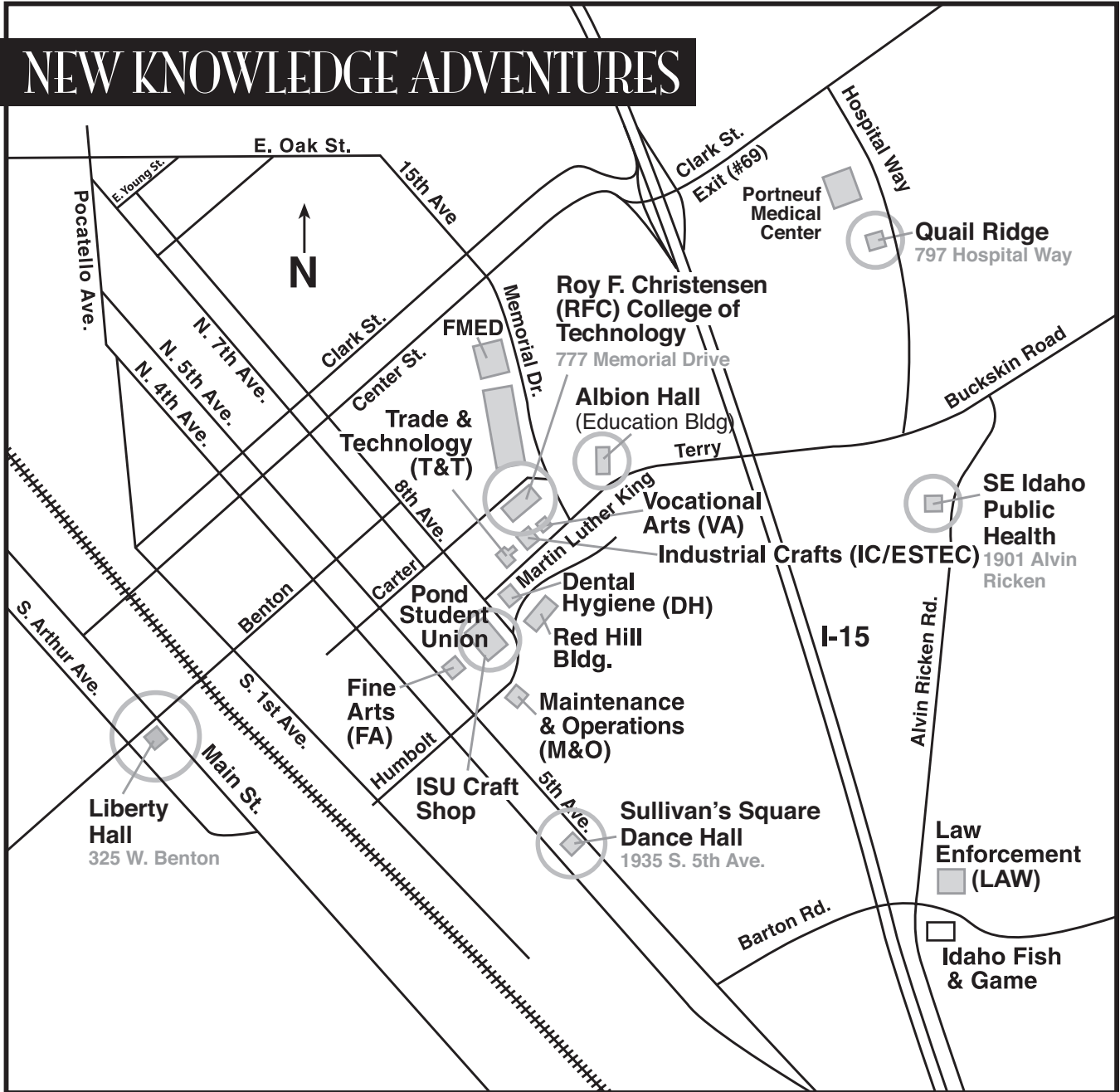
# NKA

SPRING 2021



NEW KNOWLEDGE ADVENTURES  
IDAHO STATE UNIVERSITY

# NEW KNOWLEDGE ADVENTURES



# Welcome to New Knowledge Adventures

## A MESSAGE FROM THE PRESIDENT

Here we are, finally, at the end of 2020 and the beginning of 2021. This past year will be a memorable one that we will all be happy to put behind us and forget. Unfortunately, the beginning of 2021 will be just as bad as the end of 2020. Dr. Anthony Fauci, director of the National Institute of Allergy and Infectious Diseases, and Vice Admiral Dr. Jerome Adams, the Surgeon General, have warned that even though vaccines will be available by mid-December, we will not be out of these pandemic woods until the end of February.

As a result, we all need to continue social distancing and mask wearing for the first part of 2021. We will keep a close eye on the pandemic curve. Our lectures will begin with Zoom only presentations in January and move, once the logarithmic infection curve begins to reverse direction, to combined Zoom and in person presentations with social distancing and masks required. Eventually, once the experts have given us the “all clear” we may even be able to return to “normal” classes.

Many of our Fall classes were cancelled or suspended because of COVID-19 and our Fall membership was about half our normal registration. Because of a new contract with the Elks Lodge, thanks to Judy Liday, we will have a large enough dance floor available for a limited number of people in our Line Dance classes for Spring. Unfortunately, some of our other classes will still not be offered for Spring Semester.

Hopefully, by following sound, science-based advice, we will all make it through this next semester and look forward to a more normal Fall 2021.

—Trent Stephens, NKA President

## NKA 2020–2021 OFFICERS & BOARD

### OFFICERS:

**Trent Stephens, President**  
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**Sue Miller, President-Elect**  
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### DIRECTORS-AT-LARGE:

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**Bob Farmer** (3-year term ending 6/30/2022)  
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### COMMITTEE CHAIRS:

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### CONTINUING ED Management Assistant

**Shirley Hockett**, 208-282-2789; mcelshir@isu.edu

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## NKA FACEBOOK PAGE

Submit pictures and information about NKA activities to the NKA Facebook Page at [www.facebook.com/nkapocatello/](http://www.facebook.com/nkapocatello/) LindaLee Furstenworth and Christine Young are the group moderators. Reach them using the Messenger link on the Facebook page.

## 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 Spring catalog that describes the semester classes being offered and states dates, times, location and a brief description of the 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, locations and other information listed in the catalog. If changes are necessary, the facilitator notifies the curriculum chair person, 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 Travel 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.

### EMERGENCY CLASS CANCELLATION POLICY

In case of emergencies such as hazardous weather conditions (and if School District 25 has cancelled school) then NKA classes will be also be cancelled. Membership will be notified via e-mail and the NKA Facebook page. If a presenter must cancel a class, then 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?

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 method of attendance, 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 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 violation of parking regulations.*

### BUS TRANSPORTATION

For bus stops: 208-234-ABUS; [pocatellotransit.com](http://pocatellotransit.com)

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# Adventures

for the Spring of  
Twenty Twenty One

## ART, MUSIC, & THEATER

### Preview to: *Elephant and Piggie's We are in a Play!* (#3091)

Friday: April 2; 5:00 – 6:00 p.m.

Director Joel Shura and his creative team will share the process, production, and creation of elements from the ISU Theatre and Dance production of *Elephant and Piggie's We are in a Play!*

**Play Performance Dates:** April 9, 10, 15, 16, & 17

**Location:** Beverly B. Bistline Theatre, Stephens Performing Arts Center

**Instructor:** Joel Shura, Assistant Professor of Theatre

**Facilitator:** Sharon Manning (208-233-9425)

### Preview to the *Symphony* (#3322)

Fridays: TBD; 3:00 – 4:00 p.m. the week before each concert

Dr. Geoffrey Friedley is an adjunct instructor at ISU, where he teaches voice, music appreciation, and music history. Dr. Julie Sorensen is the conductor and artistic director of the Idaho State-Civic Symphony. Either Dr. Sorensen or Dr. Friedley (or both) will describe the compositions which will be performed at the upcoming concert. They will talk about the composers, their times and styles, and what to expect at the concerts. These previews will enhance the enjoyment of going to the concerts.

**Symphony Performance Dates:** TBD. For more information, visit: [www.thesymphony.us](http://www.thesymphony.us)

**Location:** Zoom only

**Instructors:** Dr. Geoffrey Friedley or Dr. Julie Sorensen

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

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

### Singing for Fun (#3733)

Second and Fourth Wednesdays:

January 27 – May 12; 1:00 – 2:00 p.m.

Let's get together for some impromptu singing. We'll do easy popular music in unison and in rounds if desired. Talent and experience helpful but not required; music will be provided.

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

**Instructors:** Jim Mariani and Linda Lindley

**Facilitator:** Jim Mariani (208 851-0842, [jsm22553@yahoo.com](mailto:jsm22553@yahoo.com))

**Class Limit:** 10

## CRAFTS & HOBBIES

### Creative Card Making (#3739)

Thursday: February 4; 1:00 – 3:30 p.m.

Join us for lots of fun while creating several beautiful 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); due by **January 28, 2021**. Please send a check made payable to Diane Tauscher and mail to Nancy Dafoe, 2800 Birdie Thompson, Pocatello, ID 83201.

### Creativity with Art and Letterpress

(#3092) Mondays and Wednesdays:

February 1-24, (no class on 2/15); 2:30 – 4:30 p.m.

Participants will explore the Pinyon Jay Press collection of vintage line engravings and historic typefaces to create original projects of their own. We will go on a scavenger hunt in the image drawers and type cases to find elements for creating (continues...)

*(continued: Creativity with Art and Letterpress*

unique cards, art, and prints that are suitable for gifting or your own collection. Be creative with memes, haiku, quotes, or any ideas you have. The more days you attend, the more prints you make.

**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:** 6

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

## Introduction to the Art of Quilling

(#3220) *Thursday: April 15; 1:00 - 2:30 p.m.*

Taking narrow strips of paper and twirling them into scrolled art! It's paper filigree.

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

**Instructor:** Suzanne Hong Johnson

**Facilitator:** Nancy Dafoe (208-596-0491)

**Class Limit:** 8

**Class fee:** \$5. Bring to class (pays for paper and supplies)

## Origami for (Not Quite) Beginners

(#3093) *Fridays: January 22 & 29, February 5 & 12; 10:00 a.m. – Noon*

Participants should be comfortable folding cranes. Knowledge of inside reverse folds, kite folds, and petal folds would also be helpful. We'll fold together some fun beginner-intermediate models like flowers, animals, and a modular construction. Kami paper and printed origami paper will be provided for class work and homework.

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

**Instructor:** Kris Hansen

**Facilitator:** Nancy Dafoe (208-596-0491)

**Class limit:** 8

**Class fee:** \$5 due first day of class (pays for origami paper and printed instruction sheets).

## Origami Nativity II (#3094)

*Fridays: March 5, 12, 19, & 26; 10:00 a.m. – noon*

This class is **for intermediate level folders**. We will create additional pieces to complete the unique Nativity set that you folded last winter. An angel to visit the shepherds, three wise men with a star to guide them and camels to ride. Perhaps one of the kings will ride in on an elephant.

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

**Instructor:** Kris Hansen

**Facilitator:** Nancy Dafoe (208-596-0491)

**Class Limit:** 8

**Class fee:** \$5 due first day of class (pays for origami paper and printed instruction sheets).

## Origami Senbazuru (#3095)

*Mondays: January 18 & 25, February 8 & 22, March 8 & 22, April 5 & 19, May 3; 10:00 a.m. – noon*

Join us in our goal to fold 1000 peace cranes, which will then be displayed. Our first two meetings will be learning to fold the cranes. Subsequent meetings will be to fold more cranes, collect the cranes you have folded at home, and to string the cranes for hanging.

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

**Instructor:** Kris Hansen

**Facilitator:** Nancy Dafoe (208-596-0491)

**Class Limit:** 8

**Class fee:** \$5 (which pays for origami paper.) Pay at first class.

## Rubber Stamp Card Making (#3096)

*Thursdays: January 21, February 11, March 11, & April 8; 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, elementary teacher

**Facilitator:** Sue Miller (208-993-1133)

**Class Limit:** 8

**Class fee:** \$15 (pays for materials) due at first class.

*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.*



**Seasonal Frame** (#3063)*Thursday: February 18; 1:00 – 3:00 p.m.*

Join us to 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) due **February 11**. Make the check payable to Diane Tauscher, and send to Nancy Dafoe at 2800 Birdie Thompson, Pocatello 83201. If you were in the Fall 2020 class and still have the frame, your cost will be less. Please contact the facilitator.

**FITNESS & MOTION****Hiking the Hills** (#3066)*Fridays: January 22 – May 21; 10:00 a.m.*

Enjoy local hiking and snowshoeing depending on weather conditions. Trail selections will be made after a review of the available trail list by those enrolled.

**Location:** TBA**Instructor/Facilitator:** Lynn Hebdon (hebdllynn@gmail.com, 208-339-4841)**Lady Niners Golf** (#3116)*Wednesdays: April 7–Summer; 11:00 a.m. for experienced golfers; Noon for beginning and less experienced golfers*

Every Wednesday ladies can meet at Riverside Golf Course for group clinics conducted by golf pro, Greg Albright. A block of tee times will be reserved beginning about 12:00 noon for those wanting to play following the clinic. A reduction in greens fees and cart rentals is also offered for those who participate with Lady Niners. The organizational meeting on **Wednesday, April 7** will give more information about the 2021-22 golf season.

**Location:** Riverside Golf Course, 3500 Bannock Highway, Pocatello**Instructor:** Greg Albright, Golf Pro (208-232-9515)**Class Fee:** \$5 per person per clinic, payable at the pro-shop when you sign in.**Line Dancing: Beginning 1 (Starter)** (#3013)*Mondays: February 1 – April 12; 1:00 – 1:45 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 will be required.

**Location:** Elks Lodge, 410 S. Main Street, Pocatello**Instructor/Facilitator:** Marti Collins (208-776-5526, marti.collins5@gmail.com)**Class limit:** 30**Line Dancing: Beginning 2** (#3111)*Mondays: February 1 – April 12; 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 will be required.

**Location:** Elks Lodge, 410 S. Main Street, Pocatello**Instructors:** Kay Elsethagen and Carlyn Rice**Facilitator:** Kay Elsethagen (208-233-2945, robandkays@msn.com) and**Class limit:** 30**Line Dancing: Intermediate** (#3113)*Tuesdays: February 2 – April 13; 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, (continues...)

*(continued: Line Dancing: Intermediate)*

working up to the intermediate level. You'll have lots of fun learning these dances. Social distancing and masks will be required.

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

**Instructors:** Susan Cramer and Joyce DeGarlais

**Facilitator:** Susan Cramer (208-237-8709)

**Class limit:** 30

**Line Dancing: Oldies but Goodies** (#3110)

*Tuesdays: February 2 – April 13;*

*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 will be required.

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

**Instructors:** Judy Liday and Tom Baxter

**Facilitator:** Judy Liday, (208-237-8014, lidayjam@gmail.com)

**Class limit:** 30

**Line Dancing: Step It Up** (#3819)

*Thursdays: February 4 – April 15;*

*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 will be required.

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

**Instructors/Facilitators:** Jan Green (208-251-1244) and Joyce DeGarlais (208-238-1247)

**Class limit:** 20

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

*Tuesdays & Thursdays: January 19 – May 20;  
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 (208-234-4184, sgillforterra@gmail.com)

**Class limit:** 40

**Walking the Greenway** (#3115)

*Fridays: April 9, 16, 23, & 30; 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 facilitator.

**Location:** Portneuf Greenway Trails

**Instructor:** Sandra Babb (208-238-2034, sacbabb@gmail.com)

**Facilitator:** CEWT Office (208-282-2789)

**FOOD & BEVERAGE****Old Fashioned Egg Rolls with Apricot Sauce** (#3250)

*Thursday: March 18; 4:00 - 6:00 p.m.*

Egg rolls like we used to eat here in Pocatello.

**Location:** ISU Tech Café, located in the RF Christensen College of Technology Building

**Instructor/Facilitator:** Suzanne Hong Johnson (208-589-5122)

**Class Limit:** 10

**Class Fee:** \$3 to pay for ingredients. Bring to the class.

*(Class listings continue after calendars)*

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

# JANUARY 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
3	4	5	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
31						

1  
2

8  
9

15  
16

22  
23

Origami, Not Beg 10am-Noon  
Hiking the Hills 10am

29  
30

Origami, Not Beg 10am-Noon  
Hiking the Hills 10am

1

8

15

22

Origami, Not Beg 10am-Noon  
Hiking the Hills 10am

29

Origami, Not Beg 10am-Noon  
Hiking the Hills 10am

1

7

14

21

T'ai Chi Chih 9-10am  
Cards, stamped 1-3pm

28

T'ai Chi Chih 9-10am  
Poky Visual Walk 10:30-Noon

1

6

13

20

27

Washington 10-11:30am  
Singing for Fun 1-2 pm

1

5

12

19

T'ai Chi Chih 9-10am  
Theragami 1 10am-Noon  
Team Trivia 1-2:30pm

26

T'ai Chi Chih 9-10am  
Theragami 1 10am-Noon

1

4

11

18

Origami Senbazu 10am-Noon  
Creative Writing 2-4pm

25

Origami Senbazu 10am-Noon  
Hot Topics 1-2:30pm  
Creative Writing 2-4pm

1

3

10

17

24

31



# NKA MEMBERSHIP AND REGISTRATION FORM SPRING 2021

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

Three options are available to register:

### 1—By Mail:

Idaho State University  
Continuing Education/Workforce Training  
921 S 8th Ave. STOP 8062  
Pocatello ID, 83209

### 2—In Person at:

Roy F. Christensen Bldg., 777 Memorial Dr., Ste 101

### 3—Online at:

[cetrain.isu.edu/nka](http://cetrain.isu.edu/nka)

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

**Fax:** 208-282-5894; ATTN. Shirley

## Membership Dues MUST Accompany Your Registration

Membership **\$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 ISU 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 ISU 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 ISU 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 ISU 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 ISU 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, Food & Beverage, and Games classes will be held *in-person*. Lecture classes offered in Zoom will be available to all members. Instructions to the course will be emailed to you or you can check: [certain.isu.edu/nka/zoom](https://certain.isu.edu/nka/zoom). You can also contact the facilitator for the class.

## ART, MUSIC, & THEATRE

IN-PERSON | ZOOM (CHECK BOX FOR HOW ATTENDING)

- Preview to *Elephant and Piggie's We Are in A Play!* (#3091)
  - Preview to the Symphony (#3322)
- Singing for Fun (#3733)

## CRAFTS & HOBBIES

IN-PERSON (ALL CLASSES)

- Creative Card Making (#3739)
- Creativity with Art and Letterpress (#3092)
- Introduction to the Art of Quilling (#3220)
- Origami for (Not Quite) Beginners (#3093)
- Origami Nativity II (#3094)
- Origami Senbazuru (#3095)
- Rubber Stamp Card Making (#3096)
- Seasonal Frame (#3063)

## FITNESS & MOTION

IN-PERSON (ALL CLASSES)

- Hiking the Hills (#3066)
- Line Dancing: Beginning 1/Starter (#3013)
- Line Dancing: Beginning 2 (#3111)
- Line Dancing: Intermediate (#3113)
- Line Dancing: Oldies but Goodies (#3110)
- Line Dancing: Step It Up (#3819)
- T'ai Chi Chih (Advanced) (#3104)
- Walking the Greenway (#3115)

## FOOD & BEVERAGE

IN-PERSON (ALL CLASSES)

- Old Fashioned Egg Rolls with Apricot Sauce (#3250)
- Wine Pairing at PV's Uncorked on Main (#3943)
- Wine Pairing at the Yellowstone (#3642)

## GAMES

IN-PERSON (ALL CLASSES)

- Team Trivia (#3014)

## GENERAL INTEREST

IN-PERSON | ZOOM (CHECK BOX FOR HOW ATTENDING)

- |  Aging as a Spiritual Adventure (#3097)
- |  Building a Better Baloney Detector (#3828)
- |  The Great North American Diamond Rush (#3098)
- |  Hot Topics (#3827)  
(Zoom only for 1/25 and 2/22)
- |  Many Are Attracted to the Light Triad, but Few Express It Consistently (#3099)
- |  Mary Trump's 2020 Book Discussion (#3277)

## HEALTH & WELLNESS

IN-PERSON | ZOOM (CHECK BOX FOR HOW ATTENDING)

- |  Improving Your Mind: What Works? (#3275)
  - Meditator's Toolbox: Mindful Tools for a Troubled Mind (#3761)
- ▼ Origami and Theragami (The Science and Art of Celebration and Healing) (#3461)  
Section:  1  2  3  4
- |  What Is in the Foods You Are Eating? (#3969)
  - Yoga for Healthy Aging (#3223)

## HISTORY

IN-PERSON | ZOOM (CHECK BOX FOR HOW ATTENDING)

- |  Crime in Idaho: 1830 - 1910 (#3154)
- |  Dickens' London (#3142)
- |  Glory Days of the UP Depot in Pocatello (#3284)
- Idaho Century Farms and Ranches (#3152)
  - A NEW Visual Walk through Pocatello History (#3777)
- |  Pocatello Notables: What They Did and Where They Lived (#3169)
- |  Relics (#3180)
- |  Shakespeare's London (#3207)
- |  Stone of Destiny (#3209)
  - The United States and Liberia (#3270)
  - Washington and His Generals (#3210)
- |  Women in Pre-Industrial Europe (1100-1700) (#3857)

## NATURE, SCIENCE, & TECHNOLOGY

IN-PERSON | ZOOM (CHECK BOX FOR HOW ATTENDING)

- |  Astronomy 1: The Big Picture (#3205)
  - Island Biogeography in Cuba (#3249)
  - Origin of Animals (#3177)
- |  The Plants of Cherry Springs Nature Area (#3872)
- Plant Walk at Cherry Springs Nature Area (#3873)
- |  Rocks and Geology of Idaho (#3396)
  - Where does our drinking water come from? (#3216)

## TRAVEL & FIELD TRIPS

IN-PERSON (ALL CLASSES)

- Olympic Park, Park City, Utah (#3788)
- Southern Utah (#3786)
- Tulip Festival (#3281)

## WRITING & LITERATURE

- |  Book Group and a Glass... (#3372)
- Low-Impact Creative Writing (#3136)



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, Food & Beverage, and Games classes will be held *in-person*. Lecture classes offered in Zoom will be available to all members. Instructions to the course will be emailed to you or you can check: [certain.isu.edu/nka/zoom](https://certain.isu.edu/nka/zoom). You can also contact the facilitator for the class.

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IN-PERSON (ALL CLASSES)

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- Line Dancing: Intermediate (#3113)
- Line Dancing: Oldies but Goodies (#3110)
- Line Dancing: Step It Up (#3819)
- T'ai Chi Chih (Advanced) (#3104)
- Walking the Greenway (#3115)

## FOOD & BEVERAGE

IN-PERSON (ALL CLASSES)

- Old Fashioned Egg Rolls with Apricot Sauce (#3250)
- Wine Pairing at PV's Uncorked on Main (#3943)
- Wine Pairing at the Yellowstone (#3642)

## GAMES

IN-PERSON (ALL CLASSES)

- Team Trivia (#3014)

## GENERAL INTEREST

IN-PERSON | ZOOM (CHECK BOX FOR HOW ATTENDING)

- |  Aging as a Spiritual Adventure (#3097)
- |  Building a Better Baloney Detector (#3828)
- |  The Great North American Diamond Rush (#3098)
- |  Hot Topics (#3827)  
(Zoom only for 1/25 and 2/22)
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- |  Mary Trump's 2020 Book Discussion (#3277)

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IN-PERSON | ZOOM (CHECK BOX FOR HOW ATTENDING)

- |  Improving Your Mind: What Works? (#3275)
  - Meditator's Toolbox: Mindful Tools for a Troubled Mind (#3761)
- ▼ Origami and Theragami (The Science and Art of Celebration and Healing) (#3461)  
Section:  1  2  3  4
- |  What Is in the Foods You Are Eating? (#3969)
  - Yoga for Healthy Aging (#3223)

## HISTORY

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- |  Crime in Idaho: 1830 - 1910 (#3154)
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- |  Pocatello Notables: What They Did and Where They Lived (#3169)
- |  Relics (#3180)
- |  Shakespeare's London (#3207)
- |  Stone of Destiny (#3209)
  - The United States and Liberia (#3270)
  - Washington and His Generals (#3210)
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## NATURE, SCIENCE, & TECHNOLOGY

IN-PERSON | ZOOM (CHECK BOX FOR HOW ATTENDING)

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- |  The Plants of Cherry Springs Nature Area (#3872)
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- Olympic Park, Park City, Utah (#3788)
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- Tulip Festival (#3281)

## WRITING & LITERATURE

- |  Book Group and a Glass... (#3372)
- Low-Impact Creative Writing (#3136)



# MARCH 2021

**SUNDAY**      **MONDAY**      **TUESDAY**      **WEDNESDAY**      **THURSDAY**      **FRIDAY**      **SATURDAY**

	<b>1</b> Line Dnc Beg 1 1-1:45pm Line Dnc Beg 2 2-3pm Creative Writing 2-4pm	<b>2</b> T'ai Chi Chih 9-10am Line Dnc Intrim 9:30-10:25am Theragami 3 10am-Noon Line Dnc Oldies 10:30-11:30 Team Trivia 1-2:30pm	<b>3</b>	<b>4</b> T'ai Chi Chih 9-10am Line Dnc Step 9:30-11am Meditator's Toolbox 10-11:30 Book Group 3-4:30pm	<b>5</b> Origami Nativ II 10am-Noon Hiking the Hills 10am	<b>6</b>
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<b>7</b>	<b>8</b> Origami Senbazu 10am-Noon Line Dnc Beg 1 1-1:45pm Line Dnc Beg 2 2-3pm Creative Writing 2-4pm	<b>9</b> T'ai Chi Chih 9-10am Line Dnc Intrim 9:30-10:25am Theragami 3 10am-Noon Line Dnc Oldies 10:30-11:30	<b>10</b> Light Triad 10-11:30am Singing for Fun 1-2 pm	<b>11</b> T'ai Chi Chih 9-10am Line Dnc Step 9:30-11am Meditator's Toolbox 10-11:30 Cards, stamped 1-3pm	<b>12</b> Origami Nativ II 10am-Noon Hiking the Hills 10am Foods 1-2:30pm	<b>13</b>
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<b>14</b>	<b>15</b> Line Dnc Beg 1 1-1:45pm Line Dnc Beg 2 2-3pm Creative Writing 2-4pm	<b>16</b> T'ai Chi Chih 9-10am Line Dnc Intrim 9:30-10:25am Theragami 3 10am-Noon Line Dnc Oldies 10:30-11:30 Team Trivia 1-2:30pm	<b>17</b> Stone of Destiny 10-11:30am	<b>18</b> T'ai Chi Chih 9-10am Line Dnc Step 9:30-11am Meditator's Toolbox 10-11:30 Egg Rolls 4-6pm	<b>19</b> Origami Nativ II 10am-Noon Hiking the Hills 10am	<b>20</b>
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<b>21</b>	<b>22</b> Origami Senbazu 10am-Noon Line Dnc Beg 1 1-1:45pm Line Dnc Beg 2 2-3pm Creative Writing 2-4pm	<b>23</b> T'ai Chi Chih 9-10am Line Dnc Intrim 9:30-10:25am Theragami 3 10am-Noon Line Dnc Oldies 10:30-11:30	<b>24</b> Astronomy 1 10:30-Noon Singing for Fun 1-2 pm Mary Trump 2:30-4pm Wine, P/Vs Uncorked 6-8pm	<b>25</b> T'ai Chi Chih 9-10am Line Dnc Step 9:30-11am Meditator's Toolbox 10-11:30 Pocacello Notables 10:30-Noon	<b>26</b> Origami Nativ II 10am-Noon Hiking the Hills 10am	<b>27</b>
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<b>28</b>	<b>29</b> Line Dnc Beg 1 1-1:45pm Hot Topics 1-2:30pm Line Dnc Beg 2 2-3pm Creative Writing 2-4pm	<b>30</b> T'ai Chi Chih 9-10am Line Dnc Intrim 9:30-10:25am Theragami 4 10am-Noon Line Dnc Oldies 10:30-11:30 Team Trivia 1-2:30pm	<b>31</b> UP Depot 1-2:30pm			
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# APRIL 2021

## SPRING FIELD TRIPS

Tulip Festival—Wednesday, April 21; 7:00 a.m. – 6:00 p.m.

3	2	1				
10	9	8	7	6	5	4
17	16	15	14	13	12	11
24	23	22	21	20	19	18
	30	29	28	27	26	25

Hiking the Hills 10am  
*Elephant & Piggie* 5-6pm

T'ai Chi Chih 9-10am  
Line Dnc Step 9:30-11am  
Book Group 3-4:30pm

Walking Greenway 9am  
Hiking the Hills 10am

T'ai Chi Chih 9-10am  
Improving Mind 10:30-Noon  
Line Dnc Step 9:30-11am  
Cards, stamped 1-3pm

Dickens's London 10-11:30am  
Lady Niners Golf 11 am

T'ai Chi Chih 9-10am  
Line Dnc Intrm 9:30-10:25am  
Theragami 4 10am-Noon  
Line Dnc Oldies 10:30-11:30  
Team Trivia 1-2:30pm

Origami Senbazu 10am-Noon  
Line Dnc Beg 1 1-1:45pm  
Line Dnc Beg 2 2-3pm  
Creative Writing 2-4pm

Walking Greenway 9am  
Hiking the Hills 10am

T'ai Chi Chih 9-10am  
Line Dnc Step 9:30-11am  
Quilling 1-2:30pm

Diamond Rush 10-11:30am  
Lady Niners Golf 11 am  
Singing for Fun 1-2 pm

T'ai Chi Chih 9-10am  
Line Dnc Intrm 9:30-10:25am  
Theragami 4 10am-Noon  
Line Dnc Oldies 10:30-11:30

Women 1100-1700 10-11:30  
Line Dnc Beg 1 1-1:45pm  
Line Dnc Beg 2 2-3pm  
Creative Writing 2-4pm

Walking Greenway 9am  
Hiking the Hills 10am

T'ai Chi Chih 9-10am  
Aging 10:30am-Noon  
Rocks & Geology 2-4pm

Tulip Festival 7am-6pm  
Lady Niners Golf 11 am  
Wine, Yellowstone 5-7

T'ai Chi Chih 9-10am  
Theragami 4 10am-Noon  
Team Trivia 1-2:30pm

Origami Senbazu 10am-Noon  
Creative Writing 2-4pm

Walking Greenway 9am  
Hiking the Hills 10am

T'ai Chi Chih 9-10am  
Baloney Detector 10:30-Noon

Shksp'r's London 10-11:30am  
Lady Niners Golf 11 am  
Singing for Fun 1-2 pm

T'ai Chi Chih 9-10am

Hot Topics 1-2:30pm  
Creative Writing 2-4pm



**Wine Pairing at PV's Uncorked on Main**(#3943) *Wednesday: March 24; 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 Street, Pocatello**Instructors:** Donny and Jen 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. Send to Geoff Hogander, 255 Fairmont Ave. Pocatello, ID 83201 by **March 17, 2021**

**Wine Pairing at the Yellowstone** (#3642)*Wednesday: April 21; 5:00 – 7:00 pm*

The Yellowstone Restaurant is reprising their successful pairing from last fall, matching menu items selected to complement the attributes of each 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:** 35

**Class Fee:** \$50, includes food, wine and gratuity. Make check payable to Geoff Hogander, 255 Fairmont Ave., Pocatello, ID 83201; send by **April 16**.

**GAMES****Team Trivia** (#3014)*First, third, & fifth Tuesdays:**January 19 – May 18; 1:00 – 2:30 p.m..*

Why scratch your head alone? *Join the fun!!* 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**Instructor/Facilitator:** Jim Mariani (208-851-0842, jsm22553@yahoo.com)**Class Limit:** 10

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

**GENERAL INTEREST****Aging as a Spiritual Adventure** (#3097)*Thursday: April 22; 10:30 a.m. – Noon*

Going through the advanced stages of aging, Dr. Roger Boe is searching for meaning. He finds that, in spite of physical limitations and illness, there can be real positives in elderhood. We have more leisure, a lifetime of experience, and opportunities remain to give of ourselves to others.

**Location:** Liberty Hall, 325 W. Benton, lecture room and Zoom**Instructor:** Dr. Roger Boe, MD, retired pediatrician**Facilitator:** Geoff Hogander (ghogande@yahoo.com)**Class Limit:** 74**Building a Better Baloney Detector**

(#3828)

*Thursday: April 29; 10:30 a.m. – Noon*

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:** Sondra Dunkle, (208-904-4925, dunksond@gmail.com)**Class Limit:** 74**The Great North American Diamond****Rush** (#3098) *Wednesday: April 14;**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. They 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 a nameless lake in the Northwest

*(continues...)*

(continued: **Great North American Diamond Rush**)

Territories. How did they do this? How can you mine for diamonds under a lake?

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

**Instructor:** Dr. S. Eric Krasa

**Facilitator:** Geoff Hogander (ghogande@yahoo.com)

**Class Limit:** 74

### Hot Topics (#3827)

*Mondays: January 25, February 22, March 29, & April 26; 1:00– 2:30 p.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 unfold.

**Location:** Liberty Hall 325 W. Benton, Lecture rooms except **January 25** and **February 22** which will be Zoom only.

**Instructors:** Various

**Facilitator:** Trent Stephens (208-240-4994)

### Many Are Attracted to the Light Triad, but Few Express It Consistently (#3099)

*Wednesday: March 10; 10:00 - 11:30 a.m.*

A discussion of several psychological perspectives as to why moments of our "better angels" of the light triad succumb to our "darker angels" of the dark triad.

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

**Instructor:** Dr. Victor Joe, Professor Emeritus, ISU

**Facilitator:** Virginia Kelly (208-232-7417)

**Class Limit:** 74

### Mary Trump's 2020 Book Discussion

(#3277) *Wednesday: March 24; 2:30 - 4:00 p.m.*

Mary Trump's book (2020), *Too Much and Never Enough: How My Family Created the World's Most Dangerous Man*, relates personal accounts

of her uncle, Donald Trump, that appear to be very consistent with the psychological construct of the Dark Triad introduced in the psychological literature in the year 2002.

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

**Instructor:** Dr. Victor Joe, Professor Emeritus, ISU

**Facilitator:** Virginia Kelly (208-232-7417)

**Class Limit:** 74

## HEALTH & WELLNESS

### Improving Your Mind: What Works?

(#3275) *Thursday: April 8; 10:30-Noon*

Is there a pill that will make my mind sharp? What about games, puzzles, or books? We will discuss the research on what works and what doesn't and show you some examples of activities worth doing.

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

**Instructor:** Dr. Erika Fulton, Assistant Professor, Department of Psychology, ISU

**Facilitator:** Barbara Bain, (208-232-3415, bainbarb@isu.edu)

**Class Limit:** 74

### Meditator's Toolbox: Mindful Tools for a Troubled Mind (#3761)

*Thursdays: March 4, 11, 18 & 25; 10:00–11:30 a.m.*

Mindfulness meditation is an ancient practice now being used for its physical and emotional benefits, especially for those of us who are older. This course focuses on developing skills in meditation practice. Participants will learn practices to develop qualities shown to increase our happiness, our awareness, and the welfare of others. Each session will include meditation practices and discussion. No previous meditation experience is necessary and all are welcome.

**Location:** Zoom only

**Instructors:** Drs. Paula and Tony Seikel

**Facilitator:** Barbara Bain (208-232-3415)

**Class Limit:** 25

## Origami & Theragami (Science & 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. See information about each class below.

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

**Instructor:** Hugh Suenaga

**Facilitator:** Nancy Dafoe (208-596-0491)

**Class Limit** (each class): 8

**Class Fee for ALL Sections:** \$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.

**SECTION 1 – Senbazuru Spiritual Cranes:** *Tuesdays: January 19 & 26, February 2; 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: February 9, 16, & 23; 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: March 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: March 30, April 6, 13, & 20; 10:00 - 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.

## What Is in the Foods You Are Eating?

(#3969) *Friday: March 12; 1:00 - 2:30 p.m.*

A discussion of sugar substitutes, processed foods, foods to boost satiety, and nuts and foods to help you sleep.

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

**Instructor:** Mary Dundas, PhD, FADA, Professor Emerita, ISU

**Facilitator:** Aleen Shearer (ajshearer@cableone.net)

**Class Limit:** 74

## Yoga for Healthy Aging (#3223)

*Tuesday: February 2; 11:00 a.m. - Noon*

Gentle yoga is a healthy way to maintain strength, balance, flexibility, and steadiness. The biggest myth about you 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.

**Location:** Zoom only

**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, (208-904-4925, dunksond@gmail.com)

## HISTORY

### Crime in Idaho: 1830 - 1910 (#3154)

*Monday: February 22; 10:30 a.m. to Noon*

The “Recent” Crime Wave in Idaho was in 1830–1910 or so. A look at Plummer, Opdyck, Orchard, Lyon, Helm and others who helped make Idaho what it is today.

**Location:** Zoom only

**Instructor:** Mike Doellman

**Facilitator:** Geoff Hogander (ghogande@yahoo.com)

**Class Limit:** 74

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

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**Dickens' London** (#3142)*Wednesday: April 7; 10:00 – 11:30 a.m.*

Charles Dickens' London was much the same as today's city, especially along Fleet Street and the Strand. The city was smaller in the mid nineteenth century than today, but many of the sites visited by Dickens are still available to visit today. I have created a paper model of Dickens' London which I will exhibit during my presentation.

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

**Instructor:** Trent Stephens, PhD

**Facilitator:** Kathleen Stephens (208-244-2732)

**Class Limit:** 74

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**Glory Days of the UP Depot in Pocatello***(#3284) Wednesday: March 31; 1:00 – 2:30 p.m.*

From its obscure beginnings as a railroad car in 1878, the train depot in Pocatello evolved into a handsome wood structure, built in 1886, and then a beautiful brick building designed by New York architects and built in 1915. Mr. Nielson's presentation will cover the use of the depots from the 1880s through the 1990s and the trains that often frequented the stations.

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

**Instructor:** Nick Nielson

**Facilitator:** Trent Stephens (208-240-4994)

**Class Limit:** 74

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**Idaho Century Farms and Ranches***(#3152) Wednesday: May 5; 1:00 – 2:30 p.m.*

Jim Johnston will explain the Idaho Century Farm and Ranch Program, which is sponsored by the ISHS and the Idaho Department of Agriculture. Mary's family's ranch was recognized as an Idaho Century Ranch in 2020. Mary will review the steps in applying to be recognized and some of what she learned in the process. There will be a short walk around the buildings. NKA members to provide their own transportation and lawn chair.

**Location:** Mary Spinner's Ranch, 2641 E. Two Mile Road, McCammon. If you are interested in carpooling, meet at the Travelodge parking lot (133 W. Burnside) at 9:15 a.m.

**Instructors:** Mary Spinner and Jim Johnston, SE Idaho representative on the Idaho State Historical Society (ISHS)

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**A NEW Visual Walk through Pocatello History** (#3777)*Thursday: January 28; 10:30 a.m. – Noon*

Enjoy a NEW illustrated tour of local history. Pictures and anecdotes about the growth and expansion of the town bring history to life. The presentation includes little known facts and rarely seen images of places and buildings still around and many that are no longer with us.

**Location:** Zoom only

**Instructor:** Arlen Walker

**Facilitator:** Nancy Dafoe (nancyd@uidaho.edu)

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**Pocatello Notables: What They Did and Where They Lived** (#3169)*Thursday: March 25; 10:30 a.m. – Noon*

Sketches about people notable in Pocatello, their accomplishments, their influence on local history and how they fit into the growth of the city, along with pictures of where they lived.

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

**Instructor:** Arlen Walker

**Facilitator:** Nancy Dafoe (nancyd@uidaho.edu)

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**Relics** (#3180)*Wednesday: May 5; 10:00 – 11:30 a.m.*

Relics were an important part of Christian religious faith for hundreds of years. When a very pious, religious person died, his or her body was literally torn apart and parts of the body may have been distributed all over Europe. In addition to body parts, items touched or used by Saints, such as pieces of cloth, were venerated. Even today, every Catholic altar contains some relic.

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

**Instructor:** Trent Stephens, PhD

**Facilitator:** Kathleen Stephens (208-244-2732)

**Class Limit:** 74

**Shakespeare's London** (#3207)*Wednesday: April 28; 10:00 – 11:30 a.m.*

William Shakespeare's London was very different from today's city. Not only was the city much smaller in 1600, but Shakespeare's era predated the great fire, which destroyed 80% of the city. I have created a paper model of Shakespeare's London which I will exhibit during my presentation.

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

**Instructor:** Trent Stephens, PhD

**Facilitator:** Kathleen Stephens (208-244-2732)

**Class Limit:** 74

**Stone of Destiny** (#3209)*Wednesday: March 17; 10:00 – 11:30 a.m.*

The Stone of Destiny, according to tradition, was brought to Ireland from Africa by the Israelite prophet Jeremiah. However, there is also another Stone of Destiny in Scotland. When Edward I conquered the Scots, he brought the Stone of Destiny to London. Every English King and Queen since then have been seated upon the Stone of Destiny while coronated. Now, however, the Stone has been returned to Scotland. Will the next King of England be coronated upon this Stone?

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

**Instructor:** Trent Stephens, PhD

**Facilitator:** Kathleen Stephens (208-244-2732)

**Class Limit:** 74

**The United States and Liberia** (#3270)*Monday: February 15; 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. Together, we'll examine the history of the approximately 12,000 African Americans who arrived in Liberia during the nineteenth century, and also explore how opposition to Liberian colonization spurred the abolition movement in the U.S.

**Location:** Zoom only

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

**Facilitator:** Virginia Kelly (208-232-7417)

**Washington and His Generals** (#3210)*Wednesday: January 27; 10:00 – 11:30 a.m.*

George Washington, "Father of Our Country" and first U.S. President, also served as commander of U.S. military forces called the Continentals during the Revolutionary War. The Continental Congress chose most of General Washington's generals, not all of them to his liking. This presentation will be about Nathaniel Green, Horatio Gates, Benedict Arnold, and a dozen other Continental generals who helped General Washington win our nation's independence.

**Location:** Zoom only

**Instructor:** Fowler Charles (Chuck) Humphrey, PhD, Professor Emeritus, ISU; Lt. Colonel, US Army (Retired)

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

**Women in Pre-Industrial Europe (1100-1700)** (#3857)*Monday: April 12; 10:00 – 11:30 a.m.*

This class uses art and literature to understand women's past lives, and to establish both stereotypes and realities of their conditions. Variations in age, health, wealth, and social status are explored with special attention given to Eleanor of Aquitaine and Christine de Pisan.

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

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

**Facilitator:** Jim Mariani (jsm22553@yahoo.com)

**Class Limit:** 50

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



## NATURE, SCIENCE & TECHNOLOGY

### Astronomy 1: The Big Picture (#3205)

*Wednesday: March 24; 10:30 a.m. – Noon*

We'll cover interesting concepts from the age/size of the Universe to constellations and more...

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

**Instructor:** Jim Mariani

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

**Class Limit:** 70

### Island Biogeography in Cuba (#3249)

*Wednesday: February 24; 10:00 - 11:30 a.m.*

The reproductive isolation afforded by islands allows natural selection to take some novel twists. Meet some of Cuba's unique flora and fauna.

**Location:** Zoom only

**Instructor:** Dr. Paul Allen

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

**Class Limit:** 74

### Origin of Animals (#3177)

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

In my recent book: *The Infinite Creation*, I have written a couple of chapters concerning the origin of animals. The most wonderful collection of early animals comes from the amazing Burgess Shale collection in southern Canada. Stephen Gould wrote a very influential book, *A Wonderful Life*, about the Burgess Shale. I have evaluated and critiqued his book and his predictions about animal evolution.

**Location:** Zoom only

**Instructor:** Trent Stephens, PhD

**Facilitator:** Kathleen Stephens (208-244-2732)

### The Plants of Cherry Springs Nature Area (#3872) *Thursday: May 13; 10:30 a.m. - Noon*

Dr. Holte, Professor Emeritus of ISU, or Geoff Hogander, President of the Sawabi Chapter of the Idaho Native Plant Society, will do a slide presentation about the plants that we will see at Cherry Springs Nature Preserve May 15th. It

will be an overview of some plants, their names, families and descriptions. If you can't do the walk, this would be the perfect overview. If you can, it will provide you a hands-on preview of the plants.

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

**Instructor:** Dr. Karl Holte, Professor Emeritus, ISU

**Facilitator:** Geoff Hogander (ghogande@yahoo.com)

**Class Limit:** 74

### Plant Walk at Cherry Springs Nature Area (#3873)

*Saturday: May 15; 10:30 a.m. -12:30 p.m.*

Dr. Holte or Geoff Hogander, members of the Sawabi Native Plant Society, will lead a leisurely walk through the Cherry Springs Nature Area pointing out some plants, their names, and descriptions. This walk will be a hands-on experience of plants discussed in an earlier lecture. The trails are blacktopped and are easy traveling. A restroom is available at the parking lot.

**Location:** Cherry Springs Nature Area – South Mink Creek Road

**Instructor:** Dr. Karl Holte, Professor Emeritus, ISU

**Facilitator:** Geoff Hogander (ghogande@yahoo.com)

**Class Limit:** 16

### Rocks and Geology of Idaho (#3396)

*Thursday: April 22; 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 (linkpaul@isu.edu, 208-317-3946) 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. The result will be a tour of Idaho's geological history, no doubt with some surprises.

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

**Instructor:** Paul Link, Geosciences Professor, ISU

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

**Class Limit:** 50

**Class Fee:** \$15 optional (which pays for a 2012 geologic map of Idaho, published by the Idaho Geological Survey. Bring cash or check to Paul Link at the class, but please contact Paul Link by **April 15** if you want a map.)

## Where Does Our Drinking Water Come From? (#3216)

*Monday: February 8; 10:30 a.m. – Noon*

As part of the continuing series on sustainable living, a discussion and update of the vulnerabilities to our aquifer and drinking water will be offered.

**Location:** Zoom only

**Instructors:** Sue Skinner and Shannon Ansley

**Facilitator:** Geoff Hogander (ghogande@yahoo.com)

## TRAVEL & FIELD TRIPS

**NOTE:** 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, and 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. All costs for overnight trips are based on double occupancy. For a single, add \$50 per night to the fee.

### Olympic Park, Park City, Utah (#3788)

*Saturday: August 28*

Travel to Olympic Park, Park City, Utah, arriving about 10:30 am. You will have free time to see the museum or enjoy a guided tour of the facilities and eat lunch on your own.

At 1:00 pm we will catch the Flying Ace All-Stars Freestyle Show (included in the price of the trip.) See Olympians and National Team skiers and snowboarders as they soar 60 feet in the air in this choreographed production.

LUNCH AND OPTIONAL GUIDED TOUR ARE ON YOUR OWN AND NOT INCLUDED IN PRICE OF TRIP. Lunch is available at the Olympic Park Cafe.

We will depart at 3:00 pm and return to Pocatello about 6:00 pm.

**Meet Location:** Pocatello Regional Transport, 5815 South 5th Avenue, Pocatello

**Check in:** 6:30 a.m. **Depart:** 7:00 a.m.

**Facilitators:** Katie Sierra (208-244-1418, ksierra838@hotmail.com) and Nadine Howard (208-240-6166)

**Class Limit:** 50

**Class Fee:** \$50. (Pays for transportation and Flying Ace All-Stars Freestyle Show.) Make check out to NKA and send to Linda Ellis, 2000 Judy Lane, Pocatello, ID 83201 prior to **July 28**. For questions about payment, call Linda (208-244-3530).

### Southern Utah (#3786)

*Wednesday-Friday: June 9, 10, & 11*

**Wednesday**, travel by coach to Bryce Canyon National Park, viewing its forested plateaus, red rock pillars and brilliant colors. Spend the night at Ruby's Inn in Bryce Canyon City.

**Thursday**, after breakfast, we'll visit Utah's first National Park, Zion. Gaze up at massive sandstone cliffs of cream, pink and red that soar into a brilliant blue sky. Experience a narrow slot canyon. Zion's unique array of plants and animals will enchant you as you absorb the rich history of the past and enjoy the excitement of present-day adventures. Spend the night in St. George Utah where you will be treated to a live performance of *Annie* at the Tuachan Amphitheater.

On **Friday**, we will stop at Cedar Breaks National Monument and travel the Brian's Head-Panquitch Lake Scenic Byway. Lunch is in Beaver, Utah. Dinner is in Brigham City. We will arrive in Pocatello at approximately 8:30 PM.

**Meet:** Pocatello Regional Transport, 5815 South 5th Avenue, Pocatello

**Check in:** 6:00 a.m. **Depart:** 6:30 a.m.

**Facilitators:** Linda Ellis (208-237-3530) and Char Young (208-220-4144)

**Class Limit:** 40

**Class Fee:** \$450. (which pays for all transportation, lodging, meals, entry fees, and tips.) Make check out to NKA and send to Linda Ellis, 2000 Judy Lane, Pocatello, ID 83201 prior to **May 7**.

**Tulip Festival (#3281)**

*Wednesday: April 21*

The Tulip Festival at Ashton Gardens is located at Thanksgiving Point, Utah. Every spring, a plethora of tulips bloom in all their grandeur from bulbs imported annually from the Netherlands and planted to create a new display each year. The garden covers acres of rolling hills with walkways to view the spectacular array of trees, bushes, and flowers. Golf carts and wheelchairs are available for rent. The greenhouse has bedding plants and seeds for sale. There is a great gift shop. Lunch and snacks are included. Return to Pocatello by 6 p.m.

**Meet:** Pocatello Regional Transport, 5815 South 5th Avenue, Pocatello

**Check in:** 7:00 a.m. **Depart:** 7:30 a.m.

**Instructors/Facilitators:** Kathryn Snyder (208-589-7853, Cat2@cableone.net) and Lu Cooper (208-221-2007)

**Class Limit:** 40

**Class Fee:** \$67 (which pays for bus trip, garden entry fee, restaurant lunch, snacks, and water.) Make check payable to NKA and send to Linda Ellis (208-237-3530), 2000 Judy Lane, Pocatello, ID 83201 prior to March 21.

facilitators to help out. NKA has a Zoom account that will allow us a longer time for discussion of the books. Please contact the facilitators if you are interested.

**Location:** Café Tuscano, 2231 E. Center Street  
**Please park in the Café Tuscano lot across the street and Zoom**

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

**Class Limit:** 56

**Class Fee:** \$10 per session, which pays for beverage, appetizer, and gratuity. Make check payable to Café Tuscano. Send to Sharon Manning, 830 Spyglass Point, Pocatello, ID 83204 by January 22, 2021 for our first meeting.

**Low-Impact Creative Writing (#3136)**

*Mondays: January 18 – May 17; 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

**Instructor/Facilitator:** Stephanie Gill (208-234-4184, sgillforterra@gmail.com)

**Class Limit:** 12

**WRITING & LITERATURE**

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

*Thursdays: February 4, March 4, April 1, & May 6; 3:00 – 4:30 p.m.*

Enjoy a glass of wine or other beverage while we discuss the book of the month in small groups. The selections are:

**February**—*This Tender Land*, by William Kent Krueger

**March**—*The Winemakers Wife*, by Kristin Harmel

**April**—*The Book of Lost Friends*, by Lisa Wingate

**May**—*The Day the World Came to Town*, by Jim DeFede

If people are feeling uncomfortable about meeting in-person, we would like to offer Zoom meetings. We will need additional volunteer





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*NKA learning tree logo by Erica Lothspeich*