Submit pictures and information about NKA activities to the NKA Facebook Page at www.facebook.com/nkapocatello

LindaLee Furstenwerth and Christine Young are the group moderators. Reach them using the Messenger link on the Facebook page. Look for “Send a message” next to the visit group link.
Welcome to New Knowledge Adventures

A MESSAGE FROM THE PRESIDENT

Welcome to the Spring 2023 semester. This spring we are offering 102 classes to our 400 plus members, all for 40 bucks. Pocatello is the envy of seniors in life-long learning programs throughout the whole state. Your efforts at making presentations yourselves and/or asking your friends and acquaintances to volunteer to make presentations to our group makes our organization the largest and most diverse in Idaho. I encourage you all to continue those efforts and to step up to volunteer for the vacant officer and committee positions when we vote for new officers next May.

All our board members are approachable and welcome suggestions for classes or improvements in operating procedures. Don't hesitate to make suggestions to any of them when you have ideas for making our organization better.

I want to thank the staff at ISU CEWT, particularly Shirley Hockett, for all the help they provide our organization in managing enrollment, class scheduling and reminders. We couldn't do it without them.

We will continue working with Liberty Hall, the Elks Club, the Senior Activities Center and the Assemble Learning and Event Center as venues for our classes. For those who still are cautious about large group gatherings the lectures at Liberty Hall will be broadcast on Zoom as we have been doing. We have also been experimenting with lecture sharing with Friends for Learning in Idaho Falls and AARP in Boise.

We will continue to be a member of the United Seniors Project as we go about raising funds for a building of our own* where we can have all our classes in one place. The biggest drain on our enrollment funds is the rental of classroom space.

See you in class!

—Geoff Hogander, NKA President

NKA OFFICERS AND BOARD

OFFICERS:
President: Geoff Hogander
208-232-3437
President-Elect: Christine Brower
208-681-8483
Past President: Sue Miller
208-993-1133
Secretary: Suzanne Johnson
208-589-5122
Treasurer: Phil Joslin
208-251-1951

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208-596-0491
Linda Fairchild (1-year term ending 6/30/2023)
208-251-2586
Teresa Westfall (3-year term ending 6/30/2025)
703-973-5074

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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

*Donate to our new building at:
United Seniors Project, Inc.
P.O. Box 4378
Pocatello, Idaho 83205
NEW KNOWLEDGE ADVENTURES

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 Elk’s 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

Those who have not been vaccinated must wear a mask when attending lectures. Anyone may wear a mask. 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 also will be canceled. 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, M-F, 8 a.m. to 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 (General Lots), which is good for the year. Permit through NKA is $5; permit will be mailed with the registration receipt, or buy one in person at the CEWT office. NKA permits are not transferable to others and are to be used for NKA classes only. Misuse 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
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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.
Adventures for the Spring of 2023

ART, MUSIC, & THEATER

Preview to the Play: *The Book of Will* (#3538)
*Friday: April 7; Noon – 1:00 p.m.*

Join director Vanessa Ballam, and the creative team and cast of Lauren Gunderson's play *The Book of Will* for a preview of the show and a discussion of the creative process.

**Performance Dates:** April 14, 15, 20, 21, 22  
**Location:** Frazier Hall  
**Instructor:** Vanessa Ballam, Professor/Acting  
**Facilitator:** Sharon Manning (208-233-9425, manninsh@aol.com)

Preview to the Play: Cendrillon (*Cinderella*) (#3587)
*Friday: February 3; Noon – 1:00 p.m.*

Join director Dr. Diana Livingston Friedley, and the creative team of Tara Young, Ananda Keator, Paul Yeates and Nell Flanders and cast of Massenet’s opera *Cendrillon* for a preview of the show and a discussion of the creative process.

**Performance Dates:** February 10, 11, 16, 17, & 18  
**Location:** Frazier Hall  
**Instructor:** Dr. Diana Livingston Friedley, Professor of Music  
**Facilitator:** Sharon Manning (208-233-9425, manninsh@aol.com)

Preview to the Play: *High School Musical on Stage* (#3535)
*Friday: June 2; 1:00 – 2:00 p.m.*

This class will cover the elements of what went into producing this year’s ISU/Farm Bureau’s Summer Musical. More details TBD.

**Location:** Bistline Theatre at Stephens Performing Arts Center  
**Instructor:** Tara Young, Chair ISU Theatre Department  
**Facilitator:** Sharon Manning (208-233-9425, manninsh@aol.com)

Preview to the Symphony (#3322)
*Friday: January 13, February 10, & April 14; 3:00 – 4:00 p.m.*

Dr. Nell Flanders continues *Notes from New York* in the spring concerts for the Idaho State Civic Symphony. To enhance your enjoyment when attending the concerts, she will describe what to expect in each upcoming performance, including the compositions, composers, their times and styles. For more information, visit www.thesymphony.us.

**Performance Dates:**  
- *Broadway Lights—POPS concert:* January 28, 2023  
- *Brooklyn Bridge:* February 25, 2023  
- *Manhattan Skyline:* April 22, 2023  

**Location:** Liberty Hall lecture room and Zoom  
**Instructor:** Dr. Nell Flanders, Artistic Director/Conductor, ISCS  
**Facilitator:** Elizabeth Dyer (573-210-7588, dyer2158@gmail.com)

Reader's Theater (#3303)
*Thursdays: January 26 – May 11; 2:00 – 3:30 p.m.*

We'll prepare a variety of material based on participant’s suggestions, to be performed during the semester. Past Reader’s Theaters have included poetry, stories, plays, skits, radio dramas, songs and more. Creativity is encouraged.
**Location:** Liberty Hall small room and Zoom  
**Instructor/Facilitator:** Jim Mariani (208-851-0842, jsm22553@yahoo.com)

### CRAFTS & HOBBIES

**Beginning Crochet (#3563)**  
**Tuesdays: January 17 – February 7; 10:00 – 11:30 a.m.**

Participants will learn basic crochet stitches and reading pattern instructions. We will crochet an easy dish cloth and hat. Supplies needed are two balls of coordinating medium #4 cotton yarn for dish clothes and one skein of #4 worsted yarn for the hat, size H/5mm crochet hook, and stitch markers.

**Location:** Senior Activity Center, Room 6  
**Instructor/Facilitator:** Linda Furstenwerth (208-251-1996, lfurstenwerth@msn.com)  
**Class Limit:** 10  
**Class Fee:** $3 for printed materials

**Beginning Crochet II (#3309)**  
**Thursdays: February 16 – April 20; 10:00 – 11:30 a.m.**

Participants will continue learning new stitches and we will make samplers that can be stitched together. Also, participants can choose a project from my patterns or bring their own. Supplies needed are yarn, size H/5mm crochet hook, yarn needle and stitch markers or as indicated on your chosen pattern.

**Location:** Senior Activity Center, Room 6  
**Instructor/Facilitator:** Linda Furstenwerth (208-251-1996, lfurstenwerth@msn.com)  
**Class Limit:** 10  
**Class Fee:** $3 for printed materials

**Beginning Knitting (#3135)**  
**Tuesdays: January 17 – May 2; 1:30 – 3:30 p.m.**

Learn the basics of knitting and reading patterns. We look forward to seeing you all return with your knitting needles and ideas for your new projects.

**Location:** Senior Activity Center, Room 8  
**Instructor:** Shanna Erickson  
**Facilitator:** Sue Miller (208-993-1133)  
**Class Limit:** 10 to 12

**Beginning Quilling (#3220)**  
**Wednesday: February 8 & 15; 1:00 – 3:00 p.m.**

Learn to blend colors while quilling using different tools.

**Location:** Senior Activity Center, Room 11  
**Instructor:** Carol Johnston  
**Facilitator:** Angela Luckey (208-221-0200)  
**Class Limit:** 10  
**Class Fee:** $5 for materials

**Beginning Tatting (#3124)**  
**Wednesdays: January 18 – February 1; 1:00 – 3:00 p.m.**

Basic techniques of tatting, including making chains, rings, picots, and weavers knots are taught as well as how to read and interpret patterns. Tatting Shuttle and #20 cotton thread will be provided.

**Location:** Senior Activity Center, Room 11  
**Instructor:** Verla Negus  
**Facilitator:** Linda Furstenwerth (208-251-1996, lfurstenwerth@msn.com)  
**Class Limit:** 10  
**Class Fee:** $10 for materials

**Creative Cards for Valentine’s Day and Birthdays (#3739)**  
**Monday: February 6; 1:00 – 3:30 p.m.**

Create handmade cards using stamps, inks, stencils, embossing. Bring small scissors.

**Location:** Senior Activity Center, Room 11  
**Instructor:** Diane Tauscher  
**Facilitator:** Nancy Dafoe (208-596-0491, nancyd@uidaho.edu)  
**Class Limit:** 10  
**Class Fee:** $10 for all supplies

**Crochet/Knitting Service Group (#3196)**  
**Tuesdays: January 17 – May 16; 1:00 – 2:00 p.m.**

This group meets once a week to create lap blankets for the cancer patients at PMC. The yarn is furnished. Bring your own crochet hook and/or knitting needles. Come socialize and learn new patterns. Work at your own pace and have fun!

**Location:** Senior Activity Center, Dining Room  
**Instructor/Facilitator:** Nancy Ellis (208-237-0995, Rnellig6050@gmail.com)  
**Class Limit:** 20
Fused Glass (#3533)
*Thursday: February 2; 12:30 – 2:30 p.m.*

Learn how to fuse glass! Everything is provided. This workshop is designed to offer an introduction to glass fusing. You will learn to cut and shape glass to fit your design. Come with ideas, but we will also have examples to get you started.

**Location:** ISU Craft Shop, lower level of the Pond Student Union Building. Parking in the Student Union parking lot requires using parking meters, an NKA parking pass, or a free day parking pass (contact the Craft Shop for details).

**Instructor:** Alesha Kelley
**Facilitator:** Christine Brower (208-681-8483, christinebrower@hotmail.com)

**Class Limit:** 12
**Class Fee:** $20. Send a check made out to Christine Brower, 235 Sorenson Ave., Pocatello ID 83201 by January 19.

Hand Building with Clay (#3599)
*Thursday: March 30 & April 13; 12:30 – 2:30 p.m.*

This popular class is for those who would like to start or continue creating with clay. No experience necessary. Learn techniques such as coil, pinch pot and slab. In the first class you will create your own pottery using a combination of techniques. Three weeks later (after initial firing), in the second class you will glaze your piece.

**Location:** ISU Craft Shop, lower level of the Pond Student Union Building. Parking in the Student Union parking lot requires using parking meters, an NKA parking pass, or a free day parking pass (contact the Craft Shop for details).

**Instructor:** Brent Lowman
**Facilitator:** Christine Brower (208-681-8483, christinebrower@hotmail.com)

**Class Limit:** 12
**Class Fee:** $20. Send a check made out to Christine Brower, 235 Sorenson Ave., Pocatello ID 83201 by March 16.

Macramé (#3369)
*Mondays: February 6 – April 10; 10:00 – 11:30 a.m.*

Tie knots and create a beautiful piece of artwork.

**Location:** Senior Activity Center, Room 8
**Instructor:** Mekell Berrett, Love me Knot
**Facilitator:** Linda Furstenwerth (208-251-1996, ffurstenwerth@msn.com)

**Class Limit:** 10
**Class Fee:** $5 for materials

Needle Felting (#3568)
*Tuesday: February 7; 12:30 – 2:30 p.m.*

In this workshop students will learn how to use simple tools and methods to shape wool fibers into free-standing solid felt sculpture. Topics include basic form building, fine detailing and adding color. For this workshop we will be making toadstools set on a wooden block. Please note that needle felting involves repetitive, physical hand and arm exercise.

**Location:** ISU Craft Shop, lower level of the Pond Student Union Building. Parking in the Student Union parking lot requires use of the parking meters, the NKA parking pass, or a free day parking pass can be obtained by contacting the Craft Shop for details.

**Instructor:** Alesha Kelley
**Facilitator:** Christine Brower (208-681-8483, christinebrower@hotmail.com)

**Class Limit:** 12
**Class Fee:** $15. Send a check made out to Christine Brower, 235 Sorenson Ave., Pocatello ID 83201 by January 24.

Origami Advanced Kusudama (#3585)
*Thursday: April 13 & 20; 1:00 – 3:00 p.m.*

For Advanced Students. Fold a specially designed unit with special tabs and pockets. 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. *This class is for advanced students and will continue where last fall’s Kusudama class ended.*

**Location:** Senior Activity Center, Room 11
**Instructor:** Kris Hansen
**Facilitator:** Nancy Dafoe (208-596-0491, nancyd@uidaho.edu)

**Class Limit:** 10
**Class Fee:** $5 for supplies

Origami Boxes (#3283)
*Thursday: February 2, 9, 16, & 23; 1:00 – 3:00 p.m.*

Fold a cute one-sheet box to hold paper clips or candies on your desk, and a modular square box with a lid for jewelry or small gifts. Then experience some of the magic of origami as you transform eight squares of patterned paper into an amazing octogen kaleidoscope design, that is also a lovely gift box. Colorful paper designed especially for origami artists is provided.
Origami Spring (#3269)
*Thursday: March 9, 16, 23, & 30; 1:00 – 3:00 p.m.*

Spring is full of young animals, blooming flowers and surprises. Students with little or no origami experience welcome. Colorful paper designed especially for origami artists is provided.

**Location:** Senior Activity Center, Room 11

**Instructor:** Kris Hansen

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

**Class Limit:** 10

**Class Fee:** $5 for materials

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Resin Suncatcher (#3592)
*Thursday: March 2; 12:30 – 2:30 p.m.*

In this workshop you will be cutting pieces of glass to make a design of your own. The glass will be set into a 5x7 frame. Once your design is set, we will be pouring resin over the entire piece. After a few days it can be picked up at the Craft Shop.

**Location:** ISU Craft Shop, lower level of the Pond Student Union Building. Parking in the Student Union parking lot requires using parking meters, an NKA parking pass, or a free day parking pass (contact the Craft Shop for details).

**Instructor:** Alesha Kelley

**Facilitator:** Christine Brower (208-681-8483, christinebrower@hotmail.com)

**Class Limit:** 12

**Class Fee:** $20. Send a check made out to Christine Brower, 235 Sorenson Ave., Pocatello ID 83201 by January 19.

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A Victorian Style Album (#3543)
*Monday: March 6 & 13; 2:00 – 4:00 p.m.*

Make a simple album with windows for holding your mementos or special items. This album will be handheld size, approx. 5”x 9”. No special skills needed, just desire to make a beautiful keepsake.

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

**Instructor:** Paula Jull, Professor Emerita, ISU

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

**Class Limit:** 6

**Class Fee:** $10 for matboard and special decorated papers for dressing it up, other tools and supplies to make the book. Bring cash or check to first class.

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Woodcarving, Beginning (#3101)
*Mondays, Wednesdays, and Fridays as desired: January 16 – May 19; 9:00 a.m. – Noon (clean-up from 11:30 – Noon, strongly advised to attend first class) After this first class, you may come any Monday, Wednesday and Friday as desired.*

Beginner woodcarving classes are for individuals with little or no experience. Students will use rotary power tools and related equipment provided. Projects may begin with stylized bird, then a shelf cat, with final project selected by the carver. Related optional activities include participation in woodcarving competitions and displays.

(continues...)
(continued: Woodcarving, Beginning)

**Location:** Home Depot lumber department, 4340 Hawthorne Rd., Chubbuck  
**Instructors:** Shorty Miller & Diane Porter  
**Facilitator:** Cathy McPherson (208-269-0941, cathylee3770@gmail.com)  
**Class Fee:** $20 (cash or check at first meeting) plus purchase of any other additional supplies.

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**Woodcarving, Advanced (#3558)**  
**Mondays, Wednesdays, and Fridays as desired:**  
**January 16 – May 19; 9:00 am – Noon (clean-up from 11:30 – Noon)**

Advanced woodcarving classes are for individuals who have completed at least one semester as a beginner carver or who have prior experience and do not require constant assistance and/or supervision. Advanced carvers will provide their own tools and equipment to include rotary power tools and knives/gouges (edged hand tools). Carvers select their own projects. Optional activities include participation in woodcarving competitions and displays.

**Location:** Home Depot lumber department, 4340 Hawthorne Rd., Chubbuck  
**Instructors:** Shorty Miller & Diane Porter, both with years of experience and recognition in woodcarving journals  
**Facilitator:** Cathy McPherson (208-269-0941, cathylee3770@gmail.com)  
**Class Fee:** $20 (cash or check at first meeting) plus purchase of any other additional supplies.

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**FITNESS & MOTION**

**Fit and Fall Proof™ (#3106)**  
**Mondays and Wednesdays: February 6 – April 12; 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 to stay hydrated.

**Location:** Senior Activity Center, Room 3  
**Instructor/Facilitator:** Marlene Hendrick, (208-220-0615, mkhendy@yahoo.com)  
**Class Limit:** 30

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**Hiking and Snowshoeing the Hills (#3570)**  
**Fridays: January 20 – May 5; 9:30 am – 2:00 pm**

We’ll be hiking or snowshoeing on trails in SE Idaho (mostly within 30 minutes of Pocatello). Each week, you’ll be emailed information on that week’s hike. During the hikes, we’ll split into two groups. One group will hike slower and return by 1:00. The other group will go faster and farther, returning about 2:00.

**Location:** SE Idaho Trails  
**Instructor:** Eileen Huestis  
**Facilitator:** Bill Kessler (909-374-1465, chevynomad55@gmail.com)

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**Lady Niners Golf (#3116)**  
**Wednesdays: April 5 – May 31 (weather permitting)**

**SECTION 1—Experienced Golfers – 11:00 a.m.**

Wednesday 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 5 will give more information about the 2023 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.

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**Latin Line Dance I (#3107)**  
**Wednesdays: February 8 – April 19; 2:00 – 3:00 p.m. (No class March 22, Spring Break)**

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:** Assemblé Learning and Event Center, 802 E. Young Avenue, Pocatello  
**Instructor:** Lucy Bonman  
**Facilitator:** Dee Smith (208-251-2045, deezerossmith@hotmail.com)  
**Class Limit:** 40
Latin Line Dance II (#3108)
Wednesdays: February 8 – April 19; 3:00 – 4:00 p.m. (No class March 22, Spring Break)

More fancy Latin dancing! Combine 3 or more dance steps of different tempos in a dance routine. More attention to the music is called for since time tags, syncopation, multiple turns, styling, and phrasing are incorporated. Plus, the brain is challenged to remember more steps. Previous dance experience is highly recommended or participants must have taken Latin Dance I. Water may be brought to the facility.

Location: Assemblé Learning and Event Center, 802 E. Young Avenue, Pocatello
Instructor: Lucy Bonman
Facilitator: Jane Gibson (208-524-0654, jmg_nka@use.startmail.com)
Class Limit: 20

Line Dancing: Beginning 1 (Starter) (#3013)
SECTION 1 — Monday: January 30 – April 10; 12:00 – 12:55 p.m.
SECTION 2 — Monday: January 30 – April 10; 1:00 – 1:55 p.m.
BOTH SECTIONS ARE THE SAME CLASS; PLEASE CHOOSE ONLY ONE. (No class March 20, Spring Break)

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 do not need a partner. You may bring water.

Location: Elks Lodge, 410 S. Main Street, Pocatello
Instructors: Judy Liday; Luann Claussen; Shannon Sudweeks
Facilitator: Judy Liday (208-317-6664, lidayjam@gmail.com)
Class Limit: 30

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.

Line Dancing: Beginning 2 (#3111)
Mondays: January 30 – April 10; 2:05 – 3:00 p.m. (No class March 20, Spring Break)

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. You may bring water.

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: January 31 – April 11; 9:30 – 10:25 a.m. (No class March 21, Spring Break)

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. You may bring water.

Location: Elks Lodge, 410 S. Main Street, Pocatello
Instructor/Facilitator: Susan Cramer (208-237-8709, s.kcramer1@gmail.com)
Class Limit: 30

Line Dancing: “Oldies but Goodies” (#3110)
Tuesdays: January 31 – April 11; 10:35 – 11:30 a.m. (No class March 21, Spring Break)

This class is a combination of dances previously learned in the Beginner 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.

Location: Elks Lodge, 410 S. Main Street, Pocatello
Instructors: Judy Liday and Marjean Waford
Facilitator: Judy Liday, (208-317-6664, lidayjam@gmail.com)
Class Limit: 30
**Line Dancing: “Step It Up”** (#3819)
*Thursdays: February 2 – April 13; 9:30 – 11:00 a.m. (No class March 23, Spring Break)*

If you 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 are not advanced dances; rather they are geared toward introducing additional steps/turns to slightly more complicated dances. You may bring water.

**Location:** Elks Lodge, 410 S. Main Street, Pocatello
**Instructors:** Joyce DeGarlais and Marjean Waford
**Facilitator:** Joyce DeGarlais (208-238-1247, joydgd@yahoo.com)
**Class Limit:** 30

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**Qigong** (#3282)
*Fridays: January 27 – May 19; 1:00 – 2:00 p.m.*

More vigorous than T’ai Chi, Qigong is a system of coordinated body/posture movements, breathing, and meditation used to improve health and spirituality. We’ll do Qigong to recorded videos, led by expert practitioners.

**Location:** Liberty Hall lecture room and Zoom
**Instructor/Facilitator:** Jim Mariani (208-851-0842, jsm22553@yahoo.com)
**Class Limit:** 12

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**Square Dance** (#3105)
*Fridays: January 20 – May 12*

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

**SECTION 2 — Introduction to Plus Level (Must complete Basic & Mainstream)** 7:30 – 9:00 p.m.

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!

**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:** Barbara Hyde (208-760-7260, bhyde1048@gmail.com)
**Class Limit:** 24
**Class Fee:** Non-NKA members: $5/person per evening

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**T’ai Chi Chih (Beginner)** (#3103)
*Fridays: January 16 – May 1; 8:30 – 9:30 a.m.*

T’ai Chi Chih (TCC) is described as “joy through movement.” Emphasis is on moving meditation, breathing, physical balance and spiritual balance. We will be learning and practicing the 19 TCC disciplines. Dress in comfortable gym clothes.

**Location:** Liberty Hall upstairs and Zoom
**Instructor/Facilitator:** Linda Fairchild (208-251-2586)
**Class Limit:** 30

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**T’ai Chi Chih (Advanced)** (#3104)
*Tuesdays and Thursdays: January 17 – May 4; 9:00 – 10:00 a.m.*

Meditation in motion. Harvard Health Letter states Tai Chi can improve cognitive function, prevent memory loss at any age, lower blood pressure, improve balance, and help with managing depression. We practice the 19 Tai Chi Chih disciplines taught in the beginner’s class, plus several classical Qigong forms. Class limited to those who have previous experience or are willing to come 15 minutes early for tutoring. Zoom or come in person.

**Location:** Liberty Hall upstairs and Zoom
**Instructor/Facilitator:** Stephanie Gill (208-234-4184, sqillforterra@gmail.com)
**Class Limit:** 25

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**Walking the Greenway** (#3115)
*Fridays: April 14 – May 19; 9:45 – 11:30 a.m.*

Each Friday we’ll meet at the trailhead for a walking adventure. The first walk will be the Sacajawea Trail. Please be on time. The next week’s trail will be announced. If you need the location of the trail for that week, please text Lolane.

**Location:** Trailhead
**Instructor/Facilitator:** Lolane Andra (208-241-5282, lolane_andra@yahoo.com)

(Class listings continue after calendars)
### JANUARY 2023

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#### SPRING and SUMMER FIELD TRIPS

**FIELD TRIPS**
- **April 11** — Improving the Nordic Center with Civic Clubs
- **April 19** — Idaho National Laboratory
- **May 13** — Plant Walk at Cherry Springs Nature Area
- **May 18** — Walking Tour of Historic Downtown Pocatello
- **August 12** — Shoshone Bannock Festival and Indian Relay Races

**TRAVEL**
- **February 22** — Wildlife National Elk Refuge
- **April 24** — Albuquerque and Santa Fe
- **May 17** — Heber Valley Railroad Trip

**TBD** — American Falls Old Town Site
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**February 2023**
NKA MEMBERSHIP AND REGISTRATION FORM  SPRING 2023

☐ New Member  ☐ Previous Member

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 8380
Pocatello ID, 83209

2—In Person at:
Roy F. Christensen Bldg., 777 Memorial Dr., Ste 101

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

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: _________________________________ _____

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

**NOTES:** 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. Lecture classes offered in Zoom will be available to all members. Instructions for connecting via Zoom for each lecture will be emailed to you or you can check: cetrain.isu.edu/ndk/zoom. You can also contact the facilitator for the class.

**ART, MUSIC, & THEATRE**
- **IN-PERSON | ZOOM (CHECK BOX FOR HOW ATTENDING)**
  - [ ] Preview: The Book of Will (#3538)
  - [ ] Preview: Cendrillon (Cinderella) (#3587)
  - [ ] Preview: High School Musical on Stage (#3535)
  - [ ] Preview: The Last Five Years (#3523)
  - [ ] Preview to the Symphony (#3322)
  - [ ] Reader’s Theater (#3303)

**CRAFTS & HOBBIES**
- **IN-PERSON (ALL CLASSES)**
  - [ ] Beginning Crochet (#3563)
  - [ ] Beginning Crochet II (#3309)
  - [ ] Beginning Knitting (#3135)
  - [ ] Beginning Quilling (#3220)
  - [ ] Beginning Tatting (#3124)
  - [ ] Creative Cards Valentine's Day (#3739)
  - [ ] Crochet/Knitting Service Group (#3196)
  - [ ] Fused Glass (#3533)
  - [ ] Hand Building with Clay (#3599)
  - [ ] Macramé (#3369)
  - [ ] Needle Felting (#3568)
  - [ ] Origami Advanced Kusudama (#3585)
  - [ ] Origami Boxes (#3283)
  - [ ] Origami Spring (#3269)
  - [ ] Resin Suncatcher (#3592)
  - [ ] Spring Décor Workshop (#3562)
  - [ ] Tie Dye (#3597)
  - [ ] A Victorian Style Album (#3543)
  - [ ] Woodcarving, Beginner (#3101)
  - [ ] Woodcarving, Advanced (#3558)

**FITNESS & MOTION**
- **IN-PERSON | ZOOM (CHECK BOX FOR HOW ATTENDING)**
  - [ ] Fit & Fall Proof™ (#3106)
  - [ ] Hiking & Snowshoeing the Hills (#3570)
  - [ ] Lady Niners Golf (#3116)
  - [ ] Latin Line Dance I (#3107)
  - [ ] Latin Line Dance II (#3108)
  - [ ] Line Dancing: Beginning 1 (#3111)
  - [ ] Line Dancing: Beginning 2 (#3112)
  - [ ] Line Dancing: Intermediate (#3113)
  - [ ] Line Dancing: “Oldies but Goodies” (#3110)
  - [ ] Line Dancing: “Step It Up” (#3819)

**FOOD & BEVERAGE**
- **IN-PERSON (ALL CLASSES)**
  - [ ] Asian Lettuce Wraps (#3612)
  - [ ] Taste and Share (#3197)
  - [ ] Wine Pairing at PV’s Uncorked (#3943)
  - [ ] Wine Pairing at the Yellowstone (#3642)

**GAMES**
- **IN-PERSON | ZOOM (CHECK BOX FOR HOW ATTENDING)**
  - [ ] Lunch and Games (#3126)
  - [ ] Mahjong (#3125)
  - [ ] Team Trivia (#3014)

**GENERAL INTEREST**
- **IN-PERSON | ZOOM (CHECK BOX FOR HOW ATTENDING)**
  - [ ] Anatomy Made Easy (#3510)
  - [ ] Astronomy II: New Space Race? (#3267)
  - [ ] Discover Local Trails East Bench (#3394)
  - [ ] Essential Emergency Awareness (#3016)
  - [ ] Improving Nordic Center w/ Civic Clubs (#3255)
  - [ ] Landscape Design (#3259)
  - [ ] Mediterranean Life (#3262)
  - [ ] Mediterranean Modern (#3264)
  - [ ] Mediterranean Modern #2 (#3576)
  - [ ] Mediterranean Modern #3 (#3577)

**HEALTH & WELLNESS**
- **IN-PERSON | ZOOM (CHECK BOX FOR HOW ATTENDING)**
  - [ ] Kindness Through Mindfulness (#3229)
  - [ ] Medicare Workshop (#3905)

**HISTORY**
- **IN-PERSON | ZOOM (CHECK BOX FOR HOW ATTENDING)**
  - [ ] Alchemy and Books at Prague (#3573)
  - [ ] The Army Bicycle Experiment (#3259)
  - [ ] Collecting Idaho Trade Tokens (#3531)
  - [ ] The Life of Rachel Carson (#360)
  - [ ] History of Israel Through Music (#3602)

**FIELD TRIPS**
- [ ] American Falls Old Town Site (#3230)
- [ ] Idaho National Laboratory Tour (#3240)
- [ ] Improving Nordic Center w/ Civic Clubs (#3255)
- [ ] Plant Walk Cherry Springs Nature Area (#3873)
- [ ] Walking Tour of Historic Pocatello (#3257)

**NATURE, SCIENCE, & TECHNOLOGY**
- **IN-PERSON | ZOOM (CHECK BOX FOR HOW ATTENDING)**
  - [ ] Anatomy Made Easy (#3510)
  - [ ] Astronomy II: New Space Race? (#3267)
  - [ ] Discover Local Trails East Bench (#3394)
  - [ ] Essential Emergency Awareness (#3016)
  - [ ] Improving Nordic Center w/ Civic Clubs (#3255)
  - [ ] Mediterranean Life (#3262)
  - [ ] Mediterranean Modern (#3264)
  - [ ] Mediterranean Modern #2 (#3576)
  - [ ] Mediterranean Modern #3 (#3577)

**WRITING & LITERATURE**
- [ ] Book Group and a Glass (#3372)
- [ ] Low Impact Creative Writing (#3136)

**TRAVEL**
- [ ] Heber Valley Railroad Trip (#3618)
- [ ] Wildlife National Elk Refuge, Jackson (#3140)

**NEW KNOWLEDGE ADVENTURES**
- [ ] Low Impact Creative Writing (#3136)
NKA MEMBERSHIP AND REGISTRATION FORM SPRING 2023

☐ New Member  ☐ Previous Member

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 8380
Pocatello ID, 83209

2—In Person at:
Roy F. Christensen Bldg., 777 Memorial Dr., Ste 101

3—Online at:
cetrain.isu.edu/nka

Phone: 208-282-2789 or 208-282-3372
Fax: 208-282-5894; ATTN. Shirley

Your Registration

Membership $40    $ _______
per person/per semester

Parkiing 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.

Membership Dues MUST Accompany

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.

NOTES: 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. Lecture classes offered in Zoom will be available to all members. Instructions for connecting via Zoom for each lecture will be emailed to you or you can check: cetrain.isu.edu/nka/zoom. You can also contact the facilitator for the class.

ART, MUSIC, & THEATRE
IN-PERSON | ZOOM (CHECK BOX FOR HOW ATTENDING)
- Review: The Book of Will (#3538)
- Review: Cendrillon (Cinderella) (#3587)
- Review: High School Musical on Stage (#3535)
- Review: The Last Five Years (#3523)
- Preview to the Symphony (#3322)
- Reader’s Theater (#3303)

CRAFTS & HOBBIES
IN-PERSON (ALL CLASSES)
- Beginning Crochet (#3563)
- Beginning Crochet II (#3309)
- Beginning Knitting (#3135)
- Beginning Quilling (#3220)
- Beginning Tatting (#3124)
- Creative Cards Valentines, Birthdays (#3739)
- Crochet/Knitting Service Group (#3196)
- Fused Glass (#3533)
- Hand Building with Clay (#3359)
- Macramé (#3369)
- Needle Felting (#3568)
- Origami Advanced Kasudama (#3585)
- Origami Boxes (#3283)
- Origami Spring (#3269)
- Resin Suncatcher (#3592)
- Spring Décor Workshop (#3562)
- Tie Dye (#3397)
- A Victorian Style Album (#3543)
- Woodcarving, Beginner (#3101)
- Woodcarving, Advanced (#3558)

FITNESS & MOTION
IN-PERSON | ZOOM (CHECK BOX FOR HOW ATTENDING)
- Fit & Fall Proof™ (#3106)
- Hiking & Snowshoeing the Hills (#3570)
- Lady Niners Golf (#3116)
- Line Dance: Beginning 1 (#3111)
- Line Dance: Beginning II (#3108)
- Line Dancing: Intermediate (#3113)
- Line Dancing: "Oldies but Goodies" (#3110)
- Line Dancing: "Step It Up" (#3819)
- Qi Gong (#3282)
- Square Dance (#3105)
- T’ai Chi Chih (Beginner) (#3103)
- T’ai Chi Chih (Advanced) (#3104)
- Walking the Greenway (#3115)
- Zumba Gold (#3952)

FOOD & BEVERAGE
IN-PERSON (ALL CLASSES)
- Asian Lettuce Wraps (#3612)
- Taste and Share (#3197)
- Wine Pairing at PV’s Uncorked (#3943)
- Wine Pairing at the Yellowstone (#3642)

GAMES
IN-PERSON | ZOOM (CHECK BOX FOR HOW ATTENDING)
- Lunch and Games (#3126)
- Mahjong (#3125)
- Team Trivia (#3014)

GENERAL INTEREST
IN-PERSON | ZOOM (CHECK BOX FOR HOW ATTENDING)
- Bringing the Boys and Girls Club (#3519)
- Cruising the North Atlantic (#3518)
- Essential Emergency Awareness (#3016)
- Following the Yellow Arrows (#3751)
- Motorcycles to Alaska (#3973)
- Hot Topics (#3827)
- How Money Works (#3506)
- Inflation and Recession (#3406)
- Jewish Traditions and Practices (#3622)
- Labyrinths and a Peace Pyramid (#3498)
- Oprah’s Belief Series (#3977)
- Photography in Iceland (#3132)
- Pocatello Regional Airport (#3625)
- Publishing with Amazon (#3432)
- Speaker Lunch: Home for Learning (#3208)
- Treasures in Your Attic (#3560)

HEALTH & WELLNESS
IN-PERSON | ZOOM (CHECK BOX FOR HOW ATTENDING)
- Kindness Through Mindfulness (#3229)
- Does Healing Energy Really Work? (#3529)
- Guided Meditation, Inner Radiance (#3307)
- Medicare Workshop (#3905)

HISTORY
IN-PERSON | ZOOM (CHECK BOX FOR HOW ATTENDING)
- Alchemy and Books at Prague (#3573)
- The Army Bicycle Experiment (#3259)
- Collecting Idaho Trade Tokens (#3351)
- The Life of Rachel Carson (#360)
- History of Israel Through Music (#3602)
- Illustrated American Falls Past (#3576)
- Indian Relay and Festival (#3352)
- Jefferson and Adams Differences (#3503)
- Jewish History of Southeast Idaho (#3338)
- The Oberammergau Passion Play (#3341)
- Relight the Night Historic Neon (#3346)

NATURE, SCIENCE, & TECHNOLOGY
IN-PERSON | ZOOM (CHECK BOX FOR HOW ATTENDING)
- Anatomy Made Easy (#3510)
- Astronomy II: New Space Race? (#3267)
- Basic Computer Use for Seniors (#3185)
- Discover Local Trails East Bench (#3394)
- Tubes Transistor Integrated Circuits (#3262)
- Create a Hummingbird Garden (#3264)
- Idaho National Laboratory (#3193)
- Journey Down the Bear River (#3199)
- The Legacy of Rancho La Brea (#3219)
- The Peruvian Period in South Africa (#3222)
- Plants Cherry Springs Nature Area (#3872)

FIELD TRIPS
- American Falls Old Town Site (#3230)
- Idaho National Laboratory Tour (#3240)
- Improving Nordic Center w/ Civic Clubs (#3255)
- Plant Walk Cherry Springs Nature Area (#3873)
- Festival and Indian Relay Races (#3256)
- Walking tour of Historic Pocatello (#3257)

TRAVEL
- Albuquerque and Santa Fe, New Mexico (#3494)
- Heber Valley Railroad Trip (#3618)
- Wildlife National Elk Refuge, Jackson (#3140)

WRITING & LITERATURE
- Book Group and a Glass (#3372)
- Low Impact Creative Writing (#3136)
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**JUNE CLASS**

**FRIDAY, JUNE 2:** High School Musical • 1-2:00 p.m
**Zumba Gold (#3952)**  
*Mondays: March 6 – May 1; 10:00 – 11:00 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, dance fitness-party geared for seniors. It’s exercise in disguise for all men and women!  
**Location:** Assemblé Learning and Event Center, 802 E. Young Avenue, Pocatello  
**Instructor:** Elizabeth McKenna, Licensed Zumba Gold, Zumba and Aqua Zumba Instructor  
**Facilitator:** Rod Johnson (208-251-4230, rodjohnson703@gmail.com)  
**Class limit:** 40

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**FOOD & BEVERAGE**

**Asian Lettuce Wraps (#3612)**  
*Wednesday: March 15; 2:00 p.m.*  
Learn to make simple lettuce wraps and fresh Vietnamese lettuce wraps for quick and easy meals.  
**Location:** Senior Activity Center, big lunch room  
**Instructor/Facilitator:** Suzanne Hong Johnson  
(208-589-5122)  
**Class Limit:** 50  
**Class Fee:** $2 to pay for ingredients. Bring to the class.

**Taste and Share (#3197)**  
*Wednesday: January 25, February 15, March 22, & April 12; 11:30 a.m. – 1:00 p.m.*  
Bring your favorite dish or one you’d like to try. Now is your chance to share it. We will sign up to present our recipes and then enjoy the eating experience. Please bring a copy of your recipe and a dish to share with 30 people. Attendees will send recipe to Shirley Hockett ONE WEEK before class to be duplicated.  
**Location:** Liberty Hall, lecture room  
**Instructor:** Linda Fairchild  
**Facilitators:** Judy Kirkham (208-317-2211, judykirkham1@gmail.com), and Marilyn Ames (208-705-8451, mamesld@gmail.com)  
**Class Limit:** 30

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**Wine Pairing at PV’s Uncorked (#3943)**  
*Wednesday: March 8; 6:00 – 8:00 p.m.*  
Let’s get together at PV’s Uncorked for some great food paired with wines selected to complement each of the five courses and good company.  
**Location:** PV’s Uncorked, 138 N. Main Street, Pocatello  
**Instructors:** Donny and Jen Flores  
**Facilitator:** Geoff Hogander (208-232-3437, ghogande@yahoo.com)  
**Class Limit:** 30  
**Class Fee:** $50 includes gratuity. Make check payable to PV’s Uncorked. Send to Geoff Hogander, 255 Fairmont Ave, Pocatello, ID 83201 by March 3, 2023.

**Wine Pairing at the Yellowstone (#3642)**  
*Thursday: April 13; 5:00 – 7:00 p.m.*  
The Yellowstone will match selected menu items to complement the attributes of each wine.  
**Location:** The Yellowstone Restaurant inside the Yellowstone Hotel, 230 W. Bonneville, downtown Pocatello  
**Instructor:** Jennifer Erchul, owner  
**Facilitator:** Geoff Hogander (208-232-3437, ghogande@yahoo.com)  
**Class Limit:** 50  
**Class Fee:** $55 includes a gratuity. Make check payable to Geoff Hogander, 255 Fairmont Ave, Pocatello, ID 83201; send by April 8, 2023.

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**GAMES**

**Lunch and Games (#3126)**  
*Fridays: January 20, February 17, March 17, April 21, & May 19; Noon – 3:00 p.m.*  
Lunch is served at noon. Hand and Foot game OR Dominos Mexican Train game will be played from 1:00 to 3:00 PM. You must sign-up to participate each month. The facilitators will verify attendance by calling everyone who signs-up. Be sure to indicate on the registration form the months you plan to attend. Call the facilitator if you must cancel.  
**SECTION 1—Friday, January 20**  
**SECTION 2—Friday, February 17**  
**SECTION 3—Friday, March 17**  
**SECTION 4—Friday, April 21**  
**SECTION 5—Friday, May 19**

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**Location:** Juniper Hills Country Club, 6600 S. Bannock Hwy., Pocatello  
**Facilitator:** Sharon Manning & Committee  
(208-233-9425, manninsh@aol.com)  
**Class Limit:** 72  
**Class Fee:** $20 per lunch to be paid at the door (This fee covers lunch, beverage, dessert, gratuity and room fee.)

**Mahjong (#3125)**  
*Tuesdays: February 7 – April 18; 1:30 – 4:00 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:** Senior Activity Center, 427 N. 6th St., Room 4  
**Instructor:** Lucy Bonman  
**Facilitators:** Carol Rudolph (208-251-4531)

**Class Limit:** 30

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**Team Trivia (#3014)**  
*Tuesdays: January 24 – May 16; 1:00 – 2:00 p.m.*

Why scratch your head alone? We’ll form teams right on the spot and change them out each session. Play for bragging rights only. Expect much fun.

**Location:** Liberty Hall, lecture room and Zoom  
**Instructors:** Jim Mariani and Carol Nelson  
**Facilitator:** Jim Mariani (208-851-0842, jsm22553@yahoo.com)

**Class Limit:** 40

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**GENERAL INTEREST**

**Bringing the Boys and Girls Club to Portneuf Valley (#3519)**  
*Tuesday: March 21; 10:30 a.m. – Noon*

Learn the background of the Boys and Girls Club and how it arrived in Pocatello; the current status of the first club in Pocatello and all the development required to become operational; and look forward to the future of the Boys and Girls Club involvement in our community. Having this vibrant group in Pocatello will have a huge impact on our youth and their families.

**Location:** Liberty Hall, lecture room and Zoom  
**Instructor:** Jean Haneke, Founding Member  
**Facilitator:** Sharon Manning (208-233-9425, manninsh@aol.com)

**Cruising the North Atlantic (#3518)**  
*Thursday: April 27; 10:30 a.m. – Noon*

Last summer, Gary and Eileen went on a cruise from Greenland and Iceland to Norway. They also visited the Faroe Islands, Shetland Islands, and Denmark. They will show you pictures of this incredibly beautiful part of the world and share some of what they learned about the geology and history of the area.

**Location:** Liberty Hall, lecture room and Zoom  
**Instructors:** Eileen & Gary Huestis  
**Facilitator:** Mary Spinner (208-241-7258, maryspinner@yahoo.com)

**Essential Emergency Awareness (#3016)**  
*Wednesday: May 3; 1:00 – 2:30 p.m.*

Learn how to prepare for an emergency evacuation using natural ways to be safe! We’ll talk about how to make a “bug-out” bag for an escape within 72 hours and where/how to store it.

**Location:** Liberty Hall, lecture room and Zoom  
**Instructor:** Tamara Retzloff  
**Facilitator:** Linda Fairchild (208-251-2586)

**Following the Yellow Arrows on the Camino de Santiago (#3751)**  
*Tuesday: March 7; 10:30 a.m. – Noon*

Eileen and two of her sisters walked the Portuguese route of the Camino de Santiago, following the yellow arrows through Portugal and Spain. Eileen will share the sights and adventures along the route and the bonding that occurred between the sisters.

**Location:** Liberty Hall, lecture room and Zoom  
**Instructor:** Eileen Huestis  
**Facilitator:** Mary Spinner (208-241-7258, maryspinner@yahoo.com)

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.
Hey, We Should Ride Motorcycles to Alaska (#3973)  
**Tuesday: February 21; 10:30 a.m. – Noon**  
A friend’s suggestion turned into a month-long adventure from Pocatello to Prudhoe Bay and back.  
**Location:** Liberty Hall lecture room and Zoom  
**Instructor:** Geoff Hogander  
**Facilitator:** James Mariani (208-851-0842, jsm22553@yahoo.com)

Hot Topics (#3827)  
**Monday: January 30, February 27, March 27, & April 24: 10:30 a.m. - Noon**  
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 lecture room and Zoom  
**Instructors:** Various  
**Facilitator:** Trent Stephens (208-240-4994, stephenstrent7@gmail.com)

How Money Works (#3506)  
**Thursday: March 23; 10:30 a.m. - Noon**  
Learn how money truly works and how to stop being a sucker! There will be an awesome slide presentation, as well as a free copy of “How Money Works”.  
**Location:** Liberty Hall lecture room and Zoom  
**Instructor/Facilitator:** Tiki Sperl (208-317-9473, happyhavoc6@yahoo.com)

Inflation and Recession (#3406)  
**Thursday: February 9; 1:00 – 2:30 p.m.**  
What causes inflation and recessions? What are the remedies for either inflation or a recession? What are the prospects for the future? How can we protect ourselves during these times of inflation or recessions? Joel will help us to understand what is happening during these two phases in our economy.  
**Location:** Liberty Hall lecture room and Zoom  
**Instructor:** Joel Phillips, Vice President of Operations, Sanctuary Wealth Management  
**Facilitator:** Jim Manning (208-233-9425, djamesmanning@aol.com)

Jewish Traditions and Practices (#3622)  
**Thursday: April 13; 1:00 – 2:30 p.m.**  
Topics will cover the Ark, Torah (including viewing the Torah), Shabbat and candle lighting, Jewish Holidays and holiday traditions, prayers, the Shofar, the Menorah, and Tzedakah (charity).  
**Location:** Temple Emanuel, 306 N. 18th Ave., Pocatello  
**Instructors:** Dale Spencer, Sara Goodman, & Dave Goodman  
**Facilitator:** Pam Ward (208-237-6535, wardpa1950@gmail.com)  
**Class Limit:** 60

Magic of Labyrinths and a Peace Pyramid (#3498)  
**Wednesday: February 22; 1:00 – 2:30 p.m.**  
**Location:** Liberty Hall lecture room and Zoom  
**Instructor/Facilitator:** Midge Woods (208-484-8124, travelingdao@gmail.com)

Oprah’s Belief Series (#3977)  
**Mondays: March 6 – April 17; 10:30 a.m. – Noon (March 27; 1:00 – 2:00 p.m.)**  
Oprah Winfrey and her staff have put together a series of the most compelling and thoughtful stories of belief and faith from around the world. On each date three of the stories will be examined.  
**Location:** Liberty Hall lecture room and Zoom  
**Instructor:** Virginia Kelly  
**Facilitator:** Linda Fairchild (208-251-2586)

Photography in Iceland (#3132)  
**Thursday: March 9; 10:30 a.m. - Noon**  
Come and see a narrated slideshow of a photography workshop to Iceland in October of 2022. We drove around the island on the Ring Road, photographing a variety of subjects, including the northern lights, waterfalls, geothermal areas, glaciers, an ice cave, and the coast. In addition to showing representative photos, I will also explain how the photographs were made.
Location: Liberty Hall lecture room and Zoom  
Instructor: Chuck Peterson  
Facilitator: Trent Stephens (208-240-4994, stephenstrent7@gmail.com)

Pocatello Regional Airport: The Sky is the Limit (#3625)  
Wednesday: January 18; 11:00 a.m. – 1:00 p.m.  
An overview of all aspects of the airport and discussion about the future development of air service and the airport industrial park.  
Location: Liberty Hall lecture room and Zoom  
Instructor: Alan Evans, Airport Manager  
Facilitator: Nancy Dafoe (208-596-0491, nancyd@uidaho.edu)

Publishing with Amazon (#3432)  
Wednesday: March 8; 1:00 – 2:30 p.m.  
Writing your book and getting it out there to the world is possible for all of us. We'll walk through the steps that come after you type “The End”. Learning the steps to take to becoming a self-published author is easier than you think and is possible for all.  
Location: Liberty Hall lecture room and Zoom  
Instructor: Maggie Decker  
Facilitator: Trent Stephens (208-240-4994, stephenstrent7@gmail.com)

Speaker Luncheon: A Home for Lifelong Learning (#3208)  
Thursday: January 26; Noon – 1:30 p.m.  
United Seniors Project is moving forward and would like to share the progress being made on “A Home for Lifelong Learning” in our area. We will have a concept plan and model of the proposed building available for viewing and comments.  
Location: Juniper Hills Country Club, 6600 S. Bannock Highway, Pocatello  
Instructor: Phil Joslin, USP President  
Facilitator: Sharon Manning (208-233-9425, manninsh@aol.com)  
Class Fee: $18 (includes lunch and gratuity)

Treasures in Your Attic (#3560)  
Tuesday: April 4; 10:30 am – Noon  
Look in your attic or basement for a relic you would like to know more about. Take a picture and send to Arlen Walker TWO WEEKS before class, including your name and phone number. Bring this item to class, and Arlen will discuss its background. Find out if you have trash or treasure. Items are NOT to be bigger than a bread box.  
Location: Liberty Hall lecture room and Zoom  
Instructor: Arlen Walker  
Facilitator: Linda Fairchild (208-251-2586)  
Class Limit: 25

HEALTH & WELLNESS

Cultivating Kindness Through Mindfulness (#3229)  
Thursdays: April 6, 13, & 20; 10:00 – 11:30 a.m.  
We are all born with the capacity for kindness and compassion, but they sometimes are discouraged in a culture that sees kindness as weakness, and compassion as naïve. These qualities are encouraged by all faith traditions and professional ethical standards. In this class, we will discover together how cultivating these qualities increases happiness and wellbeing; we will explore what makes it difficult for us to act consistently with kindness and compassion; and we will learn ways to feel, think, speak, and act in concert with our values.  
Location: Portneuf Sangha, 424 W. Lewis, and Zoom  
Instructors: Drs. Paula & Tony Seikel  
Facilitator: Barbara Bain (208-232-3415, bainbarb@isu.edu)  
Class Limit: 25 in person, Zoom is unlimited

Does Healing Energy Really Work? (#3529)  
Wednesday: April 26; 10:30 a.m. – Noon  
Energy healing has been around for nearly four millennia and has recently become mainstream on this side of the globe too. But does it really work? We'll dig into the research and explore how hospitals and universities across the nation have found many practices, not only legitimate but scientific in nature. And finally, we'll share how energy healing has worked for us.  
Location: Liberty Hall lecture room and Zoom  
Instructor: Mike & Bebe Wenig  
Facilitator: Bebe Wenig (951-847-8318)
Guided Meditation, Find Inner Radiance (#3307) 4-part series: Tuesday: January 24, 31, February 7 & 14; 2:30 – 4:00 p.m.

Experience a guided meditation from the yoga perspective. This is an ancient meditation that has the power to change your life. Learn how to experience jyotishmati, Sanskrit for intrinsic luminosity of our core being. This meditation is easy to learn, accessible to anyone, and timely in our challenging life conditions. This powerful meditation can be practiced sitting in a chair. It is especially available to those who would like to meditate but worry about their ability to quiet their mind.

Location: Liberty Hall lecture room and Zoom
Instructor/Facilitator: Brenda Ehrler, Certified 500-hour Yoga instructor (801-554-9396, bl_ehrler@att.net)
Class Limit: 30
Class Fee: $15 for Vishoka Meditation book by Pandit Rajmani Tigunait, PhD.

Medicare Workshop (#3905)
Tuesday: March 28; 10:30 a.m. – Noon

Are you turning 65 soon? Are you on Medicare and want to know the basics of how it works? 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.

Location: Liberty Hall lecture room and Zoom
Instructor/Facilitator: Helen Mayberry, Idaho Department of Insurance (208-236-6350, helenmayberry@doi.idaho.gov)

The Army Bicycle Experiment: An Untold Story of American History (#3259)
Monday: February 6; 10:30 a.m. – Noon

In 1896, Lt. James Moss, stationed at Fort Missoula, Montana, had a revolutionary idea: that bicycles, a relatively new innovation, could be employed by the military to replace cavalry horses for certain operations. Bikes did not need food, water, or rest; they would not die; they would never disobey their rider; and they were nearly noiseless. Stationed at Fort Missoula at the time was the 25th Infantry, and all-black regiment. From these African American troops, Lt. Moss chose an elite group to form the Bicycle Corps and attempted a historic 2,000-mile journey to St. Louis.

Location: Liberty Hall lecture room and Zoom
Instructor: F.C. “Chuck” Humphrey, PhD, Professor Emeritus, ISU
Facilitator: Coke McClure (208-637-9373, mcclurecoke56@gmail.com)

Collecting Idaho Trade Tokens (#3531)
Thursday: January 26; 10:30 a.m. – Noon

A discovery of an unidentifiable ‘coin’ prompted Richard to dig up more information about Idaho trade tokens. His research resulted in a comprehensive listing of over 8,000 different tokens, minted specifically for Idaho businesses in the period from 1805-2005. Come see parts of his extensive collection of over 4,500 tokens from Idaho’s business history. Perhaps you have a mysterious ‘coin’ from grandma or grandpa’s desk drawer that Richard could help you identify.

Location: Liberty Hall lecture room and Zoom
Instructor: Richard Hansen, former President Bannock County Historical Society and member of the National Token Collectors Association
Facilitator: Kris Hansen (208-241-7580, kkhansen805@gmail.com)

Discovering a Sense of Wonder: The Life of Rachel Carson (#3605)
Friday: April 14; 10:00 a.m. – Noon

Many people remember Rachel Carson as the author of Silent Spring, the book that thoughtfully and scientifically pointed out the deadly impact of the unchecked, profligate use of pesticides on the
environment. Her book did much to start people thinking about humankind’s place in the world and how one action can influence another in the environment. She was also a careful scientist, a lyrical writer, and a true friend, among other things. We will explore many of the ways her work continues to influence the world now even 58 years after her death. We will talk about how we can cultivate in our own lives what she called The Sense of Wonder.

**Location:** Liberty Hall lecture room and Zoom  
**Instructor:** Kathryn Lopez Luker, Children’s Librarian, Marshall Public Library  
**Facilitator:** Nancy Dafoe (208-596-0491, nancyd@uidaho.edu)

**History of Israel Through Music** (#3602)  
**Thursday:** April 27; 1:00 – 2:30 p.m.  
Sara Goodman will share her love of Hebrew and her musical talent in a lively presentation of Israel’s history through music and narration. Her presentation was previously performed in Chicago.  
**Location:** Temple Emanuel, 306 N. 18th Ave., Pocatello  
**Instructor:** Sara Goodman, Temple Emanuel Community and Religious Leader  
**Facilitator:** Mary Reichman (208-241-8659, marydreichman@gmail.com)  
**Class Limit:** 60

**An Illustrated Walkthrough of American Falls’ Past** (#3576)  
**Thursday:** March 16; 10:30 a.m. - Noon  
Learn about American Falls before the dam was built, how the town was moved, and what was left.  
**Location:** Liberty Hall lecture room and Zoom  
**Instructor:** Arlen Walker  
**Facilitator:** Linda Fairchild (208-251-2586)

**Indian Relay and the Shoshone Bannock Festival** (#3552)  
**Monday:** May 1; 10:30 a.m. – Noon  
Learn about the history of the Indian Relay races, its connection to the Shoshone Bannock Tribes, and Shoshone Bannock Festival activities.  
**Location:** Liberty Hall lecture room and Zoom  
**Instructors:** Alonzo Coby & Adam Hill  
**Facilitator:** Linda Fairchild (208-251-2586)

**Jefferson and Adams Inherent Differences** (#3503)  
**Wednesday:** January 25; 2:00 – 3:30 p.m.  
All the revolutionaries agreed that a republican form of government...” could succeed only in an extraordinary society of distinctively moral people” (Drew McCoy, 1980 p.5). This session will illuminate the historical backgrounds to this consensus; then examine the contrast between the economic policies that Adam and Jefferson believed would protect the morality of its citizens.  
**Location:** Liberty Hall lecture room and Zoom  
**Instructor:** Dr. Dawn Brooks, Honors Program ISU  
**Facilitator:** Trent Stephens (208-240-4994, stephenstrent7@gmail.com)

**Jewish History of Southeast Idaho** (#3338)  
**Thursday:** May 4; 1:00 – 2:30 p.m.  
Jewish settlers arrived in Southeast Idaho in 1885. By the early 1900s Pocatello railroaders and farmers needed equipment and supplies. Recognizing this demand, Jewish merchants were attracted to the area. They brought their families, traditions and culture, thereby laying the foundations for a Jewish congregation. May 13, 2023 marks 100 years since the Pocatello Jewish Community was chartered.  
**Location:** Temple Emanuel, 306 N. 18th Ave, Pocatello  
**Instructor:** Dale Spencer  
**Facilitator:** Mary Reichman (208-241-8659, marydreichman@gmail.com)

**The Oberammergau Passion Play** (#3341)  
**Monday:** February 13; 10:30 a.m. – Noon  
During the Middle Ages, nearly every European town held an annual Passion Play. Over the years, they became less common and less frequent. In 1633, the small southern German town of Oberammergau was hit by a devastating plague. Nearly half of its citizens had died. Those who were still alive vowed that if God would stop the plague, they would hold a Passion Play every tenth year. There were no more deaths in the town after their commitment.  
**Location:** Liberty Hall lecture room and Zoom  
**Instructor:** Trent Stephens, PhD; ISU Emeritus Professor of Anatomy and Embryology  
**Facilitator:** Kathleen Stephens (208-244-2732, kathleenrstephens@gmail.com)
**Relight the Night—Saving Historic Neon Signs in Downtown Pocatello** (#3346)

*Wednesday: March 8; 10:30 a.m. – Noon*

Learn about the 10-year journey to relight 21 historic neon signs since the Chief in 2013.

**Location:** Liberty Hall lecture room and Zoom  
**Instructor:** Randy Dixon  
**Facilitator:** Pam Ward (208-237-6535)

**NATURE, SCIENCE & TECHNOLOGY**

**Anatomy Made Easy** (#3510)

*Monday: January 23; 10:30 a.m. – Noon*

Is what your doctor says all Greek to you? Well, much of it IS Greek. Would you like to have a better handle on the lingo? Maybe you have a grandchild taking Anatomy or Anatomy and Physiology. By sharing some secrets of Anatomy Made Easy, you may help them earn an “A” in the course.

**Location:** Liberty Hall lecture room and Zoom  
**Instructor:** Trent Stephens, PhD; ISU Emeritus Professor of Anatomy and Embryology  
**Facilitator:** Kathleen Stephens (208-244-2732, kathleenrstephens@gmail.com)

**Astronomy 11: International Competition: A New Space Race?** (#3267)

*Thursday: February 16; 10:30 a.m. – Noon*

NASA isn’t the only government player in space. Whether flying solo or in partnership, the international community is making great strides in space for scientific, national or military reasons. We’ll look at the Europeans, the Japanese, Chinese, Indians and the Russians, etc. with a special focus on China to see what they are doing and planning.

**Location:** Liberty Hall lecture room and Zoom  
**Instructor/Facilitator:** Jim Mariani (208-851-0842, jsm22553@yahoo.com)

**Basic Computer Use: A Class for Seniors with Little to No Experience** (#3185)

*Wednesday: April 12; 4:00 – 5:30 p.m.*

The ISU computer classroom will provide a computer workstation for each student. These computers are Windows platform, NOT Apple/MAC/iPad devices. Students will learn the basics of how to operate a computer by using the keyboard and mouse to navigate. Topics discussed and exercises include:

1. Use of the internet to look-up information.  
2. Use of email to send and receive an email.  
3. Use of a word processor to write a brief note and save it to a file folder.

**Location:** Room RFC 264, Roy Christensen Building, 921 South 8th Ave., Pocatello. There is an elevator that goes upstairs. Free parking in lot after 4 pm.  
**Instructor/Facilitator:** Teresa Westfall (nordtere@isu.edu)  
**Class Limit:** 19

**Discover our Local Trails—Part Two: The East Bench** (#3473)

*Wednesday: February 1; 10:30 a.m. – Noon*

There are hundreds of miles of trails within a 30-minute drive or so of Pocatello. Last semester we looked at the West Bench trail system. In this class we’ll look at the East Bench and beyond, focusing on access, difficulty levels, usage, conditions, flora and more. Come and expand your knowledge of the local trail systems. Note: This class is NOT a hike!

**Location:** Liberty Hall lecture room and Zoom  
**Instructor/Facilitator:** Jim Mariani (208-851-0842, jsm22553@yahoo.com)

**From Tubes to Transistors to Integrated Circuits** (#3262)

*Thursday: February 2; 10:30 a.m. – Noon*

What goes on in that big ON Semi Plant on Buckskin Road? What is a microchip? We’ll talk about the transition from vacuum tubes to transistors to integrated circuits. Also, how is an integrated circuit designed, drawn, built, tested, and packaged? Finally, why does your bathroom scale need one?

**Location:** Liberty Hall lecture room and Zoom  
**Instructor:** Brian Kauffmann (208-317-4094, bbkauffmann@gmail.com)  
**Facilitator:** Trent Stephens (208-240-4994, stephenstrent7@gmail.com)

**How to Create a Hummingbird Garden** (#3264)

*Wednesday: April 19; 1:00 – 2:30 p.m.*

Hummingbirds are welcome visitors to our back yards. Learn how to set up a hummingbird friendly habitat, and which flowers attract them. View different types of feeders and decide which will work
best for you. Maintain a clean and healthy feeder using inexpensive homemade sugar water.

**Location:** Liberty Hall lecture room and Zoom  
**Instructors:** The Rudeen Family  
**Facilitator:** Jane Sampson (208-241-1376, sampsonjane935@gmail.com)

**Idaho National Laboratory** (#3193)  
**Wednesday: April 5; 10:30 a.m. – Noon**  
The speaker will address a wide variety of interests, including science and engineering research, archaeological and cultural topics, and the historical impact INL has had as a nuclear research facility on the wildlife ecosystem.

**Location:** Liberty Hall lecture room and Zoom  
**Instructor:** Shelly Norman – INL Tours Ambassador  
**Facilitator:** Linda Fairchild (208-251-2586)

**A Journey Down the Bear River** (#3199)  
**Tuesday: March 14; 10:30 a.m. – Noon**  
During July-September, 2022, Matt Lucia explored the Bear River Watershed and floated 300 miles on the Bear River to the Great Salt Lake. Learn about his journey down the Bear River.

**Location:** Liberty Hall lecture room and Zoom  
**Instructor:** Matt Lucia, Executive Director at Sagebrush Steppe Land Trust  
**Facilitator:** Bill Kessler (909-374-1465, chevynomad55@gmail.com)

**The Legacy of Rancho La Brea** (#3219)  
**Thursday: February 9; 2:00 – 3:00 p.m.**  
The so-called “tar pits” of Rancho La Brea are found in the heart of Los Angeles, California. It is the site where the remains of plants and animals were fossilized during the latest part of the last Ice Age, some 11,000-50,000 years ago. The most celebrated species recovered include giant ground sloths, mammoths, and saber tooth cats. We will touch on these and many more species that tell the deep time story of Old Los Angeles and which defines the importance of Rancho La Brea in the scheme of North American Vertebrate Paleontology.

**Location:** Idaho Museum of Natural History, Discovery Room, 698 E. Dillon Street. Parking: General lot with NKA parking permit or use marked Museum parking spaces.  
**Instructor/Facilitator:** Christopher A. Shaw, Affiliate Curator of Vertebrate Paleontology at the IMNH  
**Facilitators:** Geoff Hogander (208-232-3437, ghogande@yahoo.com) and Teresa Henderson (208-282-3168, 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. Pay the cashier at the Museum entrance.

**The Permian Period in South Africa** (#3222)  
**Wednesday: April 5; 2:00 – 3:00 p.m.**  
Xavier Jenkins, a Doctoral student at ISU, will present his research about fossils of reptiles that lived more than 250 million years ago in South Africa during the Permian Period.

**Location:** Idaho Museum of Natural History, museum classroom, 698 E. Dillon St. Parking: General lot with NKA parking permit or use marked Museum parking spaces.  
**Instructor/Facilitator:** Xavier Jenkins, ISU Doctoral student and intern at the IMNH  
**Facilitators:** Geoff Hogander (208-232-3437, ghogande@yahoo.com) and Teresa Henderson (208-282-3168, hendtere@isu.edu)

**The Plants of Cherry Springs Nature Area** (#3872)  
**Thursday: May 11; 10:30 a.m. – Noon**  
Geoff Hogander, Member 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 13th. 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 do the walk on Saturday then it will provide you a hands-on preview.

**Location:** Liberty Hall lecture room and Zoom  
**Instructor/Facilitator:** Geoff Hogander (208-232-3437, ghogande@yahoo.com)

**FIELD TRIPS**

**American Falls Old Town Site** (#3230)  
**TBD: Time and day of class will be determined when water recedes in the reservoir, possibly late August or September**  
View and discuss old townsite foundations.

**Meet & Depart:** Members will meet at Liberty Hall and carpool to American Falls.  
**Facilitator:** Linda Fairchild (208-251-2586)
Idaho National Laboratory Tour (#3240)  
**Wednesday: April 19; 8:00 a.m. – 4:00 p.m.**  
INL is changing the world’s energy future. INL tours provide public access to what is happening at the lab. Tour is limited to 30 U.S. citizens who must provide a current form of government issued identification for entry to the site. We will visit EBRI and Advanced Test Reactor. All attendees must bring a sack lunch, as well as attended the INL lecture at Liberty Hall on April 5.  
**Meet:** TBD  
**Check in:** TBD  
**Depart:** TBD  
**Facilitator:** Linda Fairchild (208-251-2586)  
**Class Limit:** 30  
**Class Fee:** TBD

Improving the Nordic Center with Civic Clubs (#3255)  
**Tuesday: April 11; 6:30 p.m.**  
The Nordic Center South of town is a gem for the community throughout the year. Come hear the story of how The Pocatello Sunrise Lions Club worked with the City of Pocatello to put in two premier disc golf courses for summer use, and their plans to work with the city to further improve the facility. A tour of the building will be provided.  
**Location:** The Purpose Building (the Old Petersen Building downtown)  
**Instructor:** George Spinner  
**Facilitator:** Scott Stephens (208-241-5209, tepscot@isu.edu)

Plant Walk at Cherry Springs Nature Area (#3873)  
**Saturday: May 13; 10:30 a.m. – 12:30 p.m.**  
Geoff Hogander, member of the Native Plant Society, will lead a leisurely walk through the Cherry Springs Nature Area pointing out some of the 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 easy traveling. A restroom is available in the parking lot.  
**Location:** Cherry Springs Nature Area, South Mink Rd., Pocatello  
**Instructor/Facilitator:** Geoff Hogander, (208-232-3437, ghogande@yahoo.com)  
**Class Limit:** 16

Shoshone Bannock Festival and Indian Relay Races (#3256)  
**Saturday: August 12; 11:15 a.m. – 4:00 p.m. (times are subject to change when a Shoshone Bannock Festival schedule of events is determined)**  
After the races, head to the festival grounds for the opening ceremony, hand games and booths.  
**Meet & Depart:** Members will meet at Liberty Hall and carpool to the Fort Hall Rodeo Grounds. Races start promptly at 12:00 p.m  
**Facilitator:** Linda Fairchild (208-251-2586)  
**Class Fee:** Relay Race is free to members over the age of 60. Festival is free for all to attend.

Walking Tour of Historic Downtown Pocatello (#3257)  
**Thursday: May 18; 1:00 – 4:00 p.m.**  
Come explore and learn more about the history and what is currently happening in Pocatello.  
**Location:** Lookout Point  
**Instructor:** Stephanie Palagi  
**Facilitator:** Linda Fairchild (208-251-2586)  
**Class Limit:** 40

### TRAVEL

**NOTES:**  
- Fees for travel 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.  
- Costs for overnight trips are based on double occupancy. For a single, add $50 per night to the fee.

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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.
Albuquerque and Santa Fe New Mexico
(#3494) Monday: April 24 – Sunday: April 30
A seven-day six-night trip by motor coach to Albuquerque and Santa Fe by Diamond Tours.

Days 1 and 2: In route to Albuquerque.
Day 3: Visit Acoma Pueblo, a hilltop village also known as Sky City, home to Native Americans for over 900 continuous years. Tour their San Esteban del Rey mission then depart for the New Mexico Veterans Memorial. Then enjoy dinner with entertainment.

Day 4: Depart for a guided tour of the legendary city of Santa Fe. Visit Santa Fe Plaza where artisans sell their own handmade works. See the grandeur of Saint Francis Cathedral.

Day 5: Begin your visit in Sculpture Gardens at the Albuquerque Museum, learn the history of the city. Then visit Old Town Albuquerque. Next, soar over the mountains in the Sandia Peak Tramway. The enclosed tramway takes you 2 miles up to the stunning mountain peak to see one of the most beautiful views in all of New Mexico.

Day 6: Leave for the Perry Nul Trading Company in Gallup, NM en-route home.

Day 7: Continue to Pocatello.


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

Facilitators: Jennie McCormick (208-521-2780, jenniemc1250@yahoo.com) and Linda Ellis (208-237-3530, lmjdellis75@gmail.com)

Class Limit: TBD

Class Fee: Double Occupancy $705, Single Occupancy $974, we will try to match Roommates, but if you do not have a roommate we cannot guarantee one.

Fee Pays For: Transportation, 6 night's lodgings, Entrance Fees, 10 Meals, 6 Breakfast & 4 Dinners. (gratuity has been paid for pre-paid meals.) We will not be providing water or snacks on this trip. Driver tip is not included (recommended amount is $2 per day per person).

How & When to Pay: $75 per person is due on signing by 12/16/2022 but is refundable until 2/16/2023. Final payment due by 2/16/2023. Payment of the full amount will be accepted between 12/16/22 and 2/16/23. No refunds after 2/16/23. Call Jennie or Linda for information. Diamond Tours is requiring all trip passengers to sign a COVID-19 Waiver of Liability. We will provide the waiver when you sign up for the trip. A travel protection plan is available; if interested ask us. Make check payable to NKA. Mail to Linda Ellis, 2000 Judy Lane, Pocatello, ID 83201.

Heber Valley Railroad Trip (#3618)
Wednesday: May 17
Journey by Coach to Heber City, Utah and board the Heber Valley Railroads (also known as the Heber Creeper's) vintage coach for a 90-minute round trip train ride. Enjoy a box lunch as you see incredible views of the Wasatch Mountains and the wide-open vistas of Deer Creek Reservoir. Return and arrive in Pocatello at approximately 4:30 p.m.

Meet: Pocatello Regional Transport (PRT), 5815 S. 5th Ave., Pocatello. Parking available. Restrooms will not be open for the morning pick up.

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

Facilitators: Sue Miller (208-993-1133, millerpag@yahoo.com) and Kathy Reynolds (208-680-5537, kathy1269@gmail.com)

Class Limit: 52

Class Fee: $90, includes bus fee, bus driver tip, snacks and water, train tickets, lunch and gratuity.

How & When to Pay: Make checks payable to NKA and send to Linda Ellis, 2000 Judy Lane, Pocatello, ID 83201 before April 17, 2023.
Wildlife National Elk Refuge, Jackson Hole Wyoming (#3140) Wednesday: February 22

Travel to Jackson Hole and have lunch at Jackson Hole Senior Citizen Center, then on to the National Elk Refuge for a sleigh ride—a great way to explore the refuge and see a lot of elk. The refuge was originally established in 1912 to protect one of the world’s largest elk herds. It spans 24,700 acres. Run by the Fish and Wildlife Service, the National Elk Refuge provides a winter habitat for elk. During the summer, this Jackson Herd grazes in higher elevations. The animals typically migrate down from the high country when cold weather sets in from late October through December in search of food. They make their way back to higher elevation in April or May.

Please make sure to bring warm clothes for the sleigh ride, hats, gloves, blankets, warm coats, and warm boots.

Check in: 7:30 a.m. Depart: 8:00 a.m.
Facilitators: Kathy Reynolds (208-680-5537, kathyr1269@gmail.com), Lu Cooper; Sue Miller (208-993-1133, millerpag@yahoo.com)
Class Limit: 40
Class Fee: $75. This includes bus, lunch, sleigh ride, tip for bus and sleigh ride driver, snacks and water.
How and When to Pay: Make checks payable to NKA and send to Linda Ellis, 2000 Judy Lane, Pocatello, ID, 83201 (208-237-3530) by January 22, 2023.

WRITING & LITERATURE

Book Group and a Glass (#3372)
Thursday: February 2, March 2, April 6, & May 4; 3:00 – 4:30 p.m.

Allyson will be our hostess as we enjoy a glass of wine or other beverage with an appetizer prepared by Jason, while we discuss the book of the month in small groups. Titles and authors selected for the spring semester are:
February 2—The Daughters of Yalta: The Churchills, Roosevelts and Harrimans: A Story of Love and War by Catherine Grace Katz
March 2—Orphan #8 by Kim Alkemade
April 6—Daughter of the Morning Star: A Longmire Mystery by Craig Johnson
May 4—The Night Watchman by Louise Eldrich

Location: Café Tuscano, 2231 E. Center Street and Zoom
Facilitators: Ann Smith (208-251-5812) and Sharon Manning (208-233-9425)
Class Limit: 56
Class Fee: $15, includes beverage, appetizer, and gratuity. Make checks payable to Café Tuscano; send to Sharon Manning, 830 Spyglass Pt., Pocatello, ID 83204 by January 20, 2023.

Low-Impact Creative Writing (#3136)
Mondays: January 16 – May 1; 2:00 – 4:00 p.m.

Writing for your own pleasure. Memoirs, fiction, non-fiction, poetry, plays. 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 aloud, if we want. Negative criticism is not allowed. Our encouraging environment and the support of other writers helps everyone to become a better writer. You may attend in person and/or Zoom.

Location: Liberty Hall and Zoom
Instructor/Facilitator: Stephanie Gill (208-234-4184, sgillforterra@gmail.com)
Class Limit: 12