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

LindaLee Furstenworth 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.
NKA MEMBERSHIP AND REGISTRATION FORM FALL 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 OPENS ON AUGUST 28

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 184

3—Online:
cetrain.isu.edu/nka

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

Your Registration
Membership $50
per person/per semester

Parking Fee $5.50
(once a year)

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 assignee's (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 to the course will be emailed to you or you can check: cetrain.isu.edu/nka/zoom. You can also contact the facilitator for the class.
A MESSAGE FROM THE PRESIDENT

Dear NKA Members,

Wow, it's fall already! I hope all of you enjoyed the summer. It has been so nice to have the hills green for longer this year. We have a few changes in the NKA Board, but we always have a great team to represent our members. We are continuing to offer a variety of classes in different venues and have some fun travel opportunities as usual.

We need you to volunteer: teach a class, facilitate a class (easier than ever), encourage someone to teach a class or just give us an idea of a class you'd like to attend. Share your knowledge and talents by presenting a class to NKA. Ask people you know who have interesting travels, fun adventures, knowledge in special or interesting areas or fields, if they would be interested in presenting a class. Get contact information and pass it on to a member of the board. Better yet, fill out a facilitator sheet and send it in to have the class included in the catalog.

Look for my monthly newsletter e-mail to be more informed. Also, check out the NKA Facebook page to see travel photos and upcoming activities. If you see me in class or around town, say “hi” and let me know your thoughts and ideas to help make this another good year.

- Christine Brower, NKA President

NKA 2023-2024 OFFICERS AND BOARD

OFFICERS:
President: Christine Brower
208-681-8483
President Elect: Teresa Westfall
703-973-5074
Past President: Geoff Hogander
208-232-3437
Secretary: Suzanne Johnson
208-589-5122
Treasurer: Phil Joslin
208-251-1951

DIRECTORS-AT-LARGE:
Nancy Dafoe (3-year term ending 6/30/2024)
208-596-0491
Linda Fairchild (3-year term ending 6/30/2025)
208-251-2586
Marylou Powers (1-year term ending 6/30/2024) 208-625-6160

COMMITTEE CHAIRS:
Community Service: Paula Jull
208-406-9248
Publicity: Teresa Timpson
208-251-5831
Curriculum: Geoff Hogander
208-232-3437
Social: Kathleen Stephens
208-244-2732
History: Trish Mooney
208-220-1283
Travel: Katie Sierra
208-244-1418

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

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

HEALTH POLICY

If you are sick or don’t feel well, stay home, cancel class and zoom.

EMERGENCY CLASS CANCELLATION POLICY

In case emergencies such as hazardous weather conditions (and if School District 25 has canceled school) then NKA classes will also 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 members, 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 to the policy or position of 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 ISU campus is free only after 4 p.m. For daytime classes on campus, you need a parking permit (General Lots), which is good for the year. Permit through NKA is $5.50; 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
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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 Fall of 2023

**ART, MUSIC & THEATER**

**Preview to the Play: Calendar Girls (#3123)**
*Tuesday: October 3; 4:00 p.m.*

An inside look at the resources and processes that create an all-volunteer community theatre production. We’ll start with script selection and move through auditions, rehearsals, and performances highlighting the tasks and the people who perform them on-stage, back-stage, and front-of-house. We’ll also get a behind-the-scenes look at the Warehouse Theatre’s physical plant and an introduction to the show in production, Calendar Girls.

**Location:** The Warehouse, 1009 S. 2nd Ave., Pocatello

**Instructor:** Jackie Czerepinski, PhD., Artistic Director, Westside Players Board of Directors

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

**Class Limit:** 35

**Preview to the Play: Life x Three (#3142)**
*Friday: September 22; Noon – 1:00 p.m.*

Life x Three brings audiences on a comedic journey through three different versions of the same evening. Written by Yasmina Reza and translated by Christopher Hampton, this witty and thought-provoking play explores how slight changes in circumstances can drastically alter the outcome of our lives. Directed by Vanessa Ballam.

**Play Dates:** September 29&30, October 5-7; 7:30 p.m.

**Location:** Black Box Theatre, Stephens Performing Arts Center, ISU

**Instructor:** Vanessa Ballam, Professor/Acting

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

**Preview to the Play: The Secret Garden at OTAS (#3143)**
*Friday: December 1; 5:00 p.m.*

A preview of Old Town Actors Studio’s family production of The Secret Garden, a dramatization of Frances Hodgson Burnett’s classic and beloved novel revolving around Mary Lennox and the Craven family.

**Location:** OTAS, 427 N. Main, Suite G

**Instructor:** Sherri Dienstfrey-Swanson, Director

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

**Class Limit:** 35

**Preview to the Play: The Three Musketeers (#3144)**
*Friday: November 10; Noon – 1:00 p.m.*

The Three Musketeers is a thrilling and action-packed classic tale of adventure, romance, and swashbuckling sword fights. Written by Alexandre Dumas and adapted by Ken Ludwig, this beloved story follows the adventures of young D’Artagnan as he fights alongside the legendary Musketeers to protect their king and country. Directed by New Theatre faculty.

**Play Dates:** December 1-2, 7-9; 7:30 p.m.

**Location:** Bistline Theatre, Stephens Performing Art Center

**Instructor:** TBA

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

**Preview to the Symphony (#3322)**
*Friday: September 22, October 27 & December 1; 3:00 – 4:00 p.m.*

This symphony season will focus on the music of Latin America plus masterpieces from the classical canon. In each class, Dr. Flanders will share the compositions that will be performed, backstories about the composers, and other information that will increase our appreciation of the music we will hear at the next concert. For more information, visit www.thesympholly.us

**Symphony Performance Dates:**
- **The Caribbean Sea:** September 29, 2023
- **Huapango!:** November 3, 2023
- **Joy to the World with the ISU Choirs:** December 8 & 9, 2023

**Location:** Liberty Hall lecture room and Zoom

**Instructor:** Dr. Nell Flanders, Artistic Director and Conductor of the Idaho State Civic Symphony

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

**CRAFTS & HOBBIES**

**Beginning Crochet 101 (#3563)**
*Tuesdays: September 12 - November 14; 10:30 a.m. – Noon*

Participants will learn basic crochet stitches and reading pattern instructions. We will crochet an easy dish cloth and hat. Bring two balls of coordinating medium #4 cotton yarn for dish cloth and one skein of #4 worsted yarn for the hat, size H/5 mm crochet hook, and stitch markers. Yarn for the first 2 classes will be provided so you have time to purchase your own after projects are explained.

**Location:** Senior Activity Center, Room 6
Instructor: Linda Furstenwerth & Rosita Park  
Facilitator: Linda Furstenwerth (208-251-1996, lfurstenwerth@msn.com)

**Beginning Crochet 102 (#3309)**
**Thursdays: October 12 – November 16; 10:30 – 11:30 a.m.**

Participants will continue learning new stitches and will make samplers. Rosita will teach you to make kitchen towel toppers and will explain your material needs at the first class. Participants can choose a project from Linda’s patterns or bring their own. Linda will help you with questions. Supplies needed as described on your chosen pattern. Yarn and hooks will be provided for the samplers.

**Location:** Senior Activity Center, Room 6

**Instruction:**
- **Instructor:** Linda Furstenwerth & Rosita Park
- **Facilitator:** Linda Furstenwerth (208-251-1996, lfurstenwerth@msn.com)

**Class Limit:** 15

**Class Fee:** $3

---

**Beginning and Intermediate Knitting (#3135)**
**Tuesdays: September 12 – December 19; 1:30-3:30 p.m.**

Must have basic knowledge of casting on stitches and be able to knit and pearl. Supplies needed: size 8 or 9 knitting needles and cotton yarn or 4-ply acrylic. You may choose a project from the many patterns on hand or bring your own to share.

**Location:** Senior Activity Center, Room 8

**Instructor:** Shanna Erickson
**Facilitator:** Sue Miller (208-993-1133, millerpag@yahoo.com)

**Class Limit:** 12-14

**Class Fee:** $10

---

**Beginning Tatting (#3124)**
**Wednesdays: September 13 - October 4; 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 6

**Instructor:** Verla Negus
**Facilitator:** Linda Furstenwerth (208-251-1996, lfurstenwerth@msn.com)

**Class Limit:** 10

**Class Fee:** $10 for materials

---

**Beginning Watercolor (#3966)**
**Section 1 – Tuesday: October 10; 1:00 – 3:00 p.m.**
**Section 2 – Tuesday: November 7; 1:00 – 3:00 p.m.**

**Both Sections are the Same Class; Please Choose Only One**

Introduction to watercolor painting – learn the basic techniques.

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

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

**Class Limit:** 10

**Class Fee:** $10 bring to class

---

**Creative Cards for Christmas (#3960)**
**Monday: October 2; 1:00 - 3:00 p.m.**

Create four or five handmade cards using stamps, inks, dies and embossing folders. PLEASE BRING SCISSORS.

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

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

**Class Limit:** 10

**Class Fee:** $10 for supplies

---

**Creative Cards for Halloween & Birthday (#3356)**
**Monday: September 25; 1:00 - 3:00 p.m.**

Create four or five handmade cards using stamps, dies and embossing folders. BRING SCISSORS.

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

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

**Class Limit:** 10

**Class Fee:** $10 for supplies

---

**Crochet/Knitting Service Group (#3196)**
**Tuesdays: September 12 – December 12; 1:30 – 3:00 p.m.**

This group meets once a week to create lap blankets for the cancer patients at PMC. The yarn is furnished. You will need to bring your own crochet hook and/or knitting needles. It’s a great time to socialize and learn new patterns. No stress. Work at your own pace and have fun.

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

**Instruction:**
- **Instructor/Facilitator:** Nancy Ellis (208-237-0995, Rnelis6050@gmail.com)

**Class Limit:** 20

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**Crochet with Recycled Plastic Bags (#3145)**
**Thursdays: September 14 – October 5; 10:30 – 11:30 a.m.**

Learn to make a shopping bag and other projects using used grocery bags. If you have plastic grocery bags, please bring butt bags will be supplied. Please bring a size K/10.5/6.5mm crochet hook and sharp scissors to cut the bag.

*(continues...)*
(continued: Crochet with Recycled Plastic Bags)

We do have several of the crochet hooks available for $1 each which should save you money.

Location: Senior Activity Center, Room 6
Instructor: Linda Furstenwerth & Rosita Park
Facilitator: Linda Furstenwerth (208-251-1996, lfurstenwerth@msn.com)
Class Limit: 10
Class Fee: $1 for printed materials, or $2 if you want to purchase a hook

Fall Décor Workshop (#3146)
Tuesday: September 26; 1:00 – 3:00 p.m.
Use reusable stencils and chalk paste to create a custom fall decoration for your front porch, family room, or anywhere else you decorate.

Location: Senior Activity Center, Room 11
Instructor: Anne Gardner, owner of The Craft Shop in Blackfoot
Facilitator: Diane Tauscher (208-680-2393, dmt88bailey@q.com)
Class Limit: 10
Class Fee: $10 payable to Annie Gardner at time of class

Fall Quilling Frame (#3147)
Wednesdays: September 20 & 27, October 4 & 11; 1:00 – 3:00 p.m.
In this workshop you will learn how to make and use quilling tools and materials to make pumpkins, corn stalks, and other fall related items to create a beautiful 8x10 frameable Fall 3-D picture incorporating quilling techniques.

Location: Senior Activity Center, Room 11
Instructor: Carol Johnston
Facilitator: Angela Luckey (208-221-0200, luckange@isu.edu)
Class Limit: 10
Class Fee: $6 for supplies

Fused Glass (#3533)
Tuesday: September 12; 12:30 – 2:30 p.m.
Learn how to fuse glass! No experience required. Everything is provided. This workshop is designed to offer an introduction to glass fusing. You will learn to cut and shape the glass to fit your design. Come with ideas, but we will also have examples to get you started.

Location & Address: ISU Craft Shop, lower level of the Pond Student Union Building. Parking in the Student Union parking lot requires use of the parking meters or the NKA parking pass.
Instructor: Alesha Kelley
Facilitator: Christine Brower (208-681-8483, christinebrower@hotmail.com)
Class Limit: 10
Class Fee: $25
How & When to Pay: Please send a check made out to Christine Brower, 235 Sorenson Ave., Pocatello ID 83201 by September 5, 2023

Hand Building with Clay (#3599)
Thursday: October 5 & 19; 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. A local potter with years of experience will demonstrate and explain techniques such as coil, pinch pot and slab. In the first class you will create your own pottery using a combination of techniques. Two weeks later (after initial firing) in the second class you will glaze your piece.

Location & Address: ISU Craft Shop, lower level of the Pond Student Union Building. Parking in the Student Union parking lot requires use of the parking meters or the NKA parking pass.
Instructor: Bret Lowman
Facilitator: Christine Brower (208-681-8483, christinebrower@hotmail.com)
Class Limit: 10
Class Fee: $30

Needle Felting (#3568)
Section 1 – Tuesday: November 7; 12:30 – 2:30 p.m.
Section 2 – Tuesday: November 28; 12:30 – 2:30 p.m.
BOTH SECTIONS ARE THE SAME CLASS; PLEASE CHOOSE ONLY ONE

In this workshop students will learn how to use simple tools and methods to shape wool fibers into free-standing solid felt sculptures. Topics include basic forms of 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 & Address: ISU Craft Shop, lower level of the Pond Student Union Building. Parking in the Student Union parking lot requires use of the parking meters or the NKA parking pass.
Instructor: Alesha Kelley
Facilitator: Christine Brower (208-681-8483, christinebrower@hotmail.com)
Class Limit: 10
Class Fee: $15
How & When to Pay: Please send a check made out to Christine Brower, 235 Sorenson Ave., Pocatello ID 83201 by October 31, 2023.
Origami for Beginners (#3148)
*Thursdays: September 21 & 28, October 5 & 12; 1:00 – 3:00 p.m.*

The ancient art of origami has been enjoying a real renaissance in the past few decades. Modern designers around the world are developing exciting new models, and clever new techniques. Paper publishers are releasing beautiful new colors and printed squares of paper especially created for the precise folds of accurate origami. You’ll learn how a few basic folds can be combined to create a myriad of diverse models – some traditional, some modern. Feel like a magician as you transform a simple square of paper into a swan, horse, a snail; and yes, the elegant traditional crane. This class is designed for BEGINNERS, so if you’ve always wanted to give it a try – this is your opportunity. Kami paper and printed origami paper will be provided for class work and homework, as well as printed instructions so you can practice at home.

**Location:** Senior Activity Center, Room 11  
**Instructor:** Kris Hansen  
**Facilitator:** Nancy Dafoe (nancyd@uidaho.edu)  
**Class Limit:** 10  
**Class Fee:** $5 for four two-hour classes

Origami Birds and a Bee (#3150)
*Thursdays: October 26, November 2 & 9; 1:00 – 3:00 p.m.*

There are so many charming and lovely origami models to choose from, it’s hard to decide which ones to present. This class will feature two or three different birds, as well as the cute little bee. Expectation is that students are already competent in folding the traditional crane, so some new birds will be presented. I know you’ll enjoy the bee (we’ll add black stripes to yellow paper for a nice bee-ish effect). Specially designed two-sided paper adds to the fun and beauty of the birds.

**Location:** Senior Activity Center, Room 11  
**Instructor:** Kris Hansen  
**Facilitator:** Nancy Dafoe (nancyd@uidaho.edu)  
**Class Limit:** 10  
**Class Fee:** $5 for three two-hour sessions

Origami Nativity (#3062)
*Thursdays: November 30, December 7 & 14; 1:00 – 3:00 p.m.*

We can fold a simple representation of baby Jesus in his manger, and mother Mary kneeling beside the manger. Add a simple angel and your basic Nativity is off to a good start. Designed by Polish origami master Barbara Furmanowicz, these models have the clean abstract lines that are somehow both reminiscent of classic origami and yet have a distinctive modern look to them. With a little patience and perseverance, these models can be completed by origami beginners. A variety of paper will be provided so you can create your own unique Nativity scene.

**Location:** Senior Activity Center, Room 11  
**Instructor:** Kris Hansen  
**Facilitator:** Nancy Dafoe (nancyd@uidaho.edu)  
**Class Limit:** 10  
**Class Fee:** $5 for three two-hour sessions

Resin Suncatcher (#3592)
*Section 1 – Tuesday: September 19; 12:30 – 2:30 p.m.*  
*Section 2 – Tuesday: October 24; 12:30 – 2:30 p.m.*

**BOTH SECTIONS ARE THE SAME CLASS; PLEASE CHOOSE ONLY ONE**

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 & Address:** ISU Craft Shop, lower level of the Pond Student Union Building. Parking in the Student Union parking lot requires use of the parking meters or the NKA parking pass.

**Instructor:** Alesha Kelley  
**Facilitator:** Christine Brower (208-681-8483, christinebrower@hotmail.com)  
**Class Limit:** 10  
**Class Fee:** $20  
**How & When to Pay:** Please send a check made out to Christine Brower, 235 Sorenson Ave., Pocatello ID 83201 by September 12, 2023.

Woodcarving, Beginner (#3101)
*Mondays, Wednesdays, and Fridays as desired:  
September 20 – December 15; 9:00 am – Noon (Clean-up from 11:30 – Noon)*

It is STRONGLY advised to attend first class. After this first class, you may come any Monday, Wednesday and Friday as desired.

Due to the rotary power tools and equipment in use, there is considerable airborne dust present during class. Individuals with respiratory problems may not be able to tolerate this dusty environment even while using face/dust masks.

Beginning Woodcarver classes are for those individuals who have little or no experience in woodcarving. Beginners will use rotary tools and related equipment provided by the class. Projects will begin with a stylized bird, then a shelf cat, and a final project selected by the carver and approved by the instructor. Related optional activities during the fall semester include participation at carvers show and displays during the semester.

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

Shorty Miller and Diane Porter have been teaching these classes for numerous years. Each have participated in numerous woodcarving competitions throughout the region for many years and have received recognition in various woodcarving journals. They are highly qualified, friendly and understand the needs of the beginning woodcarving student.

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 check or cash due at first class

Woodcarving, Advanced (#3558)
Mondays, Wednesdays, and Fridays as desired:
September 11 – December 15;
9:00 am – Noon (Clean-up from 11:30 – Noon)

Advanced woodcarving classes are for carvers 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 projects per their individual interests. Related optional activities include participation in woodcarving competitions and displays.

Shorty Miller and Diane Porter have been teaching these classes for numerous years. Each has received numerous awards in woodcarving competitions and has received recognition in woodcarving journals. They are highly qualified, friendly and understand the needs of the beginning woodcarving student.

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 + plus purchase of any additional supplies check or cash due at first class

FITNESS & MOTION

Fit and Fall Proof™ (#3106)
Mondays and Wednesdays:
September 11 – November 15; 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 Hendricks (208-220-0615, mkhendy@yahoo.com)
Class Limit: 30

Hiking the Hills (#3066)
Fridays: September 22 – November 17; 9:00 a.m.

We’ll be hiking on trails in Southeast Idaho, mostly within 30 minutes of Pocatello. The location of each week’s hike will be emailed a few days prior. The hikes will be a minimum of 4 miles in length roundtrip (please do not sign up if you are unable to hike at least this far).

Location: Southeast Idaho trails
Instructor: Eileen Huestis
Facilitators: Debbie Shell (208-863-6710, dmshell1707@gmail.com), Bill Kessler (909-374-1465, chevynomad55@gmail.com)

Line Dancing: Beginning 1 (Starter) (#3111)
Section 1 – Mondays:
September 11 – November 13; 12:00 – 12:55 p.m.
Section 2 – Mondays:
September 11 – November 13; 1:00 – 1:55 p.m.
BOTH SECTIONS ARE THE SAME CLASS; PLEASE CHOOSE ONLY ONE

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, and you do not need a partner. You may bring water.

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

Line Dancing: Beginning 2 (#3112)
Mondays: September 11 – November 13; 2:05 – 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, and you don’t need a partner. You may bring water.

Location: Elks Lodge, 410 S. Main St., Pocatello
Instructors: Kay Elsethagen and Carlyn Rice
Facilitator: Kay Elsethagen (208-233-2945, robandkays@msn.com)
Class Limit: 30
FALL 2023 • NEW KNOWLEDGE ADVENTURES

Line Dancing: Intermediate (3113)
Tuesdays: September 12 – November 14; 9:30 – 10:25 a.m.

Intermediate line dancing is for those who have completed the Beginning 2 Line Dance 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 new dances. You may bring water.

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

Line Dancing: “Oldies but Goodies” (3110)
Tuesdays: September 12 – November 14; 10:35 – 11:30 a.m.

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. You may bring water.

Location: Elks Lodge, 410 S. Main St., Pocatello
Instructors: Judy Liday & Marjean Waford
Facilitator: Judy Liday (208-317-6664, lidayjam@gmail.com)
Class Limit: 30

Line Dancing: “Step It Up” (3819)
Thursdays: September 14 – November 16; 9:30 – 11:00 a.m.

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 dances 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 St., Pocatello
Instructors: Susan Cramer & Joyce DeGarlais
Facilitator: Joyce DeGarlais (208-238-1247, joydgd@yahoo.com)
Class Limit: 30

Qigong (3282)
Fridays: September 15 – December 15; 1:00 – 2:00 p.m.

More vigorous than Tai 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

Square Dance (3105)
Fridays: September 15 – November 10
SECTION 1 – Basic & Mainstream: 6:00 – 7:30 p.m.
SECTION 2 – Introduction to Plus Level (for those who have completed 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.

Location: Roy F. Christensen Bldg. 48 in the Tech Café sitting area
Instructor: Steve Sullivan, licensed square dance caller
Facilitator: Shirley Hockett (208-241-7317, shirleyhockett@isu.edu)
Class Limit: 24
Class Fee: Non-NKA members: $5/person per evening

T'ai Chi Chih Beginner (3103)
Mondays: September 11 – December 11; 9:00 – 10:00 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. You may Zoom or come in person.

Location: Assemble’ Learning and Event Center, 820 E. Young Ave., Pocatello and Zoom
Instructor/Facilitator: Mike McCarthy (208-241-2835, mccamic2@isu.edu)
Class Limit: 20

T'ai Chi Chih Advanced (3104)
Tuesdays and Thursdays:
September 26 – December 14; 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. You may Zoom or come in person.

(continues... )
Advanced, T'ai Chi Chih

Location: Liberty Hall upstairs and Zoom
Instructor/Facilitator: Stephanie Gill (208-234-4183, sglfoterra@gmail.com)
Class Limit: 25

Zumba Gold®(#3952)

Wedgesdays: September 13 – November 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: Assemble’ Learning and Event Center, 820 E. Young Ave., Pocatello
Instructor: Elizabeth McKenna, Licensed Zumba Gold, Zumba and Aqua Zumba Instructor
Facilitator: Rod Johnson (208-251-4230, rodjohnson703@gmail.com)
Class Limit: 40

FOOD & BEVERAGE

Everything Wontons (#3158)

Wednesdays: October 18; 2:00 – 3:30 p.m.

The versatile wonton can be savory or sweet, an appetizer or a main course! The little “noodle wrapper” is lightly filled with various fillings for various needs!

Location: Senior Activity Center, dining room
Instructor/Facilitator: Suzanne Hong Johnson (208-589-5122, suzyjmom@icloud.com)
Class Limit: 75
Class Fee: $2.00 – please bring to class

Taste and Share (#3197)

Wednesdays: September 20, October 11, November 15; 11:30 a.m. – 12:30 p.m.

Bring a dish of your choice to share for 30 people along with copies of the recipe for others. You choose the month(s) you would like to share. Bon Appetit!

Location: Liberty Hall lecture room
Facilitators: Kathleen Stephens (208-244-2732), Carol Scherer (208-705-4023), Sandra Mertz (208-317-0637)

Wine Pairing at PV’s Uncorked (#3943)

Wednesday: October 18; 6:00 – 8:00 p.m.

Let’s get together at PV’s Uncorked for some great food, great wine and good company. Their chef will pair 5 courses, each with a wine that will complement the flavors of the food.

Location: PV’s Uncorked, 138 N. Main St., Pocatello
Instructor: Donnie and Jenn Flores
Facilitator: Geoff Hogander (208-232-3437, ghogande@yahoo.com)
Class Limit: 30
Class Fee: $50 includes gratuity
How and when to pay: Make check payable to PV’s Uncorked. Send to Geoff Hogander, 255 Fairmont Ave., Pocatello ID 93201 by Friday, October 13, 2023.

Wine Pairing at the Yellowstone (#3642)

Thursday: November 16; 5:00 – 7:00 p.m.

The Yellowstone Restaurant is reprising their successful pairing from last fall matching wines to menu items selected 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: $45 includes gratuity
How and when to pay: Send check payable to Geoff Hogander, 255 Fairmont Ave., Pocatello ID 83201 by November 10, 2023.

GAMES

Let’s Play Bridge! (#3194)

Tuesdays: October 3 – November 28; 9:30 a.m. – Noon

Join us! Different bridge bidding strategies and responses will be discussed each week. We will play and discuss hands related to each topic. No trump, Majors, Minors..... we will play them all. Never played? Come learn! Beginners? Come and practice? Just want to play? Join us!

Location: Senior Activity Center, Room 8
Instructor: Peggy Vogt
Facilitator: Barbara Bain (208-232-3415, bainbarb@isu.edu) and Janice Matteson-Howell (208-221-4276, howejani@isu.edu)
Class Fee: $5 for packet of handouts, payable first day of class
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Bridge • 9:30-Noon  
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Ldn Dnc Oldies • 10:35-11:30 am  
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Knitting • 1:30-3:30 pm  
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Herbal Medicine • 10:00-11:30 am  
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Step It Up • 9:30-11:00 am  
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Texas Hold'em • 2:00-4:00 pm | 16 | Tai Chi Adv • 9:00-10:00 am  
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| 26 | Tai Chi Beg • 9:00-10:00 am  
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Lunch and Games (#3126)
Fridays: September 15, October 20, November 17 & December 15; Noon – 3:00 p.m.

Lunch is served at noon. Hand and Foot game OR Dominoes Mexican Train game will be played from 1:00 to 3:00 PM. You must sign-up to participate each month. You will receive a phone call each month to verify your attendance. Be sure to indicate on the registration form the months you plan to attend. Call the facilitator, Sharon Manning (208-233-9425) if you must cancel.

SECTION 1 – Friday, September 15; 12:00 – 3:00 p.m.
SECTION 2 – Friday, October 20; 12:00 – 3:00 p.m.
SECTION 3 – Friday, November 17; 12:00 – 3:00 p.m.
SECTION 4 – Friday, December 15; 12:00 – 3:00 p.m.

Location: Juniper Hills Country Club, 6600 S. Bannock Hwy.
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: September 19 – November 21; 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, Room 4
Instructor: Lucy Bonnan & Carol Rudolph
Facilitator: Anita Rounds (208-251-1848, roundsa@gmail.com)
Class Limit: 24

Team Trivia (#3014)
Tuesdays: September 12 – December 19; 1:00 – 2:00 p.m.

Why scratch your head alone? We’ll form teams right on the spot. Play for bragging rights only; expect much fun!

Location: Liberty Hall lecture room and Zoom
Instructors: Jim Mariani & Carol Nelson
Facilitator: Jim Mariani (208-851-0842, jsm22553@yahoo.com)
Class Limit: 40

Texas Hold’em Poker (#3127)
Wednesdays: September 20 – December 13; 2:00 – 4:00 p.m.

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

Location: Quail Ridge, 797 Hospital Way
Instructors/Facilitators: Carol Harsch & Charlie Lines
Class Limit: 24

GENERAL INTEREST

Climbing Mt. Kilimanjaro (#3021)
Thursday: November 16; 10:30 a.m. – Noon

Eight friends get together to visit Tanzania where they climb Mt. Kilimanjaro and spend a week on Jeep safari photographing wildlife.

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

The Dark Triad: High Authoritarian Individuals (#3183)
Tuesday: October 17; 10:30 a.m. – Noon

A discussion regarding the distinction between a high authoritarian person with democratic beliefs and a high authoritarian person with antidemocratic beliefs as it relates to the psychological constructs of the Authoritarian Personality and the Dark Triad.

Location: Liberty Hall lecture room and Zoom
Instructor: Victor C. Joe, Ph.D., Professor Emeritus of Psychology ISU
Facilitators: Virginia Kelly (ginnyckelly@gmail.com), Karen McKay (kmvoor@gmail.com)

Estate Planning in Today’s World (#3160)
Wednesday: October 4; 1:00 – 2:30 p.m.

This class will explore the basics of estate planning in today’s environment. We will discuss the pros and cons of wills and trusts and how to plan for long-term care needs.

Location: Liberty Hall lecture room and Zoom
Instructor: Nathan Palmer, Partner, Racine Olson, PLLP
Facilitator: Jim Manning (208-233-9425, djamesmanning@aol.com)

Following the Yellow Arrows Again (#3751)
Thursday: October 19; 10:30 a.m. – Noon

Eileen previously completed the Portuguese Camino. This time she and Chris walked 200 miles of the original route of (continues...)
(continued: Following the Yellow Arrows Again)

the Camino de Santiago in Spain, also known as the Camino Primitivo. Come to hear the highlights, the challenges, and the meaning of a Camino family.

Location: Liberty Hall lecture room and Zoom
Instructor: Eileen Huestis and Christine Brower
Facilitator: Christine Brower (208-681-8483, christinebrower@hotmail.com)

From Refugee to Educator (#3161)
Tuesday: October 10; 10:30 a.m. - Noon

In this presentation, Mona Heern discusses the global refugee crisis and its impact on communities around the world. She further shares her personal story of persecution and ultimately fleeing Iran as a Baha'i refugee child on a camel’s back in hope of freedom and access to education. This presentation acquaints the participants with challenges faced by refugees around the world and offers a glimpse into the struggles endured by the continually persecuted Baha'i community in Iran.

Location: Liberty Hall lecture room and Zoom
Instructor: Mona Heern
Facilitator: Luann Claussen (clausslu@gmail.com)

Hot Topics (#3827)
Mondays: September 25, October 30, & November 27; 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
Instructor: Various
Facilitator: Trent Stephens (208-240-4994, stephenstrent7@gmail.com)

Lessons Learned in Medical Mission (#3163)
Part One - Thursday: September 21; 10:30 a.m. - Noon
Part Two - Thursday: September 28; 10:30 a.m.- Noon

After retiring from Pediatric practice, I became the full time National Coordinator/Consultant for the United Methodist Fellowship of Healthcare Volunteers. I ended up serving in 15 different countries over a period of 12 years. I took a lot of photographs.

Location: Liberty Hall lecture room and Zoom
Instructor: Roger Boe
Facilitator: Trent Stephens (208-240-4994, stephenstrent7@gmail.com)

The Paradox of Democracy (#3164)
Wednesday: October 18; 10:30 a.m. – Noon

Tracing the evolution of democracy from Ancient Greece and Rome to contemporary developments in our globalized world, this class charts both the social opportunities that arise in such societies as well as the political threats that emerge from within. The role of communications is particularly highlighted, including the democratic foundations of free speech and the impact of new media technologies. We'll consider Cicero’s oratory, Margaret Fuller’s journalism, and Mussolini’s propaganda, then conclude by thinking through the digital revolution that has sparked populist politics and protest movements alike.

Location: Liberty Hall, lecture room and Zoom
Instructor: Zac Gershberg, Ph.D. Associate Professor, Journalism/Media Studies
Facilitator: Sharon Manning (208-233-9425, manninsh@aol.com)

ISU ICCU Bengal Alumni Center (#3162)
Thursday: September 7; 10:30 a.m. – Noon

Introduction to the ICCU Bengal Alumni Center, the Alumni Association, and Annual Giving

Location: ICCU Bengal Alumni Center, 1601 E. Bonneville Dr, Pocatello
Instructor: Daniel Moore or Ryan Sargent
Facilitator: Trent Stephens (208-240-4994, stephenstrent7@gmail.com)
Power and Cooperation in Contemporary International Relations (#3171)
Wednesday: October 11; 1:00 – 2:30 p.m.

This class will consider how the war in Ukraine has altered geopolitics and given us a forlorn test of alliances, global power, and our toolkit as the US engages in foreign policy.

Location: Liberty Hall lecture room and Zoom
Instructor: Dr. Colin Johnson, Assistant Professor of Political Science
Facilitator: Sharon Manning (208-233-9425, manninsh@aol.com)

Puttering Around in Iceland – 2018 (#3172)
Thursday: November 2; 10:30 a.m. – Noon

Cathy McPherson and her sister visited awesome Iceland in 2018. This will be a show and tell of our non-guided trip.

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

Road to Acadia (#3173)
Monday: October 23; 10:30 a.m. - Noon

An overview of a 40-day trip from Blackfoot to Acadia National Park (Bar Harbor, Maine), crossing northern states and a bit of Canada, touching on three National Parks, key sites, and a lot of fun facts about the trip.

Location: Liberty Hall lecture room and Zoom
Instructors/Facilitators: Tim & Sheri Forhan (208-760-0693, tforhan@gmail.com)

Seeing Norway Through the Eyes of a Cross-Country Skier (#3179)
Wednesday: October 18; 1:00 – 2:00 p.m.

Our trip to Norway was for my husband to compete in the Birkebeiner cross-country ski race. The class will hear the story behind this ski race, as well as learn why Norway is such an affluent country, the current king and family, and view many pictures of the landscape.

Location: Liberty Hall lecture room and Zoom
Instructor: Meg Long
Facilitator: Sharon Manning (208-233-9425, manninsh@aol.com)

A Simplified Family Legacy (#3181)
Wednesday: September 13; 10:00 – 11:30 a.m.

A factor contributing to our cluttered spaces is that we are a sandwich generation. A sandwich generation is a group of adults who care for both their aging parents and their own children. Even though our parents may be gone and our children have their own places, we are storing family heirlooms from our parents, our own precious memorabilia, and our children’s keepsakes. In this presentation, we will discuss ways to identify, sort, prioritize, allocate, and/or safely store family treasures in ways that will streamline their storage and invite children and grandchildren to cherish the creatively preserved items.

Location: Liberty Hall lecture room and Zoom
Instructors: Dawn Brooks and Amber Beltran
Facilitator: Trent Stephens (208-240-4994, stephenstrent7@gmail.com)

Switzerland and Italy 2023 – Travels with My Sister (#3187)
Tuesday: October 24; 10:30 a.m. – Noon

Cathy McPherson and her sister recently returned from a non-guided trip to Switzerland and Italy. This is a simple show and tell – places we visited, and comments along the way.

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

Thalidomide Victims in Australia (#3188)
Monday: October 9; 10:30 a.m. - Noon

In 2012-2013, I spent a total of 2 ½ months in Australia traveling all over the country with one or two attorneys reviewing alleged thalidomide cases. Of the 80 people I reviewed, 79 were part of a class-action suit involving 104 total cases. In December 2013, this group was awarded $89 million by Diageo Co., UK. This brought the total number of cases in Australia and New Zealand from 54 to 158. Kathleen and I also saw some wonderful sights while there.

Location: Liberty Hall lecture room and Zoom
Instructor: Trent Stephens, PhD
Facilitator: Kathleen Stephens (208-244-2732, kathleenrstephens@gmail.com)
Visiting Acadia National Park & Bar Harbor Maine (#3191)
Friday: October 20; 10:30 a.m. - Noon

A Group of friends visited Acadia National Park and Bar Harbor Maine in October 2017, and again in October 2022. We will talk about the park and the town and provide a slideshow of the area, hiking, and the spectacular fall colors.

Location: Liberty Hall lecture room and Zoom
Instructor: Darlene Gerry; Doug Davlin; Jane Jensen; Tim & Shari Forhan
Facilitator: Darlene Gerry (208-705-2076, dar3839@yahoo.com)

Visiting the Holy Land (#3200)
Wednesday: October 25; 1:00 - 2:30 p.m.

Pocatellan Brad Bugger will take you on a guided tour of the Holy Land. Visit the sacred sites in Jerusalem and the Galilee, and explore the ancient city of Petra.

Location: Liberty Hall lecture room and Zoom
Instructor: Brad Bugger
Facilitator: Nancy Dafoe (nancyd@uidaho.edu)

HEALTH & WELLNESS

Basic Herbal Medicine (#3204)
Wednesday: November 1; 10:00 - 11:30 a.m.

Learn how to use wild and cultivated plants for medicine. The emphasis will be on plants used topically to speed healing, soothe insect stings, stop bleeding and decrease pain and swelling.

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

Family and Friends CPR (#3552)
Wednesday: September 27; 5:30 - 7:30 p.m.

Be better prepared to do the right thing for your family, children, grandchildren, friends, and neighbors when an emergency arises. This program is ideal for community members who want to learn CPR but don’t desire a certification card. Skills are taught in a group setting using the American Heart Association (AHA) research-proven practice while watching techniques that provide hands-on practice. Each participant receives a booklet. This class is taught by an AHR CPR instructor.

Location: ISU Roy F. Christensen Bldg. (48), 777 Memorial Dr., Room B1-66
Instructor: Erica Klein

Facilitator: Paula Jull (208-405-9248, jullpaul@yahoo.com)
Class Limit: 16
Class Fee: $20 to be paid with registration (fee is non-refundable)

Guided Meditation, Find Inner Radiance (#3307)
Wednesday: September 20; 1:00 - 2:30 p.m.

Discover 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. Pay and receive a book on day of class.

Medicare Workshop (#3905)
Thursday: October 5; 1:00 - 2:30 p.m.

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)

Mindful Aging: Are We Caterpillars or Butterflies? (#3211)
Thursdays: October 12, 19 & 26; 10:00 - 11:30 a.m.

“It’s the end of the world,” said the caterpillar. “It’s just the beginning,” said the butterfly. Aging is a time of metamorphosis, of changes in body, mind, and daily living that can be difficult to navigate. Mindfulness, both formal meditation practices and just more intentional living, can improve our bodies, minds, and spirits and help us see the beginnings along with the endings. In this class, participants will learn mindfulness practices specifically geared to help us age with grace and just a little more joy.

Location: Portneuf Sangha, 424 W. Lewis, Pocatello and Zoom
Instructor: Drs. Paula and Tony Seikel
Facilitator: Barbara Bain (208-232-3415, bainbarb@isu.edu)
Class Limit: 25 in-person, unlimited on Zoom
Recognizing Who You’ve Always Been (#3212)
Wednesday: October 25; 10:30 a.m. - Noon

What would you do if you were given the User’s Manual for YOU? Would you read it? Would you use the information to change your life? Or would it stay unopened on your bedside table? The Human Design System is such a User’s Manual. It is not a belief system – so there is nothing to believe. Two weeks prior to the class, call or email to us your date, time of day, and location of your birth and we’ll present to you your unique map when you check in. See how the planets, stars, and sun lined up perfectly just for you on the day you were born!

Location: Liberty Hall lecture room and Zoom
Instructors: Mike and Bebe Wenig
Facilitators: Bebe Wenig (951-847-8319, wenigone@sbcglobal.net); Trent Stephens (208-240-4994, stephenstrent7@gmail.com)

History of Pocatello and the Portneuf River (#3167)
Wednesday: September 27; 10:30 a.m. – Noon

Learn about the history of Pocatello and the Portneuf River.
Location: Liberty Hall lecture room and Zoom
Instructor: Kevin Marsh, Professor of History
Facilitator: Nancy Dafoe (nancyd@uidaho.edu)

Upton and the Army (#3175)
Monday: November 13; 10:30 a.m. - Noon

Historian Stephen Ambrose in his book, Upton and the Army (1964), described Emery Upton as the second youngest Civil War Union general, and after that war the Army’s leading intellectual. An 1861 West Point graduate, Upton was promoted to Major General at age 24. During the war he commanded Artillery, Infantry and Cavalry units, always going into battle at the head of his column. This presentation will highlight two of Upton’s post-war military books, The Armies of Asia and Europe (1878) and The Military Policy of the United States, published in 1904 after his death.

Location: Liberty Hall Lecture Room and Zoom
Instructor: F.C. “Chuck” Humphrey, PhD, Lt Colonel US Army (Retired)
Facilitator: Coke McClure (208-637-9373, mcclure.coke56@gmail.com)

Astronomy 12: New Discoveries in Cosmology (#3201)
Wednesday: November 8; 10:30 a.m. – Noon

The James Webb Space Telescope has opened-up whole new avenues in the field of Cosmology. Long held assumptions and theories concerning the early universe, as well as dark matter and energy are being refined, questioned, or even rejected. Join us as we find out where cutting edge astronomy is headed. Bonus: Exoplanet update!!

Location: Liberty Hall lecture room and Zoom
Instructor/Facilitator: Jim Mariani (208-851-0842, jsm22553@yahoo.com)
Cutting the Cable Cord (#3473)
Monday: September 18; 10:30 a.m. - Noon

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

Location: Liberty Hall lecture room and Zoom
Instructor/Facilitator: Brian Kauffmann (208-317-4094, bbkauffmann@gmail.com)

Edson Fichter Walk and Talk with Fish and Game (#3515)
Thursday: September 14; 10:00 am - Noon

Join us at Edson Fichter Nature Area to learn the background, nature, purpose, and future of the Area. There will be some walking involved and you can continue exploring on your own after class.

Location: Edson Fichter Nature Area, 6011 Arapahoe St., Pocatello
Instructor: Maria Pacioretty, Wildlife Habitat Biologist for the Idaho Department of Fish and Game
Facilitator: Geoff Hogander (208-232-3437, ghogander@yahoo.com)
Class Limit: 30

History of Television (#3217)
Friday: October 27; 10:30 a.m. - Noon

Everyone from Idaho rightfully associates Philo T. Farnsworth with the invention of TV, yet there is so much more to its "colorful" history, which began as mechanical television. Come prepared for surprises as you find out the whole story.

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

Living with Urban Wildlife (#3227)
Thursday: October 26; 6:00 - 7:30 p.m.

From deer to moose on the trail, encounters with wildlife are part of living and recreating in and near wildlife habitat. Idaho Fish and Game will provide tips and suggestions for reducing conflicts with our wildlife neighbors while also promoting appreciation for the amazing animals that call this area home.

Location: Idaho Fish and Game Classroom, 1345 Barton Road, Pocatello
Instructor: Pat Kent and Rachael Daniels
Facilitator: Kittie McCoy (208-520-6215, kittimccoy@yahoo.com)
Class Limit: 60

Misrepresentation of Prehistoric Animals in Movies (#3234)
Friday: September 15; 1:30 - 2:30 p.m.

From myths to movies, prehistoric animals have been misrepresented through bias in Paleoart that emphasizes fear and violence which continues to this day.

Location: Idaho Museum of Natural History Discovery Room, 698 E. Dillon Street. Parking in General lot with NKA parking permit or use marked museum parking spaces.
Instructor: Anne Fogelson, IMNH Intern
Facilitator: Geoff Hogander (208-232-3437, ghogander@yahoo.com)
Class Limit: 50
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.

Raptors, Rehab, & Release (#3236)
Tuesday: September 12; 6:00 p.m.

Local raptor and other birds will be explored including adaptations, diets, habitat needs and rehabilitation of orphaned, injured, or sick birds. Live birds from Zoo Idaho will be present. Information will be presented on how zoo animals are acquired. Experiential activities and games will engage participants in what it is like to be a bird.

Location: Idaho Fish and Game Classroom, 1345 Barton Road, Pocatello
Instructor: Pat Kent and Rachael Daniels
Facilitator: Kittie McCoy (208-520-6215, kittimccoy@yahoo.com)

TRAVEL

NOTES:
- Fees for trips must be received thirty (30) days prior to scheduled departure date.
- Trip payment, unless otherwise stated, includes all expenses, bus, meals, gratuities, admissions, 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.

Irvin Berlin's White Christmas (#3237)
Saturday: December 16;
Check-in: 10:30 a.m.; Depart: 11:00 a.m.

There really is nothing so electrifying as live theater. We will be traveling to Ogden Utah to the Zeigfeld Theater to enjoy the Christmas musical, Irving Berlin's White Christmas. After the play we will take a stroll down Washington Street to view the lights. Dinner will be at the Chuckarama. We will then board the bus to come home.

**Departure Location and Address:** Pocatello Regional Transit Center (PRT), 5815 S. 5th Ave. Pocatello

**Facilitators:** Sue Miller (208-993-1133, millerpag@yahoo.com); Kathryn Snyder (208-589-7853, kathryns865@gmail.com)

**Class Limit:** 52

**Class Fee:** $75.00

**How and When to Pay:** Make checks payable to NKA and send to Nadine Howard, 30 Debbie Drive, Pocatello, ID 83204 by September 16, 2023.

Southwest Montana (#3238)
Monday – Wednesday: October 16 – 18;
Check-in: 7:00 a.m. Departure: 7:30 a.m.

Monday, October 16th, board the bus at 7:00 a.m. for departure at 7:30 a.m. Travel to Southwest Montana to experience the Old West by visiting various attractions in Anaconda, Phillipsburg, Deer Lodge and Butte. Let the sweet aromas greet you inside The Sweet Palace, a Victorian confectionery. Explore the past at Grant-Kohrs Ranch, an actual working cowboy operation established in 1862. Wander in the old historic Montana Prison (1861-1979).

**WATER AND SNACKS WILL BE PROVIDED EN ROUTE.**

**Departure:** Pocatello Regional Transport (PRT), 5815 S 5th Ave., Pocatello. Parking is available. Restrooms open at 7:00 a.m.

**Return:** Wednesday, October 18th around 5:00 p.m.

**Facilitators:** May Hong (208-221-9109, hongma1186@gmail.com), Kathy Reynolds (208-680-5537, kathy1269@gmail.com)

**Class Limit:** 30

**Trip Fee:** $365/ double occupancy or $465/ single occupancy

**How and When to Pay:** Make checks payable to NKA and send to Nadine Howard, 30 Debbie Drive, Pocatello, ID 83204 by September 16, 2023.

**WRITING & LITERATURE**

**Book Group and a Glass (#3372)**
Thursday: October 5, November 2 & December 7; 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 fall semester are:

**October 5** – The Girl with Seven Names – Escape from North Korea by Hyeonseo Lee

**November 2** – The Boys from Biloxi by John Grisham

**December 7** – Demon Copperhead by Barbara Kingsolver

**Location:** Café Tuscano, 2231 E. Center Street

**Facilitator:** Ann Smith (208-251-5812), Sharon Manning (208-233-9425, manninsh@aol.com)

**Class Limit:** 56

**Class Fee:** $15 per person per session, includes gratuity.

**How and When to Pay:** Make checks payable to Café Tuscano. Send to Sharon Manning, 830 Spyglass Point, Pocatello, ID 83204 by September 22, 2023.

**Writing Creatively – Fiction and Non-Fiction (#3136)**
Mondays: September 25 – December 11; 2:00 – 4:00 p.m.

Write! Memoirs, fiction, non-fiction, poetry, plays—or invent a new genre. “I think writing really helps you heal yourself,” says Alice Walker. It also helps you know yourself and clarifies your thinking. We write for an hour on writing prompts, or on any topic. Then we take turns reading our creations aloud if we choose to. There’s no negative criticism. Encouraging feedback and the support of other writers improves everyone’s writing. You may attend in person and/or Zoom.

**Location:** Liberty Hall lecture room and Zoom

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

**Class Limit:** 12

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.
NKA MEMBERSHIP AND REGISTRATION FORM FALL 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 OPENS ON AUGUST 28

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 184

3—Online:
cetrain.isu.edu/nka

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

Your Registration
Membership $50
per person/per semester
$ ______

Parking Fee $5.50
(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 assignee’s (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: ____________________________
NEW KNOWLEDGE ADVENTURES

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 to the course 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 & THEATER
IN-PERSON | ZOOM (CHECK BOX FOR HOW ATTENDING)

□ Preview to the Play: Calendar Girls (#3123)
□ Preview to the Play: Life x Three (#3142)
□ Preview to the Play: The Secret Garden at OTAS (#3143)
□ Preview to the Play: The Three Musketeers (#3144)

□ Preview to the Symphony (#3322)
SECTION: □ 1 □ 2 □ 3

CRRAFTS & HOBBIES
IN-PERSON (ALL CLASSES)
□ Beginning Crochet 1 (#3563)
□ Beginning Crochet 2 (#35639)
□ Beginning and Intermediate Knitting (#3135)
□ Beginning Tatting (#3124)

□ Beginning Watercolor (#3966)
SECTION: □ 1 □ 2
□ Creative Cards for Christmas (#3960)
□ Creative Cards for Halloween & Birthday (#3356)
□ Crochet/Knitting Service Group (#3196)
□ Crochet with Recycled Plastic Bags (#3145)

□ Fall Decor Workshop (#3146)
□ Fall Quilling Frame (#3147)
□ Fused Glass (#3533)
□ Hand Building with Clay (#3599)

□ Needle Felting (#3568)
SECTION: □ 1 □ 2
□ Origami for Beginners (#3148)
□ Origami Birds and a Bee (#3150)
□ Origami Nativity (#3062)

□ Resin Sun-catcher (#3592)
SECTION: □ 1 □ 2
□ Woodcarving, Beginner (#3101)
□ Woodcarving, Advanced (#3558)

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

□ Fit and Fall Proof® (#3106)
□ Hiking the Hills (#3066)

□ Line Dancing: Beginning 1 (Starter) (#3111)
SECTION: □ 1 □ 2
□ Line Dancing: Beginning 2 (#3112)
□ Line Dancing: Intermediate (#3113)
□ Line Dancing: Oldies but Goodies (#3110)
□ Line Dancing: Step It Up (#3819)
□ Qigong (#3282)

□ Square Dance (#3105)
SECTION: □ 1 □ 2
□ Tai Chi Chih Beginner (#3103)
□ Tai Chi Chih Advanced (#3104)
□ Zumba Gold® (#3952)

FOOD & BEVERAGE
IN-PERSON (ALL CLASSES)
□ Everything Won tons (#3153)
□ Taste and Share (#3197)
□ Wine Pairing at PVs Un corked (#3943)
□ Wine Pairing at the Yellowstone (#3642)

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

□ Let's Play Bridge (#3194)
□ Lunch and Games (#3126)
SECTION: □ 1 □ 2 □ 3 □ 4
□ Mahjong (#3125)
□ Team Trivia (#3014)
□ Texas Hold 'em Poker (#3127)

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

□ Climbing Mt Kilimanjaro (#3021)
□ The Dark Triad: High Authoritarian Individuals (#3183)
□ Estate Planning in Today's World (#3160)
□ Following the Yellow Arrows Again (#3571)
□ From Refugee to Educator (#3161)
□ Hot Topics (#3827)
□ ISU IUC Bengal Alumni Center (#3162)
□ Lessons Learned in Medical Mission - Part 1 (#3163)
□ Lessons Learned in Medical Mission - Part 2 (#3163)
□ The Paradons of Democracy (#3164)
□ Power and Cooperation in Contemporary International Relations (#3171)
□ Puttering Around in Iceland - 2018 (#3172)
□ The Road to Acadia (#3173)
□ Seeing Norway Through the Eyes of a Cross Country Skier (#3179)
□ A Simplified Legacy (#3181)
□ Switzerland and Italy 2023 - Travels with My Sister (#3187)
□ Thalidomide Victims in Australia (#3188)
□ Visiting Acadia National Park & Bar Harbor Maine (#3191)
□ Visiting the Holy Land (#3200)

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

□ Basic Herbal Medicine (#3204)
□ Family & Friends CPR (#3532)
□ Guided Meditation, Find Inner Radiance (#3307)
□ Medicare Workshop (#3905)
□ Mindful Aging: Are We Catherpills or Butterflies? (#3211)
□ Recognizing Who You've Always Been (#3212)

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

□ Crossing the Tracks in Pocatello (#3166)
□ Discovering a Sense of Wonder: The Life of Rachel Carson (#3065)
□ History of Pocatello and the Portneuf River (#3167)
□ Upton and the Army (#3175)

NATURE, SCIENCE, & TECHNOLOGY
IN-PERSON | ZOOM (CHECK BOX FOR HOW ATTENDING)

□ Astronomy 12: New Discoveries in Cosmology (#3201)
□ Cutting the Cable Cord (#3473)
□ Edson Fichter Walk and Talk with Fish and Game (#3515)
□ History of Television (#3217)
□ Living with Urban Wildlife (#3227)
□ Misrepresentation of Prehistoric Animals in Movies (#3234)
□ Raptors, Rehab, and Release (#3236)

TRAVEL & FIELD TRIPS
IN-PERSON (ALL CLASSES)

□ Irvin Berlin's White Christmas (#3237)
□ Southwest Montana (#3238)

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

□ Book Group and a Glass (#3372)
□ Writing Creatively-Fiction and Non-Fiction (#3136)