

FRIENDS FOR LEARNING COURSE CATALOG Spring 2021

Registration for Spring 2021 classes begins January 20th and continues throughout the semester.

Due to COVID-19, all FFL spring classes will be via ZOOM this year. A link will be sent to your e-mail address prior to each class. There is no registration fee for these classes. The only fee you will have is for the FFL picnic in August. The price for the catered picnic is \$10.00. You, as members, will be voting for the Friends For Learning Board and executive officers at this time.

Registration Online: Go to the Friends For Learning website (friendsforlearning.com) and click on “Register.” Follow the prompts. You will need an e-mail address. (Please do not use an e-mail address shared with someone else.) First select “FFL Membership”, then select the classes you wish to register into. Complete enrollment by making payment for membership by Visa/MC credit or debit. There will be no fee this semester except for the Summer picnic. That will cost \$10.00. If you intend to pay with a check, send your registration in to the address below. It is no faster to come to campus and register because all classes will be via ZOOM.

How to Register:

- Complete the Registration Form. Refer to the Course Catalog for details about each class.
 - **Membership Fee** – There will be no fee for this semester except for the summer picnic. That will cost \$10.00. (*Other course-specific fees may be assessed as needed by the instructor.*)
 - **Register Online at:** cetrain.isu.edu/ffl
 - If you can not download the FFL catalog from the website please call Denise Morton at 208-390-3389 and she will print off the catalog and arrange a time for you to pick it up.
 - **In-person registration:** There will be no in-person registration. You can download everything on-line, fill it out, and send it in. There is no charge this semester except for the picnic, which will cost \$10.00. Make the check out to ISU, and on the bottom of the check put FFL Picnic
- You can just as easily download this Registration Form, fill it out and send it in this semester.**

Mail in Registration: If you prefer registering by mail, print a copy of the “Class Selection” form found on the FFL website. Complete the form and attach your check **MADE OUT TO ISU** for the \$10.00 if you plan on attending the picnic. Otherwise the registration this semester will be no cost.

Please mail to the following address:

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

Parking Passes–Due to Covid 19, all classes will be via ZOOM this semester. Only instructors, facilitators, and ZOOM hosts will be issued parking passes.

QUESTIONS? If you have questions, please call ISU Continuing Education; 208-282-3372; FFL President Vicky Van Sickle: 208-589-6055; or Secretary Denise Morton; 208-390-3389.

4242 A Volunteer Opportunity

Instructor: n/a

Fee:

When:

Location:

Select if you wish to volunteer. The Friends for Learning, Inc. organization operates totally by volunteers. As this organization has grown, the need for more volunteers has increased. We need volunteers in the following areas: Curriculum, cultural cuisine, hiking, walking, and exploring, hosting ZOOM meetings, anyone familiar with Publisher and likes working with computers, and leadership. By registering here you will be sent an e-mail with the volunteer form to fill out as to the areas in which you would like to volunteer. Thanks for your interest.

Credentials: Please feel free to contact

Facilitator: Margie Prestwich

Phone: 208-523-0261

E-mail: margieprestwich59@yahoo.com

4152 Bears & the Yellowstone Experience

Sidney Hoopes fshoopes@cableone.net Trip costs

6/22-26/2021 Tues through Sat

We are going on a five day bear hunt! We will spend four nights in cabins in Yellowstone Park. The trip will include lectures in the field, wildlife viewing and maybe some light walking. Planning meetings will be held prior to departure. Priority will be given to those who were accepted into the bear class last year and those who have not attended before. We have cabins for 11 individuals but if you have other accommodations, you may be allowed to join day treks. There is a cost for this class.

Credentials: Sidney has taught this class more than 20 times in the past 13 years. She worked for the Yellowstone Grizzly Foundation, was a founding member of the Greater Yellowstone Coalition and has been associated with the Yellowstone Institute. 208-524-1280

4471 Chernobyl Ukraine: Then and Now

Frances Marshall

frances.mcmarshall@gmail.com

3/16 Tues 1:00-2:00

Chernobyl Ukraine experienced a devastating disaster in their nuclear plant. In this class we will discuss what happened in 1986 and how it looks today.

Credentials: Frances Marshall is the former project manager for the Research Reactor Fuel Cycle in the International Atomic Energy Agency in Austria and also former manager of the Advanced Test Reactor at INL. She has a Bachelors Degree in Nuclear Engineering and Masters Degree in Chemical Engineering.

Facilitator: Larry Hull

hulllc68@gmail.com

208-521-1268

4453 Climate Solutions

Linda Engle & Chris Stevens

lindaengle@hotmail.com

4/13 Tues 10:30-12:00

This upbeat presentation is about solutions and science behind climate change. Are we sure its human caused? How will warming affect Idaho's agricultural industry and the health of our citizens? We will discuss different solutions, one enacted by Canada in 2008 and various resolutions that have been introduced as bills in Congress. Will these proposals crash or build our economy? What do economists say? What about job creation? What can we as citizens do about climate change?

Credentials: Our instructors are members of Citizens' Climate Lobby, a climate action advocacy group. Linda has degrees in Mechanical Engineering and math. She is an ISU Faculty member. Chris has a Ph.D. in preforming Arts and was a Middle School Principal until retirement.

Facilitator: Margie Prestwich margieprestwich59@gmail.com

208-523-0261

4435 Scotland, a Bonnie Land Phyllis Arrington and Lacey Pedler

3/29 Mon 1:00-2:00

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

Credentials: Phyllis is a life long educator who loves to travel. Her daughter, Lacey, accompanied her as they spent a month on their own, exploring beautiful friendly little Scotland.

Facilitator: Phyllis Arrington terphyl@gmail.com 208-403-9365

4258 Finding the Artist in You Amber Birch Admin@grapevangogh.com

5/12, Wed 2:00-4:30 1500 Pancheri

Follow step-by-step instructions as you produce an acrylic painting. Choose to follow along or express your own creative style. By the end of the session you will have a unique master piece. This is a fun way to “paint and party”. Class fee \$25

Credentials: Amber has a unique way of helping her students have fun as they create beautiful art in a short time.

Facilitator: Vicky Van Sickle victorialynvs@hotmail.com 208-588-6055

4436 Social Media is Re-engineering Us Mary Ann Allison maryann.allison@gmail.com

3/31 Wed 1:00-2:30

Martin Luther did not intend to trigger the Protestant Reformation but, because he didn't understand how the media of his time was changing things, he did. We will explore some of the ways the instructor thinks new media is shaping our world. What difference does it make that Facebook is not a book? What are the implications for social structure and for team and personal effectiveness?

Dr. Allison holds an MBA. And PhD., and is Professor Emeritus in Media Studies. Her dissertation won the top award in the field of Media Ecology. She lead global emerging technology projects for City Bank and opened the first virtual bank in the world.

Facilitator: Holly Crawley Holly.h.crawley@gmail.com 208-552-1639

4446 Fraud Awareness Karli Lloyd and Samantha Fullmer klloud@eastidahocu.org

2/10, Wed 10:30–11:30 ZOOM generated from CHE 213

We are often reluctant to answer our phones because of frequent scam calls that continue to target seniors. One of the newer scams is about a grandchild who desperately needs money. Would you consider sending money to this grandchild? This class will provide tips to increase your awareness to the many different fraud schemes.

Credentials: Karli and Samantha belong to a group of fraud “busters” who are happy to present what they have learned.

Facilitator: Nancy Ottersbach nanchyo212@yahoo.com 208-346-0617

4151 Creative Writing Workshop Sidney Hoopes fshoop@cs.cableone.net 208-524-1280
3/4– 4/1 Thurs 1:00-3:00

This is a five-session self-guided class. We have fun while learning to express ourselves, and we give each other pointers and encouragement. We invite new people to join us.
Maximum of 12 people in the class.

Credentials: Sidney has facilitated this class for several years. 208-524-1280

4455 Dark Triad Personality, Does it Exist? Dr. Victor Joe joevict@isu.edu

3/15 Mon 10:00-11:30 Zoom generated from CHE 215

Does the dark triad personality (narcissism, psychopathy, Machiavellian) exist in present day America? Recent psychological findings reported that individuals who have varying degrees of the combinations of these three traits, (the dark triad), are at the very least socially aversive, or at the very worst a toxic person.

Credentials: Dr. Joe is an Emeritus Professor at ISU. His area of interest is in the research findings of certain personality traits.

Facilitator: Kathy Hendrix chatie06@gmail.com 208-589-4352

4228 Science Wednesday

2/10-5/5 Wed 3:00-4:00

Facilitators will send sets of articles to individuals for discussion. Participants will join via ZOOM for a discussion of the articles for that week. This class meets **every other Wednesday**. Participants should be able to receive PDFs by e-mail.

Credentials: Facilitators are retired scientists from the INL.

Facilitators: Hubbell, McIlwain, Daum joelmhubbell@gmail.com 208-524-2333

4442 Dragon Tracks Trent Stephens, PhD trentstephens1@cableone.net

4/14 Wed 1:00-2:30p.m. Generated via ZOOM from CHE 215

Corfe Castle, on England's south coast, is limestone, containing numerous fossils, including giant ammonites, which medieval people believed were petrified snakes and huge three-toed dinosaurs tracks. The castle builders had no knowledge of dinosaurs but they did believe in dragons. Medieval art depicts bipedal dragons with feet that match dinosaur tracks in the limestone.

Credentials: Trent Stephens holds a Ph.D. in anatomy from the University of Pennsylvania, post doctoral in Pediatrics from the University of Washington, over 40 years of experience teaching anatomy, enjoys historical research and sharing his ideas.

Facilitator: Holly Crawley holly.h.crawley@gmail.com 208-240-1639

4449 Habitat for Humanity Karen Lansing karen.habitat@datawav.net

3/23, Tues 10:00-11:30 ZOOM generated from CHE 213

This class is about the role of Habitat for Humanity and the current projects it has in Idaho Falls.

Credentials: Karen is the Executive Director of the Idaho Falls Area Habitat for Humanity. She has many years of experience working with the Habitat for Humanity.

Facilitator: Chris White whitec42@gmail.com 2088-716-3245

4472 Hiking 100 miles in the Himalayas Paul Fairbourn pj.fairbourn@gmail.com

2/17, Wed 1:00-2:30 ZOOM generated from CHE 215

Trekking to the base of Everest and hiking Kalla Paatthar, elevation 18,500 ft. is no small feat. This presentation will include preparations for trekking through villages starting at Lukla, a typical day, the culture of the people we meet and the beautiful landscapes in the Himalayas.

Credentials: Mr. Fairbourn has photos to prove he hiked the hike and walked the walk.

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

4473 IF Parks & Recreation PJ Holms PHolm@idahofallsidaho.gov

2/23, Tues 1:00-2:30 ZOOM generated from CHE 216

The Class will discuss the comprehensive master plan that Parks and Recreation has for Idaho Falls.

Credentials: P J Holms is the appointed director of IF Parks & Recreation. Prior to this he was deputy director and also held other positions in the department over the years.

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

4121 Hiking, Walking, and Exploring Committee

Hiking (H) activities can range from easy to difficult and might last two hours or all day. Most walking (W) activities are easy and in Idaho Falls. Exploring (E) often takes us some distance from Idaho Falls, and occasionally to other states. The most vigorous activities range from hiking, biking, canoeing, horseback riding, skiing, and snow shoeing. We are guided by members ideas and leaders.

Credentials: HWE committee members include Jim Schaffer, chairman, Allen Perkins, Richard Sheerer, Garney Hardy, Catherine Crowder, Margaret Kennelly, and Janet Clayton.

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

4474 International Atomic Energy Agency-IAEA

Frances Marshall

frances.mcmarshall@gmail.com

4/20, Tues 1:00-2:30

IAEA (International Atomic Energy Agency) is widely known as the worlds “Atoms for Peace and Development”, an organization within the United Nations. The agency promotes the safe, secure and peaceful use of nuclear technology around the world. This class includes information about what IAEA is and does for our world.

Credentials: Frances Marshall is the former project manager for the Research Reactor Fuel Cycle at the IAEA in Vienna, Austria and also former manager of the Advanced Test Reactor I INL. She has a Bachelors degree in Nuclear Engineering and Masters Degree in Chemical Engineering.

4431 Idaho Falls Zoo

David Pennock

dpennock@idahofallszoo.org

2/25, Thurs 1:00-2:00 ZOOM generated from CHE 216

One of the most significant and interesting things you may not know about your IF Zoo is its impact on wildlife conservation. We will review the current state of the world’s wildlife, our zoos local and international conservation efforts and the significant role modern zoos play in wildlife conservation.

Credentials: Dr. Pennock is the Executive Director of the Idaho Falls Zoo. He holds a Ph.D. in Systematics & Ecology and is a published researcher in conservation biology. He has taught university courses in biology and related topics.

Facilitator: Nancy Ottersbach

nancyo212@yahoo.com

208-324-6017

4475 Park Ranger’s Adventure

Dr. Chris White

white42@gmail.com 208-716-3245

4/6 Tues 10:00-11:30 ZOOM meeting generated from CHE 213

Dr. White was a park ranger with the National Park Service for fifteen years (1970-85). During this time he worked at six different National Park sites. One of these was on an island in Lake Erie in the 1980s. He will talk about his time at Parry’s Victory and the International Peace Memorial. There were both challenges and pleasures living on an island that in the winter was accessible for its 250 permanent residences only by plane or ice road, and in the summer was a prime tourist destination.

Credentials: Dr. White holds a Ph.D. in Parks and Recreation, a Master in Forestry, and a life long interest in national parks.

4476 Preparing for Your Aging Journey Chanse Powell info@seniorsolutionscp.com

2/11, Thurs 10:00-12:00 ZOOM generated meeting from CHE 216

Aging is inevitable and all the information and potential concerns can feel overwhelming at times, whether you are making decisions for yourself or your parents. Care giving? Wellness? Community Resources? Health Care? Alzheimer's and Dementia? Being prepared is key as you look to the future; this class is a valuable tool to help you get prepared for the aging years ahead.

Credentials: Chanse Powell is the Owner and Operator of Senior Solutions. He is a licensed nursing home and assisted living administrator. He is a certified "Powerful Tools for Caregivers" instructor and has a Bachelors Degree in Healthcare Administration.

Facilitator: Eileen Perkins eileneperkins404@gmail.com 208-520-7483

4477 Taming our Worrying Minds Paula Seikel, Ph. D. seikpaul@isu.edu

4/15,22,29 5/6 Thurs 10:00-11:30 ZOOM meeting generated from CHE 213

For many of us, there is a nearly constant commentary in our heads judging us and others, rehearsing conversations that may never happen, or reliving past interactions. We often don't enjoy the present moment because we are ruminating about the past or anticipating the future. Mindfulness is a very old practice that can help us tame our out-of-control minds and live our lives to the fullest. Participants will learn some practical ways to apply mindfulness to their daily lives and calm that worrying mind.

Credentials: Paula Seikel, Ph.D. is a retired clinical psychologist who teaches mindfulness classes at ISU and in the Pocatello community.

Facilitator: Betty Williams betty.cappswilliams@gmail.com 208-403-3257

4311 Summer Picnic and Annual Meeting FFL Inc Board

8/12, Thurs 5:00 p.m.-9:00

Come join us for a fun evening at Peterson Park. We will vote for FFL officers and enjoy a delicious catered picnic. The cost is \$10.00 per person, non refundable, to be paid at registration. Bring your favorite lawn chair. **Note* the date and day. Thursday, August 12.**