

FRIENDS FOR LEARNING COURSE CATALOG Spring 2018
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Registration for Spring 2018 classes begins at 9:00 a.m. January 17th and continues throughout the semester.

Registration On Line: Go to the Friends For Learning website (www.friendsforlearning.com) and click on “Registration.” Follow the prompts. You will need an email address. (Please do not use an email address shared with someone else.) You will first be asked to pay the \$20.00 membership fee using a debit or credit card. Then you may enroll in classes.

Help with online registration. If you would like help registering online, come to CHE 202 at University Place Campus anytime between 9:00 a.m. and 12:00 p.m. January 17, 2018. Members of the FFL Board of Directors and ISU Continuing Education staff will be there to assist you. Please bring your email address, email password, and a smart phone if you have them.

Mail in Registration: If you prefer registering by mail, print a copy of the “Class Selection” form found on the FFL website. Nothing received by mail will be processed until January 18th. Complete the form and attach your check **MADE OUT TO ISU** for the \$20.00 membership fee and mail to the following address:

Continuing Education – FFL
 921 S. 8th Avenue, Stop 8380
 Pocatello, ID 83209

Parking Passes–If you were an FFL member last semester, the parking pass you received is valid through August 31, 2018. Do not order another. The first item in the course catalog deals with the parking passes. This is the area to mark to indicate you need a pass. New FFL members will receive a parking pass by mail shortly after you register. To avoid a parking fine, display the parking pass in your vehicle when you attend FFL classes at University Place. Replacement parking passes may be purchased for \$5.00 from President, Kathy Hendrix, 208-523-8859.

All students should wear name badges to all classes. If you wish a name tag, contact Denise Morton, 208-524-0389. She will make one which you can arrange to pick up.

QUESTIONS? If you have questions, please call ISU Continuing Education; 208-282-3155; FFL President Kathie Hendrix; 208-523-8859, or Secretary Denise Morton; 208-524-0389.

Class Locations: TAB = Tingey Administration Building. CHE = Center for Higher Education Building. Both are located at the ISU Idaho Falls Campus at University Place, 1770 and 1776 Science Center Drive.

FFL Course Catalog Fall 2018

4215 Parking Pass

Instructor: n/a

Fee:

When: varies. 1/17

Location: n/a

If you are new to the organization and need a parking pass mark the box.

If you have lost your old pass and need a replacement, contact Kathie Hendrix at 208-523-8859.

This is not a class but an area where you would indicate a need for a parking pass.

Credentials:

Facilitator: Denise Morton

Phone: 208-524-0389

Email demort.morton464@gmail.com

4242 A Volunteer Opportunity

Instructor: n/a

Fee:

When: . 1/17-6/30

Location: n/a

This is not a class, but an opportunity.

The Friends For Learning 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; or helping leadership. By registering here, you will be sent an email with the volunteer form to fill out as to the areas in which you would like to volunteer. Thanks for your interest.

Credentials: Friends For Learning is a completely volunteer organization. Without people willing to give of their time and energy, this organization would not exist.

Facilitator: Margie Prestwich

Phone: 208-523-0261

Email margieprestwich59@yahoo.com

***4144 Spanish I**

Instructor: Joy Hubbell

Fee:

When: Mon. 1/22-5/7 1:30-3:00

Location: CHE 305

This class is a continuation of the Spanish I fall semester class. Some familiarity with the Spanish language will be helpful. Maximum: 20

Credentials: Joy and Jackie are students of Spanish and are committed to guiding you as you continue to learn to pronounce and comprehend the Spanish language.

Facilitator: Jackie Christiansen

Phone: 208-522-8705

Email ajc1983@q.com

***4241 Zumba**

Instructor: Bitsy Blakely

Fee:

When: Mon, Thu. 2/5-5/10 M:9-10, Th:1-2:00

Location: Senior Center
535 W. 21st St.

Ditch the workout, join the party with Zumba. Zumba's easy-to-follow choreography and Latin rhythms take the work out of workout. Super effective. Super fun. Zumba combines all elements of fitness - cardio, strength, balance, flexibility, coordination, endurance, energy - a serious dose of awesome each time you leave class. Zumba is for any fitness level, any background, and any age. Exercise in disguise - that's Zumba. Maximum: 40

Credentials: Bitsy is a certified Zumba instructor.

Facilitator: Patsy Komoda

Phone: 208-529-0297

Email pkomoda@gmail.com

***4195 Swimming for Fitness- Beginning**

Instructor: Robin Piet

Fee: City Rec Fee

When: Mon, Wed. 2/5,7,12,14,19,21 9:15

Location: Aquatic Center
149 7th St.

Learn to swim efficiently to enhance your enjoyment of the sport. This course of six sessions is geared toward learning to swim laps for fitness. This beginning level class will focus on building stamina and breathing techniques. Swimmers must be able to swim 10 yards without stopping to qualify for this class. The class is open to Friends for Learning first. You must pay the fee to the pool by February 1 to guarantee a place. On February 2 the class will open to the public.

Credentials: Robin has swum competitively for the better part of 54 years. She is a certified Level 2 United States Masters Swimming coach and has been a USA Swimming coach. She loves to swim and enjoys helping others learn to swim for fitness.

Facilitator: Robin Piet

Phone: 208-521-0628

Email robinloupriet@gmail.com

***4196 Swimming for Fitness- Intermediate**

Instructor: Robin Piet

Fee: City Rec Fee

When: Mon, Wed. 2/5,7,12,14,19,21 10:15

Location: Aquatic Center
149 7th St.

Learn to swim efficiently to enhance your enjoyment of the sport. This course of six sessions is geared toward techniques for swimming laps for fitness. If you are able to swim 25 yards without stopping this is the course you qualify to take. The class is open to Friends for Learning first. You must pay the fee to the pool by February 1 to guarantee a place. On February 2 the class will open to the public. This 10:15 class is for intermediate to advanced swimmers.

Credentials: Robin has swum competitively for the better part of 54 years. She is a certified Level 2 United States Masters Swimming coach and has been a USA Swimming coach. She loves to swim and enjoys helping others learn to swim for fitness.

Facilitator: Robin Piet

Phone: 208-521-0628

Email robinloupriet@gmail.com

4137 Pinochle, Double Deck

Instructor: Vicky Van Sickle

Fee: purchase lunch

When: Mon. 2/5-6/11 12:00-3:30

Location: Leo's Place
155 S. Holmes

You must have knowledge of how to play the game of Pinochle to sign up for this fun class. There will be no formal instruction. Each participant is expected to mix with the other players and sit at different tables each week. Groups will be formed at the discretion of the facilitator. Players must buy lunch and a donation is taken for new playing cards. We play year round every Monday. Vicky and Senia Weinrich help with this class.

Credentials: We all help each other. There is no formal instruction.

Facilitator: Senia Weinrich

Phone: 208-521-8526

Email tatergal@cableone.net

***4259 Fit For Life**

Instructor: Lin Carlson

Fee:

When: Mon, Wed. 2/5-5/9 10:00-11:15

Location: Good Samaritan Chapel
840 E. Elva

This is a bi-weekly physical fitness class which includes stretches, balance exercises, weights, and floor exercise. Students will need a yoga mat, small towel, light dumbbells, and ankle weights. Class will be held from 10 am to 11:15 am Mondays and Wednesdays. Maximum: 20

Credentials: Lin Carlson has taught fitness for many years.

Facilitator: Vicky Van Sickle

Phone: 208-523-8687

Email victorialynns@hotmail.com

4154 Yoga

Instructor: Dino Lowrey

Fee:

When: Tue, Thu. 2/6,8-5/10 8:30-10:00

Location: Good Samaritan Chapel
840 E. Elva

This bi-weekly class will focus on safe Yoga for those over 50. It will use techniques of B.K.S. Iyengar focusing on posture and breath. Students will need a yoga mat. Blocks and strap are recommended, but optional. Be sure and come each Tuesday and Thursday throughout the semester. Maximum: 16

Credentials: Dino is a retired Archeologist. She has taken Yoga classes for the past 10 years. She taught the class the last three semesters.

Facilitator: Joel/Joy Hubbell

Phone: 208-584-2333

Email joelmhubbell@gmail.com

4290 Stem Cells, Good, Bad, or Ugly?

Instructor: John Russell

Fee:

When: Tue. 2/6 10:00-12:00

Location: TAB 200

We will begin by covering the basic biology of human stem cells. This will prepare us to discuss the uses (and misuses) of human stem cells in the treatment of human diseases and illnesses in the light of our current understanding of these cells. In this latter context, we will also discuss a phenomenon called "stem cell tourism".

Credentials: Dr John Russell was a professor of biology and physiology for 40 years at Syracuse University where he also co-taught a course entitled "Stem Cells on Society".

Facilitator: Nancy Carpenedo

Phone: 208-529-4714

Email nancycarpe@msn.com

***4147 Tai Chi**

Instructor: Nolan Bowen

Fee:

When: Tue. 2/6-5/8 3:30-4:30

Location: Senior Center
535 W 21st

Tai Chi is a low impact exercise class from Chinese Martial Arts. Tai Chi can improve arthritis, balance, and the immune system, and can help those with high blood pressure, osteoporosis, headaches, stress and more! The movements are designed to build up the body's inner (chi) or energy, and thereby improve your circulation and your overall health. In this class we will learn section 1 of T.Y. Pang's Yang style of Tai Chi. Videos will be available, and practice at home is important. Maximum: 25

Credentials: Nolan has been practicing Tai Chi since the 1970's, and he has taught FFL Tai Chi classes for many years.

Facilitator: Jill Tate

Phone: 208-221-2621

Email skitaters@hotmail.com

***4269 Learning Mah Jongg**

Instructor: Clarissa Olson

Fee: must buy lunch

When: Wed. 2/7-5/9 12:00-3:00

Location: Leo's Pizza
155 S. Holmes

This will teach the players the basics of Mah Jongg. This is a table game with tiles and playing cards. We will be playing every Wednesday. Maximum: 16

Credentials: Clarissa has been playing Mah Jongg for three years.

Facilitator: Clarissa Olson

Phone: 208-821-0670

Email cj.olson1@q.com

4228 Science Wednesday

Instructor: Various

Fee:

When: Wed. 2/7,21,3/7,21,4/4,18, 3:00-4:00

Location: Idaho Brewing Company
775 South Capital Ave.

Mike McIlwain, Keith Daum and Joel Hubbell will facilitate this group and e-mail initial sets of articles to the group for discussions. Participants will meet and join in an open forum discussion of the article for that week. After the initial meetings, participants will be asked to suggest an article for discussion at later meetings. Participants should be able to receive PDFs by email.

Credentials: Mike, Keith, and Joel are retired scientists from the INL.

Facilitator: Joel Hubbell, et al

Phone: 208-524-2333

Email joelmhubbell@gmail.com

4231 Singing for Fun

Instructor: Donna Park

Fee:

When: Wed. 2/7-5/9 1:00-2:00

Location: Hawley residence
4051 Cambria Dr.

Attention: men and women of FFL! Come and have fun with us singing old and new favorites one hour a week. Bring music if you have it and, of course, your enthusiasm. We will occasionally sing at assisted living centers and FFL functions.

Credentials: Donna has many years' experience in both singing in, and leading choral groups. She is an experienced pianist, composer and arranger, and delights in helping others "find their voice."

Facilitator: Gail Fielding

Phone: 208-970-7130

Email gailsplc76@gmail.com

4294 The Darker Side of Idaho Falls History

Instructor: Deborah Chessey

Fee:

When: Thu. 2/8 10:00-12:00

Location: TAB 200

Our city has a much more sordid past than one might expect. From it's beginning, Eagle Rock was a wild west town where justice often consisted of being shot in the street by vigilantes and almost every downtown building with an upstairs hosted a brothel. Join us for stories from that not too distant past and learn about the darker side of Idaho Falls history.

Credentials: Deborah Chessey is director of marketing at the Museum of Idaho in Idaho Falls.

Facilitator: Nancy Carpenedo

Phone: 208-529-4714

Email nancycarpe@msn.com

***4289 "Hand and Foot" Card Game**

Instructor: Sibyl Priest

Fee: \$ cards and shuffler

When: Thu. 2/8,2/22-5/17 12:00-3:00

Location: Papa Tom's Pizza
1830 S. Woodruff Ave.

Hand & Foot is a card game similar to Canasta, in which each player is dealt two sets of cards, the "Hand" and the "Foot." In this class students will be taught the basic rules of the game and enjoy playing with other members of FFL.

This class will be held the first and third Thursday of each month throughout the semester. Students must buy lunch at Papa Tom's to use the facility.

Credentials: Sibyl has been a player of "Hand and Foot" for several years and is knowledgeable in rules of the game.

Facilitator: Sibyl Priest

Phone: 208-522-8351

Email sibylpriest@icloud.com

***4312 Symphony: Spanish and Latin Music**

Instructor: Dr. Thomas Heuser

Fee:

When: Fri. 2/9 5:30

Location: IF Civic Auditorium
501 S. Holmes Ave.

Explore with Dr. Heuser the musical vernacular of Spanish and Latin American composers from the 20th Century. Then experience a live rehearsal of the symphony as they prepare for the concert called "Latin Nights" with guest classical guitarist, Ana Vidovic.

Credentials: Dr. Heuser has been the music director of the Idaho Falls Symphony for several years.

Facilitator: Sidney Hoopes

Phone: 208-524-1280

Email fshoopes@cableone.net

4218 Line Dancing

Instructor: Dance Teachers

Fee:

When: Fri. 2/9-6/22 9:00-10:00

Location: Senior Center,
535 W. 21st

Come and learn how to line dance from five experienced teachers -- Adele George, Lianne Buxton, Lesley Cable, Debbie Scheerer and Molly Brinkerhoff. Good exercise, good fun, good for your memory and good for laughs. No experience required. Just come and enjoy. We will teach you how! Come and learn basic and intermediate line dances to all genres of music. You'll be amazed how good you feel and the many benefits you will gain from this class.

Credentials: Adele, Lesley, and Lianne have danced all their lives in all areas of dance and have owned their own dance studios. Molly and Debbie will also be teaching with their line dancing knowledge.

Facilitator: Molly Brinkerhoff

Phone: 208-528-6936

Email molly@brinkerhoff.net

***4145 Spanish II**

Instructor: n/a

Fee:

When: Mon. 2/12-6/7 10:00-11:30

Location: Senior Center
535 W 21st St.

This weekly class meets for 12 weeks. Those who have taken the class previously have preference. Class format and study material will be decided at the first class. The class will be self directed.

Credentials:

Facilitator: Linda Tycz

Phone: 208-360-0990

Email gblet@msn.com

4121 Hiking, Walking and Exploring

Instructor: HWE Committee

Fee:

When: Varies. 2/13-5/12 8:00-5:00

Location: Varies

Hiking (H) activities can range from easy to difficult and might last two hours or all day. Most walking (W) activities are easy trips and in the vicinity of Idaho Falls. Hiking activities, when combined with Exploring (E) may be some distance from Idaho Falls. Activities range from skiing, snowshoeing, camping, biking, canoing, horseback riding, or whatever you might like to do indoors or out. We are guided by member ideas and might try anything.

Credentials: HWE committee members have been involved with outdoor activities and exploring for many years. Committee members: Jim Schaffer (208-589-6005), chairman; Allen Perkins (208-604-0820); Marilyn Quast (208-523-4987); Esther Lash (208-524-3649).

Facilitator: Jim Schaffer

Phone: 208-529-6005

Email milodoctor@gmail.com

4310 Suicide Prevention

Instructor: Jeni Griffin

Fee:

When: Tue. 2/13 10:00-12:00

Location: TAB 200

Jeni Griffin will present information on mental health and suicide prevention. She will help us recognize warning signs, local resources, and how to find hope and help.

Credentials: Jeni Griffin serves as the Executive Director for SPAN (Suicide Prevention Action Network). She is an executive member on the Governor's Idaho Council for Suicide Prevention, board member on the Idaho Suicide Prevention Coalition, and is the former Project Administrator for the Idaho Lives Project.

Facilitator: Marla Case

Phone: 208-757-2950

Email marlacase52@yahoo.com

***4157 Bead Weaving for Beginners**

Instructor: David Johnson

Fee: \$ 6.00 supplies

When: Thu. 2/15,2/22,3/1,3/8 1:00-3:00

Location: CHE 307

Students will learn a basic American Indian hand beadweaving technique using very small seed beads. The project will be a bracelet or similar project about one and one-half inches by seven inches. It will take 24 or more hours of actual work. You will need to work at home to finish the project. Beads, thread, patterns, and needles will be provided at a small cost. Maximum: 12

Credentials: David learned a style of handweaving from Sidney Hoopes who learned it from the Shoshone. He is self taught in other stitches and in loomwork.

Facilitator: David Johnson

Phone: 719-235-3910

Email davjohns_01@hotmail.com

4224 Solutions to Protect Your Estate

Instructor: Steven Wright

Fee:

When: Thu. 2/15 10:30-12:00

Location: TAB 200

Attorney Steve Wright will discuss numerous topics related to estate planning including the difference between a will and a trust, why it is important to have a Power of Attorney and a Living Will, the purpose of probate, Medicaid and Long Term Care and how to protect oneself from senior scams.

Credentials: Steve owns Wright Law Offices and specializes in estate planning and business law. He has published several articles and given many presentations on these subjects.

Facilitator: Senia Weinrich

Phone: 208-521-8526

Email senialee3025@gmail.com

4291 Chiropractic: Past, Present & Future

Instructor: Dr. James C. Gardner

Fee:

When: Fri. 2/16 1:00-2:30

Location: TAB 200

Dr. Gardner will discuss the history, benefits and rewards of Chiropractic for good health. He will answer questions.

Credentials: Dr. Gardner received his Dr. of Chiropractic degree in 1999 from the Los Angeles College of Chiropractic. He began his practice, Grand Teton Chiropractic, from scratch in Idaho Falls in 2000. He loves helping people improve and maintain their health goals.

Facilitator: Karin Armstrong

Phone: 208-522-7005

Email karinidaho@yahoo.com

4301 Denali, High Altitude Mountaineering

Instructor: Aaron Linsdau

Fee:

When: Tue. 2/20 10:00-12:00

Location: TAB 200

What is it like to climb the coldest and highest mountain in North America? Denali (Mt. McKinley) is one of the coveted Seven Summits and is second only to Everest in difficulty. Aaron Linsdau has been on the mountain twice and will share what high-altitude mountaineering is like, the fun, and the dangers of the experience.

Credentials: Aaron has a degree in Electrical Engineering, a masters in computational science and is a professional photographer. His passion is solo adventure travel. Aaron has presented adventure travels twice for FFL.

Facilitator: Nancy Carpenedo

Phone: 208-529-4714

Email nancycarpe@msn.com

4300 Vision As We Age

Instructor: Heidi Gainan

Fee:

When: Fri. 2/23 10:30-12:00

Location: TAB 200

In this class you will learn about our vision as we age, eye issues and how to deal with them using technology. Heidi will offer tips, techniques and tools to use as our eyes age.

Credentials: Heidi is a certified orientation and mobility specialist with the Idaho Commission for the Blind and Visually Impaired.

Facilitator: Nancy Ottersbach

Phone: 208-346-0617

Email nancyo1212@yahoo.com

4288 Mayans, What Happened to Them?

Instructor: Steve Piet

Fee:

When: Tue. 2/27 1:00-2:30

Location: TAB 200

The Mayans were one of the three large American cultures when the Spanish invaded and overwhelmed them, the Aztecs, and the Inca. Take a trip to several surviving Mayan sites in the Yucatan Peninsula of Mexico and northern Guatemala. What did they achieve? How had they fallen before the Spanish arrived? How did some Mayan cities survive until 1697 whereas the Aztecs fell quickly to the Spanish? What lessons do we draw from the Mayans today?

Credentials: Steve is a recovering engineer who now loves to talk and travel. He has visited and studied Mayan cities and structures in Mexico, Guatemala, and Belize.

Facilitator: Cathy Johnson

Phone: 719-235-3910

Email dacjohns@hotmail.com

4306 Legendary Locals of Idaho Falls

Instructor: Paul Menser

Fee:

When: Tue. 3/6 1:00-2:30

Location: TAB 200

Idaho Falls can trace its origins back to 1865, when a trader named Matt Taylor built a tollbridge over the Snake River between Salt Lake City and the gold mines of Montana. Its development as a trading center and community can be tied to the vision and enterprise of fascinating men and women. It has undergone remarkable transformations, from frontier railroad town to Main Street America to the Atomic Energy Commission's headquarters.

Credentials: Paul Menser has written the weekly "Looking Back" history column for the Post Register for 15 years and is the author of "Legendary Locals of Idaho Falls."

Facilitator: Holly Crawley

Phone: 208-521-0203

Email holly.h.crawley@gmail.com

4292 Law Enforcement and Public Safety

Instructor: Bryce A. Johnson

Fee:

When: Fri. 3/9 2:00-4:00

Location: TAB 200

The new Idaho Falls Chief of Police, Bryce Johnson, will give a presentation about life in Law Enforcement and Public Safety. He will discuss plans and future goals of the I.F. Police Department.

Credentials: Bryce A. Johnson is the new Chief of Police for the City of Idaho Falls.

Facilitator: Gene Hicks

Phone: 208-757-7362

Email ghicks3313@aol.com

4296 Fishing, Eating, and Touring in Argentina

Instructor: Karin Armstrong

Fee:

When: Tue. 3/13 10:30-12:00

Location: TAB 200

Argentina has pristine rivers and lakes. It is heaven for fly fishermen who like to catch fish and view beautiful mountains and scenery, eat wonderful chocolate and, of course, beef.

Credentials: Karin and her husband, Jeff, have traveled to the Bariloche region in Argentina for two years to sight-see and fly fish.

Facilitator: Karin Armstrong

Phone: 208-522-7005

Email karinidaho@yahoo.com

4244 World Religions: Buddhism

Instructor: Gary Purse, PhD

Fee:

When: Wed. 3/14 12:00-2:00

Location: TAB 200

Buddha wasn't a Buddhist. In this class we will explore the early teachings of the Buddha before Buddhism's emergence as a major world religion.

Credentials: Dr. Purse is a faculty instructor in the Religion Department at BYU-Idaho. He teaches scripture courses and World Religions.

Facilitator: Nancy Carpenedo

Phone: 208-529-4714

Email nancycarpe@msn.com

4159 Coke Bottle Boxes

Instructor: Karin Armstrong

Fee:

When: Fri. 3/16 10:30-12:00

Location: Senior Center
535 W. 21st

Students will be able to transform a coke bottle into a clever and attractive round box one can keep treasures or keepsakes in, use as a small planter, candy dish, or candle holder. You will need to bring a clean empty 2 liter Coke bottle, scissors, Modge Podge and small paint brush.

Credentials: Karin has taught this class in the past. She has been successful at many projects and enjoys sharing her talents.

Facilitator: Karin Armstrong

Phone: 208-522-7005

Email karinidaho@yahoo.com

4302 Diabetes and Life Skills

Instructor: Dave Klinger

Fee:

When: Tue. 3/20 2:00-3:00

Location: TAB 200

This talk will be about diabetes and living skills. It will focus on improving your quality of life.

Credentials: Dave has a certificate from Stanford University as a Diabetes Workshop Leader. He is President of the Diabetes Lions Club.

Facilitator: Linda Buttles

Phone: 208-520-5430

Email lckorner@xmission.com

<p>*4151 Creative Writing Workshop</p> <p>When: Thu. 3/22,29,4/5,12,19 1:00-3:00</p> <p>This is a five-session self-guided class. We have fun while learning to express ourselves and share with each other pointers and encouragement. We invite new people to come and join us this semester. Maximum: 12</p> <p>Credentials: Sidney has been facilitating this class for several years.</p> <p>Facilitator: Sidney Hoopes</p>	<p>Instructor: Sidney Hoopes</p> <p>Location: CHE 305</p> <p>Instructor: Rob Farnam</p> <p>Location: TAB 200</p> <p>Instructor: Dave Klinger</p> <p>Location: CHE 305</p> <p>Instructor: Sondra East</p> <p>Location: CHE 213</p> <p>Instructor: Ross David Baron PhD</p> <p>Location: TAB 200</p> <p>Instructor: Rod Hansen</p> <p>Location: Museum of Idaho 200 Eastern Avenue</p>	<p>Fee:</p> <p>Fee:</p> <p>Fee: \$5.00 book deposit</p> <p>Fee:</p> <p>Fee: Entrance fee</p>
<p>4305 Mozart - His Life and Music</p> <p>When: Fri. 3/23 1:00-3:00</p> <p>This is a presentation on the life and music of Mozart with members of the Idaho Falls Opera Theatre performing examples of his works, including selections from the coming production of "Cosi Fan Tutte", April 6, 7 and 8.</p> <p>Credentials: Rob is president of the Idaho Falls Opera Theatre and has sung with the organization since 1978.</p> <p>Facilitator: Sidney Hoopes</p>	<p>Phone: 208-524-1280</p> <p>Email fshoopos@cableone.net</p> <p>Phone: 208-524-1280</p> <p>Email fshoopos@cableone.net</p>	
<p>*4298 Diabetes Workshop</p> <p>When: Tue. 3/27,4/3,10,17,24,5/1 2:00-4:30</p> <p>This six-session class is about Diabetes and how it can be prevented as well as how to live happier and healthier with the disease. Participants who attend at least four of the six classes will receive the book and CD free. Maximum: 20</p> <p>Credentials: Dave has a certificate from Stanford University as a Diabetes Workshop Leader. He is President of the Diabetes Lions Club.</p> <p>Facilitator: Linda Buttles</p>	<p>Phone: 208-520-5430</p> <p>Email lckorner@xmission.com</p>	
<p>*4287 Understanding Feng Shui</p> <p>When: Thu. 3/29 1:00-2:30</p> <p>Feng Shui is the ancient art of placement of the elements in your environment to bring about balance and harmony in your life. In this discussion, we will cover a brief history of Feng Shui and gain an understanding of what it is and how it works. We will also discuss a few fun tips on how Feng Shui can enhance your relationships, your health and your income in 2018.</p> <p>Credentials: Sondra started her studies in Feng Shui in 2004 and received her certification in all three schools of Feng Shui and Four Pillar Profile Analysis (Eastern Astrology) in 2011 and started her business, Auspicious Feng Shui, in 2012.</p> <p>Facilitator: Crystal Nieslanik</p>	<p>Phone: 208-530-1162</p> <p>Email crystalnieslanik@gmail.com</p>	
<p>4243 World Religions: Judaism</p> <p>When: Tue. 4/3 9:30-11:30</p> <p>Judaism is a religion, an ethnicity, and a culture with diverse traditions, beliefs, and core values. We will focus on the three main divisions within Judaism in order to highlight where they overlap and differ. The Jewish people are a very small percent of the U.S. population but are overrepresented in almost every sphere. We will look at why and what other religions can learn from their tenacity in the face of almost constant historical pressure.</p> <p>Credentials: Ross David Baron has a PhD in Religion and Social Ethics from the University of Southern California.</p> <p>Facilitator: Nancy Carpenedo</p>	<p>Phone: 208-529-4714</p> <p>Email nancycarpe@msn.com</p>	
<p>*4221 Museum Tour - Dinosaurs in Motion</p> <p>When: Wed. 4/4 2:00-3:30</p> <p>In this unique exhibition at the Museum of Idaho, dinosaurs are the medium for educating and exciting multigenerational audiences on STEAM (Science, Technology, Engineering, Art and Mathematics.) This exhibit is for people of all ages, including those of us in FFL.</p> <p>Credentials: Rod has served as director of the Museum of Idaho for many years. He holds a master's degree in fine arts from the University of West Virginia.</p> <p>Facilitator: Adele George</p>	<p>Phone: 208-716-1239</p> <p>Email gottatap4me@live.com</p>	

***4299 Spring Social**

Instructor: Denise Morton

Fee:

When: Tue. 4/10 10:00-12:00

Location: College of Eastern Idaho
1600 S 25th E.
Building 3, Entry 7

Come and join us for a brunch buffet in the cafeteria at the College of Eastern Idaho. Vote for the new FFL Officers. Facilitators will have class displays, and we will enjoy the year in review. No cost to you. BE SURE TO SIGN UP BY 4/1. Food provided by: CATERED YOUR WAY.

Credentials:

Facilitator: Vicky Van Sickle

Phone: 208-523-8687

Email victorialynnvs@hotmail.com

4295 Endangered Species of the West

Instructor: Gregg Losinski

Fee:

When: Wed. 4/11 11:00-12:30

Location: TAB 200

Greg will speak about the various species in the western United States that are currently or potentially endangered and what the future may hold for survival of those species in our part of the country. Topics may include grizzly bears, wolves, sage grouse, and trumpeter swans among other species.

Credentials: Greg Losinski is a 30-plus year veteran of the Idaho Dept. of Fish & Game as a Regional Conservation Educator. He chairs the Information & Education Subcommittee of the Interagency Grizzly Bear Committee.

Facilitator: Ken Olson

Phone: 208-529-3035

Email mooseinidaho@gmail.com

4293 Spain

Instructor: Robin Piet

Fee:

When: Fri. 4/13 10:30-12:00

Location: TAB 200

Robin Piet will discuss her experiences living and working in Spain.

Credentials: Robin has been to Spain two years in a row. The first with her husband Steve Piet, to travel and walk the Camino de Santiago and the second by herself to teach English.

Facilitator: Marla Case

Phone: 208-757-2950

Email marlacase52@yahoo.com

***4111 Cultural Cuisine - Spain**

Instructor: Cultural Cuisine
Committee

Fee:

When: Mon. 4/16 6:00-8:00 p.m.

Location: First Evangelical
Lutheran Church
455 Sunnyside

Come experience a taste of Spain during our Cultural Cuisine dinner. FFL members attending the dinner will be asked to prepare and bring an authentic dish which will be assigned to them by the food committee. Non-member spouses of FFL members will be charged \$20. Since this is suppose to be a learning experience, it is necessary to plan on cooking if you are interested in attending. Students must register by March 15 to attend this event. Maximum: 130

Credentials: The Cultural Cuisine Committee has been hosting a variety of dinners for many years.

Facilitator: Vicky Van Sickle

Phone: 208-523-8687

Email victorialynnvs@hotmail.com

4286 Weird Dam Stories

Instructor: Jamee Fiore

Fee:

When: Fri. 4/20 1:00-2:30

Location: TAB 200

Some of the most fascinating engineering feats in Idaho have been accomplished through the development of dams. However, small mishaps have led to weird stories, including stories about the Teton Dam and American Falls reservoir.

Credentials: Jamee is an Architectural Historian at the Idaho State Historic Preservation Office of the Idaho State Historical Society in Boise.

Facilitator: Eileen Perkins

Phone: 208-520-7483

Email eileenperkins404@gmail.com

4304 Wind Energy - What's All the Bluster?

Instructor: Melissa Nuttall

Fee:

When: Wed. 4/25 10:30-12:00

Location: TAB 200

Turbines on the hills east of us create a lot of curiosity and sometimes controversy. In this class you will learn about wind energy -- how turbines work, who uses this kind of energy, environmental impact, challenges and future plans. You may also want to sign up for the tour of Invenergy's facilities that will be held in early May.

Credentials: Melissa, who is the administrative assistant for Invenergy, gives presentations and conducts tours for local groups.

Facilitator: Eileen Perkins

Phone: 208-520-7483

Email eileenperkins404@gmail.com

4307 Alice Paul: Making of a Radical

Instructor: Jim Francis

Fee:

When: Thu. 4/26 10:00-11:30

Location: TAB 200

Alice Paul is best know for her work with the women's suffrage rights in the early Twentieth Century. She was less well known for the Equal Rights Movement and activism in the anti-war movement. We will focus on how and why she became a radical reformer. We will discuss her views and her actions and how they parallel the views and actions of many of the leaders of the American Revolution.

Credentials: Jim taught history for 37 years, retiring in 2011. His main fields of teaching were U.S. History, Modern European History, and Chinese History. He holds a B.A. from Arizona State and an M.A. from the University of British Columbia.

Facilitator: Kathie Hendrix

Phone: 208-523-8859

Email chatiek06@gmail.com

4313 Geology of the Neighborhood

Instructor: Dr. Margaret W. Fisher

Fee:

When: Thu. 4/26 1:00-3:30

Location: TAB 200

Students will learn how Eastern Idaho and the mountains around our area were formed. The overview will include discussion of the environments under which the local rocks were formed, the influence that plate tectonics had on our current topography, and the development of a mantle Hot Spot and its role in the formation of the Snake River Plain. Students from this class will be eligible to attend an all-day field trip. Details, proposed date(s), costs, and sign-up sheets will be supplied at the time of the lecture.

Credentials: Dr. Fisher holds undergraduate and graduate degrees in geology. She has 30 years of geology work in Idaho, Montana, and Wyoming and is an Idaho registered professional geologist (retired).

Facilitator: Rachel Poor

Phone: 208-206-9409

Email rpoor64@gmail.com

***4297 Wastewater Treatment Plant Tour**

Instructor: Carl Utter

Fee:

When: Fri. 4/27 10:00-11:30

Location: 4075 Glen Koester Lane
Idaho Falls

We will tour the Wastewater Treatment Plant. It treats household and industrial wastewater from the Idaho Falls area, cleaning it to the highest possible standards before releasing it into the Snake River. Maximum: 50

Credentials: Multiple wastewater operators will show us the facility.

Facilitator: Rachel Poor

Phone: 208-206-9409

Email rpoor64@gmail.com

***4303 Wind Turbine Tour**

Instructor: Melissa Nuttall

Fee:

When: Tue. 5/1 11:00

Location: Invenergy Operations
789 Bone Road

During this tour of Invenergy's Operations and Maintenance facility, you will have a chance to take a close look at wind turbines and learn from the experts the ins and outs of how they work. Carpools will be arranged for those who attend. Maximum: 30

Credentials: Melissa has been associated with Invenergy for two years. Part of her responsibility is to give tours of the facility.

Facilitator: Eileen Perkins

Phone: 208-520-7483

Email eileenperkins404@gmail.com

4278 Cholesterol in Our Bodies

Instructor: Dr. Blake Wachter

Fee:

When: Thu. 5/3 10:00-12:00

Location: TAB 200

What are the risks of cardiovascular disease? How does cholesterol affect the heart and vascular system? In this class we will learn about cholesterol and the effects of healthy eating, exercise and statins.

Credentials: Dr. Wachter is a physician at the Idaho Heart Institute . A graduate of the University of Utah School of Medicine, she has been in practice for 11 years.

Facilitator: Eileen Perkins

Phone: 208-520-7483

Email eileenperkins404@gmail.com

***4309 Miles Willard Technologies Tour**

Instructor: Crystal Schweiger

Fee:

When: Tue. 5/8 10:30-11:30

Location: Miles Willard Technologies
655 W. Sunnyside

Find out how Milles Willard Technologies turns potatoes into snack foods. The company has over 60 patents for their potato products, does research and development, yet does not market any products. We may even get to test some snacks! Maximum: 25

Credentials: Crystal is the Sensory Specialist and Purchasing Manager with Miles Willard Technologies.

Facilitator: Rachel Poor

Phone: 208-506-9409

Email rpoor64@mail.com

***4308 Exercise: The Best Medicine**

Instructor: Shawna Adams

Fee:

When: Tue. 5/14 1:00-2:30

Location: CHE 211

Why should we exercise? Is activity exercise? I don't have time to exercise! What health benefits can I get from exercise? I don't like to exercise! In this class we will talk about the benefits of exercise and how it affects the brain. Exercise is the best medicine!

Credentials: Shawna has been an ACE certified fitness instructor since 1985. She has been a Safax trainer from 2010-2015. She is the fitness Director at Apple Athletic Club.

Facilitator: Rachel Poor

Phone: 208-206-9409

Email rpoor64@gmail.com

***4273 Palisades Dam and Power Plant Tour**

Instructor: Donald Scheirer

Fee:

When: Wed. 5/16 10:00-12:30

Location: Palisades Dam

We will Tour Palisades Dam and Power Plant. The managers at the dam will lead a discussion about water management and power production. Plan to carpool, leaving Idaho Falls at 10:00, bring a sack lunch, take the tour and be back to Idaho Falls by 4:00. The facilitator will coordinate ride sharing. Maximum: 20

Credentials: Mr. Scheirer is the facility manager for the Upper Snake River Field Office for the Bureau of Reclamation.

Facilitator: Rachel Poor

Phone: 208-206-9409

Email rpoor64@gmail.com

4258 Find the Artist in You

Instructor: Amber Birch

Fee: \$25.00 for materials

When: Thu. 5/17 1:00-3:30

Location: The Grape Van Gogh
83 A Street

Amber will lead you step-by-step in completing an acrylic painting on a 16 x 20 canvas. You may choose to follow along or express your own creative side. At the end of the afternoon, you will take home your completed unique masterpiece. You will find this a fun and creative way to "Paint and Party" with friends. The fee will cover everything needed, including an apron. Minimum: 10

Credentials: As the owner of The Grape Van Gogh Paint Studio, Amber has a unique way of helping her students have fun as they create beautiful paintings in a short time.

Facilitator: Vicky Van Sickle

Phone: 208-589-6055

Email victorialynnvs@hotmail.com

***4314 Garden Pavers AM**

Instructor: Maxine Smolowitz

Fee: \$3.00

When: Thu. 5/24,31,6/7 9:00-11:00

Location: 3925 E. 97th N

Broken and unbroken ceramic tiles will be used to design and create pavers for outdoor garden decoration. Instructions will include how to set and grout tiles onto the paver. All materials furnished by instructor unless you have ceramic pieces you would like to use. Please sign up for either the morning or afternoon class, not both. Maximum: 8

Credentials: Maxine has taught this popular class to FFL students several times.

Facilitator: Maxine Smolowitz

Phone: 208-523-0373

Email msmolowitz@yahoo.com

***4214 Garden Pavers PM**

Instructor: Maxine Smolowitz

Fee: \$3.00

When: Thu. 5/24,31,6/7 1:30-3:30

Location: 3925 E. 97th N

Broken and unbroken ceramic tiles will be used to design and create pavers for outdoor garden decoration. Instructions will include how to set and grout tiles onto the paver. All materials are furnished by instructor unless you have ceramic pieces you would like to use. Please sign up for the morning or afternoon class. Do not sign up for both. Maximum: 8

Credentials: Maxine has taught this popular class to FFL students several times.

Facilitator: Maxine Smolowitz

Phone: 208-523-0373

Email msmolowitz@yahoo.com

***4152 Bears and the Yellowstone Experience-A**

Instructor: Sidney Hoopes

Fee: cost will be discusse

When: Fri-Tue. 6/15-6/19 all day

Location: Yellowstone National Park

We are going on a five-day bear hunt! We will spend four nights in cabins in Yellowstone. The trip will include informal lectures in the field, wildlife viewing and maybe some light hiking. Planning meetings will be held prior to departure. Priority will be given to those who have not attended before. Costs will be discussed during meetings. Cabin space for 13. However, if you want to camp out, contact Sidney. Maximum: 13 Minimum: 5

Credentials: Sidney has taught this class 18 times in the past 11 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.

Facilitator: Sidney Hoopes

Phone: 208-524-1280

Email fshoopes@cableone.net

***4153 Bears and the Yellowstone Experience-B**

Instructor: Sidney Hoopes

Fee: cost will be discusse

When: Fri-Tue. 6/22-6/26 all day

Location: Yellowstone National Park

We are going on a five-day bear hunt! We will spend four nights in cabins in Yellowstone. The trip will include informal lectures in the field, wildlife viewing and maybe some light hiking. Planning meetings will be held prior to departure. Priority will be giving to those who have not attended before. Cost will be discussed during meetings. Cabin space for 13. However, if you want to camp out, contact Sidney. Maximum: 13

Credentials: Sidney has taught this class 18 times in the past 11 years. She worked for the Yellowstone Foundation, was a founding member of the Greater Yellowstone Coalition and has been associated with the Yellowstone Institute.

Facilitator: Sidney Hoopes

Phone: 208-524-1280

Email fshoopes@cableone.net

4311 FFL Annual Picnic

Instructor: n/a

Fee:

When: Wed. 8/7 5:30-8:00

Location: Peterson Park, Ammon

Come join us at Peterson Park in Ammon for a delightful picnic. There is no cost to members who have signed up. Bring a chair because we do run out of table space, and it is sometimes cooler in the shade. This is your chance to better get to know other members. Catered by North Highway Café. David Johnson is co-facilitating.

Credentials:

Facilitator: Vicky Van Sickle

Phone: 208-589-6055

Email victorialynnvs@hotmail.com

2018 Bus Trips

For Information Only

The following bus trips have been planned for 2018, and we hope to do more. If you have an idea for a trip, please contact one of the committee members listed below by phone or send an email with your suggestions.

About five weeks before each trip, you will receive details about the trip and will be asked to sign up and send your money by a certain date. At least 40 people need to attend in order to have enough money to pay bus expenses.

Scheduled trips

- **Thursday, May 10 -- Golden Spike National Historic Site** – We will watch the reenactment of the completion of the country's first transcontinental railroad, and the "Wedding of the Rails Ceremony" commemorating this historic event. Afterwards, we will stop at the **ATK Thiokol Rocket Display** for a short visit. We will then have a late lunch at **Maddox Restaurant** on the way home.
- **Tuesday, June 12** – We will spend part of the day on a guided tour of **Chesterfield Ghost Town**. The community was founded in 1881 by early settlers in Caribou County. Many visitors come to this historic site each year to see the restored homes and listen to stories of the past.
- **Thursday and Friday, September 27-28** – Those who go on this two-day trip to Sun Valley will attend **The Alturas Institute Retreat, "Conversations with Exceptional Women."** In the past, women such as Justice Ruth Ginsburg have been guest speakers at this event. A big plus is that Dr. David Adler has agreed to award scholarships to all members of FFL who attend. That means the registration fee will be waived. More information will be forthcoming, as soon as this year's speakers are announced.

Bus Trip Committee:

Nancy Carpenedo (208) 529-4714 – nancycarpe@msn.com

Cathy Johnson (719) 235-3910 – dacjohns@hotmail.com

Linda Tycz (208) 360-0990 – gblet@msn.com