

A HEALTH CLUB FOR YOUR MIND!



# Osher Lifelong Learning Institute

*Course Schedule  
Spring 2012*



UNIVERSITY of ALASKA FAIRBANKS

# A HEALTH CLUB FOR YOUR MIND!



DICK LEVINE

## **OLLI at UAF**

### **Osher Lifelong Learning Institute**

at the University of Alaska Fairbanks

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# What is OLLI and How Does It Operate?



The Osher Lifelong Learning Institute (OLLI) is a program of the University of Alaska Fairbanks, led and supported by its membership, determining its own curriculum, policies, procedures, and fees. There are over 100 other "Osher Lifelong Learning Institutes" around the country, but each program is completely independent, with many different formats, fees, and ways of operating. What Osher Institutes have in common are high quality and financial support from the Osher Foundation. They recognize the generosity of benefactor Bernard Osher by using the Osher name.

OLLI at UAF offers a rich array of classes and learning opportunities for adults who are 50 or older.

You can explore academic and general interest classes in an atmosphere that is intellectually challenging, but without the stress of tests and grades. Members are invited from all backgrounds: a college education is not a prerequisite for membership. Members share the common bonds of intellectual curiosity and the experience of their generation. They are self-motivated learners, eager to share opinions, knowledge, and expertise with humor and mutual respect.

## Organization

Osher Lifelong Learning Institute is a program of *Summer Sessions and Lifelong Learning* of the University of Alaska Fairbanks. It is supported by membership fees and an endowment that was initiated by a generous gift of the Bernard Osher Foundation.

Members participate in planning and operating the program through committees and a Board of Directors. Board members are elected at an annual membership meeting.

## Annual Membership

Membership is open to adults 50 and older and to companions of members. **The annual fee is \$30.** The membership year is January to December. Membership includes newsletters, socials, lecture series, special interest groups, and eligibility to register for courses and excursions.

## Courses

Classes are held in Spring (March - May) and Fall (September - November). Most classes meet on weekdays, once a week, for four weeks. Topics are in the fields of art, computers, current events, health, history, literature, music, philosophy, and science, as well as exercise and hobbies. The format may be lecture, discussion group, or hands-on. There are no tests or grades. Classes are taught by current and retired faculty of UAF and by others with specialized expertise.

## Course Fees

**\$10** per course or

**\$50** for unlimited courses for a half-year  
(Jan. - June or July - Dec.) or

**\$90** for unlimited courses for a full year (Jan. - Dec.)

## Lecture Series

OLLI's Winter Lecture Series features monthly talks by distinguished UAF faculty and community members.

## Socials

- Ice Cream Social in August
- Lunch and Annual Meeting in March

## Educational Travel

Travel programs in various locations in Alaska have become part of the UAF lifelong learning experience. OLLI members have traveled to Barrow, Cordova, Dutch Harbor, Katmai, Kotzebue, McCarthy, Nome, Petersburg, Sitka, and Wrangell, and have enjoyed outdoor adventure programs around the state.

## Location

Most classes are held at the UAF University Park Building (old University Park School) at 1000 University Avenue.



# Spring 2012

## Alaskan/Arctic Topics

ART1	Art at UAF	.3
FP2	Alaska Film Classics	.7
SC4	Climate in Alaska	.12
SC5	Northern Vegetation Changes	.13
SC9	Birds of Interior Alaska	.13
SCI10	Science of Fairbanks Landscape	.14
SOC7	Classic Books of Alaskana	.15

## Art and Handwork . . . . . 3

ART1	Art at UAF
ART2	Beginning Watercolor
ART3	Intermediate Watercolor
ART4	Book Binding
ART5	Knitting Socks
ART6	Sweater Design
ART7	Fly Tying

## Computer Applications . . . . . 4

CP1	Internet Survival
CP2	eBay, Craigslist & PayPal
CP3	Kindle, iPad, Nook
CP4	Social Media Basics
CP5	Digital Photos on Computers
CP6	Photos Using Mac Applications

## Exercise and Recreation . . . . . 5

EX1	StrongWomen
EX2	Pilates Conditioning
EX3	Pilates
EX4	Yoga
EX5	Zumba Gold
EX6	Curling
EX7	Basic Fly Casting
EX8	Slow Tennis
EX9	Basic Canoeing

## Film and Photography . . . . . 7

FP1	Films of Natalie Portman
FP2	Alaska Film Classics
FP3	Films of Martin Scorsese
FP4	Digital Photography

## Health and Nutrition . . . . . 8

HL1	Chronic Disease Management
HL2	Health Issues
HL3	Healing Touch
HL4	TTouch Method
HL5	Growing Things To Eat
HL6	Mystery of Tea
HL7	Mastering Wine

## Literature and Languages . . . . . 9

LIT1	Flannery O'Connor Stories
LIT2	Robert Browning Poetry
LIT3	Shakespeare's History Plays
LIT4	Fiction Writing
LIT5	Introduction to Chinese
LIT6	Beginning French
LIT7	Conversational Spanish

## Music and Dance . . . . . 10

MUS1	Gilbert and Sullivan
MUS2	Dancing to Classical Music- Beg.
MUS3	Dancing to Classical Music- Inter.
MUS4	Jane Austen Dances
MUS5	Middle Eastern Dance

## Philosophy . . . . . 11

PHL1	Idea of the University
PHL2	Philosophy of "As If"

## Science . . . . . 12

SC1	Epigenetics and the Aging Brain
SC2	Parasites Among Us
SC3	Evolutionary Aspect of Joy
SC4	Climate in Alaska
SC5	Northern Vegetation Changes
SC6	Rocks and Fossils
SC7	Archaeological Science
SC8	Traditional Ecological Knowledge
SC9	Birds of Interior Alaska
SC10	Science of Fbks Landscape
SC11	Astrophysics

## Social Studies . . . . . 14

SOC1	Great Decisions 2012 (I)
SOC2	Great Decisions 2012 (II)
SOC3	Cuban Revolution
SOC4	Israel and Middle East
SOC5	Constitution in Practice
SOC6	How Judges Decide
SOC7	Classic Books of Alaskana
SOC8	Economic Way of Thinking
SOC9	Child Development Update

## Technology . . . . . 16

TEC1	Sustainability & Carbon Footprint
TEC2	Driver Safety
TEC3	Bike Maintenance
TEC4	Measuring Land

## OLLI Special Interest Groups . . . . . 17

## Excursions 2012 . . . . . 18

## Schedule of Classes . . . . . 20

## Registration Information . . . . . 22

## ART and HANDWORK

### Art at the University of Alaska

ART I Session II: April 4, 11, 18, 25

Wednesdays 1:00 - 3:00 pm

*First class at the Art Department; next three at University Park Building. Tours at UA Museum to be arranged after the last class.*

- **April 4:** Printmaking, *Professor David Mollett*
- **April 11:** “Greatest Hits” from the painting studio, 2000 - 2010, *Professor Mike Nakoneczny*
- **April 18:** Art History: Behind the Scenes, *Professor Mary Goodwin*
- **April 25:** UA Museum of the North Collection, *Mareca Guthrie, Curator of Fine Arts*

### Beginning Watercolor Painting

ART2 Session I: February 29; March 7, 14, 21

Wednesdays 9:00 - 12:00 noon

Basics and beyond! This class will give beginning painters a good overview of watercolor painting. Learn about paints, paper, different brushes and their uses. Explore complementary colors and see what different colors do. Learn how to paint various trees, mountains, and flowers, and practice some specialty techniques. A materials list will be available after registration, and a complete kit including brushes, paints, palette, and paper will be available for \$30, if ordered two weeks prior to start of class.

*Instructor Sue Cole has done arts and crafts most of her life and has taught classes in several states for over 30 years in everything from knitting and crocheting to watercolor and oil painting, machine knitting, and beadwork.*

### Intermediate Watercolor Painting

ART3 Session II: April 4, 11, 18, 25

Wednesdays 9:00 - 12:00 noon

This class will be for people who want to get beyond the beginner stage. We will be doing exercises in composition, values, positive and negative painting, and more. Suggestions will be given, but you may choose what to paint from your own photos and sketches. A materials list will be provided after registration. There will be a small materials fee of \$10, payable to the instructor.

*Instructor is Sue Cole.*

### Book Binding

ART4 Add-On I: March 27, 28, 29

Tuesday, Wednesday, Thursday 9:30 - 11:30

Book artists would agree that the Japanese three-hole pamphlet stitch is among the most versatile of all binding techniques. In this workshop we will explore ways to use the pamphlet stitch as we create at least three different book structures. Come to class ready to learn about paper selection, measuring, cutting, fitting, sewing, and assembling the various elements that make these useful books. Supply fee of \$15 is payable to the instructor. If you have any the following tools, please bring them with you: cutting mat, X-Acto knife, quilting rulers (clear plastic, any size), bone folder, pencil, scissors. *Beginning level. Limited to 10 students.*

*Instructor Margo Klass is an avid book artist who shows her books and mixed media constructions throughout Alaska. She teaches bookmaking workshops at UAF through Summer Sessions and is involved in establishing Northwoods Book Arts, a group for artist book enthusiasts, here in Fairbanks.*

### Knitting: Two Socks for Two Feet

ART5 Session I: February 29; March 7, 14, 21

Wednesdays 9:30 - 12:00 noon

Do you suffer from *Second Sock Syndrome*: complete one sock and then never quite get around to finishing the second? There is a cure! In this class you will knit a pair of socks two at a time, beginning at the toes, using a circular needle. Some experience with sock knitting is helpful, though not necessary. Knowledge of how to knit, purl, increase, and decrease is required. A basic supply list will be sent with the course confirmation. *Maximum class size is 14 students.*

*Instructor Gail Davidson is a retired geologist who recently completed a Masters degree in linguistics. When not playing outdoors, she knits in any spare moments, something she's been doing since dinosaurs walked the earth.*

### Knitting: Sweater Design and Construction

ART6 Add-On I & Session II: March 28; April 4, 11, 18, 25

Wednesdays 9:30 - 12:00 noon \*\*5 weeks\*\*

Sweaters can be knit many ways: in many pieces, in one piece, on straight needles, in the round, from the bottom up, or from the top down. In this class you will design and knit a sweater (or at least begin!), either entirely from your own pattern, or by changing elements of an existing pattern. Think color patterns, stitch patterns, cables, you name it! There's one rule here—you may not follow a pattern directly; something of your own design must be incorporated.

# Spring Courses

Prerequisite for this class is having taken the Sweater Workshop class in 2010 or 2011, or permission of the instructor. A list of supplies will be sent with the course confirmation. *Maximum class size is 14 students.*

*Instructor is **Gail Davidson**.*

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## Introduction to Fly Tying

ART7 Session II: April 6, 13, 20, 27

Fridays 6:00 - 9:00 pm **\*\*Evening class\*\***

This short course introduces the fundamental artistic skills of fly tying and the necessary knowledge to make educated fly tying material selections. Learn how to create fishing flies for use in Alaskan waters. Scientific information on Alaskan freshwater fish, habitat, entomology, and stream ecology will be covered in the context of tying wet flies, nymphs, streamers and dry flies. All fly tying tools and materials are provided. Students who own fly tying tools are encouraged to learn on their own equipment. Each student must provide (if necessary) his/her own reading glasses or magnifying equipment. Materials fee of \$40 is payable to the instructors. Recommended text: *The Benchside Introduction to Fly Tying* by Leeson & Schollmeyer.

*Instructor **Scott Murdock** is an award winning fly tier, who has been with UAF Fly Fishing and Fly Tying classes over the last five years. Co-Instructor **Shann Paul Jones** is Instructor of Leisure & Sporting Activities at UAF.*

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## COMPUTER APPLICATIONS

### Internet Survival

CPI Session I: February 29, March 7, 14, 21

Wednesdays 10:00 - 11:30 am

This course will focus on successful use of the Internet and provide an introduction to email. Learn how to search for information using search engines and Internet addresses. Discuss Internet security, the different types of viruses, worm and Trojan Horses, and how to protect your computer from the majority of them. The first two sessions will be general instruction; in the remaining weeks, time slots will be assigned for individual or small group instruction. (We don't all have the same questions!) Students should have previous computer experience. *Enrollment limited.*

*Instructor **Mike Downing** has over 25 years experience in computer education, including previous work as Lead Trainer for Fairnet and as an instructor for UAF Community and Technical College and for OLLI.*

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### eBay, Craigslist and PayPal

CP2 Add-On I: March 26, 28

Monday & Wednesday 1:00 - 3:00 pm

Learn how to use eBay and craigslist on the Internet. eBay is an online auction website, where people buy and sell goods and services worldwide. Craigslist is a community website with free classified advertisements covering items for sale, want ads, services, housing, and more. PayPal is an online money transfer service that is an alternative to using credit cards or money orders. See how to set up a personal eBay account, search items for sale, investigate the auctioning process, and make payments using PayPal. Explore the craigslist-fairbanks website and learn how to place free classified ads online. Participants need to be familiar with the Internet and general computer use.

*Instructor **Frank Abegg** is a retired electrical engineer, taught some engineering courses at UAF as an adjunct professor and has spent decades learning how to utilize a personal computer on the Internet.*

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### Kindle, iPad, Nook – Oh, My!

CP3 Session II: April 3, 10, 17, 24

Tuesdays 9:00 - 10:30 am

There are SO many devices on the market for e-books and, of course, each one has its pluses and minuses. There's been a LOT of marketing, too. So let's see what the different ones have to offer—and what they cost. Maybe, just maybe, you ARE ready to read books on a screen! Each session will be a leisurely look at a device or two—with time to “play”.

*Instructors are Noel Wien Library staff **Bill Galbraith**, Automated Services Manager, and **Laura Salisbury**, Collection Services Manager.*

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### Social Media Basics

CP4 Session II: April 4, 11, 18, 25

Wednesdays 1:00 - 3:00 pm

Curious about blogs, podcasts, social networking, and other web-based phenomena? Maybe you've thought about starting a blog but don't know where to begin. Perhaps you want to video chat with your grandchildren. Or maybe you just want to figure out your Facebook page. This class will cover the basics of many new technologies and give you the skills to communicate and research more effectively using the web. Depending on class interests, applications may include: *Delicious* social bookmarking, *Google Reader*, *iTunes*, *Skype*, *Facebook*, *YouTube*, and chat programs. If you know how to use a web browser like Internet Explorer or Safari,

# Spring Courses

you have the skills you need for this class.

Instructor **Lynne Lott** is Assistant Professor of Journalism at UAF. Her classes include Magazine Article Writing, Editing for Journalists, and New Media Toolkit. Her work appears regularly in Alaska Magazine and other publications.

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## Digital Photos on Computers

CP5 Session I: February 29; March 7, 14, 21

Wednesdays 1:00 - 3:00 pm

Hands-on computer course—for students with a strong computer background. We'll start by extracting photos from your digital camera's flash memory onto the computer, where they can be backed up, edited, or emailed. We'll look at programs like Google's Picasa to help sort, categorize, and email your photos. Next we'll see how to crop, touch up, and edit photos—for example, to erase Uncle Ned's novelty moose antlers from your family reunion photo! We'll do this using a free photo editing program similar to Photoshop called GIMP. Finally, we'll see how to print digital photos, both at home or via several local commercial services. Enrollment limited.

Instructor **Orion Sky Lawlor**, Assistant Professor of Computer Science at UAF, has over 18 years of experience in digital photography. His research interests include computer graphics, remote sensing, and parallel computing.

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## Rediscover Your Digital Photos Using Mac Applications

CP6 Session II: April 4, 11, 18, 25

Wednesdays 9:00 - 10:30 am

Please bring your own Mac laptop. We'll start with viewing and emailing photos. From there we will start rating photos, fixing photos and perfecting them. In addition we will make pictures move with slideshows. Finally we will cover importing and managing photos. Because most Macs have iPhoto, most of the time we'll use that. We may also explore Aperture, however, because of its better adjustment capabilities. Class members should have basic Mac skills.

Instructor **Hal Levey**, a Mac user since 1984, was an attorney and president of a listed corporation. He taught photography part-time for 10 years in an evening adult education program.

## EXERCISE and RECREATION

### StrongWomen Program

EX1 Session I - II: February 27 - April 27

Mondays & Fridays 9:00 - 10:15 am (Double Class Fee)

Must start on Feb. 27 and plan to continue for 9 weeks.

Preference given to students not enrolled in previous StrongWomen classes.

The StrongWomen Program is a beginning strength training program designed for middle aged and older women. During 20 years of research Dr. Miriam Nelson of Tufts University has shown that strength training increases independence, bone density, weight maintenance, blood sugar and cholesterol control. Sleep quality improves; falls, depression, and arthritis pain are reduced. Wear comfortable clothes and stable shoes with socks. The first class is an orientation. You will fill out a health checklist and may need a health care provider's clearance.

Facilitator **Jennifer Schmidt**, retired Fairbanks Regional Public Health Center nurse, has over 30 years of nursing experience. She has been helping to teach StrongWomen classes for OLLI since 2005.

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### Pilates Method of Body Conditioning

EX2 Session I: February 29; March 7, 21, 28

Wednesdays 10:00 - 11:00 am

\*\*No class March 14\*\*

Location: North Star Ballet Studio, 1800 College Rd. (Fairgrounds)

Pilates is a unique system of stretching and strengthening exercises developed nearly a hundred year ago by Joseph H. Pilates. It strengthens and tones muscles, improves posture, provides flexibility and balance, unites body and mind, and creates a more streamlined shape. Students should wear comfortable clothing. All exercise props will be provided.

Instructor **Ruth Merriman** is the Director of the Creative Movement Program and a certified Pilates instructor at North Star Ballet. She teaches group mat classes as well as private and semi-private sessions in a fully equipped Pilates studio at the North Star Ballet.

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### Pilates FUNDamentals

EX3 Session II: April 10, 17, 24; May 1 \*\*Special dates\*\*

Tuesdays 1:30 - 2:30 pm

Join us as we explore the basics of Pilates, a method of exercise and physical movement designed to stretch, strengthen, and balance the body. Posture, deep healthy breathing,

# Spring Courses

strength, and flexibility, particularly of the abdominal and back muscles, are key components of Pilates. Wear loose fitting clothing, and bring an exercise mat. Preference given to students who have not had a previous OLLI Pilates class.

*Instructor **Lucy McCarthy** has taken Pilates classes for over 8 years, beginning when she was having serious back issues. She has completed Peak Pilates certification to instruct private Pilates sessions and small group classes.*

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## Yoga

EX4 Session II: April 2, 9, 16, 23, 30

Mondays 2:45 - 4:00 pm \*\*5 classes\*\*

This class is for you if you would like a slow, gentle approach to yoga with some individual assistance. Variations on poses can be made for your individual challenges. Bring your sticky mat, blocks (if you have them) and something to put under your head during relaxation. Class size will be limited to allow for individual attention.

*Instructor **Marsha Munsell**, part owner of Heart Stream Yoga and a nutrition educator for UAF Cooperative Extension, has studied many mind-body disciplines, including yoga for many years.*

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## Zumba Gold: Feel the Beat!

EX5 Session II: April 13, 20, 27, 30 \*\*Special dates\*\*

Fridays, with last class on Monday, 1:00 - 2:15 pm

Enjoy an exhilarating dance-fitness workout with zesty Latin music. It's fun and easy to follow. *Zumba Gold* takes the Zumba formula and modifies the moves and pacing to produce a lower impact workout. This class is great for those with mobility issues and for those starting their journey to a fit and healthy lifestyle. In fact, this class is for everyone!

*Instructor **Laurie Miller** is licensed to teach both Zumba and Zumba Gold.*

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**See also** Dance classes (MUS2-MUS5) on p. 11

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## Introduction to Curling

EX6 Session I: February 28 and March 6

Tuesdays 1:00 - 2:30 pm \*\*2 weeks\*\*

**Location: Fairbanks Curling Club, 1962 Second Ave.**

You have wondered about it for years: rocks, brooms, sweepers, houses? Now is your chance to learn more about the sport of curling—and to give it a go! Curling started in Fairbanks in 1905 following the gold rush in Dawson, and the Fairbanks Curling Club claims it is the oldest sports club in Alaska. Begin in the first session with an introduc-

tion to the history and basics of the sport. Then in the second session get onto the ice and put the theory into practice. Experienced curlers will be at hand to assist. Curling equipment will be provided. Fee of \$15 may be paid at the first class.

*Instructor **Dick Morris**, a retired physical education teacher, has been curling for 20 years and enjoys introducing new people to the sport.*

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## Basic Fly Casting

EX7 Session II: April 5, 12, 19, 26

Thursdays 2:45 - 4:00 pm

This class, which will cover basic fly casting techniques, is suitable for beginning or experienced fly fishers. Students will learn the principles of loading and unloading the rod, the overhead cast, the roll cast and shooting line. Casting is basic to fly-fishing and proper casting technique allows the angler to fully enjoy the sport. Participation will be limited to 10 students to prevent overcrowding and to allow for maximum individual time with the instructor. Participants are required to bring their own fly rod, line and reel.

*Instructor **Fred DeCicco**, retired Fisheries Biologist with the Alaska Dept. of Fish and Game, is a life-long fly fisher and a Certified Casting Instructor through the Federation of Fly Fishers.*

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**See also** ART7 Introduction to Fly Tying on p. 4

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## Slow Tennis

EX8 Session II: April 6, 13, 20, 27

Fridays 2:45 - 4:00 pm

Have you ever wished you could get back into tennis? Or, wondered how you could start playing tennis? Then this is the class for you! Starting with large foam balls, you will find that success comes easily and you don't have to run! Later, smaller foam balls allow the fun to be a bit more like real tennis but still slower. After four classes in the gym you will be ready to get on the outside courts with real tennis balls this summer. Bring a racket if you have one; some will be available to borrow. Come join the fun.

*Instructors are **Mary Nebert** and **Mary Matthews**. Mary Nebert has been playing tennis since childhood (with a 30 year gap!) and has been back on the courts for the last 8 years. Mary Matthews has been playing tennis off and on during her adult life, and now regularly plays doubles with friends.*

# Spring Courses

## Basic Canoeing

EX9 June 4,5,6,7, with optional day-long trip on June 8.  
\*\*Summer Class\*\*

Monday through Thursday, times and location to be announced.

Learn basic canoeing techniques, strokes, handling, safety, gear selection, loading, and more—plus fun on the water. We will go to Chena Lakes and the Chena River through town, with the optional trip on June 8 on the upper Chena River or Chatanika River or Delta Clearwater River. Each day we will spend 2–4 hours on the water. Transportation to and from the water entails additional time, so each day will likely be 4–8 hours long, and the optional day may be longer. There will be equipment costs associated with the course, unless you have your own canoe, paddles, and life jacket.

Instructor **Don Pendergrast** recalls that one of the first merit badges (on his way to Eagle Scout) was Canoeing. He learned to paddle white water in the Southern Appalachians. He moved to Alaska in 1976 bringing only one canoe and has since acquired a few more! He and his wife Tracie are former National Park Service Rangers who enjoyed back country river patrols most of all.

## FILM and PHOTOGRAPHY

### The Film Career (so far) of Natalie Portman

FPI Session I: February 28; March 6, 13, 20  
Tuesdays 1:00 - 4:00 pm

The young actress Natalie Portman was born in Jerusalem to a doctor father from Israel and an artist mother from Cincinnati, Ohio. Natalie left Israel for Washington, D.C. at the age of three and now lives on Long Island, New York. She graduated from Harvard in 2003, but started her acting career much earlier. In fact her film debut occurred at age 12 with the film *Leon: The Professional* (1994). We will be able to follow her complete development as an actress by watching and discussing this film as well as *Beautiful Girls* (1996), *Closer* (2004), for which she received an Oscar nomination, and *Black Swan* (2010), for which she won the Best Actress Oscar.

Facilitator **Clif Lando** is a retired UAF Mathematics Professor and Department Head.

### Alaska Films: Classics...or Not

FP2 Session I: February 29; March 7, 14, 21  
Wednesdays 1:00 - 4:00 pm

How do moviegoers see Alaska? We'll view and discuss some interesting examples:

- *Ice Palace* (1960, with Richard Burton, Robert Ryan, Carolyn Jones), based on Edna Ferber's book, set partially in Fairbanks.
- *On Deadly Ground* (1990 with Steven Seagal, Michael Caine), in which an oil-rig roughneck and a Native Alaskan environmental activist battle an oil company.
- *Insomnia* (2002, with Al Pacino, Robin Williams, Hilary Swank), with a LAPD detective heading an investigation while the ever-shining midnight sun deprives him of sleep.
- *Salmonberries* (1991, with k.d. lang, Rose Zech, Chuck Connors, and the recently deceased Alaska Native and UAF faculty member Oscar Kawagley), set in Kotzebue.

Facilitator **Ron Inouye**, retired from UAF Rasmuson Library, says that his major qualification is having regularly and willingly paid admission to see movies—from childhood Saturday afternoon movies to the current offerings of our local cinemas.

### The Films of Martin Scorsese

FP3 Session II: April 3, 10, 17, 24  
Tuesdays 1:00 - 4:00 pm

Born in 1942, Martin Scorsese entered a seminary to become a priest, but changed his mind, graduated from NYU's film program, and became one of Hollywood's most insightful and respected directors instead. We will watch and discuss four of his most significant (and controversial) films: *Taxi Driver* (1976), with Robert De Niro and Jodi Foster; *Raging Bull* (1980) with Robert De Niro, a biography of boxer Jake La Motta; *Gangs of New York* (2002) with Leonardo DiCaprio and Daniel Day-Lewis; and *The Departed* (2006) with Leonardo DeCaprio, Matt Damon, and Jack Nicholson, which won him the Best Picture and Best Director Academy Awards.

Facilitator is **Clif Lando**.

### Digital Photography

FP4 Session II: April 11, 18, 25; May 2 \*\*Special dates\*\*  
Wednesdays 1:00 - 3:00 pm

Bring your digital camera and start clicking! Learn how to get the most from your camera in this hands-on class. Lectures will cover photography principles as well as digi-

# Spring Courses

tal technology basics. Included will be the elements of the digital camera, how digital photography differs from typical film photography, downloading your images to your computer, basic editing tools, printing images, and use of retail photo printers. Students will be taking photos between class sessions and will get tips on how to take good “action” photos. Informally learn to critique the work of both professional and nonprofessional photographers as part of the learning experience. Participate in an in-class slide show and have fun!

*Instructor Paul McCarthy, Professor of Library Science Emeritus and retired Director of the UAF Rasmuson Library, is an experienced sports photographer.*

## See also

CP5 Digital Photos on Computers on page 5

CP6 Photos Using Mac Applications on page 5

## HEALTH and NUTRITION

### Living a Healthy Life: Chronic Disease Self Management

HL1 Session I: February 28, March 6, 13, 20, 27, April 3  
\*\*6 weeks\*\*

Tuesdays 4:00 - 6:00 pm (No OLLI fee for this course)

*Location: Senior Center, 1424 Moore St.*

If you have a chronic health condition (arthritis, depression, heart disease, diabetes, couch-potato-ism...), this workshop may help you find solutions to the barriers to doing the things that you need to do to remain healthy. People with chronic conditions face challenges every day: managing their medical conditions, completing everyday tasks, and dealing with frustration and depression. This participative 6-week course is designed to teach you to be a skilled self manager on a continuing basis—or to care for someone with a chronic illness. Along with the learning, we will have humor! *Enrollment limited.*

*Instructors are Joni Stumpe, Fairbanks Pioneer Home staff, and Lou Gross, Adult Learning Programs of Alaska staff.*

### Health Issues

HL2 Session I: March 2, 9, 16, 23

Fridays 10:45 - 12:00 noon

Learn to make informed decisions and to ask the right questions about your health management. We will discuss the following topics from the primary care point of view:

- **COPD - Chronic Obstructive Pulmonary Disease:** the

Internist's nightmare

- **Alcoholism:** A User's Guide
- **Obesity:** Still very much with us, but some new “wrinkles”
- **Dementia:** All that is memory is not Alzheimer's

*Instructor William Doolittle, M.D., retired after 40 years in the practice of Internal Medicine and 50 years in health care.*

### Healing Touch

HL3 Session II: April 3, 10, 17, 24

Tuesdays 10:30 - 12:00 noon

Take the opportunity to learn and to do several simple hands-on massages. So often we feel helpless when a loved one is ill or needs comforting. This course may just empower you to help. Learn hand massage techniques, foot massage, healing touch, and dog healing touch. Even though these techniques are extremely non-invasive, if you are uncomfortable touching others, this may not be the class for you.

*Instructor Becky Spear is a registered nurse with 40+ years of experience. In 1988 she became Alaska's first Certified Holistic Nurse. Through the Holistic Clinic, she offers many integrative therapies.*

### TTouch Method and Animal Ambassadors

HL4 Session I: March 2, 9, 16, 23

Fridays 9:00 - 10:15 am

The Tellington Method was created 4 decades ago as a system of animal training, healing, and communication that allows people to relate to animals in a deeper way. Developed by Linda Tellington-Jones with her sister, Robyn Hood, it is based on circular movements of the fingers and hands all over the body. The intent is to activate the function of the cells and awaken cellular intelligence—a little like “turning on the electric lights of the body.” We will discuss the evolution of the TTouch approach, the scientific verification of its effectiveness, and its broader uses with all animals as well as people. Emphasis will be on dogs and cats, with some information on horses as well. Possibility of an additional session off-site to demonstrate work with horses.

*Instructor Vera Alexander, Professor and Dean Emerita of Fisheries and Ocean Sciences, received training in TTouch over several years, under Robyn Hood. She has worked on horses, dogs, cats, birds, turtles, and snakes.*

# Spring Courses

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## Growing Things to Eat

HL5 Session I - II: March 7 - April 25

\*\*Special dates, 8 weeks\*\*

Wednesdays 1:00 - 3:00 pm (Double Class Fee)

Fresh vegetables from your own garden taste so much better and are so much better for you than store bought produce. In this class you'll learn how to improve your diet whether you're an experienced subsistence gardener or a first time gardener who wants to try just a few things. The class includes general information on soil and seed starting, and specific information about many different vegetables including best varieties, growing methods, storage, and cooking tips.

*Instructor Terry Reichardt, a Master Gardener, has extensive experience growing things in the Fairbanks area. She has been teaching this class for OLLI since Spring 2007.*

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## Unravel the Mystery of Tea

HL6 Session I: Feb. 27; March 5, 12, 19

Mondays 1:00 - 2:15 pm

Tea is the most popular beverage in the world, as well as one of the healthiest. Learn some of the history of tea and the differences between types of teas. Compare white, green, oolong, black, and pu-erh, as well as some of the herbal teas like Rooibos and Mate. See how to steep tea properly—with slightly different techniques for individual types. Learn about quality, storage, and shelf life. Find out what's new in the world of tea: bubble tea, Kombucha, matcha and more.

*Instructor Jenny Downer, owner of Sipping Streams Tea Company, is a certified tea specialist.*

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## Mastering Wine

HL7 Session I: February 23; March 1, 8, 15

Thursdays 3:00 - 5:00 pm \*\*Special dates\*\*

**Location: Lavelle's Bistro on 1st Ave.**

Whether you are a complete beginner or fancy yourself a wine buff, there's always more to learn. In this course, you will learn

- to identify characteristics that make wine good
- professional tasting techniques
- to identify the classic varietals (in a blind tasting!)
- to identify the components in wine (sugar, alcohol, tannin, acid, and fruit)
- to gain confidence in food and wine pairing
- to pick out wines within your budget

Special fee of \$80. Limited enrollment.

*Instructor Kathy Lavelle has credentials of Certified Wine Professional from the Culinary Institute of America*

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*and Certified Specialist of Wine from the Society of Wine Educators.*

## LITERATURE and LANGUAGES

### The Short Stories of Flannery O'Connor

LIT1 Session I: February 27; March 5, 12, 19

Mondays 10:45 - 12:00 noon

Among the most distinctive American short story writers, Flannery O'Connor wrote stories that baffled and shocked readers when they first appeared in the 1950s and 60s. In our class, we'll discuss O'Connor's techniques, her strong Roman Catholic faith, and her enduring popularity among a variety of readers. The text will be *The Complete Stories by Flannery O'Connor*.

*Instructor Frank Soos, UAF Professor of English Emeritus, is author of the award winning Unified Field Theory: Stories, Bamboo Fly Rod Suite with Kes Woodward, a new book Double Moon with Margo Klass, and more on the way.*

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### Robert Browning: "What's a Heaven For"

LIT2 Session I: March 2, 9, 16, 23

Fridays 1:00 - 2:15 pm

Commemorating the bicentenary of Robert Browning's birth, we will discuss a few of his poems which have "heaven" as a theme. There are romantic, psychological, artistic, and philosophical features, besides the religious nuances. Our attention will also be on his craft. Please read beforehand the following poems (available online or in print), which we'll discuss in this order: *Speculative, The Last Ride Together, Andrea del Sarto, Abt Vogler, Cleon, and Rabbi Ben Ezra*.

*Instructor Joe Dupras, Professor of English Emeritus, taught at UAF from 1979 to 2010. His previous OLLI classes focused on works by Charles Dickens, Robert Browning, and George Eliot.*

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### A Tale of Two Richards: A Look at the First and Last Plays in Shakespeare's History Cycle

LIT3 Session I: March 7, 14, 21, 28

Wednesdays 9:00 - 12:00 \*\*Special Dates\*\*

In eight early plays, Shakespeare celebrated the hundred years of dynastic civil war that led to the emergence of the Tudors, and Elizabeth's "Golden reign." We will begin with *Richard II* (which immediately precedes *Henry IV, Part One*, FST's summer play for 2012) and then conclude with *Rich-*

# Spring Courses

ard III, in which he created an indelibly evil villain, which some see as an incredibly successful “hatchet job.” We will use available video productions in our discussions of the text; all you need to bring to class are a copy of each play and an interest in the Bard.

*Instructor Susan Stitham retired after 30+ years of teaching English at Lathrop High School, where her favorite course was always “Shakespeare Classics” for remedial students. She has served on the State Board of Education and the UA Board of Regents.*

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**See also** SOC7 Classic Books of Alaskana on p. 15

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## Fiction Writing Workshop

LIT4 Add-On II: May 4, 5, 6

Friday, Saturday, Sunday 9:00 - 12:00 noon

Get a novel or a story started through short readings, exercises, games, and conversation. No experience necessary, but you have to love words and their magic. All backgrounds are invited.

*Instructor Johnny Payne is the Dean of the College of Liberal Arts at UAF. He is the founder of an MFA in Florida and a bilingual MFA in Texas. His most recent novels are Silver Dagger and Second Chance, both released in 2011. He is currently co-writing an Alaska-based opera, Skyland, with composer Emerson Eads.*

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## Introduction to Chinese

LIT5 Session II: April 5, 12, 19, 26

Thursdays 9:00 - 10:30 am

Here is the language you may have wanted to know about, but were afraid to tackle. Come and give it a try, and take away a few phrases. It may seem very different, but as we explore and learn to write characters, you will start to appreciate the power of the writing system. Along the way you will be introduced to basic skills such as listening to, speaking, and reading Chinese. This short course might pique your interest to learn a second language or to start planning a trip to China.

*Instructor Rosalind Kan has been teaching Chinese at UAF for over 10 years. She retired from the Alaska Department of Transportation a few years ago after working as an engineer for over 30 years. She was born in China, later moved to Taiwan, and then came to the U.S. for her graduate studies.*

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## Parlez-Vous Français? (Beginning French)

LIT6 Session II: April 6, 13, 20, 27

Fridays 2:45 - 4:00 pm

This will be VERY beginning French conversation: a time to rely on your ears. Become immersed in the language and speak without the benefit of reading...until later. Personal topics, interests, family, etc., will be emphasized. Some grammar, cognates, and French expressions used in English will be included.

*Instructor Madame Judy Tolbert taught French for 30 years at Ryan Jr. High and Lathrop HS. During that time, she led 9 groups of students to France for summer home-stay study trips and spent her 1985-86 sabbatical with her family in Thaon-les-Vosges in eastern France. She is now an adjunct faculty member in the UAF School of Education. She believes monolingualism can be cured!*

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## Conversational Spanish

LIT7 Session I: March 2, 9, 16, 23

Fridays 1:00 - 2:15 pm

Whether “hola” is the only word in your Spanish vocabulary or you’ve had some Spanish and would like to brush up, this class will be a friendly, collaborative context in which to learn some basic Spanish. We will focus on the oral language and will learn vocabulary and phrases related to topics like greetings, traveling, shopping, and food. ¡Ven a conversar con nosotros!

*Instructor Timothy Wilson is a UAF Assistant Professor of Foreign Languages and Literatures.*

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## MUSIC and DANCE

### Revisiting Gilbert and Sullivan

MUSI Session II: April 5, 12, 19, 26

Thursdays 1:00 - 3:30 pm

We will revisit the lives and adventures of W. S. Gilbert and Arthur Sullivan as they wrote productions making fun at many social conventions of Victorian England. Works to be considered include the one act work *Trial by Jury*, a very traditional performance of *The Sorcerer*. The productions to be viewed demonstrate the different stage settings ranging from the traditional one stage settings to the modern movie magic of *The Mikado* staged in a 1920’s English sea side resort.

*Instructor Montie Slusher is a retired bush teacher and village social worker. He serves as a part-time minister in churches in the Fairbanks area.*

# Spring Courses

## Dancing to Classical Music – Beginning

MUS2 Session I: February 28; March 1, 6, 8

Tuesdays & Thursdays 11:30 am - 1:00 pm

**\*\*Meets 4 times\*\***

Since the time of Queen Elizabeth I, people have danced to current popular music, which until 1825 meant short variations and excerpts from classical music tunes. The activity started in England and it quickly gained popularity throughout Europe because the dances combine sociability and music with easy-going indoor exercise. The current Queen Elizabeth still does a Scottish version of these dances, which are called “Country Dances.” This class introduces the basic figures, which are simple patterns danced with other people. We will do dances from England from the period 1600 – 1700 that are slow and easy, and use only walking steps. Wear non-slippery shoes; no partner required.

*Instructor Ken McFarland has been teaching dancing since 1973 with teacher’s certification from the Royal Scottish Country Dance Society and the Country Dance and Song Society. He taught in schools and founded performing groups in California prior to moving to Alaska in 1997, where he started the Fairbanks English Country Dancers. His right knee replacement does not hinder his ability to dance: if he can do this, you can do this!*

## Dancing to Classical Music – Intermediate

MUS3 Session II: April 3 - 19

Tuesdays & Thursdays 11:30 am - 1:00 pm

**\*\*Meets 6 times\*\***

This Intermediate class builds on the basic figures from the Beginning class, with English dances that date from 1700 to 1825. The Country Dances from this period add variation in tempos and figures to the dances, which broadens their interest, but the dances are still easy to do and use only walking steps. For those who have completed the Beginning class, or the Fall 2011 class, or who have learned country dances elsewhere.

*Instructor is Ken McFarland.*



## Jane Austen Dances and Dances from Movies

MUS4 Session II: April 24 - 26

Tuesdays & Thursdays 11:30 am - 1:00 pm (No class fee, but must have prerequisites)

**\*\*Meets 2 times\*\***

The characters in Jane Austen’s novels meet and fall in love while doing Country Dances, as seen in the modern movies of *Pride and Prejudice*, *Emma*, and *Persuasion*. This class presents authentic dances that have been modified to fit Hollywood’s historical period movies and the abilities of actors. Special one-week class only for those who have completed MUS3 (Intermediate Dancing to Classical Music) or OLLI’s Fall 2011 Dancing to Classical Music.

*Instructor is Ken McFarland.*

## Middle Eastern Dance

MUS5 Session II April 6, 13, 20, 27

Fridays 10:45 - 12:00 noon

An enjoyable way to exercise! Middle Eastern Dance is an ancient dance perfectly designed to strengthen the body and to gain and maintain flexibility. We will be using traditional movement, isolations, rhythm, and isometrics. A non-impact fun way to achieve conditioning and tone. Wear loose, comfortable clothing.

*Instructor Nina Kinzie has been teaching dance for over 30 years. Middle Eastern dance has continued to be a favorite form for individual expression and ongoing study.*

## PHILOSOPHY

### The Idea of the University

PHL1 Session I: March 2, 9, 16, 23

Fridays 10:45 - 12:00 noon

What will become of the university in the 21st Century? Societal changes require change in the role of the university. Trace the historical development of the idea of the university, starting from ancient preSocratics and moving on to Plato’s Academy and the Alexandrian model in theory and practice. Discuss the decline of learning in the early Middle Ages, the reversal of that under Charlemagne, and the role of Alcuin of York in the reintroduction of the trivium and quadrivium—the seven liberal arts. Then review the rise of the modern university—the continental model and the Anglo-Saxon model—looking at the University of Bo-

# Spring Courses

logna, Paris, Oxford, Cambridge, Cardinal Newman, and Prof. Pelikan.

*Instructor **Rudy Krejci**, UAF Professor Emeritus, 1960-1997, lectured on philosophy in the U.S., Europe, and Asia and cooperated with Wittgenstein International Symposium, Dr. Siu's Panetics, and Dr. Frankl's Logotherapy.*

## **Hans Vaihinger and the Philosophy of "As If"**

PHL2 Session II: April 6, 13, 20, 27

Fridays 2:45 - 4:00 pm

This will be a course in applied Buddhism and Taoism - but using the work of a 20th Century German philosopher. Hans Vaihinger proposed that man willingly accepts falsehoods or fictions in order to live peacefully in an irrational world. He argued that we can never really know the underlying reality of the world, so we act "as if" the world matches our ideas of it. We will explore ways in which his philosophy can be practically applied in Buddhism and Taoism.

*Instructor **Walter Benesch** is Professor of Philosophy Emeritus at UAF. He is the author of several books including Introduction to Comparative Philosophy, The Ecumenical Cruise and Other Three-Legged Chicken Philosophy Tales, and Adam Cox Meets the Crackle Crunch for Lunch.*

## SCIENCE

### **Epigenetics (Why it really matters what we do!) and the Aging Brain**

SCI Session I: February 27; March 5, 19, 26

Mondays 9:00 - 10:15 am **\*\*No class March 12\*\***

"I have bad genes." Really? The conundrum "Nature versus Nurture" continues to plague just about every aspect of human health; however, new research seriously questions this perspective. We are the master of our own genes—for better or worse! And nutrition may play a vital role, especially when it comes to staying sharp into old age. We will learn about epigenetics, explore the aging brain, and discuss foods that keep our brains fit.

*Instructor **Tom Kuhn** is on a quest to let everyone know how to keep their grey matter red hot. Dr. Kuhn is a neuroscientist and biochemist and has been a UAF faculty member since 1998.*

### **Eaten Alive: Parasites Among Us**

SC2 Session I: February 27; March 5, 12, 19

Mondays 10:45 - 12:00 noon

Parasites are clever creatures that have evolved to invade all niches, including the human body. We will discuss the basic biology, morphological features, life cycles, modes of reproduction, host-parasite interactions, methods of transmission, and pathology of parasites. Emphasis will be on human parasites worldwide, but especially those that will be encountered in Alaska.

*Instructor **Janice Ott**, UAF adjunct and retired high school biology teacher, has a passion for unusual things. She holds a M.S. in Biology with emphasis on Wildlife Disease.*

### **The Evolutionary Aspect of Joy**

SC3 Session I: March 5, 12, 19, 26

Mondays 1:00 - 2:15 pm **\*\*Special dates\*\***

This course will deal with the field of evolutionary psychology, a new field that is currently developing. We will look at (1) how humans experience and express joy, and (2) why we think that the expression of joy is important for evolution, and (3) the first results of a sled dog study investigating the dogs' responses to positive situations.

*Instructor **Rosemarie Plaetke**, Affiliate Associate Professor in the UAF Anthropology Department, has a PhD in Genetics from Free University Berlin.*

### **Climate Variability and Change in Alaska**

SC4 Session I: Feb 27; Mar 5, 12, 19

Mondays 1:00 - 2:15 pm

Climate in Alaska is very complicated—and therefore very interesting! Alaska is surrounded on three sides by oceans that are covered with seasonal sea ice, and it has diverse topography. It has very different climate in the southern versus northern extremes. Parts of Alaska are desert while other parts are rain forests. Gain a basic understanding of climate variability and change as well as how weather and climate are linked. Learn about active areas of research conducted at UAF that further our understanding of climate and its link to other parts of the earth system, e.g. vegetation, glaciers, and rivers. Discuss the climate changes that have been documented in Alaska as well as future projections.

*Instructor **Uma Bhatt** is an Associate Professor of Atmospheric Sciences at UAF. Her teaching and research specialties include climate variability and change using both long term observations and climate models.*

# Spring Courses

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## Look for Changes in Northern Vegetation

SC5 Session II: April 2, 9, 16, 23

Mondays 10:45 - 12:00 noon

Climate change is occurring faster in the north than elsewhere on Earth. Northern vegetation is adapted to and limited by our cold climate. How are the changes we are experiencing affecting vegetation in the interior of Alaska and in the Arctic? We will look at the latest research, how scientists measure change, and what they have found. There will be lots of opportunities to discuss the meaning of these results.

*Instructor Martha Reynolds is a plant ecologist who has studied arctic vegetation for the past 30 years, on the ground and using maps and satellite data. She is a Research Scientist and Adjunct Faculty at the University of Alaska Fairbanks.*

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## Alaska's Real Old Timers: Rocks and Fossils

SC6 Session I: March 2, 9, 16, 23

Fridays 2:45 - 4:00 pm

Alaskan rocks and fossils will be the focus, but discussions may venture into geology, paleontology, archaeology, and osteology. Class projects will include identifying rocks and fossils as well as sites where they are found. We will examine several books and publications which would be helpful to the amateur rock hound. Participants are encouraged to bring along any of their "finds" for a "show and tell." There will be a field trip, which will be planned during the first class meeting.

*Instructors are Barb Gorman and Jim Maas, longtime Alaskans with field experience on the Colville with the Museum's dinosaur digs. In recent years they have been team-teaching classes on these subjects in schools in Barrow, Minto, Anchorage, and Fairbanks.*

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## Lost Civilizations and Prehistory Detectives: Archaeological Science

SC7 Session II: April 2, 9, 16, 23

Mondays 1:00 - 2:15 pm

How can we learn about the past—without time machines? Why is the past relevant to us now? We lived as foragers in small bands with very close relationships with the natural world for most of our time on the Earth. No other science deals with this vast expanse of human prehistory. Interested? This course will cover archaeological science, theory, methods, and some of the results of humanity's experience in the last 2.6 million years. You'll have a chance to handle 10,000 year-old artifacts. (Course comes with free baloney

detectors to aid you in evaluating claims about the past and in debunking pseudoarchaeology)

*Instructor Ben Potter is Associate Professor of Anthropology at UAF. He has worked in high latitude archaeology since 1995 and has published on stone tools, faunal remains, settlement and subsistence strategies, and organization of prehistoric societies in northeast Asia and northwest North America.*

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## Traditional Ecological Knowledge and Western Science

SC8 Session II: April 2, 9, 16, 23

Mondays 10:45 am - 12:00 noon

This is an exploration of one of the "hot topics" in modern environmental inquiry and interpretation, with historical, modern, and possible future examples. Global change and other concerns place premiums on local knowledge, especially in the Far North. Besides the instructor's examples of the synergy between traditional ecological knowledge and western science, guest lecturers will present examples from their own specialties (such as fisheries, sea ice studies, oral history) to demonstrate how two or more knowledge systems can collaborate to the benefit of each.

*Instructor Dave Norton specializes in not becoming specialized. He has been a researcher and instructor associated with various academic specialties and parts of the University for most of the time since 1967.*

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## Birds of Interior Alaska

SC9 Session II: April 2, 9, 16, 23

Mondays 1:00 - 2:15 pm \*\*Field trip on May 7\*\*

Alaska is an important place for birds from all over the world. Find out why as you explore the natural history of interior Alaska's birds with the staff of the Alaska Bird Observatory. We begin with the year-round residents and their amazing adaptations for surviving interior Alaska's harsh winters. Each subsequent week we will focus on a different group (raptors, waterfowl, songbirds and shorebirds). You will learn to identify common resident and migrant species and their strategies for survival. You can test your id skills on a field trip to ABO's Creamer's Field Migration Station on May 7. We will see the banding station in operation and (fingers crossed) birds in hand.

*Instructors Sue Guers and Tricia Blake are from the Alaska Bird Observatory (ABO). Sue is a research biologist and Manager of the Creamer's Field Migration Station. Tricia is the Education Coordinator.*

# Spring Courses

## The Science Behind the Fairbanks Landscape

SC10 Session II: April 6, 13, 20, 27

Fridays 10:45 - 12:00 noon **\*\*Field trip to be arranged\*\***

Learn about the geologic and ecosystem processes that create the landscape patterns we see around Fairbanks. We will start with the tectonic evolution of Interior Alaska, then move on to how the geomorphic processes of streams, loess, and permafrost have since modified the landscape. The patchwork of vegetation types and their position on the landscape will be examined in terms of topography, succession, and disturbance such as fire. We will also consider how landscapes change under changing climate. Finally, a field trip around the Fairbanks area will sum up and illustrate what we have learned in class.

*Instructor Patricia Heiser is an Assistant Professor in the UA Geography Program. Her research has focused on ice-age paleogeography and landscape evolution in western and southwestern Alaska.*

## Astrophysics: A Brief Tour of the Cosmos

SC11 Session II: April 6, 13, 20, 27

Fridays 1:00 - 2:15 pm

Our tour of the Cosmos will span the size scales from tiny atoms and the nucleogenesis that formed them all the way up to the largest known structures in the universe, super-clusters of galaxy clusters. On the way, we will explore some exotic astrophysical objects such as pulsars, neutron stars, black holes, stellar nurseries and quasars. While the tour will be mainly descriptive, using many beautiful NASA pictures, we will try to connect these objects to the physics which cause them.

*Instructor David Newman is a Professor of Physics at UAF whose research is focused on turbulence, complex systems, and fusion energy.*

## SOCIAL STUDIES

### Great Decisions 2012 Foreign Policy (I)

SOC1 Session I: February 28; March 6, 13, 20

Tuesdays 10:00 - 12:00 noon

Do you ever see foreign news reports and wonder what it's all about? Global challenges have increasingly become domestic challenges with events in the remotest parts of the world affecting our lives in myriad ways. Get the information you need to figure out what's happening and to be able

to discuss it intelligently with others. Topics for 2012 include

- Middle East Realignment
- Promoting Democracy
- Mexico
- Cybersecurity

This program was developed by the Foreign Policy Association. Read essential background information in the briefing book, then come to class for a video analysis of the topic by experts, followed by a group discussion. The *Great Decisions 2012 Briefing Book* is available from the OLLI office for \$22.

### Great Decisions 2012 Foreign Policy (II)

SOC2 Session II: April 3, 10, 17, 24

Tuesdays 10:00 - 12:00 noon

Continuation of Great Decisions I with topics:

- Exit from Afghanistan & Iraq
- State of the Oceans
- Indonesia
- Energy Geopolitics

You may register for either or both sessions of Great Decisions 2012. The same *Great Decisions 2012 Briefing Book* is used for both.

### The Cuban Revolution: Why It Happened, How It Persists

SOC3 Session I: March 2, 9, 16, 23

Fridays 2:45 - 4:00 pm

The Soviet Union—gone! The Eastern Bloc—gone! China and Vietnam—quasi-capitalist! The Cold War—over! Yet, the Cuban Revolution persists. Why? How? To understand the persistence of the revolutionary state and leadership in Cuba we will examine the causes of the revolution of 1959, the motivations and methods of its leaders, their accomplishments and failures, and their extraordinary ability to navigate the changing tides of the international system for more than half a century. There are no required readings for this class but two sources are highly recommended as background: "Chapter 5, Cuba: Key Colony, Socialist State," in *Modern Latin America* by Skidmore, Smith, and Green, and *Cuba: Between Reform and Revolution*, (especially Chapters 9-13) by Perez.

*Professor Jonathan Rosenberg is Political Science Department Chair and has research interests in Latin American and Caribbean political economy.*

# Spring Courses

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## Israel and the Middle East, 2012

SOC4 Session II: April 6, 13, 20, 27

Fridays 1:00 - 2:15 pm

After a brief geographic and historical view of Israel and its neighboring countries, we will explore the outlines and contradictions of this young, puzzling nation of Israel: its sharp subcultural and religious divisions, the untidy political system, the settlements, and the highly contentious holy sites of the three great religions of our times. (What a position to be in!) Other topics will include relations with surrounding countries, with the United States (How do Israelis feel about Obama?), and, of course, with the Palestinians. We'll take a look at the Arab Spring, its implications, and the recent controversial prisoner exchange between Israel and Hamas. And, perhaps we can discuss the prospects for peace in this area.

*Instructor **Gerry Berman** is an Emeritus Professor of Sociology and Social Work at UAF. He has been commuting between Jerusalem and Fairbanks for almost 30 years (not every weekend!). Dr. Berman will attempt to provide an experiential picture of this vastly misunderstood country and of the area in general.*

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## It Looked Good on Paper: The Constitution in Practice

SOC5 Session I: March 9, 16, 23, 30

Fridays 1:00 - 2:15 pm **\*\*Special dates\*\***

In our continuing look at the origins of the U.S. Constitution and the government it created, we will look closely at how the structure outlined in the document was fleshed out in Washington's first administration (1789-1793). We will then move on to the birth of political parties and the bitter partisanship of his second administration (1793 - 1797) that led to the Adams administration (1797 - 1801) and culminated in the presidential election of 1800, the nation's most bitter election (until recent times?).

*Instructor **Susan Stitham** team-taught Advanced Placement Government at Lathrop High School, and in 2008 designed and taught a high school course analyzing both the Declaration of Independence and the Constitution. In the last two OLLI Spring sessions she taught courses on the writing of the U. S. Constitution and its first years.*

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## How Do State Court Judges Decide Cases?

SOC6 Session II: April 6, 13, 20, 27

Fridays 2:45 - 4:00 pm

Three judges with over 60 years of combined experience will describe how they work in deciding the cases before them. The discussion will center on Alaska law and procedures, with reference to national trends. They will describe how decision making takes place. The four sessions will be:

- What really happens if a person is convicted of Drunk Driving? *District Court Judge **Jane Kauvar***
- How does a judge decide child custody? *Senior Judge **Niesje Steinkruger***
- Here are the facts; you decide the sentence! *Senior Judge **Meg Greene***
- Settling criminal and civil cases: how does it happen? *Senior Judge **Steinkruger**.*

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## Classic Books of Alaskana: Historical Overview

SOC7 Session II: April 2, 9, 16, 23

Mondays 9:00 - 10:15 am

It is estimated that 50,000 books about Alaska have been written in the last three hundred years. Ross Coen will take a dozen classics from the list and provide a historical overview of how they have shaped the way we think about Alaska. Hear about the circumstances in which the books were written, the impact they had at the time, their relevance today (if any), and why the texts will continue to matter in the future. Books to be discussed include *Two In the Far North* by Margaret Murie, *The Wilderness of Denali* by Charles Sheldon, *Ice Palace* by Edna Ferber, and *Coming Into the Country* by John McPhee. It is not necessary to have read any of these books to enroll in the class, but you might enjoy getting a head start.

*Instructor **Ross Coen** is a local historian who has been unable to specialize in just one area of Alaska history because he finds it all so fascinating. He has written numerous articles about political and environmental history of Alaska and the circumpolar North and has a forthcoming book about Prudhoe Bay oil development.*

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## The Economic Way of Thinking

SOC8 Session II: April 6, 13, 20, 27

Fridays 1:00 - 2:15 pm

This course will demonstrate how the economic way of thinking can shed light on problems faced by society. We

# Spring Courses

will learn “how the principles of economics make sense out of buzzing confusion, how they clarify, systematize, and correct the daily assertions of newspapers, political figures, ax grinders, and coffee shop pontificators.” (Paul Heyne)

*Instructor **Sherri Wall** is a faculty member in the UAF School of Management. She loves studying and teaching economics.*

## Update on Child Development and Guidance for Grandparents (and Others)

SOC9 Session II: April 6, 13, 20, 27

Fridays 9:00 - 10:15 am

What are the current “best practices” for relating to and caring for young children? Have there been some new scientific discoveries? Discuss parenting styles and associated behaviors of kids. Go beyond the obvious in gender differences. Communication will be addressed, including positive verbal and non-verbal skills, current thought on literacy, and exposure to other languages. Child guidance examples will be shared, as well as some great web resources. There will be special focus on the role of grandparents—and an opportunity to choose topics for further discussion.

*Instructor **Patty Meritt**, UAF Professor in Early Childhood, is a Mom, Step-mom and Grandma and has taught many classes and workshops on these topics.*

## TECHNOLOGY

### Sustainability and Your Carbon Footprint

TEC1 Session I: February 27; March 5, 12, 19

Mondays 2:45 - 4:00 pm

Our activities have an impact on the environment, and the greenhouse gases produced in our day-to-day lives through the burning of fossil fuels affect our climate.

- **February 27: Sustainability — The Natural Step for Communities.** Accelerating change toward sustainability. *Richard Seifert, Professor Emeritus and Community Sustainability Coordinator for Cooperative Extension.*
- **March 5: Understanding and Reducing your Carbon Footprint.** Measuring the impact your activities have on the environment and identifying simple things you can do to reduce your footprint. *Mike Musick and Michele Hebert, UAF Director of Sustainability.*
- **March 12: UAF's Carbon Footprint.** Assessing UAF's greenhouse gas emissions with *Clean Air-Cool Planet* and examining plans for reducing the footprint of the Power Plant in the future. *Anne Rittgers and Charles Ward,*

*UAF Director of Utilities.*

- **March 19: Building Materials and their Carbon Footprint.** An examination of the carbon footprint for common residential building materials, such as lumber, concrete and insulation, by life cycle assessment. *Colin Craven, Cold Climate Housing Research Center.*

### Driver Safety

TEC2 Session I: February 28; March 6, 13, 20

Tuesday 9:00 - 11:00 am

**\*\*No OLLI class fee for this course. There is a materials fee payable at the first class: \$12.00 if you are a member of AARP and \$14.00 if you are not.\*\***

Designed for motorists aged 50 and older, this eight-hour course helps drivers refine existing skills and develop safe, defensive driving techniques. Topics include vision and hearing changes, effects of medication, reaction time changes, left turns and other right-of-way situations, new laws, and hazardous driving situations. You do not have to be a member of AARP to take the course, and there are no tests. Certificates are awarded to those who attend all sessions; these may entitle you to insurance premium discounts. (The class needs to be taken once every three years to qualify for insurance discounts.)

*Instructor **Dave Mobatan** was raised as a farm boy in Minnesota. The first vehicle he learned to drive was a tractor. Dave came to Alaska in 1970 and began a career with the Bureau of Land Management. He is now retired.*

### Introductory Bike Maintenance: Learn to Love Your Bike

TEC3 Session II: April 3, 10, 17, 24

Tuesdays 1:00 - 3:00 pm

Learn how to fix flats, adjust gears and brakes, straighten wheels, and take care of bearings, chains, and cables. Set up your bike for better riding and be prepared for all conditions in Fairbanks and beyond. Bring your bike!

*Instructor **Simon Rakower** has been teaching bike repair for 26 years in Fairbanks and elsewhere. He recently trained instructors to teach kids to work on bikes for the Recycle a Bicycle program in Brooklyn, NY. He dreams of a world where everyone can fix their own flats. This class was a hit in Fall 2011!*

# Spring Courses

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## Measuring Land

TEC4 Session II: April 6, 13, 20, 27

Fridays 10:45 - 12:00 noon

This class will cover how we measure land, how we define property, and some of the special problems we have in Alaska. Learn about techniques for measuring land including compass and Gunter chain, transit and 100 foot chain, Theodolite and EDM, total stations, and Differential GPS. Discuss property definition with the public land survey system, US surveys, subdivisions, and mineral surveys, and

consider some of the differences in these. Consider also Lot and Block descriptions, Aliquot part descriptions, priority of ownership and senior / junior ownership considerations. Types of deeds will also be mentioned.

*Instructor **Scott Sexton** started surveying in 1970 for Dept. of Highways for construction on the Healy Canyon on the Parks Highway. He retired from DOT in June of 2010 as Location Survey Supervisor for Northern Region. (You cannot leave Fairbanks, or most of the state, without using a road or airport that he worked on.)*

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## OLLI Special Interest Groups (SIGs)

SIGs provide learning or recreational opportunities outside of the scheduled OLLI classes. They are organized and led by OLLI members. As the SIG schedules become available, they will be posted on the OLLI website, [www.uaf.edu/olli](http://www.uaf.edu/olli).

### How to Join a SIG

To be on the phone or email list for a SIG, contact the OLLI office at 464-6607 or [UAF-OLLI@alaska.edu](mailto:UAF-OLLI@alaska.edu)

### How to Start a SIG

Contact the OLLI office and we'll help in notifying members.

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### Lifelong Learning Book Club

Meets 7 times a year on Tuesdays, 1:30 – 3:30 pm

Noel Wien Library Conference Room

Discussion Leader: Georgine Olson

- **February 21, 2012**

*The Help* by Kathryn Stockett

(Historical Fiction / Domestic Fiction; 2009)

- **March 20, 2012**

*Cleopatra: a life* by Stacy Schiff

(Non-Fiction / Biography; 2010)

- **April 17, 2012**

*In the Time of the Butterflies* by Julia Alvarez

(Historical Fiction; 1995)

- **May 15, 2012**

Selection of titles for September 2012 – April 2013

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### Hiking Club

This group will be active again in May.

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### Let's Play Pictionary

This group meets monthly for a couple of hours of fun, laughter, and challenge. If interested, please call Barbara Rondine at 456-2462.

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### Skeezers (Cross-Country Skiing)

Meet Mondays at 11:00 am (when snow and weather are suitable) at the Ballaine Lake parking lot. Here is a chance to get out your cross-country skis and join some folks who are thinking that they're not as fast as they used to be! All levels are welcome. You can go as fast or as slow as you wish.

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### Tennis Anyone?

This group will be active again in May.

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### Let's Travel

Are you interested in traveling? This group was formed to exchange ideas and tour information or just contact one another when we need a travel companion. If you are interested in joining this informal group that primarily exchanges email, please contact the OLLI office. It is a great way to share travel discounts, travel tours and other travel information. Leader is Marcia Boyette.

# Excursions 2012

**June 1 – 7 . . . . . Katmai National Park**

**June 28 – July 2 . . . . . Fly Fishing Field School**

**July 2 – 6 . . . . . Denali with Your Grandchild**

**July 18 – 25 . . . . . Copper River Float Trip**

**August 6 – 9 . . Prudhoe Bay and Dalton Highway**

**November 13 – 18 . . . . Haines Bald Eagle Festival**

**Who may participate?** Members of OLLI at UAF. Adults over 50 or the adult companions of members are welcome to join OLLI by paying the annual membership fee of \$30. There are no geographical restrictions on membership; it is not necessary to be an area resident.

**Activity Levels.** In order to assist you in deciding which programs are best suited to your abilities, we have an activity rating system that describes the degree of physical activity involved. Please understand that the listing is meant only as a guide. We welcome all participants, including those with disabilities, to contact us about choosing programs. Let us know about any special needs as early as possible so that we can help make arrangements for you.

**Easy**

Able to handle your own luggage, stand for up to one hour, climb a few stairs, and get on and off a motor coach or van

**Moderate**

In addition, able to climb a few flights of stairs, and walk up to 2 miles on uneven surfaces

**Active**

In addition, be in good health, mobile, able to participate in 3-5 hours of physical activity every day, and walk 3 – 5 miles at a moderate pace over uneven ground

**Challenging**

In addition, be in excellent health, extremely mobile and used to an active lifestyle. Activities may require up to 6 hours of strenuous, fast-paced activity per day.

**Centennial Celebration: Katmai National Park**

**June 1 – 7 Activity Level: Moderate**

*Begin with dinner on June 1; end after breakfast on June 7.*

June 6th is the 100th anniversary of the eruption of Novarupta, the most powerful volcanic eruption of the 20th Century. Visit the Valley of 10,000 Smokes, a landscape created by the eruption. Learn about the earliest appearance of Na-

tive people in the area and visit an excavated pit house that dates back 9,000 years. While not guaranteed, there is a high probability that you will see some giant Katmai bears in the wild. Coordinator Johanna Bouker, whose father co-founded Brooks Camp more than 60 years ago, has hosted outdoor enthusiasts here over the last 20 years. Stay at Brooks Lodge, situated on the shore of Naknek Lake. Accommodations are in small cabins shared by four people. Each cabin has bunk beds (upper and lower), sink, shower, and toilet.

*Cost of \$1,225 (\$1,200 if paying by check) includes 6 nights lodging (quad occupancy), all meals, lectures, field trips, and gratuities. Double occupancy is available for an additional \$365/person. Transportation from Fairbanks is not included. \$100 deposit; remainder due April 1.*



**NEW! Interior Alaskan Fly Fishing and Fly Tying Field School**

**June 28 – July 2 Activity Level: Moderate**

*Begin at 3 pm on June 28; end at 4 pm on July 2.*

Fly fishing is equal parts meditation, art, and science. Join expert fly fishermen Shann Jones and Scott Murdock for a hands-on exploration of the fly tackle, fly tying materials, fly fishing in regional water, and the science that makes it all possible. Short indoor lectures will be accompanied by stream-side instruction and hands-on fly tying sessions. Depending on weather and water conditions, you will be fishing on Delta-Clearwater River, Tangle Lakes, Tangle River, and/or other waters in between. From the end of a line study the interplay of water hydraulics, stream ecology, entomology, and their combined effects on fish habitat. From the end of the bobbin, experience the creative art of fly design. Accommodations and meals at Black Rapids Lodge.

*Cost of \$1,380 (\$1,345 if paying by check) includes 4 nights lodging (double occupancy), all meals, guide fees, and all field supplies. Transportation from Fairbanks is not included. \$100 deposit; remainder due April 1.*

# Excursions 2012

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## **NEW! Denali with Your Grandchild!**

**July 2 – 6** Activity Level: Moderate

Begin with dinner on July 2; end with breakfast on July 6.

Bring your grandchild to Denali National Park and enjoy an exploration of the subarctic with expert resident naturalists. Walk the Savage River Trail and take plaster track casts along the river's edge. Learn how wolf tracking is done using radio telemetry. Use wild plants to make homemade ice cream. Search for wildlife on a day-long trip to Eielson Visitor Center. Optional activities such as a raft trip can be planned for the final day. The program is coordinated by the Denali Education Center. Rooms and meals are at their quiet wooded campus on the banks of the Nenana River. Accommodations are in two-room cabins, each with two bedrooms and one bath. Rooms shared by grandparents and grandkids. Recommended age of grandchildren is 8–12.

*Cost of \$945/adult and \$795/child (\$925 and \$775 if paying by check) includes 4 nights accommodations, all meals, educational activities, transportation into and around the park, and gratuities. Transportation from Fairbanks is not included. Deposit of \$150/person is needed before March 1; remainder due May 1.*

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## **Copper River Float Trip**

**July 18 – 25** Activity Level: Active

Begin in Chitina late afternoon, July 18; end in Chitina on July 25.

Take a wilderness raft trip down the Copper River from Chitina to Cordova, and along the way learn more about the human and natural history of the region. Spend the first night in Chitina with dinner and a local native history presentation. In the morning set off at a leisurely pace down the river. Days will be interspersed with short hikes, great food, presentations and discussions. Take out at the Million Dollar Bridge or at Flag Point and drive into Cordova. Spend the night in Cordova, then take the ferry back to Valdez and van shuttle back to Chitina. Program arranged by Copper Oar, based in McCarthy. Tents, dry bags, and rafting equipment are provided. The rafts are "oar boats," run by expert guides, but available for you to try.

*Cost of \$1,970 (\$1,925 if paying by check) includes rafts and equipment, guides, transportation from Cordova to Chitina, hotel accommodations in Chitina and Cordova, and meals from dinner the first evening through breakfast the last day. Transportation from Fairbanks is not included. \$100 deposit; remainder due May 1.*

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## **Prudhoe Bay and Dalton Highway**

**August 6 – 9** Activity Level: Easy

Leave on the morning of August 6; return evening of August 9.

Fly from Fairbanks to Prudhoe Bay; then take a 3-day drive down the scenic Dalton Highway (Haul Road). Tour the oil fields and stand on the shores of Arctic Ocean. Spend the first night in Deadhorse. The next day drive south to the University of Alaska Fairbanks Toolik Field Station, where several research projects are underway. Spend the night at Toolik, then continue over Atigun Pass to Coldfoot. Spend the night there, enjoy a lecture from a Gates of the Arctic National Park Ranger, and visit the former gold rush town of Wiseman. Continue across the Arctic Circle and Yukon River back to Fairbanks. Accommodations in Deadhorse and Coldfoot are in rustic hotels (shared bathrooms), and in Toolik, in Quonset huts with beds and platform floors, but participants need to bring sleeping bags and towels.

*Cost of \$1120/person (\$1095 if paying by check) includes air transportation from Fairbanks to Prudhoe Bay, van transportation back to Fairbanks, guided ground tours, 3 nights accommodations, meals at Toolik, and gratuities. Meals at Deadhorse and Coldfoot are not included. \$100 deposit; remainder due June 1.*

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## **NEW! Alaska Bald Eagle Festival in Haines**

**November 13 – 18** Activity Level: Easy

Celebrate the largest gathering of bald eagles in the world! At this time of year up to 4,000 eagles can be found feeding on a unique late run of salmon in the Alaska Bald Eagle Reserve. Enjoy guided eagle viewing (every day if you wish!) 21 miles up the Chilkat River at the "Eagle Council Grounds" north of Haines. In Haines there are hourly presentations by naturalists and others at the Natural History Museum. Evenings feature a variety of entertainment: two festival dinners, a chocolate extravaganza, and live music. Optional (extra cost) activities include a photography workshop, scrapbooking workshop, and Klukwan cultural tour. Individuals will be free to schedule their days according to their own interests. Accommodations are in a centrally located Haines motel.

*Cost of \$565 (\$550 if paying by check) includes bus transportation to eagle viewing, over 15 presentations, 5 nights lodging (double occupancy), continental breakfasts, welcome banquet, Saturday night catered dinner, and evening entertainment. Transportation from Fairbanks is not included. \$100 deposit; remainder due September 1.*

# Class Schedule – Spring 2012

## SESSION I (Feb. 27 - Mar. 23) page

<b>MONDAY</b>			
9:00 - 10:15	EX1	StrongWomen (Mon & Fri, 9 wks)	5
9:00 - 10:15	SC1	Epigenetics & Aging Brain (no class Mar 12, make-up on Mar 26)	12
10:45 - 12:00	LIT1	Flannery O'Connor Stories	9
10:45 - 12:00	SC2	Parasites Among Us	12
1:00 - 2:15	HL6	Mystery of Tea	9
1:00 - 2:15	SC3	Evolutionary Aspect of Joy (Mar 5 - 26)	12
1:00 - 2:15	SC4	Climate in Alaska	12
2:45 - 4:00	TEC1	Sustainability & Carbon Footprint	16

<b>TUESDAY</b>			
9:00 - 11:00	TEC2	Driver Safety	16
10:00 - 12:00	SOC1	Great Decisions 2012 (I)	14
11:30 - 1:00	MUS2	Dancing to Classical Music (Tue & Thr, 2 wks)	11
1:00 - 2:30	EX6	Curling (2 wks, at Curling Club)	6
1:00 - 4:00	FP1	Films of Natalie Portman	7
4:00 - 6:00	HL1	Chronic Disease Management (6 wks, at Senior Center)	8

<b>WEDNESDAY</b>			
9:00 - 12:00	ART2	Beginning Watercolor	3
9:30 - 12:00	ART5	Knitting Socks	3
9:00 - 12:00	LIT3	Shakespeare's History Plays (Mar 7 - 28)	9
10:00 - 11:30	CP1	Internet Survival	4
10:00 - 11:00	EX2	Pilates Conditioning (at North Star Ballet, no class Mar 14)	5
1:00 - 3:00	CP5	Digital Photos on Computers	5
1:00 - 4:00	FP2	Alaska Film Classics	7
1:00 - 3:00	HL5	Growing Things To Eat (8 wks, Mar 7 - Apr 25)	9

<b>THURSDAY</b>			
11:30 - 1:00	MUS2	Dancing to Classical Music (Tue & Thr, 2 wks)	11
3:00 - 5:00	HL7	Mastering Wine (Feb 23 - Mar 15, at Lavelle's Bistro)	9

<b>FRIDAY</b>			
9:00 - 10:15	EX1	StrongWomen (Mon & Fri, 9 wks)	5
9:00 - 10:15	HL4	T-Touch Method	8
10:45 - 12:00	HL2	Health Issues	8
10:45 - 12:00	PHL1	Idea of the University	11
1:00 - 2:15	LIT2	Robert Browning Poetry	9
1:00 - 2:15	LIT7	Conversational Spanish	10
1:00 - 2:15	SOC5	Constitution in Practice (Mar 9 - 30)	15
2:45 - 4:00	SC6	Rocks and Fossils	13
2:45 - 4:00	SOC3	Cuban Revolution	14

## ADD-ON I (Mar. 26 - 30) page

<b>MONDAY</b>			
9:00 - 10:15	EX1	StrongWomen (Cont. from Session I)	5
9:00 - 10:15	SC1	Epigenetics & Aging Brain (Cont. from Session I)	12
1:00 - 3:00	CP2	eBay, Craigslist & PayPal (Mon & Wed)	4
1:00 - 2:15	SC3	Evolutionary Aspect of Joy (Cont. from Session I)	12

<b>TUESDAY</b>			
9:30 - 11:30	ART4	Book Binding (Tue, Wed, Thr)	3
4:00 - 6:00	HL1	Chronic Disease Management (Cont. from Session I)	8

<b>WEDNESDAY</b>			
9:00 - 12:00	LIT3	Shakespeare's History Plays (Cont. from Session I)	9
9:30 - 11:30	ART4	Book Binding (Tue, Wed, Thr)	3
9:30 - 12:00	ART6	Sweater Design (Start of 5-wk class)	3
10:00 - 11:00	EX2	Pilates Conditioning (Cont. from Session I)	5
1:00 - 3:00	CP2	eBay, Craigslist & PayPal (Mon & Wed)	4
1:00 - 3:00	HL5	Growing Things To Eat (Cont. from Session I)	9

<b>THURSDAY</b>			
9:30 - 11:30	ART4	Book Binding (Tue, Wed, Thr)	3

<b>FRIDAY</b>			
9:00 - 10:15	EX1	StrongWomen (Cont. from Session I)	5
11:00 - 1:00		Annual Meeting & Lunch Social	
1:00 - 2:15	SOC5	Constitution in Practice (Cont. from Session I)	15



# Class Schedule – Spring 2012

## SESSION II (Apr. 2 - Apr. 27) page

### MONDAY

9:00 - 10:15	EX1	StrongWomen (Cont. from Session I)	5
9:00 - 10:15	SOC7	Classic Books of Alaskana	15
10:45 - 12:00	SC5	Northern Vegetation Changes	13
10:45 - 12:00	SC8	Traditional Ecological Knowledge	13
1:00 - 2:15	SC7	Archaeological Science	13
1:00 - 2:15	SC9	Birds of Interior Alaska	13
2:45 - 4:00	EX4	Yoga (5 wks)	6

### TUESDAY

9:00 - 10:30	CP3	Kindle, iPad, Nook	4
10:00 - 12:00	SOC2	Great Decisions 2012 (II)	14
10:30 - 12:00	HL3	Healing Touch	8
11:30 - 1:00	MUS3	Dancing to Classical Music - Intermed. (Tue & Thr)	11
1:00 - 4:00	FP3	Films of Martin Scorsese	7
1:00 - 3:00	TEC3	Bike Maintenance	16
1:30 - 2:30	EX3	Pilates (Apr 10 - May 1)	5

### WEDNESDAY

9:00 - 12:00	ART3	Intermediate Watercolor	3
9:00 - 10:30	CP6	Photos Using Mac Applications	5
9:30 - 12:00	ART6	Sweater Design (5 wks)	3
1:00 - 3:00	ART1	Art at UAF	3
1:00 - 3:00	CP4	Social Media Basics	4
1:00 - 3:00	FP4	Digital Photography (Apr 11 - May 2)	7
1:00 - 3:00	HL5	Growing Things to Eat (Cont. from Session I)	9

### THURSDAY

9:00 - 10:30	LIT5	Introduction to Chinese	10
11:30 - 1:00	MUS3	Dancing to Classical Music - Intermed. (Tue & Thr)	11
1:00 - 3:30	MUS1	Gilbert and Sullivan	10
2:45 - 4:00	EX7	Basic Fly Casting	6

### FRIDAY

9:00 - 10:15	EX1	StrongWomen (cont. from Session I)	5
9:00 - 10:15	SOC9	Child Development Update	16
10:45 - 12:00	MUS5	Middle Eastern Dance	11
10:45 - 12:00	SC10	Science of Fbks Landscape	14
10:45 - 12:00	TEC4	Measuring Land	17
1:00 - 2:15	EX5	Zumba Gold (Apr 13 - 30)	6
1:00 - 2:15	SC11	Astrophysics	14
1:00 - 2:15	SOC4	Israel and Middle East	15
1:00 - 2:15	SOC8	Economic Way of Thinking	15
2:45 - 4:00	EX8	Slow Tennis	6
2:45 - 4:00	LIT6	Beginning French	10
2:45 - 4:00	PHL2	Philosophy of "As If"	12
2:45 - 4:00	SOC6	How Judges Decide	15
6:00 - 9:00	ART7	Fly Tying (Evening class)	4

## ADD-ON II (Apr. 30 - May 6) page

### MONDAY

1:00 - 2:15	EX5	Zumba Gold (Cont. from Session II)	6
2:45 - 4:00	EX4	Yoga (Cont. from Session II)	6

### TUESDAY

1:30 - 2:30	EX3	Pilates (Cont. from Session II)	5
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### WEDNESDAY

1:00 - 3:00	FP4	Digital Photography (Cont. from Session II)	7
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### FRIDAY - SUNDAY

9:00 - 12:00	LIT4	Fiction Writing (3-day workshop)	10
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## SUMMER

### MONDAY - THURSDAY

June 4 - 7	EX9	Basic Canoeing	7
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# Membership and Fees

## Annual Membership

For just \$30, individuals 50 and over can become OLLI members for one full calendar year. Membership includes lecture series, newsletters, lunch social, ice cream social and eligibility to register for courses and excursions.

## Course Fees

- \$10 per course or
- \$50 for unlimited courses for Half-Year (Jan. – June) or (July – Dec.)
- \$90 for unlimited courses for Year (Jan. – Dec.).

## Scholarships

Reduced membership fees are available for those who are unable to pay the regular fees. Call 474-6607.

## Day Passes

Non-members may enjoy a day of classes or activities for \$10.00. Call ahead to register and to check on space availability.

## Parking at University Park

- Requires a UAF decal or a purchased permit from 8 am to 5 pm on weekdays.
- With decal or permit, you may park anywhere around the University Park building.

## OLLI Parking Permit

\$10 for January 1 – June 30, valid only at UPark.

These may be purchased at the OLLI office.

## Hour/Day Permits

\$.50/hour or \$3.00/day, valid at all UAF decal lots. Purchase at the parking kiosk at the UPark building.

## Student Decals

\$37/semester, valid at all UAF decal lots, for UAF students registered for 8 credits or less. (OLLI classes do not count.)

# Registering for Classes

## Register by mail, online, in person

### Send the form to

Osher Lifelong Learning Institute  
University of Alaska Fairbanks  
PO Box 758100  
Fairbanks, AK 99775-8100

### Submit a registration form online at

[www.uaf.edu/olli](http://www.uaf.edu/olli).

### Visit the OLLI office in Room #159

University Park Building  
1000 University Ave.  
Fairbanks, AK

After February 10, phone registration will also be available.

## Random Deadline: February 10

You will have equal priority for classes if you enroll by this date. At the end of the day, each course will be filled by drawing names at random from those who have registered for it. Starting on February 11, names will be added as they come in. (The intent of this procedure is to not penalize members who have slow mail or who cannot register online.)

## Registration Open House

**Monday, February 6,  
11:00 am - 3:00 pm**

### University Park Building

*An opportunity to learn more about OLLI and to register for classes.*

## Confirmation and Invoice

**Your confirmation and invoice will be emailed to you.** You may request a mailed paper confirmation: simply check that box on the registration form.

## Payment

Checks, credit cards, and cash are accepted.

## Make checks payable to

OLLI or Osher Lifelong Learning Institute

**Submit credit card information** by phone, fax, mail, or in person. (Do not use email.)

# Registration 2012



Osher Lifelong Learning Institute



UNIVERSITY of ALASKA FAIRBANKS

## Membership Data

Name \_\_\_\_\_

Address \_\_\_\_\_

Telephone \_\_\_\_\_ e-mail \_\_\_\_\_

## Course Requests

Class Code	Session-Day-Time	Title	Second Choice
SOC2	II - F - 9 am <i>sample</i>	Dawn of Civilization	SC8

Please check ONE:

- I agree to have my confirmation sent by e-mail.
- Please send my confirmation by regular mail.



Return to: Osher Lifelong Learning Institute  
University of Alaska Fairbanks  
PO Box 758100  
Fairbanks, AK 99775

*See other side for  
Fee & Payment information*

**Fees**

Annual Membership (Jan - Dec, 2012) . . . . .	\$30	\$ _____
<b>Course Fees</b>		
Unlimited Half-Year (Jan - June) . . . . .	\$50	\$ _____
OR Unlimited Year (Jan - Dec) . . . . .	\$90	\$ _____
OR Payment for . . . _____ courses ×	\$10	\$ _____
<b>Additional Class Fees/Materials</b>		
<i>Great Decisions 2012 Briefing Book</i> . .	\$22	\$ _____
<i>Wine Class</i> . . . . .	\$80	\$ _____
<b>Parking Permit (Pick up permit at OLLI office.)</b>		
(Jan - June) . . . . .	\$10	\$ _____
<b>Excursion Deposits (\$50 of deposit is nonrefundable.)</b>		
Katmai National Park . . . . .	\$100	\$ _____
Fly Fishing School . . . . .	\$100	\$ _____
Denali with Grandchild (per person)	\$150	\$ _____
Copper River Float Trip . . . . .	\$100	\$ _____
Prudhoe Bay & Dalton Highway . .	\$100	\$ _____
Haines Eagle Festival . . . . .	\$100	\$ _____
<b>TOTAL FEES</b> . . . . .		\$ _____

**Fee Payment**

- Check is enclosed (payable to Osher Lifelong Learning Institute)
- Please charge my \_\_\_ Visa \_\_\_ MasterCard      Card Number \_\_\_\_\_  
Expiration Date \_\_\_\_\_      Signature \_\_\_\_\_

**Donation**

*For tax purposes, donations are charged separately.*

OLLI Spendable Fund (current expenses)	\$ _____
OLLI Endowment (future earnings) . . . . .	\$ _____

In honor of \_\_\_\_\_

In memory of \_\_\_\_\_

**TOTAL DONATION** . . . . . \$ \_\_\_\_\_

- Check is enclosed (payable to UA Foundation)
- Please charge my \_\_\_ Visa \_\_\_ MasterCard      Card Number \_\_\_\_\_  
Expiration Date \_\_\_\_\_      Signature \_\_\_\_\_

# *Show your support for OLLI!*

**The Osher Lifelong Learning Institute needs your financial support**

- to keep membership and tuition costs low
- to ensure its long-term viability

*OLLI enriches all of our lives.*

*Please consider making a gift today to*

## **Osher Lifelong Learning Spendable Fund**

Donations for immediate use.

## **Osher Lifelong Learning Endowment**

Donations for the future. A donation to this “permanent fund” remains, and the investment income is used to support the yearly operation of OLLI.

With your donation become a

- Benefactor      \$1000+
- Patron            \$500 – \$999
- Donor             \$250 – \$499
- Supporter        \$100 – \$249
- Friend             \$25 – \$100



UNIVERSITY of ALASKA FAIRBANKS

**Osher Lifelong Learning Institute**  
University of Alaska Fairbanks  
PO Box 758100  
Fairbanks, AK 99775

Non-Profit  
Organization  
U.S. Postage  
PAID  
Fairbanks, AK  
Permit No. 2

## *Mark Your Calendars*

### **Registration Open House**

Monday, February 6, 2012  
11:00 am – 3:00 pm  
University Park Building  
1000 University Ave.  
*Learn more about OLLI  
and register for classes*



### **Annual Meeting and Lunch Social**

Friday, March 30, 2012  
11:00 am  
University Community Presbyterian  
Church  
3510 College Road  
*For current (Year 2012) members*



# A HEALTH CLUB FOR YOUR MIND!