A Health Club for Your Mind!

Osher Lifelong Learning Institute
For Seasoned Adults, Age 50+

Course Schedule
Spring 2018
A HEALTH CLUB FOR YOUR MIND!

OLLI at UAF

Osher Lifelong Learning Institute
at the University of Alaska Fairbanks

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

Office: 159 University Park Bldg.
1000 University Avenue
Fairbanks, AK

Phone: (907) 474-6607
Email: UAF-OLLI@alaska.edu
Website: www.uaf.edu/olli/

Program Director: Sarah Garland
Office Assistants: Phyllis Tugman-Alexander
Joy Clein

Photo Credits
Front cover, second from top: Paul McCarthy
This page: JR Ancheta
p.4,14: Dave Norton
p.16: Audrey Mauer
p.18: Painting of HMS Beagle by John Chancellor
p.28 and back cover: Carol Johnson
All other photos by OLLI staff
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 their high quality and financial support from the Bernard 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.

Organizations
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, donations, and an endowment that was initiated by a generous gift from the Bernard Osher Foundation.

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

Annual Membership
Membership is open to adults 50 and older and their adult companions. The annual fee is $35. The membership year is January to December. Membership includes e-newsletters, socials, lecture series, special interest groups, and eligibility to register for courses and special programs.

Courses
Classes are held in Spring (February–April) 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. All of our instructors are volunteers!

Fees
We offer two types of membership:
“Members” pay $35 per year plus $15 tuition per course.
“Unlimited members” pay $185 per year with no per-course tuition.

Some courses have a materials fee or facility fee; all students must pay those fees.
**Contents**

## Evenings and Weekends

<table>
<thead>
<tr>
<th>Code</th>
<th>Course</th>
</tr>
</thead>
<tbody>
<tr>
<td>EX-13</td>
<td>Intermediate Strength Training for Athletes with Needy Knees</td>
</tr>
<tr>
<td>REC-03</td>
<td>Kayaking I: Quickstart Your Kayak</td>
</tr>
<tr>
<td>REC-07</td>
<td>Kayaking II</td>
</tr>
<tr>
<td>HIS-02</td>
<td>History of Motoring in Alaska</td>
</tr>
<tr>
<td>SOC-02</td>
<td>2nd Century of UAF (FREE &amp; open to the public)</td>
</tr>
</tbody>
</table>

## Alaskan Topics

<table>
<thead>
<tr>
<th>Code</th>
<th>Course</th>
</tr>
</thead>
<tbody>
<tr>
<td>ART-01</td>
<td>Ten Alaskan Postcards</td>
</tr>
<tr>
<td>ART-05</td>
<td>Meet the Artists</td>
</tr>
<tr>
<td>ART-11</td>
<td>Friday’s Kuspuk</td>
</tr>
<tr>
<td>FF-02</td>
<td>Growing Things to Eat</td>
</tr>
<tr>
<td>FF-04</td>
<td>Practical Beekeeping for Fairbanks</td>
</tr>
<tr>
<td>FF-05</td>
<td>Zero to 51 in 5 Years: Growing Peonies</td>
</tr>
<tr>
<td>HIS-02</td>
<td>History of Motoring in Alaska</td>
</tr>
<tr>
<td>HIS-04</td>
<td>Cold War in Alaska: Nike Missile Sites Project Jukebox</td>
</tr>
<tr>
<td>HIS-05</td>
<td>History of WAMCATS</td>
</tr>
<tr>
<td>HIS-09</td>
<td>History of the Tanana Valley Railroad</td>
</tr>
<tr>
<td>HIS-10</td>
<td>Our Northern Waste-Line</td>
</tr>
<tr>
<td>HIS-11</td>
<td>History of Ocean Exploration V</td>
</tr>
<tr>
<td>HIS-12</td>
<td>Scoundrels in Northern History: Chapter VII</td>
</tr>
<tr>
<td>HIS-14</td>
<td>Understanding Mining History Through Its Pioneers</td>
</tr>
<tr>
<td>LIT-08</td>
<td>Meet the Authors</td>
</tr>
<tr>
<td>MTH-01</td>
<td>Land Survey: Measuring Land</td>
</tr>
<tr>
<td>PHT-01</td>
<td>Nature Photography</td>
</tr>
<tr>
<td>SCI-02</td>
<td>Alaska During the Late Cretaceous Greenhouse World</td>
</tr>
<tr>
<td>SCI-03</td>
<td>The Science of Museum Collections</td>
</tr>
<tr>
<td>SCI-04</td>
<td>Northern Animal Adaptations</td>
</tr>
<tr>
<td>SCI-06</td>
<td>Museum Graduate Student Sampler</td>
</tr>
<tr>
<td>SOC-02</td>
<td>2nd Century of UAF (FREE &amp; open to the public)</td>
</tr>
<tr>
<td>SOC-08</td>
<td>Celebrating the Athabascan People of Alaska</td>
</tr>
<tr>
<td>SOC-11</td>
<td>Conserving Local Land</td>
</tr>
<tr>
<td>SOC-13</td>
<td>Alaska’s Courts</td>
</tr>
<tr>
<td>SOC-16</td>
<td>Perspectives on the North</td>
</tr>
</tbody>
</table>

## “2nd Century of UAF” Lecture Series

| Code | Course                                                                       |
|------|                                                                          |
| ART-01 | Ten Alaskan Postcards                                                      |
| ART-02 | Watercolor Workshop I                                                      |
| ART-03 | Watercolor Workshop II                                                     |
| ART-04 | The Sweater Workshop: A Class in Knitting Techniques                       |
| ART-05 | Meet the Artists                                                            |
| ART-06 | Introduction to Needle Felting                                             |
| ART-07 | Drawing Using the Right Side of the Brain, part 1                          |
| ART-08 | Create a Printed Cloth Bag                                                 |
| ART-09 | Glass Fusing Basics                                                         |
| ART-10 | Reversible Two Color Knitting                                              |
| ART-11 | Friday’s Kuspuk                                                            |
| ART-12 | Drawing Studio II                                                           |
| ART-13 | Suminagashi (Japanese Paper Marbling)                                       |
| ART-14 | Weave a Reed Basket                                                        |

## Exercise & Recreation

<table>
<thead>
<tr>
<th>Code</th>
<th>Course</th>
</tr>
</thead>
<tbody>
<tr>
<td>EX-01</td>
<td>Awareness Through Movement®</td>
</tr>
<tr>
<td>EX-02</td>
<td>Cross Country Ski Touring</td>
</tr>
<tr>
<td>EX-03</td>
<td>Tai Chi Sensing Hands</td>
</tr>
<tr>
<td>EX-04</td>
<td>Beginning Skate Skiing</td>
</tr>
<tr>
<td>EX-05</td>
<td>Strong Seniors</td>
</tr>
<tr>
<td>EX-06</td>
<td>Beginning Yoga</td>
</tr>
<tr>
<td>EX-07</td>
<td>Basic Ice Skating Skills</td>
</tr>
<tr>
<td>EX-08</td>
<td>Qigong</td>
</tr>
<tr>
<td>EX-09</td>
<td>Chair Yoga</td>
</tr>
<tr>
<td>EX-10</td>
<td>Beginning Pickleball</td>
</tr>
<tr>
<td>EX-11</td>
<td>Intermediate Yoga</td>
</tr>
<tr>
<td>EX-12</td>
<td>Slow Tennis</td>
</tr>
<tr>
<td>EX-13</td>
<td>Intermediate Strength Training for Athletes with Needy Knees</td>
</tr>
<tr>
<td>REC-01</td>
<td>Mah-jong</td>
</tr>
<tr>
<td>REC-02</td>
<td>Euro-Style Board Games</td>
</tr>
<tr>
<td>REC-03</td>
<td>Kayaking I: Quickstart Your Kayak</td>
</tr>
<tr>
<td>REC-04</td>
<td>Bike Maintenance: Learn to Love Your Bike</td>
</tr>
<tr>
<td>REC-05</td>
<td>Fly-tying for Beginners</td>
</tr>
<tr>
<td>REC-06</td>
<td>EasyBridge: Learn to Play Bridge</td>
</tr>
<tr>
<td>REC-07</td>
<td>Kayaking II</td>
</tr>
</tbody>
</table>

## Art & Crafts

<table>
<thead>
<tr>
<th>Code</th>
<th>Course</th>
</tr>
</thead>
<tbody>
<tr>
<td>ART-01</td>
<td>Ten Alaskan Postcards</td>
</tr>
<tr>
<td>ART-02</td>
<td>Watercolor Workshop I</td>
</tr>
<tr>
<td>ART-03</td>
<td>Watercolor Workshop II</td>
</tr>
<tr>
<td>ART-04</td>
<td>The Sweater Workshop: A Class in Knitting Techniques</td>
</tr>
<tr>
<td>ART-05</td>
<td>Meet the Artists</td>
</tr>
<tr>
<td>ART-06</td>
<td>Introduction to Needle Felting</td>
</tr>
<tr>
<td>ART-07</td>
<td>Drawing Using the Right Side of the Brain, part 1</td>
</tr>
<tr>
<td>ART-08</td>
<td>Create a Printed Cloth Bag</td>
</tr>
<tr>
<td>ART-09</td>
<td>Glass Fusing Basics</td>
</tr>
<tr>
<td>ART-10</td>
<td>Reversible Two Color Knitting</td>
</tr>
<tr>
<td>ART-11</td>
<td>Friday’s Kuspuk</td>
</tr>
<tr>
<td>ART-12</td>
<td>Drawing Studio II</td>
</tr>
<tr>
<td>ART-13</td>
<td>Suminagashi (Japanese Paper Marbling)</td>
</tr>
<tr>
<td>ART-14</td>
<td>Weave a Reed Basket</td>
</tr>
</tbody>
</table>

## Computer Applications

<table>
<thead>
<tr>
<th>Code</th>
<th>Course</th>
</tr>
</thead>
<tbody>
<tr>
<td>CP-01</td>
<td>Introduction to iPhone</td>
</tr>
<tr>
<td>CP-02</td>
<td>Exploring MacMost</td>
</tr>
<tr>
<td>CP-03</td>
<td>iMovie</td>
</tr>
<tr>
<td>CP-04</td>
<td>Google Docs, Sheets &amp; Slides</td>
</tr>
<tr>
<td>CP-05</td>
<td>“Photos” for Mac, iPhone &amp; iPad</td>
</tr>
<tr>
<td>CP-06</td>
<td>Google Maps</td>
</tr>
<tr>
<td>CP-07</td>
<td>Introduction to iPad</td>
</tr>
<tr>
<td>CP-08</td>
<td>eBay, Craigslist &amp; Paypal</td>
</tr>
<tr>
<td>CP-09</td>
<td>Self-Publishing</td>
</tr>
<tr>
<td>CP-10</td>
<td>Library Digital Resources</td>
</tr>
<tr>
<td>CP-11</td>
<td>Hands-On PowerPoint for Mac</td>
</tr>
<tr>
<td>CP-12</td>
<td>Share Your Story, Digitally</td>
</tr>
</tbody>
</table>

## Film & Photography

<table>
<thead>
<tr>
<th>Code</th>
<th>Course</th>
</tr>
</thead>
<tbody>
<tr>
<td>FLM-01</td>
<td>The Essential Films: I</td>
</tr>
<tr>
<td>FLM-02</td>
<td>Films of Ingrid Bergman</td>
</tr>
<tr>
<td>PHT-01</td>
<td>Nature Photography</td>
</tr>
<tr>
<td>PHT-02</td>
<td>Get the Most Out of Your Digital Camera</td>
</tr>
</tbody>
</table>

## Foods & Flowers

<table>
<thead>
<tr>
<th>Code</th>
<th>Course</th>
</tr>
</thead>
<tbody>
<tr>
<td>FF-01</td>
<td>Tea “101”</td>
</tr>
<tr>
<td>FF-02</td>
<td>Growing Things to Eat</td>
</tr>
<tr>
<td>FF-03</td>
<td>Wines of Italy</td>
</tr>
<tr>
<td>FF-04</td>
<td>Practical Beekeeping for Fairbanks</td>
</tr>
<tr>
<td>FF-05</td>
<td>Zero to 51 in 5 Years: Growing Peonies</td>
</tr>
<tr>
<td>FF-06</td>
<td>Cheese 101 with Murray’s Cheese</td>
</tr>
</tbody>
</table>

---

**www.uaf.edu/olli/ 907-474-6607 UAF-OLLI@alaska.edu**
<table>
<thead>
<tr>
<th><strong>Healthy Living</strong></th>
<th><strong>Music &amp; Dance</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>HL-01 Hearing &amp; Balance</td>
<td>MUS-01 Dealing With Dragons, the Musical</td>
</tr>
<tr>
<td>HL-02 Aging at Home</td>
<td>MUS-02 Shape Note Singing</td>
</tr>
<tr>
<td>HL-03 The Human Superorganism</td>
<td>MUS-03 Guitar from Scratch</td>
</tr>
<tr>
<td>HL-04 The Diabetes Self-Management Program</td>
<td>MUS-04 Intermediate Guitar</td>
</tr>
<tr>
<td>HL-05 Purposeful Happiness through Laughter and Play</td>
<td>MUS-05 More Singing Together</td>
</tr>
<tr>
<td>HL-06 Natural Methods of Healing</td>
<td>MUS-06 Opera from the Met</td>
</tr>
<tr>
<td>HL-07 Head to Toe</td>
<td>DAN-01 Historical Dancing for Fun, Exercise, and Sociability, I</td>
</tr>
<tr>
<td>HL-08 Brain Health &amp; What Works</td>
<td>DAN-02 Historical Dancing for Fun, Exercise, and Sociability, II</td>
</tr>
<tr>
<td>HL-09 Self-Hypnosis</td>
<td>DAN-03 Israeli Folk Dance</td>
</tr>
<tr>
<td>HL-10 Thyroid</td>
<td><strong>Religion &amp; Beliefs</strong></td>
</tr>
<tr>
<td>HL-11 Cannabis as Medicine</td>
<td>RB-01 Neophyte’s Guide to Reading Tarot Cards</td>
</tr>
<tr>
<td>HL-12 Dog Grooming 101: Zen and the Art of Canine Maintenance</td>
<td><strong>Science &amp; Mathmatics</strong></td>
</tr>
<tr>
<td>HL-13 Healing Herbs</td>
<td>SCI-01 Is the Earth Rare?</td>
</tr>
<tr>
<td>HL-14 Smart Driving (AARP)</td>
<td>SCI-02 Alaska During the Late Cretaceous Greenhouse World</td>
</tr>
<tr>
<td>HL-15 Osteoporosis &amp; Vitamin D</td>
<td>SCI-03 The Science of Museum Collections</td>
</tr>
<tr>
<td></td>
<td>SCI-04 Northern Animal Adaptations</td>
</tr>
<tr>
<td></td>
<td>SCI-05 DNA Exploration</td>
</tr>
<tr>
<td></td>
<td>SCI-06 Museum Graduate Student Sampler</td>
</tr>
<tr>
<td></td>
<td>SCI-07 World Ocean and Deep-Water Circulation</td>
</tr>
<tr>
<td></td>
<td>MTH-01 Land Survey: Measuring Land</td>
</tr>
<tr>
<td><strong>History &amp; Politics</strong></td>
<td><strong>Social Studies</strong></td>
</tr>
<tr>
<td>HIS-01 Famine or Genocide 1845</td>
<td>SOC-01 Alzheimer’s and Related Dementia: What Do We Need to Know?</td>
</tr>
<tr>
<td>HIS-02 History of Motoring in Alaska</td>
<td>SOC-02 2nd Century of UAF (FREE &amp; open to the public)</td>
</tr>
<tr>
<td>HIS-03 Doing the Right Thing</td>
<td>SOC-03 Travelogues</td>
</tr>
<tr>
<td>HIS-04 Cold War in Alaska: Nike Missile Sites Project Jukebox</td>
<td>SOC-04 What Does It Mean to Be White?</td>
</tr>
<tr>
<td>HIS-05 History of WAMCATS</td>
<td>SOC-05 The Psychology of Downsizing</td>
</tr>
<tr>
<td>HIS-06 Wagon Trails West</td>
<td>SOC-06 Siblings and Family Dynamics</td>
</tr>
<tr>
<td>HIS-07 Great Decisions 2018, I</td>
<td>SOC-07 Healthy Aging Research Discussion Groups</td>
</tr>
<tr>
<td>HIS-08 Great Decisions 2018, II</td>
<td>SOC-08 Celebrating the Athabascan People of Alaska</td>
</tr>
<tr>
<td>HIS-09 History of the Tanana Valley Railroad</td>
<td>SOC-09 Utopias to Dystopias: Dreams or Nightmares?</td>
</tr>
<tr>
<td>HIS-10 Our Northern Waste-Line</td>
<td>SOC-10 PTSD</td>
</tr>
<tr>
<td>HIS-11 History of Ocean Exploration V</td>
<td>SOC-11 Conserving Local Land</td>
</tr>
<tr>
<td>HIS-12 Scoundrels in Northern History: Chapter VII</td>
<td>SOC-12 Death, The Trip of a Lifetime, part 2</td>
</tr>
<tr>
<td>HIS-13 History of Medicine</td>
<td>SOC-13 Alaska’s Courts</td>
</tr>
<tr>
<td>HIS-14 Understanding Mining History Through Its Pioneers</td>
<td>SOC-14 Exploration into the Psychology of Aging</td>
</tr>
<tr>
<td>HIS-15 De-mystifying Cannabis</td>
<td>SOC-15 Understanding Our Unconscious Mind</td>
</tr>
<tr>
<td>HIS-16 A Personal View of Post-WWII Austria</td>
<td>SOC-16 Perspectives on the North</td>
</tr>
<tr>
<td>HIS-17 War: 50th Anniversary of Vietnam’s Tet Offensive</td>
<td>SOC-17 Winter Getaways</td>
</tr>
<tr>
<td>HIS-18 Ulysses S. Grant: Reconsidered</td>
<td><strong>Special Interest Groups (SIGS)</strong></td>
</tr>
<tr>
<td><strong>Literature &amp; Languages</strong></td>
<td><strong>Daily Schedule</strong></td>
</tr>
<tr>
<td>LIT-01 Cowboy Poetry</td>
<td><strong>Registration Information</strong></td>
</tr>
<tr>
<td>LIT-02 Rock ‘n’ Roll Poetry I</td>
<td><strong>Registration Worksheet</strong></td>
</tr>
<tr>
<td>LIT-03 Rock ‘n’ Roll Poetry II</td>
<td><strong>Accessibility</strong></td>
</tr>
<tr>
<td>LIT-04 Writings of W. B. Yeats</td>
<td><strong>Contact Us</strong></td>
</tr>
<tr>
<td>LIT-05 Emily Dickinson’s Poetry</td>
<td><strong>License</strong></td>
</tr>
<tr>
<td>LIT-06 Asian Literature in Translation</td>
<td><strong>Terms of Service</strong></td>
</tr>
<tr>
<td>LIT-07 Eudora Welty Stories</td>
<td><strong>Privacy Policy</strong></td>
</tr>
<tr>
<td>LIT-08 Meet the Authors</td>
<td><strong>About Us</strong></td>
</tr>
</tbody>
</table>
Mondays, Feb. 12–March 5
7:00 - 8:30 pm
Murie Auditorium, UAF West Ridge

FREE and open to the public — bring a friend!
Parking on UAF campus is free after 5:00 pm

Current OLLI members are encouraged, but not required, to register for this as a free course, SOC-02.

UAF celebrated its centenary in 2017 and is now in its second century. This lecture series aspires to share with OLLI members and the general public some of the wealth of knowledge and experience of the University of Alaska Fairbanks faculty and other professional staff, encouraging them to share topics of their own choice.

- **Feb. 12:** “The Future of Volcanology”
  John Eichelberger, former UAF Dean of the Graduate School and Professor Emeritus of Volcanology

- **Feb. 19:** “The Future of Permafrost”
  Vladimir Romanovsky, UAF Professor of Geosciences

- **Feb. 26:** “Future Insights: An Outlook”
  Dave Norton, UAF interdisciplinary high-latitude science researcher

- **March 5:** “50 Years of Print Media History at the University of Alaska”
  Carla Helfferich, former media professional at the Geophysical Institute
Ten Alaskan Postcards
ART-01  Session I: Feb. 12, 19, 26, March 5, 12
Mondays 2:30 - 4:30 pm (5 weeks)
This class is good for beginners and more experienced artists. Each student will make 10 postcards that depict Alaska to share with friends and family. You will learn how to watercolor skies, northern lights, landscapes, oceans and rivers, and how to “border” cards, as well as how to transfer animal images onto the cards. Bring: a basic watercolor set (Prang set of 12 colors will do); three different-sized watercolor brushes, including a small one; a container for water; an ultra-fine-tipped permanent marker; and something to use as a palette. Materials fee $20 covers the postcards; pay instructor at the first class. Enrollment limited to 15.
Instructor David Gerrish has taught art throughout Alaska and accumulated hundreds of field sketches that comprise exhibits here and in the lower 48. His enthusiasm for art and the land he loves continues in retirement.

Watercolor Workshop, I & II
ART-02  Session I: Feb. 13, 20, 27, March 6
ART-03  Session II: March 20, 27, April 3, 10
Tuesdays 2:00 - 5:00 pm
* Part I is not required for Part II. You may enroll in either course separately, or in both. Less-experienced painters are strongly recommended to start with Part I and to attend the first class.
Fellow OLLI members and guest artists will share tips for painting their favorite subjects or techniques. Students will be responsible for providing their own watercolor supplies; a detailed list will be emailed after registration. Enrollment limited to 15.

The Sweater Workshop: A Class in Knitting Techniques
ART-04  Session I: Feb. 21, 28, March 7, 12, 14
Wednesdays 9:30 am - 12:00 pm (4th class is a Monday)
WARNING: This class will not make a sweater. This is a knitting techniques class based on the book The Sweater Workshop, by Jacqueline Fee. We will knit the sampler illustrated in the book, which will then allow you to construct, on your own, a seamless sweater of any size in any yarn without needing to follow a pattern word for word. You will learn about basic ribbing and knitting techniques, sweater design, stitch patterns, pockets, and even belts. Students must know how to cast on, knit, and purl. Purchase of the book (list price $25.95) is required. A basic supply list is available online. Enrollment limited to 15.
Instructor Jacqueline Fee is a retired geologist. When not playing outdoors, she knits in any spare moments, something she's been doing since dinosaurs walked the earth.

Meet the Artists
ART-05  Session I: Feb. 14, 21, 28, March 7
Wednesdays 3:45 - 5:00 pm
Meet a different local artist every week. See examples of their work and hear them talk about their creative processes.
Feb. 14: Joe Paul, Painter (oils)
Feb. 21: Lucy McCarthy, Fiber Artist
Feb. 28: Jennifer Moss, Painter (acrylic)
Mar. 7: Carol Wilbur, Metalsmith and Painter (watercolors)

Introduction to Needle Felting
ART-06  Session I: Feb. 15, 22, March 1, 8
Thursdays 2:00 - 4:00 pm
Learn basic techniques that can be adapted and used over and over on your needle felting journey. Learn to use different gauge needles, a multi-needle tool, and other tricks of the trade. The possibilities are endless! Students will make four different needle felted objects, in increasing difficulty, and sure to spark even more creativity. Materials fee $35 covers all supplies; pay instructor at the first class. Enrollment limited to 10.
Instructor Patty Fulmer Olsen was born and raised in Fairbanks, which her parents called home shortly after it became the 49th state. Inspired by Mother Nature's beauty, her crafts are ever-evolving and always meant as an everlasting compliment to Alaska's unspoiled beauty.

Drawing Using the Right Side of the Brain, part 1
ART-07  Session I: Feb. 16, March 2, 9, 12*
Fridays 12:15 - 1:30 pm (no class 2/23)
* 4th class is on a Monday
All young children delight in drawing. As we get older many of us “forget” how to do it. Why? Because our left brain takes over and instead of seeing things as they really are we see them as concepts: we draw what our brain thinks an eye or a tree should look like rather than what it actually does look like. This course will use the principles in Betty Edwards's classic book to teach you how to disconnect your left brain's distorting influence and discover how to once again see – and draw – things as they actually are. Not all of us can be artists, but anyone can draw well!
The simple techniques used in this class will transform how you draw, and possibly how you see. Materials fee $30; pay instructor at the first class. Enrollment limited to 25.

Instructor Larry Moen is an award-winning ice sculptor and provides art/creativity therapy as a licensed professional counselor in his private practice, Uncommon Therapy (www.ughterapy.net).

Create a Printed Cloth Bag
ART-08  Session I (Add-On): March 12, 13, 14, 15
MTuWTh 2:00 - 4:30 pm
* Bring 2 - 3 yards PFD fabric March 12; bring a sewing machine March 14 & 15.

Spend the first two days turning white cotton fabric into printed fabric. We’ll use a gel plate, acrylic paints, inks, shaving cream, stamps and stencils to create one-of-a-kind fabric. On days 3 and 4 we’ll sew our fabric into useful bags. If you cannot find PFD (Prepared For Dyeing) fabric you can use 100% cotton fabric that has been washed to remove the “sizing.” Do NOT use fabric softener or dryer sheets; you need chemical-free fabric. Materials fee $10; pay instructor at the first class. Enrollment limited to 10.

Instructor Karen Malone started sewing 50 years ago. She loves to create her own fabrics, sew clothes, purses, sports gear, costumes and dolls. She has taught OLLI classes in the past and is looking forward to spending time with others who enjoy getting their creative juices flowing.

Glass Fusing Basics
ART-09  Session II: April 2, 4, 9, 11
Mondays & Wednesdays 12:00 - 4:00 pm (special dates)
* Meets at 1532 LaRue Lane

Learn the basics of glass fusing and create fused glass jewelry, tiles and plates. Students will learn proper and safe use of various tools which will be supplied by the instructor, and will be introduced to enamels, stringers, glass line paints and more. Projects will be fired and slumped in a kiln. No experience necessary, but instruction will be individualized to suit your experience level. Materials fee $85; pay instructor at the first class. Enrollment limited to 10.

Instructor Margaret Donat taught art in Fairbanks schools for many years and, after retiring, became a founding member of local artist cooperative Two Street Gallery, where some of her art is on display. She loves teaching art and is excited to introduce you to glass, a wonderful medium to express yourself and create beautiful art.

Reversible Two Color Knitting
ART-10  Session II: March 21, 28, April 4, 11
Wednesdays 9:15 - 11:45 am
This class will look at a form of double knitting using two colors to produce a reversible fabric. Sometimes the patterns on each side are the same or mirror images, but sometimes they are completely different. Possible uses are scarves, hats, coasters, and whatever your imagination can come up with. The fabric is thicker than “normal” knitting. We will make samples of increasing complexity over the session. You should be fluent in casting on, binding off, knit and purl, as well as handling two colors of yarn at once. A basic supply list is available online.

Enrollment limited to 15.

Instructor: Gail Davidson (see ART-04)

Friday’s Kuspuk
ART-11  Session II: March 22, 29, April 5, 12, 19
Thursdays 2:00 - 4:30 pm (5 weeks)
* Meets at Christ Lutheran Church, Farmer’s Loop & Iniakuk
* Must bring and be able to operate your own sewing machine with minimal assistance from the instructors.

For students who have completed OLLI’s “Seams Great! Learn to Sew” course and others with advanced beginner garment sewing skills. Students must provide all materials and supplies for their kuspuk. Cost will vary, depending on the fabrics and trims selected. Purchase your own pattern and pattern tracing material and bring to the first class. Patterns are available at
local quilt stores (not JoAnn’s) and online. The first class will be devoted to measuring to determine the correct size, and pattern preparation. Students will be guided by instructors in determining how much fabric and trim needs to be purchased before the second class. An equipment supply list will be sent after registration. Enrollment limited to 14.

Instructors: Karen Milne is a home economist and a custom clothing seamstress and sewing instructor for a variety of sewing classes for more than 40 years. Kanza Easterly-Keill taught home economics to junior high students for over a quarter of a century.

Drawing Studio II
ART-12 Session II: March 23, 30, April 6, 13
Fridays 12:15 - 1:30 pm

This class is a continuation class for those who have taken any previous drawing classes. We’ll continue with drawing exercises and art composition instruction, including figure drawing using live models. In addition to strengthening their drawing skills, students will be encouraged to explore developing their own individualistic style of drawing. Materials fee $35; pay instructor at the first class. Enrollment limited to 25.

Instructor: Larry Moen (see ART-07)

Suminagashi (Japanese Paper Marbling)
ART-13 Session II: March 23, 30, April 6, 13
Fridays 2:00 - 5:00 pm

* If you have taken this course at OLLI before, please let others have a chance to try it.

Suminagashi is the art of Japanese paper marbling. Inks are floated onto a bed of water and transferred to paper, which absorbs the ink. The paper is then rinsed and dried and the print is permanent. Join us as we create stunning papers in a very relaxed environment. Materials fee $20; pay instructor at the first class. Enrollment limited to 8.

Instructor Bev Frey has worked with paper arts for 30 years. She believes experimentation is the nature of art and is happy to introduce OLLI students to a new experience.

Weave a Reed Basket
ART-14 Session II (Add On): April 16, 18, 20
Monday, Wednesday, & Friday 2:30 - 5:00 pm

Weave a basket out of reeds. Basket type will be instructor’s choice depending on material availability, possibly a rustic rib-style basket. Bring a pail for wetting reed and scissors for cutting. Materials fee $20; pay instructor at the first class. Enrollment limited to 12.

Instructor Krista Holbrook has enjoyed weaving baskets for fifteen years, having learned from Choctaw weavers in Mississippi.

## Computer Applications

### Introduction to iPhone
CP-01 Session I: Feb. 12, 19, 26, March 5
Mondays 10:30 - 11:45 am

* Bring your own iPhone and your Apple account login information.

This class is designed to give users a basic understanding of the functions and features of the Apple iPhone and will examine a variety of applications. Enrollment limited to 20.

Instructor William Sanderson has taken several Apple workshops and is an avid reader of manuals. He is excited to share with you what he has learned.

### Exploring MacMost
CP-02 Session I: Feb. 12, 19, 26, March 5
Mondays 2:00 - 3:15 pm

MacMost.com is a website which offers explanations, usage tips, and short courses in using Mac computers. Tips present a mix of common and little known features of Apple software in a TED Talk-like structure, but much shorter (3 to 5 minutes). We will watch and discuss tips that may be of value to Mac users. Students are encouraged to visit MacMost and to share a list of topics they find interesting. Enrollment limited to 15.

Instructor Lewis Overton is retired from the University of Alaska. He has worked in Information Technology for over 50 years in both public and private sector operations.

### iMovie
CP-03 Session I: Feb. 12, 19, 26, March 5
Mondays 3:45 - 5:00 pm

* Bring an Apple/Mac computer and power supply

iMovie is an Apple application that comes free on all Apple computers. It allows you to combine photos and videos into a truly professional presentation. Apple has recently made a major update to their video application and the new interface has completely changed. Bring your Apple computer with the latest updates, or the instructor can help you update. We will load photos and videos onto the computer, learn how to organize them, narrate and annotate them, and add music to the final presentation. We will also discuss the many ways that you can share your presentation. Enrollment limited to 12.

Instructor John Morack, UAF Physics Professor Emeritus, spends his time fly fishing and working in his woodshop. The long cold winters provide an ideal time to work on photos and videos on the computer.

## Registration Procedure
On the day registration opens, you can enroll and/or waitlist in up to 3 courses in Session I and 3 courses in Session II. Starting the next day you can select as many more courses as you wish.

Online registration opens 9:30 a.m. Wednesday, January 24 (see p. 34)
Google Docs, Sheets and Slides
CP-04 Session I: Feb. 14, 21, 28, March 7

* Bring your Google/Gmail username and password.
Your Google account gives you access to three of Google's most popular apps: Docs, Sheets, and Slides. We'll show you the basics of editing, formatting, and styling your Google documents, spreadsheets, and slides. Learn the easy editing tools; see how to quickly format and apply styles; discover new ways to work together on the same files. Bring your questions and come join us as we explore the free and easy-to-use alternative to Office. Enrollment limited to 20.

Instructors are Instructional Designers at UAF eLearning: Chris Beks is a technology enthusiast, a Certified Blackboard Trainer with 15 years experience in higher education and technology, and a seasonal peony farmer who lives in North Pole, Alaska. Tina Johnson is an instructional designer, with over 16 years experience with online learning and the Blackboard Learning Management System.

“Photos” for Mac, iPhone & iPad
CP-05 Session I: Feb. 15, 22, March 1, 8
Thursdays 12:15 - 1:30 pm

* Bring an Apple/Mac computer, iPhone, and/or iPad
This is a chance to learn how to take your photos on an Apple device and present them in a format that you can share with your friends and family. In this class we will load photos onto the computer, learn how to organize, edit, and annotate them, and then put them together into a presentation in Photos. We will use the latest version of Photos so bring your Apple computer to class with the latest updates (or the instructor can help you update). Enrollment limited to 12.

Instructor: John Morack (See CP-03)

Google Maps
CP-06 Session I: Feb. 15, 22, March 1, 8
Thursdays 2:00 - 4:00 pm

Google Maps presents a world of information at your fingertips. Explore Google Maps both on the computer and with the smartphone app, and discover how to use this technology to your advantage. This course is designed to take those with little or no Google Maps experience from beginner to expert. A smartphone is not required, but if you have one, bring it. Whether you are interested in virtual sightseeing, planning a trip, or using Google Maps for navigation, this is the course for you. Enrollment limited to 20.

Instructor Katie Kennedy served as a member of Google’s Geo Teacher Advisory Board from 2014-2017 and has been a trainer at numerous Google Apps for Education summits. A former K-12 educator and outreach professional, Katie now works for UAF Summer Sessions & Lifelong Learning.

Introduction to iPad
CP-07 Session I: Feb. 16, 23, March 2, 9
Fridays 10:30 - 11:45 am

* Bring your own iPad and your Apple account login information.
This class is designed to give users a basic understanding of the functions and features of the Apple iPad and will examine a variety of applications. Enrollment limited to 20.

Instructor: William Sanderson (See CP-01)

eBay, Craigslist, & PayPal
CP-08 Session I (Add-on): March 13, 15
Tuesday & Thursday 10:00 am - 12:00 pm

* Participants need to be familiar with the Internet and general computer use.
eBay is an online website where people buy and sell goods and services worldwide. Craigslist is a community website with classified advertisements covering items for sale, want ads, services, and more. PayPal is an online money transfer service that is an alternative to using credit cards. Learn how to set up a personal eBay account, search for items for sale, investigate the auctioning process, automate bidding to improve your chance of winning, and make payments using PayPal. Also, learn how easy it is to sell items on eBay. Explore the Craigslist-Fairbanks website. Enrollment limited to 20.

Instructor Frank Abegg is a retired engineer and and now enjoys helping OLLI members increase their knowledge and skills using a personal computer and the Internet.

Self-Publishing
CP-09 Session II: March 19, 26, April 2, 9
Mondays 12:15 - 1:30 pm

Thinking of publishing a book but don’t know where to begin? Modern publishing technology makes it easier than ever to get your book into print. The good news is that almost anyone can be a published author. The bad news is that almost anyone can do it badly, and there are many poorly written, badly designed books out there. This class will give you a leg up on the competition by providing tips on finding and working with a printer, publishing costs, book pricing, book design, editing, copyright issues, getting your book into bookstores, marketing, and more.

Instructor Ray Bonnell is a Fairbanks-based writer and artist. He has worked in desktop publishing for over 15 years and currently produces a bi-weekly historical column in the Fairbanks Daily News-Miner. A second volume of his book Interior Sketches, Ramblings around Interior Alaska Historic Sites has just been published.

Did you know all OLLI instructors are volunteers? THANK YOU, instructors!
Library Digital Resources
CP-10  Session II: March 20, 27, April 3, 10
Tuesdays 2:00 - 3:15 pm

* If you have taken this course at OLLI before, please let others have a chance to try it.
* You must have a FNSB Library account; bring your PIN.
What is this world coming to? It seems everything is online now!
This class will introduce you to the digital resources available to anyone with a FNSB Library account. Topics will include the Library’s website, online catalog, e-books, e-audio and more. Students should bring their own newer portable devices or computer to class. This course is meant to spark further interest in more specific classes that will be held at the library in the near future. Enrollment limited to 10.

Instructor Christine Osciak is the Digital Literacy Librarian at Fairbanks North Star Borough Libraries.

Hands-On PowerPoint for Mac
CP-11  Session II: March 22, 29, April 5, 12
Thursdays 2:00 - 4:00 pm

* Priority enrollment will be given to OLLI presenters who contact the OLLI office before Jan. 24.
* Bring your own Mac laptop and power supply.

Do you have an idea for a project you would like to make into a PowerPoint presentation? In this class you will learn how to combine text, photos, drawings, and videos into PowerPoint slide presentations. Classes will be a mix of lecture and hands-on practice. The focus will be on using basic skills, while working with your own content. We will explore how to create and design slides; design and edit presentations; import slides from elsewhere; adapt presentations for other computers; and communicate effectively. Participants will need familiarity with editing documents in word processors such as Microsoft Word. Enrollment limited to 20.

Instructor Cindy Williams has used PowerPoint for teaching, presenting research, making posters, and showing way-too-many vacation photos.

Share Your Story, Digitally
CP-12  Session II (Add-on): April 16, 17, 18, 19
MTuWTh 2:00 - 4:00 pm

We all have stories to share. You have journeyed to get where you are today. You have traveled places and had experiences that inspired you, changed you, that you would like to share. Online tools make it fun and easy to tell your story. We will identify your story, then craft those stories using words, sound, images, and more. By the end of the course, everyone will have their own online digital story to share with friends and family near and far. No experience is required. We will work through the whole process together. Enrollment limited to 20.

Instructors: Jennifer Moss enjoys helping others create engaging and beautiful learning experiences. She teaches digital graphics at UAF and is a professional artist in her free time. Kendell Newman Sadiik helps teachers leverage technology to create dynamic, student-centered courses. A teacher and writer herself, Kendell received her MFA in Creative Writing from UAF in 2015. Additional eLearning staff may assist.

Exercise & Recreation

Awareness Through Movement®
EX-01  Session I: Feb. 12, 19, 26, March 5
Mondays 10:30 - 11:45 am

* If you have taken this course at OLLI before, please let others have a chance to try it.
* You must be able to get down and back up from the floor several times each hour.

The Feldenkrais® Method uses gentle movements and directed attention to enhance muscular efficiency by reducing subconscious muscular habits that often limit the quality of our movements. Class participants are verbally led through a sequence of movements in basic positions such as lying on the floor, sitting in a chair, or standing. Each class will feature a different movement sequence designed to increase awareness of how your body functions. Bring a yoga mat or similar floor pad. Enrollment limited to 15.

Instructor Russell Walker holds a degree in Kinesiology from Oregon State University and uses the Feldenkrais® Method to improve posture, movement, and well-being.

Cross-Country Ski Touring
EX-02  Session I: Feb. 26, 28, March 2, 5, 7
MWF 12:00 - 2:00 pm (special dates)

* Meets at UAF Ski Hut Feb. 26; locations for other days TBA in class

We will focus on exploring a variety of local trails, some groomed and others ungroomed. You must be at least an advanced beginner skill-wise, but more important is the ability to ski at a comfortable, moderate pace for 1½ to 2 hours with occasional stops. Enrollment limited to 12.
Instructor Tim Buckley has been an avid cross-country skier for the past 40 years and has taught adult lessons for NSCF since 1995. He is certified by the Professional Ski Instructors of America.

**Tai Chi Sensing Hands**  
**EX-03**  
**Session I:** Feb. 12, 19, 26, March 5  
**Mondays 12:15 - 1:30 pm**

“Taichi form practice that ignores functional application bestows health benefits that are artificial at best.” Cheng Man-ch’ing. Practice some Tai Chi applications in this slow dance format. Learn to establish your root, direct your Chi, and listen to your partner.

Instructor Scott Sexton is not a certified instructor, but an avid practitioner of Tai Chi for over 20 years.

**Beginning Skate Skiing**  
**EX-04**  
**Session I:** March 6, 8, 13, 15  
**Tuesdays & Thursdays 12:00 - 1:00 pm (special dates)**

* Meets at the UAF Ski Hut on March 6, Smith Lake on other days

Since skate skiing has become such an integral part of cross country skiing, the focus of this class will be to introduce skiers to the fundamentals of this winter sport. Instruction will focus on establishing proper body position, creating glide, using poles efficiently, adapting technique to terrain, and initiating skate turns. Because of the unique demands of skate skiing, students must bring the following: skis, poles, and boots designed specifically for skate skiing and a suitable level of physical fitness. Proper care and waxing of skis will also be covered. *Enrollment limited to 12.*

Instructor: **Tim Buckley** (see EX-02)

**Strong Seniors**  
**EX-05**  
**Session I:** Feb. 21 - April 20  
**Wed. & Fri. 8:45 - 10:00 am (starts 2/21; no class 3/14, 3/16)**

* 8 week course, $30 tuition  
* If you have taken this course at OLLI before, please let others have a chance to try it.

This research-based beginning strength-training program was designed for middle-aged and older women, but it works for men too! Strength training helps control weight, blood sugar, and cholesterol, and increases independence and bone density. Sleep quality improves; falls, depression, and arthritis pain are reduced. Wear comfortable clothes and stable shoes with socks. The first class is an orientation where we discuss the research, and what weights to get (minimal). Participants complete a health checklist and their health care provider’s clearance may be needed. Come with a friend and stop the “downhill slide.” Materials fee $15; pay instructor at first class. *Enrollment limited to 18.*

Instructor: **Leslie Shallcross** is Cooperative Extension's new Tanana District "Health, Home and Family Development" faculty member. Her academic background includes linguistics and nutrition. She is a registered dietitian with a master's degree in human nutrition science. Her career and current program focuses heavily on health promotion, disease prevention, food safety and nutrition through the lifecycle.

**Basic Ice Skating Skills**  
**EX-07**  
**Session II:** March 19 - April 18  
**Mondays and Wednesdays 11:00 am - 12:00 pm (5 weeks)**

* Meets at UAF Patty Center Ice Arena. OLLI parking permits are NOT valid at Patty Center.

Whether you’ve never ice skated before, or it’s been many years and you’d like to try it again, this class will get you gliding over the ice. As with any new sport or exercise program, consult with your doctor to see if ice skating is a good choice for you. If you have skates that fit you, bring them; if you don’t, you can borrow a pair of rental skates at no additional charge. Helmets are recommended for beginning skaters. $20 fee covers ice time; pay OLLI at registration. *Enrollment limited to 15.*

Instructor **Anne Derkacz-Wagner** has been teaching skating to all ages for 30+ years. She enjoys all types of skiing, walking, and paddleboarding.
Qigong
EX-08    Session II: March 19, 26, April 2, 9
Mondays 2:00 - 3:15 pm
Qigong (pronounced “chee-gong”) is an ancient Chinese exercise to improve health and longevity. In Chinese, ‘Qi’ means vital energy and ‘gong’ means training or practice. Although the movements are different, the benefits of Qigong are similar to yoga or Tai Chi. It can help relax and calm your mind, release tension or stress, and improve health, flexibility and balance. As you move slowly with conscious breathing, you can cultivate your own healing energy. No experience necessary. For more information and regular class schedule, see http://qigong-forhealthak.com/. Enrollment limited to 15.

Instructor Hisako Ito integrated Qigong with her career as a Shiatsu/Massage practitioner and martial arts experience. She teaches Qigong at Heart Stream Yoga and has lived in Alaska since 1988.

Chair Yoga
EX-09    Session II: March 21, 28, April 4, 11
Wednesdays 10:30 - 11:45 am
Come join us for a fun session of Chair Yoga! Chair Yoga is appropriate for all abilities and body types, from upright to chair-bound. Yoga helps us to create balance, alignment, flexibility and strength, all from the safety and support of a chair. Our class will include breathing and poses taught with emphasis on alignment. A gentle yoga practice trains the body to be supple and strong and the mind to be quiet. Enrollment limited to 20.

Instructor Toni Kaufman has been dedicated to yoga for 30 years. She is certified in alignment style of yoga and has taught classes extensively in the Fairbanks area. Toni’s commitment to yoga has helped to keep her feeling mostly young and flexible into her 70s.

Beginning Pickleball
EX-10    Session II: March 21, 28, April 4, 11, 18
Wednesdays 3:00 - 4:15 pm (5 weeks)
* Meets at UAF Student Recreation Center (SRC) Court #3
* A photo I.D. and a clean pair of athletic shoes are required
* OLLI parking permits are NOT valid; you can pay by the hour at the parking kiosks
Pickleball has been described as “the fastest growing sport you’ve never heard of” and its popularity is rising among OLLI-age adults. It is played on a badminton-sized court with a perforated plastic ball (similar to a whiffle ball); the paddles are similar to large ping-pong paddles. It is easy to learn and all equipment is provided. If you like tennis, racquetball, ping-pong, or badminton, you will love pickleball. $10 facility fee; pay OLLI at registration, and equipment fee $10; pay instructor at the first class. Enrollment limited to 16.

Instructors are members of the Farthest North Pickleball Club.

Intermediate Yoga
EX-11    Session II: March 23, 30, April 13, 20
Friday 8:45 - 10:00 am (no class 4/6)
* For students with previous yoga experience. Beginners, please choose EX-06, Beginning Yoga, or EX-09, Chair Yoga, instead.
Bring your sticky mat, blocks and strap (if you have them), and something to put under your head during relaxation. Enrollment limited to 25.

Instructor Patricia Mata-Celis has practiced yoga for many years, and completed a one-year certification course for teaching yoga and meditation.

Slow Tennis
EX-12    Session II: March 23, 30, April 6, 13
Fridays 2:00 - 3:15 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. Or, just come and have fun! Bring a racket if you have one; some will be available to borrow. Enrollment limited to 12.

Instructor Mary Matthews has been playing tennis off and on during her adult life, and now regularly plays doubles with friends.

Intermediate Strength Training for Athletes with Needy Knees
EX-13    Session II: March 25, April 1, 8, 15, 22
Sundays 2:30 - 3:45 pm (5 weeks)
* For students who have completed OLLI “Strength Training for Athletes with Needy Knees.”
* Meets at UAF Student Recreation Center (SRC) Fitness Studio
* A photo I.D. and a clean pair of athletic shoes are required
The sessions will involve floor exercises incorporating stability challenges provided by Swiss Balls, BOSUs, and foam rollers. Although exercise adaptations can be made for specific weaknesses in class participants, students will need to get up and down from the floor multiple times during the workout sessions. $10 facility fee; pay OLLI at registration. Enrollment limited to 12.

Instructor Susan Sugai is an outdoor enthusiast who still enjoys Nordic skiing, hiking, and biking after two total knee replacements and orthopedic surgeries on hand, foot, and shoulder. Having had to work for years to overcome faulty muscle memory associated with her dysfunctional joints, Susan wants to share what she’s learned from her rehabilitation and research.

Registration Procedure: On the day registration opens, you can enroll and/or waitlist in up to 3 courses in Session I and 3 courses in Session II. Starting the next day you can select as many more courses as you wish.

Online registration opens 9:30 a.m. Wednesday, January 24 (see p. 34)
Mah-jong
REC-01  Session I: Feb. 14, 21, 28, March 7
Wednesdays 2:30 - 4:30 pm
Mah-jong is a Chinese game similar to Gin Rummy. It is played with tiles. The basic rules of play and strategy will be taught. We will play a version of the traditional game, played in groups of four people, although it can be played with three. It is not the computer matching game. Enrollment limited to 20.
Instructors are members of OLLI’s Mah-jong SIG.

Euro-Style Board Games
REC-02  Session I: Feb. 16, 23, March 2, 9
Fridays 9:30 - 11:30 am
Are you interested in going beyond Monopoly and trying something a bit different? Do you like to figure out the logic of new games? Join us and learn to play these slightly more complex board games, like Ticket to Ride and Settlers of Catan. Each game will start with a teaching session to learn the rules. No experience required.
Instructor Laura Walsh was introduced to Euro-style board gaming by a friend in Australia. She is a member of the meetup group Interior Alaska Gamers.

Kayaking I: Quickstart Your Kayak
REC-03  Session I: Feb. 18, 25
Sundays 2:30 - 4:30 pm
* If you have taken a Kayak course at OLLI before, please let others have a chance to try it.
* Must be able to hold your breath and move easily on your own on land and water.
* Meets at UAF Patty Center Pool
Learn about dressing to paddle safely, potential hazards and simple rescues. A minimal paddle skill set will be presented and practiced, allowing students to safely and comfortably maneuver on still water. $44 fee for use of kayak and pool; pay OLLI at registration. Enrollment limited to 10.
Instructors: Tony Mustered is the Owner/Operator of Alaska Dream Adventures, a sightseeing tour and outfitting company that sells and rents kayaks, canoes, and related equipment. Cat Fordham works as a wilderness tour guide, computer technician, and piano teacher.

Bike Maintenance: Learn to Love Your Bike
REC-04  Session II: March 20, 27, April 3, 10, 17
Tuesdays 8:45 - 11:45 am (5 weeks)
* Bring a bike!
* If you have taken this course at OLLI before, please let others have a chance to try it.
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 – even winter! Bring your bike! Enrollment limited to 10.
Instructor Simon Rakower has been teaching bike repair for over 25 years in Fairbanks and elsewhere. He trained instructors to teach kids to work on bikes for the Recycle a Bicycle program in Brooklyn, NY. He dreams of a world where all riders can fix their own flats.

Fly-tying for Beginners
REC-05  Session II: March 23, 30, April 6, 13
Fridays 2:00 - 3:15 pm
You’ll learn that fly tying is not that hard, and it’s fun, too! Come give it a try in this hands-on class. $5 materials fee; pay instructor at the first class. Enrollment limited to 6.
Instructor Richard Barnes is retired from Alaska Department of Fish and Game and teaches fly tying for the Becoming an Outdoors Woman program.

EasyBridge: Learn to Play Bridge
REC-06  Session II: March 23, 30, April 6, 13, 20
Fridays 2:00 - 4:00 pm (5 weeks)
Bridge is a challenging, competitive partner card game for all ages. You’ll learn about taking tricks, play of the hand, counting cards and basic bidding. Enrollment limited to 16.
Instructor Penny Wakefield is a retired physical therapist who has lived in Alaska for 45 years and has been teaching EasyBridge for the last 11 years for the Farthest North Bridge Club. She almost flunked out of college playing ‘after hour’ bridge in the college dorm in South Dakota.

Kayaking II
REC-07  Session II: April 8, 15
Sundays 2:30 - 4:30 pm
* Requires completion of previous OLLI Kayak class or permission of instructor.
* Meets at UAF Patty Center Pool
Expand the paddling skills you began in Kayak I (REC-03) or in the fall 2017 OLLI Kayaking course and fulfill the remaining requirements for the ACA (American Canoe Association) Level 1 Intro to Kayaking course. $44 fee for use of kayak and pool; pay OLLI at registration. Enrollment limited to 10.
Instructors: Tony Mustered and Cat Fordham (see REC-03)
Films & Photography

The Essential Films: I
FLM-01 Session II: March 21, 28, April 4, 11, 18
Wednesdays 2:00 - 5:00 pm (5 weeks)
“The Essentials” are a loosely-defined set of films essential to one’s overall understanding of cinematic art and a basis for comparison against all other films. These films generally contain an in-depth exploration of the human condition, and also push the boundaries of the art of film-making. View five essential films representing five different genres. This session we will screen and discuss: [SciFi] The Day the Earth Stood Still (1951), [Film-Noir] Double Indemnity (1944), [Comedy] The Apartment (1960), [Western] The Searchers (1956), [Foreign] Bicycle Thieves (1948).

Instructor Jeffrey Simonson has an insatiable appetite for film. He became a cinephile after discovering the great classic films at the local library 25 years ago.

Films of Ingrid Bergman
FLM-02 Session II: March 23, 30, April 6, 13, 20
Fridays 2:00 - 5:00 pm (5 weeks)
Born in Stockholm, Ingrid Bergman started as a film actress in Sweden. She was brought to the U.S. by David Selznick in 1939 and quickly became one of this country’s favorite film stars. She possessed a natural, unpretentious beauty which, combined with superb acting ability, was widely appreciated. We will watch and discuss five of her landmark films: Casablanca (1942, with Humphrey Bogart), For Whom the Bell Tolls (1943, with Gary Cooper), Gaslight (1944, with Charles Boyer), The Bells of St. Mary’s (1945, with Bing Crosby), and Anastasia (1956, with Yul Brynner).

Instructor Clif Lando is a retired UAF mathematics professor and department head.

Nature Photography
PHT-01 Session I: Feb. 15, 22, March 1, 8
Thursdays 10:30 - 11:45 am
From landscape to wildlife, nature photography is one of the most popular disciplines of the art, but to improve your own outdoor photography, you need to understand more than how to operate your camera. This class will cover the technical aspects of photography, landscape composition, photographing wildlife, and night photography including the aurora.

Instructor David Shaw is a widely published outdoor photographer, science writer and photo educator. His images and articles have appeared in various magazines, including Alaska and Photo Technique.

Get the Most Out of Your Digital Camera
PHT-02 Session II (Add-on): April 16, 17, 18, 19, 20*
MTuWThF 10:00 am - 12:00 pm
* April 20 class is a field trip to Pioneer Park
Bring your digital camera and start clicking in this hands-on class. We’ll cover photography principles as well as digital technology basics. Learn about the features of the digital camera, how digital photography differs from typical film photography, downloading your images to a computer, basic editing tools, printing images, the use of retail photo printers, and tips on how to take good “action” photos. Learn to critique the work of both professional and nonprofessional photographers. Take photos between class sessions and share in an in-class slide show. Enrollment limited to 25.

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

Foods & Flowers
Tea “101”
FF-01 Session I: Feb.12, 19, 26, March 5
Mondays 12:15 - 1:30 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. Materials fee $20; pay OLLI at registration. Enrollment limited to 25.

Instructor Jenny Tse, owner of Sipping Streams Tea Company, is a certified tea specialist with the Specialty Tea Institute.

Growing Things to Eat
FF-02 Session I: Feb. 13, 20, 27, March 6, 13
Tuesdays 12:00 - 3:00 pm (5 weeks)
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 by growing your own vegetables. The class is for both experienced subsistence gardeners as well as first time gardeners who want to try just a few things. It includes general information on soil and seed starting, and specific information about many different vegetables including best varieties, growing methods, storage, and cooking tips.

Did you know all OLLI instructors are volunteers? THANK YOU, instructors!
Wines of Italy
FF-03  Session I: Feb 22, March 1, 8, 15
Thursdays 3:00 - 5:00 pm (starts 2/22)
* Meets at Lavelle’s Bistro, Discovery Room

Italy is currently ranked as the #1 wine exporting and producing country in the world. We’ll explore this amazing country by analyzing the terroir, grape varietals, culture and regions. Materials fee $80; pay OLLI at registration. Enrollment limited to 24.

Instructor Kathy Lavelle has credentials of certified wine professional from the Culinary Institute of America and certified specialist of wine from the Society of Wine Educators.

Practical Beekeeping for Fairbanks
FF-04  Session I: Feb. 15, 22, March 1, 8, 15
Thursdays 3:45 - 5:00 pm (5 weeks)

No flowers for 9 months! How’s a bee going to eat and keep warm? The climate in Fairbanks provides several unique challenges to beekeepers. Fairbanks beekeepers use unique tricks to keep bee hives healthy. In this course we will learn how to deal with cold-weather problems and take advantage of the short but productive summer. You will learn what equipment to gather, where to get bees, how to start the hive in early spring, summer hive maintenance, and the joy of the honey harvest. When bees arrive in mid-April, you’ll be ready to be a beekeeper.

Instructor Jeffrey Simonson is an engineer and biologist who enjoys manipulating natural systems, such as bee colonies. He has kept bees four summers, and has hand-built several hives for beginning beekeepers.

Zero to Fifty-one in Five Years: Peonies
FF-05  Session I (Add-on): March 15
Thursday 10:30 - 11:45 am (meets once)

Come learn how a man with some extra time on his hands started growing peonies. Over 5 years, his garden went from a small test plot to a small hobby garden that grows 30 peony varieties. The planning and design, construction, and maintenance phase of his 51 peonies garden will be reviewed, and photographs will be shown.

Instructor David McDowell commits summers to tending to his peonies and loves to photograph all phases of their growth.

Cheese 101 with Murray’s Cheese
FF-06  Session II: March 23, 30, April 6, 13
Fridays 10:30 - 11:45 am

Enjoy tasting your way through the world of specialty cheese with Murray’s Cheese while learning about cheese history in the United States and beyond, cheesemaking science, best practice for cheese service, and how to pair with beverage and accompaniments. Materials fee $40; pay OLLI at registration. Enrollment limited to 20.

Instructor Greg Trevino, ACS CCP, is a passionate cheesemaster at Murray’s Cheese at East Fairbanks Fred Meyer and Alaska’s only Certified Cheese Professional. He teaches in-store, at local breweries, and specialty shops around the region.

Healthy Living

Hearing & Balance
HL-01  Session I: Feb. 12, 19, 26, March 5
Mondays 3:45 - 5:00 pm

Not only does our ear collect sound, but it processes very important information about our environment, from spoken language, to localization, to our sensation of gravity. We will break down how our hearing and balance system works, how the hearing and inner ear balance systems are evaluated, hearing loss and hearing loss treatment, and how we keep our balance!

Instructor Dr. Lily Hughes is an audiologist at the Fairbanks Hearing and Balance Center, a department of the ENT Clinic of Fairbanks. She specializes in the diagnosis and treatment of hearing and balance disorders for all ages.

Aging At Home
HL-02  Session I: Feb. 14, 21, 28, March 7
Wednesdays 10:30 - 11:45 am

Alaska leads the nation with the highest rate of senior population growth, yet current housing stock lacks the adaptations that allow older Alaskans and the disabled to stay in their homes as long as possible. This class will focus on ways to modify homes for aging in place.

Instructor Art Nash is Assistant Energy Professor at the UAF School of Natural Resources and Extension. He has worked with older adults in home or residential settings for the State of Alaska and tribes of Interior Alaska.

The Human Superorganism
HL-03  Session I: Feb. 14, 21, 28, March 7
Wednesdays 12:15 - 1:30 pm

Until recently, the ideal state of human health was viewed as being free of microorganisms. Actually, the human microbiome (microorganisms that live with us) is an important mediator of health risks. Our personal health results from adaptation, epigenetics and acclimation in an environment of health risk exposures, individual decisions (for instance, diet and exercise), medical practice
and public health measures. Our microbiome travels with us and in many ways mediates our responses in a complex environment.

Instructor Bret Luick is an Associate Professor of foods and nutrition at UAF, where he has been administering nutrition education programs, collecting food cost data and conducting nutrition research since 1994.

The Diabetes Self-Management Program
HL-04 Session I: Feb. 28, March 7, 21, 28, April 4, 11
Wednesdays 1:00 - 3:30 pm (6 wks, starts 2/28, no class 3/14)
* Enroll only if you plan to attend all 6 weeks.
This program will help you take control of your diabetes rather than letting it control you! It will help you and family members to manage diabetes symptoms, plan meals and eat healthier, fight fatigue and pain, monitor blood sugar levels, communicate effectively with healthcare professionals, make daily tasks easier, and get more out of life! This program is sponsored by the State of Alaska Division of Diabetes Control and Prevention and recommended by the Center for Disease Control and Prevention and the Administration on Aging. Enrollment limited to 16.

Instructor: Leslie Shallcross (see EX-05) and Barbara Walters. Extension trained Diabetes Self-Management Program peer educator.

Purposeful Happiness through Laughter and Play
HL-05 Session I: Feb. 14, 21, 28, March 7
Wednesdays 2:00 - 3:15 pm
This course will explore personal happiness and life satisfaction, using elements of positive psychology, play theory, and laughter yoga. Students will take the VIA Character Strengths survey, as well as other evidence-based measurements, then explore their results. After students gain an understanding of their happiness and strength measures, the class will focus on specific interventions and strategies to use these strengths, and how to achieve purposeful happiness through insightful laughter.

Instructor Michael Bork combines 25 years of leadership and management experience, a Master's Degree in Industrial & Organizational Psychology, and a mission of "Spreading Mirth on Earth!" through Laughter Yoga. He is a positive leadership coach and Laughter Yoga Trainer.

Natural Methods of Healing
HL-06 Session I: Feb. 15, 22, March 1, 8
Thursdays 10:30 - 11:45 pm
Learn about Chinese medicine, naturopathy, massage and chiropractic from the practitioners of Fairbanks Family Wellness. Tentative schedule:
Feb. 15: Chiropractic and Physical Therapy with Leon Fazzio, DC and Johnna Underwood PT
Feb. 22: Acupuncture with Stephanie Gottschalk, LAc
March 1: Massage - different techniques for a variety of issues with Julie Voigt, LMT

Head to Toe
HL-07 Session I: Feb. 16, 23, March 2, 9
Fridays 2:00 - 3:15 pm
Learn about some of the common problems that arise as our bodies age, and what you can do about them.
Feb. 16: Aging Feet, with Dr. Dustin Hubbard, DPM
Feb. 23: Aging Teeth, with Jim Cerney, DDS
March 2 & 9: Aging Eyes, with Dr. Alfred DeRamus, MDPC

Brain Health & What Works
HL-08 Session I: Feb. 16, 23, March 2, 9
Fridays 3:45 - 5:00 pm
The three components of brain health will specifically be discussed with the goal of achieving brain plasticity and how to deal with memory problems.

Instructor Dick Farris has written his autobiography and is working on Niilo Koponen's biography. An ex-Peace Corps Volunteer, graduate of UAF, and volunteer in the Fairbanks Senior Center, he has lived in Fairbanks since 1948. In retirement, he's a full-time volunteer with Meals on Wheels.

Self-Hypnosis
HL-09 Session I: Feb. 16, 23, March 2, 9, 15*
Fridays 3:45 - 5:00 pm (*5th class is a Thursday)
Interested in stress reduction, enhancing skills or changing old habits? Self-hypnosis is an effective way to take control of the power of your subconscious mind and achieve positive change in your life. Learn about hypnosis, the subconscious mind, effective self-hypnosis techniques, and how to create effective autosuggestions. Experience group hypnosis and take from this class powerful tools you can use to change your life in positive ways. Improve creativity, intuition, health, reflexes, concentration, sense of humor, memory and pain management. The text, Self-Hypnosis and Other Mind Expanding Techniques by Charles Tebbets, is available for $15 directly from the instructor.

Instructor James Conner, Ph.D., C.H.T., is certified with the American Council of Hypnotist Examiners as a clinical hypnotherapist and master hypnotist and maintains a private practice in Fairbanks.

Thyroid
HL-10 Session I (Add-on): March 13
Tuesday 10:30 - 11:45 am (meets once)
The thyroid is an endocrine gland in the neck. Various hormones secreted by the thyroid affect metabolism, protein synthesis, and development. Several common diseases can cause either under- or over-activity of the thyroid, both of which cause widespread effects throughout the body. You can’t learn everything about the thyroid in one lecture, but you'll leave knowing much more about this important gland.
Dr. Muhammad Ahmed is an Endocrinologist for Fairbanks Diabetes and Nutrition Education Center at TVC.

### Cannabis as Medicine
**HL-11  Session II: March 19, 26, April 2, 9, 16*  
**Mondays 2:00 - 5:00 pm (5 weeks)**

View and discuss the docu-series *The Sacred Plant* about the history of medical marijuana in America, how it came to be outlawed and at the same time used as a natural medicine to heal people. You will see interviews of scholars and researchers of medical cannabis as well as people using cannabis to heal themselves of fatal diseases. The videos will be supplemented with information on what Fairbanks dispensaries offer. *Field trip April 16 to GOOD Alaska dispensary and their grow facility.*

Instructor Nancy Elliott has a BA in Psychology from UAF and 20 years work in human services in Fairbanks. After her son-in-law was helped by CBD (cannabidiol) drops, she started searching for information on why cannabis was not easily accessible to those suffering and dying.

### Dog Grooming 101: Zen and the Art of Canine Maintenance
**HL-12  Session II: March 20, 27, April 3, 10  
**Tuesdays 10:30 am - 12:30 pm  
* Meets at Golden Heart Boarding and Grooming, 2928 Plack Road, North Pole

Learn how to work with your pet gently and safely and do basic grooming and health management. Bring your own tools if you have them and want to learn how to use them better. Students may borrow tools from the instructor, but only during class. You may bring your own (one) dog to each class. Dogs will be restrained/contained while at the kennel. Risk waiver forms must be signed, and no one may work on another’s dog without signed permission of the owner. Materials fee $40; pay instructor at the first class. **Enrollment limited to 5.**

### Healing Herbs
**HL-13  Session II: March 21, 28, April 4, 11, 18  
**Wednesdays 8:45 - 10:00 am (5 weeks)**

This class will introduce you to different plants and herbs that can be used medicinally but it is not a class to diagnose individual problems and solve them.

- March 21: Intro to Healing Herbs, *Catherine Perry*
- March 28 & April 4: Common herbs and how they work, parts 1 & 2, *Catherine Perry*
- April 11: Making salves, tinctures, and teas, *Marsha Munsell & Virginia Damron*
- April 18: Healing in the Old Ways, *Marie Yaska*

Instructors: *Catherine Perry* has been studying, researching and using healing herbs since 1982. *Marsha Munsell* and *Virginia Damron* have been growing and using herbs in Fairbanks for over 20 years. Most of those years have been exploring their culinary qualities and the last few years have been researching more of the healing qualities of different herbs. *Marie Yaska* is originally from Huslia and now helps teach her native language in the elementary schools. She has been exposed to and has used plants and healing ways from childhood on.

### Smart Driving (AARP)
**HL-14  Session II: March 22, 29, April 5, 12  
**Thursdays 10:15 - 11:45 am  
* No OLLI fee for this course. Pay AARP fee to instructor at the first class.*

This updated course helps drivers age 50 and up 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. Certificates are awarded to those who attend all sessions. This certificate may entitle you to insurance premium discounts; check with your insurance agent. Fee (make check payable to AARP) is $15 for AARP members, $20 for non-members.

Instructor Dave Mobraten was raised as a farm boy in Minnesota; the first vehicle he learned to drive was a tractor. He studied Forest Resources & Management at the University of Minnesota. Dave came to Alaska in 1970 and began a career with the Bureau of Land Management. He is now retired.

### Osteoporosis & Vitamin D
**HL-15  Session II (Add-on): April 19  
**Thursday 10:30 - 11:45 am (meets once)**

Vitamin D is a fat-soluble vitamin that our bodies convert to a hormone, calcitriol or “activated vitamin D,” before it can be
utilised. Our skin produces some vitamin D on exposure to sunlight, and we also ingest it in foods and as a supplement. Vitamin D is essential for healthy function of many different bodily systems, one of which is the absorption of calcium and phosphorus. This lecture will explore the link between vitamin D and osteoporosis, a bone disease common in older adults.

Instructor: Dr. Muhammad Ahmed (see HL-10)

**History & Politics**

**Famine or Genocide 1845**

HIS-01  Session I: Feb. 12, 19, 26, March 5  
Mondays 9:30 - 11:30 am

The British policy of mass starvation inflicted on Ireland from 1845 to 1850 constituted genocide against the Irish people as legally defined by the United Nations. John Mitchell, who published the United Irishman, stated that “the Almighty indeed sent the potato blight, but the English created the famine.” Class will consist of documentary films.

Instructor John Byrne was born and raised in Dublin, Ireland.

**History of Motoring in Alaska**

HIS-02a  Session I: Feb. 12  
Monday 6:00 - 8:30 pm (meets once)

HIS-02b  Session I: Feb. 15  
Thursday 6:00 - 8:30 pm (meets once)

Meet at Fountainhead Antique Auto Museum

Two sections of the same course; register for one only

Learn about some of the early pioneers in Alaska and the challenges they encountered, from the time of the first vehicles to WWII. The focus will be on the museum's unique collection of vintage automobiles. Enrollment limited to 20.

Instructor Willy Vinton is Museum Director of the Fountainhead Antique Auto Museum. This program is sponsored by the Vernon L. Nash Antique Auto Club of Fairbanks, which in conjunction with the museum provides educational tours and classes for preschoolers to adults.

**Doing the Right Thing**

HIS-03  Session I: Feb. 20, 27, March 6, 13  
Tuesdays 8:45 - 10:00 am (starts 2/20)

This course will explore different ways of analyzing difficult moral choices to arrive at a just solution. Political implications will be emphasized. Inspired by the book Justice by Michael Sandel. Enrollment limited to 20.

Instructor Gerald Springer is a retired physician who often doesn't know the right thing to do and, even if he does, sadly doesn't always do it.

**Cold War in Alaska: Nike Missile Sites Project Jukebox**

HIS-04  Session I: Feb. 13, 20, 27, March 13*  
Tuesdays 10:30 - 11:45 am (no class 3/6)

* March 13 class meets 12:15 - 1:30 pm

Learn about Alaska's role in the Cold War from the people themselves. The project includes personal stories of veterans who worked at the Nike Missile Sites in Alaska along with others talking about Alaska's role in the Cold War in general. These stories help us to understand what life was like working at remote missile sites, the pressures that the young soldiers were under and the impact of the 1964 earthquake on nuclear missiles in Alaska. We will listen to and/or watch videos of interviews with a different theme each week.

Instructor Leslie McCartney is a Curator of Oral History at the Elmer E. Rasmuson Library.

**History of WAMCATS**

HIS-05  Session I: Feb. 13, 20, 27, March 6  
Tuesdays 12:15 - 1:30 pm

The telegraph was the Victorian Internet, which connected all the world except Alaska. A bit of overlooked history is the first Alaska telegraph, the Washington Alaska Military Cable and Telegraph System (WAMCATS). Starting in 1900, before Fairbanks’ gold was discovered, came WAMCATS. Frequently General Billy Mitchell gets the credit for WAMCATS, but there is a more interesting and accurate story. Come learn the WAMCATS history and why it was so important on the world stage, then and now.

Instructor Daniel Osborne is a retired 38-year UAF Geophysical Institute engineer, auroral observer, rocket-launching man, and amateur historian.

**Wagon Trails West**

HIS-06  Session I: Feb. 13, 20, 27, March 6, 13  
Tuesdays 2:00 - 4:00 pm (5 weeks)

We will look at western migration prior to the advent of the first transcontinental railroad, with emphasis on travel on the Oregon Trail, The Mormon Trail and the California Gold Rush of “49.” Biographical narrations of life on the trail and the hardships of those early travelers will be presented in each class. We will also examine the available technology of the day which was utilized along the way. Excerpts from Ken Burns’s The West, The Trail of Hope, and Oregon Trail will highlight aspects of the course.

Instructor Stephen Heckman, retired Alaska State Trooper, former adjunct with Tanana Community College, and retired history teacher and vice principal of Monroe Catholic High School, has an undergraduate degree from the University of Alaska.

**Registration Procedure**

On the day registration opens, you can enroll and/or waitlist in up to 3 courses in Session I and 3 courses in Session II. Starting the next day you can select as many more courses as you wish.

Online registration opens 9:30 a.m. Wednesday, January 24 (see p. 34)
Great Decisions 2018 (I & II)
HIS-07 Session I: Feb. 15, 22, March 1, 8
HIS-08 Session II: March 22, 29, April 5, 12
Thursdays 9:45 - 11:45 am
* Each 4-week session stands alone; you may take either one or both.

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. 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 2018 Briefing Book is available from the OLLI office for $28. Class members take turns leading the discussions.

Topics for 2018 Session I are:
• The waning of Pax Americana?
• Russia’s foreign policy
• China and America: the new geopolitical equation
• Media and foreign policy

Topics for 2018 Session II are:
• Turkey: a partner in crisis
• U.S. global engagement and the military
• South Africa’s fragile democracy
• Global health: progress and challenges

History of the Tanana Valley Railroad
HIS-09 Session I: Feb. 16, 23, March 2, 9
Fridays 3:45 - 5:00 pm

Why did Fairbanks survive where other Alaskan Gold Rush towns did not? Fairbanks had a railroad. Learn about the Interior’s first railroad and its Gilded Age railroad tycoon wannabe. Modern Fairbanks and its high energy costs and transportation problems are not new; Fairbanks of old also suffered from high energy and transport costs that threatened to kill the town, but a railroad could bring in coal in all weather.

Instructor: Daniel Osborne (see HIS-05)

Our Northern Waste-Line
HIS-10 Session II: March 19, 26, April 2, 9
Mondays 10:30 - 11:45 am

Learn about how Fairbanks has addressed the three Rs of recycling, past, present and future.

March 19: History of trash, Joan Skilbred
March 26: Current recycling efforts in Fairbanks: history and discussion of recycling in Fairbanks, 1992 to present. Moderated by Karl Monetti, with representatives from FNSB and Central Recycling Facility.
April 2: Energy efficiency and conservation case study: the first “R”, reduce as it pertains to energy use, Karl Monetti
April 9: Beyond Recycling: pursuing a more sustainable life in the Fairbanks North Star Borough, Jimmy Fox

Instructors: Karl Monetti is a retired veterinarian and former chair of the recycling commission. Joan Skilbred is a highly motivated amateur historian. Jimmy Fox is a fish and wildlife biologist by training, but he’s really a student of learning how we can all live on this planet without spoiling it.

History of Ocean Exploration V
HIS-11 Session II: March 19, 26, April 2, 9
Mondays 4:00 - 5:15 pm

We will address the development of specific scientific expeditions such as those by HMS Beagle in 1826-29 and 1831-36, Americans’ early ocean explorations, and later growth of oceanography into a series of scientific disciplines. As in earlier semesters, the pace and sequence of discussions will be shaped by enrollees’ expressions of interest.

Instructors: Mark Johnson is a physical oceanographer at UAF. Marvin Falk is an historian and retired curator of rare books and maps. Dave Norton is a retired generalist and research associate at UAF.

Scoundrels in Northern History: Chapter VII
HIS-12 Session II: March 20, 27, April 3, 10
Tuesdays 10:30 - 11:45 am

This seventh edition of Scoundrels will introduce a few previously un-discussed candidates for scoundrel-hood (Wilkes, Blue Parka Man, Velikovsky) and will re-visit some earlier candidates about whom new information has come to light. We shall explore whether “The North” breeds or attracts more than its share of scoundrels, a higher caliber of them, or both. Both veterans and newcomers to this continuing exploration are welcome.

Instructors: Dave Norton is a generalist and retired research associate at UAF. Joan Skilbred is a highly motivated amateur historian. Bill Stringer is a retired geophysicist and researcher in Remote Sensing UAF’s Geophysical Institute.

Did you know all OLLI instructors are volunteers? THANK YOU, instructors!
History of Medicine
HIS-13  Session II: March 21, 28, April 4, 11
Wednesdays 10:30 - 11:45 am
We will examine the ways pathogens and epidemics changed human experiences, explore turning points in medical discoveries, and investigate the development of health care and medical practices through the ages.
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 an emphasis on Wildlife Disease.

Understanding Mining History
Through Its Pioneers
HIS-14  Session II: March 14, 21, 28, April 4
Wednesdays 12:15 - 1:30 pm (starts March 14)
This class will explore the history of mineral resource development in Alaska through examination of its mining pioneers. The lectures will progress through history, and review such topics as: 1) mineral resource development prior to the 1867 Purchase; 2) the Alaska Yukon gold rush; 3) development of base metals (copper, zinc), as well as development of strategic minerals; and 4) review of mineral resource education (University of Alaska) and complex environmental issues related to mining.
Instructor Tom Bundtzen was Senior Economic Geologist for the Geological Survey Division of the Alaska Department of Natural Resources for 25 years and a founding member and current President of the Alaska Mining Hall of Fame Foundation.

De-mystifying Cannabis
HIS-15  Session II: March 21, 28, April 4, 11
Wednesdays 12:15 - 1:30 pm
This multimedia course is designed to provide participants with documented information regarding cannabis, commonly known as marijuana. Topics include: overcoming the stigma of cannabis use, how to talk to others about cannabis, the history of cannabis and its uses, why cannabis became illegal, legal aspects of cannabis in Alaska, home cultivation, cannabis in other forms (cooking, recipes, and other preparations), and how people are using cannabis today, especially for the relief of chronic pain, anxiety, and insomnia, to name a few. Optional field trip, date & time TBA.
Instructors: Carl Addington is a retired middle school teacher. He has lived in Alaska for 36 years. Marilyn Berglin retired after teaching for 27 years at Fairbanks Youth Facility. She has lived in Alaska for 47 years and is currently a peony farmer.

A Personal View of Post-WWII Austria
HIS-16  Session II (Add-on): April 16, 18
Monday & Wednesday 12:15 - 1:30 pm
Hear more personal memories of the aftermath of WWII in Europe. For context, some material covered last semester will be repeated, but both new and returning enrollees are welcome.

Instructor Renée Blahuta is a retired research librarian who grew up in Austria.

War: 50th Anniversary of Vietnam’s Tet Offensive
HIS-17  Session II (Add-on): April 17, 19
Tuesday & Thursday 3:45 - 5:00 pm
In this firsthand overview a veteran pilot examines fact and fiction, offering his perception in a frank examination of the Tet Offensive, a crucial turning point in the Vietnam War. *Caution, content may explore brutal, violent death or other distressing things associated with war.
Instructor Sterling Holbrook served as a helicopter pilot in reconnaissance unit 3 of the 17th Air Cavalry and during this period was awarded The Purple Heart and 2 Distinguished Flying Cross, along with numerous Air Medals.

Ulysses S. Grant: Reconsidered
HIS-18  Session II (Add-on): April 17, 18, 19, 20
TuWTh 4:00 - 6:00 pm, Fri 4:15 - 6:15 pm
In Adam Gopnik’s review of the heralded new biography (Fall, 2017) of Ulysses S. Grant by Ron Chernow, he asks if Grant should be seen as “a failure or a forerunner.” Gopnik answers that Grant is the Washington of our “second, enduring postbellum country.” In this class, we will look at Grant as military leader, politician and author of arguably the best memoir in American literature and come to our own conclusions. Suggested reading: students wishing to experience Grant’s voice are encouraged to read some or all of Personal Memoirs of U.S. Grant (1885).
Instructor Susan Stitham taught at Lathrop in five decades over two centuries. Upon discovering OLLI in retirement, she has been pursuing her interest in American history, beginning with a class in the writing of the Constitution; she has much appreciated the faithful companions from Fairbanks who’ve continued to share the journey even after she moved to Oregon in 2010.
Cowboy Poetry
LIT-01  Session I: Feb. 12, 19, 26, March 5
Mondays 2:00 - 3:15 pm
Join us for an open discussion of cowboy poetry by Robert Service, A.B. Banjo Patterson, Baxter Black, and others. We will read them, admire them, laugh sometimes and probably identify with some.

Instructor Scott Sexton is a retired surveyor whose broad interests include martial arts and poetry.

Rock ‘n’ Roll Poetry, I & II
LIT-02  Session I: Feb. 13, 20, 27, March 6
Tuesdays 12:15 - 1:30 pm
LIT-03  Session II: March 20, 27, April 3, 10
Tuesdays 10:30 - 11:45 am
* Part I is recommended, but not required, before Part II.

Rock ‘n’ roll evolved in the US from African American gospel, blues, jazz, boogie woogie, rhythm & blues and country music in the late 1940s and early 50s. We will read, listen to and discuss the lyric poetry of the early rock ‘n’ roll era. This will include rock ‘n’ rollers from across the pond such as Ten Years After and The Moody Blues along with The Doors, Led Zeppelin and Carol King. We’ll use an open discussion format open to any and all; even if just to listen to the music.

Instructor: Scott Sexton (see LIT-01)

Writings of W.B. Yeats
LIT-04  Session II: March 19, 26, April 2, 9
Mondays 10:30 - 11:45 am
William Butler Yeats, one of the greatest figures of 20th-century literature, was Ireland's foremost poet. We will sample a broad selection of his poetry which is variously lyrical, romantic, historical, political, autobiographical, and mystical. There is a concentration on Irish subjects and on nature and Yeats had a keen interest in Irish legends and folklore. We'll listen to musical versions of a few of the poems and view relevant video clips. And we will also read from some of Yeats's prose and dramatic work.

Instructor Pat Lambert has taught several UAF-OLLI courses on Irish literature and history, as well as on electoral issues and voting theory. He is Professor Emeritus of Mathematics.

Emily Dickinson’s Poetry
LIT-05  Session II: March 21, 28, April 4, 11
Wednesdays 2:30 - 4:30 pm
Although very few of Emily Dickinson’s poems were published during her lifetime (1830-86), she remains a preeminent American poet—still surprising, delighting, and informing. Her short, yet weighty, verses (almost 1,800) combine startling punctuation, intense imagery, playful syntax, and subtle sonority to complement charged sensory, psychological, and theological insight. Authoritative editions by either Thomas H. Johnson or R. W. Franklin are in paperback, or you may search Google for individual poems which we'll read.

Instructor Joe Dupras, Professor Emeritus of English (UAF 1979-2010), has taught several OLLI classes in 19th- and 20th-century literature, including Dickens, Browning, G. Eliot, and Frost.

Asian Literature in Translation
LIT-06  Session I: March 22, 29, April 5, 12
Thursdays 8:45 - 10:00 am
If you are an adventurous reader and/or writer, this course is for you. We will read the new waves of Asian poetry and fiction in translation. Come and experience the bold imagination and energy of contemporary Asian writers.

Instructor Sooyoung Kang is a program director at Fairbanks Korean Language school and a volunteer teacher at the Literacy Council. She is a writer and trained translator of literature and has published numerous books in both Korean and English.

Eudora Welty Stories
LIT-07  Session II: March 22, 29, April 5, 12
Thursdays 10:30 - 11:45 am
Eudora Welty is among the best of 20th-century American short story writers. What distinguishes her work is a generosity of spirit as she writes about a variety of characters from all the many layers of Southern social strata. Her first stories were published in the 1930s, and she continued to write short stories and novels for decades to come. Our text, The Collected Stories of Eudora Welty, is readily available in paperback and Kindle editions. Since it was first published in 1982, many used copies are available, too.

Instructor Frank Soos, UAF Emeritus Professor of English, is author of the award winning Unified Field Theory: Stories, Bamboo Fly Rod Suite with Kes Woodward, and Double Moon with Margo Klass. He recently finished a 2-year term as Alaska State Writer Laureate.

Meet the Authors
LIT-08  Session II: March 22, 29, April 5, 12
Thursdays 12:15 - 1:30 pm
Every week a different author will read from his or her recent book, talk about researching and writing the book, and answer questions. You do not have to read the books before class.

March 22: Ray Bonnell’s Interior Sketches II: More ramblings around Interior Alaska historic sites (2018) is volume two of his sketches and stories of significant places in Alaska history.
March 29: Alex Hills’s Finding Alaska’s Villages: And Connecting Them (2016) tells the story of how weather and rough terrain were overcome to bring telephone service to small villages across our big state.
April 5: Mary Ehrlender’s Walter Harper: Alaska Native Son (2017) illuminates the life of the remarkable Irish-Athabascan man who was the first person to summit Denali.
April 12: TBA
Introduction to Chinese, I & II
LNG-01 Session I: Feb. 12, 19, 26, March 5
LNG-02 Session II: March 19, 26, April 2, 9
Mondays 8:45 - 10:00 am
* LNG-02 is a continuation of LNG-01.
Here is the language you always wanted to know about but were afraid to tackle. Come and give it a try, and take away a few phrases. We will explore and learn to write characters, and perhaps you will start to appreciate the power of the writing system. We will also see a few interesting video clips. This short course might pique your interest to start planning a trip to China. Part II is a continuation of part I; beginners need to take LNG-01 in order to participate in LNG-02.
  Instructor Rosalind Kan, a native speaker of Chinese, has been teaching Chinese at UAF for over 10 years. She retired from Alaska DOT after 30 years of service as a highway design engineer.

Korean Language Basics
LNG-03 Session I: Feb. 13, 20, 27, March 6
Tuesdays 3:45 - 5:00 pm
Do you know Korean language has a name other than “Korean”? It is called “Hangul.” Korean language is becoming one of the fastest growing languages in the U.S. The instructor will share the story of Hangul, its origin and philosophy. Basic knowledge of the alphabets, consonants and vowels, will be taught and at the end of each class you will learn simple but useful expressions for everyday conversation.
  Instructor: Sooyoung Kang (see LIT-08)

Spoken Italian for Travelers
LNG-06 Session I: March 22, 29, April 5, 12
Thursdays 12:15 - 1:30 pm
¡Hola! This class is suitable for beginners, but also for those who want to improve their Spanish speaking skills! We will cover basic Spanish grammar (in more detail) and vocabulary related to travelling & everyday life. If you have already taken a Basic Spanish class, do not worry! There will be some new & different stuff for you to learn as well.
  Instructor Marina Cuzovic-Servern is an Assistant Professor of Spanish at UAF. This is her second year in Alaska. Her PhD is in Hispanic literature and cultural studies. She has 9 years of experience in teaching Spanish language and culture in the U.S.

Introduction to Esperanto
LNG-05 Session II: March 20, 27, April 3, 10
Tuesdays 3:45 - 5:00 pm
Esperanto, the International Language, is the most widely spoken constructed language in the world. About two to three million people in 115 countries speak Esperanto as a second language. This language is relatively easy to learn, and although it takes work to learn a language, you will be speaking basic Esperanto in your first lesson. Each subsequent class will build on the foundation of previous lessons.
  Instructor Mary Beth Perreault has a degree in Spanish, minor in TESOL (Teaching English to Speakers of Other Languages) and has been studying Esperanto for awhile.

Spoken Italian for Travelers
LNG-06 Session I: March 22, 29, April 5, 12
Thursdays 12:15 - 1:30 pm
Learn pronunciation and very basic vocabulary in four lezioni. L’italiano is phonetic. Easier if you know un po’ di French, Spanish or Latin (franceso, spagnolo o latino). Ciao! Enrollment limited to 20.
  Instructor Don Gray learned a bit of Italian in college in California and lots more studying, living and traveling with family and friends in Italia since 1965.

The Art and Science of Constructed Languages
LNG-07 Session II: March 22, 29, April 5, 12
Thursdays 2:00 - 3:15 pm
This class teaches linguistics and linguistic anthropology by walking you through how to create a “conlang,” or invented humanoid language. Instruction will draw from examples of the range of human linguistic and cultural variation in order to address how to design a realistic sound system, grammar, writing system and “mythology” or cultural context for the language. Students will also be introduced to software for generating syllables/words and managing their dictionary.
  Instructor Robin Shoaps is a professor of Anthropology and Linguistics at UAF. She enjoys studying languages of the highland Maya, Fox, Yup’ik and Gwich’in.
Dealing with Dragons, the Musical
MUS-01  Session I: Feb. 16, 23, March 2, 9
Fridays 12:15 - 1:30 pm
Do you love the Sound of Music? My Fair Lady? South Pacific? Would you like to learn a few songs from a new musical? Join us for a musical written by your instructor (songs and lyrics) with piano accompaniments by Ron Drotos, who teaches the Cabaret and piano improvisation classes at the Fairbanks Summer Arts Festival. The musical is based on a book by Patricia C. Wrede, titled Dealing with Dragons and it, well, deals with dragons and a liberated princess who refuses to get married and runs off to work for a dragon instead.

Instructor Laura Walsh is a retired teacher who started writing music about 10 years ago, in order to complete a bucket list task of writing a musical for children - and then kept going.

Shape Note Singing
MUS-02  Session I: Feb. 16, 23, March 2, 9
Fridays 2:00 - 3:15 pm
“Shape note” refers to a system devised in early American times to teach non-musicians to read music for hymn singing. We will explore this form of music, both as observers (watching a documentary film and clips from “Cold Mountain”), and as participants (trying it out, regardless of your singing ability).

Instructors: Charley and Lynn Basham are retired UAF faculty members who have been singing shape note music for 30 years in Fairbanks and elsewhere. They hope to share their love of this traditional music in a way that is interesting and fun.

Guitar from Scratch
MUS-03  Session II: March 19, 26, April 2, 9, 16
Mondays 10:30 - 11:45 am (5 weeks)
Have you always wished you could play guitar? This course will introduce you to the basics of guitar playing. No prior experience with guitar or any other music is required. You’ll learn how to tune the guitar, strum, and form a few basic chords that will allow you to accompany lots of simple songs. Bring an acoustic (NOT electric!) guitar to class. Grassroots Guitar and Music Mart both rent guitars when stock is available; they are listed in the phone book. It is important that students attend all classes, as each class will build on what was learned the week before. Enrollment limited to 8.

Instructor Jeep Reid took up guitar playing years ago because learning music helps seniors retain memory function. Even if that is only partly true, he says it is fun and he meets many nice people.

Intermediate Guitar
MUS-04  Session II: March 19, 26, April 2, 9, 16
Mondays 12:15 - 1:30 pm (5 weeks)
This class continues where Advanced Beginning Guitar left off. For students who already know how to play I, IV, and V chords in the keys of C, G, D, A and E without using a capo. The major emphasis is to play the guitar with live music. Students may bring printed copies of chords and lyrics to simple songs they like to play. Rules for changing major chords into minor and seventh chords will be reviewed and incorporated into the music we play. Different ways to play familiar chords, the use of the capo and how to play farther up the fret board will be demonstrated. There will be homework - you’ll have to practice in order to progress! Enrollment limited to 8.

Instructor Jeep Reid (see MUS-03)

More Singing Together
MUS-05  Session II: March 23, 30, April 6, 13
Fridays 2:00 - 3:15 pm
Come take advantage of some of the ways singing is good for you: invigorate your lung function, exercise your memory, recreate some sounds from our collective past, lift your spirits, and smile a lot. There will be songs in a variety of styles plus rounds and partner songs designed to improve part-singing and harmonizing skills. (I’m busy collecting new songs to tackle.) We’ll also include a little work on music reading and understanding of music notation.

Instructor Theresa Reed is a retired general music teacher who has been involved in performing and directing music and theatre for more than 30 years.

Registration Procedure
On the day registration opens, you can enroll and/or waitlist in up to 3 courses in Session I and 3 courses in Session II. Starting the next day you can select as many more courses as you wish.
Opera from the Met
MUS-06       Session II: March 23, 30, April 6, 13, 20
Fridays 3:45 - 5:00 pm (5 weeks)

Here is a chance to explore the plots of the Met in HD operas before they are shown locally at the Goldstream Theaters. We will point out some of the musical highlights and the singing styles used by the composers. It should be fun! Scheduled operas (broadcast dates in parentheses; all are Saturdays at the Regal Goldstream Theaters) are Wolfgang Amadeus Mozart’s Cosi fan tutte (March 31), Giuseppe Verdi's Roberto Luisa Miller (Apr. 14), and Jules Massenet's Cendrillon (Apr. 28).

Instructors Bill and Theresa Reed have considerable experience in musical theater and opera.

Historical Dancing for Fun, Exercise, and Sociability (I & II)
DAN-01       Session I:  Feb. 14, 21, 28, March 7, 14
DAN-02       Session II: March 21, 28, April 4, 11, 18
Wednesdays 2:00 - 3:30 pm (5 weeks)

* Participants need to be able to hear and see clearly, and move easily at a steady pace.

* 90-minute class includes a break in the middle.

Experts and studies confirm that dancing is one of the best forms of exercise for the body and brain. Dancing requires you to think while moving, thus combining both physical and mental exercise. The total benefit to the dancer is larger than either half, and it’s lots of fun! This class uses old English dances that have beautiful music (with many tunes by Classical composers), with historical interest and playful sociability. Social interaction with other people adds an important additional benefit to exercise and thinking. The emphasis in class is on the mental challenge, not strenuous exercise.

Instructor Ken McFarland has taught social dancing since 1975, and has directed two performing ensembles in San Francisco. After moving to Fairbanks in 1997, he founded the Fairbanks English Country Dancers, who now have 40+ members and a superb musical ensemble that includes current and former members of the Fairbanks Symphony Orchestra which plays for monthly dances.

Israeli Folk Dance
DAN-03       Session II: March 22, 29, April 5, 12, 19
Thursdays 2:00 - 3:15 pm (5 weeks)

* Participants need to be able to hear and see clearly, and move easily at a steady pace.

Israeli folk dancing is not just the Hora. Come and learn a variety of steps and dances. Dances will start out easy with the possibility of adding more jumping and hopping. Don’t be afraid to try it, as we can also scale down any dance to a slower pace. Wear comfortable shoes.

Instructor Joy Klein has been working with OLLI since September 2016 and has been dancing for over 30 years.

Neophyte's Guide to Reading Tarot Cards
RB-01       Session II: March 19, 26, April 2, 9
Mondays 2:00 - 4:00 pm

The Tarot is an ancient, organized system of 78 artistic cards: visual symbols facilitating connection with our subconscious. The cards help us expand self-awareness by exploring the archetypal life overview in the Major Arcana cards and the more detailed expressions of daily life in the Minor Arcana cards. We will develop our symbolic thinking and personal intuition. Although not required, students will get more out of this class with a personal deck and its explanatory book. Tarot decks organized along the “traditional” style of Rider-Waite will work better for our group dynamic than oracle cards.

Instructor Ginny McDowell, former geologist and reading tutor, has spent the past 8 years learning to think symbolically and intuitively, for internal development, self-fulfillment, and fun.

Is the Earth Rare?
SCI-01       Session I: Feb. 15, 22, March 1, 8
Thursdays 2:00 - 3:15 pm

This course is a sort of “Volume 2” of a course on the uniqueness and special circumstances of our planet which make it rare and habitable for the life-wonders it fosters. Taught first in 2014, this newer “upgrade” course includes new discoveries, new planets (outside our solar system) and new tools for exploring the universe. Join me in exploring why I think this gorgeous planet Earth is rare in the universe, and thus, so are we.

Instructor Rich Seifert, UAF Professor emeritus, is a liberal arts physicist whose broad interests include social justice, and the exploration of science, evolution, and the universe, poetry, and movies.

Alaska During the Late Cretaceous Greenhouse World
SCI-02       Session I: Feb. 16, 23, March 2, 9
Fridays 12:15 - 1:30 pm

We hear a lot about Alaska during the Ice Age, but it was a very different place during the Late Cretaceous Greenhouse (60-100 million years ago), when the Earth was much warmer than today. This course will examine the tectonic setting, paleography, depositional environments, paleoclimate, plants, and animals that existed in Alaska at a time when dinosaurs roamed across the State, and the climate on the North Slope was similar to that of modern-day Portland Oregon.

Instructor Paul McCarthy is a sedimentary geologist in the UAF Dept. of Geosciences.

Online registration opens 9:30 a.m. Wednesday, January 24 (see p. 34) 23
The Science of Museum Collections  
SCI-03  Session II: March 20, 27, April 3, 10, 17  
Tuesdays 1:00 - 2:30 pm (5 weeks)  
* Meets at UA Museum of the North Creativity Lab. OLLI parking permits are valid in the museum lot during class times.

Enjoy a museum sampler! Discover collections and the science behind them. Explore a new subject each week. Curators and collections managers will share interesting facts about specimens they are charged with collecting, cataloging, conserving, and researching. Featured this session will be the herbarium (plants), insects, fine arts, earth sciences (fossils and dinosaurs), and archaeology. Included will be tours of the UA Museum of the North collections and laboratory spaces plus hands-on activities presented by museum educators. Enrollment limited to 16.

Instructors: Stefanie Ickert-Bond, UAMN Herbarium Curator; Derek Sikes, UAMN Curator of Insects; Mareca Guthrie, UAMN Curator of Fine Arts; Patrick Druckenmiller, UAMN Curator of Earth Sciences; Sam Coffman, UAMN Research Archaeologist; Fawn Carter, UAMN Archaeology Assistant Collections Manager; Jennifer Arseneau, UAMN Manager of Education & Public Programs.

Northern Animal Adaptations  
SCI-04  Session II: March 20, 27, April 3, 10  
Tuesdays 3:45 - 5:00 pm

How do animals survive our cold winters? What happens to mosquitoes, frogs, fish, and other “cold-blooded” animals once the temperature drops? Why can a bear hibernate but I can’t? These questions will all be addressed. You will be introduced to the morphological, physiological, and behavioral adaptations of animals to the subarctic and Arctic with an emphasis on winter. The course will have multiple hands-on activities and in-class discussions.

Instructor Don Larson is a graduate student in the Department of Biology and Wildlife. He studies how animals and their parasites survive cold Alaskan winters.

DNA Exploration  
SCI-05  Session II: March 21, 28, April 4, 11, 18  
Wednesdays 3:45 - 5:00 pm (5 weeks)  
* Meets at UA Museum in the Classroom. OLLI parking permits are valid in the museum lot during class times.

If you have taken this course at OLLI before, please let others have a chance to try it.

What exactly is DNA and what does it do? Are GMOs and cloning something I should be concerned about? When they tell me I’m 6% Neanderthal, how did they know that? These questions and more will be answered in this crash course centered on all things DNA. We will delve into DNA structure and function, heritability of genetic material, genetic research, genetics in the media, and ethics of genetic research. This class will be a mix of discussion and hands-on activities. Enrollment limited to 15.

Museum Graduate Student Sampler  
SCI-06  Session II: March 22, 29, April 5, 12, 19  
Thursdays 10:30 - 11:45 am (5 weeks)  
* Meets at UA Museum in the Classroom. OLLI parking permits are valid in the museum lot during class times.

Topics addressed by graduate students at the University of Alaska Museum of the North study are diverse. Each week, a museum graduate student will present research in an informal setting. Katherine Anderson will take you back in time to the world of dinosaurs and ichthyosaurs (marine reptiles). Head to Madagascar with Kathryn Everson to explore the evolution and species limits in tenrecs (small mammal). Investigate the past, present, and future of Alaska's museums with Angela Linn. Learn about hibernation timing in marmots with Catherine Rubin. Explore the diversity of Alaskan butterflies with Kathryn Daly. Enrollment limited to 20.

World Ocean and Deep-Water Circulation  
SCI-07  Session II: March 22, 29, April 5, 12  
Thursdays 3:45 - 5:00 pm

What does the world's ocean circulation and deep-water formation have to do with our past, current, and future climate? We will dive in deep (pun intended) and learn and discuss how the ocean regulates Earth's climate and what past climate variability and events can teach us about the future. Through a blend of observations, model predictions and a healthy chunk of oceanography, we will capture the ocean's role in global climate change in an interactive format.

Instructor Peter Winsor is an Associate Professor of Physical Oceanography at UAF and has ongoing research projects around Alaska, the Arctic and Antarctica.

Land Survey: Measuring Land  
MTH-01  Session II: March 23, 30, April 6, 13  
Fridays 12:15 - 1:30 pm

We'll examine land measurement history, survey instruments used, how we define property, and why we define property. We will discuss measurements in both the horizontal and vertical realms. Some legal issues will be addressed and some of the problems we have in Alaska will be incorporated.

Instructor: Scott Sexton (see LIT-01)
Alzheimer’s and Related Dementia: What Do We Need to Know?
SOC-01 Session I: Feb. 12, 19, 26, March 5, 12
Mondays 12:15 - 1:30 pm (5 weeks)
Who gets it? What we can do about it? We will listen to an individual who has been diagnosed and hear his views on what a diagnosis means. You will learn about services offered by Alzheimer’s Resource of Alaska and other services in Fairbanks. Areas of interest specified by members of the class will be addressed.

Instructor Joan Adams grew up in Fairbanks and raised her family here. She began working for the Alzheimer’s Resource of Alaska in 2005, took leave to care for her mother, and then returned to the agency.

2nd Century of UAF
SOC-02 Session I: Feb. 12, 19, 26, March 5
Mondays 7:00 - 8:30 pm
* Meets in Murie Auditorium. Parking is free after 5 pm.
UAF celebrated its centenary in 2017 and is now in its second century. This lecture series gives opportunities for accomplished and award-winning UAF faculty and other professional staff to give lectures on topics of their choosing from their life’s work. It is free and open to the public; OLLI membership is not required. OLLI members are encouraged to register for this as a class so it will show up on your schedule; there is no registration fee. See page 4 for a list of presenters and topics.

Facilitator: Rich Seifert, UAF Professor Emeritus and OLLI Board member.

What Does It Mean to Be White?
SOC-04 Session I: March 1 - April 19
Thursdays 2:00 - 4:00 pm (starts 3/1)
* 8 weeks, $30 tuition
* Attendance at March 1 class is required.
What does it mean to be white in a society that proclaims race meaningless, yet is divided by race? How can that question be answered? Participants will be encouraged to examine these questions with respect to their personal values and cultural socialization. Each class meeting will introduce a new topic with time for group discussion and listening exercises. Attendance at the first class meeting is required to develop trust and group cohesion. Each new topic builds a foundation for the next, so we encourage you to attend all eight classes. Recommended textbook: What does it mean to be White? Developing White Racial Literacy by Robin DiAngelo. Enrollment limited to 20.

Instructors: Eric Muehling is a long-time Alaskan, photographer and educator. Peggy Barnebey is a longtime Alaskan retired from Alaska Airlines and the Alaska Court System.

The Psychology of Downsizing
SOC-05 Session I: Feb. 16, March 2, 9, 12*
Fridays 8:45 - 10:00 am (no class 2/23)
* 4th class is on a Monday
One of the tasks of later life is deciding what to do with all the “stuff” we have. It’s easy to accumulate things but hard to get rid of them or find a satisfying way to pass them on. At times it may even feel like the demands of taking care of things are preventing us from doing the activities we really want to do – the “Tyranny of Things.” Most of the issues here have to do with our associative thinking, not our rational thought process. This course will first help you understand what’s going on that makes the process of downsizing more difficult than we expect, and then will offer strategies to help make downsizing easier, more efficient, and more satisfying. Copy fee $3; pay OLLI at registration.

Instructor Larry Moen is a licensed professional counselor in his private practice Uncommon Therapy (www/utherapy.net) with over 25 years experience in his field. Previously he was acting coordinator of the counseling center in Barrow, manager of rehabilitative services at Fairbanks Community Behavioral Health Center, treatment director of Children’s Services on the North Slope, and Dean of Students at Ilisagvik College.

Online registration opens 9:30 a.m. Wednesday, January 24 (see p. 34)
Siblings and Family Dynamics
SOC-06 Session I: Feb. 16, March 2, 9, 12*
Fridays 10:30 - 11:45 am (no class 2/23)

* 4th class is on a Monday

Dealing with siblings is a lifelong challenge for some and a delight for others. This class will explore how siblings influence our lives, where sibling rivalry comes from, and how to deal with sibling problems. Along the way we'll explore family dynamics, birth order, sibling abuse, and related topics. We'll also discuss issues related to those who grew up as only children. Come explore the strange world of those human beings who are most like us, but often most unlike us as well. Copy fee $3; pay OLLI at registration.

Instructor: Larry Moen (see SOC-05).

Healthy Aging Research Discussion Groups
SOC-07a Session I: Feb 16
SOC-07b Session I: Feb 23
SOC-07c Session I: Mar 2
SOC-07d Session I: Mar 9
Fridays 10:30 - 11:45 am

* FREE, OLLI membership not required!
* Sign up for one section only.

Would you like to help provide data for a research study on how older adults stay active and healthy? Please join us for a group discussion about healthy aging in interior Alaska. This study consists of some background paperwork followed by a group discussion. Participants should be aged 60 or older and willing to have their voices anonymously recorded. Enrollment limited to 8 per section. If you have questions or concerns about your rights as a research participant, you can contact the UAF Office of Research Integrity at 474-7800 (Fairbanks area) or 1-866-876-7800 (toll-free outside the Fairbanks area) or uaf-irb@alaska.edu.

This discussion group is part of a research project by Jen Peterson, Department of Psychology, University of Alaska, Fairbanks (907-474-5214 or jen.peterson@alaska.edu).

Celebrating the Athabascan People of Alaska
SOC-08 Session II: March 19, 26, April 2, 9
Mondays 8:45 - 10:00 am

Learn about the beauty and strength of the diverse Athabascan people of the Interior of Alaska, to include the wisdom of the Elders, traditional practices and way of life, history, art, diverse languages, and much more. Athabascan communities and cultures are rich with stories, traditional practices, and knowledge that support wellness and healing efforts that benefit all people and communities.

Instructors: LaVerne Dementieff, Ph.D, is Deg Xi’tan Athabascan and Clinical Associate Professor, UAF Social Work. Jessica Black, Ph.D, is Gwich’in Athabascan and Assistant Professor with the UAF Dept. of Alaska Native Studies, Rural Development, & Tribal Management.

Utopias to Dystopias: Dreams or Nightmares?
SOC-09 Session II: March 19, 26, April 2, 9
Mondays 12:15 - 1:30 pm

Historical overview of dreams and planning for a better future (utopias) to apocalypse (dystopias). Source materials range from philosophy to science fiction (Plato to Pluto), religious thought (Jesus to Jonestown) as well as the serious and satirical (Gulliver’s Travels to the Great Society). Other areas such as utopian plans for economics and science (gold to global warming) will be included.

Instructor Montie Slusher’s background includes an undergraduate major in sociology and graduate programs in theology, education and social studies. His work experience in Alaska began in 1968 and includes social work, education, and ministry in rural and urban settings.

PTSD
SOC-10 Session II: March 20, 27, April 3, 10
Tuesdays 8:45 - 10:00 am

Trauma is trauma is trauma. Post Traumatic Stress Disorder (PTSD) can be from childhood, culture, combat or domestic violence. We will identify types of trauma since PTSD can result from incidences of trauma. Symptoms and treatment modalities that have been successful over time will be discussed.

Instructor John Swan has worked as the program director at Enep’ut Children’s Center, Treasurer and lobbyist for Women in Crisis and Counseling Center, and primary therapist for combat vets at Fairbanks Vet Center.

Conserving Local Land
SOC-11 Session II: March 20, 27, April 3, 10
Mondays 12:15 - 1:30 pm

Do you love seeing moose in your backyard? Walk on local trails? Go to Chena Lakes or Tanana Lakes? This class will focus on how we maintain these opportunities in our community through conserving local lands. This is a team-taught class with guest lecturers that will look at this issue from the perspective of the Borough (planning and parks), non-profits (like the Interior Alaska Land Trust), and local community groups. You might find a way you’d like to engage in this topic and help our community retain its unique character and lifestyle.

Instructors: Anna Plager is a member of the Chena Riverfront Commission. She brings many years of experience in land use planning and the operation of state parks. Martha (Tako) Raynolds is a founding board member of the Interior Alaska Land Trust (1995 to present), a skier, and user of trails year-round.

Did you know all OLLI instructors are volunteers?
THANK YOU, instructors!
Death, the Trip of a Lifetime, part 2
SOC-12  Session II: March 20, 27, April 3, 10
Tuesdays 12:15 - 1:30 pm
We'll hold an open discussion about death with a goal of helping ourselves to make the most of our finite lives. We have heard that death is a natural part of life just as birth is. Each participant is encouraged to share his or her views about the end of life. Death is guaranteed, living is not. There will also be videos and guest speakers: on March 27, Kim Huffington will talk about Hospice while Heidi Holmes will discuss financial and legal issues such as elder law on April 3. Enrollment limited to 22.

Instructors: Ron Johnson is a retired engineering faculty member from UAF. Larry Roberts is a retired UAF faculty member in Human Services. Kim Huffington has been an RN for over 30 years and is certified in hospice and palliative nursing care. Heidi Holmes is an attorney at Hompesch Evans & Averett and practices estate planning.

Alaska’s Courts
SOC-13  Session II: March 27, April 3, 10
Tuesdays 2:00 - 3:15 pm (3 weeks, starts 3/27)
We will talk about how the courts were created and organized and how they function in rural and urban Alaska. We will also discuss how judges make decisions in bail, sentencing, child custody and other matters. There will be time for questions you have about how this third branch of government works.

Instructor Niesje Steinkruger is a retired Superior Court Judge for the Fourth Judicial District in Fairbanks.

Exploration into the Psychology of Aging
SOC-14  Session II: March 23, 30, April 6, 13
Fridays 8:45 - 10:00 am
We’ll explore and discuss some of the lesser-known aspects and issues of aging, possibly including topics such as how to avoid the loss of human touch, what to do about sex, the question of the legacy you leave, and others. Class participants will select the topics by voting on a list available before the first class, but we’ll also follow up on items that come up in class interactions. This should be interesting, intriguing, helpful and fun, and I’ll do my best to make it so. Come on in! Copy fee $3; pay OLLI at registration.

Instructor: Larry Moen (see SOC-05)

Understanding Our Unconscious Mind
SOC-15  Session II: March 23, 30, April 6, 13
Fridays 10:30 - 11:45 am
We can pay conscious attention to 5-7 things at one time. Everything else is being handled by our unconscious. In this class we’ll explore how our unconscious mind works, how it thinks what it thinks, and how to best work with it (and get it to work best with our conscious thinking). Our unconscious processing is utterly fascinating, endlessly interesting, and surprising in what it knows that our consciousness doesn’t know it knows. Come and learn how to know the you that lives beyond consciousness! Copy fee $3; pay OLLI at registration.

Instructor: Larry Moen (see SOC-05)

Perspectives on the North
SOC-16  Session II: March 23, 30, April 6, 13
Fridays 12:15 - 1:30 pm
This course will address various conditions in and perceptions of the north, emphasizing the ways in which the physical environment shapes the human experience. We will examine the delights and challenges of living in the north, and the ways in which history has shaped current conditions. We will approach the circumpolar north as a region, but will focus on Alaska.

Instructor Mary Ehrlander is Director of the Northern Studies Program and Professor of History at UAF. She teaches northern history classes and has done research in missionary history in the north, especially Alaska, and the history of alcohol cultures in the north, as well as current alcohol problems and policies.

Winter Getaways
SOC-17  Session II (Add-on): April 16
Monday 2:00 - 5:00 pm (meets once)
Two women with years of experience Outside during winters want to share their knowledge and experiences.

Instructors: Judy Rae Smith has lived in Fairbanks since 1971. She and her husband bought a house in Silver City, New Mexico in 2006 and spent several months there each winter from 2006-2014. Gwenn Davies Guy has lived in Alaska since 1975. She divides her time at her home in Fairbanks, cabin in Lake Minchumina and winter getaway in Arizona.
What is a SIG?

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 Special Interest Groups page: www.uaf.edu/olli/special-interest-groups.

How to Join a SIG

SIGs are open to current OLLI members. To be on the email list for a SIG, contact the OLLI office at 474-6607 or UAF-OLLI@alaska.edu, or you can sign yourself up by logging in to your OLLI account, clicking on “My Account” and clicking in the box by each SIG you want to join.

How to Start a SIG

Contact the OLLI office and we’ll help notify members.

Art Club

Meets 1st & 3rd Wednesdays, September through May, 1:00–4:30 pm, UPark 154

Visit with OLLI friends as you paint or do other artwork. Bring the art project you are working on. For more information, contact Terry Solomon (tksolomon70@gmail.com).

Hiking Club

This group is active May–September. Hike descriptions will be emailed to the OLLI Hiking Club members. Contact the OLLI office to volunteer to lead a hike on your favorite trail!

Let’s Travel

Meets monthly, usually on the second Tuesday of the month, September through May, in UPark

OLLI members use this group to communicate with each other and organize small groups to travel together. Join the SIG to receive emails about proposed trips or to suggest trips. Monthly meetings feature a short presentation of interest to travelers.

Lifelong Learning Book Club

Meets 8 times a year on third Tuesdays, 1:30–3:00 pm, at Noel Wien Library Conference Room

Discussion Leader: Georgine Olson

- Jan. 16: The Son by Philipp Meyer (fiction, 2013)
- Feb. 20: A Long Way Home by Saroo Brierley (non-fiction, 2014)
- March 20: The Heart of Everything That Is: The Untold Story of Red Cloud, an American Legend by Bob Drury and Tom Clavin (non-fiction, 2013)

- April 17: Loving Frank by Nancy Horan (fiction, 2007)
- May 15: Book talk & title selection for September 2018–April 2019

Mah-jong

Meeting times & locations TBA

Get together with OLLI friends to play Chinese Mah-jong! Beginners are welcome; we are all beginners. Email FairbanksMahJong@GoogleGroups.com to join the email list.

Pinochle

Meets Wednesdays and Fridays 10 am–noon, UPark 154

This group plays single- and double-deck pinochle. All levels of players from beginner to expert are welcome. For more information, contact Nori Bowman (iron_40_48@yahoo.com) or Karen Emerson (hultern1@hotmail.com).

Rock Hounds

Meets the 2nd Friday of each month, 6:30 pm, in UPark 154

The group meets all year for a potluck dinner (bring a dish to share) and rock-related presentations. They plan to have a field trip once a month during the summer. For more information contact Maria Polly at akmpolly@hotmail.com.

When Poems Happen

Meets Fridays 3:30 – 5:30 pm at the Noel Wien Library, in one of the small meeting rooms

Want to make poem-writing happen in your life? Join us as we gently encourage each other to write and share new poems every week! For details or to get email updates, contact Scott Sexton (sextonbradley@gci.net) or John Bost (jbost8@gmail.com).
<table>
<thead>
<tr>
<th>Time</th>
<th>Course no.</th>
<th>Course title</th>
<th>Room</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>MONDAY</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>8:45 - 10:00</td>
<td>LNG-01</td>
<td>Intro to Chinese, I</td>
<td>158</td>
<td>21</td>
</tr>
<tr>
<td>9:30 - 11:30</td>
<td>HIS-01</td>
<td>Famine or Genocide 1845</td>
<td>151</td>
<td>17</td>
</tr>
<tr>
<td>10:30 - 11:45</td>
<td>CP-01</td>
<td>Introduction to iPhone</td>
<td>158</td>
<td>7</td>
</tr>
<tr>
<td>10:30 - 11:45</td>
<td>EX-01</td>
<td>Awareness Through Movement ®</td>
<td>111</td>
<td>9</td>
</tr>
<tr>
<td>12:00 - 2:00</td>
<td>EX-02</td>
<td>Cross Country Ski Touring (MWF 2/26-3/7)</td>
<td>trails</td>
<td>9</td>
</tr>
<tr>
<td>12:15 - 1:30</td>
<td>SOC-01</td>
<td>Alzheimer’s and Related Dementia (5 weeks)</td>
<td>151</td>
<td>25</td>
</tr>
<tr>
<td>12:15 - 1:30</td>
<td>FF-01</td>
<td>Tea “101”</td>
<td>158</td>
<td>13</td>
</tr>
<tr>
<td>12:15 - 1:30</td>
<td>EX-03</td>
<td>Tai Chi Sensing Hands</td>
<td>gym</td>
<td>10</td>
</tr>
<tr>
<td>2:00 - 3:15</td>
<td>LIT-01</td>
<td>Cowboy Poetry</td>
<td>151</td>
<td>20</td>
</tr>
<tr>
<td>2:00 - 3:15</td>
<td>CP-02</td>
<td>Exploring MacMost</td>
<td>158</td>
<td>7</td>
</tr>
<tr>
<td>2:30 - 4:30</td>
<td>ART-01</td>
<td>Ten Alaskan Postcards (5 weeks)</td>
<td>156</td>
<td>5</td>
</tr>
<tr>
<td>3:45 - 5:00</td>
<td>HL-01</td>
<td>Hearing &amp; Balance</td>
<td>151</td>
<td>14</td>
</tr>
<tr>
<td>3:45 - 5:00</td>
<td>CP-03</td>
<td>iMovie</td>
<td>158</td>
<td>7</td>
</tr>
<tr>
<td>6:00 - 8:30</td>
<td>HIS-02a</td>
<td>History of Motoring in Alaska, section a (2/12 only)</td>
<td>Auto Mus.</td>
<td>17</td>
</tr>
<tr>
<td>7:00 - 8:30</td>
<td>SOC-02</td>
<td>2nd Century of UAF (FREE lecture series)</td>
<td>Murie Aud.</td>
<td>25</td>
</tr>
<tr>
<td><strong>TUESDAY</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>8:45 - 10:00</td>
<td>HIS-03</td>
<td>Doing the Right Thing (starts 2/20)</td>
<td>158</td>
<td>17</td>
</tr>
<tr>
<td>10:30 - 11:45</td>
<td>HIS-04</td>
<td>Cold War in Alaska (no class 3/6)</td>
<td>151</td>
<td>17</td>
</tr>
<tr>
<td>12:00 - 3:00</td>
<td>FF-02</td>
<td>Growing Things to Eat (5 weeks)</td>
<td>156</td>
<td>13</td>
</tr>
<tr>
<td>12:00 - 1:00</td>
<td>EX-04</td>
<td>Beginning Skate Skiing (TuTh, 3/6-3/15)</td>
<td>UAF Trails</td>
<td>10</td>
</tr>
<tr>
<td>12:15 - 1:30</td>
<td>HIS-05</td>
<td>History of WAMCATS</td>
<td>151</td>
<td>17</td>
</tr>
<tr>
<td>12:15 - 1:30</td>
<td>LIT-02</td>
<td>Rock ‘n’ Roll Poetry I</td>
<td>158</td>
<td>20</td>
</tr>
<tr>
<td>2:00 - 4:00</td>
<td>HIS-06</td>
<td>Wagon Trails West (5 weeks)</td>
<td>151</td>
<td>17</td>
</tr>
<tr>
<td>2:00 - 5:00</td>
<td>ART-02</td>
<td>Watercolor Workshop I</td>
<td>158</td>
<td>5</td>
</tr>
<tr>
<td>3:45 - 5:00</td>
<td>LNG-03</td>
<td>Korean Language Basics</td>
<td>156</td>
<td>21</td>
</tr>
<tr>
<td><strong>WEDNESDAY</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>8:45 - 10:00</td>
<td>EX-05</td>
<td>Strong Seniors (WF, 8 wks, starts 2/21, no class 3/14, 3/16)</td>
<td>111</td>
<td>10</td>
</tr>
<tr>
<td>9:00 - 11:00</td>
<td>CP-04</td>
<td>Google Docs, Sheets &amp; Slides</td>
<td>164</td>
<td>8</td>
</tr>
<tr>
<td>9:30 - 12:00</td>
<td>ART-04</td>
<td>The Sweater Workshop (5 weeks)</td>
<td>158</td>
<td>5</td>
</tr>
<tr>
<td>10:30 - 11:45</td>
<td>HL-02</td>
<td>Aging at Home</td>
<td>151</td>
<td>14</td>
</tr>
<tr>
<td>12:00 - 2:00</td>
<td>EX-02</td>
<td>Cross Country Ski Touring (MWF 2/26-3/7)</td>
<td>trails</td>
<td>9</td>
</tr>
<tr>
<td>12:15 - 1:30</td>
<td>HL-03</td>
<td>The Human Superorganism</td>
<td>151</td>
<td>14</td>
</tr>
<tr>
<td>12:15 - 1:30</td>
<td>EX-06</td>
<td>Beginning Yoga (5 weeks)</td>
<td>gym</td>
<td>10</td>
</tr>
<tr>
<td>1:00 - 3:30</td>
<td>HL-04</td>
<td>Diabetes Self-Management (2/28 - 4/11, no class 3/14)</td>
<td>111</td>
<td>15</td>
</tr>
<tr>
<td>2:00 - 3:15</td>
<td>HL-05</td>
<td>Purposeful Happiness through Laughter &amp; Play</td>
<td>151</td>
<td>15</td>
</tr>
<tr>
<td>2:00 - 3:30</td>
<td>DAN-01</td>
<td>Historical Dancing I (5 weeks)</td>
<td>gym</td>
<td>23</td>
</tr>
<tr>
<td>3:30 - 4:30</td>
<td>REC-01</td>
<td>Mah-jong</td>
<td>156</td>
<td>12</td>
</tr>
<tr>
<td>3:45 - 5:00</td>
<td>ART-05</td>
<td>Meet the Artists</td>
<td>151</td>
<td>5</td>
</tr>
<tr>
<td><strong>THURSDAY</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>9:45 - 11:45</td>
<td>HIS-07</td>
<td>Great Decisions 2018, I</td>
<td>158</td>
<td>18</td>
</tr>
<tr>
<td>10:30 - 11:45</td>
<td>HL-06</td>
<td>Natural Methods of Healing</td>
<td>151</td>
<td>15</td>
</tr>
<tr>
<td>10:30 - 11:45</td>
<td>PHT-01</td>
<td>Nature Photography</td>
<td>156</td>
<td>13</td>
</tr>
<tr>
<td>12:00 - 1:00</td>
<td>EX-04</td>
<td>Beginning Skate Skiing (TuTh, 3/6-3/15)</td>
<td>UAF Trails</td>
<td>10</td>
</tr>
<tr>
<td>12:15 - 1:30</td>
<td>SOC-03</td>
<td>Travelogues</td>
<td>151</td>
<td>25</td>
</tr>
<tr>
<td>12:15 - 1:30</td>
<td>CP-05</td>
<td>“Photos” for Mac, iPhone &amp; iPad</td>
<td>156</td>
<td>8</td>
</tr>
<tr>
<td>2:00 - 3:15</td>
<td>SCI-01</td>
<td>Is the Earth Rare?</td>
<td>151</td>
<td>23</td>
</tr>
<tr>
<td>Time</td>
<td>Course no.</td>
<td>Course title</td>
<td>Room</td>
<td>Page</td>
</tr>
<tr>
<td>---------------</td>
<td>------------</td>
<td>---------------------------------------------------</td>
<td>------</td>
<td>------</td>
</tr>
<tr>
<td>2:00 - 4:00</td>
<td>ART-06</td>
<td>Introduction to Needle Felting</td>
<td>156</td>
<td>5</td>
</tr>
<tr>
<td>2:00 - 4:00</td>
<td>CP-06</td>
<td>Google Maps</td>
<td>164</td>
<td>8</td>
</tr>
<tr>
<td>2:00 - 4:00</td>
<td>SOC-04</td>
<td>What Does It Mean to Be White? (8 wks, 3/1 - 4/19)</td>
<td>111</td>
<td>25</td>
</tr>
<tr>
<td>3:00 - 5:00</td>
<td>FF-03</td>
<td>Wines of Italy (starts 2/22)</td>
<td>Lavelle’s</td>
<td>14</td>
</tr>
<tr>
<td>3:45 - 5:00</td>
<td>FF-04</td>
<td>Practical Beekeeping for Fairbanks (5 weeks)</td>
<td>151</td>
<td>14</td>
</tr>
<tr>
<td>6:00 - 8:30</td>
<td>HIS-02b</td>
<td>History of Motoring in Alaska, section b (2/15 only)</td>
<td>Auto Mus.</td>
<td>17</td>
</tr>
</tbody>
</table>

**FRIDAY**

<table>
<thead>
<tr>
<th>Time</th>
<th>Course no.</th>
<th>Course title</th>
<th>Room</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:45 - 10:00</td>
<td>SOC-05</td>
<td>Psychology of Downsizing (no class 2/23, last class Mon. 3/12)</td>
<td>151</td>
<td>25</td>
</tr>
<tr>
<td>8:45 - 10:00</td>
<td>EX-05</td>
<td>Strong Seniors (WF, 8 wks, starts 2/21, no class 3/14, 3/16)</td>
<td>111</td>
<td>10</td>
</tr>
<tr>
<td>9:30 - 11:30</td>
<td>REC-02</td>
<td>Euro-Style Board Games</td>
<td>156</td>
<td>12</td>
</tr>
<tr>
<td>10:30 - 11:45</td>
<td>SOC-06</td>
<td>Siblings and Family Dynamics (no 2/23, last class Mon. 3/12)</td>
<td>151</td>
<td>26</td>
</tr>
<tr>
<td>10:30 - 11:45</td>
<td>CP-07</td>
<td>Introduction to iPad</td>
<td>158</td>
<td>8</td>
</tr>
<tr>
<td>10:30 - 11:45</td>
<td>SOC-07</td>
<td>Healthy Aging Research Discussion Groups</td>
<td>111</td>
<td>26</td>
</tr>
<tr>
<td>12:00 - 2:00</td>
<td>EX-02</td>
<td>Cross Country Ski Touring (MWF 2/26-3/7)</td>
<td>trails</td>
<td>9</td>
</tr>
<tr>
<td>12:15 - 1:30</td>
<td>SCI-02</td>
<td>Alaska During Cretaceous</td>
<td>151</td>
<td>23</td>
</tr>
<tr>
<td>12:15 - 1:30</td>
<td>MUS-01</td>
<td>Dealing With Dragons, the Musical</td>
<td>156</td>
<td>22</td>
</tr>
<tr>
<td>12:15 - 1:30</td>
<td>ART-07</td>
<td>Drawing Using the Right Side of the Brain, part 1</td>
<td>158</td>
<td>5</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Time</th>
<th>Course no.</th>
<th>Course title</th>
<th>Room</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>2:00 - 3:15</td>
<td>HL-07</td>
<td>Head to Toe</td>
<td>151</td>
<td>15</td>
</tr>
<tr>
<td>2:00 - 3:15</td>
<td>MUS-02</td>
<td>Shape Note Singing</td>
<td>156</td>
<td>22</td>
</tr>
<tr>
<td>2:00 - 3:15</td>
<td>LNG-04</td>
<td>Spanish for Beginners</td>
<td>158</td>
<td>21</td>
</tr>
<tr>
<td>3:45 - 5:00</td>
<td>HL-08</td>
<td>Brain Health &amp; What Works</td>
<td>151</td>
<td>15</td>
</tr>
<tr>
<td>3:45 - 5:00</td>
<td>HL-09</td>
<td>Self-Hypnosis (5 weeks, last class Thurs. 3/15)</td>
<td>156</td>
<td>15</td>
</tr>
<tr>
<td>3:45 - 5:00</td>
<td>HIS-09</td>
<td>History of the Tanana Valley Railroad</td>
<td>158</td>
<td>18</td>
</tr>
</tbody>
</table>

**SUNDAY**

<table>
<thead>
<tr>
<th>Time</th>
<th>Course no.</th>
<th>Course title</th>
<th>Room</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>2:30 - 4:30</td>
<td>REC-03</td>
<td>Kayaking I (2 weeks, 2/18 &amp; 2/25)</td>
<td>Patty Pool</td>
<td>12</td>
</tr>
</tbody>
</table>

**SESSION I, ADD-ON (March 12-15)**

**MONDAY**

<table>
<thead>
<tr>
<th>Time</th>
<th>Course no.</th>
<th>Course title</th>
<th>Room</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:45 - 10:00</td>
<td>SOC-05</td>
<td>Psychology of Downsizing (last class, different day)</td>
<td>151</td>
<td>25</td>
</tr>
<tr>
<td>10:30 - 11:45</td>
<td>SOC-06</td>
<td>Siblings &amp; Family Dynamics (last class, different day)</td>
<td>151</td>
<td>26</td>
</tr>
<tr>
<td>12:15 - 1:30</td>
<td>SOC-01</td>
<td>Alzheimer’s and Related Dementia (last class)</td>
<td>151</td>
<td>25</td>
</tr>
<tr>
<td>12:15 - 1:30</td>
<td>ART-07</td>
<td>Drawing w/Right Side Brain (last class, different day)</td>
<td>158</td>
<td>5</td>
</tr>
<tr>
<td>2:00 - 4:30</td>
<td>ART-08</td>
<td>Create a Printed Cloth Bag (MTuWTh)</td>
<td>158</td>
<td>6</td>
</tr>
<tr>
<td>2:30 - 4:30</td>
<td>ART-01</td>
<td>Ten Alaskan Postcards (last class)</td>
<td>156</td>
<td>5</td>
</tr>
</tbody>
</table>

**TUESDAY**

<table>
<thead>
<tr>
<th>Time</th>
<th>Course no.</th>
<th>Course title</th>
<th>Room</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:45 - 10:00</td>
<td>HIS-03</td>
<td>Doing the Right Thing (last class)</td>
<td>158</td>
<td>17</td>
</tr>
<tr>
<td>10:00 - 12:00</td>
<td>CP-08</td>
<td>eBay, Craigslist &amp; Paypal (TuTh)</td>
<td>164</td>
<td>8</td>
</tr>
<tr>
<td>10:30 - 11:45</td>
<td>HL-10</td>
<td>Thyroid</td>
<td>151</td>
<td>15</td>
</tr>
<tr>
<td>12:00 - 3:00</td>
<td>FF-02</td>
<td>Growing Things to Eat (last class)</td>
<td>156</td>
<td>13</td>
</tr>
<tr>
<td>12:00 - 1:00</td>
<td>EX-04</td>
<td>Beginning Skate Skiing (TuTh, 3/6-3/15)</td>
<td>UAF trails</td>
<td>10</td>
</tr>
<tr>
<td>12:15 - 1:30</td>
<td>HIS-04</td>
<td>Cold War in Alaska (last class, different time)</td>
<td>151</td>
<td>17</td>
</tr>
<tr>
<td>2:00 - 4:00</td>
<td>HIS-06</td>
<td>Wagon Trails West (last class)</td>
<td>151</td>
<td>17</td>
</tr>
<tr>
<td>2:00 - 4:30</td>
<td>ART-08</td>
<td>Create a Printed Cloth Bag (MTuWTh)</td>
<td>158</td>
<td>6</td>
</tr>
</tbody>
</table>

**WEDNESDAY**

<table>
<thead>
<tr>
<th>Time</th>
<th>Course no.</th>
<th>Course title</th>
<th>Room</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:30 - 12:00</td>
<td>ART-04</td>
<td>The Sweater Workshop (last class)</td>
<td>158</td>
<td>5</td>
</tr>
<tr>
<td>12:15 - 1:30</td>
<td>HIS-15</td>
<td>Understanding Mining History (3/14 - 4/4)</td>
<td>151</td>
<td>19</td>
</tr>
<tr>
<td>12:15 - 1:30</td>
<td>EX-06</td>
<td>Beginning Yoga (last class)</td>
<td>gym</td>
<td>10</td>
</tr>
</tbody>
</table>
Under “Room,” a number or “gym” indicates the UAF University Park Building.

<table>
<thead>
<tr>
<th>Time</th>
<th>Course no.</th>
<th>Course title</th>
<th>Room</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>2:00 - 4:30</td>
<td>ART-08</td>
<td>Create a Printed Cloth Bag (MTuWTh)</td>
<td>158</td>
<td>6</td>
</tr>
<tr>
<td>2:00 - 3:30</td>
<td>DAN-01</td>
<td>Historical Dancing I (last class)</td>
<td>gym</td>
<td>23</td>
</tr>
</tbody>
</table>

**THURSDAY**

<table>
<thead>
<tr>
<th>Time</th>
<th>Course no.</th>
<th>Course title</th>
<th>Room</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>10:00 - 12:00</td>
<td>CP-08</td>
<td>eBay, Craigslist &amp; Paypal (TuTh)</td>
<td>164</td>
<td>8</td>
</tr>
<tr>
<td>10:30 - 11:45</td>
<td>FF-05</td>
<td>Zero to 51 in 5 Years: Growing Peonies</td>
<td>151</td>
<td>14</td>
</tr>
<tr>
<td>12:00 - 1:00</td>
<td>EX-04</td>
<td>Beginning Skate Skiing (last class)</td>
<td>UAF trails</td>
<td>10</td>
</tr>
<tr>
<td>2:00 - 4:30</td>
<td>ART-08</td>
<td>Create a Printed Cloth Bag (MTuWTh)</td>
<td>158</td>
<td>6</td>
</tr>
<tr>
<td>2:00 - 4:00</td>
<td>SOC-04</td>
<td>What Does It Mean to Be White? (8 wks, 3/1 - 4/19)</td>
<td>111</td>
<td>25</td>
</tr>
<tr>
<td>3:00 - 5:00</td>
<td>FF-03</td>
<td>Wines of Italy (last class)</td>
<td>Lavelle's</td>
<td>14</td>
</tr>
<tr>
<td>3:45 - 5:00</td>
<td>FF-04</td>
<td>Practical Beekeeping for Fairbanks (last class)</td>
<td>151</td>
<td>14</td>
</tr>
<tr>
<td>3:45 - 5:00</td>
<td>HL-09</td>
<td>Self-Hypnosis (last class, different day)</td>
<td>156</td>
<td>15</td>
</tr>
</tbody>
</table>

**FRIDAY**

<table>
<thead>
<tr>
<th>Time</th>
<th>Course no.</th>
<th>Course title</th>
<th>Room</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>12:00 - 1:30</td>
<td></td>
<td>Annual Meeting and Lunch for Members</td>
<td>University Community Presbyterian Church</td>
<td></td>
</tr>
</tbody>
</table>

**Session II Daily Schedule**  March 19–April 13, 2018

**MONDAY**

<table>
<thead>
<tr>
<th>Time</th>
<th>Course no.</th>
<th>Course title</th>
<th>Room</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:45 - 10:00</td>
<td>SOC-08</td>
<td>Celebrating the Athabascan People of Alaska</td>
<td>151</td>
<td>26</td>
</tr>
<tr>
<td>8:45 - 10:00</td>
<td>LNG-02</td>
<td>Intro to Chinese, II</td>
<td>158</td>
<td>21</td>
</tr>
<tr>
<td>10:30 - 11:45</td>
<td>HIS-10</td>
<td>Our Northern Waste-Line</td>
<td>151</td>
<td>18</td>
</tr>
<tr>
<td>10:30 - 11:45</td>
<td>LIT-04</td>
<td>Writings of W. B. Yeats</td>
<td>158</td>
<td>20</td>
</tr>
<tr>
<td>10:30 - 11:45</td>
<td>MUS-03</td>
<td>Guitar from Scratch (5 weeks)</td>
<td>111</td>
<td>22</td>
</tr>
<tr>
<td>11:00 - 12:00</td>
<td>EX-07</td>
<td>Basic Ice Skating Skills (5 weeks, MW)</td>
<td>Patty Ice</td>
<td>10</td>
</tr>
<tr>
<td>12:00 - 4:00</td>
<td>ART-09</td>
<td>Glass Fusing Basics (MW, 4/2–4/11)</td>
<td>1532 LaRue</td>
<td>6</td>
</tr>
<tr>
<td>12:15 - 1:30</td>
<td>SOC-09</td>
<td>Utopias to Dystopias</td>
<td>151</td>
<td>26</td>
</tr>
<tr>
<td>12:15 - 1:30</td>
<td>CP-09</td>
<td>Self-Publishing</td>
<td>158</td>
<td>8</td>
</tr>
<tr>
<td>12:15 - 1:30</td>
<td>MUS-04</td>
<td>Intermediate Guitar (5 weeks)</td>
<td>111</td>
<td>22</td>
</tr>
<tr>
<td>2:00 - 5:00</td>
<td>HL-11</td>
<td>Cannabis as Medicine (5 weeks)</td>
<td>151</td>
<td>16</td>
</tr>
<tr>
<td>2:00 - 4:00</td>
<td>RB-01</td>
<td>Reading Tarot Cards</td>
<td>158</td>
<td>23</td>
</tr>
<tr>
<td>2:00 - 3:15</td>
<td>EX-08</td>
<td>Qigong</td>
<td>111</td>
<td>11</td>
</tr>
<tr>
<td>4:00 - 5:15</td>
<td>HIS-11</td>
<td>History of Ocean Exploration V</td>
<td>O’Neill 201</td>
<td>18</td>
</tr>
</tbody>
</table>

**TUESDAY**

<table>
<thead>
<tr>
<th>Time</th>
<th>Course no.</th>
<th>Course title</th>
<th>Room</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:45 - 11:45</td>
<td>REC-04</td>
<td>Bike Maintenance (5 weeks)</td>
<td>156</td>
<td>12</td>
</tr>
<tr>
<td>8:45 - 10:00</td>
<td>SOC-10</td>
<td>PTSD</td>
<td>158</td>
<td>26</td>
</tr>
<tr>
<td>10:30 - 11:45</td>
<td>HIS-12</td>
<td>Scoundrels in Northern History: Ch VII</td>
<td>151</td>
<td>18</td>
</tr>
<tr>
<td>10:30 - 11:45</td>
<td>LIT-03</td>
<td>Rock ‘n’ Roll Poetry II</td>
<td>158</td>
<td>20</td>
</tr>
<tr>
<td>10:30 - 12:30</td>
<td>HL-12</td>
<td>Dog Grooming 101</td>
<td>N. Pole</td>
<td>16</td>
</tr>
<tr>
<td>12:15 - 1:30</td>
<td>SOC-11</td>
<td>Conserving Local Land</td>
<td>151</td>
<td>26</td>
</tr>
<tr>
<td>12:15 - 1:30</td>
<td>SOC-12</td>
<td>Death, The Trip of a Lifetime, part 2</td>
<td>158</td>
<td>27</td>
</tr>
<tr>
<td>1:00 - 2:30</td>
<td>SCI-03</td>
<td>Science of Museum Collections (5 weeks)</td>
<td>UA Museum</td>
<td>24</td>
</tr>
<tr>
<td>2:00 - 3:15</td>
<td>SOC-13</td>
<td>Alaska’s Courts (3 weeks, starts 3/27)</td>
<td>151</td>
<td>27</td>
</tr>
<tr>
<td>2:00 - 3:15</td>
<td>CP-10</td>
<td>Library Digital Resources</td>
<td>156</td>
<td>9</td>
</tr>
<tr>
<td>2:00 - 5:00</td>
<td>ART-03</td>
<td>Watercolor Workshop II</td>
<td>158</td>
<td>5</td>
</tr>
<tr>
<td>3:45 - 5:00</td>
<td>SCI-04</td>
<td>Northern Animal Adaptations</td>
<td>151</td>
<td>24</td>
</tr>
<tr>
<td>3:45 - 5:00</td>
<td>LNG-05</td>
<td>Introduction to Esperanto</td>
<td>156</td>
<td>21</td>
</tr>
</tbody>
</table>

**WEDNESDAY**

<table>
<thead>
<tr>
<th>Time</th>
<th>Course no.</th>
<th>Course title</th>
<th>Room</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:45 - 10:00</td>
<td>HL-13</td>
<td>Healing Herbs (5 weeks)</td>
<td>151</td>
<td>16</td>
</tr>
<tr>
<td>8:45 - 10:00</td>
<td>EX-05</td>
<td>Strong Seniors (WF, 8 weeks)</td>
<td>111</td>
<td>10</td>
</tr>
<tr>
<td>9:15 - 11:45</td>
<td>ART-10</td>
<td>Reversible Two Color Knitting</td>
<td>158</td>
<td>6</td>
</tr>
</tbody>
</table>

Online registration opens 9:30 a.m. Wednesday, January 24 (see p. 34)
<table>
<thead>
<tr>
<th>Time</th>
<th>Course no.</th>
<th>Course title</th>
<th>Room</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>10:30 - 11:45</td>
<td>HIS-13</td>
<td>History of Medicine</td>
<td>151</td>
<td>19</td>
</tr>
<tr>
<td>10:30 - 11:45</td>
<td>EX-09</td>
<td>Chair Yoga</td>
<td>111</td>
<td>11</td>
</tr>
<tr>
<td>11:00 - 12:00</td>
<td>EX-07</td>
<td>Basic Ice Skating Skills (5 weeks, MW)</td>
<td>Patty Ice</td>
<td>10</td>
</tr>
<tr>
<td>12:00 - 4:00</td>
<td>ART-09</td>
<td>Glass Fusing Basics (MW, 4/2-4/11)</td>
<td>1532 LaRue</td>
<td>6</td>
</tr>
<tr>
<td>12:15 - 1:30</td>
<td>HIS-14</td>
<td>Understanding Mining History (3/14 - 4/4)</td>
<td>151</td>
<td>19</td>
</tr>
<tr>
<td>12:15 - 1:30</td>
<td>HIS-15</td>
<td>De-mystifying Cannabis</td>
<td>158</td>
<td>19</td>
</tr>
<tr>
<td>1:00 - 3:30</td>
<td>HL-04</td>
<td>Diabetes Self-Management (2/28 - 4/11)</td>
<td>111</td>
<td>15</td>
</tr>
<tr>
<td>2:00 - 5:00</td>
<td>FLM-01</td>
<td>The Essential Films: I (5 weeks)</td>
<td>151</td>
<td>13</td>
</tr>
<tr>
<td>2:00 - 3:30</td>
<td>DAN-02</td>
<td>Historical Dancing II (5 weeks)</td>
<td>gym</td>
<td>23</td>
</tr>
<tr>
<td>2:30 - 4:30</td>
<td>LIT-05</td>
<td>Emily Dickinson’s Poetry</td>
<td>156</td>
<td>20</td>
</tr>
<tr>
<td>3:00 - 4:15</td>
<td>EX-10</td>
<td>Beginning Pickleball (5 weeks)</td>
<td>SRC</td>
<td>11</td>
</tr>
<tr>
<td>3:45 - 5:00</td>
<td>SCI-05</td>
<td>DNA Exploration (5 weeks)</td>
<td>UA Museum</td>
<td>24</td>
</tr>
</tbody>
</table>

**THURSDAY**

<table>
<thead>
<tr>
<th>Time</th>
<th>Course no.</th>
<th>Course title</th>
<th>Room</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:45 - 10:00</td>
<td>LIT-06</td>
<td>Asian Literature in Translation</td>
<td>151</td>
<td>20</td>
</tr>
<tr>
<td>9:45 - 11:45</td>
<td>HIS-08</td>
<td>Great Decisions II</td>
<td>158</td>
<td>18</td>
</tr>
<tr>
<td>10:15 - 11:45</td>
<td>HL-14</td>
<td>Smart Driving (AARP)</td>
<td>156</td>
<td>16</td>
</tr>
<tr>
<td>10:30 - 11:45</td>
<td>LIT-07</td>
<td>Eudora Welty Stories</td>
<td>151</td>
<td>20</td>
</tr>
<tr>
<td>10:30 - 11:45</td>
<td>SCI-06</td>
<td>Museum Grad Student Sampler (5 weeks)</td>
<td>UA Museum</td>
<td>24</td>
</tr>
<tr>
<td>12:15 - 1:30</td>
<td>LIT-08</td>
<td>Meet the Authors</td>
<td>151</td>
<td>20</td>
</tr>
<tr>
<td>12:15 - 1:30</td>
<td>LNG-06</td>
<td>Spoken Italian for Travelers</td>
<td>156</td>
<td>21</td>
</tr>
<tr>
<td>2:00 - 3:15</td>
<td>LNG-07</td>
<td>Art and Science of Constructed Languages</td>
<td>151</td>
<td>21</td>
</tr>
<tr>
<td>2:00 - 4:00</td>
<td>CP-11</td>
<td>Hands-On PowerPoint for Mac</td>
<td>156</td>
<td>9</td>
</tr>
<tr>
<td>2:00 - 4:00</td>
<td>SOC-04</td>
<td>What Does It Mean to Be White? (8 wks, 3/1 - 4/19)</td>
<td>111</td>
<td>25</td>
</tr>
<tr>
<td>2:00 - 3:15</td>
<td>DAN-03</td>
<td>Israeli Folk Dance (5 weeks)</td>
<td>gym</td>
<td>23</td>
</tr>
<tr>
<td>2:00 - 4:30</td>
<td>ART-11</td>
<td>Friday’s Kuspuk (5 weeks)</td>
<td>Lutheran Ch.</td>
<td>6</td>
</tr>
<tr>
<td>3:45 - 5:00</td>
<td>SCI-07</td>
<td>World Ocean &amp; Deep-Water Circulation</td>
<td>151</td>
<td>24</td>
</tr>
</tbody>
</table>

**FRIDAY**

<table>
<thead>
<tr>
<th>Time</th>
<th>Course no.</th>
<th>Course title</th>
<th>Room</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:45 - 10:00</td>
<td>SOC-14</td>
<td>Exploration into the Psychology of Aging</td>
<td>151</td>
<td>27</td>
</tr>
<tr>
<td>8:45 - 10:00</td>
<td>EX-05</td>
<td>Strong Seniors (WF, 8 weeks)</td>
<td>111</td>
<td>10</td>
</tr>
<tr>
<td>8:45 - 10:00</td>
<td>EX-11</td>
<td>Intermediate Yoga (no class 4/6)</td>
<td>gym</td>
<td>11</td>
</tr>
<tr>
<td>10:30 - 11:45</td>
<td>SOC-15</td>
<td>Understanding Our Unconscious Mind</td>
<td>151</td>
<td>27</td>
</tr>
<tr>
<td>10:30 - 11:45</td>
<td>FF-06</td>
<td>Cheese 101 with Murray’s Cheese</td>
<td>156</td>
<td>14</td>
</tr>
<tr>
<td>12:15 - 1:30</td>
<td>SOC-16</td>
<td>Perspectives on the North</td>
<td>151</td>
<td>27</td>
</tr>
<tr>
<td>12:15 - 1:30</td>
<td>ART-12</td>
<td>Drawing Studio II</td>
<td>156</td>
<td>7</td>
</tr>
<tr>
<td>12:15 - 1:30</td>
<td>MTH-01</td>
<td>Land Survey: Measuring Land</td>
<td>158</td>
<td>24</td>
</tr>
<tr>
<td>2:00 - 5:00</td>
<td>FLM-02</td>
<td>Films of Ingrid Bergman (5 weeks)</td>
<td>151</td>
<td>13</td>
</tr>
<tr>
<td>2:00 - 3:15</td>
<td>REC-05</td>
<td>Fly-tying for Beginners</td>
<td>156</td>
<td>12</td>
</tr>
<tr>
<td>2:00 - 3:15</td>
<td>MUS-05</td>
<td>More Singing Together</td>
<td>158</td>
<td>22</td>
</tr>
<tr>
<td>2:00 - 3:15</td>
<td>EX-12</td>
<td>Slow Tennis</td>
<td>gym</td>
<td>11</td>
</tr>
<tr>
<td>2:00 - 4:00</td>
<td>REC-06</td>
<td>EasyBridge: Learn to Play Bridge (5 weeks)</td>
<td>111</td>
<td>12</td>
</tr>
<tr>
<td>2:00 - 5:00</td>
<td>ART-13</td>
<td>Suminagashi (Paper Marbling)</td>
<td>154</td>
<td>7</td>
</tr>
<tr>
<td>3:45 - 5:00</td>
<td>MUS-06</td>
<td>Opera from the Met (5 weeks)</td>
<td>158</td>
<td>23</td>
</tr>
</tbody>
</table>

**SUNDAY**

<table>
<thead>
<tr>
<th>Time</th>
<th>Course no.</th>
<th>Course title</th>
<th>Room</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>2:30 - 3:45</td>
<td>EX-13</td>
<td>Intermediate Needy Knees (5 weeks)</td>
<td>SRC</td>
<td>11</td>
</tr>
<tr>
<td>2:30 - 4:30</td>
<td>REC-07</td>
<td>Kayaking II (2 weeks, 4/8 &amp; 4/15)</td>
<td>Patty Pool</td>
<td>12</td>
</tr>
</tbody>
</table>

**SESSION II ADD-ON (April 16-20)**

**MONDAY**

<table>
<thead>
<tr>
<th>Time</th>
<th>Course no.</th>
<th>Course title</th>
<th>Room</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>10:00 - 12:00</td>
<td>PHT-02</td>
<td>Digital Camera (MTuWThF)</td>
<td>158</td>
<td>13</td>
</tr>
<tr>
<td>10:30 - 11:45</td>
<td>MUS-03</td>
<td>Guitar from Scratch (last class)</td>
<td>111</td>
<td>22</td>
</tr>
</tbody>
</table>
Under “Room,” a number or “gym” indicates the UAF University Park Building.

<table>
<thead>
<tr>
<th>Time</th>
<th>Course no.</th>
<th>Course title</th>
<th>Room</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>11:00 - 12:00</td>
<td>EX-07</td>
<td>Basic Ice Skating Skills (5 weeks, MW)</td>
<td>Patty Ice</td>
<td>10</td>
</tr>
<tr>
<td>12:15 - 1:30</td>
<td>HIS-16</td>
<td>A Personal View of Post-WWII Austria (MW)</td>
<td>151</td>
<td>19</td>
</tr>
<tr>
<td>12:15 - 1:30</td>
<td>MUS-04</td>
<td>Intermediate Guitar (last class)</td>
<td>111</td>
<td>22</td>
</tr>
<tr>
<td>2:00 - 5:00</td>
<td>SOC-17</td>
<td>Winter Getaways</td>
<td>151</td>
<td>27</td>
</tr>
<tr>
<td>2:00 - 4:00</td>
<td>CP-12</td>
<td>Share Your Story,Digitally (MTuWTh)</td>
<td>164</td>
<td>9</td>
</tr>
<tr>
<td>2:00 - 5:00</td>
<td>HL-11</td>
<td>Cannabis as Medicine (last class)</td>
<td>field trip</td>
<td>16</td>
</tr>
<tr>
<td>2:30 - 5:00</td>
<td>ART-14</td>
<td>Weave a Reed Basket (MWF)</td>
<td>156</td>
<td>7</td>
</tr>
</tbody>
</table>

**TUESDAY**

8:45 - 11:45 | REC-04    | Bike Maintenance (last class)                            | 156          | 12   |
10:00 - 12:00 | PHT-02    | Digital Camera (MTuWThF)                                 | 158          | 13   |
1:00 - 2:30  | SCI-03    | Science of Museum Collections (last class)               | UA Museum    | 24   |
2:00 - 4:00  | CP-12     | Share Your Story, Digitally (MTuWTh)                     | 164          | 9    |
3:45 - 5:00  | HIS-17    | War: 50th Ann. Vietnam's Tet Offensive (TuTh)            | 151          | 19   |
4:00 - 6:00  | HIS-18    | Ulysses S. Grant (TuWThF)                                | Murie Aud    | 19   |

**WEDNESDAY**

8:45 - 10:00 | HL-13     | Healing Herbs (last class)                               | 151          | 16   |
8:45 - 10:00 | EX-05     | Strong Seniors (8 weeks, WF)                             | 111          | 10   |
10:00 - 12:00 | PHT-02    | Digital Camera (MTuWThF)                                 | 158          | 13   |
11:00 - 12:00 | EX-07     | Basic Ice Skating Skills (last class)                    | Patty Ice    | 10   |
12:15 - 1:30 | HIS-16    | A Personal View of Post-WWII Austria (MW)                | 151          | 19   |
2:00 - 5:00  | FLM-01    | The Essential Films: I (last class)                      | 151          | 13   |
2:00 - 4:00  | CP-12     | Share Your Story, Digitally (MTuWTh)                     | 164          | 9    |
2:00 - 3:30  | DAN-02    | Historical Dancing II (last class)                       | gym          | 23   |
2:30 - 5:00  | ART-14    | Weave a Reed Basket (MWF)                                | 156          | 7    |
3:00 - 4:15  | EX-10     | Beginning Pickleball (last class)                        | SRC          | 11   |
3:45 - 5:00  | SCI-05    | DNA Exploration (last class)                             | UA Museum    | 24   |
4:00 - 6:00  | HIS-18    | Ulysses S. Grant (TuWThF)                                | Murie Aud    | 19   |

**THURSDAY**

10:00 - 12:00 | PHT-02    | Digital Camera (MTuWThF)                                 | 158          | 13   |
10:30 - 11:45 | HL-15     | Osteoporosis & Vitamin D                                  | 151          | 16   |
10:30 - 11:45 | SCI-06    | Museum Grad Student Sampler (last class)                 | UA Museum    | 24   |
2:00 - 4:00  | CP-12     | Share Your Story, Digitally (MTuWTh)                     | 164          | 9    |
2:00 - 3:15  | DAN-03    | Israeli Folk Dance (last class)                          | gym          | 23   |
2:00 - 4:00  | SOC-04    | What Does It Mean to Be White? (last class)              | 111          | 25   |
2:00 - 4:30  | ART-11    | Friday’s Kuspuk (last class)                             | Lutheran Ch. | 6    |
3:45 - 5:00  | HIS-17    | War: 50th Ann. Vietnam’s Tet Offensive (TuTh)            | 151          | 19   |
4:00 - 6:00  | HIS-18    | Ulysses S. Grant (TuWThF)                                | Murie Aud    | 19   |

**FRIDAY**

8:45 - 10:00 | EX-05     | Strong Seniors (last class)                               | 111          | 10   |
8:45 - 10:00 | EX-11     | Intermediate Yoga (last class)                            | gym          | 11   |
10:00 - 12:00 | PHT-02    | Digital Camera (MTuWThF)                                 | field trip   | 13   |
2:00 - 5:00  | FLM-02    | Films of Ingrid Bergman (last class)                     | 151          | 13   |
2:00 - 4:00  | REC-06    | EasyBridge: Learn to Play Bridge (last class)            | 111          | 12   |
2:30 - 5:00  | ART-14    | Weave a Reed Basket (MWF)                                | 156          | 7    |
3:45 - 5:00  | MUS-06    | Opera from the Met (last class)                           | 158          | 23   |
4:15 - 6:15  | HIS-18    | Ulysses S. Grant (last class, different time)            | Murie Aud    | 19   |

**SUNDAY**

2:30 - 3:45  | EX-13     | Intermediate Needy Knees (last class)                    | SRC          | 11   |

Online registration opens 9:30 a.m. Wednesday, January 24 (see p. 34)
Membership and Fees

Annual Membership
For just $35, 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 special programs. Unlimited membership is $185 per year and covers tuition for all your courses.

Tuition Fees
• $15 per course for regular members, or
• Free for unlimited members.

Scholarships
Reduced membership fees are available for those experiencing financial hardship. Call 474-6607 for more information.

Guest Passes
Non-members may enjoy a day of classes or activities for $10, or a single class meeting for $5. 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. Failure to display a valid parking permit carries a $65 fine, enforced by UAF Parking Services.
• With decal or permit, you may park in any “UAF Decal Required” parking space around the Old UPark building.

Parking Options
• OLLI Parking Permit: $12 for Jan. 1–June 30, valid at UPark any time; valid in the UA Museum of the North lot during times OLLI classes are held in the UA Museum of the North, O’Neill, Murie, or the Ski Hut. You must pick up your decal at the OLLI office. Bring your car make, model, year, color, and license plate number.
• Hour/Day Permits: $0.75/hour or $5.00/day, valid at all UAF decal lots.
  Purchase at the parking kiosk in the UPark lot.
• Student Decals: $41/semester, valid at all UAF decal lots, for UAF students registered for 8 credits or less.
  (OLLI classes do not count.)

Annual Membership
For just $35, 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 special programs. Unlimited membership is $185 per year and covers tuition for all your courses.

Registering for Classes

Registration Procedure
On the day registration opens, you can enroll and/or waitlist in up to 3 courses in Session I and 3 courses in Session II. Starting the next day, you can select as many more courses as you wish.

Register online: Go to www.uaf.edu/olli/ 
• Click on “How to Register” in the menu on the left for detailed instructions with screen shots.
• Registration begins Jan. 24 at 9:30 am Alaska time and will be available from any computer that has internet access. Classes will be filled on a first-come, first-served basis.
• You must be a current (2018) OLLI member in order to register for classes. You will be able to purchase membership online with a credit card, but the purchase must be completed before you can enroll in classes. We recommend that you purchase your membership before Jan. 24.
• Traveling on Jan. 24, no computer access, or just not confident you can register yourself? We accept mail-in and drop-off registrations to be entered by OLLI staff and volunteers, though your chances of getting into high-demand courses are best if you can register yourself promptly at 9:30 am on Jan. 24.

No Computer?
Fill out the form.

Fill out the Online Registration Worksheet (see next page) and mail or bring it to the OLLI office. Volunteers will enter all paper registration forms in the order received, starting at 9:30 am on Jan. 24.

• Mail payments to:
  Osher Lifelong Learning Institute, UAF
  Box 758100
  Fairbanks, AK 99775-8100
• Make checks payable to:
  OLLI or Osher Lifelong Learning Institute
• Submit credit card information online, by phone, or in person. (Do not use email.)
• Visit us at:
  Old University Park Building, room #159
  1000 University Ave.
  Fairbanks, Alaska
Registration opens Jan. 24 at 9:30 am

You can access the online registration page from www.uaf.edu/olli/
Click on “How to Register” in the menu at the left of the page.

**STEP 1:** Purchase your 2018 OLLI membership if you haven’t already done so. You can pay online, come in to the office, call in with a credit card, or mail a check: $35 for regular membership or $185 for membership + unlimited classes. You cannot register for courses online until you are a member for 2018.

**STEP 2:** Write your username and password here to help you remember them when you register online:

<table>
<thead>
<tr>
<th>Username:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Password:</td>
</tr>
</tbody>
</table>

The OLLI office can look this up for you; contact us.

**STEP 3:** Choose courses and write them in the form below. Make sure there are no time conflicts. RANK in order of your preference.

**STEP 4:** Register online. Registration help will be available in UAF’s Old UPark Building on Jan. 24.

Please note—On Jan. 24, you may register for no more than 3 courses in each session / “semester.” From Jan. 25 on, you can add as many more courses as you wish.

### SESSION COURSE NO. TITLE DAY & TIME
<table>
<thead>
<tr>
<th>“Semester”</th>
<th>“Topic”</th>
<th>e.g. Dawn of Civilization, section a</th>
<th>e.g. M 12:15-1:30</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 or 2</td>
<td>I 1</td>
<td>1</td>
<td></td>
</tr>
<tr>
<td></td>
<td>I 2</td>
<td>2</td>
<td></td>
</tr>
<tr>
<td></td>
<td>I 3</td>
<td>3</td>
<td></td>
</tr>
<tr>
<td></td>
<td>II 1</td>
<td>1</td>
<td></td>
</tr>
<tr>
<td></td>
<td>II 2</td>
<td>2</td>
<td></td>
</tr>
<tr>
<td></td>
<td>II 3</td>
<td>3</td>
<td></td>
</tr>
</tbody>
</table>

**My most-wanted courses (register for these on Jan. 24):**

**Other courses (register for these on Jan. 25 or later):**

SAVE THIS FORM as a one-page record of your classes. Registration confirmation will arrive by email.

### Membership data for mail-in registrations:

If you cannot register online yourself, you may mail this form to:

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

See other side for Fee & Payment information
### Fees

Regular membership (Jan–Dec, 2018) ................. $35 $_________
OR Unlimited membership ......................... $185 $_________
Tuition (for Regular members only) ........... ______ courses × $15 $_________
Sponsor an instructor’s membership (optional) ... $35 $_________

Additional Class Fees payable to OLLI (Some courses have additional materials fees payable directly to the instructor; see course descriptions.)

- Fee for EX-07 (Ice Skating); FF-01 (Tea) .......... $20 $_________
- Fee for EX-10 (Pickleball); EX-13 (Needy Knees) ... $10 $_________
- Fee for REC-03, REC-07 (Kayaking I & II)....... $44 $_________
- Fee for FF-03 (Wine) ................................ $80 $_________
- Fee for FF-06 (Cheese) ............................. $40 $_________
- Great Decisions 2018 Briefing Book (HIS-07, 08)... $28 $_________
- Copy fee for SOC-05, 06, 14, 15 ................. $3 each $_________

Parking Permit (valid January–June) .............. $12 $_________
TOTAL FEES ..................................... $_________

### Payment for membership & classes

- Check (payable to OLLI)
- Cash (in person only, do not mail cash)
  
  To pay with a credit card, please call 474-6607 or come by the office.
  You can also log in to your OLLI account and pay online.

### Donation (Processed separately; UA Foundation will send you a receipt for your tax files.)

- OLLI Annual Fund (current expenses) $_________
  
  In honor of ____________________________ or
  
  In memory of ____________________________
- Check is enclosed (payable to UA Foundation)
- Cash (in person only, do not mail cash)
  
  To give with a credit card, please call 474-6607, come by the office, or visit our online giving page at
  http://www.uaf.edu/giving/gift/giving-form/schools/OLLI

- CHECK HERE if you’d like information about including a gift to OLLI in your estate planning.
Thank you!

to all who donated to the Osher Lifelong Learning Institute at UAF in 2017.

Contributions to our OLLI Annual Fund account are available for use in the current year. Your donations play a crucial role in keeping membership and tuition costs low.

Contributions to our “Endowment” account add to the endowment established for us by the Bernard Osher Foundation. Your donations to this account help ensure UAF-OLLI’s long-term viability.

OLLI enriches all of our lives. Please consider making a gift today!

Annual Giving 2017

Benefactor (Donation of $1000 and up)
- Nancy & Tom Hallinan
- Ron Inouye
- Ann & Mike McCann
- Dave & Carol Norton
- Christina Yurkovich

Patron ($500–$999)
- Anonymous
- Donna Dinsmore
- Joseph & Rhea Dupras
- Barbara Horner-Miller & Jack Miller
- Ron & Carol Johnson
- Stan Justice
- Ritchie & Mike Musick
- Mary Ann Nickles
- Rich & Patricia Seifert
- Lynn & Montie Slusher
- Alice Stickney
- Terry Tomczak

Donor ($250–$499)
- Frank & Julie Abegg
- Sharon Berrian
- Sarah Garland
- Karen Kowalski

Supporter ($100–$249)
- Kristina Ahlnäs
- Karen Baker
- in memory of Hugo Lagos
- Cheryl Berrong
- Marianne Boko
- Mary Ann Borchert
- Juliet Delong
- Linda Harding
- Marcella Hill
- Joann Horner
- Helen Howard
- Mark Johnson
- Rosalie L’Ecuyer
- Barbara Lando
- Carol Linkswiler
- Mary Matthews
- Ginny & David McDowell
- Francine Mears
- in memory of Gladys M. Terry
- Grace Moore
- Mary Moriarty
- Lewis Overton & Joan Soutar
- Diane Parrett
- Larry Roberts
- Scott Sexton
- Leslie Teders

Friend ($25–$99)
- Anonymous (x2)
- Peggy Birkenbuel
- Neal & Fran Tannian & Brown
- Jean Coe
- Sandy Dauenhauer
- Krista Holbrook
- Peggy Johnson
- Ginny Kawasaki
- Joanne Klumb
- Teri Lorkowski
- Peggy Mantei
- Clark & Karen Milne
- Jeep Reid
- Margaret Soden

OLLI Stars

Extra thanks to these donors for their long-term, ongoing support of UAF-OLLI. They are all “stars”!

★ Has given to OLLI 3 or more of the last 5 years
★★ Has given to OLLI every year for the last 5 or more years
Mark Your Calendars

First-come, first-served

ONLINE REGISTRATION
begins 9:30 a.m. Wed. Jan. 24

Can’t register yourself?
Fill out the worksheet on p. 35
and mail or drop off at the OLLI office.
UAF University Park Bldg, room 159
1000 University Ave.

Annual Meeting
and Lunch Social
for current members

Friday, March 16, 2018
12:00–1:30 pm
University Community
Presbyterian Church
3510 College Road

A HEALTH CLUB FOR YOUR MIND!