A Health Club for Your Mind!

Osher Lifelong Learning Institute
For Seasoned Adults, Age 50+

Course Schedule
Fall 2019
OLLI at UAF

Osher Lifelong Learning Institute
at the
University of Alaska Fairbanks

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The Osher Lifelong Learning Institute (OLLI) is a program of the University of Alaska Fairbanks, led and supported by its membership and determining its own curriculum, policies, procedures, and fees. There are over 100 other “Osher Lifelong Learning Institutes” around the country, but each program is completely independent, with many different formats, fees, and ways of operating. What Osher Institutes have in common are high quality and financial support from the 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 and eager to share opinions, knowledge, and expertise with humor and mutual respect.

**Organization**

Osher Lifelong Learning Institute is a program of *Summer Sessions and Lifelong Learning* of the University of Alaska Fairbanks. It is supported by membership fees, 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.
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**Art & Crafts**

**Ten Alaskan Postcards**  
**ART-01  Session I: Sept. 9, 16, 23, 30  
Mondays 2:30 – 4:30 pm**

This course 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, as well as how to “border” cards and transfer animal images onto the cards. Bring a basic watercolor set (Prang set of 12 colors will do); three different-sized watercolor brushes, especially 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 20.

Instructor **C. 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.

**Tlingit Art**  
**ART-02  Session I: Sept. 9, 16, 23, Oct. 7  
(no class Sept. 30)  
Mondays 3:45 – 5:00 pm**

Learn about the art created by the Tlingit people of Southeast Alaska from 4000 BCE to 2019.

Instructor **Aldona Jonaitis** recently retired as director of the University of Alaska Museum of the North. She has written numerous books on coastal Pacific Northwest Native art.

**Weaving Baskets Using Recyclable Materials**  
**ART-03  Session I: Sept. 10, 17, 24, Oct. 1  
Tuesdays 2:00 – 4:00 pm**

In this course, we will make woven baskets using recycled calendars or old posters. I plan to teach two basic types of plaited baskets. We will use the first class to prepare strips (3” × 18 – 24”) and weave the base of our first basket. Please bring paper scissors, yarn, a pencil, and a ruler. If you have any old calendars you don’t mind cutting up, please bring those also. I will have a paper cutter we can use to cut the calendars into strips. For the next three classes, you will also need about 10 – 20 mini clips like quilters clips or alligator clips (jaw opening). I will have clips and paper to share if you don’t have any. Enrollment limited to 10.

Instructor **Betsy Sturm** is a retired elementary school teacher. She first started weaving baskets in 2013 and is excited to share her weaving knowledge using recyclable materials.

**Knitting Technique Potpourri**  
**ART-04  Session I: Sept. 11, 25, Oct. 2, 9  
(no class Sept. 18)  
Wednesdays 9:15 – 11:45 am**

This course will be a series of separate but equal knitting technique sessions. We will look at different methods of casting on and binding off for different purposes, different ways to fix the mistakes you inevitably make (the better you are, the faster you make them!), different ways of looking at grafting (Kitchener Stitch) to accomplish the same thing, reading charts for several different purposes, or maybe some other fun topic. Though you need to know how to knit and purl for this course, it is suitable for anyone interested in more than one way to accomplish a task. A basic supply list will be emailed after registration. Enrollment limited to 15.

Instructor **Gail Davidson** is a retired geologist and fiber nut. When not playing outdoors, she knits in any spare moments, something she’s been doing since dinosaurs walked the earth.

**“Quilted” Star Ornaments**  
**ART-05  Session I: Sept. 12, 19, 26, Oct. 3  
Thursdays 2:30 – 4:30 pm**

Learn to make pretty ball ornaments that look like they’re quilted but are actually pinned. If you like handcrafting holiday ornaments and would like to “play” with different Christmas fabrics, this is the course for you. Materials fee $20; pay instructor at first class. Enrollment limited to 8.

Instructor **Sharron Albert** is a longtime resident of Fairbanks who enjoys a variety of crafts including needlework, stamping cards and things medieval.
Good old-fashioned snail-mail cards and envelopes have an impact that electronic mail just can’t match. I believe envelopes are the “gift wrap” for cards and letters. We’ll learn how to create easy-to-make but highly creative envelopes and cards using a variety of materials. We’ll also explore how to make illustrated quotations suitable for framing and/or holiday gifts. Materials fee $20; pay instructor at first class. Enrollment limited to 24.

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.utherapy.net).

* Recommended, but not required, that students took Drawing Studio (Spring 2019)

A continuation of the Drawing Studio class that began in Spring 2019. We’ll continue working with drawings that combine pen and ink with watercolor pencils and/or watercolor paint, using books by Claudia Nice for reference. Materials fee $25 for returning students and $55 for new students (includes materials from first course); pay instructor at first class. Enrollment limited to 20.

Instructor: Larry Moen (see ART-06)

This course is for those who have some basket weaving (plaiting) experience. Do you have rolls of gift wrap that you bought for a school fundraiser? In this class, we will use that superfluous gift wrap to make ornaments and/or centerpieces. We will make ornaments such as Moravian stars and woven birds. If we have time, we will also make folded reindeer that could be used as centerpieces and small heart baskets that could be hung on a tree. You will need scissors, about 4 – 6 small clips (like quilter’s clips or tiny alligator clips), a ruler, a pencil, and yarn or string to hang your ornament. I will have many clips and extra supplies if you don’t have your own. Materials fee $5; pay instructor at first class. Enrollment limited to 10.

Instructor: Betsy Sturm (see ART-03)

The concertina album binding elegantly holds a collection of images or photos. It looks like a traditional book but also opens out for display. We’ll learn how to cut, fold, and hinge lengths of paper to make accordion-folded panels, cover boards with book cloth, and join text block to cover structure. If you bring images to class, we will add them to the album. A supply list will be emailed after registration. Instructor will provide all boards, papers, book cloth, hinging material, PVA glue, and extra tools to share. Materials fee $10; pay instructor at the first class. Enrollment limited to 12.

Instructor Margo Klass is an active book artist and member of the Northwoods Book Arts Guild.

This Swedish technique uses two yarn ends (one color or two) to produce a surface pattern. Warning—it does lead to a lot of twisted yarn! It is a slower technique to work but produces a lovely double fabric. We will explore both single and two-color twining. Experience beyond beginning knitting will be very helpful for this course. A basic supply list will be emailed after registration. Enrollment limited to 15.

Instructor: Gail Davidson (see ART-04)

Did you know all OLLI instructors are volunteers? THANK YOU, instructors!
Meets at Christ Lutheran Church, Farmer’s Loop & Iniakuk

Must bring and be able to operate your own sewing machine

Whether you are a recent novice or learned how to sew many years ago but haven't done it for a long time, this beginning sewing course will help you develop sewing skills and gain confidence using YOUR sewing machine. Experienced sewing instructors will guide you through sewing projects that you can finish in class. There will not be time to learn to operate the sewing machine from ground zero, so students must be confident threading, winding bobbin, straight stitching, and changing needles on their sewing machine. We'll focus on making holiday gifts, such as a pillowcase, potholder, gift bag, and table runner. Materials fee $25 for kit, which includes fabric and patterns for four gift projects; pay instructor at the first class. **Enrollment limited to 12.**

**Instructors:** Karen Milne has been a home economist, 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.

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Drawing Using the Right Side of the Brain

**ART-13**  **Session II:** Oct. 18, 25, Nov. 1, 8, 15
**Fridays 10:30 – 11:45 am (5 weeks)**

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’ book *Drawing on the Right Side of the Brain* (4th edition) to teach you how to disconnect the left brain’s distorting influence and discover how to once again see—and draw—things as they actually are. The simple techniques used in this class will transform how you draw—and possibly how you see. Due to copious handouts, please pay a $3 copying fee to OLLI at registration and $25 materials fee to instructor at the first class. **Enrollment limited to 20.**

**Instructor:** Larry Moen (see ART-06)

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Beginning Calligraphy

**ART-14**  **Session II:** Oct. 18, 25, Nov. 1, 8, 15
**Fridays 12:15 – 1:30 pm (5 weeks)**

Calligraphy means “beautiful writing.” There is something wonderful (and fun) about creating cards, correspondence, artwork, or presentation items using letterforms that go back to the very beginnings of writing. Calligraphy is a skill that can become art. ANYONE can learn the skill if you’re willing to put in the necessary practice. This is a hands-on course focused primarily on teaching you how to write in the italic style. Materials fee of $30 includes pens, paper, and textbook; pay instructor at the first class. **Enrollment limited to 20.**

**Instructor:** Larry Moen (see ART-06)

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Meet the Artists

**ART-15**  **Session II:** Oct. 18, 25, Nov. 1, 8
**Fridays 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. **Enrollment limited to 24.**

Oct. 18: **Amy Reisland-Speer**, painter (oils, acrylics, egg tempera)
Oct. 25: **David Mollett**, painter (oils, acrylics) and printmaker (woodblock prints)
Nov. 1: **Margo Klass**, book artist (art books and multimedia box constructions)
Nov. 8: **Jessie Hedden**, painter (oils) and sculptor (wood)

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Bookbinding

**ART-16**  **Session II (Add-On):** Nov. 11, 12, 13, 14
**MTuWTh 8:45 – 11:45 am**

Learn the history and principles of bookbinding using everyday materials and methods as practiced in bygone years and make a traditional hardbound book. If you are looking for a simple, decorative, artsy book, this isn't the class for you. Be prepared to get your hands dirty—maybe even a paper cut or two. Bring two pair of scissors (one for paper and one for cloth), a ruler, pencil, a cheap paintbrush (about an inch wide), a small jar with lid to hold paste, and cloth that you would like to use for the cover material of your book. Materials fee $15; pay instructor at the first class. **Enrollment limited to 10.**

**Instructor Arvid Weflen** is a UAF professor emeritus who taught aviation maintenance for 30+ years. His varied interests include blacksmithing, traditional farming methods, restoring old buggies, genealogy, amateur radio, and solar energy.

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Fused Glass Workshop

**ART-17**  **Session II (Add-On):** Nov. 11, 12, 14
**MTuTh 12:00 – 3:00 pm**

**Meets at 1532 Larue Lane**

Students will learn the basics of glass fusing and have the opportunity to create fused glass jewelry, tiles, and plates. Students will learn proper and safe use of various tools which will be supplied by the instructor. Students will be introduced to enamels, stringers, glass line paints, and more. Projects will be fired and slumped in a kiln. No experience necessary. Materials fee $75; 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 the Two Street Gallery, a local artist collective, 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.
Explore Your Inner Artist: Artist Trading Cards
ART-18  Session II (Add-On): Nov. 12
Tuesday 10:00 – 11:45 am

* For students who have previously taken an OLLI watercolor class

In this class, we’ll paint artist trading cards using watercolors. Artist trading cards are miniature pieces of art (2.5” × 3.5”) that artists can create, trade, and collect. Paint and cards are provided; bring a small brush if you have one. Golden Artist Colors has donated QoR sample cards and paints, so there is no materials fee. Come explore and compare this brand of vibrant watercolors. Enrollment limited to 20.

Instructors Krista Holbrook and Patricia Mata-Celis took an artist trading card class from Sue Cole and are looking forward to sharing what they learned.

Computer Applications

Introduction to iPad
CP-01  Session I: Sept. 10, 17, 24, Oct. 1
Tuesdays 10:30 – 11:45 am

* Bring your own iPad and Apple account login information.

This course 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 has taken several Apple workshops and is an avid reader of manuals. He’s been teaching for OLLI since 2015 and is excited to share what he has learned.

Facebook Basics
CP-02  Session I (Add-On): Oct. 8, 10
Tuesday, Thursday 12:15 – 1:30 pm

The first day we’ll cover how to create a Facebook account, finding friends, and account basics. On day two, we’ll cover privacy, security, and intermediate Facebook options. Class meets in a computer lab, so you don’t need to bring your computer. Enrollment limited to 20.

Instructor Jan “Kuba” Grzeda founded and works as an instructor at Golden Heart Tech Support, LLC., and works for Information Insights. He has managed the Facebook accounts of businesses and organizations and is invested in educating people about the dangers and opportunities of social media.

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.

Working with Word: Maximizing Your Computer Capabilities
CP-03  Session II: Oct. 14, 21, Nov. 4, 11
(no class Oct. 28)
Mondays 5:30 – 6:45 pm

This course will give a basic overview on the use of ribbon options, shortcut keys, and making the most of Microsoft Word. The course will be geared towards the beginner and daily user. Come prepared with questions and problems you’ve experienced while using Word. Topics will be flexible depending on student needs. Enrollment limited to 30.

Instructor Bonné Woldstad is a business educator with real world experience working in a number of administrative positions allowing for a wide spectrum of Microsoft Office product usage.

Introduction to iPhone
CP-04  Session II: Oct. 15, 22, 29, Nov. 5
Tuesdays 10:30 – 11:45 am

* Bring your own iPhone and Apple account login information.

This course 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 (see CP-01)

Using Technology for Better Travel
CP-05  Session II: Oct. 15, 22, 29, Nov. 5
Tuesdays 12:15 – 1:30 pm

* Bring a laptop, tablet, or phone

Oct. 15: Introduction and trip planning, including location research, map and language packs, and tech preparedness.
Oct. 22: Technology on the ground.
Oct. 29: Turning travel memories into mementos.
Nov. 5: Putting it all together and trip planning practice.

Instructor Jan “Kuba” Grzeda (see CP-02) was born in Poland and grew up in Fairbanks. He spent much of the last six summers traveling across Europe.
“Photos” for Mac, iPhone, & iPad
CP-06     Session II: Oct. 23, 30, Nov. 6, 13 (no class Oct. 16)
Wednesdays 8:45 – 10:00 am
* 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. We will learn how to load photos onto a computer and then learn how to organize, edit, and annotate them on all Apple devices. Finally we will put them together into a presentation. We will use the latest version of Photos so bring your Apple device to class with the latest updates (or the instructor can help you update). 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.

Digital Safety and Security
CP-07     Session II: Oct. 16, 23, 30, Nov. 6
Wednesdays 9:30 – 11:30 am
This class will give you the tools and techniques to stay safe while online. We will cover good passwords and how to manage them, browser settings and safety, how to spot malicious web sites, viruses and malware, and other topics the participants in class bring forward. Class meets in a computer lab, so you don’t need to bring your own computer. Enrollment limited to 20.
Instructors Chris Beks and Tina Johnson are instructional designers with UAF eCampus.

Learning to Use the Music, Podcasts, & Books Apps on the iPhone and iPad
CP-08     Session II: Oct. 16, 23, 30, Nov. 6
Wednesdays 12:15 – 1:30 pm
* Bring your own Apple iPad or iPhone and your Apple ID
If you use an Apple iPad or iPhone to listen to music or podcasts, watch videos, read ebooks, or explore online classes, you’ve come across the Music, Podcasts, and Books apps. Our goal is for you to gain a better understanding of what these apps are and how to make the most of them. Enrollment limited to 14.
Instructor Gary Bender has over 40 years of experience in all levels of education and was a tech nerd/geek long before the term existed.

Everyday Technology Q & A
CP-09     Session II: Oct. 16, 23, 30, Nov. 6
Wednesdays 3:00 – 5:00 pm
This course is an open-ended opportunity for beginners to ask questions like “What is that?” and “How do I do it?” Question topics may include, but are not limited to, text, email, video chat, apps, downloads, online shopping, digital coupons, digital library, music, and videos. Participants are encouraged to bring their personal mobile devices along with their questions. Enrollment limited to 6.
Instructor Crystal Martin earned a B.A. in Communications from UAF.

An Introduction to Apple’s Office Suite: Pages, Numbers, and Keynote
CP-10     Session II: Oct. 17, 24, Nov. 7
Thursdays 12:15 – 1:30 pm
* Bring your Apple ID and an Apple laptop that has Pages-Keynote-Numbers installed.
If you use an Apple laptop or desktop, you may have noticed three of Apple’s productivity applications: Pages, Numbers, and Keynote. This course will introduce the basics in how to use them. These programs offer similar functionality to Microsoft Word, Excel, and Powerpoint. Our goal is for you to gain a better understanding of what these programs do and how to make the most of them. Enrollment limited to 12.
Instructor: Gary Bender (see CP-08)

Library 101: Becoming a Power User
CP-11     Session II: Oct. 18, 25, Nov. 1, 8
Fridays 12:15 – 1:30 pm
Nowadays libraries have more to offer than just books. Learn about your local public library, including the services and benefits available to you for free with your FNSB Library card. This course will provide an overview of library services; demonstrations of our eMaterials, such as eBooks and streaming media; a closer look at some of our hidden gems; and resources and tips to help readers find their next read. To use several of these resources, you will need your library card, Library PIN, and a valid email address. Enrollment limited to 25.
Instructors: Melissa Harter, Director of Libraries; Christine Osciak, Young Adult Librarian; Julia Troike, Adult & Web Services Librarian; Michelle Proper, Lead Reference Librarian; Kitty Berner, Reference Librarian.

Pages for Mac
CP-12     Session II (Add-On): Nov. 11, 13, 14
MWTh 2:30 – 4:30 pm
Do you like to create stunning documents, such as newsletters, flyers, brochures, advertisements, and stationery? Bring your Mac laptop or iPad loaded with the most recent version of Pages (it’s free at the Apple App store if you don’t already have it loaded) and spend time creating something. Tips, tricks, and questions answered. If you only have an Apple desktop computer, you can pal up with a class member who brings a laptop or iPad and then practice at home. Not exactly a beginning class, but beginners are welcome. Enrollment limited to 18.
Instructor Aldean Kilbourn is a retired FNSB secondary teacher and academic librarian who has used Apple products since 1983. She uses Pages on an almost daily basis because MS Word simply can’t do the same things.
Basic Ice Skating Skills
EX-01        Session I: Sept. 16 – Oct. 9 (no class Sept. 9 and 11)
Mon. & Wed. 2:00 – 3:00 pm
* 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 course 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, bring them; if you don’t, you can borrow a pair of rental skates at no additional charge. Helmets are recommended for beginning skaters. $24 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.

Taoist Tai Chi I & II
EX-02        Session I: Sept. 9, 16, 23, 30, Oct. 7
EX-03        Session II: Oct. 14, 21, 28, Nov. 4, 11
Mondays 3:45 – 5:00 pm (5 weeks)
* EX-03 is a continuation of EX-02. Enroll in EX-03 only if you are also taking EX-02 or have previous experience with Taoist Tai Chi.
Taoist Tai Chi offers a pleasant form of exercise which incorporates stretching and relaxation. It is a mind/body activity which, when practiced diligently, is capable of improving balance, strength, range of motion, and overall well-being. Participants should wear loose-fitting, non-restrictive clothing and comfortable shoes that allow movement while giving a feeling of connection to the floor.

Instructors Dave and Mary Nebert are Tai Chi enthusiasts and instructors with the local chapter of Taoist Tai Chi Society. Dave and Mary became interested in Taoist Tai Chi several years back when they realized they weren’t getting any younger and that aging without remaining active can adversely affect one’s ability to enjoy life.

Juggling
REC-01        Session I: Sept. 9, 16, 23, 30
Mondays 5:30 – 6:45 pm
Juggling offers many benefits, including stress relief, improved coordination, sharpened mental focus, and physical fitness. This fun course provides a comfortable environment for everyone, regardless of prior experience. Participants will practice at their own level as we challenge ourselves with hand-eye coordination exercises and learn new skills. We will work with both balls and clubs, and all gear is provided for use during sessions. Enrollment limited to 12.
Instructor Nadav Weiss has been juggling since he was nine years old and has taught many classes to both children and adults.

Qigong for Longevity
EX-04        Session I: Sept. 10, 17, 24, Oct. 1
Tuesdays 8:45 – 10:00 am
* If you have taken Qigong through OLLI in the last 3 years, please let others have a chance to try it.
Qigong (pronounced “chee-gong”) is an ancient Chinese exercise to improve health and longevity. The exercise is mild and slow like Tai Chi or yoga and can be done in a standing or sitting position. Students will be required to move around. Bring comfortable shoes. No experience necessary, but please only register if you are able to attend at least 3 classes. Enrollment limited to 8.
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 the Senior Center and has lived in Alaska since 1988.
**Playing With Puzzles**

**REC-02 Session I: Sept. 10, 17, 24, Oct. 1**

**Tuesdays 12:15 – 1:30 pm**

In this casual course, you’ll have fun with friends while exercising your gray matter. We’ll solve brain teasers from around the world in noncompetitive groups where you can share your insights as the light bulbs flash on in your brain. There will be different puzzles each week, and you’ll go home with the solution to each. Bring your own paper, pencil, and curiosity. **Enrollment limited to 24.**

**Instructor Gretchen Murphy** is a retired elementary classroom teacher and math coach. After her Fairbanks retirement, Gretchen spent ten years in rural Alaska helping teachers teach math more effectively. She is the former Alaska co-director of Family Math and EQUALS.

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**Poker: America’s Card Game, I & II**

**REC-03 Session I: Sept. 10, 17, 24, Oct. 1, 8**  
**REC-04 Session II: Oct. 15, 22, 29, Nov. 5, 12**  
**Tuesdays 2:00 – 3:15 pm (5 weeks)**

*Part I is recommended, but not required, before Part II.*

Poker is a family of card games that combines gambling, strategy, and skill. While there are hundreds of variations, we will concentrate on the basic 5 card game, such as "Draw and Stud," before moving to 7 card stud and finishing with popular community card flop games such as “Texas Hold’em” and “Omaha.” We will discuss rules, odds, betting strategies, and poker etiquette. This will be a hands-on learn-to-play course so bring your poker face and come to play. **Enrollment limited to 21.**

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

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**Kundalini Yoga and Meditation**

**EX-05 Session I: Sept. 11, 18, 25, Oct. 2**  
**Wednesdays 12:00 – 1:30 pm**

This course will introduce Kundalini Yoga as a self-healing modality which can empower you to expand your awareness and develop tools to establish internal balance and harmony in your life. We will work with a variety of breathing techniques, meditation (developing an intentional relationship with our mind), Naad Yoga (sound healing using our own voice), and kriya (physical postures and movement). This body, mind, and spirit approach to yoga practice brings synergy to the various elements that compose our Self. Through the use of kriyas we target specific systems of the body, including the nervous, glandular, digestive, and cardiovascular systems. Being a very personal yoga, this class is appropriate for all levels and physical capacities. Come as you are!

**Instructor Devta Khalsa** is the owner of Contours, an environmentally-sensitive design firm. She is also a yoga instructor and a master of Reiki, which is a form of alternative medicine using energy healing.

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**Bike Maintenance: Learn to Love Your Bike**

**REC-05 Session I: Sept. 13, 20, 27, Oct. 4, 11**  
**Fridays 8:45 – 11:45 am (5 weeks)**

* Bring a bike! 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.

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**Pilates**

**EX-06 Session I: Sept. 13, 20, 27, Oct. 4**  
**Fridays 11:00 am – 12:00 pm**

* Meets at Artisan’s Courtyard, 1755 Westwood Way (off College Road)
* Must be able to get down onto the floor and get back up without assistance
* If you have taken Pilates through OLLI in the last 3 years, please let others have a chance to try it.

Pilates is a unique system of stretching and strengthening exercises that was developed nearly a hundred years ago by Joseph H. Pilates. It strengthens and tones muscles, improves posture, provides flexibility and balance, unites body and mind, and creates a more streamlined shape. Wear comfortable clothing. Mats and props will be provided. Not for those who have had recent surgery, unless permitted to do so by a doctor. **Enrollment limited to 15.**

**Instructor Ruth Merriman**, PMA®-CPT, teaches Pilates mat and apparatus classes through her business, Classical Pilates, and at the North Star Ballet.
Beginning Yoga
EX-07 Session I: Sept. 13, 20, 27, Oct. 4, 11
Fridays 12:15 – 1:30 pm (5 weeks)
* For beginners. If you have taken a yoga class before, please choose EX-08 Intermediate Yoga instead.

If you would like a slower, gentler and mindful approach to yoga poses with some individual assistance, this course is for you. The poses of yoga are just one part of the whole of yoga and we will explore breathing and meditation techniques too. Poses can be adapted for individual challenges but be prepared to be gently challenged at times. We’ll emphasize awareness of the pelvic floor, including relaxation and strengthening of relevant muscles. 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 Jane Reilly is a certified yoga teacher with a practice that emphasizes alignment and mindful engagement. Her graduate work in neuropsychology has encouraged an interest in the practical aspects of mindfulness and its application in mind-body integration.

Building Your Pickleball Skills
REC-06 Session I (Add-On): Oct. 7 – 10
MTuWTh 12:15 – 3:00 pm

Build on your pickleball foundation while we share and analyze videos in the classroom and then practice selected skills in the gym. This course is for students who have some experience playing and knowledge of basic rules. Please review the game rules at https://www.usapa.org/basics-rules-summary/ prior to the first class. Bring your clean court shoes, athletic wear, and a paddle. Enrollment limited to 16.

Instructors Andrea Trinchet and Joy Klein love all things pickleball and enjoy teaching and sharing pickleball.

Trail Issues in Alaska
REC-07 Session II: Oct. 15, 22, 29, Nov. 5, 12
Tuesdays 10:30 – 11:45 am (5 weeks)

Oct. 15: Recent trail developments in the Interior, where to find information about Interior trails, and how to advocate for trails, with Eric Troyer
Oct. 22: Building sustainable trails for Alaska, with Geoff Orth
Oct. 29: FNSB trail system, including parks, trail planning, and the “Trails Challenge,” with Bryant Wright
Nov. 5: Update on the Equinox Trail and Ester Dome, lessons from the Skarland Trail, Jeff Studdert mushing trails, and hand tools show and tell, with Stan Justice
Nov. 12: ATV trails, mechanized construction, the art and science of trail building, GPS mapping, and GPS and map apps on phones, with Jon Underwood

Intermediate Yoga
EX-08 Session II: Oct. 16, 23, 30, Nov. 6, 13
Wednesdays 8:45 – 10:00 am (5 weeks)
* For students with previous yoga experience. Beginners, please choose EX-07, Beginning Yoga.

If you would like a slow, gentle, and mindful approach to yoga poses with some individual assistance, this course is for you. The poses of yoga are just one part of the whole of yoga and we will explore breathing and meditation techniques too. Poses can be adapted for individual challenges but be prepared to be gently challenged at times. Bring your sticky mat, blocks and straps (if you have them), and something to put under your head during relaxation. Enrollment limited to 25.

Instructor Marsha Munsell, part owner of Heart Stream Yoga, has taught yoga for over 10 years and has studied many mind-body disciplines for 23 years. Her experience brings a keen eye for safety and an open mind for acceptance.

RVing: Is it for You?
REC-08 Session I: Sept. 9, 16, 23, 30
Mondays 8:45 – 10:00 am

Drawing from forty years experience with RV ownership and travels, this course will cover the following: types of RVs, buying and selling, preventing pitfalls, using your RV, needed equipment, and maintenance and repairs. This is the expanded and improved version of the class taught last spring.

Instructor Don Callahan was a registered civil engineer (long retired). He has done building and maintenance projects on homes, vehicles, boats, and many RVs.

Exploring Rivers of Interior Alaska
REC-09 Session II: Oct. 15, 22, 29, Nov. 5
Tuesdays 3:45 – 5:00 pm

We will explore these rivers: the Delta, Delta Clearwater, Koyukuk, Chena, Chatanika, and Tanana (to Nenana and Manley). Topics to be discussed will include food preparation, clothing, camp gear, maps, shuttling people and gear, understanding river classifications, and trip logistics.

Instructors Lou and Ron Davis became certified by the American Canoe Association as canoe instructors in 1982 and taught canoeing for over 25 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.

Online registration opens 9:30 am Wednesday August 21 (see p. 34)
Practical Knot Tying
REC-10     Session II: Oct. 17, 24, 31, Nov. 7
Thursdays 2:00 – 3:15 pm
This course will benefit novices who desire to have a repertoire of knots to use in their everyday lives. Despite the proliferation of devices available to replace knots, they are still useful to know and use. Tying a canoe to a vehicle properly is a good example. Knowing a few knots well is better than a lot of half-remembered knots. Materials fee $5; pay instructor at the first class. Enrollment limited to 14.

Instructor Charles Simmons is a woodworker who has lived in Fairbanks his entire life except for various adventures elsewhere.

Cross-Country Skiing for Advanced Beginners
EX-09     Session II (Add-On +): Nov. 11, 13, 15, 18*
Monday, Wednesday, Friday, Monday 12:30 – 1:30 pm
* Final class is in the week after the Add-On
* Meets at the UAF Ski Hut
In addition to positive health benefits, skiing provides an informal opportunity to socialize and explore new trails. For this class, students need to have a basic familiarity with classical (a.k.a. diagonal-stride) technique and the ability to move over flat terrain and comfortably ski down gentle hills. Our focus will be upon improving technique, as well as learning more about equipment and basic ski waxing. Bring classic style skis, boots, and poles that fit you comfortably. Enrollment limited to 10.

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.

Cross-Country Skiing for Beginners
EX-10     Session II (Add-On +): Nov. 12, 14, 19, 20*
Tuesday, Thursday, Tuesday, Wednesday 12:30 – 1:30 pm
* Final two classes are in the week after the Add-On
* Meets at the UAF Ski Hut
This course is designed to introduce the basic skills of cross-country skiing to non-skiers as well as those who have been away from the sport for many years. We will progress at a relaxed pace, and emphasis will be on learning basic skills in a safe, non-threatening environment. In addition to building confidence through improved technique, we will also learn about equipment and basic ski waxing. Bring classic style skis, boots, and poles that fit you comfortably. Enrollment limited to 10.

Instructor: Tim Buckley (see EX-09)

Films & Photography

Insights in Digital Photography
PHT-01     Session I: Sept. 9, 16, 23, 30
Mondays 12:15 - 1:30 pm
* Bring a camera capable of manual settings.
Long-time Fairbanks photographer Todd Paris shares his insights into today’s world of consumer and advanced amateur digital photography. Topics will include taking control over your camera’s manual settings, taking advantage of your camera’s full capabilities by shooting RAW, composition tips and how to evaluate what makes a “good” picture, how to process your photos with effect and efficiency, best practices for organizing and archiving your growing collection of digital assets, and other photo-related matters gleaned from decades of on-the-job training. Enrollment limited to 12.

Instructor Todd Paris is a 40-year Fairbanksan who’s made his living the past 20 years making digital photographs. After a 16-year career as chief photographer at UAF, he’s now working as a full-time freelancer out of his home off Chena Hot Springs Road.

Growing Up and Growing Old
FLM-01     Session I: Sept. 9, 16, 23, 30, Oct. 7 (5 weeks)
FLM-02     Session II: Oct. 14, 21, 28, Nov. 4
Mondays 2:00 – 5:00 pm
* Part I is not required for Part II. You may enroll in either course separately, or in both.

Part I: Growing Up. What’s it like to “grow up”? What do you remember of your childhood and teenage years? As you’ve become older and talked to siblings and friends, have your recollections of youth changed? Let’s explore how several directors have captured those years in distinctive ways. Who did you love and who loved you? How do kids “grow up” and survive, and perhaps even thrive? We’ll view Boyhood (2014), Boyz n the Hood (1991), Color of Paradise (1991, Iranian), Moonrise Kingdom (2012), and Up (2009, animation).

Part II: Growing Old. What vision of maturation do you embrace? Full of knowledge, do hard crosswords, jack up the TV volume, but annoyed the world is changing too much and too fast? Folks “getting old” in diverse cultures face common personal and family concerns, such as retirement homes or not wanting to be a burden or “butting into” the lives of adult children. In Make Way for Tomorrow (1937), an elderly couple is forced to separate when they lose their house and none of
their children will take both parents in. Ozu’s Japanese drama *Tokyo Story* (1953) tells the story of an aging couple who travel to Tokyo to visit their busy grown children. *Wrinkles* (2011, Spanish animation) is the story of a friendship in a care facility, and *All Together* (2011, French comedy/farce) with Jane Fonda is about five friends who plan to cohabitate in retirement.

Instructor Ron Inouye enjoyed movies “growing up,” taught sociology and anthropology, and retired from the UAF Rasmuson Library. He marvels at what and how film directors show us about “growing up” and now feels qualified to assess the veracity of what films tell us about “getting old.”

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**Great Comedy Films**

**FLM-03**  
**Session I: Sept. 10, 17, 24, Oct. 1**  
**Tuesdays 9:00 – 11:30 am**

These are on most lists of the top 100 comedies of all time. Hope you like them too!

**Sept. 10: Back to the Future** (1985): teenager Marty McFly accidentally time travels back to 1955, where he meets his future parents and becomes his mother’s romantic interest.

**Sept. 17: The Princess Bride** (1987): a farmhand named Westley must rescue his true love Princess Buttercup from the odious Prince Humperdinck.

**Sept. 24: Office Space** (1999) lampoons the office grind as three co-workers who hate their jobs rebel against their greedy boss.


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.

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**Clif’s Choice: Foreign Films**

**FLM-04**  
**Session I: Sept. 12, 19, 26, Oct. 3, 10**  
**Thursdays 2:00 – 5:00 pm (5 weeks)**

There are hundreds of excellent foreign films; I have with great difficulty selected five films to constitute this course. We’ll view *Rashomon* (1950), Akira Kurosawa’s legendary introspection into the meaning of truth; *La Strada* (1954), Fellini’s masterpiece with Anthony Quinn and Giulietta Masina; *Alexander Nevsky* (1938), Sergei Eisenstein’s classic featuring the “Battle of the Ice”; *Two Women* (1960), Vittorio De Sica’s offering with Sofia Loren and Jean-Paul Belmondo; and *The Virgin Spring* (1960), Ingmar Bergman’s great murder/revenge film.

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

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**Breaking the Barrier: Life and Films of Sidney Poitier**

**FLM-05**  
**Session II: Oct. 17, 24, 31, Nov. 7, 14**  
**Thursdays 2:00 – 5:00 pm, except Nov. 14 class is 12:15 – 3:15 pm (5 weeks)**

Through films, biography, and other materials, we’ll explore Sidney Poitier’s life accomplishments as a man, author, actor, director, and ambassador. Films and excerpts we may watch include *Cry, the Beloved Country* (1951), *Blackboard Jungle* (1955), *Lilies of the Field* (1963), *In the Heat of the Night* (1967), and *Guess Who’s Coming to Dinner* (1967).

Instructor Marcella Hill has been an OLLI member since before it was an OLLI. She previously taught the AARP Safe Driving classes.
**Foods & Flowers**

**Easy as Pie**

**FF-01**  
**Session I: Sept. 10, 17, 24, Oct. 1**  
**Tuesdays 8:45 – 10:00 am**

A course for people who like to eat pie! Each week homemade pies will be eaten and discussed. A different type of pie will be featured each week. Recipes will be shared, but we won’t be cooking in class due to limited oven space. Materials fee $10; pay instructor at the first class. Enrollment limited to 14.

A long-time lover of pie, instructor Emma Centers is distressed that good pies are so hard to find in Fairbanks. She hopes this course will encourage people to look for good pie.

**Coffee 101**

**FF-02**  
**Session II: Oct. 14, 21, 28, Nov. 4**  
**Mondays 10:30 – 11:45 am**  
* Meets at Diving Duck, 206 Driveway Street

Here’s your chance to learn more about one of the world’s most popular beverages. During this course, we will cover the origins of coffee; the jobs, revenue, and economy it generates; and its journey from the coffee belt plantations to your table. Our team of four professional coffee roasters will take you through a coffee journey unlike any other class on the subject. You will get to roast your own green coffee beans to delicious blends and perfect varietals, plus take home one pound of coffee that you roasted. Materials fee $30; pay instructor at the first class. Enrollment limited to 14.

Instructors: Diving Duck Roaster Team

**Chocolate: Food of the Gods**

**FF-03**  
**Session II: Oct. 14, 21, 28, Nov. 4**  
**Mondays 2:00 – 3:15 pm**

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

This hands-on course will discuss various aspects of that fabulous food, chocolate, including its history beginning with the Aztecs. We will have a tasting of the different varieties of chocolate and learn to make some simple yet extraordinary chocolate desserts. Materials fee $30; pay instructor at the first class. Enrollment limited to 15.

Instructor: Aldona Jonaitis (see ART-02)

**Cake Decorating**

**FF-04**  
**Session II (Add-On): Nov. 12, 14**  
**Tuesday, Thursday 1:30 – 4:00 pm**

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

Learn how to dazzle your neighbors and family with your beautiful cakes and cupcakes! Learn basic piping techniques for creating beautiful flowers and borders on your culinary creations. We will also learn how to turn a dry box cake into a culinary masterpiece. You don't need hundreds of cake decorating tips—I’ll show you how to create a masterpiece with 3 decorating tips. Come join us for lots of fun and learn how easy it is to decorate cakes. A supply list will be emailed to each student prior to class. Enrollment limited to 10.

Instructor Monte Landis put herself through college decorating wedding cakes.

**Healthy Living**

**Cannabis as Medicine, II**

**HL-01**  
**Session I: Sept. 9, 16, 23, 30, Oct. 7**  
**Mondays 10:30 – 11:45 am (5 weeks)**

Guest speakers who work in the Fairbanks cannabis business will discuss how to grow cannabis, new cannabis products and accessories, cannabis legalities, and how to make CBD oil. This course is open to students who took “Cannabis as Medicine” at OLLI in the past as well as newcomers.

Instructor Nancy C. 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.
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.

Self-Hypnosis, I & II
HL-02  Session I: Tuesdays, Sept. 10, 17, 24, Oct. 1
Tuesdays 3:45 – 5:00 pm
HL-03  Session II: Mondays, Oct. 14, 21, 28, Nov. 4
Mondays 3:45 – 5:00 pm
* Part I is required before Part II unless student has previously taken the course.

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 craft effective autosuggestions. Experience group hypnosis and take home 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. Chapters from Self-Hypnosis and Other Mind Expanding Techniques by Charles Tebbets will be used as a guide.

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.

Stand Taller to Live Longer
HL-04  Session I: Sept. 11, 18, 25, Oct. 2, 9
Wednesdays 8:45 – 10:00 am
(5 weeks, Oct. 9 will meet 8:45 – 10:45 am)

Better posture adds years to our life AND years to our living! Increase your vitality, longevity, and energy levels and DECREASE chronic pains with Orthopaedic Manual Therapy. Posture is the baseline of all flexibility and movement. It is the interface of how we both move through, and perceive, the world around us. Our most common issues start with our most common positions. Learn how to mitigate and even alleviate those issues. The first four meetings will be in a classroom, and the final week will meet in the gym to try out exercises we have learned. Enrollment limited to 30.

Instructor Cean Whitmarsh, LMT, MMP, is an orthopaedic manual therapist and nationally certified medical massage practitioner based in Fairbanks and associated with the Alaska Center for Natural Medicine. Cean uses his expertise in kinesiology and bodywork to help promote a greater understanding of how we move through our daily lives as functioning people.

Smart Driving (AARP)
HL-05  Session I: Sept. 11, 18, 25, Oct. 2
Wednesdays 2:00 – 3:15 pm
* 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 Matthew Reckard learned to drive on LA freeways but has been an Alaska resident for the last 40 years, mostly in the Fairbanks area.

Aging Well, I & II
HL-06  Session I: Sept. 11, 18, 25, Oct. 2
HL-07 Session II: Oct. 16, 23, 30, Nov. 6
Wednesdays 3:45 – 5:00 pm
* Part I is recommended, but not required, before Part II.
* If you have taken this course at OLLI before, please let others have a chance to try it.

Everyone has the capacity to age well. Historically only one third of adults have actually managed to do so. In this course we learn the techniques of aging well. We learn how to overcome the problems of energy production, arthritis, blood sugar control, memory loss, and poor sleep. You are never too old or too young to learn to age well.

Instructor Scott Luper, N.D., is the medical director of the Alaska Center for Natural Medicine. He is also the host of Health Talk Radio.

Health Maintenance Topics
HL-08  Session I: Sept. 12, 19, 26, Oct. 3
Thursdays 8:45 – 10:00 am

Week 1: Introduction to aspects of medicine including private practice, primary and specialty care, public health, and ancillary services
Week 2: Health maintenance and preventive care
Week 3: What to do and what not to do
Week 4: Burnout
Enrollment limited to 20.

Instructor Jean Wilbur Tsigonis, MD, was born and raised in Fairbanks. She recently retired from the Tanana Valley Clinic, where she’d been employed since 1981. She has been chair of the Family Medicine Department at FMH, chair of the Alaska State Medical Board, president of the Alaska Academy of Family Practice, and most recently obtained her Master of Public Health through UAA. Her project was on physician burnout.
Health Topics
HL-09  Session I: Sept. 12, 19, 26, Oct. 3  

Thursdays 3:45 – 5:00 pm

Four practitioners from Foundation Health Partners will present.

Sept. 12: Cardiovascular Disease and Stroke: Recognition and Prevention, with Ivy Hollinrake, RN

Sept. 19: Hospice and Advanced Directives, with Kim Huffington, RN

Sept. 26: Palliative Care, with Paula French, ANP

Oct. 3: Sustainable Eating Patterns for a Healthy Life, with Katie Garrity, RD

Food Processing in the US Food Supply
HL-10  Session II: Oct. 14, 21, 28, Nov. 4  

Mondays 10:30 – 11:45 am

The foods we eat range from essentially unmodified after harvest to substantially processed, to the extent of becoming packaging and construction materials. But processing may convert inedible to edible products, while the health consequences of consuming processed foods may or may not be benign. These talks explore some interesting food processing and engineering practices and related emerging evidence on healthy eating habits.

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.

Becoming Resilient
HL-11  Session II: Oct. 15, 22, 29, Nov. 5  

Tuesdays 11:00 am – 12:15 pm

Learn techniques to help you manage stress. We will use the mind-body tools of tapping, guided explorations, and visualizations to help deepen your connection to your inner resources and bring more ease to your life. Come with an open heart and a curious mind. Enrollment limited to 10.

Instructor Laurie Walton helps people who are stuck, overwhelmed, and in pain to bring more ease, joy, and openness to their lives. She is a licensed massage therapist and empowerment coach.

Burnout Intervention: Restore Joy in Life
HL-12  Session II: Oct. 17, 24, 31, Nov. 7  

Thursdays 8:45 – 10:00 am

Burnout can affect us in our jobs, volunteer positions, and caregiving duties. Learn how health professionals define, identify, and intervene to treat burnout. Restore joy in your life activities through strategies to eliminate burnout. Enrollment limited to 20.

Instructor Jean Wilbur Tsigonis (see HL-08)

Stress and Digestion: Natural Therapies for Managing Stress and Supporting Digestion
HL-13  Session II: Oct. 18, 25, Nov. 1, 8, 15  

Fridays 3:45 – 5:00 pm (5 weeks)

We’ll walk through solutions to help manage stress and balance digestion, including recommendations for techniques, supplements, nutrition, and the impact of electronics on health. Enrollment limited to 38.

Instructor Alana McLaughlin is a naturopathic doctor with a master’s degree in neuroscience. She bases much of her practice on supporting health from the foundation and addressing the root cause.

Topics in Osteopathic Medicine
HL-14  Session II (Add-On): Nov. 12 – 14  

TWTh 3:45 – 5:00 pm

Nov. 12: Introduction to Osteopathic Medicine, with Dr. Mary Joy

Nov. 13: Osteopathic Manipulation for Newborns/Infants, with Dr. Kathleen Carey

Nov. 14: Movement for a Healthier You, with Dr. Jennifer Ribar

History & Politics

History of Alaska Game Laws and Game Wardens
HIS-01  Session I: Sept. 9, 16, 23, 30  

Mondays 12:15 – 1:30 pm

This course will explore the role of Alaska’s fish and wildlife enforcement officers from the passage of the first Alaska game law in 1902 to the present. Topics will include the origins of wildlife management and conservation, the establishment of game wardens, history and politics of fish and game laws from the territorial days through statehood, fish traps and salmon canneries, the handover of fish and wildlife management to the state of Alaska, and the evolution of the state’s fish and wildlife protection officers.

Instructor Ken Woldstad is a retired second generation Alaskan fish and wildlife protection officer. He holds a master’s degree in Northern Studies from UAF and has been writing about the progression of fish and wildlife enforcement in Alaska since 1977.
Explore what happened at Ladd Field during WWII and why we should care today. In the lead-up to WWII, Alaska’s delegates to Congress argued for the need to fortify Alaska. Brigadier General Billy Mitchell called Alaska “the most strategic place in the world.” In 1939, Congress finally approved funds to build a cold weather testing station which became known as Ladd Field and is now a national historic landmark commemorating World War II.

Instructor Donna Wheelock has a BA in History and is currently a graduate student in the Arctic and Northern Studies program at UAF. Her thesis project is a history of Ladd Field.

Introduction to Historic Preservation
HIS-03 Session I: Sept. 11, 18, 25, Oct. 2
Wednesdays 12:15 – 1:30 pm
Learn about the history of the preservation movement in the US and abroad and review current laws and past court decisions affecting historic resources. Discover what protection different levels of recognition may provide, from local landmarks to World Heritage sites, with special attention to the National Register of Historic Places. Explore best preservation practices and techniques, especially as defined in the Secretary of the Interior’s Standards for the Treatment of Historic Properties. And of course we will get answers to what everyone wants to know: Can I get money to fix my old house? And can the government tell me what color to paint it?

Instructor Matthew Reckard (see HL-05) has a M.S. degree in Historic Preservation and is a registered engineer. He has worked on many preservation projects, from covered bridges to the Russian Orthodox Church in Unalaska. He currently serves on the Fairbanks Historic Preservation Commission.

Suffrage Songs: Cultural History of the 19th Amendment
HIS-04 Session I: Sept. 11, 18, 25, Oct. 2
Wednesdays 12:15 – 1:30 pm
Ready to Celebrate? The 19th amendment to the US Constitution, which granted women the right to vote, was passed by Congress on June 4, 1919 and officially ratified on August 18, 1920. Here is your chance, as we embark on a year of commemoration and celebration of the 100 years of women’s suffrage throughout the USA, to explore the cultural history, stories, and songs that “sang in suffrage.” Singing along is optional, but how will you resist these rousing songs, stirring stories, and history surrounding the passage of this monumental amendment! Celebrate the 100th anniversary of our 19th Amendment with stories, songs, and style!

Instructor Kayt Sunwood had a long career as an Educologist before joining the ranks of the retired and spending as much time as she can playing out with her stand up bass, Glynda. “Keep Calm, Play Bass, and Enjoy the Rhythms of Life” has become Kayt’s retirement mantra.

Tanana Valley Railroad History
HIS-05 Session I: Sept. 11, 18, 25 (no class Oct. 2)
Wednesdays 5:30 – 6:45 pm
* Meets at Tanana Valley Railroad Museum in Pioneer Park
Come and meet the Friends of the Tanana Valley Railroad! We’ll meet three times in the classroom to talk about the history of the railroad, steam train operation, and the Friends of the Tanana Valley Railroad organization. If conditions allow, we’ll break into groups and meet during the day on Saturday (possibly Sept. 14 and/or 21) to run the train. Enrollment limited to 30.

Instructors are members of the Friends of the Tanana Valley Railroad.

Abortion: Is the Divide Resolvable?
HIS-06 Session I: Sept. 19, 26, Oct. 3, 10
(no class Sept. 12)
Thursdays 8:45 – 10:00 am
The issue of abortion has deeply polarized our society and its politics. This course will attempt to objectively examine the arguments on both sides of the question and look for ways that the gulf between them might be narrowed. Participants must be willing to listen to all points of view and discuss them in a respectful manner.

Instructor Gerald Springer is a retired physician interested in public policy. He previously taught the OLLI classes “Doing the Right Thing” and “Economic and Social Policy.”

Great Decisions 2019, I & II
HIS-07 Session I: Sept. 13, 20, 27, Oct. 4
HIS-08 Session II: Oct. 18, 25, Nov. 1, 8
Fridays 10:15 – 11:45 am
* Each 4-week session stands alone; you may take either one or both.
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 discuss it with others. This program was developed by the Foreign Policy Association. Read background information in the briefing book, then come to class for a video analysis of the topic by experts, followed by a group discussion. Class members take turns leading the discussions. Students must buy their own Great Decisions 2019 Briefing Book in advance from the Foreign Policy Association website (https://fpa.org) for $32. An ebook version costs $12.

Online registration opens 9:30 am Wednesday August 21 (see p. 34)
Topics for 2019 Session I:
• Refugees and Global Migration
• The Middle East: Regional Disorder
• Nuclear negotiations: Back to the Future?
• The Rise of Populism in Europe

Topics for 2019 Session II:
• Decoding U.S.-China Trade
• Cyber Conflicts and Geopolitics
• The United States and Mexico: Partnership Tested
• State of the State Department and Diplomacy

No instructor; participants take turns leading the discussion.

“Well, I Kinda Like the Beatles”
HIS-09 Session II: Oct. 15, 22, 29, Nov. 5
Tuesdays 12:15 – 1:30 pm
We’ll look at the music, lyrics, history, and rumors of the Beatles (Paul is not dead). We’ll play “name that tune,” recall some memories, and discuss our favorite song, Beatle, and album cover. We’ll listen to some songs, maybe take a quiz or two, and generally feel like the 1960s again. Well, sort of…. Materials fee $5; pay instructor at the first class.

Instructor Roger Brunner is a retired disc jockey and attorney who was University of Alaska Vice President and General Counsel from 2005 – 2011. He is a Beatles fan who moved here in 1976.

History of the SS Nenana
HIS-10 Session II: Oct. 15, 22, 29, Nov. 5
Tuesdays 5:30 – 6:45 pm
Learn the history of the sternwheeler SS Nenana, a National Historic Landmark. We’ll begin in 1932–1933 when she was designed, built, and launched from Nenana on the Tanana River. She was built, owned, and operated by the Alaska Railroad to supply towns and villages on the Yukon River that grew out of gold strikes, trading posts, and later Army bases during the Second World War. Learn what happened to her after the railroad sold her to how she became part of Pioneer Park. Listen to crew members tell their stories. Come with questions!

Facilitators: Patricia Schmidt and other members of the Friends of the SS Nenana will present in their areas of expertise. They are a non-profit dedicated to the renovation and preservation of the SS Nenana.

Irish History: IRA and Sinn Fein
HIS-11 Session II: Oct. 23, 30, Nov. 6, 13 (no class Oct. 16)
Wednesdays 12:15 – 1:30 pm
We’ll look at Ireland’s history from the 1800s to the present, focusing on the build up to Ireland’s separation, the subsequent creation of Northern Ireland and the Republic of Ireland, and the formation and evolution of political parties such as Sinn Fein and the IRA. We’ll watch The IRA’s Secret History (2016) and the BBC documentary Northern Ireland Bloody Friday, which was released to commemorate the 40th anniversary of Bloody Friday. For our last class we’ll be joined by Leslie McCartney, Associate Professor and Curator of Oral History at UAF, who will discuss the consequences of the Good Friday agreement; the implications of the Belfast Project, an oral history project; and the implications of Brexit.

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

Northern Scoundrels Review
HIS-12 Session II: Oct. 17, 24, 31, Nov. 7
Thursdays 10:30 – 11:45 am
Since 2014, seven OLLI courses have generated some 50 candidates for enshrinement in a virtual Hall of Fame for historically significant “scoundrels” in northern affairs. Not all were felons or racketeers. Many engaged in various pursuits such as science, politics, banking, exploration, journalism, and even the military. One or two class meetings will highlight James Wickersham’s contested claims to scoundrel-hood. Newcomers and veterans are welcome to join lively discussions of fact and fiction surrounding our culturally significant reprobates.

Instructors: Dave Horton is a retired UAF researcher addicted to chronicling scoundrels; Greg Hill is an admirer of graphic literature; Bill Stringer is a retired Geophysical Institute researcher who is now engaged in remote sensing of scoundrel-hood; Paolo Greer is OLLI’s seasonal envoy to Peru and leader of OLLI’s paperless revolution.

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.
The Korean conflict is misunderstood and lost to the memory of many Americans. How did Korea completely drop off our nation’s radar as a strategic region following World War II and the advent of the Cold War? Why did the North invade the South and how was it that the United States was caught by surprise during the invasion and almost overwhelmed? How was a nuclear conflict avoided and what have the ramifications of the ceasefire been to recent history? We’ll explore how North Korea is a dangerous Cold War remnant and why it remains one of the world’s tinder boxes.

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

Instructor Joe Dupras, professor emeritus of English (UAF 1979 – 2010), has taught OLLI classes in 19th- and 20th-century literature, including Dickens, Dickinson, G. Eliot, and Frost.

Poems You Should Read—Again
LIT-02  Session I: Sept. 12, 19, 26, Oct. 3
Thursdays 11:30 am – 1:30 pm
A few of the short poems we’ll discuss are “classics” by renowned writers (e.g., Milton, Dickinson, and Frost). Other remarkable poems, perhaps less familiar than those “classics,” will further highlight techniques which their authors use to represent “being”—romantic, religious, natural, creative, and mortal. You can find the texts online, or I’ll provide photocopies.

Instructor Joe Dupras, professor emeritus of English (UAF 1979 – 2010), has taught OLLI classes in 19th- and 20th-century literature, including Dickens, Dickinson, G. Eliot, and Frost.

Shakespeare’s Macbeth
LIT-03  Session I: Sept. 13, 20, 27, Oct. 4
Fridays 12:15 – 1:30 pm
“The Scottish Play,” one of Shakespeare’s best-loved and most-produced works, remains popular after more than 400 years. The story of a man corrupted by fate, circumstance, and his own choices has relevance for contemporary society just as it did for the Jacobean era in which it was written. We will watch a video performance and read the play in the Folger Shakespeare Library edition, so we can all be on the same page. If possible, anyone who plans to take the class should see this summer’s production of Macbeth by the Fairbanks Shakespeare Theatre, July 8 – 28. Please bring the Folger edition of the play to class.

Instructor Janis Lull, UAF professor emerita of English, is author of numerous articles about Shakespeare and has edited Shakespeare’s King Richard III for the Cambridge University Press. She has served as dramaturg for eight productions by the Fairbanks Shakespeare Theatre.

Poetry of Peggy Shumaker
LIT-04  Session I: Sept. 13, 20, 27, Oct. 4, 11
Fridays 12:15 – 1:30 pm (5 weeks)
Peggy Shumaker is a widely published poet, memoirist, and professor emerita of UAF. Peggy was Alaska Poet Laureate from October 2010 to September 2012. She is also the founder of Boreal Books and editor of the Alaska Literary Series for the University of Alaska Press. This course will be a discussion group where we will read and discuss some of Peggy’s wonderful works.

Instructor: Scott Sexton (see REC-03)

Intermediate Spanish
LNG-01  Session I: Sept. 13, 20, 27, Oct. 4
Fridays 2:00 – 3:15 pm
This is a continuation course for those who have taken “Spanish for Beginners” through OLLI, or who have some prior experience with Spanish. We will expand on the vocabulary for traveling, shopping, and everyday life and focus on more specific verbal tenses, which will help you improve your conversational Spanish skills.

Instructor Dr. Marina Cuzovic-Servern is an assistant professor of Spanish at UAF.

Asian Literature in Translation: Historical Narratives
LIT-05  Session I: Sept. 13, 20, 27, Oct. 4
Fridays 3:45 – 5:00 pm
This course will introduce forms of East Asian historical narratives. History has always ignited our imagination, plus history offers an understanding of how our globalized world formed. East Asian history enlightens the way in which the West meets the East, and vice versa. We’ll start with a general overview of Asian historical novels, and then will read excerpts from representative texts of the region. The genre of the texts will be historical fiction and romance in addition to standard
historiography and memoir. Readings will be emailed to students after registration.

Instructor Sooyoung Kang is looking forward to teaching another session in Asian culture and literature at OLLI. When she doesn’t teach, she translates and writes.

**Historical Fiction for Reading Enjoyment**

**LIT-06**  Session II: Oct. 14, 21, 28, Nov. 4, 11  
**Mondays 12:15 – 1:30 pm (5 weeks)**

An overview of the historical fiction genre, with attention to seminal titles of the past but focusing on more contemporary favorites and newer trends. What is considered good historical fiction? What are the sub-genres? How can you be more savvy about finding what suits your reading interests? How can you keep track of what you have read and more effectively share “good reads” with others? Share your personal favorite titles with other members of the class in week 5. There are no assigned readings; class will be tailored to student interest and students will contribute based on what they have read.

Instructor Georhine Olson is a recently retired public librarian. Her favored niche in librarianship was “reader services,” helping people find what they enjoyed reading. Historical fiction has been a personal interest since girlhood, when she spent many years happily reading fiction set in ancient Egypt and medieval France.

**Reading Homer’s The Odyssey**

**LIT-07**  Session II: Oct. 17, 24, 31, Nov. 7  
**Thursdays 10:30 – 11:45 am**

In this new reader-friendly translation by Emily Wilson, we will study what some people have called the first novel. Wilson’s translation is written in iambic pentameter blank verse (the form of Shakespeare’s plays), but in modern English. The story of Odysseus’ twenty year struggle to return home to his wife Penelope and his son Telemachus’ attempt to find his long-absent father remains powerful and instructive to us moderns, just as it did for ancient Greeks.

Instructor Frank Soos, UAF professor emeritus of English, is the 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.

**Poetry of Naomi Shihab Nye**

**LIT-08**  Session II: Oct. 17, 24, 31, Nov. 7, 14  
**Thursdays 3:45 – 5:00 pm (5 weeks)**

Naomi Shihab Nye is a poet and songwriter. She is the winner of four Pushcart awards and the Paterson Poetry Prize, among others. She lives in San Antonio, Texas. Both roots and a sense of place are major themes in her work. This course will be a discussion group. We will read, listen to (if possible), and discuss some of her wonderful poetry.

Instructor: Scott Sexton (see REC-03)

**Experience Korea: Culture & Language**

**LNG-02**  Session II: Oct. 18, 25, Nov. 1, 8  
**Fridays 2:00 – 3:15 pm**

Summit talks, the Bangtan Boys, and Bibimbap: Korea is not a hermit land anymore in politics, culture, or food. Both South and North Korea are now featured in the world media, but the “Korean Wave” goes beyond pop culture to international politics and the discourse of world peace. In this course, we will learn Korean language basics through experiencing Korean history, culture, and current affairs. Course materials will include video clips, literary texts, and cultural topics. We’ll begin with the history of the Hangul alphabet and its philosophical foundation.

Instructor: Sooyoung Kang (see LIT-05)

**P.G. Wodehouse**

**LIT-09**  Session II: Oct. 18, 25, Nov. 1, 8  
**Fridays 2:00 – 3:15 pm**

P.G. (Plum) Wodehouse is widely considered the greatest comic author of the 20th century. Rogue librarian Greg Hill will lead an exploration of Wodehouse’s long, productive life, coupled with episodes from the British "Jeeves and Wooster" television series.

Instructor Greg Hill is the retired director of the FNSB libraries and founder of the Guys Read program.

**Read, Write, and Share Poetry**

**LIT-10**  Session II: Oct. 18, 25, Nov. 1, 8, 15  
**Fridays 3:45 – 5:00 pm (5 weeks)**

In this course we will decide on a working definition of “What Poetry Is.” We will discuss poetic forms and devices. This course is essentially a poetry workshop, so we will use prompts to guide us in writing our own short poems (two pages or less). We’ll share and discuss each other’s work, though sharing is optional.

Instructor: Scott Sexton (see REC-03)
Did you know all OLLI instructors are volunteers?
THANK YOU, instructors!

Music, Dance, & Theater

Guitar From Scratch
MUS-01a  Session I: Sept. 9, 16, 23, 30
Mondays 8:45 – 10:00 am
MUS-01b  Session II: Oct. 16, 23, 30, Nov. 6
Wednesdays 5:30 – 6:45 pm

* Two sections of the same course; register for one only

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 and a tuner (if you have one). Grassroots Guitar and Music Mart both rent guitars when stock is available. It is important that students attend all classes, as each class will build on what was learned the week before. Enrollment limited to 5.

Section a: Instructor Emma Centers (see FF-01) previously took both of OLLI’s guitar classes with Jeep and found the experience so enriching that now she is helping to teach the guitar classes.

Section b: Instructor Keri Petersen has been playing guitar on and off for forty years and loves to share her joy of playing music with others.

Engage, Entertain, and Enjoy: Informal Storytelling
THT-01  Session I: Sept. 9, 16, 23, 30
Mondays 2:00 – 3:15 pm

Come prepared to laugh, cry, and be surprised by your fellow Alaskans. Participants will have opportunities to hear and be heard in this storytelling workshop. Class meetings will be organized for participants to work individually, in pairs, and with the whole group to select, revise, and present stories and to give and receive friendly, positive feedback. The course will culminate in a whole group storytelling event. Enrollment limited to 16.

Instructor Pat McDonald is a long time Alaskan and retired teacher who has been amusing friends and embarrassing her children for years doing informal storytelling. Most recently performing in “Dark Winter Nights,” Pat has been encouraged by friends to share her storytelling abilities with others.

Beginning Harmonica
MUS-02  Session I: Sept. 10, 17, 24, Oct. 1
Tuesdays 12:15 – 1:30 pm

Have you always wanted to play the harmonica, impress your grandchildren, and drive your significant other crazy? This is the course. We will cover the basics about types of harmonicas, mouth positions, and reading music. We’ll work with easy songs to practice getting that clear note and have fun playing an instrument you can carry anywhere. Who knows, we may even try to learn to bend notes. We will use a C diatonic harmonica. If you do not have one, we will supply them at class for $8. Enrollment limited to 20.

Instructor Jim Warner has been playing the harmonica for 18 years (started in a class just like this) and is the musical director of Hot Denali Harps, a local harmonica club.

Swing Dance
DAN-01  Session I: Sept. 11, 18, 25, Oct. 2
Wednesdays 2:00 – 3:15 pm

East Coast is the foundational swing dance that gets you up, dancing, and having a blast! It is where all the arms, turns, and combinations for other dances originate. We’ll cover and practice basic combinations, including inside, outside turns, cuddles, etc. Once you take this course, you are on your way! No poodle skirts, saddle shoes, or partner required. Enrollment limited to 20.

Instructor Janverné Hnilicka is a member of Ballroom Dance Club of Fairbanks and the World Music and Dance coordinator for Fairbanks Summer Arts Festival, both of which have many dance classes and events to attend and “like” on Facebook.

Beginning Reading and Writing Music
MUS-03  Session I: Sept. 13, 20, 27, Oct. 4
Fridays 2:00 – 3:15 pm

Have you ever wished you could write down the melody for that song you heard—not just the chords, but the whole song? Do you wish you better understood how to go from a printed song to being able to sing or play it? Have you ever wanted to practice reading music, so you can get better at it? This course will cover the basics of reading and writing music and will use a computer program to show how it can be done.

Instructor Laura Walsh has written dozens of songs and two musicals.

Online registration opens 9:30 am Wednesday August 21 (see p. 34)
Chord Construction for Guitar
MUS-04  Session II: Oct. 17, 24, 31, Nov. 7
Thursdays 10:30 – 11:45 am

Have you ever wondered if chords like A7th, or Gm, or C+9 or, heaven forbid, an F#m7th were made up by some retired people with excess time on their hands? This course will reveal the secrets of their contribution to music. You may also learn how unusual chords can add beauty and depth to music. Enrollment limited to 5.

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’s fun and he meets many nice people.

Advanced Beginning Guitar
MUS-05  Session II: Oct. 17, 24, 31, Nov. 7, 14
Thursdays 12:15 – 1:30 pm (5 weeks)
* For students who already know how to play three chords in at least one key.

“Guitar From Scratch” is not a prerequisite for this course but would be helpful. Students may bring printed copies of chords and lyrics for simple songs they like. The primary goal is to develop proficiency to play along with live music in the major keys C, G, D, A, and E. Singing while playing will be encouraged. We’ll cover how to change major chords into minor and seventh chords and introduce the use of the capo. 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 (see MUS-04)

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.

World Percussion Drum Circle: Your Brain on Drums
MUS-06  Session II: Oct. 17, 24, 31, Nov. 7
Thursdays 2:00 – 3:15 pm
* Meets at 302 Cushman (same building as Fairbanks Children’s Museum)

Synchronize the left and right hemispheres of the brain through communication with drums. In a tranquil circle setting, learn rhythms and add your personal beat as you participate in making powerful primal music with others. The goal is to bring people together to relax in a healing environment. No musical experience necessary. Instructor will provide instruments from his collection of drums and percussion instruments from around the world, although students may bring their own if preferred. Enrollment limited to 20.

Instructor Bob Parr is a quasi-retired adjunct professor of social services at UAF and has conducted many drum events in Alaska and Missouri.

Religion & Beliefs

Animism to Zen
RB-01  Session I: Sept. 11, 18, 25, Oct. 2
Wednesdays 10:30 – 11:45 am

This course is a multi-disciplinary study of comparative religion from prehistory through the changes of the Axial Age. The Axial Age introduced the teachings of Buddha, Confucius, Zoroaster, Greek philosophy, and the Abrahamic traditions (Moses, Jesus, Mohammed). We’ll consider issues of orthodoxy, orthopraxy, dogma, and karma in mankind’s search for certainty, as well as introduce saints, sages, missionaries, mercenaries, and kooks.

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.

Astrological Insights Into Self
RB-02  Session I: Sept. 11, 18, 25, Oct. 2
Wednesdays 2:30 – 4:30 pm

The birth chart is a map which reveals your personal power. An understanding of the language of astrology can help you interpret your own chart. The planetary cycles symbolize insights into self as well as the timing of your emotional growth process. Please join me to explore your chart.

Instructor Jean Richey was a professional astrologer for 20 years in Sacramento, California. She moved to Fairbanks in 1993 and was a professor of communication at UAS and UAF before retiring in 2015. She continues to teach as an adjunct professor of business at UAF.
Overview of the Baha'i Faith

RB-03  Session I: Sept. 12, 19, 26, Oct. 3
Thursdays 12:15 – 1:30 pm

Join us for an overview of the Baha'i Faith, which is a religion teaching the essential worth of all religions and the unity and equality of all people. We’ll explore the history, basic principles, administrative structure, and current developments of the Baha’i Faith. The class is a safe, encouraging environment to ask questions and get frank answers.

Instructor Nikki Kinne has been involved in the Baha’i Faith for over 40 years and has visited Baha’i communities around the world, including in Israel, Tanzania, Ethiopia, Scotland, England, Ireland, and the Netherlands, along with multiple communities in Alaska and the Lower 48.

Cryptocurrencies

MTH-01  Session I: Sept. 10, 17, 24, Oct. 1
Tuesdays 3:45 – 5:00 pm

You’ve probably seen “bitcoin” mentioned in the news, but do you know what a bitcoin is? How do you get bitcoins and what can you do with them? What does it mean to “mine” for currency that only exists as a digital electronic record? What is a blockchain and how does it relate to cryptocurrencies? And how is it that generating a non-physical form of money uses so much electricity that it is now considered a global climate threat?

Instructor Ron Barry, UAF Professor of Statistics, is interested in virtually everything.

Neophyte’s Introduction to Dreams

RB-04  Session II: Oct. 15, 22, 29, Nov. 5
Tuesdays 3:45 – 5:00 pm

Based mostly on Carl Jung’s approach to dream work, this course will give a brief primer on the subconscious and its use of archetypes and symbolism to communicate with our conscious ego, revealing deeper, hidden aspects of ourselves. Dreams help us see where old, outmoded social conditioning is limiting self-awareness and personal growth. This course is a repeat of last spring’s. Instructor will provide handouts; A Little Bit of Dreams: An Introduction to Dream Interpretation (2015) by Stase Michaels is useful and interesting but not required.

Instructor Ginny McDowell has been studying dreams for six years and is an active member of the local branch of the CG Jung Society.

Science & Mathematics

Frankencrispr II: Introduction to Genetic Engineering

SCI-01  Session I: Sept. 10, 17, 24, Oct. 1
Tuesdays 10:30 – 11:45 am

This course will give you the big picture of genetic engineering, including an introduction to the four technologies that make genetic engineering possible: molecular biology, bioinformatics, CRISPR, and contemporary laboratory protocols. In the add-on week we will carry out a hands-on genetic engineering experiment from A to Z by inserting a green fluorescent protein gene into the genome of a living organism using CRISPR. No prerequisites. For alumni of last spring’s Frankencrispr class, this course will go beyond lab techniques by providing more context for the “why” of genetic engineering. This time around, each student will carry out their own experiment. Materials fee $25; pay OLLI at registration. Enrollment limited to 20.

Instructor Joe Dart has been associated with both UAF and CTC for many years teaching math and computing. His undergraduate emphasis was molecular biology, and he spent a semester working in a genetics research lab at the Biochemistry Department at Harvard Medical School.

Going to Extremes: Diversity in Birds

SCI-02  Session I: Sept. 12, 19, 26, Oct. 3
Thursdays 8:45 – 10:00 am

From their dinosaur beginnings, birds have diversified in many ways, including major contrasts in flight capabilities and body size (e.g., hummingbirds, penguins, and rheas), and bizarre extremes to which males (and sometimes females) go to attract mates (e.g., ruffs,bowerbirds, and turkeys). Development ranges from complete independence at hatching to prolonged dependence on multiple adults for protection and provisioning. Specializations and types of cooperative behaviors are diverse. We’ll explore this diversity both with Alaskan examples and birds living in far-flung parts of the globe that may be on your bucket list.

Instructor Ed Murphy is a professor emeritus who taught ornithology and natural history courses during his 30 years at UAF, and for OLLI the last several years. His research has focused on the ecology of Alaskan birds.

The Science Behind Oil and Gas

SCI-03  Session I: Sept. 12, 19, 26, Oct. 3
Thursdays 10:30 – 11:45 am

Oil and gas are a major part of Alaska’s economy, but do you know where these deposits form and why? How do the oil companies “explore” for petroleum? Why are some oil fields discovered but never developed? And why can’t they agree on how much oil is in ANWR? This course will cover the basic geologic and engineering principles that govern oil and gas distribution, exploration, and extraction. We will end with a discussion of the petroleum potential of ANWR.

Instructor Cathy Hanks is a retired structural geologist whose research focused on energy resources. She worked in Alaskan geology for over 35 years for both the industry and UAF, with most of her research focused on northern Alaska.
Fun With Math: MathCounts® for Seniors

MTH-02  Session I: Sept. 12, 19, 26, Oct. 3
Thursdays 2:00 – 3:15 pm

Do you like tackling life's practical challenges by applying math concepts? Hone your reasoning skills by finding solutions to various short problems that can be handled with middle school-level math. Problems will be taken from MathCounts®, a national program for middle school students, and solutions will be available after each class. We'll review concepts from many areas of mathematics such as measurement, logic, probability, problem solving, and algebra. You'll all pose answers and solution paths in open session, since class discussion is quite interesting. Remember, OLLI has no tests or “homework”—this is your chance to try math purely for fun! Enrollment limited to 20.

Instructor Clark Milne has worked as a civil and environmental engineer in Alaska for over 40 years and coordinated local MathCounts programs in Fairbanks (for middle schoolers) and statewide since 1984.

Ice Age Alaska

SCI-04  Session I: Sept. 12, 19, 26, Oct. 3
Thursdays 2:30 – 4:30 pm

Meet in Murie Auditorium. OLLI parking permits are valid in museum lot during class times.

Between ca. 100,000 and 15,000 years ago, Alaska was in the grip of the ice age, and dramatic changes occurred in its climate, geography, and biota. We will review the changing extent of glaciers, describe the changing land connections to Siberia and the Lower 48, and explore some of the dramatic changes that occurred in Alaska's flora and fauna, including what is known about the first arrival of people. Emphasis is on prehistoric events that left strong legacies on the landscape that can be seen as you travel around the state.

Instructor Dan Mann is an Associate Professor in the Geosciences Department and Senior Scientist in the Institute of Arctic Biology. His current research projects include the causes of extinction of ice-age megafauna, the glacial geology of Southeast Alaska, and the responses of the boreal forest to climate change.

Energy: What You May Want to Know

SCI-05  Session I (Add-On): Oct. 8
Tuesday 12:15 – 1:30 pm

We'll discuss basic energy concepts such as the types of energy resources, forms of conventional and renewable energy, and technologies to convert fuel to electricity. Some simple examples will be presented with a goal of allowing participants to perform their own analyses. Class attendees will learn how to evaluate proposed energy-related policies. We will consider energy use in homes, industry, and power plants, both locally and elsewhere.

Instructor Ron Johnson is a retired UAF Professor of Mechanical and Environmental Engineering. He was department chair of ME and director of the UAF Energy Center. He has a 50-year interest in energy and the environment.

This Rare Earth

SCI-06  Session I (Add-On): Oct. 9
Wednesday 12:15 – 1:30 pm

This talk is about the circumstances that have allowed complex and intelligent life to evolve and flourish. These circumstances involve our place in time since the beginning of the universe and the creation of the solar system. The existence of life also depends on our position in the galaxy and solar system, the type of star our planet orbits, and the stuff of which our planet is made. In the course of this discussion, we will address the question of how likely is it that conditions for life will be replicated elsewhere.

Instructor Daniel Swift is an emeritus professor of physics. For much of his career, he researched space physics related to the aurora at the Geophysical Institute, University of Alaska.

Marine Science Special Topics

SCI-07  Session II: Oct. 15, 22, 29, Nov. 5
Tuesdays 8:45 – 10:00 am

Oct. 15: Assessing Recent Changes in Oceanic Heat Content, with Seth Danielson, UAF Associate Professor of Physical Oceanography

Oct. 22: Investigating the Biogeochemistry of Sea Ice in a Changing Arctic, with Ana Aguilar Islas, UAF Associate Professor of Chemical Oceanography

Oct. 29: Microscopic Marine Biology: Measuring Marine Life at the Base of the Food Chain, with William Burt, UAF Assistant Professor of Biological Oceanography

Nov. 5: Marine Genomics: Sequencing the Oceans, with Gwenn Hennon, UAF Assistant Professor of Biological Oceanography.

Human Digestive System

SCI-08  Session II: Oct. 16, 23, 30, Nov. 6
Wednesdays 10:30 – 11:45 am

From burp to fart and everything in between, the gut is not talked about in polite company. We will discover the intricacies of this amazing, magical, fascinating organ.

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.

The Mathematics of Everyday Life

MTH-03  Session II: Oct. 16, 23, 30, Nov. 6
Wednesdays 2:00 – 3:15 pm

We'll look at everyday math that you might not have even considered to be mathematics. Two classes will be devoted to voting methods and their paradoxes and two classes will focus on fair division and apportionment. No prior mathematical knowledge necessary. We'll consider the following sorts of questions: Is it possible to divide five items among three people such that each individual gets at least 1/3 of the loot? How do
three roommates divide a security deposit in a manner propor-
tional to how much they each cleaned? Can you do this such 
that each roommate perceives the end result as fair?

Instructor Jill Faudree has been a teaching and research professor 
in the Department of Mathematics and Statistics at UAF for 19 years 
and regularly teaches the 300-level History of Mathematics course.

The Size of the Universe
SCI-09    Session II: Oct. 17, 24, 31, Nov. 7
Thursdays 12:15 – 1:30 pm
This course will examine the science and personalities that have 
shaped our understanding of the universe. We'll begin with the 
Copernican Revolution of the 1600s, when the telescope was 
invented and our universe shifted from being Earth (and human) 
centered to Solar centered. Next, we'll shift to the 1800s, when 
improved telescope technology changed our understanding of the 
distance to the stars. We'll explore how in the 1900s we began to 
to understand that there is more to the universe than the Milky Way. 
We'll examine our idea of the expanding universe as first argued 
and shown by Edwin Hubble. Finally, moving into this millennium, 
we'll look at the Big Bang theory and black holes. How old is the 
universe, and what do we know about the life and death of stars?

Instructor Hans Nielsen is a UAF professor emeritus in physics 
with expertise in atmospheric and space science. He's studied the 
physical processes associated with the aurora and sprites (upper 
atmosphere lightning).

Biological Field Research in the Corners of 
Alaska
SCI-10    Session II: Oct. 17, 24, 31, Nov. 7
Thursdays 5:30 – 6:45 pm
Learn about field research in Alaska with biologists from 
ABR Inc., an employee-owned small business based out of 
Fairbanks that conducts environmental research for clients 
such as industry and government agencies. Each week a differ-
ent ABR scientist from the fields of vegetation and wildlife will 
share their experiences and present results of studies. Topics 
will include vegetation science, raptors, waterfowl, remote and 
rugged places, rehabilitation projects, responsible drone use for 
science, and large charismatic megafauna!

Instructors will be field biologists with ABR Inc.

Gravity
SCI-11    Session II (Add-On): Nov. 12
Tuesday 12:15 – 1:30 pm
Gravity is the most ordinary and yet the most exotic of the 
forces of nature. This talk will first trace the ideas that led to 
the theory of gravitation, otherwise known as general relativ-
ity. This will be followed by an exposition of its consequences, 
including the properties of black holes, dragging of inertial 
frames, and gravitational radiation.

Instructor: Daniel Swift (see SCI-06)

Social Studies

Introduction to Genealogy and Family History
SOC-01    Session I: Sept. 9, 16, 23, 30
Mondays 10:30 – 11:45 am
This course will cover family tree and family group sheet organ-
ization and documentation, as well as research options, online 
resources, reference documentation, and DNA research. Using 
practical examples, you'll gain a basic working knowledge of 
how to organize and develop a family tree.

Instructor Wes Potter has been doing genealogy research for 
over 30 years. Beginning in 1989, he began teaching introductory 
genealogy to various groups, including at community colleges and 
community outreach programs in the U.S. and overseas.

Patterns of Japanese Culture through Time
SOC-02    Session I: Sept. 11, 18, 25, Oct. 2
Wednesdays 5:30 – 6:45 pm
What makes Japanese culture so distinctive? And how have 
these aspects developed? We'll start by looking at Japanese 
authors separated by 1,000 years but at the heart of the liter-
ary canon: Murasaki Shikibu and Natsume Soseki. Next we'll 
explore Japanese ways of belief, Shinto and Buddhism, includ-
ing slides from a Buddhist pilgrimage in Shikoku that the 
instructor took in Fall 2018. In the third class we'll explore how 
Japan's culture of frugal but skillful resource use grew up in the 
Edo period (1600 – 1868). We'll finish with a session on the 
modern city of Tokyo.

Instructor David Henry is an associate professor of Japanese 
Studies at UAF.

Travelogues
SOC-03    Session I: Sept. 12, 19, 26, Oct. 3
Thursdays 12:15 – 1:30 pm
Each week, a different presenter will share their photos and 
experiences of travel.
Sept. 12: Guatemala, with Stan Justice
Sept. 19: China, with Eric Muehling
Sept. 26: Hiking the Pacific Crest Trail, with Cindy and Whit 
Aillaud
Oct. 3: Cuba, with Janverné Hnilicka

Eight Key Concepts for Good Mental Health
SOC-04    Session I: Sept. 13, 20, 27, Oct. 4
Fridays 8:45 – 10:00 am
In my 25-plus years of providing psychotherapy and counsel-
ing, I've found that some basic concepts and approaches keep 
coming up again and again in helping people handle life, prob-
lems, and relationships. In this course we'll look briefly at the 
“top eight” of these, or as many as we can get through while 
allowing sufficient time for discussion and questions. Think of
this as a quick introduction to the pragmatic side of counseling, to what actually works. There will be handouts aplenty, so please pay a $3 copying fee to OLLI when registering.

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

TED Talks
SOC-05  Session I: Sept. 13, 20, 27, Oct. 4  
Fridays 2:00 – 3:15 pm
TED stands for Technology, Entertainment, Design, and TED Talks are lectures by fascinating thinkers and doers. Each class will feature three to five talks by people who are passionate about what they do. We will see new, practical, and beautiful ideas. Videos from previous courses won’t be repeated, except by popular demand.

Instructor Mary Ann Borchert retired from UAF after 23 years in research and administration, and she loves learning from and sharing these TED Talks.

The Bill and Amy Show
SOC-06  Session I: Sept. 13, 20, 27, Oct. 4  
Fridays 3:45 – 5:00 pm
Back by popular demand, two local attorneys, Bill Satterberg and Amy Welch, talk about whatever suits their fancy. This course offers a challenging approach to the law and is open minded in its approach. In short, anything goes.

Instructor Bill Satterberg has worked as an Assistant Attorney General for both the State of Alaska and the Trust Territory of the Pacific Island. Bill began working in the private sector in 1982 and owns a litigation law firm in Fairbanks which functions extensively in both civil and criminal law trial practice.

Instructor Amy Welch is an associate attorney at the Law Offices of William R. Satterberg, Jr.

Becoming an OLLI Instructor
SOC-07  Session I: Sept. 13, 20, 27, Oct. 4  
Fridays 3:45 – 5:00 pm
* FREE; OLLI membership not required
Do you want to give back to OLLI? Do you have talent, skills, or knowledge to share but you’re not quite sure how to organize and run a class? This course will take you from your idea all the way to writing and submitting a course proposal. Each class will examine some aspect of putting together a great course and allow time to develop your ideas with the other attendees. We’ll include research on the unique needs of OLLI members, tips and tricks from other OLLI teachers, and how to work with the OLLI staff to have things run smoothly. Help our instructor pool grow!

Instructor Mary Burtness is a retired teacher who will be facilitating this class along with several experienced instructors and OLLI staff.

Social Implications of Fetal Alcohol Spectrum Disorder (FASD) in Alaska
SOC-08  Session II: Oct. 17, 24, 31, Nov. 7  
Thursdays 2:00 – 3:15 pm
Explore how FASD affects individuals, families, and communities, including the educational and criminal justice systems. We’ll review the history of FASD policy in Alaska, the effectiveness of the policies, and examine possible interventions for reducing FASD and its impacts. Come investigate this important topic and engage in lively discussions on how FASD affects our state.

Instructor Brenda Dow is a life-long Alaskan with over 20 years experience working with individuals with FASD. She has a PhD in Arctic and Northern Studies, an interdisciplinary program of UAF.

Understanding Trauma and Making It Useful
SOC-09  Session II: Oct. 18, 25, Nov. 1, 18, 15  
Fridays 8:45 – 10:00 am (5 weeks)
Trauma is much more than PTSD. Everyone experiences trauma in life—good trauma, such as falling in love, and bad trauma, such as unexpected losses. Trauma brings power into our lives and upsets the apple cart of our habits and routines. It can become helpful and enriching, and even something we may want to choose at times. This course will look at trauma—how it works, how to deal with it, and how to benefit from it. As part of the course we’ll also look briefly at the current political trauma affecting so many of us.

Instructor: Larry Moen (see SOC-04)

Representing Alaskans
SOC-10  Session II: Oct. 18, 25, Nov. 1, 8  
Fridays 10:30 – 11:45 am
This course will explore what it is like to represent Alaskans at various levels and will feature guest speakers at the local, state, and national level. What do their jobs entail? How much time is required? What skills are needed? How are decisions made? How do they deal with the need to raise money? How do they measure success? The focus will be more personal than political. Lots of time for Q & A. Speakers TBA.

Instructor David Frey retired from a career in substance abuse prevention and youth development. He has a longstanding interest in social issues and political life. He has previously taught OLLI classes in mediation, advocacy, and school safety.

Did you know all OLLI instructors are volunteers?  
THANK YOU, instructors!
The first Fridays of December, January and February
3:00 – 4:30 pm in the Morris Thompson Cultural and Visitors Center Theatre
FREE and open to the public—registration is not required. Invite a potential new member!

December 6, 2019
Digging Dinosaurs in Alaska: the Pleasures and Pitfalls of Fossil Collecting in the Far North
by Patrick Druckenmiller
Alaska is home to amazing fossils, including the northernmost dinosaurs that ever lived. Safely accessing and collecting those fossils in Alaska presents unique challenges, but also opportunities. In this talk, paleontologist Dr. Patrick Druckenmiller describes what it takes to reach remote field sites and dig up those fossils, and how these hard-earned finds contribute amazing new information about life in ancient Alaska.

Patricia Druckenmiller
Director of the University of Alaska Museum and Professor of Geology at the University of Alaska Fairbanks. He received his BA at the University of Wisconsin Madison, his MS at Montana State University Bozeman, and his PhD at the University of Calgary, Alberta. Pat’s research focuses on Mesozoic marine reptiles and dinosaurs, particularly those from high latitudes. He oversees numerous field-based projects across Alaska, particularly on Arctic dinosaurs from the North Slope and in Denali National Park and Preserve. He is also a collaborator on several marine reptile projects at various international sites, including Svalbard, Norway and, more recently, China. In 2018, Pat took on directorship of the UA Museum, which hosts ten diverse research collections, provides important educational opportunities, and welcomes nearly 90,000 visitors annually.

January 3, 2020
Transformed by Reindeer
by Jane Atkinson
One never knows what life will throw at you! When my daughter insisted on getting reindeer and did all the work to make that happen I had no idea what was in store for my life. A little side business during the midst of a career change completely transformed my life and allowed me to reach many dreams I never knew were possible. Come listen to my story about how reindeer transformed my life. As a friend told me, “See what happens when you won’t let your daughter have a pony!”

Jane Atkinson
is a life-long Alaskan with many career paths, including teacher, nurse, mother, and entrepreneur. Always a lover of all things living, she has found her calling working with reindeer. As part of that she has even made peace with petunias, her least favorite flower.

February 7, 2020
An Interdependent People: Community, Conflict, and Change in Alaska
by Rev. Leslie Ahuvah Fails
Alaskans are a people with an independent streak like none other. Hundreds of thousands of Americans tune into reality programs showcasing our ability to “do it ourselves,” off the grid, in spite of extreme cold and isolation. Yet—as anyone who has ever stood in front of an eerily vacant dairy case at the store after a delayed grocery shipment can testify—to live in Alaska means to be uniquely dependent upon the functioning of infrastructure and the well-being of one’s community. What does it mean to be an interdependent people? What wisdom do we have to offer ourselves that will strengthen our minds and hearts in the years ahead?

Rev. Leslie Ahuvah Fails
is the minister of the Unitarian Universalist Fellowship of Fairbanks. She earned her Masters of Divinity (M. Div) from the Starr King School for the Ministry in Berkeley, California, and served as a trauma response chaplain at the University of Virginia Medical Center in Charlottesville, Virginia. The focus of her ministry is fostering resilience in the face of trauma, crisis, and uncertainty. She lives in Fairbanks with her husband and daughter.
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.

How to Start a SIG
Contact the OLLI office and we’ll help notify members.

Lifelong Learning Book Club
Meets 8 times a year on third Tuesdays, 1:30–3:00 pm, at Noel Wien Library Conference Room
Contact: Susan Gainey (susan.gainey@gmail.com)
FNSB Library Liaison: Kitty Berner (kitty.berner@fnsb.us)
- Sept. 17: Becoming by Michelle Obama (nonfiction, 2018)
- Oct. 15: A Free Man of Color by Barbara Hambly (fiction, 1997)
- Jan. 21, 2020: Smilla’s Sense of Snow by Peter Hoeg (fiction, 1993)
- Feb. 18: Brief Answers to the Big Questions by Stephen Hawking (nonfiction, 2018)
- March 17: My Name is Red by Orhan Pamuk (fiction, 2001)
- April 21: Walden by Henry David Thoreau (nonfiction, 1854)
- May 19: Booktalk & title selection for next year

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 Mondays, Wednesdays & Fridays 10 am–noon, at West Fred Meyer
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).

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 Wednesdays 2:30 - 4:30 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).
Session I Daily Schedule (September 9 - October 4, 2019)

Under “Room,” a number or “gym” indicates the UAF University Park Building.

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<td>Juggling</td>
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<td>8:45 - 10:00</td>
<td>SCI-02</td>
<td>Going to Extremes: Diversity in Birds</td>
<td>151</td>
<td>23</td>
</tr>
<tr>
<td>8:45 - 10:00</td>
<td>HL-08</td>
<td>Health Maintenance Topics</td>
<td>156</td>
<td>15</td>
</tr>
<tr>
<td>8:45 - 10:00</td>
<td>HIS-06</td>
<td>Abortion: Is the Divide Resolvable? (9/19 - 10/10)</td>
<td>158</td>
<td>17</td>
</tr>
<tr>
<td>10:30 - 11:45</td>
<td>LIT-01</td>
<td>Irish Islands: Literature and Culture</td>
<td>151</td>
<td>19</td>
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Online registration opens 9:30 am Wednesday August 21 (see p. 34)
<table>
<thead>
<tr>
<th>Time</th>
<th>Course #</th>
<th>Course Title</th>
<th>Room</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>10:30 - 11:45</td>
<td>SCI-03</td>
<td>The Science Behind Oil and Gas</td>
<td>156</td>
<td>23</td>
</tr>
<tr>
<td>11:30 - 1:30</td>
<td>LIT-02</td>
<td>Poems You Should Read—Again</td>
<td>158</td>
<td>19</td>
</tr>
<tr>
<td>12:15 - 1:30</td>
<td>SOC-03</td>
<td>Travelogues</td>
<td>151</td>
<td>25</td>
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<tr>
<td>12:15 - 1:30</td>
<td>RB-03</td>
<td>Overview of the Baha’i Faith</td>
<td>156</td>
<td>23</td>
</tr>
<tr>
<td>2:00 - 3:15</td>
<td>MTH-02</td>
<td>Fun With Math: MathCounts® for Seniors</td>
<td>158</td>
<td>24</td>
</tr>
<tr>
<td>2:00 - 5:00</td>
<td>FLM-04</td>
<td>Clif’s Choice: Foreign Films (5 weeks)</td>
<td>151</td>
<td>13</td>
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<tr>
<td>2:30 - 4:30</td>
<td>ART-05</td>
<td>“Quilted” Star Ornaments</td>
<td>156</td>
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<tr>
<td>3:45 - 5:00</td>
<td>SCI-04</td>
<td>Ice Age Alaska</td>
<td>Murie Aud.</td>
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**FRIDAY**

<table>
<thead>
<tr>
<th>Time</th>
<th>Course #</th>
<th>Course Title</th>
<th>Room</th>
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<tbody>
<tr>
<td>8:45 - 10:00</td>
<td>SOC-04</td>
<td>Eight Key Concepts for Good Mental Health</td>
<td>151</td>
<td>25</td>
</tr>
<tr>
<td>8:45 - 11:45</td>
<td>REC-05</td>
<td>Bike Maintenance: Learn to Love Your Bike (5 weeks)</td>
<td>156</td>
<td>10</td>
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<tr>
<td>10:15 - 11:45</td>
<td>HIS-07</td>
<td>Great Decisions 2019, I</td>
<td>158</td>
<td>17</td>
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<tr>
<td>10:30 - 11:45</td>
<td>ART-06</td>
<td>Dynamic Envelopes, Cards, and Illustrated Quotations</td>
<td>151</td>
<td>5</td>
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<tr>
<td>11:00 - 12:00</td>
<td>EX-06</td>
<td>Pilates</td>
<td>Artisan's Courtyard</td>
<td>10</td>
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<tr>
<td>12:15 - 1:30</td>
<td>LIT-03</td>
<td>Shakespeare’s Macbeth</td>
<td>151</td>
<td>19</td>
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<tr>
<td>12:15 - 1:30</td>
<td>ART-07</td>
<td>Drawing Using Pen and Ink with Watercolor</td>
<td>156</td>
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<tr>
<td>12:15 - 1:30</td>
<td>LIT-04</td>
<td>Poetry of Peggy Shumaker (5 weeks)</td>
<td>158</td>
<td>19</td>
</tr>
<tr>
<td>12:15 - 1:30</td>
<td>EX-07</td>
<td>Beginning Yoga (5 weeks)</td>
<td>gym</td>
<td>11</td>
</tr>
<tr>
<td>2:00 - 3:15</td>
<td>SOC-05</td>
<td>TED Talks</td>
<td>151</td>
<td>26</td>
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<tr>
<td>2:00 - 3:15</td>
<td>MUS-03</td>
<td>Beginning Reading and Writing Music</td>
<td>156</td>
<td>21</td>
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<tr>
<td>2:00 - 3:15</td>
<td>LNG-01</td>
<td>Intermediate Spanish</td>
<td>158</td>
<td>19</td>
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<tr>
<td>3:45 - 5:00</td>
<td>SOC-06</td>
<td>The Bill and Amy Show</td>
<td>151</td>
<td>26</td>
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<tr>
<td>3:45 - 5:00</td>
<td>LIT-05</td>
<td>Asian Literature in Translation: Historical Narratives</td>
<td>156</td>
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<td>3:45 - 5:00</td>
<td>SOC-07</td>
<td>Becoming an OLLI Instructor</td>
<td>158</td>
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**Session I Add-On (October 7 - 11, 2019)**

**MONDAY**

<table>
<thead>
<tr>
<th>Time</th>
<th>Course #</th>
<th>Course Title</th>
<th>Room</th>
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</thead>
<tbody>
<tr>
<td>10:30 - 11:45</td>
<td>HL-01</td>
<td>Cannabis as Medicine, II (last class)</td>
<td>158</td>
<td>14</td>
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<tr>
<td>12:15 - 3:00</td>
<td>REC-06</td>
<td>Building Your Pickleball Skills (MTuWTh)</td>
<td>158 + gym</td>
<td>11</td>
</tr>
<tr>
<td>2:00 - 3:00</td>
<td>EX-01</td>
<td>Basic Ice Skating Skills (MW, 9/16 - 10/9)</td>
<td>Patty Ice</td>
<td>9</td>
</tr>
<tr>
<td>2:00 - 5:00</td>
<td>FLM-01</td>
<td>Growing Up (last class)</td>
<td>151</td>
<td>12</td>
</tr>
<tr>
<td>2:30 - 5:00</td>
<td>ART-08</td>
<td>Weaving Crafts Using Recyclable Materials (MW)</td>
<td>156</td>
<td>5</td>
</tr>
<tr>
<td>3:45 - 5:00</td>
<td>ART-02</td>
<td>Tlingit Art (last class)</td>
<td>158</td>
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<tr>
<td>3:45 - 5:00</td>
<td>EX-02</td>
<td>Taoist Tai Chi, I (last class)</td>
<td>gym</td>
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**TUESDAY**

<table>
<thead>
<tr>
<th>Time</th>
<th>Course #</th>
<th>Course Title</th>
<th>Room</th>
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</tr>
</thead>
<tbody>
<tr>
<td>10:30 - 11:45</td>
<td>SCI-01</td>
<td>Frankencrispr II: Introduction to Genetic Engineering (Session I + TWTh Add-On)</td>
<td>158</td>
<td>23</td>
</tr>
<tr>
<td>12:15 - 1:30</td>
<td>SCI-05</td>
<td>Energy: What You May Want to Know</td>
<td>151</td>
<td>24</td>
</tr>
<tr>
<td>12:15 - 1:30</td>
<td>CP-02</td>
<td>Facebook Basics (TuTh)</td>
<td>164</td>
<td>7</td>
</tr>
<tr>
<td>12:15 - 3:00</td>
<td>REC-06</td>
<td>Building Your Pickleball Skills (MTuWTh)</td>
<td>158 + gym</td>
<td>11</td>
</tr>
<tr>
<td>2:00 - 3:15</td>
<td>REC-03</td>
<td>Curriculum Committee meetings (9/17 - 10/8)</td>
<td>151</td>
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</tr>
<tr>
<td>2:00 - 3:15</td>
<td>REC-03</td>
<td>Poker: America’s Card Game, I (last class)</td>
<td>156</td>
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**WEDNESDAY**

<table>
<thead>
<tr>
<th>Time</th>
<th>Course #</th>
<th>Course Title</th>
<th>Room</th>
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</thead>
<tbody>
<tr>
<td>8:45 - 10:45</td>
<td>HL-04</td>
<td>Stand Taller to Live Longer (last class)</td>
<td>gym</td>
<td>15</td>
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<tr>
<td>9:15 - 11:45</td>
<td>ART-04</td>
<td>Knitting Technique Potpourri (last class)</td>
<td>151</td>
<td>4</td>
</tr>
<tr>
<td>10:30 - 11:45</td>
<td>SCI-01</td>
<td>Frankencrispr II: Introduction to Genetic Engineering (Session I + TWTh Add-On)</td>
<td>158</td>
<td>23</td>
</tr>
<tr>
<td>12:15 - 1:30</td>
<td>SCI-06</td>
<td>This Rare Earth</td>
<td>151</td>
<td>24</td>
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Under “Room,” a number or “gym” indicates the UAF University Park Building.

<table>
<thead>
<tr>
<th>Time</th>
<th>Course #</th>
<th>Course Title</th>
<th>Room</th>
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</thead>
<tbody>
<tr>
<td>12:15 - 3:00</td>
<td>REC-06</td>
<td>Building Your Pickleball Skills (MTuWTh)</td>
<td>158 + gym</td>
<td>11</td>
</tr>
<tr>
<td>2:00 - 3:00</td>
<td>EX-01</td>
<td>Basic Ice Skating Skills (MW, 9/16 - 10/9)</td>
<td>Patty Ice</td>
<td>9</td>
</tr>
<tr>
<td>2:30 - 5:00</td>
<td>ART-08</td>
<td>Weaving Crafts Using Recyclable Materials (MW)</td>
<td>156</td>
<td>5</td>
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</table>

**THURSDAY**

<table>
<thead>
<tr>
<th>Time</th>
<th>Course #</th>
<th>Course Title</th>
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<th>Page</th>
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<tbody>
<tr>
<td>8:45 - 10:00</td>
<td>HIS-06</td>
<td>Abortion: Is the Divide Resolvable? (last class)</td>
<td>158</td>
<td>17</td>
</tr>
<tr>
<td>10:30 - 11:45</td>
<td>SCI-01</td>
<td>Frankencrispr II: Introduction to Genetic Engineering (Session I + T W Th Add-On)</td>
<td>158</td>
<td>23</td>
</tr>
<tr>
<td>12:15 - 1:30</td>
<td>CP-02</td>
<td>Facebook Basics (TuTh)</td>
<td>164</td>
<td>7</td>
</tr>
<tr>
<td>12:15 - 3:00</td>
<td>REC-06</td>
<td>Building Your Pickleball Skills (MTuWTh)</td>
<td>158 + gym</td>
<td>11</td>
</tr>
<tr>
<td>2:00 - 5:00</td>
<td>FLM-04</td>
<td>Clif’s Choice: Foreign Films (last class)</td>
<td>151</td>
<td>13</td>
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</table>

**FRIDAY**

<table>
<thead>
<tr>
<th>Time</th>
<th>Course #</th>
<th>Course Title</th>
<th>Room</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:45 - 11:45</td>
<td>REC-05</td>
<td>Bike Maintenance: Learn to Love Your Bike (last class)</td>
<td>156</td>
<td>10</td>
</tr>
<tr>
<td>12:15 - 1:30</td>
<td>LIT-04</td>
<td>Poetry of Peggy Shumaker (last class)</td>
<td>158</td>
<td>19</td>
</tr>
<tr>
<td>12:15 - 1:30</td>
<td>EX-07</td>
<td>Beginning Yoga (last class)</td>
<td>gym</td>
<td>11</td>
</tr>
<tr>
<td>2:00 - 5:00</td>
<td>ART-09</td>
<td>Introduction to Basket Weaving</td>
<td>158</td>
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**Session II Daily Schedule (October 14 - November 8, 2019)**

**MONDAY**

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<thead>
<tr>
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<th>Course #</th>
<th>Course Title</th>
<th>Room</th>
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<tbody>
<tr>
<td>10:30 - 11:45</td>
<td>HL-10</td>
<td>Food Processing in the US Food Supply</td>
<td>151</td>
<td>16</td>
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<tr>
<td>10:30 - 11:45</td>
<td>FF-02</td>
<td>Coffee 101</td>
<td>Diving Duck</td>
<td>14</td>
</tr>
<tr>
<td>12:15 - 1:30</td>
<td>LIT-06</td>
<td>Historical Fiction for Reading Enjoyment (5 weeks)</td>
<td>158</td>
<td>20</td>
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<tr>
<td>2:00 - 3:15</td>
<td>FF-03</td>
<td>Chocolate: Food of the Gods</td>
<td>158</td>
<td>14</td>
</tr>
<tr>
<td>2:00 - 5:00</td>
<td>FLM-02</td>
<td>Growing Old</td>
<td>151</td>
<td>12</td>
</tr>
<tr>
<td>3:45 - 5:00</td>
<td>HL-03</td>
<td>Self-Hypnosis, II</td>
<td>158</td>
<td>15</td>
</tr>
<tr>
<td>3:45 - 5:00</td>
<td>EX-03</td>
<td>Taosit Tai Chi, II (5 weeks)</td>
<td>gym</td>
<td>9</td>
</tr>
<tr>
<td>5:30 - 6:45</td>
<td>CP-03</td>
<td>Working with Word: Maximizing Your Computer Capabilities (no class 10/28)</td>
<td>151</td>
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**TUESDAY**

<table>
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<tr>
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<th>Course #</th>
<th>Course Title</th>
<th>Room</th>
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<tbody>
<tr>
<td>8:45 - 10:00</td>
<td>SCI-07</td>
<td>Marine Science Special Topics</td>
<td>151</td>
<td>24</td>
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<tr>
<td>8:45 - 10:30</td>
<td>ART-10</td>
<td>Bookmaking: Concertina Album Binding</td>
<td>158</td>
<td>5</td>
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<tr>
<td>10:30 - 11:45</td>
<td>REC-07</td>
<td>Trail Issues in Alaska (5 weeks)</td>
<td>151</td>
<td>11</td>
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<tr>
<td>10:30 - 11:45</td>
<td>CP-04</td>
<td>Introduction to iPhone</td>
<td>156</td>
<td>7</td>
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<tr>
<td>11:00 - 12:15</td>
<td>HL-11</td>
<td>Becoming Resilient</td>
<td>158</td>
<td>16</td>
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<tr>
<td>12:15 - 1:30</td>
<td>HIS-09</td>
<td>“Well, I Kinda Like the Beatles”</td>
<td>151</td>
<td>18</td>
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<tr>
<td>12:15 - 1:30</td>
<td>CP-05</td>
<td>Using Technology for Better Travel</td>
<td>156</td>
<td>7</td>
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<tr>
<td>2:00 - 3:15</td>
<td>REC-04</td>
<td>Poker: America’s Card Game, II (5 weeks)</td>
<td>156</td>
<td>10</td>
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<tr>
<td>3:45 - 5:00</td>
<td>REC-09</td>
<td>Exploring Rivers of Interior Alaska</td>
<td>151</td>
<td>11</td>
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<tr>
<td>3:45 - 5:00</td>
<td>RB-04</td>
<td>Neophyte's Introduction to Dreams</td>
<td>156</td>
<td>23</td>
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<tr>
<td>5:30 - 6:45</td>
<td>HIS-10</td>
<td>History of the SS Nenana</td>
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**WEDNESDAY**

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<tr>
<td>8:45 - 10:00</td>
<td>CP-06</td>
<td>&quot;Photos” for Mac, iPhone, &amp; iPad (no class 10/16)</td>
<td>151</td>
<td>8</td>
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<tr>
<td>8:45 - 10:00</td>
<td>EX-08</td>
<td>Intermediate Yoga (5 weeks)</td>
<td>gym</td>
<td>11</td>
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<tr>
<td>9:15 - 11:45</td>
<td>ART-11</td>
<td>Twined Knitting</td>
<td>158</td>
<td>5</td>
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<tr>
<td>9:30 - 11:30</td>
<td>CP-07</td>
<td>Digital Safety and Security</td>
<td>164</td>
<td>8</td>
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<tr>
<td>10:30 - 11:45</td>
<td>SCI-08</td>
<td>Human Digestive System</td>
<td>151</td>
<td>24</td>
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<tr>
<td>12:15 - 1:30</td>
<td>HIS-11</td>
<td>Ireland History: IRA and Sinn Fein (no class 10/16)</td>
<td>151</td>
<td>18</td>
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<tr>
<td>12:15 - 1:30</td>
<td>CP-08</td>
<td>Learning to Use the Music, Podcasts, &amp; Books Apps on the iPhone and iPad</td>
<td>158</td>
<td>8</td>
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Online registration opens 9:30 am Wednesday August 21 (see p. 34)
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<thead>
<tr>
<th>Time</th>
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<tbody>
<tr>
<td>2:00 - 3:15</td>
<td>MTH-03</td>
<td>The Mathematics of Everyday Life</td>
<td>151</td>
<td>24</td>
</tr>
<tr>
<td>3:00 - 5:00</td>
<td>CP-09</td>
<td>Everyday Technology Q &amp; A</td>
<td>156</td>
<td>8</td>
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<tr>
<td>3:45 - 5:00</td>
<td>HL-07</td>
<td>Aging Well, II</td>
<td>151</td>
<td>15</td>
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<tr>
<td>5:30 - 6:45</td>
<td>MUS-01b</td>
<td>Guitar from Scratch, section b</td>
<td>151</td>
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**THURSDAY**

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<th>Time</th>
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<tbody>
<tr>
<td>8:45 - 10:00</td>
<td>156</td>
<td>Burnout Intervention: Restore Joy in Life</td>
</tr>
<tr>
<td>10:30 - 11:45</td>
<td>151</td>
<td>Northern Scoundrels Review</td>
</tr>
<tr>
<td>10:30 - 11:45</td>
<td>156</td>
<td>Chord Construction for Guitar</td>
</tr>
<tr>
<td>10:30 - 11:45</td>
<td>158</td>
<td>Reading Homer’s <em>The Odyssey</em></td>
</tr>
<tr>
<td>12:15 - 1:30</td>
<td>151</td>
<td>The Size of the Universe</td>
</tr>
<tr>
<td>12:15 - 1:30</td>
<td>156</td>
<td>Advanced Beginning Guitar (5 weeks)</td>
</tr>
<tr>
<td>12:15 - 1:30</td>
<td>158</td>
<td>An Introduction to Apple’s Office Suite: Pages, Numbers, and Keynote</td>
</tr>
<tr>
<td>2:00 - 3:15</td>
<td>156</td>
<td>Practical Knot Tying</td>
</tr>
<tr>
<td>2:00 - 3:15</td>
<td>158</td>
<td>Social Implications of Fetal Alcohol Spectrum Disorder (FASD) in Alaska</td>
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<tr>
<td>2:00 - 3:15</td>
<td>302 Cushman</td>
<td>World Percussion Drum Circle: Your Brain on Drums</td>
</tr>
<tr>
<td>2:00 - 4:00</td>
<td>Christ Lutheran Church</td>
<td>Seams Great—Holiday Gifts</td>
</tr>
<tr>
<td>2:00 - 5:00</td>
<td>151</td>
<td>Breaking the Barrier: Life and Films of Sidney Poitier (5 weeks)</td>
</tr>
<tr>
<td>3:45 - 5:00</td>
<td>158</td>
<td>Poetry of Naomi Shihab Nye (5 weeks)</td>
</tr>
<tr>
<td>5:30 - 6:45</td>
<td>151</td>
<td>Biological Field Research in the Corners of Alaska</td>
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**FRIDAY**

<table>
<thead>
<tr>
<th>Time</th>
<th>Room</th>
<th>Course Title</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:45 - 10:00</td>
<td>151</td>
<td>Understanding Trauma and Making It Useful (5 weeks)</td>
</tr>
<tr>
<td>10:15 - 11:45</td>
<td>158</td>
<td>Great Decisions 2019, II</td>
</tr>
<tr>
<td>10:30 - 11:45</td>
<td>151</td>
<td>Representing Alaskans</td>
</tr>
<tr>
<td>10:30 - 11:45</td>
<td>156</td>
<td>Drawing Using the Right Side of the Brain (5 weeks)</td>
</tr>
<tr>
<td>12:15 - 1:30</td>
<td>151</td>
<td>A Forgotten War: Korea</td>
</tr>
<tr>
<td>12:15 - 1:30</td>
<td>156</td>
<td>Beginning Calligraphy (5 weeks)</td>
</tr>
<tr>
<td>12:15 - 1:30</td>
<td>158</td>
<td>Library 101: Becoming a Power User</td>
</tr>
<tr>
<td>2:00 - 3:15</td>
<td>151</td>
<td>Experience Korea: Culture &amp; Language</td>
</tr>
<tr>
<td>2:00 - 3:15</td>
<td>158</td>
<td>P.G. Wodehouse</td>
</tr>
<tr>
<td>3:45 - 5:00</td>
<td>151</td>
<td>Stress and Digestion: Natural Therapies for Managing Stress and Supporting Digestion (5 weeks)</td>
</tr>
<tr>
<td>3:45 - 5:00</td>
<td>156</td>
<td>Meet the Artists</td>
</tr>
<tr>
<td>3:45 - 5:00</td>
<td>158</td>
<td>Read, Write, and Share Poetry (5 weeks)</td>
</tr>
</tbody>
</table>

**Session II Add-On (November 11 - 15, 2019)**

**MONDAY**

<table>
<thead>
<tr>
<th>Time</th>
<th>Room</th>
<th>Course Title</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:45 - 11:45</td>
<td>158</td>
<td>Bookbinding (MTuWTh)</td>
</tr>
<tr>
<td>12:00 - 3:00</td>
<td>1532 LaRue Ln</td>
<td>Fused Glass Workshop (MTuWTh)</td>
</tr>
<tr>
<td>12:15 - 1:30</td>
<td>158</td>
<td>Historical Fiction for Reading Enjoyment (last class)</td>
</tr>
<tr>
<td>12:30 - 1:30</td>
<td>158</td>
<td>Cross-Country Skiing for Advanced Beginners (MWF 11/11 - 11/18) Ski Hut</td>
</tr>
<tr>
<td>2:30 - 4:30</td>
<td>156</td>
<td>Pages for Mac (MWFTh)</td>
</tr>
<tr>
<td>3:45 - 5:00</td>
<td>gym</td>
<td>Taoist Tai Chi, II (last class)</td>
</tr>
<tr>
<td>5:30 - 6:45</td>
<td>CP-03</td>
<td>Working with Word: Maximizing Your Computer Capabilities (last class)</td>
</tr>
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</table>

**TUESDAY**

<table>
<thead>
<tr>
<th>Time</th>
<th>Room</th>
<th>Course Title</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:45 - 11:45</td>
<td>158</td>
<td>Bookbinding (MTuWTh)</td>
</tr>
<tr>
<td>10:00 - 11:45</td>
<td>156</td>
<td>Explore Your Inner Artist: Artist Trading Cards</td>
</tr>
<tr>
<td>10:30 - 11:45</td>
<td>151</td>
<td>Trail Issues in Alaska (last class)</td>
</tr>
<tr>
<td>Time</td>
<td>Course #</td>
<td>Course Title</td>
</tr>
<tr>
<td>--------------</td>
<td>----------</td>
<td>------------------------------------------------------</td>
</tr>
<tr>
<td>12:00 - 3:00</td>
<td>ART-17</td>
<td>Fused Glass Workshop (MTuTh)</td>
</tr>
<tr>
<td>12:15 - 1:30</td>
<td>SCI-11</td>
<td>Gravity</td>
</tr>
<tr>
<td>12:30 - 1:30</td>
<td>EX-10</td>
<td>Cross-Country Skiing for Beginners (Nov. 12, 14, 19, 20)</td>
</tr>
<tr>
<td>1:30 - 4:00</td>
<td>FF-04</td>
<td>Cake Decorating (TuTh)</td>
</tr>
<tr>
<td>2:00 - 3:15</td>
<td>REC-04</td>
<td>Poker: America’s Card Game, II (last class)</td>
</tr>
<tr>
<td>3:45 - 5:00</td>
<td>HL-14</td>
<td>Topics in Osteopathic Medicine (TuWTh)</td>
</tr>
</tbody>
</table>

**WEDNESDAY**

<table>
<thead>
<tr>
<th>Time</th>
<th>Course #</th>
<th>Course Title</th>
<th>Room</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:45 - 10:00</td>
<td>CP-06</td>
<td>“Photos” for Mac, iPhone, &amp; iPad (last class)</td>
<td>151</td>
<td>8</td>
</tr>
<tr>
<td>8:45 - 10:00</td>
<td>EX-08</td>
<td>Intermediate Yoga (last class)</td>
<td>gym</td>
<td>11</td>
</tr>
<tr>
<td>8:45 - 11:45</td>
<td>ART-16</td>
<td>Bookbinding (MTuWTh)</td>
<td>158</td>
<td>6</td>
</tr>
<tr>
<td>12:15 - 1:30</td>
<td>HIS-11</td>
<td>Ireland History: IRA and Sinn Fein (last class)</td>
<td>151</td>
<td>18</td>
</tr>
<tr>
<td>12:30 - 1:30</td>
<td>EX-09</td>
<td>Cross-Country Skiing for Advanced Beginners (MWF 11/11 – 11/18)</td>
<td>Ski Hut</td>
<td>12</td>
</tr>
<tr>
<td>2:30 - 4:30</td>
<td>CP-12</td>
<td>Pages for Mac (MWTh)</td>
<td>156</td>
<td>8</td>
</tr>
<tr>
<td>3:45 - 5:00</td>
<td>HL-14</td>
<td>Topics in Osteopathic Medicine (TuWTh)</td>
<td>151</td>
<td>16</td>
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</table>

**THURSDAY**

<table>
<thead>
<tr>
<th>Time</th>
<th>Course #</th>
<th>Course Title</th>
<th>Room</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:45 - 11:45</td>
<td>ART-16</td>
<td>Bookbinding (MTuWTh)</td>
<td>158</td>
<td>6</td>
</tr>
<tr>
<td>12:00 - 3:00</td>
<td>ART-17</td>
<td>Fused Glass Workshop (MTuTh)</td>
<td>1532 LaRue Ln</td>
<td>6</td>
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<tr>
<td>12:15 - 3:15</td>
<td>FLM-05</td>
<td>Breaking the Barrier: Life and Films of Sidney Poitier (last class)</td>
<td>151</td>
<td>13</td>
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<tr>
<td>12:15 - 1:30</td>
<td>MUS-05</td>
<td>Advanced Beginning Guitar (last class)</td>
<td>156</td>
<td>22</td>
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<tr>
<td>12:30 - 1:30</td>
<td>EX-10</td>
<td>Cross-Country Skiing for Beginners (Nov. 12, 14, 19, 20)</td>
<td>Ski Hut</td>
<td>12</td>
</tr>
<tr>
<td>1:30 - 4:00</td>
<td>FF-04</td>
<td>Cake Decorating (TuTh)</td>
<td>154</td>
<td>14</td>
</tr>
<tr>
<td>2:30 - 4:30</td>
<td>CP-12</td>
<td>Pages for Mac (MWTh)</td>
<td>156</td>
<td>8</td>
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<tr>
<td>3:45 - 5:00</td>
<td>LIT-08</td>
<td>Poetry of Naomi Shihab Nye (last class)</td>
<td>158</td>
<td>20</td>
</tr>
<tr>
<td>3:45 - 5:00</td>
<td>HL-14</td>
<td>Topics in Osteopathic Medicine (TuWTh)</td>
<td>151</td>
<td>16</td>
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</table>

**FRIDAY**

<table>
<thead>
<tr>
<th>Time</th>
<th>Course #</th>
<th>Course Title</th>
<th>Room</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:45 - 10:00</td>
<td>SOC-09</td>
<td>Understanding Trauma and Making It Useful (last class)</td>
<td>151</td>
<td>26</td>
</tr>
<tr>
<td>10:30 - 11:45</td>
<td>ART-13</td>
<td>Drawing Using the Right Side of the Brain (last class)</td>
<td>156</td>
<td>6</td>
</tr>
<tr>
<td>12:15 - 1:30</td>
<td>ART-14</td>
<td>Beginning Calligraphy (last class)</td>
<td>156</td>
<td>6</td>
</tr>
<tr>
<td>12:30 - 1:30</td>
<td>EX-09</td>
<td>Cross-Country Skiing for Advanced Beginners (MWF 11/11 – 11/18)</td>
<td>Ski Hut</td>
<td>12</td>
</tr>
<tr>
<td>3:45 - 5:00</td>
<td>LIT-10</td>
<td>Read, Write, and Share Poetry (last class)</td>
<td>158</td>
<td>20</td>
</tr>
<tr>
<td>3:45 - 5:00</td>
<td>HL-13</td>
<td>Stress and Digestion: Natural Therapies for Managing Stress and Supporting Digestion (last class)</td>
<td>151</td>
<td>16</td>
</tr>
</tbody>
</table>

Online registration opens 9:30 am Wednesday August 21 (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.

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 July 1 - Dec. 31, 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.

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.

Registering for Classes

Register online: Go to www.uaf.edu/olli/
- Click on “How to Register” in the menu on the left for detailed instructions.
- Registration begins Aug. 21 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 (2019) 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 Aug. 21.**
- Traveling on Aug. 21, 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 Aug. 21.

**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 August 21.

- **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
### Online Registration Worksheet • Fall 2019

**Osher Lifelong Learning Institute**  
474-6607 • UAF-OLLI@alaska.edu • www.uaf.edu/olli/

---

**Registration opens Aug. 21 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 2019 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 2019.

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

- **Username:**
- **Password:**

Contact the OLLI office if you need help recovering your login credentials.

**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 on Aug. 21 OR send your completed form to the OLLI office before Aug. 21.

---

**My most-wanted courses (register for these on Aug. 21):**

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

**Other courses (register for these on Aug. 22 or later):**

- 
- 
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- 
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- 

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

**Member information 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.
Name ________________________________

**Fees**

<table>
<thead>
<tr>
<th>Description</th>
<th>Amount</th>
<th>Payment</th>
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</thead>
<tbody>
<tr>
<td>Regular membership (Jan–Dec, 2019) ................................................. $35</td>
<td>$______</td>
<td>---------</td>
</tr>
<tr>
<td>OR Unlimited membership ........................................................................... $185</td>
<td>$______</td>
<td>---------</td>
</tr>
<tr>
<td>Tuition (for Regular members only) ...................................................... $15</td>
<td>$______</td>
<td>---------</td>
</tr>
<tr>
<td>Sponsor an instructor’s membership (optional) ........................................ $35</td>
<td>$______</td>
<td>---------</td>
</tr>
<tr>
<td>Additional Class Fees payable to OLLI (Some courses have additional materials fees payable directly to the instructor; see course descriptions.)</td>
<td>$______</td>
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</tr>
<tr>
<td>Fee for EX-02 (Ice Skating) ............................................................... $24</td>
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<tr>
<td>Lab fee for SCI-01 .......................................................... $25</td>
<td>$______</td>
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<tr>
<td>Copy fee for ART-13, SOC-04 ......................................................... $3</td>
<td>$______</td>
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</tr>
<tr>
<td>Parking Permit (valid July–December) .................................................... $12</td>
<td>$______</td>
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<tr>
<td>TOTAL FEES ......................................................................................... $______</td>
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</table>

**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 https://engage.alaska.edu/uaf/olli

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

The Osher Lifelong Learning Institute needs your financial support

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

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

**Donations to OLLI are tax-deductible.**

A donation to OLLI is a wonderful way to memorialize someone who has passed away, or to honor someone who is still living.

*Please give what you can – it all adds up!*

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Registration Tips

- Registration opens online Aug. 21, 9:30 am. Classes are filled on a first-come, first-served basis. You can register or waitlist for up to 3 courses in Session I and 3 more in Session II on the day registration opens, and unlimited additional courses starting the next day.

- If a course has “Enrollment limited” in its description, it will probably fill and some people who want the course won’t get in. Please select only a small number of these courses on the day registration opens, to give others a chance to get into some of these classes. If spaces are still open a week later, go ahead and register for more.

- You must be a member for 2019 in order to enroll in courses. Not sure if your membership is current? Contact the OLLI office and we’ll look it up for you.

- Familiarize yourself with the registration site ahead of time. Log in and look around.

- DON’T create a new account if you forgot your username or password—click on “forgot password?” instead. Do this before registration day!

- Fill out the Registration Worksheet ahead of time. Session (I or II), Course Number, and Course Title are all essential.

- List your courses in order of importance to you, and register for them in that order.

- When registration first opens, you may get a message that “there is no available session” with a 2-minute countdown clock. **WAIT** and try again at the end of the 2 minutes. **If you keep clicking, it will keep moving you to the end of the line.**

- The system holds courses in your “pending registrations” for 30 minutes and then releases them if you haven’t completed registration in that time.

- If you aren’t confident you can register by computer on your own, fill out the paper Registration Worksheet and mail or bring it to the OLLI office. We will start entering registrations from paper forms at 9:30 am on Aug. 21, in the order in which they were received.
Mark Your Calendars

First-come, first-served
ONLINE REGISTRATION begins 9:30 a.m. Wed. Aug. 21
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.

Fall Kick-Off
Ice Cream Social
Wednesday, Sept. 4, 1:00 - 2:30 pm
University Community Presbyterian Church
3510 College Road
Pick up your parking permit
Visit with OLLI friends
Bring a potential new member!
FALL CLASSES BEGIN Sept. 9

A HEALTH CLUB FOR YOUR MIND!