A HEALTH CLUB FOR YOUR MIND!

OLLI at UAF

Osher Lifelong Learning Institute
at the
University of Alaska Fairbanks

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What is OLLI and How Does It Operate?

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

OLLI at UAF offers a rich array of classes and learning opportunities for adults who are 50 or older. You can explore academic and general interest classes in an atmosphere that is intellectually challenging, but without the stress of tests and grades. Members are invited from all backgrounds: a college education is not a prerequisite for membership. Members share the common bonds of intellectual curiosity and the experience of their generation. They are self-motivated learners, eager to share opinions, knowledge, and expertise with humor and mutual respect.

Organization

Osher Lifelong Learning Institute is a program of Summer Sessions and Lifelong Learning of the University of Alaska Fairbanks. It is supported by membership fees, 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 a Board of Directors. 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 excursions.

Courses

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

Fees

$35 annual membership (Jan.–Dec.)
$15 per course, or
$150 for unlimited courses for a year (Jan.–Dec.)

Lecture Series

OLLI’s Winter Lecture Series features monthly talks by distinguished UAF faculty and community members. Lectures are on topics related to Alaska or the North, and are held on the first Fridays of December, January, and February.

Socials

• Ice Cream Social in September
• Lunch and Annual Meeting in late March or early April

Educational Travel

In recent years, UAF-OLLI groups have traveled from Eagle to Circle by canoe and toured Prince William Sound, Valdez, Sitka, Homer, and Talkeetna. See pp. 26-27 for what we have planned for summer 2016.

Location

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

Online registration opens 9:30 a.m. Tuesday, Feb. 16 (see p. 30)
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Spring Courses  See pp. 28–29 for the daily schedule.

**Art & Crafts**

**Beaded Angel**

**ART-01**  Session I: March 1, 8, 15, 22  
**Tuesdays 3:45 – 5:00 pm**

Make a beaded angel with #11 seed beads. You will learn to follow the brick stitch pattern and to increase and decrease. Please bring small scissors and, if you need it, a magnifier. Materials fee $15; pay instructor at the first class.  **Enrollment limited to 10.**

* Instructor Marion Benham knits, crochets, makes quilts, and does counted cross-stitch, beading and needle tatting. She enjoys helping others learn these skills to create beautiful things to wear or display.

**Silhouette Calendar Art**

**ART-02**  Session I: March 1, 3, 8, 10, 15, 17, 22, 24  
**Tuesdays and Thursdays 2:00 – 5:00 pm**

We’ll trace eight Alaska animal pictures onto eight of your papers. The remaining four papers will be landscapes, flowers, northern lights and one of your choice. This is called “silhouette” because the animal pictures will be painted solid black, along with related partial images in a background. They’ll be mounted to calendar pages, beginning with April 2016. This will be a fun class that is not difficult. Even if you’ve never done art before this project is foolproof and will become a useful and delightful piece of art. Please bring your own watercolors, paintbrushes, pencils, erasers, ruler, two black permanent markers (one ultra-fine and one fine point) and a small container of waterproof black India Ink. Materials fee $20; pay OLLI at registration. **Enrollment limited to 20.**

* Instructor Dave Gerrish 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.

**Ear Flap Hats**

**ART-03**  Session I: March 2, 9, 16, 23  
**Wednesdays 9:30 am – noon**

In this class we will make an ear flap hat. In doing so, we will learn about hems, increases and decreases, different kinds of patterning, and I-cord. Although we will start with a basic pattern, no two hats should be alike at the end! You should know how to knit, purl, and cast on. A basic supply list will be available after registration. **Enrollment limited to 15.**

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

**Create with Crochet**

**ART-04**  Session I: March 2, 9, 16, 23  
**Wednesdays 1:00 – 4:00 pm**

Grab your hooks and start creating knotty noggin warmers! We will be whipping up some headbands and fun hats in this basic crochet class. Please bring a size J crochet hook and plenty of worsted weight yarn. For students with some prior crochet experience: required skills are chain stitch, slip knot, single crochet and double crochet. **Enrollment limited to 12.**

* Instructor Corrie Garrison has been crocheting for almost 50 years. Anything is possible with a good hook, lots of yarn and a little imagination.

**Needle Tatting**

**ART-05**  Session I: March 3, 10, 17, 24  
**Thursdays 10:30 – 11:45 am**

Learn the basics of this almost-forgotten art form, including how to read a pattern and decode the abbreviations used in tatting patterns. We’ll make a medallion using the Ring and Chain method. Bring: tatting needle (size 5), crochet thread (size 20 or 10) OR pearl cotton (size 8 or 5), and small scissors. **Enrollment limited to 10.**

* Instructor Marion Benham (see ART-01)

**Seams Great! Learn to Sew**

**ART-06**  Session I: March 3, 10, 17, 24, 31  
**Thursdays 2:00 – 4:30 pm (5 weeks)**

* Bring your own sewing machine and its user’s manual.  
* Meets at On The Trail Creations, 3055 College Rd.

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 class will help you develop sewing skills using modern techniques and tools, as well as gain confidence using YOUR sewing machine. Experienced sewing instructors will guide you through 2 or 3 sewing projects that you can finish in class. Start with machine basics: what can YOUR machine do? Then make a pillowcase, a table runner or placemats, and do easy quilt piecing for a pillow. In the 5th week, learn about mending and/or repurposing clothing. A supply list will be sent after registration. **Enrollment limited to 8.**

* Instructors: Karen Milne is a home economist who ran a custom sewing and sewing instruction business for 15 year.  
* Kanza Easterly-Keill taught home economics to junior high students for over a quarter of a century.
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 looks like. We’ll use the principles in the classic book Drawing on the Right Side of the Brain by Betty Edwards 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. Not all of us can be artists, but anyone can draw well! The simple techniques used in this class will transform how you draw, and possibly how you see. Materials fee $20; pay instructor at the first class. Enrollment limited to 20.

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).

Beginning Stained Glass
ART-08 Session I: March 14, 21, 28
Fridays 2:00 – 5:00 pm
Who doesn’t love looking at stained glass, whether it is in doors, windows, kitchen cabinets or craft pieces for indoors or outdoors? You will learn the art of cutting, foiling and soldering glass; by the end of this class you will have made your own work of art. Bring: scissors, full apron and safety goggles (if you wear prescription glasses they will need to fit over your regular glasses). Materials fee $135; pay the instructor at the first class to be able to start your project. Enrollment limited to 8.

Instructor Rebecca Johnson has been creating doors, windows, cabinet doors, signs, and crafts for commercial and residential applications for over 33 years in over 6 states. Come join the fun!

Introduction to Reed Basket Weaving
ART-09 Add-On I: March 28, 31, April 1
Monday, Thursday & Friday 8:45 – 11:45 am
We’ll explore various weaving techniques, learn about dye and materials, and make a simple basket. Bring a pail for wetting reed and scissors for cutting. Materials fee $15; pay instructor at the first class. Enrollment limited to 9.

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

Pressed Flower Pictures
ART-10a Add-On I: March 28
Monday 2:00 – 3:30 pm
ART-10b Add-On I: March 31
Thursday 2:00 – 3:30 pm
* Two sections of the same course; register for one only.
Revive your memories of summer by making something beautiful with dried flowers. No experience required. Materials fee $5; pay instructor at the beginning of class. Enrollment limited to 15.

Instructors Donna Dinsmore and Lorraine Peterson, members of the Georgeson Botanical Garden Society, want to share with OLLI members this popular activity from summer “Tea in the Garden.”

Bookmaking: 1- and 2-Section Bindings
ART-11 Add-On I: March 29, 30, 31
Tuesday, Wednesday & Thursday 9:30 am – noon
Beginning level. On the first day of class we will create decorated papers that will become the covers for the booklets we will bind on the following two days. These 1- and 2-section bindings will each feature a different pattern sewn along the spine. We will discuss paper selection, measuring, cutting, fitting, sewing, and assembling the various parts of a book as we produce these artful booklets. If you have any of the following tools, please bring them to class: cutting mat, X-Acto knife, quilting rulers (clear plastic, any size), bone folder, pencil, scissors, glass jar. Materials fee $15; pay instructor at the first class. Enrollment limited to 12.

Instructor Margo Klass shows her artist books and mixed media constructions throughout Alaska. She teaches bookmaking workshops at UAF through Summer Sessions and is active in Northwoods Book Arts Guild.

Introduction to Botanical Drawing
ART-12a Add-On I: March 29, 31
Tuesday & Thursday 1:00 – 3:30 pm
ART-12b Add-On II: May 3, 5
Tuesday & Thursday 1:00 – 3:30 pm
* Two sections of the same course; register for one only.
* Meets at Raven Landing
Get your sketchbook started for spring! This class is designed as an exploration of traditional botanical drawing techniques for any level of learner. You’ll see both historical and contemporary botanicals and be introduced to methods, materials and resources as well as lots of hands-on drawing. There will be fresh and dried plant materials for you to choose to draw in pencil, using line and tonal values to describe details as we observe them. Materials fee $14; pay instructor at the first class. Enrollment limited to 12.
Instructor Karen Stomberg is an artist and long-time art teacher. Recent retirement and study with an influential teacher revitalized her focus on botanical illustration.

Dyed Table Runner
ART-13  Session II: April 5, 12, 19, 26
Tuesdays 12:15 – 1:30 pm

* Required: A sewing machine and basic knowledge of sewing
In this class you’ll dye the required fat quarters, cut the pieces, and assemble a simple table runner. Bring 2 yards PFD (Prepared For Dying) fabric to the first class; bring fabric scissors, batting, backing, and your sewing machine for weeks 2, 3, and 4. Materials fee $10; pay instructor at the first class. Enrollment limited to 10.

Instructor Karen Malone began sewing in 4-H 48 years ago and hasn't stopped since. She enjoys making clothes, purses, sports gear, home décor, costumes and dolls, and loves to share her experience with others.

Designing One-of-a-Kind Fabric
ART-14  Session II: April 5, 12, 19, 26
Tuesdays 2:00 – 3:15 pm
In this class you'll learn a variety of methods for designing your own fabric. We will start with PFD (Prepared For Dying) fabric and use dye and fabric paints with stamps, stencils, mono printing and marbling to create one-of-a-kind fabric. Materials fee $45; pay instructor at the first class. Enrollment limited to 10.

Instructor Karen Malone (see ART-13)

Fiber Art Doll
ART-15  Session II: April 5, 12, 19, 26
Tuesdays 3:45 – 5:00 pm

* Required: A sewing machine and basic knowledge of sewing
Make a simple fiber art doll. Fabrics for creating the doll will be provided along with items to embellish and personalize it. The instructor will email a list of any additional items to students. Materials fee $15; pay instructor at the first class. Enrollment limited to 10.

Instructors: Karen Malone (see ART-13); Judi Wellnitz has been making and teaching art dolls for nearly 15 years and has had her work published in art doll books and magazines. She loves that nearly all crafting skills roll into one art form.

Introduction to Brioche Knitting
ART-16  Session II: April 6, 13, 20, 27
Wednesdays 9:30 – noon
Brioche knitting has become very popular in the past few years. This technique produces a thick, spongy fabric suitable for scarves, hats, sweaters, and many other products. This class will introduce this technique using both one and two colors, back and forth and in the round. We will look at suitable cast-on techniques, creating the fabric, how to see mistakes, and hopefully what to do about them. You should know how to cast on, knit, purl, and bind off. A basic supply list will be available after registration. Enrollment limited to 15.

Instructor Gail Davidson (see ART-03)

Beginning Crochet
ART-N1  Session I: April 7, 14, 21, 28
Thursdays 10:00 – 11:00 am

* Meets at Santa’s Seniors, 101 E. 5th Ave., North Pole
Learn a fun new skill – crochet! This course is for both right- and left-handed beginners. Bring a size H crochet hook and one skin of 4-ply yarn. Enrollment limited to 6.

Instructor Sharon Kubacki taught herself to crochet and has been enjoying making crocheted items for about 40 years.

Computer Applications
Getting to Know Google Apps
CP-01  Session I: March 1, 8, 15, 22
Tuesdays 9:30 – 11:30 am
In this course, we’ll begin by setting up a Google account and then explore the free, web-based applications that are available as part of your new account. Learn the basics of Google Apps such as Gmail, Calendar, Drive, and Photos as we explore practical uses for these technologies. Enrollment limited to 20.

Instructor Katie Kennedy is a member of Google’s Geo Teacher Advisory Board and has been a trainer at numerous Google Apps for Education summits. A former K-12 educator and outreach professional, Katie now works for UAF Summer Sessions & Lifelong Learning. She uses Google Apps on a daily basis, both personally and professionally, and loves to share her technical expertise with others.

Hands-On PowerPoint
CP-02  Session I: March 2, 9, 16, 23
Wednesdays 9:30 – 11:30 am

* Priority enrollment will be given to OLLI presenters.
Do you have a project or an idea for a project you would like to make into a PowerPoint presentation? In this class you will learn how to combine text, photos, drawings, and videos into PowerPoint slide presentations using your own content. Classes will be a mix of lecture and hands-on practice. We’ll focus on using basic skills well rather than delving into the immense capabilities of PowerPoint. We will explore how to create and design slides; import photos, graphics, and text; design and edit presentations; import slides from elsewhere; adapt presentations for other computers; keep your audience awake (or not); and communicate effectively (or not). Participants will need familiarity with creating and editing...
documents in word processors such as Microsoft Word. This class will be taught with the PCs in the computer lab, or you can bring your own Mac laptop. Enrollment limited to 20.

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

Web Design Basics
CP-03  Session I: March 3, 10, 17, 24
         Thursdays 9:30 – 11:00 am

* For students who are comfortable surfing the web and accessing email.

Have you ever wanted to build a website for yourself or your business, but didn’t know how to get started? This course is geared toward web design beginners - anyone with little to no HTML experience. Throughout the session we will explore best practices for planning a basic website, take a look at tools available for novices interested in building a website, and learn some basic HTML. At the end of the session, you will have built your own website which you will be able to customize to suit your needs. This is a hands-on session so come ready to explore and build! Enrollment limited to 20.

Instructors are staff from UAF eLearning, where they spend their days exploring new technology, helping students negotiate online learning, and assisting faculty with course development and classroom management. They each have a background in web design and/or web development. They are excited to share their knowledge with OLLI students.

Introduction to iPad
CP-04  Session I: March 3, 10, 24, 31
         Thursdays 12:15 – 1:30 pm (No class March 17)

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

This class is designed to give users a basic understanding of the functions and features of the Apple iPad and will examine a variety of applications. Enrollment limited to 15.

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

Photos and iMovie
CP-05  Session I: March 4, 11, 18, 25
         Fridays 2:00 – 4:00 pm

Apple has recently made a major update to their photo and video applications and the new interfaces have completely changed. If you would like to be able to find your old photos again, this would be a good chance to learn where they went! In this class we will load some photos and videos onto the computer, learn how to organize them, and then put them together into a presentation in both Photos and iMovie. Bring your Apple computer with the latest updates (or I can help you update) to the class. We will also take a short look at photo and video applications on an iPad and iPhone. 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 videos on the computer.

eBay, Craigslist, and PayPal
CP-06  Add-On I: March 31, April 1
         Thursday & Friday 2:00 – 4:00 pm

* Participants need to be familiar with the Internet and general computer use.

eBay is an online website where people buy and sell goods and services worldwide. Craigslist is a community website with free classified advertisements covering items for sale, want ads, services, housing, and more. PayPal is an online money transfer service that is an alternative to using credit cards or money orders. See how to set up a personal eBay account, search for items for sale, investigate the auctioning process, automate bidding to improve your chance of winning, and make payments using PayPal. Also, learn how easy it is to sell items on eBay. Explore the Craigslist-Fairbanks website. Learn how to place free classified ads online and how to set email alerts that immediately notify you when specific items are posted for sale. Enrollment limited to 20.

Instructor Frank Abegg is a retired engineer. He has taught UAF engineering courses as an adjunct professor and now enjoys helping OLLI members increase their knowledge and skills using a personal computer and the Internet.

Organize Your Mac Computer
CP-07  Session II: April 4, 11, 18, 25, May 2
         Mondays 3:45 – 5:00 pm (5 weeks)

Do you have a Mac computer that you know how to use for basic tasks, but wish you knew how to make better use of it? Topics to be covered will include security, passwords and password management; how to create, use and find files on your compute; what you need to know about updating software; and assorted Mac tips. The 5th week will be open for student questions. If you have a Mac laptop, bring it, but it isn’t required - the class will also be useful to students who have a Mac desktop computer at home. Enrollment limited to 20.

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

Please Share the Joy

“Enrollment limited” classes will probably fill and some people who want the class won’t get in. Please select only a small number of these classes on the day registration opens, to give others a chance. If spaces are still open a week later, go ahead and register for more. Thanks!
iOS: iPads & iPhones
CP-08  Session II: April 7, 14, 21, 28
  Thursdays 9:30 – 11:00 am

* If you have taken this course through OLLI in the last 3 years, please do not register for this course; let others have a chance to try it.
* Bring your own iPad or iPhone, and your Apple account login information.

This training explores the basics of using the Apple iPad/iPhone. Participants will learn about the unique functions and features of the iPad/iPhone. Additionally, participants will examine and download a variety of applications. Enrollment limited to 20.

Instructors are staff from UAF eLearning, where they spend their days exploring new technology, helping students negotiate online learning, assisting faculty with course development and classroom management, and investigating innovative design techniques. They are excited to share their knowledge with OLLI students.

eBooks, Audiobooks, and More
CP-09  Session II: April 7, 14, 21, 28
  Thursdays 2:00 – 3:15 pm

* If you have taken this course through OLLI in the last 3 years, please do not register for this course; let others have a chance to try it.

Come learn about the free e-content available for downloading through your local public library. This class will introduce the library's e-resources and provide instruction and hands-on practice downloading eBooks, audiobooks, digital magazines and more to your personal electronic devices. Bring your own devices (smart phones, tablets, laptops, e-readers) to the class; the library staff will also have some devices to practice with. Enrollment limited to 25.

Instructors are librarians from the Fairbanks North Star Borough Libraries including Melissa Harter, Digital Literacy Librarian; Melissa Prince, Reference Librarian; and Sherry Vogel, Adult Services Librarian.

Basic Word
CP-10  Session II: April 7, 14, 21, 28
  Thursdays 2:00 – 4:00 pm

This hands-on class will focus on basic use of Microsoft Word. Learn how to format your document, use formatting marks, move text by using Cut and Paste, and change line spacing and alignment. Learn to incorporate photos, clip art, tables and lists into your documents. We will discuss Word tools such as spell checker, thesaurus, and track changes as well as how to turn your Word document into PDF. For this class all students are requested to use the PCs in the UPark computer lab. Enrollment limited to 20.

Instructor Barbara Horner-Miller retired as Associate Director of the Arctic Region Supercomputing Center with more than 40 years experience in high performance computing. Much of her career was spent in User Services where she assisted users and gave training classes.

OS X (Apple) Basics
CP-11  Session II: April 7, 14, 21, 28
  Thursdays 6:30 – 8:00 pm

* Meets in Bunnell 319B. Parking is free after 5:00 pm.

This course is designed for the beginning computer user, providing hands-on experience and computer basics using the Apple OS X operating system. We'll cover basic terminology, commands, components and operations of the computer; navigating around the desktop, application programs and basic file management; email and how to protect your computer. We will discuss problems and questions throughout the class. If you have your own Mac laptop, please bring it. There are 8 iMacs available in the room.

Instructor Gary Bender has 30+ years of experience in technology education.

Introduction to iPhone
CP-N1  Session II: April 5, 12, 19, 26
  Tuesdays 10:00 – 11:15 am

* Meets at Santa's Seniors, 101 E. 5th Ave., North Pole
* Bring your own iPhone and your Apple account login information.

This class is designed to give users a basic understanding of the functions and features of the Apple iPhone and will examine a variety of applications. Enrollment limited to 15.

Instructor William Sanderson (see CP-04).

Beginning PC Computer
CP-N2  Session II: April 5, 12, 19, 26
  Tuesdays 12:00 – 1:30 pm

* Meets at Santa's Seniors, 101 E. 5th Ave., North Pole

This class is designed for those who have never used a PC (Windows operating system) computer before. We'll start with turning it on and proceed to word processing, Internet use, sending/receiving emails, using the tool bar, and other basic functions. If you have a laptop PC, please bring it. Enrollment limited to 10.

Instructor Joe Geese has an electronics background through his military service and has spent countless hours learning, experimenting and becoming proficient on a PC. He looks forward to introducing you to the PC world.

Exercise & Recreation

Intermediate Classic Cross-Country Skiing
EX-01  Session I: March 7, 9, 11, 14, 16
  Mondays, Wednesdays & Friday
  12:00 – 1:00 pm (Special Dates)

* Meets at UAF Ski Hut

This class is a natural progression for those who cross-country ski regularly and have completed an Advanced Beginner Cross Country Skiing class or who meet the following criteria: the ability to kick and glide smoothly, an understanding of double-poling
technique, and a comfort level in skiing downhill including speed control, stopping, and turning. Also, since a major focus of this class will be learning to ski the varying terrain of the UAF trails, class members should have the fitness to ski 2 or 3 km without stopping. Finally, this class will meet for five sessions rather than the usual four. Skiers should bring skis, poles and boots that are relatively modern and that fit correctly. 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.

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**Skate Skiing for Advanced Beginners**

EX-02  
**Session I: Feb. 29, March 7, 14, 21**  
**Mondays 1:30 – 2:45 pm**

Meet at the UAF Ski Hut

Skate skiing in Fairbanks is a fantastic way to explore groomed ski trails as well as the natural trails that snow-covered rivers provide. For this class, students need to have skate skis, boots, and poles that are appropriate to the skier's weight, height, and skating ability. You are welcome to join this class if you are familiar with skate skiing and are able to skate ski gentle terrain. Our focus will be on technique drills to enhance weight exchange and balance necessary to climb hills with less effort and to enjoy gliding (resting) more on level terrain. Enrollment limited to 10.

Instructor **Susan Sugai** has taken cross-country ski technique classes and clinics from a wide variety of ski coaches over the past 30 years. She has coached a men's ski group as part of the Nordic Ski Club of Fairbanks for 20 years.

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**Qigong**

EX-03  
**Session I: March 1, 8, 15, 22**  
**Tuesdays 8:45 – 10:00 am**

If you have taken Qigong through OLLI before, please do not register for this course; let others have a chance to try it.

Qigong (pronounced “chee-gong”) is an ancient Chinese exercise to improve health and longevity. In Chinese, ‘Qi’ means vital energy and ‘gong’ means training or practice. Qigong is similar to yoga. It can help relax and calm your mind, release tension or stress, and improve health, flexibility and balance. You move slowly with conscious breathing, you can cultivate your own healing energy. No experience necessary. For more information see http://qigongforhealthak.com. **Enrollment limited to 15.**

Instructor **Hisako Ito** first taught Qigong here at OLLI in 2004, then opened her classes in the community. Hisako integrated Qigong with her career as Shiatsu/Massage practitioner and martial arts experience. She has lived in Alaska since 1988.

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**Advanced Beginning Classic Cross-Country Skiing**

EX-04  
**Session I: March 8, 10, 15, 17**  
**Tuesdays & Thursdays 12:00 – 1:00 pm**

Meet at UAF Ski Hut

In addition to positive health benefits, cross-country skiing provides an informal opportunity to socialize and to explore new trails. For this class, students need to have a basic familiarity with classic (a.k.a. diagonal-stride) technique and the ability to move over flat terrain and comfortably ski down gentle hills. Those who participated in previous OLLI ski classes and others who are at this skill level are welcome to join this class. 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** (see EX-01)

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**Beginning Yoga**

EX-05  
**Session I: March 2, 9, 16, 23**  
**Wednesdays 11:30 am – 12:45 pm**

For beginners. If you have taken a yoga class before, please choose EX-10, Intermediate Yoga, instead.

If you would like a slower, gentle and mindful approach to yoga poses with some individual assistance, this class 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 strap (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.

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**Chinese Swordsmanship**

EX-06  
**Session I: March 3, 10, 17, 24**  
**Thursdays 12:15 – 1:30 pm**

This course will introduce you to traditional Chinese swordsman-ship based on Tai Chi. After learning the basic deflection and cut/stab techniques, we’ll partner up and work together in pairs. We’ll use wooden training weapons. Each participant must bring and wear safety glasses or goggles that fit over their prescription glasses. **Enrollment limited to 20.**
Instructor Scott Sexton has studied with internationally known martial artist Scott Rodell of the Great River Taoist Society and has been approved to instruct at the basic level.

Strength Training for Athletes with Needy Knees
EX-07  Session II: April 4, 11, 18, 25
Mondays 12:00 – 1:15 pm

Many active seniors, especially those involved in endurance sports like Nordic skiing, running, and bicycling, have had knee injuries leading to instability and eventual joint dysfunction. For this class, we will focus on core strength exercises to enhance knee stability with the goal of minimizing your chance of injury. During the first class meeting, we will do a basic functional assessment of each student, and in following classes, students will learn how to do exercises with cues on proper form for their existing strength level with adjustments to be made in the exercises as they improve. Enrollment limited to 8.

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

Get Ready to Go Bicycle Touring
EX-12  Session II: April 7, 14, 21, 28
Thursdays 12:15 – 1:30 pm

Bicycle touring allows you to explore the countryside, enjoy the out-of-doors, and get high-quality low-impact exercise. You can also meet interesting people and see a diversity of lifestyles. Find out why you might want to go on a bike tour, what equipment and preparation are needed, and different touring styles. Enjoy some short travelogues from places your instructor has biked, including Denali Park, the best local bike tour in the known universe. You may already have nearly all of the equipment required to do a first trip.

Instructor Richard Stolzberg is a retired UAF chemistry professor. He has been on more than a dozen bike tours in the past three years. He hopes to get you excited about doing a bike tour.
Tai Chi Push Hands
EX-13 Session II: April 7, 14, 21, 28
    Thursdays 12:15 – 1:30 pm
Tai Chi Push Hands or Sensing hands is essentially a two person
dance in which we explore the eight basic energies of Tai Chi
Chuan. These exercises help us determine relaxation, receiving
energy, releasing energy and Chi flow, that yields an idea of the
martial aspects of this Chinese martial art form. This activity will
help our balance, flexibility, and confidence.

Taught by Scott Sexton (see EX-06), not a certified instructor,
but an avid practitioner of Tai Chi for over 20 years.

Exercising with Resistance Bands
EX-14 Session II: April 7, 14, 21, 28
    Thursdays 12:45 – 1:45 pm
Making resistance training part of your exercise routine can help
to improve your muscle strength, balance, coordination, flexibil-
ity and range of motion while fighting bone loss and easing the
symptoms of arthritis. Enrollment limited to 15.

Instructor Ruth Carson is a physical therapist. She and her

Slow Tennis
EX-15 Session II: April 8, 15, 22, 29
    Fridays 2:00 – 3:15 pm
Have you ever wished you could get back into tennis, or wondered
how you could start playing tennis? Then this is the class for you!
Starting with large foam balls, you will find that success comes
easily and you don’t have to run! Later, smaller foam balls allow
the fun to be a bit more like real tennis but still slower. After four
classes in the gym you will be ready to get on the outside courts
with real tennis balls this summer. Bring a racket if you have one;
some will be available to borrow. Enrollment limited to 12.

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

See also: DAN-01 & DAN-02, Dance Combining Mental &

Irish Films: Comedies
FLM-03 Session I: March 3, 10, 17, 24
    Thursdays 9:30 – 11:45 am
A sample of Irish comedies, as requested, for your viewing plea-
ure. Films may include:

• The Commitments, a comedy-drama film which tells a story
  of working class Dubliners who form a soul band
• Hard Time, in which the once-thriving spa town of
  Kilcoulins Leap is again made famous when crooks hide a
  stolen lorry load of Viagra in the well
• Waking Ned Devine, in which a lottery winner dies of shock
  and his fellow townsfolk attempt to claim the money
• My Left Foot, a biopic about Christy Brown, born with
  cerebral palsy, who learns to paint and write with his only
  controllable limb – his left foot.

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

Film Directors’ Outliers
FLM-04 Session II: April 4, 11, 18, 25
    Mondays 2:00 – 5:00 pm
Interesting film directors occasionally produce atypical films of
fun, style, and bewilderment. This is a sampler of such works
from four noted directors.

• Spike Lee’s Crooklyn (1994) is a semi-autobiographical story
  of growing up in Brooklyn during the 1970s.
• Mira Nair’s Mississippi Masala (1991) shows how an Indian
  family from Uganda transitions to the American South.
• Akira Kurosawa’s Dreams (1990) is “free form” after directing
  a slew of formulaic samurai epics.
• Frederico Fellini’s Satyricon (1969) consists of snippets
  of historian Petronius’s writings of early Rome in decline,
lusciously interpreted visually.

Instructor Ron Inouye, retired from UAF Rasmuson Library,
says that his major qualification for facilitating film classes is
having regularly and willingly paid admission to see movies – from
childhood Saturday afternoon matinees to the current offerings at
our local cinemas.
Healthy Living

The Invisible Disability: Hearing Loss
HL-01 Session I: February 29, March 7, 14, 21
Mondays 3:45 – 5:00 pm

The purpose of this course is to help students better understand the anatomy and physiology of the auditory system, common maladies that can effect this system, and how hearing loss affects relationships, social engagement, safety, memory loss, and more.

Instructor Dr. Steven Lewis is an audiologist at the Fairbanks Hearing and Balance Center. He obtained his clinical doctorate at Arizona State University, and completed an externship at the Henry Ford Hospital in Detroit, MI.

Growing Things to Eat
HL-02 Session I & II: March 1 – April 19
Tuesdays 9:30 – 11:30 am

* 8 weeks; Double Class Fee

Fresh vegetables from your own garden taste so much better and are so much better for you than store-bought produce. In this class you’ll learn how to improve your diet by growing your own vegetables. The class is for both experienced subsistence gardeners as well as first time gardeners who want to try just a few things. It includes general information on soil and seed starting, and specific information about many different vegetables including best varieties, growing methods, storage, and cooking tips. Enrollment limited to 30.

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

Smart Driving (AARP)
HL-03 Session I: March 1, 8, 15, 22
Tuesdays 12:00 – 1:30 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 Dave Mabraten was raised as a farm boy in Minnesota; the first vehicle he learned to drive was a tractor. He studied Forest Resources & Management at the University of Minnesota. Dave came to Alaska in 1970 and began a career with the Bureau of Land Management. He is now retired.

Balanced Activity and Nutrition
HL-04 Session I: March 1, 8, 15, 22
Tuesdays 12:15 – 1:30 pm

The barrage of conflicting nutrition advice and exercise programs is enough to confuse anybody. This class will cover basic nutrition information and ways to make physical activity part of our daily habits. Examine how commercial and home food processing affects the nutritional value of our foods. Learn to identify key nutrition components on “Nutrition Facts” labels and to read and interpret ingredient lists. Consider “truth” in food labeling to see what labels do and don’t tell us about our food, and examine food additives and how they might affect our intake and health.

Instructor Janne Maier, a Fairbanks Health Coach, offers clients a holistic approach to weight management and weight loss. She holds an M.S. from UAF and has taught nutrition and epidemiology at UAF while doing research on associations between diet and activity.

Good to Go
HL-05 Session I: March 2, 9, 16, 23
Wednesdays 12:15 – 1:30 pm

One of the few things in life that’s certain is death. This course will provide you with a realistic, practical and maybe even humorous guide to preparing for the end of our days here on earth.

Instructors Kim Huffington and Vicki Taylor are passionate that all of us should make our wants and needs known to help guide our loved ones if we should lose our own voice along the way. Derek Averett, attorney at Hompesch & Evans, P.C., has taught Estate Planning for OLLI many times; he’ll address legal issues concerning the end of life.

Wines of the Southern Hemisphere
HL-06 Session I: March 3, 10, 17, 24
Thursdays 3:00 – 5:00 pm

* Meets at Lavelle’s Bistro on 1st Ave.
* For students who have previously taken OLLI’s “Mastering Wine” class.

We will explore four regions of the Southern Hemisphere: Australia, New Zealand, Argentina, and Chile. Through focused tastings, we will experience the style, character and personality of the wine-producing regions of these countries. Special fee of $80;
pay OLLI at registration. Enrollment limited to 24.

Instructor Kathy Lavelle holds credentials as a Certified Wine Professional from the Culinary Institute of America and is a Certified Specialist of Wine from the Society of Wine Educators.

Sprouting Year-Round
HL-07  Add-On I: March 28, 29, 30, 31, April 1
Monday through Friday 4:30 – 5:30 pm

Wintering in Fairbanks doesn’t have to exclude growing green things to eat year-round. Sprouting is fun and requires minimal investment; no grow light or hydroponic system is needed. This is a five-day class where we’ll sprout from first soak to finished sprouts. Choose from several different sprouts and blends. Learn about soaking time, dark time, and potential greening up time for our sprouts, as well as techniques for removing sprout hulls and methods for keeping your sprouts fresh in the fridge for up to two weeks after they’re done. Materials fee is $12 for a sprouting kit, payable to the instructor, or you may bring your own. Enrollment limited to 15.

Instructor: Janne Maier (see HL-04).

Recycling Options in Fairbanks
HL-08  Add-On I: March 29
Tuesday 2:00 – 4:00 pm (meets once)

Learn how you can contribute to the recycling effort in the Fairbanks North Star Borough! Karl Monetti will lead a team of local experts in discussing recycling history, current options, future plans and expectations. Bring your questions, concerns and ideas with you. GO GREEN!

Instructor Karl Monetti, Chair of the FNSB Recycling Commission, and representatives from the FNSB, Fairbanks Rescue Mission, Greenstar of Interior Alaska, K & K Recycling, Fort Wainwright and Eielson AFB have been invited to present.

Peonies in Your Alaskan Garden
HL-09  Add-On I: March 31
Thursday 9:30 – 11:30 am (meets once)

This short course will address all you need to consider in growing peonies in your garden. We will look at the varieties available and which ones do well here. Then we will look at where and how to plant them and how to care for them so they bloom for many years.

Instructor Marji Illingworth and her husband, Ron, have been raising peonies commercially for over ten years and were founding members of the Alaska Peony Growers Association and organizing members of the Arctic Alaska Peonies Cooperative. They regularly share their experience with Peony Growers Schools for growers and gardeners.

“Lots of fun – I never looked at the clock!”

Activity and Nutrition for Weight Reduction
HL-10  Session II: April 5, 12, 19, 26
Tuesdays 12:15 – 1:30 pm

This class builds on “Balanced Activity and Nutrition” (from fall 2015 or Session I of spring 2016), but can be taken independently. Knowledge of basic nutrition is recommended. Current “fast weight loss” plans lead to fast weight gain. This class will cover exercise methods for slow and maintainable weight reduction, and sustainable nutritional approaches to better health. Learn where you can exercise in Fairbanks and how to incorporate core exercises throughout the day. Review methods to reduce calories and maximize nutritional intake, and identify appropriate substitutions for highly processed “diet” foods. Learn to tailor healthful foods to your individual tastes and use standard and online tools to help record and balance intake.

Instructor: Janne Maier (see HL-04).

Wild Edible Plants of Alaska’s Interior
HL-11  Session II: April 5, 12, 19, 26, May 3
Tuesdays 5:30 – 6:45 pm (5 weeks)

This introductory course will take you through a series of steps learning to accurately identify, gather, process and store a wide variety of wild plants throughout the seasons. We’ll focus on the boreal forest of the Interior. Many of these plants may be found growing right in your own backyard! Notebooks and pens are recommended; handouts will be available. This course will encourage you to begin a fulfilling lifelong journey of working with Alaska’s wild plants both as food and for natural remedies. The DVD Staying Safe in Bear Country will be shown May 3.

Instructor Leslie LaBar is the Wild Edible Plant instructor for the Becoming an Outdoors Woman (BOW) program offered through the Dept. of Fish & Game. She and her husband George LaBar, Lapidary Artisans of Earth Link Jewelry, are both outdoors instructors and enthusiastic naturalists who strive to empower people to understand, explore and embrace the natural world.

Alaskan Water Gardens
HL-12  Session II: April 8, 15, 22, 29
Fridays 10:30 – 11:45 am

Water gardens are fun, easy to care for (chickweed doesn’t stand a chance), and the whole family can enjoy them. You will receive information on how to start, maintain or expand a water garden, where to find supplies locally and what mail order catalogs offer products most likely to thrive in Interior Alaska.

- Week 1: Introduction to water gardening - North
- Week 2: Dream your water garden
- Week 3: How to build your water garden
- Week 4: How to populate and care for your water garden

Instructor Marji Illingworth (see HL-09) set up her first pond in a whiskey barrel in the 70s and began her Alaska ponds in 1978. She was influenced by her grandmother’s pond.
In this class we will cover basic gardening information to help you be successful growing food in interior Alaska. We will discuss varieties that do best in Fairbanks, plant nutrition, and ways to protect your plants from summer frosts. Class topics will include seed starting, container gardening, pest control, and growing microgreens. Most classes will have a hands-on component, and students will get to take home seeds they’ve started as well as taste-test several types of microgreens. Enrollment limited to 30.

Instructor Darcy Etcheverry works for the Cooperative Extension Service in the agriculture program. She helps teach the Master Gardener course and provides assistance for pest identification and control. Darcy has a home garden and her favorite part of the gardening season is starting seeds in the spring when there is endless potential for the summer ahead.

Expanding Horizons of Retinal Disease
HL-14  Session II: April 29 only
Friday 2:00 – 3:15 pm

We’ll cover three age-related disease processes that affect the retina: age-related macular degeneration; diabetic eye disease, both insulin dependent and non-insulin dependent; and a discussion about how the vitreous (jelly) can affect the retinal diseases of the aging eye. There will be slides and graphs to underscore the salient points of each. There will be time for discussion and questions.

Instructor Dr. Alfred D. DeRamus received his medical degree from Tufts Medical School, then completed his Ophthalmology residency at the Eye Institute - Medical College of Wisconsin and fellowship in Vitreo-Retinal Surgery from the University of Wisconsin, Madison. He has practiced Ophthalmology in Fairbanks since 1982.

History of Ocean Exploration
HIS-02  Session I: Feb. 29, March 7, 14, 21
Mondays 4:00 – 5:00 pm

* Meets in O’Neill 201 (UAF West Ridge). OLLI parking permits will be honored in the UA Museum lot.

Discussions will resume where they left off last semester, but you need not have taken the course in Fall 2015. We’ll focus on the Pacific and Arctic Oceans, tailored to the interests of OLLI members. Descriptions of ocean discovery will be tied to the scientific advances critical to successful navigation and nutrition during life at sea.

Instructor Mark Johnson is a physical oceanographer at the Institute of Marine Science at UAF specializing in Arctic climate studies. Dave Norton (see HIS-03) will assist.

Scoundrels in Northern History, continued
HIS-03  Session I: March 1, 8, 15, 22
Tuesdays 10:30 – 11:45 am

Either OLLI is growing better at detecting scoundrelism, or there have always been more scoundrels among us than we gentle folk used to be comfortable admitting. The result is: the supply of unexplored intrigues and their perpetrators seems undiminished, perhaps increasing! Observations on some overlooked 19th and 20th scoundrels will be followed by glimpses of more recent cases of alleged or real rogue behavior.

Lead Instructor Dave Norton (aka “chief scoundrel”) and guest rogue discussants, including Bill Stringer, advise enrollees to bring a mixture of irreverence and forgiveness to these discussions.

Alaska’s Mining Pioneers
HIS-04  Session I: March 2, 9, 16, 23
Wednesdays 10:30 – 11:45 am

Four lectures reveal the individual stories of mining pioneers and will correspond to the following time periods:

- The Russian American Era and the time period leading up to the Alaska Yukon Gold Rush (1886-1917);
- The Alaska-Yukon Gold Rush (1886-1917);
- Strategic mineral developments during WWII and the Korean War and mining pioneers associated with the Statehood era, including the present;
• Pioneers associated with the USSR&M Company in Fairbanks and in Nome

The first three lectures will be in UPark. The last lecture will be given at the Alaska Mining Hall of Fame Foundation Museum in downtown Fairbanks.

Instructor Tom Bundtzen received his BS in Mining Geology and his M.S. in Economic Geology from UAF. He was the senior economic geologist for the Department of Natural Resources, Division of Geological and Geophysical Surveys for 25 years and is a founding member of the Alaska Mining Hall of Fame.

Great Decisions 2016 (I & II)

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Thursdays 9:45 – 11:45 am

* Each 4-week session stands alone; you may take either one or both

Do you ever see foreign news reports and wonder what it’s all about? Global challenges have increasingly become domestic challenges with events in the remotest parts of the world affecting our lives in myriad ways. Get the information you need to figure out what’s happening and to be able to discuss it intelligently with others. This program was developed by the Foreign Policy Association. Read essential background information in the briefing book, then come to class for a video analysis of the topic by experts, followed by a group discussion. The Great Decisions 2016 Briefing Book is available from the OLLI office for $26. Class members take turns leading the discussions.

Topics for 2016 Session I are:
• Middle East Alliances
• The Rise of ISIS
• The Future of Kurdistan
• Migration

Topics for 2016 Session II are:
• The Koreas
• The United Nations
• Climate Change
• Cuba and the U.S.

A Firebell in the Night: Failed Efforts to Avert the Catastrophe of the Civil War

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The seeds of this great conflict were sown in the compromises that allowed the Framers to agree on a constitution to take to the American people in 1787. We will examine the “voices in the rising storm” in the ensuing decades, as people of good will and moral certainty on both sides of the arguments about the South’s “peculiar institution” tried and failed to find ways to live together without destroying the new union. A sobering warning to our own times: in the final days before the War, people used the exact same words to attack one another as enemies of liberty, until not even the most hopeful could find any common ground but the battlefield.

Instructor Susan Stitham team-taught Advanced Placement Government at Lathrop High School for three years and in 2008 designed and taught a high school course analyzing both the Declaration of Independence and the Constitution. Currently she is President of OLLI at Southern Oregon University in Ashland.

The Great Wood Famine

HIS-08 Add-On I: March 28

Monday 12:15 – 1:30 pm

A comprehensive look at the years 1910-1920 when everything in Fairbanks ran on wood as an energy source, and how that supply of wood began to run out. We will look at how wood was used: how it was harvested, distributed, and burned to meet the needs of our growing city. Photographs, newspaper articles and other documents tell the story of a town that relied on a single energy source that began to run out, the reasons behind it, and the dire consequences that befell the Golden Heart City as a result.

Instructor Joan Skilbred, no credentials accrued, is just someone who really likes to learn about our history and share it with anyone who wants to learn it too.

Historic Buildings & Sites of Eastern Interior Alaska

HIS-09 Session II: April 5, 12, 19, 26

Tuesdays 9:45 – 11:45 am

A brief history of Eastern Interior Alaska through its surviving historic sites, structured loosely around the following topics:
• Rivers, roads, and roadhouses: the indigenous population and early routes into Interior Alaska
• Miners, trappers, and traders: Westerners enter Interior Alaska
• Judges, soldiers, and telegraphs: the government’s role in developing the region
• Saloons, stores, and churches: communities that developed across Eastern Interior Alaska

Instructor Ray Bonnell is an artist and writer who has lived in and explored Eastern Interior Alaska for over 30 years. He produces a column for the Fairbanks Daily News-Miner, entitled “Sketches of Alaska,” that highlights historic sites across the region.

Camp Robinson, Son of the Morning Star, Crazy Horse & Wounded Knee

HIS-10 Session II: April 5, 12, 19, 26

Tuesdays 2:00 – 4:00 pm

A history of Lakota Sioux conflict with intrusions into the northern and western Great Plains from the 1870s until the 1890s. The class will cover Lakota leaders and U.S. military involvement and government policy. It will also cover the history of a military post that witnessed it all and the tragic end of this era. The class will utilize portions of Ken Burn’s documentary The West and a
miniseries based on Evan S. Connell’s book *Son of the Morning Star*.

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

**Riverboat Racing: An Alaskan Tradition Continues to Evolve**

**HIS-11**  
Session II: April 7, 14, 21, 28  
*Thursdays 12:15 – 1:30 pm*

After World War II, outboard engines to power small open boats became an efficient and affordable means of traveling Interior Alaska’s rivers. Enthusiasts soon organized a friendly series of races that pitted boat crews, their hull designs, engine configurations, and navigational skills against one another while all dealt with unforgiving environmental challenges. For over 65 years amateur racers have steadily refined designs of home-built hulls and engine controls, to the point that boats are now more air-than water-borne, and their 50-horsepower engines propel them at speeds of 70 mph. This course explores history, cultural significance and the future of the world’s longest freshwater marathons.

Dave Norton, of OLLI’s Curriculum Committee, organized this course to feature discussions led by members of the Fairbanks Outboard Association, Rasmuson Library’s Project Jukebox, UAF’s Arctic Center for Unmanned Aircraft Synthesis and Integration (ACUASI), and the Northern Alaska Tour Company.

**Easter 1916: Rebellion in Ireland**

**HIS-12**  
Session II: April 8, 15, 22, 29  
*Fridays 12:15 – 1:30 pm*

On Easter Monday, April 24, 1916, a small band of armed insurgents seized the General Post Office in Dublin and declared Ireland an independent Republic. The uprising lasted less than a week and was a complete failure militarily. Nevertheless it – together with the execution of its leaders by the British – has had a profound course-changing effect on Irish history. On the centennial anniversary of the 1916 Uprising we will look at some relevant literature, music, and commentary. There will be poetry, documentary and vintage film clips. Our title, *Easter 1916*, is from a famous poem by William Butler Yeats.

Instructor Pat Lambert has lived, studied, and taught in Ireland, and is Professor Emeritus of Mathematics at UAF.

**Revisiting Lessons from 20th Century Alaska**

**HIS-13**  
Session II: April 8, 15, 22, 29  
*Fridays 2:00 – 3:15 pm*

Alaska’s public policy challenges have sometimes attracted national—even global—attention since the end of the 19th century. Contemporary accounts and historical analyses, however, at times overlook facts, uncritically adopt prevailing myths, and otherwise contribute to forgetful or incomplete representations of lessons that the “Last Frontier” should teach our descendants and us. The Kennecott Mine-Gifford Pinchot disputes, Project Chariot, Rampart Dam, and petroleum extraction and transportation controversies are examples of case studies.

Dave Norton, scoundrel-ologist, organizes this course, with contributions from Jane Steeves, guest discussant and idea generator.

**Literature, Languages & Philosophy**

**Lost and Found: Poems in Translation**

**LIT-01**  
Session I: Feb. 29, March 7, 14, 21  
*Mondays 2:00 – 3:15 pm*

An exploration of poems from countries and cultures all over the world. The catch? We’ll be reading them in English rather than their original languages! Join the discussion as we examine the pleasures and perils of translated poems. *Enrollment limited to 18.*

Instructor Marion Avrilyn Jones is a former adjunct lecturer for the UAF English Department. She lives and writes in Fairbanks.

**Forms of Poetry Writing Workshop**

**LIT-02**  
Session I: March 4, 11, 25, April 1  
*Fridays 10:30 – 11:45 am (No class March 18)*

This workshop will focus on exploring three specific forms of poetry: Japanese forms, villanelle, and ars poetica. A fourth form will be chosen by the class as a whole. We will use an online, open-source book and create and workshop our own poems over the course of the class. *Enrollment limited to 15.*

Instructor Erin Wahl has MAs in the fields of Creative Writing and Information Resources & Library Science. Published across

“OLLI is the best reason to retire in Fairbanks.”

www.uaf.edu/olli/  
907-474-6607  
UAF-OLLI@alaska.edu
both disciplines and in multiple genres, Wahl continues her work exploring language as a member of the adjunct faculty in the English Department at the UAF.

**Imagining New Worlds: Religion and Science Fiction**

**LIT-03**  
Session I: March 4, 11, 18, 25  
**Fridays 10:30 - 11:45 am**

Often dismissed as frivolous escapism, science fiction offers fertile ground for the cultivation of new ideas, a place where the impossible becomes the probable. This course will introduce students to works of science fiction (novels, short stories, and video) that challenge readers to imagine new worlds of possibility, particularly in the realm of theology and religion. We’ll use a “discussion group” format, and will include an opportunity for participants to try their hand at creating their own brave new sci-fi world. No previous experience reading or writing science fiction is assumed or required. There will be one book to read before the first class; the title will be available after registration. **Enrollment limited to 15.**

Rev. **Leslie Jarzabski** is the settled minister of the Unitarian Universalist Fellowship of Fairbanks. She holds a Masters of Divinity from the Starr King School for the Ministry in Berkeley, California, and a degree in creative writing from Hollins University in Roanoke, Virginia. She and her partner Jason live in Fairbanks with their many animals.

**Finding the Story: Start Writing that Memoir!**

**LIT-04**  
Session II: April 4, 11, 18, 25  
**Mondays 10:30 - 11:45 am**

Vivian Gornick says that every good piece of writing has both a situation and a story. The situation is what happened to you, while the story is “the emotional experience” or “the wisdom” the author finds in their experience. In this four-week class, you will have the time and support to start writing your life’s situations into a story. We will read excerpts from several great memoirs, and we will workshop the great beginnings of our own memoirs. This class will be a fun way to begin writing that book you’ve been talking about. No previous writing experience necessary. Remember to bring pen and paper! **Enrollment limited to 15.**

**Instructor** Natalie Taylor is a UAF graduate with an MFA in nonfiction. She teaches at UAF and continues to revise her memoir in her spare time.

**Binocular Vision: The Short Stories of Edith Pearlman**

**LIT-05**  
Session II: April 4, 11, 18, 25  
**Mondays 12:15 - 1:30 pm**

A year ago, I had never heard of Edith Pearlman. A review in the *New York Times* brought her to my attention and to her book of new and collected stories, *Binocular Vision*. As promised, these stories span her long career from stories set in World War II to the present. They are neither tricky nor showy, just carefully written thoughtful stories. We’ll read selections from *Binocular Vision*. It’s available in paperback and as an e-book, too.

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

**Reading Poetry For All It’s Worth**

**LIT-06**  
Session II: April 5, 12, 19, 26  
**Tuesdays 11:00 am – 1:00 pm**

This class will survey several basic aspects of versification (e.g., meter, rhyme, stanza, genre) that poets use to design their texts and to engage readers’ attention. We also will practice reading strategies (e.g., explication, reader-response criticism, deconstruction) which are ways to see literature systematically. The goal is to have your reading of poetry be more informed and less intimidating so that understanding and enjoyment arise together. Selected poems and interpretive material will be available online or distributed in class.

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

**Films from Women’s Graphic Novels**

**LIT-07**  
Session II: April 6, 13, 20, 27  
**Wednesdays 2:00 – 5:00 pm**

This course builds on the fall 2015 “Women of Graphic Literature” class, where we learned that many of the great graphic novels for and by women have been made into feature films. Possible titles include: *Rabbi’s Cat*, *Persepolis*, and *Tamara Drewe* (all available in book form at Noel Wien Library). Attendance at the previous class and/or reading of the novels isn’t necessary to enjoy this class.

**Instructor** Greg Hill is the retired director of the FNSB libraries, which allows him more time to read all sorts of books, not just comics, and more opportunities to share the wisdom he gleans from reading with his wife.

**When Poems Happen: An Introduction to Writing Short Poems**

**LIT-08**  
Session II: April 7, 14, 21, 28  
**Thursdays 3:45 – 5:00 pm**

* If you have taken this before through OLLI, please do not register for this course; let others have a chance to try it.

Designed especially for timid poets, this introductory course will explore short poems by reading, writing, and sharing them. A portion of every class will be spent writing, so bring a notebook and pen, or, if you’d prefer, a laptop. **Enrollment limited to 12.**

- Week One: Through poem-colored glasses
- Week Two: What makes it a poem?
- Week Three: Poems on the page and in the air
- Week Four: Poetry roundtable

**Instructor** Marion Avrilyn Jones (see LIT-01)
Mother Warned You: The Dark Side of Fairy Tales
LIT-09  Session II: April 8, 15, 22, 29
Fridays 10:30 – 11:45 am
Take a walk through the violent, creepy, and twisted world of fairy tales as we explore some of the grotesque truths of the original tales and how various revisions have sanitized or sensationalized the originals. You’ll receive supplemental handouts, including suggested reading lists for more information.
Instructor: Erin Wahl (see LIT-02)

Introduction to Chinese
LNG-01  Session I: March 2, 9, 16, 23
Wednesdays 8:45 – 10:00 am
Here is the language you always wanted to know about but were afraid to tackle. Come and give it a try, and take away a few phrases. We will explore and learn to write characters, and perhaps you will start to appreciate the power of the writing system. We will also see a few interesting video clips. This short course might pique your interest to start planning a trip to China.
Instructor: Rosalind Kan, a native speaker of Chinese, has been teaching Chinese at UAF for over 10 years. She retired from Alaska DOT after 30 years of service as a highway design engineer.

Philosophical Puzzles and Paradoxes
PHIL-01  Session II: April 8, 15, 22, 29
Fridays 3:45 – 5:00 pm
The class will be a 'minds-on' introduction to philosophizing using metaphysical, epistemological, axiological, and ontological ('reality, knowledge, value, meaning') questions and paradoxes, and puzzles from different traditions wrapped in short stories and verse. As we proceed, participants are encouraged to create their own short stories and poems to express their insights and understanding of the questions raised and answers given. Examples can be found in Lewis Carroll’s Alice in Wonderland or Lao Tzu’s Tao Te Ching.
Instructor: Walter Benesch is a Professor of Philosophy Emeritus at UAF.

Music & Dance
Harmonica for Beginners
MUS-01  Session I: March 4, 11, 18, 25
Fridays 12:15 – 1:30 pm
If you have taken a Harmonica class through OLLI in the last 3 years, please do not register for this class; let others have a chance to try it.
Do you wish you could play a musical instrument? Harmonicas are inexpensive, fit in your pocket, and don’t require tuning, which makes them a perfect beginner instrument. In this class you’ll learn to play a scale and recognize where the notes are so you can start playing melodies you already know. Bring a harmonica in the key of C. Enrollment limited to 12.
Instructor Larry Knapman started playing harmonica at age 8. He was an early member of the Hot Denali Harps, a harmonica club that has been meeting regularly and performing in various venues around Fairbanks for the last 13 years.

Please Share the Joy
“Enrollment limited” classes will probably fill and some people who want the class won’t get in. Please select only a small number of these classes on the day registration opens, to give others a chance. If spaces are still open a week later, go ahead and register for more. Thanks!
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-03)

**Opera at the Met**

MUS-05  Session II: April 1, 8, 15, 22, 29  
**Fridays 2:00 – 3:15 pm (5 weeks, begins 4/1)**

Here is a chance to explore the plots of the Met in HD operas before they are shown locally at the Goldstream Theaters. We will point out some of the musical highlights and the singing styles used by the composers. It should be fun! Scheduled operas (broadcast dates in parentheses) are Giacomo Puccini’s *Madama Butterfly* (April 2), Gaetano Donizetti’s *Roberto Devereux* (April 16), and Richard Strauss’s *Elektra* (April 30).

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

**Science & Mathematics**

**Smelling Arctic Change: Communicating Tacit Information through Smellscape Narratives**

SCI-01  Session I: Feb. 29  
**Monday 10:00 am – 1:00 pm (meets once)**

Join us for an interactive exploration of the sense of smell, whether you think your own sense of smell is acute, average, weak, or nonexistent. We will explore why all our noses differ in their abilities and what this means for our interactions with use of old English dances that have beautiful music, social interaction, and historical interest to challenge mature individuals to think and exercise at one time. The emphasis is on the mental challenge, not strenuous exercise, and the class builds as lessons are presented. The social component is important and is present throughout. At the end of Session II there is a celebratory Tea Dance with the Fairbanks English Country Dancers where members enjoy live music played by the only English Dance Ensemble in Alaska and dance with 25 other OLLI dancers.

Instructor Ken McFarland has taught social dancing since 1975, and has directed two performing ensembles in San Francisco. After moving to Fairbanks in 1997, he founded the Fairbanks English Country Dancers, who now have 40+ members and a superb musical ensemble which plays for dances. Ken also teaches Scottish Country Dancing and has never stopped his studies of English history since college.

**Religion & Beliefs**

**Neophyte’s Guide to Tarot**

RB-01  Session I: March 1, 8, 15, 22  
**Tuesdays 9:45 – 11:45 am**

The Tarot is an old, organized system of 78 artistic cards full of visual symbols facilitating connection with our subconscious. Each deck has its own designed symbols and themes. Each student of the same deck also has personal interpretations, which change over time. Confused? Aren’t we all! By comparing and contrasting our shared impressions of various Tarot decks, we will practice thinking symbolically as well as accessing and developing our own inner intuition. Although not required, students will get more out of this class with a personal deck, preferably with an explanatory book. Decks organized along the “traditional” style of Rider-Waite will work better for our group dynamic. Enrollment limited to 12.

Instructor Ginny McDowell, former geologist and reading tutor, has spent the past 6 years learning to think symbolically and intuitively, in pursuit of internal development, self-fulfillment, and fun.

See also: LIT-03, Imagining New Worlds: Religion and Science Fiction, p. 17.
people and environments. Olfactory perception makes a substantial contribution to our understanding of the world through the connections formed between smell, memory, emotion, and place. We will immerse ourselves in different arctic smellscapes to find out what these experiences mean. Enrollment limited to 25.

Instructor Julia Feuer-Cotter is an Arctic environmental historian and geographer at the University of Nottingham in England with an interest in perception, smelling, and storytelling through smells.

**Disease, Epidemics, and Health in Alaska**

SCI-02  
**Session I:** Feb. 29, March 7, 14, 21  
**Mondays 10:30 – 11:45 am**

We will look at the health of the traditional Alaskan cultures before and after European contact and we'll explore how disease impacted Alaska's history.

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.

**Discover Alaska**

SCI-03  
**Session I:** Feb. 29, March 7, 14, 21  
**Mondays 7:00 – 8:00 pm**

* Meets in Murie Auditorium. Parking is free after 5 pm.

Enjoy a different Alaskan topic and speaker every week.

- Feb. 29: Mysterious Underground World of Placer Mining, by Chris Allan
- March 7: Lakes of Alaska: How geologic history influences modern lake ecology, by Amy Larsen
- March 14: TBA
- March 21: Rangering in Alaska, by National Park Service rangers

**Natural History of Alaskan Seabirds**

SCI-04  
**Session I:** March 1, 8, 15, 22  
**Tuesdays 8:45 – 10:00 am**

Incredible numbers of seabirds call Alaska home; 99 seabird species, some numbering in the millions, are listed on the “Checklist of Alaska Birds.” Relatively few, but more than you might suspect, come to the Interior to breed. Most seabirds spend only minimal time on land to breed and otherwise live their entire lives at sea. A few species breed in the Southern Hemisphere and only come to Alaska in their non-breeding season. First, we’ll examine the diversity of life styles and habits of Alaska’s seabirds. We’ll then focus on those who come to the Interior in summer. Finally, we’ll explore the incredible abundance, diversity, and conservation status of seabirds living in the Bering and Chukchi Seas.

Instructor Ed Murphy, Professor Emeritus; taught ornithology and natural history courses during his 30 years at UAF; his research has focused on the ecology of Alaskan birds.

**Practical Beekeeping for Fairbanks**

SCI-05  
**Session I:** March 3, 10, 17, 24, 31  
**Thursdays 5:30 – 6:45 pm (5 weeks)**

* Meets in O’Neill 201, UAF West Ridge. Free parking after 5:00.

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

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

**Explorations In and Out of Our Solar System**

SCI-06  
**Session I:** March 4, 11, 18, 25  
**Fridays 8:45 – 10:00 am**

Enjoy a “science for non-scientists” review of what we have learned in and out of our solar system since 2011 through recent exciting space and related activities. The Rosetta spacecraft was put into orbit and successfully placed Philae, a sub-payload lander, on Comet 67P. We viewed our first close-ups of Pluto and its moons from NASA’s New Horizon spacecraft 9½ years after it was launched. Years of blogging by the scientific community inspired a recent movie called *The Martian*, which depicts the possible science needed for a Mars-stranded astronaut to survive until he can be picked up for the journey back to Earth.

Instructor Neal Brown is a science enthusiast who thoroughly enjoys teaching K through grey students. While on the faculty of UAF for 45 years, he taught physics and space physics for non-science majors, carried out research, and was for 18 years Director of Poker Flat Research Range.
Is there a credible story behind the basic origins of our everyday essences by the processes of natural selection? What is the evidence and reason underlying this? Mind you, it is critical here to separate belief claims from knowledge claims. I think we can make the case that these four traits have beautifully rich evolutionary histories that are highly intertwined. The details of that understanding of who we are and where we came from have mostly emerged within our lifetimes. As OLLI Elders we may have special perspectives in all this.

Instructor Dale Guthrie, retired professor of biology at UAF, has had a lifelong interest in human evolution, prehistory, art, and religion. He has published many articles and books on these subjects.

The Strange and Wonderful History of the Periodic Table

SCI-09  Session II: April 7, 14, 21, 28
Thursdays 8:45 – 10:00 am

How human beings uncovered the relationships and connections between chemical properties and the elements is a majestic story of human logic, insight and intellect. Along the way, some crazy-good stories came out of that history. We'll cover some of them in this course.

Coordinator Rich Seifert, UAF Professor emeritus, is a liberal arts physicist; he'll be joined by guest chemical wizards.

Alaska’s Energy Futures II

SCI-10  Session II: April 7, 14, 21, 28
Thursdays 10:30 – 11:45 am

Energy has been and remains a crucial and focal element of political and everyday life in Alaska. It affects everything from home comfort and wellness, to transportation, taxation, public policy and air quality. This course will focus on four owner-builders of high quality super-insulated modern homes in the Fairbanks area which epitomize the local, highly efficient designs which our community has produced through our citizens’ initiative and prowess. This is the second installment of a continuing course developing energy awareness and creating more citizen clarity of energy realities and the importance of energy to Alaska's future.

Primary facilitator is Rich Seifert (see SCI-09); guest discussants TBA.

Space Physics and Aurora

SCI-11  Session II: April 7, 14, 21, 28
Thursdays 12:15 – 1:30 pm

Did you know that the most abundant state of matter in our universe is plasma? This course will explore the physical and chemical behavior of plasma, beginning in the near-space environment of Earth's ionosphere and magnetosphere. You'll learn that to grasp the wonder of plasma, you needn't be a space physicist. Interior Alaska exposes us to some of the best-known phenomena in space physics: Aurora Borealis.

Instructor Victoriya Forsythe is a Ph.D. candidate in space physics at UAF's Geophysical Institute.

Planetarium Exploration of the Solar System

SCI-12  Session II: April 8, 15, 22, 29
Fridays 10:30 – 11:45 am

We will explore the planets (and some moons) in our solar system and learn about the geological processes that dominate each. This class will take place entirely in a portable small planetarium we’ll set up in the UPark gym, which will require getting up/down from the floor and sitting on floor pads for extended periods. Enrollment limited to 15.

Instructor Emma Marcucci is a postdoctoral fellow in planetary science remote sensing at UAF's Geophysical Institute.

World Climate Negotiations: Play the Game

SCI-13  Session II: April 8, 15, 22, 29, May 6
Fridays 3:45 – 5:00 pm (5 weeks)

This is a role-play exercise where students represent teams of negotiators for different countries at a “mock” session of the international climate talks, like those held in Paris in early December 2015. You don't need to know anything about climate change or negotiations in advance. The first class will provide the basics of climate change; then we'll play several rounds of the game. After each round of the game, we will use the same software used at the Paris talks to determine the impact of the round on global
warming. We will discuss the results of the exercise during the final class.

Instructor Susan Todd teaches courses in Natural Resource Conservation, Collaborative Resource Planning, and Environmental Mediation. She is a professor at UAF in the School of Natural Resources and Extension.

Social Studies

The Power of Story
SOC-01 Session I: February 29, March 7, 14, 21
Mondays 12:15 – 1:30 pm

We will explore the power of story and myth as found in entertainment, education, political and religious movements. Using historical material, we will consider how myth and story have been used to guide, motivate, explain or manipulate individuals and society. Reynolds Price wrote, “the opposite of silence leads quickly to narrative, and the sound of story is the dominant sound of our lives.” The goal of the class is to consider the use and abuse of storytelling.

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.

Personal Finance for the Second Half of Life
SOC-02 Session I: February 29, March 7, 14, 21
Mondays 3:45 – 5:00 pm

Personal finance is an area that affects all of our lives. In this course we will review budgeting, avoiding financial pitfalls, asset protection, retirement options, and leaving a legacy.

Instructor Matthew Raymond’s background includes an M.B.A. from UAF, seven years of active duty military service as an officer, a small business owner, and insurance & financial services advisor. He is also a husband and father of two wonderful children.

How to Turn a Hobby into a Business
SOC-03 Session I: March 2, 9, 16, 23
Wednesdays 2:00 – 3:15 pm

Experience is the best instructor – as long as it’s someone else’s experience! Learn where the gold nuggets and the crocodiles are, from those who have successfully launched a home-based business. You will learn marketing and customer service strategies, financial planning and record-keeping, purchasing strategies, and government rules to pay attention to. Even if you don’t currently have a business in mind, come to this course anyway. You might get inspired!

Instructor Charlie Dexter, UAF professor emeritus, served as the University statewide personnel manager, director of admissions, and director of the Small Business Development Center. He continues to teach business and leadership classes.

The Psychology of Downsizing
SOC-04 Session I: March 4, 11, 18, 25
Fridays 10:30 – 11:45 am

One of the tasks of later life is deciding what to do with all the “stuff” we have. It’s easy to accumulate things but hard to get rid of them or find a satisfying way to pass them on. At times it may even feel like the demands of taking care of things are preventing us from doing the activities we really want to do – the “Tyranny of Things.” Most of the issues here have to do with our associational thinking, not our rational thought process. This course will first help you understand what makes the process of downsizing more difficult than we expect, and then will offer strategies to help make downsizing easier, more efficient, and more satisfying.

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

TED Talks
SOC-05 Session I: March 4, 11, 18, 25
Fridays 12:15 – 1:30 pm

If you have yet to discover TED Talks you are in for a treat! TED stands for Technology, Entertainment, Design, and these are lectures by the world’s most fascinating thinkers and doers who have been challenged to give the talk of their lives in 5-18 minutes. We will watch three or four TED Talk videos each class (there are more than 1,000 available) and discuss them afterwards if there is time. Videos from previous classes won’t be repeated, except by popular demand.

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

Alzheimer’s and Dementia: What More Do We Need to Know?
SOC-06 Session II: April 4, 11, 18, 25
Mondays 10:30 – 11:45 am

Let’s move past the basics. Preventing Alzheimer’s disease: what do we know? How do we assess cognitive impairment in elders and seniors? How do I manage keeping my loved one at home who has dementia? What can I expect if I am diagnosed with some form of dementia? How do I cope?

Instructor Joan Adams, Education Specialist, has been in social work for over 30 years. She started working for the Alzheimer’s Resource of Alaska in 2005. Joan also cared for her mother who had dementia.
**Travelogues**

**SOC-07**  
Session II: April 4, 11, 18, 25, May 2  
**Mondays 12:15 – 1:30 pm (5 weeks)**

Each week, a different presenter will share their photos and experiences of travel.

- April 4: **Jill Pedersen**, Thailand  
- April 11: **Helen Howard**, Yukon Island  
- April 18: **Jerry & Melody Springer**, Vietnam  
- April 25: **David Weissman**, Mexico City  
- May 2: **Sushma Sonwalkar**, India

**Professor’s Choice**

**SOC-08**  
Session II: April 4, 11, 18, 25, May 2  
**Mondays 7:00 – 8:00 pm (5 weeks)**

* Meets in Murie Auditorium. Parking is free after 5 pm.

This is a new lecture series giving opportunities for accomplished and award-winning UAF professors to give lectures on a topic or topics of their choosing from their life’s work.

- April 4: Journalism professor **Brian O’Donoghue** will speak about his work on the Innocence Project and the Fairbanks Four.  
- April 11 & 18: TBA. **Dave Newman** will speak one of these dates; other speaker TBA.  
- April 25: **Rich Seifert** will talk about his long-term relationship with Norway, his Fulbright year there, the Nobel Peace Prize, and his witness to the Oslo events of July 22, 2011.  
- May 2: Dr. **Bill Schneider** will speak about why it is important to memorialize historical events with special reference to research on the 1915 Tanana Chiefs Meeting in Fairbanks.

**Four Crazy Goldstream Women:**

**Mushers for 157 Years**

**SOC-09**  
Session II: April 6, 13, 20, 27  
**Wednesdays 10:30 – 11:45 am**

- April 6: **Shirley Liss** became a musher in 1973 and ran the Yukon Quest in 1984 & ’85. She roamed the hills as a geologist with the State Department of Geological/Geophysical Surveys from 1980 to 1999.  
- April 13: **Iris Sutton** is a lifelong Alaskan, dog musher, artist, and mother of two. She has mushed all over Alaska including the Brooks Range, Nome, Tozitna River area, Manley Hot Springs, and she completed the Yukon Quest in 2009.  
- April 20: **Kathy Lenninger** (at right) saw her first dog team in Nenana in 1975, stood on the runners, and was immediately hooked. She and a partner began Sled Dog Adventures (Alaska Tolovana Adventures initially) in 1985, and she’s been working in tourism ever since. Find out more at www.sleddogadventures.com  
- April 27: **Tonya Schlentner** is another lifelong Alaskan dog musher. Much of her experience has been around Lake Minchumina where she and her mother, Carol, ran Denali West Lodge. She has done dog tours in Lake Minchumina as well as Juneau where she used wheeled carts.

**How to Make Changes that Really Last**

**SOC-10**  
Session II: April 8, 15, 22, 29  
**Fridays 8:45 – 10:00 am**

Many times we attempt to make a change in our lives, exert our willpower to do so, but later find ourselves back again at or near where we started. This course will explore the wonderful processes that resist change (and yes, they are wonderful), then what you can do to work with these so that they allow you to make the changes you want, and finally how these very same processes can then be used to prevent your new changes from going away. Come enjoy the User’s Guide to Thinking that we all should have received when we were young.

*Instructor: Larry Moen* (see SOC-04)

**Dealing with Grief and Anger in Later Life**

**SOC-11**  
Session II: April 8, 15, 22, 29  
**Fridays 10:30 – 11:45 am**

The last decades of our lives bring up two kinds of grief and anger. The first is that of dealing with the present changes and challenges we face, which increasingly involve losses – physically, socially, and cognitively. The second kind of grief and anger is based on the past: events and choices made long ago by ourselves and others which shaped our lives, and which we now find ourselves revisiting. That revisiting may be about finding resolution, finally putting things in order, getting a sense of completion, expressing feelings we have long rejected or suppressed, or for other reasons. Whether it is yourself or others in your life who are experiencing these emotions, this class will help you identify clearly what you want to achieve regarding these two kinds of grief and anger and will explore options often helpful in dealing with them.

*Instructor: Larry Moen* (see SOC-04)

**The Chena River and You!**

**SOC-12**  
Session II: April 8, 15, 22, 29  
**Fridays 12:15 – 1:30 pm**

The Chena River is the heartbeat pumping through our town’s “Golden Heart.” In the past couple decades, many civic organizations and individuals have worked to improve the profile of the river in our community. In this class you’ll learn from experts about different aspects of the Chena River.

- April 8: History – What role has the Chena River played in the development of our community?  
- April 15: Biology – What have we learned about the flora and
fauna of the Chena?

• April 22: Recreation – How does the Chena play a part in our choice of activities?

• April 29: Infrastructure – How has our community affected the river and what’s in store for the future?

Instructor Anna Plager is Chair of the Chena Riverfront Commission, a joint Fairbanks City-Borough volunteer effort to guide responsible development along the Chena River corridor. She brings many years of experience in land use planning and the operation of state parks. Guest lecturers TBA.

Practical Law 101: Snapshots
SOC-13  Session II: April 8, 15, 22, 29
Fridays 3:45 – 5:00 pm

Do you know the practical legal aspects of day to day living, contracts, car wrecks, insurance company dealings, grandparents' legal rights and more? Do you know what to do, and what NOT to do, in an encounter with law enforcement? These are some of the legal issues that affect many people in their everyday lives. Learn from local attorneys.

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. Guest discussants TBA.

Financial Considerations for Retirement & Beyond
SOC-14  Add-On II: May 2
Monday 10:30 – 11:45 am

Make your wishes known and plan ahead. This lecture presents an overview of planning considerations for entering retirement and preparing for the golden years and end of life. Topics covered will include investment and tax implications, long term care, insurance, and survivor considerations. Whether you are assisting parents or preparing for your own transition, find out if you have prepared properly. A helpful Guide for Survivors booklet will be available to enrollees for the challenges that lie ahead.

Instructor Matt Steffes is a Financial Advisor with First Command Financial Services and is a retired high school teacher.
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 phone or email list for a SIG, contact the OLLI office at 474-6607 or UAF-OLLI@alaska.edu, or you can sign yourself up by logging in to your OLLI account, clicking on “My Account” and clicking in the box by each SIG you want to join.

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

Issues on Aging
Meets at UPark once a month when OLLI classes are not being held.
Presentations and discussions on issues related to aging in Fairbanks. Contact Nanne Myers (nannemyers@yahoo.com) or Barbara Lando (barbara.lando@gmail.com) for more information.

Olli-Olli Art Club
Meets at UPark 1st & 3rd Wednesdays, 1:30 – 4:30 pm
A group to stimulate your art — painting, drawing, etc. — while enjoying each others’ company. For more information, contact Mary Martin (mary@fairbanksemail.com) or Mary Rafter (alaska.moen@gmail.com)

Games for Brains
Meets Mondays 10:05–11:15 am at the Fairbanks Senior Center (North Star Council on Aging), 1424 Moore St.
Playing games together keeps our brains active and is lots of fun! If interested, call Darlene Supplee at 452-1735. 40 below zero is the cutoff for closing the Center; call 844 for temperature.

Geocaching
Join the SIG to get email updates regarding meeting times and places. Contact leaders Hal and Carol Meyer (liquidearth) at 474-8520 or liquidearth2@gmail.com, if you have ideas of places you’d like to go.

Hiking Club
This group is active May–September. Planned hikes will be posted on the OLLI website and hike descriptions will be emailed to the OLLI Hiking Club members.

Let’s Travel
This group was formed to exchange ideas and tour information or just contact one another when we need a travel companion. This informal group communicates by email to share travel discounts, travel tours and other travel information. Join the SIG to get email updates.

Lifelong Learning Book Club
Meets 7 times a year on third Tuesdays, 1:30–3:00 pm, at Noel Wien Library Conference Room
Discussion Leader: Georgine Olson
- February 16: The Wind is Not a River by Brian Payton (Alaskana fiction, 2014)
- March 15: The Fifth Gospel by Ian Caldwell (fiction, 2015)
- April 19: A Wilder Rose by Susan Wittig Albert (historical fiction, 2014)
- May 17: Book talk & title selection for September 2016 - April 2017

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.

**NEW** Pinochle
Meets Fridays 10 am–noon, UPark 154
This group plays single- and double-deck pinochle. All levels of players from beginner to expert are welcome. For more information, contact Nori Bowman at iron_40_48@yahoo.com.

**NEW** Mah-jong
Meeting times & locations TBA
Get together with OLLI friends to play Chinese Mah-jong! Beginners are welcome; we are all beginners. Join the SIG to get email updates. Leader: Terry Roberts.

**NEW** Alaska’s Fiscal Paradox
Meeting schedule TBA.
Please join us if you are interested in learning more about Alaska’s unique fiscal situation and in taking action as concerned citizens. This will be a great group for discussion, support and research, as well as additional work on the fiscal models, advocacy and community education. For more information, contact Jean James at akfiscalwj@gmail.com.
We strongly recommend that all excursion participants purchase travel insurance from an insurance carrier of their own choice. If you must cancel your trip due to health or other problems, OLLI cannot refund payments unless the travel vendor agrees to refund what OLLI has already paid in advance.

Who may participate? Members of OLLI at UAF. Adults over 50 and their adult companions may join OLLI by paying the annual membership fee of $35. There are no geographical restrictions on membership; it is not necessary to be an area resident.

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

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

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

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

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

Haines & Skagway: Fjords, Glaciers and Wildlife

June 14–17
Activity Level: Easy to Moderate

Haines and Skagway are located at the northern end of the Lynn Canal in Southeast Alaska. Flanked by the largest contiguous protected area on the planet and a UNESCO world heritage site, Haines is the perfect jumping-off point for exploring the geology, history and wildlife of Alaska’s southern panhandle. Skagway is a short 18-mile sail north of Haines via the Lynn Fjord and is home to the world-famous White Pass & Yukon Route Railroad, one of only a few narrow gauge railways still in operation.

This 3-day/4-night excursion begins on Tuesday evening with a group dinner and orientation at the Victorian-era Hotel Hälsingland in Haines. On Wednesday, enjoy a gentle float trip through the Chilkat Bald Eagle Preserve with a stop at the centuries-old Native Village of Klukwan. On Thursday, board a high-speed catamaran for a 45-minute cruise to Skagway, followed by an exhilarating ride on the White Pass & Yukon Route Railroad to the summit. For the grand finale, on Friday, enjoy a scenic cruise aboard a custom-made whale-watching boat before boarding a 30-foot 10-person voyager canoe for a guided excursion to the breathtaking Davidson Glacier.

Cost per person: $1490 double occupancy or $1740 single occupancy includes accommodations, group dinner on Tuesday and Friday. Daily guide/escort to Eagle Preserve Raft Float & Native Village Tour, White Pass Summit Excursion, Catamaran and Davidson Glacier Tour, two evening lectures, and lunches on all days except check-in day.

Not included: Round trip transportation Fairbanks to Haines, lunch on check-in day, all breakfasts, and dinners on nights 2 and 3. $100 non-refundable deposit due at registration; additional $350 non-refundable deposit and completed paperwork due March 16; remainder due April 27. No refund for cancellation after May 31.

Detailed itineraries are available for download from our website, www.uaf.edu/olli/travel/
Delta Junction: Its Farms, People and History
July 10-12
Activity Level: Moderate to Active
Delta Junction is located about 100 miles south of Fairbanks, near the confluence of the Delta and Tanana rivers. The famed Alaska Highway ends here, where it intersects with the Richardson Highway. The early history of non-native settlement in the area began in 1928 with the introduction of 23 bison from Montana to an area south of Big Delta. After World War II, people began farming and continued raising livestock in the area.

This completely-guided excursion gives you a chance to see sights you won't see when passing through on the main highway and visit places you can't go on your own. You'll find there is a lot more to the Delta area than you ever realized. Meet some of the amazing people who grow the food you purchase in our Fairbanks stores. Learn how their specialized farming techniques accommodate the short growing season and the cold and dark winters of interior Alaska.

Visit the green pastures of grazing yaks and their calves, and admire the vast barley fields of Alaska Flour Company. Follow the lead car on gravel or paved side roads, enjoying scenic vistas not visible from the main highway. You'll stop at historic sites and pass fields of diverse crops on the way to Clearwater Lodge. Eat lunch at the Buffalo Drive-in and visit the Sullivan Roadhouse museum next door. Dine at Rika's Roadhouse both nights and enjoy a lecture afterward. On the last day, drive to The Black Rapids Lodge for a guided tour of the historic Old Black Rapids Roadhouse. The excursion ends with lunch and a spectacular view from the deck of the luxurious Black Rapids Lodge.

Cost per person: $375 double occupancy or $490 single occupancy includes two nights accommodation, two dinners, lunch on Tuesday, two lectures, all guided tours and fees.

Not included: Transportation from Fairbanks to Delta and to activities, transportation from The Black Rapids Lodge to Fairbanks, breakfast and lunch on July 10 and 11.

$100 non-refundable deposit due at registration; remainder due June 2. No refund for cancellation after June 2.

Kotzebue: Fish Camp and Inupiat Culture
August 1-4
Activity Level: Moderate
Subsistence living on the Chukchi Sea at the Arctic Circle is “Living Life in the Moment.” The midnight sun, the wind, and the ocean waves set the tone and schedule for the days.

Arctic Circle Educational Adventures (ACEA), known locally as LaVonne's Fish Camp, is located on the beach 7 miles south of Kotzebue. Kik-ik-tag-ruk (Kotzebue) has been a trading hub for thousands of years and continues as one today for 8,000 Inupiat people living in 10 villages in a 25,000 square mile region. Subsistence harvesting from the tundra and the ocean continues to provide a source of healthy food and cultural connections.

Your host is well connected to the region, providing you with a cultural immersion with this most welcoming population. Local Elders and their families join us in subsistence harvesting of chum and silver salmon. Guests will participate in identifying, gathering and preparing medicinal plants. Field trips to town, cultural discussions, drumming and storytelling lessons, fishing, and tundra hiking with Inupiaq people fill our days. Be prepared to share rooms, use an outhouse, and forgo a daily shower.

Many guests have come together at LaVonne's Fish Camp as strangers and go home feeling as if they met family that they never knew they had. Come visit and meet your extended Inupiat family!

Cost per person: $885 includes accommodation in simple shared cabins (single cabins not available), all meals, ground transportation, ground touring away from the fish camp, and lectures.

Not included: Round trip transportation from Fairbanks to Kotzebue.

$100 non-refundable deposit due at registration; remainder due June 30. No refund for cancellation after June 30.
## Daily Schedule  Spring 2016

### SESSION I (February 29 - March 25)

**MONDAY**

<table>
<thead>
<tr>
<th>Time</th>
<th>Course</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:45 - 10:00</td>
<td>HIS-01</td>
<td>History of Alcohol in Alaska</td>
</tr>
<tr>
<td>10:00 - 1:00</td>
<td>SCI-01</td>
<td>Smelling Arctic Change (2/29 only)</td>
</tr>
<tr>
<td>10:30 - 11:45</td>
<td>SCI-02</td>
<td>Disease, Epidemics &amp; Health in AK</td>
</tr>
<tr>
<td>12:00 - 1:00</td>
<td>EX-01</td>
<td>Intermediate Classic X-C Skiing (MWF 3/7 - 3/16, at Ski Hut)</td>
</tr>
<tr>
<td>12:15 - 1:30</td>
<td>SOC-01</td>
<td>The Power of Story</td>
</tr>
<tr>
<td>1:30 - 2:45</td>
<td>EX-02</td>
<td>Adv. Beg. Skate Skiing (at Ski Hut)</td>
</tr>
<tr>
<td>2:00 - 3:15</td>
<td>LIT-01</td>
<td>Lost &amp; Found: Poems in Translation</td>
</tr>
<tr>
<td>3:45 - 5:00</td>
<td>HL-01</td>
<td>Invisible Disability: Hearing Loss</td>
</tr>
<tr>
<td>3:45 - 5:00</td>
<td>SOC-02</td>
<td>Personal Finance</td>
</tr>
<tr>
<td>4:00 - 5:00</td>
<td>HIS-02</td>
<td>History Ocean Exploration (at O'Neill)</td>
</tr>
<tr>
<td>7:00 - 8:00</td>
<td>SCI-03</td>
<td>Discover Alaska (at Murie Aud.)</td>
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**TUESDAY**

<table>
<thead>
<tr>
<th>Time</th>
<th>Course</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:45 - 10:00</td>
<td>SCI-04</td>
<td>Natural History of Alaska Seabirds</td>
</tr>
<tr>
<td>8:45 - 10:00</td>
<td>EX-03</td>
<td>Qigong</td>
</tr>
<tr>
<td>9:30 - 11:30</td>
<td>CP-01</td>
<td>Getting to Know Google Apps</td>
</tr>
<tr>
<td>9:30 - 11:30</td>
<td>HL-02</td>
<td>Growing Things to Eat (8 weeks)</td>
</tr>
<tr>
<td>9:45 - 11:45</td>
<td>RB-01</td>
<td>Neophyte's Guide to Tarot</td>
</tr>
<tr>
<td>10:30 - 11:45</td>
<td>HIS-03</td>
<td>Scoundrels in Northern History</td>
</tr>
<tr>
<td>12:00 - 1:00</td>
<td>EX-04</td>
<td>Adv. Beg. Classic X-C Skiing (TR 3/8/3/17, at Ski Hut)</td>
</tr>
<tr>
<td>12:00 - 1:30</td>
<td>HL-03</td>
<td>Smart Driving (AARP)</td>
</tr>
<tr>
<td>12:00 - 1:45</td>
<td>DAN-01</td>
<td>Dance I</td>
</tr>
<tr>
<td>12:15 - 1:30</td>
<td>HL-04</td>
<td>Balanced Activity &amp; Nutrition</td>
</tr>
<tr>
<td>2:00 - 5:00</td>
<td>FLM-01</td>
<td>1939: The Golden Year of Film, I</td>
</tr>
<tr>
<td>2:00 - 5:00</td>
<td>ART-02</td>
<td>Silhouette Calendar Art (TR)</td>
</tr>
<tr>
<td>3:45 - 5:00</td>
<td>ART-01</td>
<td>Beaded Angel</td>
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**WEDNESDAY**

<table>
<thead>
<tr>
<th>Time</th>
<th>Course</th>
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<tbody>
<tr>
<td>8:45 - 10:00</td>
<td>LNG-01</td>
<td>Intro to Chinese</td>
</tr>
<tr>
<td>9:30 - 11:30</td>
<td>CP-02</td>
<td>Hands-On PowerPoint</td>
</tr>
<tr>
<td>9:30 - 12:00</td>
<td>ART-03</td>
<td>Ear Flap Hats</td>
</tr>
<tr>
<td>10:30 - 11:45</td>
<td>HIS-04</td>
<td>Alaska's Mining Pioneers</td>
</tr>
<tr>
<td>11:30 - 12:45</td>
<td>EX-05</td>
<td>Beginning Yoga</td>
</tr>
<tr>
<td>12:00 - 1:00</td>
<td>EX-01</td>
<td>Intermediate Classic X-C Skiing (MWF 3/7 - 3/16, at Ski Hut)</td>
</tr>
<tr>
<td>12:15 - 1:30</td>
<td>HL-05</td>
<td>Good to Go</td>
</tr>
<tr>
<td>1:00 - 4:00</td>
<td>ART-04</td>
<td>Create with Crochet</td>
</tr>
<tr>
<td>2:00 - 3:15</td>
<td>SOC-03</td>
<td>Turn a Hobby into a Business</td>
</tr>
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**THURSDAY**

<table>
<thead>
<tr>
<th>Time</th>
<th>Course</th>
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</thead>
<tbody>
<tr>
<td>9:30 - 11:00</td>
<td>CP-03</td>
<td>Web Design Basics</td>
</tr>
<tr>
<td>9:30 - 11:45</td>
<td>FLM-03</td>
<td>Irish Films: Comedies</td>
</tr>
<tr>
<td>9:45 - 11:45</td>
<td>HIS-05</td>
<td>Great Decisions 2016, I</td>
</tr>
<tr>
<td>10:30 - 11:45</td>
<td>ART-05</td>
<td>Needle Tatting</td>
</tr>
<tr>
<td>12:00 - 1:00</td>
<td>EX-04</td>
<td>Adv. Beg. Classic X-C Skiing (TR 3/8/3/17, at Ski Hut)</td>
</tr>
<tr>
<td>12:15 - 1:30</td>
<td>CP-04</td>
<td>Intro to iPad (no class 3/17)</td>
</tr>
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</table>

### ADD-ON I (March 28 - April 1)

**MONDAY**

<table>
<thead>
<tr>
<th>Time</th>
<th>Course</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:45 - 11:45</td>
<td>ART-09</td>
<td>Reed Basket Weaving (MRF)</td>
</tr>
<tr>
<td>9:00 - 11:30</td>
<td>HIS-07</td>
<td>A Firebell in the Night (MTWF)</td>
</tr>
<tr>
<td>12:15 - 1:30</td>
<td>HIS-08</td>
<td>The Great Wood Famine</td>
</tr>
<tr>
<td>2:00 - 3:30</td>
<td>ART-10a</td>
<td>Pressed Flower Pictures, Sec. a</td>
</tr>
<tr>
<td>4:30 - 5:30</td>
<td>HL-07</td>
<td>Sprouting Year-Round (MTWRF)</td>
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**TUESDAY**

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<tbody>
<tr>
<td>9:00 - 11:30</td>
<td>HIS-07</td>
<td>A Firebell in the Night (MTWF)</td>
</tr>
<tr>
<td>9:30 - 11:30</td>
<td>HL-02</td>
<td>Growing Things to Eat (8 weeks)</td>
</tr>
<tr>
<td>9:30 - 12:00</td>
<td>ART-11</td>
<td>Bookmaking (TWR)</td>
</tr>
<tr>
<td>12:00 - 1:45</td>
<td>DAN-02</td>
<td>Dance II (1st of 4 weeks)</td>
</tr>
<tr>
<td>1:00 - 3:30</td>
<td>ART-12a</td>
<td>Botanical Drawing, Sec. a (TR, at Raven Landing)</td>
</tr>
<tr>
<td>2:00 - 4:00</td>
<td>HL-08</td>
<td>Recycling Options in Fairbanks</td>
</tr>
<tr>
<td>4:30 - 5:30</td>
<td>HL-07</td>
<td>Sprouting Year-Round (MTWRF)</td>
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**WEDNESDAY**

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<tr>
<td>9:30 - 12:00</td>
<td>ART-11</td>
<td>Bookmaking (TWR)</td>
</tr>
<tr>
<td>12:00 - 1:30</td>
<td>Annual Meeting &amp; Lunch (at UCPC)</td>
<td></td>
</tr>
<tr>
<td>4:30 - 5:30</td>
<td>HL-07</td>
<td>Sprouting Year-Round (MTWRF)</td>
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**THURSDAY**

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<tr>
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<td>ART-09</td>
<td>Reed Basket Weaving (MRF)</td>
</tr>
<tr>
<td>9:30 - 11:30</td>
<td>HL-09</td>
<td>Peonies in Your Alaskan Garden</td>
</tr>
<tr>
<td>9:30 - 12:00</td>
<td>ART-11</td>
<td>Bookmaking (TWR)</td>
</tr>
<tr>
<td>12:15 - 1:30</td>
<td>CP-04</td>
<td>Intro to iPad (last class)</td>
</tr>
<tr>
<td>1:00 - 3:30</td>
<td>ART-12a</td>
<td>Botanical Drawing, Sec. a (TR, at Raven Landing)</td>
</tr>
<tr>
<td>2:00 - 3:30</td>
<td>ART-10b</td>
<td>Pressed Flower Pictures, Sec. b</td>
</tr>
</tbody>
</table>
FRIDAY

8:45 - 11:45 ART-09 Reed Basket Weaving (MRF)

9:00 - 11:00 HIS-06 Great Decisions 2016, II

10:00 - 11:00 ART-N1 Beginning Crochet (in North Pole)

10:30 - 11:45 SCI-10 Alaska’s Energy Futures II

12:15 - 1:30 EX-12 Get Ready to Go Bicycle Touring

12:15 - 1:30 HIS-11 Riverboat Racing

12:15 - 1:30 SCI-11 Space Physics & Aurora

12:15 - 1:30 EX-13 Tai Chi Push Hands

12:45 - 1:45 EX-14 Exercising with Resistance Bands

2:00 - 3:15 CP-09 e-Books, Audiobooks & More

2:00 - 4:00 CP-10 Basic Word

3:45 - 5:00 LIT-08 Intro to Writing Short Poems

6:30 - 8:00 CP-11 OS X (Apple) Basics

FRIDAY

7:00 - 11:00 SCI-09 History of the Periodic Table

8:45 - 11:00 CP-08 iOS: iPads & iPhones

9:45 - 11:45 HIS-06 Great Decisions 2016, II

10:00 - 11:00 ART-N1 Beginning Crochet (in North Pole)

10:30 - 11:45 SCI-10 Alaska’s Energy Futures II

12:15 - 1:30 EX-12 Get Ready to Go Bicycle Touring

12:15 - 1:30 HIS-11 Riverboat Racing

12:15 - 1:30 SCI-11 Space Physics & Aurora

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2:00 - 3:15 CP-09 e-Books, Audiobooks & More

2:00 - 4:00 CP-10 Basic Word

3:45 - 5:00 LIT-08 Intro to Writing Short Poems

6:30 - 8:00 CP-11 OS X (Apple) Basics

Online registration opens 9:30 a.m. Tuesday, Feb. 16 (see p. 30)
**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 excursions.

**Course Fees**
- $15 per course or
- $150 for unlimited courses for Year (Jan.–Dec.).

**Scholarships**
Reduced membership fees are available for those who are unable to pay the regular fees. Call 474-6607. Scholarships cover membership fees only; class registration fees are not covered.

**Guest Passes**
Non-members may enjoy a day of classes or activities for $10, or a single class meeting for $5. Call ahead to register and to check on space availability.

**Parking at University Park**
- Requires a UAF decal or a purchased permit from 8 am to 5 pm on weekdays. Failure to display a valid parking permit carries a $65 fine, enforced by UAF Parking Services.
- With decal or permit, you may park in any “UAF Decal Required” parking space around the Old UPark building.

**Parking Options**
- **OLLI Parking Permit**
  $10 for Jan. 1–June 30, valid at UPark any time; valid in the UA Museum of the North lot during times OLLI classes are held in the UA Museum of the North, O’Neill, or Murie. You must pick up your decal at the OLLI office. Bring your car 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.)

**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 with screen shots.
- Registration begins Feb. 16 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 (2016) 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 Feb. 16.
- If you do not have access to a computer at home, please come to our Registration Help Session on Feb. 16.
- Traveling on Feb. 16 and out of reach of the internet? We will accept mail-in registrations to be entered by OLLI staff, though your chances of getting into high-demand classes are best if you can register yourself promptly at 9:30 am on Feb. 16.

**Please Share the Joy**
“Enrollment limited” classes will probably fill and some people who want the class won’t get in. Please select only a small number of these classes on the day registration opens, to give others a chance. If spaces are still open a week later, go ahead and register for more. Thanks!

**Registration Help**

**Tuesday, Feb. 16, 9:30 - 11:30(529,814),(564,878)(564,814),(600,878) am**

**Old University Park Building**

Trained OLLI volunteers will be on hand to help members who don’t have internet access at home or who lack confidence to navigate online registration. Enjoy a cup of coffee and visit with friends in room #158 before or after your turn at the computer.

**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, mail, or in person. (Do not use email.)**

**Visit us at:**
Old University Park Building, room #159
1000 University Ave.
Fairbanks, Alaska
Online Registration Worksheet • Spring 2016

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

Membership Data for Mail-In Registrations:

If you cannot register online or attend our Feb. 16 registration help session, 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

REGISTRATION OPENS 9:30 am Feb. 16
You can access the online registration page from www.uaf.edu/olli/
Click on “How to Register” in the menu at the left.

Course Requests

<table>
<thead>
<tr>
<th>SESSION</th>
<th>CLASS CODE</th>
<th>TITLE</th>
<th>Day &amp; Time</th>
<th>2nd Choice</th>
</tr>
</thead>
<tbody>
<tr>
<td>II</td>
<td>SOC-02a</td>
<td>Sample Dawn of Civilization, section a</td>
<td>M 12:15-1:30</td>
<td>SCI-12</td>
</tr>
</tbody>
</table>

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

STEP 1: Purchase your 2016 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 or excursions online until you are a member for 2016.

STEP 2: Write your username and password in the box below. The OLLI office can look this up for you; contact us.

STEP 3: Decide what courses you want and write them below. Make sure there are no time conflicts.

STEP 4: Register online. Registration help will be available in UAF’s Old UPark Building on Feb. 16.

Have this information ready for log in:
Username ___________________________
Password ___________________________
Payment for membership & classes

- Check (payable to OLLI)
- Charge my ___ Visa ___ MasterCard

Cardholder name & billing address (if different from name & address on registration form):
____________________________________________________________________________________

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

- OLLI Spendable Fund (current expenses) $________
- OLLI Endowment (future earnings) $________

TOTAL DONATION $________

In honor of _____________________________________________ or
In memory of ____________________________________________

- Check is enclosed (payable to UA Foundation)
- Charge my ___ Visa ___ MasterCard

Cardholder name & billing address (if different from name & address on registration form):
____________________________________________________________________________________

The UA Foundation manages OLLI’s endowment. The Foundation periodically holds fundraising drives in which they mail or call previous donors. If you are making a donation and would like to restrict these contacts to OLLI fundraising only, make an X here: _____

Fees

Annual Membership (Jan–Dec, 2016) .............. $35 $________

Course Registration Fees
- Unlimited Year (Jan–Dec) .............. $150 $________
- OR Payment for ............. ______ courses × $15 $________

Additional Class Fees/Materials
- Fee for ART-02 (calendar) .............. $20 $________
- Great Decisions 2016 Briefing Book .... $26 $________
- Wine class fee ................... $80 $________

Excursion Deposits (Non-refundable. See pp. 26-27 for total costs and due dates.)
- Haines/Skagway .............. $450 $________
- Delta Junction .............. $100 $________
- Kotzebue ................... $100 $________
- Parking Permit (valid January–June) ........ $10 $________

TOTAL FEES $________
THANK YOU!

to all who donated to the Osher Lifelong Learning Institute at UAF in 2015.

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

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

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

Annual Giving 2015

Benefactor
(Donation of $1000 and up)
Anonymous
Dave & Carol Norton
in memory of Art Robson & Sue Ann Bowling
Rich & Patricia Seifert

Patron ($500 – $999)
Anonymous (x2)
Anonymous
in memory of Sue Cole
Roger & Sylvia Burns
in memory of Sue Cole & Paul Renschen
Barbara Horner-Miller & Jack Miller
Ron & Carol Johnson
in memory of Sue Cole & Paul Renschen
Stan Justice
Ann & Mike McCann
Joy Morrison & Susan McInnis
in memory of Allan McInnis
Ritchie & Mike Musick
Lynn & Montie Slusher

Donor ($250 – $499)
Anonymous
Frank & Julie Abegg
Sharon Berrian
Neal Brown
in honor of Fran Tannian
Leigh Anne Cox
in memory of Sue Cole
Karen Kowalski
in memory of Marjorie Kowalski Cole
Don Leistikow
Ginny McDowell
Mary Ann Nickles
Barbara Powell
Ann & Dan Swift
Gerald & Janice Whitton
Bill & Nancy Mendenhall
John & Judi Morack
Mary L. Moriarty
Linda Pearson
Mike Potter
Sue Sherif
Judy Rae Smith
Dorothy Stella
Alice Stickney
Janet Taylor
Ron & Mary Teel
Margret Van Flein
Paulette Wille
Chris & Jane Zimmerman

Supporter ($100 – $249)
Anonymous (x2)
Anonymous
in memory of Sue Cole
Karen Baker
in memory of Sue Cole
Marianne Boko
Neil Davis
Sarah Garland
in memory of Sue Cole & Paul Renschen
Tony Gasbarro
Joann Horner
David Klein
Rosalie L’Ecuyer
in memory of Doris A. Bartlett
Rachel Levine
Carol Linkswiler
Teri Lorkowski
Sue McHenry
Ed & Laurel McLaughlin
Bill & Nancy Mendenhall
John & Judi Morack
Mary L. Moriarty
Linda Pearson
Mike Potter
Sue Sherif
Judy Rae Smith
Dorothy Stella
Alice Stickney
Janet Taylor
Ron & Mary Teel
Margret Van Flein
Paulette Wille
Chris & Jane Zimmerman

Friend ($25 – $99)
Jean Coe
Sandra Dauenhauer
in memory of Pat Johnson
Ginny Kawasaki
Joanne Klumb
Steve & Jane Lanford
Peggy Mantei
Mary Matthews
Terry Roberts
Sue Royston
Patricia Stark
Judy Stoop
Leslie Teders
Mark Your Calendars

First-come, first-served
ONLINE REGISTRATION begins 9:30 a.m. Tues. Feb. 16

Need help?
Volunteers will be on hand
to help you register
9:30–11:30 am
Old University Park Building
1000 University Ave.

Annual Meeting and Lunch Social
for current members

Wednesday, March 30, 2016
12:00–1:30 pm
University Community Presbyterian Church
3510 College Road

A HEALTH CLUB FOR YOUR MIND!