A Health Club for Your Mind!

Osher Lifelong Learning Institute
For Seasoned Adults, Age 50+

Course Schedule
Spring 2019
A HEALTH CLUB FOR YOUR MIND!

OLLI at UAF

Osher Lifelong Learning Institute at the University of Alaska Fairbanks

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

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

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

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

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

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

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

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

Lecture Series
OLLI now offers two free public lecture series by distinguished UAF faculty and community members.
• Winter lectures are on topics related to Alaska or the North and are held on the first Fridays of December, January, and February.
• 2nd Century of UAF is an evening lecture series (see p. 4).

Socials
• Fall Kick-Off Ice Cream Social in September
• Lunch and Annual Meeting in March

Educational Travel
OLLI’s “Let’s Travel” group (see SIGs, p. 28) allows members to plan and take trips together. Many members also join excursions arranged by UAF Summer Sessions.

Location
Unless noted otherwise in the course description, classes are held at the UAF University Park Building (old University Park School) at 1000 University Avenue.
Evenings
FLM-05 Sudsy Slim Rides Again
FLM-06 Essential Films II
FF-02 Practical Beekeeping for Fairbanks
HIS-02 History of Motoring in Alaska
HIS-08 The Soul of America
HIS-10 Shipwreck Diving for Treasure
SCI-01 Interior Alaska Birds 101
SOC-05 2nd Century of UAF (FREE & open to the public)

Alaskan Topics
ART-04 Friday's Kuspuk
ART-09 Kuspuk Aprons
ART-10 Meet the Artists
ART-14 Knitting the Alaskan Cowl
FLM-05 Sudsy Slim Rides Again
FF-02 Practical Beekeeping for Fairbanks
FF-03 Straw Bale Gardening
HL-02 Ecology of Medical Care in Fairbanks
HL-05 Air Pollution in Fairbanks
HIS-02 History of Motoring in Alaska
HIS-06 A History of Creamer's Dairy and Creamer's Field
HIS-07 A Tale of Two Cats: the History of Two Early Caterpillar Traction Engines in the Interior
HIS-09 UAF Arctic Studies Grad Student Showcase
HIS-11 History of Alaska Salmon Research, 1889-1955
HIS-12 History of Pioneer Park: From A-67 to 2018
SCI-01 Interior Alaska Birds 101
SCI-02 Oil Spills in Sea Ice
SCI-03 Update on Alaska Climate
SCI-04 Science of Museum Collections
SCI-05 Northern Animal Adaptations
SOC-05 2nd Century of UAF (FREE & open to the public)
SOC-06 Redistricting: History, Election Districts, and the Gerrymander
SOC-09 Wild Alaska

2nd Century of UAF Lecture Series
ART-02 Watercolor Workshop I
ART-03 Watercolor Workshop II
ART-04 Friday's Kuspuk
ART-05 Weave a Reed Basket
ART-06 Block Printing
ART-07 Fair Isle Knitting
ART-08 Cloth Art Doll
ART-09 Kuspuk Aprons
ART-10 Meet the Artists
ART-11 Depth and Perspective in Drawing
ART-12 Drawing Studio: Expanding and Exploring
ART-13 Weaving Crafts Using Recyclable Materials
ART-14 Knitting the Alaskan Cowl

Computer Applications
CP-01 "Photos" for Mac, iPhone, & iPad
CP-02 iMovie for Mac
CP-03 iTunes: Learning to Navigate and Understand Apple’s Media Tool
CP-04 Introduction to iPhone
CP-05 Google Calendar and Related Google Apps
CP-06 Introduction to Lynda.com
CP-07 Exploring MacMost
CP-08 Introduction to iPad

Exercise & Recreation
EX-01 Awareness Through Movement®
EX-02 Strength Training for Athletes with Needy Knees
EX-03 Cross-Country Ski Touring
EX-04 Qigong for Longevity
EX-05 Cross-Country Skiing for Advanced Beginners
EX-06 Pilates Method of Body Conditioning
REC-01 Poker: America’s Card Game
EX-07 Beginning Yoga
REC-02 Euro-Style Board Games I
REC-03 Euro-Style Board Games II
REC-04 RVing: Is it for You?
EX-08 Basic Ice Skating Skills
REC-05 Fly-tying for Beginners
EX-09 Beginning Pickleball
EX-10 Advanced Beginning Pickleball
EX-11 Intermediate Yoga
REC-06 Bike Maintenance: Learn to Love Your Bike
EX-12 Slow Tennis

Films & Photography
FLM-01 Utopian to Dystopian: Films Along the Spectrum I
FLM-02 Utopian to Dystopian: Films Along the Spectrum II
FLM-03 John Wayne and John Ford: The Cavalry Trilogy and The Horse Soldiers
FLM-04 More Great Documentary Films
FLM-05 Sudsy Slim Rides Again
FLM-06 Essential Films II
FLM-07 Clif’s Choice: Dramas

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HL-04 Finding Dogma in the Dog World
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HL-07 Aging Well II
HL-08 Science News for Food and Nutrition Research
HL-09 Get Your Ducks in a Row
HL-10 Beginning Mediation
HL-11 Rest and Digest: Natural Therapies for Digestion and Sleep Support
HL-12 Health Topics
HL-13 Tea as Medicine: Herbal Formulations for Common Complaints
HL-14 Self-Hypnosis
HL-15 Haircuts 101 Refresher
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HL-19 Meditation: What it Really Is

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HIS-02 History of Motoring in Alaska
HIS-03 Economic and Social Policy
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HIS-06 A History of Creamer’s Dairy and Creamer’s Field Migratory Waterfowl Refuge
HIS-07 A Tale of Two Cats: the History of Two Early Caterpillar Traction Engines in the Interior
HIS-08 The Soul of America
HIS-09 UAF Arctic Studies Grad Student Showcase
HIS-10 Shipwreck Diving for Treasure
HIS-11 History of Alaska Salmon Research, 1889-1955
HIS-12 History of Pioneer Park: From A-67 to 2018

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LIT-02 JourneySpeak: Finding Your Life Story
LIT-03 Modern American Poetry I
LIT-04 Modern American Poetry II
LIT-05 Poetry of Leonard Cohen
LIT-06 Poetry of Seamus Heaney
LIT-07 Poetry of Charles Bukowski
LIT-08 Become a Successful Self-Published Author
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SCI-02 Oil Spills in Sea Ice
SCI-03 Update on Alaska Climate
SCI-04 Science of Museum Collections
SCI-05 Northern Animal Adaptations
SCI-06 Frankencrispr: Hands-On Intro to CRISPR Gene Editing

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SOC-05 2nd Century of UAF
SOC-06 Redistricting: History, Election Districts, and the Gerrymander
SOC-07 Important Concepts and Documents Relating to Incapacity and Death
SOC-08 Let’s Talk Education
SOC-09 Wild Alaska
SOC-10 Ancestry 2.0
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Registration Worksheet
Thursdays, Feb. 14 - March 7
7:00 - 8:30 pm
Murie Auditorium, UAF West Ridge

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

Current OLLI members are encouraged, but not required, to register for this as a free course, SOC-05.

UAF celebrated its centenary in 2017 and is now in its second century. This spring we'll feature citizens who have made their way to our community by emigrating from another country. We hope their stories will help bring a new, deeper understanding of contributions immigrants are making to Fairbanks and the University of Alaska.

- **Feb. 14:**
  **Dr. Eduardo Wilner,** UAF Professor of Philosophy and Department chair, was born and raised in Argentina. He studied and worked in Canada, Minnesota, and Puerto Rico before coming to Alaska.

- **Feb. 21:**
  **Jonathan Shambare,** University Architect at UAF, was born in Zimbabwe. He earned his undergraduate and graduate degrees in Georgia. He provides architectural professional guidance and oversight of the physical features of the university.

- **Feb. 28:**
  **Elena Suleimani,** Seismology Technician at UAF's Geophysical Institute, was born in Russia. She has worked and raised a family in Fairbanks.

- **March 7:**
  **Rosalind Kan,** former UAF Chinese language teacher and Alaska DOT&PF civil engineer, was born in China. She was educated in Taiwan and the USA and has lived in Fairbanks for more than 40 years. She has organized the Fairbanks International Friendship day since its inception.
Knitting: the Mystery of Lace  
ART-01  Session I: Feb. 13, 20, 27, March 6  
Wedgesdays 9:30 am – 12:00 pm  
Join us to try your hand at knitting lace. While we knit, we'll  
talk about lace from different countries, which may use different  
weights and yarns. Students must know how to cast on, knit,  
and purl. We will knit some sample swatches and then knit a  
basic lace cowl pattern, which will be supplied, but if you have  
something special you'd like to knit in lace, bring along the  
pattern with the necessary yarn. Some possibilities are scarves,  
shawls, or socks. A basic supply list will be emailed after regis  
tration. Enrollment limited to 15.  
Instructor Gail Davidson is a retired geologist and a lover of  
all things fiber. When not playing outdoors, she knits in any spare  
moments, something she's been doing since dinosaurs walked the earth.

Watercolor Workshop, I & II  
ART-02  Session I: Feb. 13, 20, 27, March 6, 13  
ART-03  Session II: March 20, 27, April 3, 10, 17  
Wednesdays 2:30 – 5:00 pm (5 weeks each)  
* Part I is not required for Part II. You may enroll in either  
course separately, or in both. Less-experienced painters are  
strongly recommended to start with Part I and to attend the  
first class.  
Fellow OLLI members and guest artists will share tips for  
painting their favorite subjects or techniques. Students will  
be responsible for providing their own watercolor supplies; a  
detailed supply list will be emailed after registration. Enrollment  
limited to 15.  
Instructors: Patricia Mata-Celis, Janice Whitton, Krista Holbrook, Tom Nixon; others TBA.

Friday's Kuspuk  
ART-04  Session I: Feb. 14, 21, 28, March 7, 14  
Thursdays 2:00 – 4:30 pm (5 weeks)  
* Meets at Christ Lutheran Church (Farmer’s Loop & Iniauk)  
* Must bring and be able to operate your own sewing machine  
  with minimal assistance from the instructors.  
For students who have completed OLLI’s “Seams Great! Learn  
to Sew” course and others with advanced beginner garment  
sewing skills. Students must provide all materials and supplies  
for their kuspuk. Purchase your own pattern and pattern trac  
ing material and bring to the first class. Patterns are available at  
local quilt stores (not JoAnn’s) and online. No sewing machine  
is needed for the first class, which will be devoted to measuring  
to determine the correct size and pattern preparation. Students  
will be guided by instructors in determining how much fabric  
and trim needs to be purchased before the second class. An  
equipment supply list and instructor contact information will  
be sent after registration. Enrollment limited to 12.  
Instructors: Karen Milne has been a home economist, custom  
clothing seamstress, and sewing instructor for a variety of sewing  
classes for more than 40 years. Kanza Easterly-Keill taught home  
economics to junior high students for over a quarter of a century.

Weave a Reed Basket  
ART-05  Session I (Add-On): March 11, 12, 14  
Monday, Tuesday, Thursday 2:30 – 4:30 pm  
Weave a basket out of reed. Basket type will be instructor’s  
choice depending on material availability, possibly a berry pick  
ing basket. Bring a pail for wetting reed and scissors for cutting.  
Materials fee $20; pay instructor at the first class. Enrollment  
limited to 12.  
Instructor Krista Holbrook has enjoyed weaving baskets for  
fifteen years, having learned from Choctaw weavers in Mississippi.

Block Printing  
ART-06  Session II: March 18, 25, April 1, 8  
Mondays 2:30 – 4:30 pm  
Students will carve a design of their choice into a soft rubber  
block and then hand print the cutout on postcard-size card  
stock. We will print first with water-based ink and then, if  
desired, students can print with oil-based ink and watercolor  
the image. Bring: watercolors and brushes. Materials fee $20  
(covers cutters, water-based and oil ink, and rubber to cut on);  
pay instructor at the first class. Enrollment limited to 15.  
Instructor David Gerrish has taught art throughout Alaska and  
accumulated hundreds of field sketches that comprise exhibits here  
and in the Lower 48. His enthusiasm for art and the land he loves  
continues in retirement.

NEW Registration Procedure (see p. 34)  
Jan. 7 - 22: Request courses  
Jan. 23: Lottery runs & notifications are emailed  
Finalize registration with payment by Jan. 29.
**Fair Isle Knitting**  
**ART-07**  
**Session II: March 20, 27, April 3, 10**  
**Wednesdays 9:30 am – 12:00 pm**

Are you fascinated by the interplay of colors? Scottish knitters developed Fair Isle knitting to showcase small repeated patterns in many colors that blend, contrast, and intertwine. This class will play with charted colors and patterns. Bring your colored pencils, your knitting needles, and bits of colored yarn to share! You need to know how to cast on, knit, and purl, as a minimum; knitting above beginner level is a plus. A materials list will be emailed after registration. **Enrollment limited to 15.**

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

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**Cloth Art Doll**  
**ART-08**  
**Session II: March 20, 27, April 3, 10**  
**Wednesdays 1:00 – 3:00 pm**

In this class we will sew an art doll using a yard of solid cotton fabric. After assembling the doll, we will learn how to create a costume using a variety of materials. Bring: a sewing machine (not for the first class) and a sewing kit, including scissors and off-white thread for the doll and maybe colored thread later in the session. Instructor will provide all the materials (body fabric, stuffing, costuming fabrics, yarn for hair, and colored pencils for drawing the face). Materials fee $15; pay instructor at first class. **Enrollment limited to 10.**

**Instructor** Karen Malone has been sewing since her early youth. She loves to share what she has learned from her many years of experimenting with methods for applying color and using embellishments and imagination to create functional art.

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**Kuspuk Aprons**  
**ART-09**  
**Session II: March 28, April 4**  
**Thursdays 2:00 – 4:00 pm**

* Meets at Christ Lutheran Church (Farmer’s Loop & Iniauk)  
* Must bring and be able to operate your own sewing machine with minimal assistance from the instructors.

In this class, we will sew a chef style apron with a kuspuk pocket and trim. This is an easier and quicker sewing class than the Friday’s Kuspuk class, but beginner sewing skills are required. The instructor will provide the pattern, but students must provide all other materials and supplies for their kuspuk. Students should bring 1.5 yards of 42” good quality cotton fabric (recommend quilting cotton) and 1 package (2.5 yards each) of large rick-rack trim to coordinate or contrast the fabric. A full equipment and supply list and instructor contact information will be sent after registration. **Enrollment limited to 12.**

**Instructors:** Karen Milne and Kanza Easterly-Keill (see ART-04)

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**Meet the Artists**  
**ART-10**  
**Session II: March 28, April 4, 11, 18**  
(no class 3/21)

**Thursdays 3:45 – 5:00 pm**

Meet a different local artist every week. See examples of their work and hear them talk about their creative processes.

March 28: **Jan Raven Stitt**, painter (Kroma paints, oils, and watercolors)

April 4: **Gael Murakami**, painter (watercolors)

April 11: **Nikki Kinne**, painter (watercolors) and fiber artist

April 18: **Karen Austen**, painter (oils)

**NOTE:** On April 18 we’ll meet in the artist’s studio, which is downtown at 516 2nd Avenue, Suite 319

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**Depth and Perspective in Drawing**  
**ART-11**  
**Session II: March 22, 29, April 5, 12**  
**Fridays 8:45 – 10:00 am**

This class will be a mix of discussion and hands-on exercises in handling depth and “proper” perspective in your drawings. We will cover the psychology of perception, different types of perspective, cultural differences in art, and other pertinent topics. Students will provide their own materials, which should include a pad of drawing paper, preferably 11x14 or larger; drawing tools of your choice, such as pencils, charcoal, or Conté crayons; rulers; and erasers. If you have a yardstick or meter stick, it will help in our exercises on establishing vanishing points, but it is not required. **Enrollment limited to 20.**
Instructor Ray Bonnell is a Fairbanks-based writer and artist who concentrates on pen and ink drawings of historic buildings, old equipment, and landscapes. He earned a degree in visual art and is the author of Interior Sketches, Ramblings around Interior Alaska Historic Sites.

**Drawing Studio: Expanding and Exploring**

**ART-12**  Session II: March 22, 29, April 5, 12, 19  
**Fridays 12:15 – 1:30 pm (5 weeks)**

This is a continuation class for those who have taken any previous drawing class. We’ll continue expanding your skills through drawing exercises and art composition instruction. In addition we’ll explore several of the following drawing mediums: pen and ink, charcoal, scratchboard, and pastels. Materials fee $30; 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).

**Weaving Crafts Using Recyclable Materials**

**ART-13**  Session II: March 22, 29, April 5, 12  
**Fridays 2:00 – 4:00 pm**

We will make simple woven baskets using old calendars or gift wrap. We will make several types of baskets that were not introduced in the first session (Fall 2018), for those who are interested in retaking the class. We will use the first class to prepare strips from old calendars and gift wrap. Please bring paper scissors. If you have any old calendars or unused gift wrap, please bring those also. I will have a paper cutter we can use to cut the calendars into strips. For the next three classes, you will need about 10-20 mini clips like quilters clips or alligator clips (jaw opening.) I will have clips and paper to share if you don’t have any. Enrollment limited to 10.

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

**Knitting the Alaskan Cowl**

**ART-14**  Session II (Add-On): April 15, 16  
**Monday, Tuesday 2:30 – 5:00 pm**

Using a Calypso Farm Knitting Kit, with hand-spun yarn, you will knit the popular Alaskan Cowl. As part of knitting this cowl, you will learn how to knit Latvian Braids while knitting in the round. Materials fee $40 for the kit; pay instructor at the first class. Bring a size 11 6-inch circular needle if you have one. Knitting needles and other kits will also be available for purchase. Enrollment limited to 20.

Instructor Susan Willsrud, Farm Director at Calypso Farm and Ecology Center, loves wool and her flock of Shetland Sheep! She has been spinning and making wool items for over 15 years.

**Computer Applications**

**“Photos” for Mac, iPhone, & iPad**

**CP-01**  Session I: Feb. 11, 18, 25, March 4  
**Mondays 10:30 – 11:45 am**

* Bring an Apple/Mac computer, iPhone, and/or iPad

This is a chance to learn how to take your photos on an Apple device and present them in a format that you can share with your friends and family. In this class we will learn how to load photos onto a computer and how to organize, edit, and annotate them on all Apple devices. Finally we will put them together into a presentation. We will use the latest version of Photos so bring your Apple device to class with the latest updates (or the instructor can help you update). Individual help will be available on March 11 from 12:15–1:30. Enrollment limited to 12.

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

**iMovie for Mac**

**CP-02**  Session I: Feb. 11, 18, 25, March 4  
**Mondays 12:15 – 1:30 pm**

* Bring an Apple/Mac computer and power supply

iMovie is an Apple application that comes free on all Apple computers. It allows you to combine photos and videos into a truly professional presentation. Bring your Apple computer with the latest updates, or the instructor can help you update. We will load photos and videos onto the computer, learn how to organize them, narrate and annotate them, and add music to the final presentation. We will also discuss the many ways that you can share your presentation. Individual help will be available on March 11 from 2:00-3:15. Enrollment limited to 12.

Instructor: John Morack (see CP-01)

NEW Registration Procedure (see p. 34)

Jan. 7 – 22: Request courses

Jan. 23: Lottery runs & notifications are emailed

Finalize registration with payment by Jan. 29.

NEW course lottery: request courses Jan. 7 – 22 (see p. 34)
iTunes: Learning to Navigate and Understand Apple's Media Tool
CP-03  Session I: Feb. 11, 18, 25, March 4  
Mondays 3:45 – 5:00 pm
* Bring your own Mac laptop, iPhone, or iPad to class.
If you use an Apple device to listen to music, watch videos, read ebooks, or explore media, you've come across iTunes, which is Apple's media tool/player. It can be overwhelming to try to explore and discern how to use it. Our goal is for you to leave this class with a better understanding of what iTunes is and how to make the most of it. Enrollment limited to 8.

Instructor Gary Bender has over 40 years experience in all levels of education and was a tech nerd/geek long before the term existed (hint: timeshare, 1967, Dartmouth BASIC).

Introduction to iPhone
CP-04  Session I: Feb. 12, 19, 26, March 5  
Tuesdays 10:30 – 11:45 am
* Bring your own iPhone and your Apple account login information.
This class is designed to give users a basic understanding of the functions and features of the Apple iPhone and will examine a variety of applications. Enrollment limited to 20.

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

Google Calendar and Related Google Apps
CP-05  Session I: Feb. 13, 20, 27, March 6  
Wednesdays 9:30 – 11:30 am
Google Calendar is the most used appointment scheduling app. See how Google Calendar works together with other Google Apps you already know and use: Gmail, Google Drive, Docs/Sheets/Slides. We'll also look at smaller, lesser-known Google Apps, like Google Meet, Google Keep, and Forms. The only requirement: a Gmail account and your password to that account. Class meets in a computer lab, so you don't need to bring your own computer. Enrollment limited to 20.

Instructors Chris Beks and Tina Johnson are instructional designers with UAF eCampus.

Introduction to Lynda.com
CP-06  Session I (Add-On): March 13  
Wednesday 2:00 – 3:15 pm
Fairbanks North Star Borough Library cardholders now have free access to this online learning platform, which features thousands of video tutorials in software skills. Lynda.com offers endless possibilities! Want to learn more about social media, website design, graphic design, or how to use a specific computer program, such as Word? Lynda.com likely has a tutorial. Learn what Lynda.com has to offer, and then with your library card and an internet connection, you can enjoy Lynda.com from your home. Class meets in a computer lab, so you don't need to bring your own computer. Enrollment limited to 10.

Instructor Natalie Forschaw is a Community Services manager for the Fairbanks North Star Borough libraries.

Exploring MacMost
CP-07  Session II: March 18, 25, April 1, 8  
Mondays 10:30 – 11:45 am
MacMost.com is a website which offers explanations, usage tips, and short courses in using Mac computers. Content changes weekly and presents a mix of common and little known features of Apple software in a TED Talk-like structure, but much shorter (3 to 5 minutes). We will watch and discuss tips that may be of value to Mac users. Students are encouraged to visit MacMost and to share a list of topics they find interesting. Open to new and returning students. 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.

Introduction to iPad
CP-08  Session II: March 21, 28, April 4, 11  
Thursdays 10:30 - 11:45 am
* Bring your own iPad and your Apple account login information.
This class is designed to give users a basic understanding of the functions and features of the Apple iPad and will examine a variety of applications. Enrollment limited to 20.

Instructor William Sanderson (see CP-04)

Exercise & Recreation

Awareness Through Movement*
EX-01  Session I: Feb. 11, 18, 25, March 4  
Mondays 10:30 – 11:45 am
* You must be able to get down and back up from the floor several times each hour.
The Feldenkrais Method uses gentle movements and directed attention to enhance muscular efficiency by reducing subconscious muscular habits that often limit the quality of our movements. Class participants are verbally led through a sequence of movements in basic positions such as lying on the floor, sitting in a chair, or standing. Each class will feature a different movement sequence designed to increase awareness of how your body functions. Bring a yoga mat or similar floor pad. Enrollment limited to 15.

Instructor Russell Walker holds a degree in Kinesiology from Oregon State University and uses the Feldenkrais* Method to improve posture, movement, and well-being.
Strength Training for Athletes with Needy Knees
EX-02  Session I: Feb. 11, 18, 25, March 4, 11
Mondays 12:15 – 1:30 pm (5 weeks)
* You will need to get up and down from the floor multiple times during each hour.
* For first-time students or those who’ve undergone major surgery since they last took the course.
We will focus on core strength exercises to enhance knee stability with the goal of minimizing your chance of injury. The first class will include a basic functional assessment of each student. Then you’ll learn how to do exercises with cues on proper form for your existing strength level with adjustments to the exercises as you improve. Bring a fully inflated, properly sized Swiss ball beginning with week 2. We’ll email you information on selecting the appropriate size ball for your height. Wear gym shorts or tights so that the instructor can see what your knees are doing. Enrollment limited to 15.

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

Cross-Country Ski Touring
EX-03  Session I: March 4, 6, 8, 11, 13 (no class 3/15)
Mondays, Wednesdays, Fridays 1:00 – 3:00 pm
* Meets at a variety of locations depending on the selected trail for that day
We will focus on exploring a variety of local trails, some groomed and others ungroomed. You must be at least an advanced beginner skill-wise, but more important is the ability to ski at a comfortable, moderate pace for 1½ to 2 hours with occasional stops. Enrollment limited to 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.

Qigong for Longevity
EX-04  Session I: Feb. 12, 19, 26, March 5
Tuesdays 8:45 - 10:00 am
Qigong (pronounced “chee-gong”) is an ancient Chinese exercise to improve health and longevity. The exercise is mild and slow like Tai Chi or yoga and can be done in a standing or sitting position. Students will be be required to move around. Bring comfortable shoes. No experience necessary, but please only register if you are able to attend at least 3 classes. Enrollment limited to 7.

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

NEW course lottery: request courses Jan. 7 - 22 (see p. 34)
**Cross-Country Skiing for Advanced Beginners**

**EX-05**  
Session I: March 5, 7, 12, 14  
Tuesdays and Thursdays 12:30 – 1:30 pm

* Meets at the UAF Ski Hut

In addition to positive health benefits, skiing provides an informal opportunity to socialize and explore new trails. For this class, students need to have a basic familiarity with classical (a.k.a. diagonal-stride) technique and the ability to move over flat terrain and comfortably ski down gentle hills. Our focus will be upon improving technique, as well as learning more about equipment and basic ski waxing. Bring: classic style skis, boots, and poles that fit you comfortably. *Enrollment limited to 10.*

_Instructor: Tim Buckley (see EX-03)_

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**Pilates Method of Body Conditioning**

**EX-06**  
Session I: Feb. 13, 20, 27, March 6  
Wednesdays 2:00 – 3:00 pm

* Must be able to get down onto the floor and get back up without assistance

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

_Instructor Ruth Merriman is a certified Pilates instructor at North Star Ballet._

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**Poker: America’s Card Game**

**REC-01**  
Session I: Feb. 14, 21, 28, March 7, 14  
Thursdays 10:30 – 11:45 am (5 weeks)

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

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

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**Beginning Yoga**

**EX-07**  
Session I: Feb. 14, 21, 28, March 7, 14  
Thursdays 12:15 – 1:30 pm (5 weeks)

* For beginners. If you have taken a yoga class before, please choose EX-11 Intermediate Yoga instead.

If you would like a slow, 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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Did you know all OLLI instructors are volunteers?  
THANK YOU, instructors!
Euro-Style Board Games, I & II
REC-02  Session I: Feb. 15, 22, March 1, 8
Fridays 2:00 – 4:00 pm
REC-03  Session II: March 22, 29, April 5, 12
Fridays 2:00 – 4:30 pm
* Part I is not required for Part II. You may enroll in either course separately, or in both.

Part I: Are you interested in going beyond Monopoly and trying something a bit different? Do you like to figure out the logic of new games? Join us and learn to play these slightly more complex board games, like Ticket to Ride and Settlers of Catan. The games always start with a teaching session to learn the rules. No experience required. Enrollment limited to 12.

Part II: We’ll cover slightly more difficult Euro-style (and related) board games, including The Castles of Mad King Ludwig and 7 Wonders. There will not be any overlap of games from Part I. The games always start with a teaching session to learn the rules. No experience required. Enrollment limited to 12.

Instructor Laura Walsh was introduced to Euro-style board gaming by a friend in Australia. She is a member of the meetup group Interior Alaska Gamers.

RVing: Is it for You?
REC-04  Session I (Add-On): March 12, 14
Tuesday, Thursday 2:00 – 3:15 pm
Drawing from forty years experience with RV ownership and travels, this course will cover the following: types of RVs, buying and selling, using your RV, needed equipment, and maintenance and repairs.

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

Basic Ice Skating Skills
EX-08  Session II: March 18 - April 17
Mon. & Wed. 11:00 am – 12:00 pm (5 weeks)
* Meets at UAF Patty Center Ice Arena. OLLI parking permits are NOT valid at Patty Center.

Whether you’ve never ice skated before, or it’s been many years and you’d like to try it again, this class will get you gliding over the ice. As with any new sport or exercise program, consult with your doctor to see if ice skating is a good choice for you. If you have skates that fit you, bring them; if you don’t, you can borrow a pair of rental skates at no additional charge. Helmets are recommended for beginning skaters. $30 fee covers ice time; pay OLLI at registration. Enrollment limited to 15.

Instructor Anne Derkacz-Wagner has been teaching skating to all ages for 30+ years. She enjoys all types of skiing, walking, and paddleboarding.

Fly-tying for Beginners
REC-05a  Session II: March 18, 25, April 1, 8
Section a: Mondays 2:00 – 3:15 pm
REC-05b  Session II: March 18, 25, April 1, 8
Section b: Mondays 3:45 – 5:00 pm
* Two sections of the same course; register for one only
You’ll learn that fly tying is not that hard, and it’s fun, too! Come give it a try in this hands-on class. $5 materials fee; pay instructor at the first class. Enrollment limited to 4 per section.

Instructor Richard Barnes is retired from Alaska Department of Fish and Game and teaches fly tying for the Becoming an Outdoors Woman program.

Beginning Pickleball
EX-09  Session II: March 20, 27, April 3, 10, 17
Wednesdays 1:00 – 2:30 pm (5 weeks)
* Meets at UAF Student Recreation Center (SRC) Court #3
* A photo I.D. and a clean pair of athletic shoes are required
* If you have taken this course at OLLI before, please let others have a chance to try it.
* OLLI parking permits are NOT valid; you can pay by the hour at the parking kiosks

Pickleball has been described as “the fastest growing sport you’ve never heard of” and its popularity is rising among OLLI-age adults. It is played on a badminton-sized court with a perforated plastic ball (similar to a whiffle ball) and paddles similar to large ping-pong paddles. It is easy to learn and all equipment is provided. If you like tennis, racquetball, ping-pong, or badminton, you will love pickleball. $15 facility fee; pay OLLI at registration, and equipment fee $10; pay instructor at the first class. Enrollment limited to 16.

Instructors are members of the Farthest North Pickleball Club.
Advanced Beginning Pickleball
EX-10  Session II: March 20, 27, April 3, 10, 17
Wednesdays 3:00 – 4:30 pm (5 weeks)
* Meets at UAF Student Recreation Center (SRC) Court #3
* A photo I.D. and a clean pair of athletic shoes are required
* OLLI parking permits are NOT valid; you can pay by the hour at the parking kiosks
This class is for students who took the OLLI Beginning Pickleball class and feel comfortable moving on, or students who have some experience playing and knowledge of the basic rules. Please review the game rules at https://www.usapa.org/basics-rules-summary/ prior to the first class. Equipment is provided, just bring your clean court shoes and athletic wear (and that very special paddle you may have bought). We will focus on advancing your playing skills with the most popular strategies, and of course, having as much fun as possible. See you on the courts! $15 facility fee; pay OLLI at registration, and equipment fee $10; pay instructor at the first class. Enrollment limited to 16.
Instructors are members of the Farthest North Pickleball Club

Intermediate Yoga
EX-11  Session II: March 22, 29, April 5, 12, 19
Fridays 8:45 – 10:00 am (5 weeks)
* For students with previous yoga experience. Beginners, please choose EX-07, Beginning Yoga.
Bring your sticky mat, blocks and strap (if you have them), and something to put under your head during relaxation. Enrollment limited to 25.
Instructor Patricia Mata-Celis has practiced yoga for many years.

Bike Maintenance: Learn to Love Your Bike
REC-06  Session II: March 22, 29, April 5, 12, 19
Fridays 8:45 – 11:45 am (5 weeks)
* Bring a bike!
Learn how to fix flats, adjust gears and brakes, straighten wheels, and take care of bearings, chains, and cables. Set up your bike for better riding and be prepared for all conditions – even winter! Bring your bike! Enrollment limited to 10.
Instructor Simon Rakower has been teaching bike repair for over 25 years in Fairbanks and elsewhere. He trained instructors to teach kids to work on bikes for the Recycle a Bicycle program in Brooklyn, NY. He dreams of a world where all riders can fix their own flats.

Slow Tennis
EX-12  Session II: March 22, 29, April 5, 12
Fridays 2:00 – 3:15 pm
Have you ever wished you could get back into tennis, or wondered how you could start playing tennis? Then this is the class for you! Starting with large foam balls, you will find that success comes easily and you don’t have to run! Later, smaller foam balls allow the fun to be a bit more like real tennis but still slower. After four classes in the gym you will be ready to get on the outside courts with real tennis balls this summer. Or, just come and have fun! Bring a racket if you have one; some will be available to borrow. Enrollment limited to 12.
Instructor Mary Matthews has been playing tennis off and on during her adult life, and now regularly plays doubles with friends.

Films & Photography
Outdoor Photography: Creating Compelling Images of Landscape and Wildlife
PHT-01  Session I: Feb. 12, 19, 26, March 5
Tuesdays 8:45 – 10:00 am
From landscape to wildlife, nature photography is one of the most popular disciplines of the art, but to improve your own outdoor photography, you need to understand more than how to operate your camera. This class will cover the technical aspects of photography, landscape composition, photographing wildlife, and night photography including the aurora.
Instructor David W. Shaw is a widely published professional outdoor photographer, science writer, and photo educator. His images and articles have appeared in magazines like Shutterbug, Sierra, Bird and Blooms, Photo Technique, UnDark, and Alaska, among many others.

Did you know all OLLI instructors are volunteers?
THANK YOU, instructors!
Utopian to Dystopian: Films Along the Spectrum, I & II

FLM-01 Session I: Feb. 13, 20, 27, March 6
FLM-02 Session II: March 20, 27, April 3, 10
Wednesdays 2:00 – 5:00 pm

* Part I is not required for Part II. You may enroll in either course separately, or in both.

Why all the current dystopian films? Where are the happy movies? Is it the times? Is it the film industry? Is it technology? Or is it us? In each class, we’ll watch movies and explore these questions.

Part I: We’ll begin with Lord of the Flies (1963), based on William Golding’s novel about young boys who survive a plane crash and evolve a society. Would we do it differently? On the Beach (1959) is set after a global nuclear war, as Australians cope with the knowledge that all life will be destroyed in the coming months. Metropolis (1927) is a futuristic classic that comments on the industrialization and alienation of society. Is it possible to mediate the rift between the working and upper classes? Brazil (1985) is a Monty Python-like comedy where bureaucracies and technical errors abound.

Part II: Mad Max II: the Road Warrior (1981) is part of an Australian series about individual and group survival in the outback as resources dwindle. The Handmaid’s Tale (1990) is based upon Margaret Atwood’s novel exploring women’s roles in society, class, religion, and fertility. This film predates the TV series of the same name. Gaataca (1997), is a cautionary film set in a genetic engineering corporation. Will your genetic code predetermine your destiny? Finally, as dystopia perhaps begins to feel overwhelming, we’ll turn to the charming animated movie Wall-E (2008), the story of a waste-collecting robot who searches for love and purpose and thereby influences the fate of humankind.

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.

John Wayne and John Ford: the Cavalry Trilogy and The Horse Soldiers

FLM-03 Session I: Feb. 15, 22, March 1, 8
Fridays 2:00 – 5:00 pm

Beginning in 1948, John Ford and John Wayne produced three movies that became known as the Cavalry Trilogy: Fort Apache, She Wore a Yellow Ribbon, and Rio Grande. In 1959 Ford and Wayne were at it again, producing The Horse Soldiers, a Civil War epic based on historical events that occurred in 1863. We will watch these films after reviewing the background stories of their production, historical accuracy, and cast profiles. Popcorn provided.

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

More Great Documentary Films

FLM-04 Session II: March 19, 26, April 2, 9
Tuesdays 9:30 – 11:30 am

Four great documentary films will be shown and discussed. Winner of the 2010 Academy Award for Best Documentary Feature, Inside Job (2010) explores how changes in policy and banking practices helped create the financial crisis of the late 2000’s. The Deep (2012) is an Icelandic drama based on the true story of Guðlaugur Friðþórsson, a fisherman who was the sole survivor of a shipwreck, and who was subsequently celebrated as a national hero but who struggled with survivor’s guilt. Food, Inc. (2008) examines corporate farming in the United States. The Internet’s Own Boy (2014) depicts the life of American computer programmer, writer, political organizer, and Internet activist Aaron Swartz.

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

Sudsy Slim Rides Again

FLM-05 Session II: April 10
Wednesday 6:00 – 9:00 pm

* Meets in Murie Auditorium. Parking is free after 5:00 pm.

Sudsy Slim Rides Again is an action-comedy-heist movie about two fugitives who break out of prison and, in an attempt to escape the town, kidnap the town’s most famous resident—the mummified body of Sudsy Slim. View the movie and hear about the process of funding, writing, and producing this independent film from one of its authors.

Instructor Darin Carpenter is a longtime Fairbanks resident and is the brother of Tundra cartoonist Chad Carpenter, the other co-author of this film. Darin has been a cartoon writer and co-authored several books before dabbling in the world of screenwriting.

Essential Films II

FLM-06 Session II: March 21, 28, April 4, 11, 18
Thursdays 5:15 – 8:00 pm (5 weeks, class may occasionally run as late at 9:00 pm)

* Meets at O’Neill 201 on UAF’s West Ridge. Parking is free after 5:00 pm.

“The Essentials” are a loosely-defined set of films essential to one’s overall understanding of cinematic art and a basis for comparison against all other films. These films generally contain an in-depth exploration of the human condition and also push the boundaries of the art of film-making. We will view and discuss five essential films representing five different genres: [French New Wave] The 400 Blows (1959), [Screwball Comedy] It Happened One Night (1934), [Thriller] North by Northwest (1959), [Film-Noir] The Postman Always Rings Twice (1946), [Silent] The General (1926).

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

FLM-07  Session II: March 22, 29, April 5, 12, 19
Fridays 2:00 – 5:00 pm (5 weeks)

There have been hundreds of excellent dramatic movies made by talented directors, actors, and actresses, and it proved an extremely difficult task to select five for this course. Although some have been featured in previous courses, without exception these films are worthy of multiple viewings. We’ll view On The Waterfront (1954, with Marlon Brando), The Best Years Of Our Lives (1946, with Myrna Loy, Dana Andrews and Fredric March), The Godfather (1972, with Marlon Brando and Al Pacino), To Kill A Mockingbird (1962, with Gregory Peck), and The Last Picture Show (1971, with Timothy Bottoms and Jeff Bridges).

* Note: The Best Years Of Our Lives and The Godfather are each almost three hours long, and The Godfather and The Last Picture Show are both deservedly rated R.

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

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Foods & Flowers

Cheese 101 with Murray’s Cheese

FF-01  Session I: Feb. 11, 18, 25, March 4
Mondays 3:15 – 4:30 pm

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

Humans have been making and eating cheese since before recorded history, and a multitude of different cheeses are made and enjoyed around the world today. Learn about cheese from the only Certified Cheese Professional in Alaska and sample some different varieties. Materials fee $60; pay OLLI at registration. Enrollment limited to 20.

Instructor Greg Trevino is a Murray’s Cheese Master at Fred Meyer in Fairbanks.

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Practical Beekeeping for Fairbanks

FF-02  Session I: Feb. 14, 21, 28, March 7, 14
Thursdays 5:15 – 6:45 pm (5 weeks)

* Meets in O’Neill 201 on UAF’s West Ridge. Parking is free after 5:00 pm.

No flowers for 9 months! How’s a bee going to eat and keep warm? Fairbanks beekeepers use unique tricks to keep bee hives healthy. In this course we’ll 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. Enrollment limited to 40.

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

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Kombucha

FF-04  Session I (Add-On): March 11
Monday 10:30 – 11:45 am

Kombucha is a fizzy drink made by fermenting tea with a “SCOBY”: Symbiotic Culture of Bacteria and Yeast. Come learn about and taste kombucha. You will not be making your own kombucha in this course, but you’ll learn where to gather the materials and information you’d need if you decide you want to make your own.

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

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Cake Decorating

FF-05  Session II: March 19, 26, April 2, 9
Tuesdays 2:00 – 3:15 pm

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

Instructor Monte Landis put herself through college decorating wedding cakes.
Healthy Living

Medical Cannabis
HL-01       Session I: Feb. 11, 18, 25, March 4, 11
Mondays 12:15 – 1:30 pm (5 weeks)
We'll discuss the history of medical marijuana in America and how marijuana came to be outlawed while also being used as a natural medicine. This course will also provide information on cannabis in Fairbanks, the shops, what they offer, and what to ask for. You will gain an understanding of how cannabis is being used as medicine.

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

Ecology of Medical Care in Fairbanks
HL-02       Session I: Feb. 11, 18, 25, March 4
Mondays 2:00 – 3:15 pm
We'll examine major aspects of the local health care system, including a review of options, Medicare, Medicaid, mental health, and financial and intergovernmental issues. We hope to unravel many aspects of the healthcare system and its mysteries.

Facilitated by Rich Seifert with help from local medical system professionals Mike Powers (past hospital administrator and now with Tanana Valley Clinic), Karen Perdue (former commissioner of Alaska Department of Health and Human Services), and Steve Leslie (fiscal officer with Foundation Health).

Navigating Hearing Health Care
HL-03       Session I: Feb. 11, 18, 25, March 4
Mondays 3:45 – 5:00 pm
Hearing health education is very lacking and often confusing! Every single one of us will develop hearing loss—it's time to get educated! We'll review the anatomy and physiology of the ear and how our brain is involved; how hearing is evaluated; what forms of hearing loss treatment exist; how you are protected by federal and state laws regarding consumer protection; and how to navigate insurance coverage. The final lecture will be an open forum with Fairbanks' only doctor of audiology, with an opportunity for a free hearing screening and product demonstrations. Enrollment limited to 30.

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

Finding Dogma in the Dog World
HL-04       Session I: Feb. 12, 19, 26, March 5
Tuesdays 8:45 – 10:00 am
What is necessary to have a happy, healthy dog? The details of evidence-based medicine are overwhelming to ponder, and then there are all the fads and social media news to consider. It is helpful to be aware of the basis for health, and that's what this course will offer. There will be handouts, some science, some not-so-science, and plenty of examples of what to do and what not to do. Cat people are welcome but the focus will be dogs.

We'll cover:
• Food for Thought
• Vaccines/Allergies/Thyroid disease
• The Geriatric Dog
• The Athletic Dog

Instructor Jeanne Olson, DVM, has been a holistic veterinarian in North Pole for more than 30 years and combines many alternative modalities with conventional medicine applications. She is still learning.

Air Pollution in Fairbanks
HL-05       Session I: Feb. 12, 19, 26, March 5, 12
Tuesdays 10:30 – 11:45 am (5 weeks)
Potential solutions to poor air quality raise tricky questions such as cost or individual liberty versus community welfare, but instead of assigning blame or wringing our hands, this course will focus on actions we can take as a community. We'll cover:
• how our air became polluted and steps taken to address the problem; health and economic impacts from action and inaction; atmospheric chemistry of air pollution; how to measure air quality in your neighborhood; and new technology to clean what comes out of chimneys.

Instructors: Owen Hanley is a retired physician; Jimmy Fox is a biologist; Jeanne Olson is a North Pole veterinarian who has been testing a device to reduce chimney emissions; Jingqiu Mao is a UAF faculty member who studies atmospheric science.
Aging Well, I & II
HL-06  Session I: Feb. 12, 19, 26, March 5
HL-07  Session II: March 19, 26, April 2, 9
Tuesdays 3:45 – 5:00 pm

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

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

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

Science News for Food and Nutrition Research
HL-08  Session I: Feb. 13, 20, 27, March 6
Wednesdays 10:30 – 11:45 am

Diet quality, rather than counting calories, is associated with weight loss and a longer, healthier life. Additionally, the new physical activity guidelines reflect that an active lifestyle is associated with reduced anxiety, improved sleep, improved blood sugar control, cognitive benefits, and significantly lower risks of heart disease and certain cancers. This course includes four action packed, big data presentations, spiced with participant questions.

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

Get Your Ducks in a Row
HL-09  Session I: Feb. 14, 21, 28, March 7, 14
Thursdays 8:45 – 10:00 am (5 weeks)

Take control of your life and be prepared for the coming years, so you can enjoy time with family and friends knowing you’ve put your affairs in order. Classes will cover the following: gathering your information, updating your will, planning for your health care, reviewing your finances, and ensuring your safety and security. Classes will be presented by Pam Wagaman, Mary Ann Borchert, Mike Cavaliere, Sara Patterson, Leslie Fails, and Ben Roth.

Beginning Mediation
HL-10  Session I: Feb. 14, 21, 28, March 7, 14
Thursdays 10:30 – 11:45 am (5 weeks)

We’ll begin with communication skills, the foundation for being a successful mediator. You will learn a protocol for conducting a mediation. We will stage simulated mediations, where students can apply their skills and get a feel for what it's like to be in the “hot seat” as a mediator. This class is highly participatory.

Please note there is no official certification; it’s “just for fun.”
Enrollment limited to 16.

Instructor David Frey managed a successful peer mediation program at Tanana Middle School for 16 years. He also worked part time as a mediator, primarily in child custody cases.

Rest and Digest: Natural Therapies for Digestion and Sleep Support
HL-11  Session I: Feb. 14, 21, 28, March 7
Thursdays 2:00 – 3:15 pm

This course will include tips for optimizing health through nutrition and lifestyle factors. We’ll also discuss supplements and botanicals, as well as the impact of technology and BioEnergetics. The class will be led by a naturopathic doctor and will include additional instruction from an acupuncturist, massage therapist, counselor, and chiropractor. Enrollment limited to 30.

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

Health Topics
HL-12  Session I: Feb. 14, 21, 28, March 7
Thursdays 3:45 – 5:00 pm

Feb. 14: An introduction to fascia and the fascial distortion model, with Dr. Kathleen Carey, DO
Feb. 21: Practical applications of the fascial distortion model, with Dr. Mary Joy, DO
Feb. 28: Healthy feet, with Dr. Dustin Hubbard, DPM
March 7: Topic TBA, with Ivy Hollinrake, a cardiac rehabilitation nurse and smoke-free advocate

Tea as Medicine: Herbal Formulations for Common Complaints
HL-13  Session I: Feb. 15, 22, March 1, 8
Fridays 8:45 – 10:00 am

Learn how to make medicinal herbal teas for common health complaints. The first class will focus on the principles of medicinal tea such as herb selection, optimal brewing, and dosing. Subsequent weeks will expand your herbal repertoire and help you create your own medicinal tea recipes. A handy reference of medicinal herbs, uses, energetics, and any known contraindications will be provided to participants along with the tea recipes. Each week you’ll taste, smell, and see the medicinal herbs we are discussing. You may wish to bring a teacup or coffee mug to sample teas but paper cups will be provided. Materials fee $3; pay instructor at the first class.

Instructor Amy Seiberlich is a Naturopathic Doctor who practices at Alaska Center for Natural Health. She specializes in gut health, permanent weight loss, and mental health support. She holds a doctoral degree in Naturopathic Medicine from Bastyr University.
**Self-Hypnosis**

**HL-14**  
**Session I: Feb. 15, 22, March 1, 8**  
**Fridays 3:45 – 5:00 pm**

Interested in stress reduction, enhancing skills, or changing old habits? Self-hypnosis is an effective way to take control of the power of your subconscious mind and achieve positive change in your life. Learn about hypnosis, the subconscious mind, effective self-hypnosis techniques, and how to craft effective autosuggestions. Experience group hypnosis and take from this class powerful tools you can use to change your life in positive ways. Improve creativity, intuition, health, reflexes, concentration, sense of humor, memory, and pain management. The text, *Self-Hypnosis and Other Mind Expanding Techniques* by Charles Tebbetts, is available for $15 directly from the instructor.

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

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**Haircuts 101 Refresher**

**HL-15**  
**Session I (Add-On): March 12, 14**  
**Tuesday, Thursday 12:15 – 1:30 pm**

Do you cut hair for your spouse or children? Want to learn tips for getting that finished look? Bring in your partner or person in need of a haircut, or come get a free one yourself. See and learn some basic cuts and discuss flattering styles for different individuals. Beards welcome! (Note: Cutting hair professionally requires a license and formal training; this course is for amateurs who want to cut friends’ hair for free.) *Enrollment limited to 12.*

**Instructor Krista Holbrook** worked as a Licensed Barber during her younger years and has enjoyed the practice throughout her life.

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**Indoor Air Quality**

**HL-16**  
**Session II: March 19, 26, April 2, 9**  
**Tuesdays 12:15 – 1:30 pm**

Outdoor air comes inside our homes and carries with it things that negatively affect our health. Other pollutants or allergens are produced or concentrated indoors. Learn what causes poor indoor air quality, how it affects our health, and steps you can take to create cleaner, healthier indoor air.

**Instructors:** **Tim Foote, MD**, specializes in allergy and asthma treatment at Tanana Valley Clinic. **Richard Musick** of Ventilation Solutions and **staff of the Cold Climate Housing Research Center (CCHRC)**.

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**First Aid, CPR, and AED**

**HL-17**  
**Session II (Add-On): Apr 15 – 19**  
**MTuWThF 3:45 – 5:00 pm**

We will cover the basics of first aid, medical emergency signs and symptoms, and injury emergencies and what to do about them. Medical emergencies covered will include stroke, heart attack, seizures, severe allergic reactions, shock, and choking. Everyone will practice adult chest compressions and use of an AED. *Enrollment limited to 20.*

**Instructor Terry Solomon** has 25 years experience teaching in Alaska public schools, 13 years as an EMT, and 12 years as a volunteer for Chena-Goldstream Fire and Rescue. She is currently teaching EMT classes, working on wildland fires, taking OLLI classes, and being a Gramma.

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**Vitamin D: Diet, Supplements, and/or Sun?**

**HL-18**  
**Session II (Add-On): April 16**  
**Tuesday 12:15 – 3:15 pm**

When it comes to Vitamin D, are you deficient, sufficient, optimal, or at risk for side effects? Vitamin D is a prohormone that is converted by our liver and kidneys to an active form which is associated with numerous health conditions and possibly longevity. But association doesn’t prove causation—low Vitamin D levels may instead be a marker for ill health. We’ll explore current research findings, testing options, and what to do with this information, including how to inform and work with your healthcare provider.

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**Did you know all OLLI instructors are volunteers?**  
THANK YOU, instructors!
Instructor Melinda F. Evans, MD, MPH, practiced primary care outpatient adult medicine for almost 25 years in Fairbanks. As a lifelong learner with a family history of skin cancers, osteoporosis, and atherosclerosis, she has a personal interest in Vitamin D.

**Meditation: What it Really Is**
HL-19    Session II (Add-on): April 17
Wednesday 10:30 – 11:45
Have you ever wanted to try meditation? Come join us and see what it really is. **Enrollment limited to 20.**

Instructor Patricia Mata-Celis (see EX-11) has practiced meditation for 35 years and has been a student in the Zen tradition for 13 years. She has taken precepts to become a Dharma teacher and leads meditation practice weekly. She also does solo and group retreats with Cold Mountain Zen Center. She credits her daily meditation practice with helping her cope with life altering and everyday stress.

**History & Politics**

**Storytelling Skills**
HIS-01    Session I: Feb. 11, 18, 25, March 4
Mondays 2:00 – 3:15 pm
Whether you aspire to record your memoirs, entertain people with lively accounts of significant events, or prefer spinning yarns and telling tall tales, you should enjoy the diversity of approaches in this team-taught course. **Enrollment limited to 30.**

Instructors: Karl Monetti is a seasoned canoeist, retired veterinarian, and North Pole homesteader; Brittany Karns is a pharmacist who spends free time recruiting and grooming storytellers for Dark Winter Nights, the local oral storytelling live audience show and podcast; Dave Norton is a perennial OLLI enrollee and amateur storyteller.

**History of Motoring in Alaska**
HIS-02a    Session I: Feb. 11
HIS-02b    Session I: Feb. 18
Monday 6:30 – 8:00 pm
* Meets at Fountainhead Antique Auto Museum
* Two sections of the same course; register for one only
Learn about some of the early pioneers in Alaska and the challenges they encountered, from the time of the first vehicles to WWII. The focus will be on the museum's unique collection of vintage automobiles. **Enrollment limited to 20.**

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

**Economic and Social Policy**
HIS-03    Session I: Feb. 13, 20, 27, March 6
Wednesdays 8:45 – 10:00 am
Using basic economic fundamentals as a springboard, we will discuss public policy issues related to welfare programs, inequality, and international trade. The hope is that economic theory has the capacity to bridge the partisan divide on politically diverse social policy questions.

Instructor Gerald Springer is a retired physician interested in economics, public policy, and political ethics.

**Great Decisions 2019, I & II**
HIS-04    Session I: Feb. 15, 22, March 1, 8
HIS-05    Session II: March 22, 29, April 5, 12
Fridays 10:00 – 11:45 am
* Each 4-week session stands alone; you may take either one or both.

Global challenges have increasingly become domestic challenges with events in the remotest parts of the world affecting our lives in myriad ways. Get the information you need to figure out what's happening and to discuss it with others. This program was developed by the Foreign Policy Association. Read background information in the briefing book, then come to class for a video analysis of the topic by experts, followed by a group discussion. Class members take turns leading the discussions. Students must buy their own Great Decisions 2019 Briefing Book in advance from the Foreign Policy Association website (https://fpa.org) for $32.

Topics for 2019 Session I:
- Refugees and Global Migration
- The Middle East: Regional Disorder
- Nuclear negotiations: Back to the Future?
- The Rise of Populism in Europe

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

No instructor; participants take turns leading the discussion.

**A History of Creamer’s Dairy and Creamer’s Field Migratory Waterfowl Refuge**
HIS-06    Session I (Add-On): March 12
Tuesday 3:45 – 5:00 pm
This course will provide a detailed history of Creamer’s Field, dating back to the earliest days of Fairbanks. We’ll gain an understanding of the refuge ecology and the history of the Creamer Dairy.

Instructor Lissa Hughes, Executive Director for Friends of Creamer’s Field, is a 24-year resident of Fairbanks and graduate of the University of Alaska Fairbanks.
**A Tale of Two Cats: the History of Two Early Caterpillar Traction Engines in the Interior**

**HIS-07  Session I (Add-On): March 13
Wednesday 12:15 – 1:30 pm**

This course will tell the story of two early Caterpillar traction engines that operated in Interior Alaska. Joan will give the history of the Interior’s first Caterpillar, which operated here from 1911 to 1917 and ushered in a new era of development in Alaska. Jim will give the history of his Caterpillar, which is currently on display at N.C. Machinery. Jim’s Cat was one of the first traction engines purchased from N.C. Machinery after they took over the dealership from Samson Hardware in 1930. Jim will discuss how he did a full restoration on this incredible piece of Alaskan history.

*Instructor Joan Skilbred* is a local history buff whose main interest is the history of the Fairbanks area prior to 1920. *Jim Gibertoni* is a retired plumber, pilot, and the owner of the only restored Caterpillar traction engine in Alaska.

**The Soul of America**

**HIS-08  Session II: April 1 (5:30 – 7:30 pm), April 2, 3, 4 (4:30 – 6:30 pm)**

**MTuWTh (one week)**

In his book *The Soul of America: the Battle for Our Better Angels*, Jon Meacham considers crises in American history from the Civil War through the Civil Rights movement. Meacham argues, “Fear can be overcome. What follows is the story of how we have endured moments of madness and of injustice, giving the better angels of which Lincoln spoke on the eve of the Civil War a chance to prevail—and how we can again.” We will place some of the events Meacham highlights into their historical contexts and draw our own conclusions. Please read the text before the first class.

*Instructor Susan Stitham* taught at Lathrop in five decades over two centuries. Upon discovering OLLI in retirement, she has been pursuing her interest in American history; she has much appreciated the companions from Fairbanks who've continued to share the journey even after she moved to Oregon.

**UAF Arctic Studies Grad Student Showcase**

**HIS-09  Session II: March 19, 26, April 2, 9
Tuesdays 10:30 – 11:45 am**

Graduate students in Arctic and Northern Studies at UAF are presently doing research and writing theses in Alaska history, Arctic policy, environmental studies, and other fields. This course will showcase the incredible work being done by the next generation of Arctic leaders and experts. Each week, two graduate students will present a 25-minute lecture on their research, and we will have plenty of time for questions and discussion.

*Presenters are all UAF graduate students. Ross Coen, Assistant Professor of History at UAF (see HIS-11), will moderate.*

**Shipwreck Diving for Treasure**

**HIS-10  Session II: March 19
Tuesday 5:30 – 6:45 pm**

This lecture will provide insight into the exciting challenge of diving for treasure lost by the Spanish Main in 1622. We'll discuss the methods used in the late 1980s, including the duties of the crew. All that glitters is not gold!

*Instructor Dan Givens* has a business degree with a minor in archaeology. He's been a Hawaii certified diver and has owned Stone Castle Masonry since 1988.

**History of Alaska Salmon Research, 1889–1955**

**HIS-11  Session II: March 20, 27, April 3, 10
Wednesdays 12:15 – 1:30 pm**

From the start of commercial salmon fishing in Alaska in the 1880s, scientists and government regulators endeavored to understand the mysterious fish. The knowledge produced by fisheries biologists, at a time when they knew very little about the salmon's life cycle and migratory habits, influenced how Alaskans interacted with the ocean environment. This class focuses on the history of salmon research and the scientists who founded the field.

*Instructor Ross Coen* is an assistant professor of history at UAF.

**History of Pioneer Park: From A-67 to 2018**

**HIS-12  Session II: March 21, 28, April 4, 11
Thursdays 2:00 – 3:15 pm**

We'll look at how Pioneer Park, long known as Alaskaland, has grown and changed from its construction as an A-67 Centennial Exposition site, through its years as a city park, and now its life as a borough park. We’ll highlight the park's museums, artifacts, unique historical features, and annual special events.

*Instructor Janet Matheson* is an Alaskan historical architect who has lived in Fairbanks since 1968. In 2018, working closely with the Pioneers of Alaska and UAF Alaska Polar Regions Archives, she prepared Regions Archives, she prepared a National Register nomination for Pioneer Park as a historic district, which has 84 contributing historic resources on site. Members of the Pioneers of Alaska also will be presenting.
Literature & Languages

Introduction to Chinese, I & II
LNG-01  Session I: Feb. 11, 18, 25, March 4
LNG-02  Session II: March 18, 25, April 1, 8
Mondays 8:45 – 10:00 am

LNG-02 is a continuation of LNG-01. Beginners need to take LNG-01 before taking LNG-02. 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 watch a few 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.

Historical Linguistics
LNG-03  Session I: Feb. 12, 19, 26, March 5
Tuesdays 12:15 – 1:30 pm

What parts of a language can change, and how long does it take for two languages to diverge to the point where their speakers can no longer understand each other? Have all of the world’s languages been classified as to their family relationships? Are the Native languages of the Americas related to languages of Siberia and Europe? Language change is gradual, but we become aware of changes through contact with people of other generations, by reading what was written in earlier times, and by listening to old recordings. We’ll look at how languages change and explain the regularities that govern this change.

Instructor Lawrence Kaplan is Professor Emeritus of Linguistics at UAF and former director of the Alaska Native Language Center.

Spoken Italian for Travelers
LNG-04  Session I: Feb. 13, 20, 27, March 6
Wednesdays 12:15 – 1:30 pm

Learn pronunciation and very basic vocabulary in four lessoni. L’italiano is phonetic. Easier if you know un po’ di French, Spanish or Latin (francese, spagnolo o latino). Ciao! Enrollment limited to 20.

Instructor Don Gray learned a bit of Italian in college in California and lots more studying, living, and traveling with family and friends in Italia since 1965.

Nero Wolfe: America’s Sherlock
LIT-01  Session I: Feb. 14, 21, 28, March 7
Thursdays 2:30 – 4:30 pm

Those in the know consider Nero Wolfe to be our continent’s greatest fictional detective. Through a combination of lectures and watching episodes from the 2001 TV adaptation, we’ll explore the unusual durability of Rex Stout’s mysteries, which are low on gore and long on characterization, plot twists, gourmet dining, and vocabulary.

Instructor Greg Hill is the retired director of the FNSB libraries and founder of the Guys Read program. He rates Rex Stout’s mysteries as the pinnacle of American non-noir (little blood and sex) detective stories.

Korean Language Basics
LNG-05  Session I: Feb. 15, 22, March 1, 8
Fridays 12:15 – 1:30 pm

Did you know the Korean language has a name other than “Korean”? It is called “Hangul.” Korean language is becoming one of the fastest growing languages in the US. Learn the story of Hangul, including its origin and philosophy. Basic knowledge of the alphabet, consonants, and vowels will be taught. At the end of each class you will learn simple but useful expressions for everyday conversation. This course is open to beginners as well as those who’ve taken a previous Korean language course through OLLI.

Instructor Sooyoung Kang, Ph.D., has been teaching Korean and English since she arrived in Fairbanks and has also researched literary texts in both languages. (See LIT-11)

JourneySpeak: Finding Your Life Story
LIT-02  Session I: Feb. 15, 22, March 1, 8
Fridays 2:00 – 3:15 pm

How did you become who you are? In this class we will use various strategies—freewrites, timelines, personal mythology, dream interpretation, Dixit® cards and mood boards—to link key moments of your life and to deepen self-understanding, respect for your unique path, and awareness of possible next steps. Brace yourself for unexpected insights. While the work you do in this class stands on its own, it can also lay the groundwork for memoir and autobiography. You will need a pen and paper. Materials fee $10; pay instructor at first class. Enrollment limited to 12.

Instructor Marion Avrilyn Jones has lived in Alaska for thirty years. She holds an undergraduate degree in Philosophy and a graduate degree in English Literature. She was an adjunct lecturer for the UAF English Department until 2011.
Modern American Poetry, I & II
LIT-03    Session I: Feb. 15, 22, March 1, 8
Fridays 2:00 – 3:15 pm
LIT-04    Session II: March 22, 29, April 5, 12, 19
Fridays 12:15 – 1:30 pm (5 weeks)
* Part I is recommended, but not required, before Part II.
* Different poems are covered each year.
This is a fast-paced introduction to contemporary American poetry from Emily Dickinson and Walt Whitman to the present, with an emphasis on experimental verse. This is a MOOC (Massive Open Online Course) taught by Al Filreis, Director of the Kelly Writers House at the University of Pennsylvania. We will watch videos of Professor Filreis and his student group and then continue with our own discussions.
Instructor: Scott Sexton (see REC-01)

Poetry of Leonard Cohen
LIT-05    Session I: Feb. 15, 22, March 1, 8
Fridays 3:45 – 5:00 pm
Leonard Cohen (1934-2016) was a singer-songwriter, poet, and novelist. His first book of poetry was published in 1956, which affiliates him with the Beat generation of poets, but he is Canadian. As a discussion group, we will read, listen to, and discuss some of his poetry and song lyrics. Come prepared to join the discussion.
Instructor: Scott Sexton (see REC-01)

Poetry of Seamus Heaney
LIT-06    Session II: March 18, 25, April 1, 8
Mondays 12:15 – 1:30 pm
Seamus Heaney was awarded the 1995 Nobel Prize in Literature “for works of lyrical beauty and ethical depth, which exalt everyday miracles and the living past.” He has been referred to as a poet of peace and conflict and as being rooted in the Irish soil. The Guardian has called Heaney “the greatest poet of our age.” We will read and examine a selection of his poetry and view related video clips. The poems, with a few exceptions, will be from a recent book: Seamus Heaney, 100 Poems (Faber, 2018).
Instructor Pat Lambert has taught several UAF-OLLI courses on Irish literature and history, as well as on electoral issues and voting theory. He is Professor Emeritus of Mathematics at UAF.

Poetry of Charles Bukowski
LIT-07    Session II: March 18, 25, April 1, 8, 15
Mondays 3:45 – 5:00 pm (5 weeks)
Henry Charles Bukowski (1920-1994) was a German-born American poet, novelist, and short story writer. Influenced by his home city of Los Angeles, he wrote and published over 60 books. Sometimes affiliated with the Beat Poets, Bukowski himself rejected the idea. His work is associated with “Dirty Realism” and “Transgressive fiction.” As a discussion group, we will read, listen to, and discuss some of his poetry. Come prepared to join the discussion.
Instructor: Scott Sexton (see REC-01)

Become a Successful Self-Published Author
LIT-08    Session II: March 19, 26, April 2, 9
Tuesdays 12:15 – 1:30 pm
Have you considered writing a book? Have you written a book but have no idea what to do with it? In four sessions, Craig will talk to you about what it takes to write your book, improve upon it, and then turn it loose for anyone in the world to purchase. Selling your book to a stranger is both frightening and rewarding. This course will help you move from being one of the many who always wanted to write a book to becoming a professional author. It is not as difficult as you may think. Instructor will provide a copy of his book Become a Successful Indie Author to each student.
Instructor Craig Martelle has sold over a quarter million books as a self-published author. He is a perennial top-ranked science fiction author on Amazon.com with more than sixty books.

Charlotte Brontë’s Jane Eyre
LIT-09    Session II: March 21, 28, April 4, 11
Thursdays 12:15 – 1:30 pm
This renowned novel—a top-10 favorite among American readers—contains elements of gothic and quest romance. A fictional autobiography tracing its unconventional heroine’s pursuit of independence, purpose, and fulfillment, Jane Eyre is a premier feminist text (with a prototype of “the madwoman in the attic”). Brontë’s innovative passages into the realm of private consciousness (heralding major 20th-century writers) as well as the plot invite questions about what a woman “wants” (and gets), as well as the character of this “plain Jane” and why she still

NEW Registration Procedure (see p. 34)
Jan. 7 - 22: Request courses
Jan. 23: Lottery runs & notifications are emailed
Finalize registration with payment by Jan. 29.
Asian Literature in Translation: Heroes, Saviors, and Supernatural Powers
LIT-11 Session II: March 22, 29, April 5, 12
Fridays 3:45 – 5:00 pm
Superheroes seem to conquer our modern media, but they are not new creatures—they have appeared throughout history and all over the world. In this class, we will meet diverse superheroes from Asian action adventure and fantasy literature. These superheroes might take the form of a child, concubine, or monk. They might change forms, speed around the world, make simultaneous appearances, and fight against evil—or not. You may find these Asian heroes tell you strange stories of a very familiar world.

Instructor: Sooyoung Kang (see LNG-05) is looking forward to teaching another session in Asian culture and literature at OLLI, where she will bring intriguing texts of Asian fantasy and action-driven narratives. When she doesn't teach, she translates and writes.

Music

Guitar From Scratch
MUS-01 Session I: Feb. 13, 20, 27, March 6, 13
Wednesdays 10:30 – 11:45 am (5 weeks)
Have you always wished you could play guitar? This course will introduce you to the basics of guitar playing. No prior experience with guitar or any other music is required. You’ll learn how to tune the guitar, strum, and form a few basic chords that will allow you to accompany lots of simple songs. Bring an acoustic (NOT electric!) guitar to class. Grassroots Guitar and Music Mart both rent guitars when stock is available; they are listed in the phone book. It is important that students attend all classes, as each class will build on what was learned the week before. Enrollment limited to 8.

Instructor: Jeep Reid (see MUS-01)

Advanced Beginning Guitar
MUS-02 Session I: Feb. 13, 20, 27, March 6, 13
Wednesdays 12:15 – 1:30 pm (5 weeks)

For students who already know how to play three chords in at least one key.

“Guitar From Scratch” is not a prerequisite for this course, but would be helpful. Students may bring printed copies of chords and lyrics for simple songs they like. The primary goal is to develop proficiency to play along with live music in the major keys C, G, D, A and E. Singing while playing will be encouraged. How to change major chords into minor and seventh chords will be demonstrated. The use of the capo will also be introduced. It is important that students attend all classes, as each class will build on what was learned the week before. Enrollment limited to 8.

Instructor: Jeep Reid (see MUS-01)

Sing and Play Music Jam
MUS-03 Session I: Feb. 14, 21, 28, March 7
Thursdays 12:15 – 1:30 pm

Open to musicians of all levels, beginner to advanced
Bring your instrument and/or singing voice. This is not a music lesson. It is an opportunity to play in a group situation, be exposed to different musical ideas and styles, and meet new friends who want to sing and play together. Learn some basic etiquette for playing in a group. Everyone will get a chance to introduce a song they would like to do. Beginners will get the experience of keeping the rhythm going. More advanced players will have the opportunity to perform solo breaks. It will be fun, and we will make some great music together!

Instructor: Arlene Slocum is a retired hippie/computer geek, swimming pool protest song writer, and graduate of Jeep Reid’s guitar classes who likes to spend time crooning at the Golden Eagle Saloon, howling in the Howling Dog saloon, raving at Ravens Landing, picking with Pioneer Pickers, and jamming with anyone who will put up with her.

Beginning Harmonica
MUS-04 Session II: March 20, 27, April 3, 10
Wednesdays 10:30 – 11:45 am

Have you always wanted to play the harmonica, impress your grandchildren, and drive your significant other crazy? This is the class. We will cover the basics about types of harmonicas, mouth positions, and reading music. We’ll work with easy songs to practice getting that clear note and have fun playing an instrument you can carry anywhere. Who knows, we may even
try to learn to bend notes. We will use a C diatonic harmonica. If you do not have one, we will supply them at the class for $5. Enrollment limited to 20.

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

## Religion & Beliefs

### Neophyte’s Guide to Oracle Cards and Self-Study

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

Oracle cards are similar to Tarot cards but less structured. The instructor will provide a variety of oracle decks and series of exercises or “spreads” (specified arrangements of cards) to enhance your intuition in pursuit of psychological insights. No previous experience with Tarot cards is required.

Instructor Ginny McDowell (see RB-03), former geologist and reading tutor, has spent the last 9 years learning to think symbolically and intuitively, in pursuit of personal growth.

### Faith Beyond Belief: An Introduction to Non-creedal Spirituality

**RB-02**  
**Session I:** Feb. 15, 22, March 1, 8  
**Fridays 10:30 – 11:45 am**

Can religion exist without dogma? This course will explore modern religious and spiritual groups whose identity and practice is based on covenant (a mutually agreed upon way of being in community with other human beings and the earth) instead of creed (a statement of shared belief). Each meeting will focus on a different religious (or nonreligious!) group, including humanism, spiritual atheism, Reconstructionist Judaism, and Unitarian Universalism. Some reading will be required before the beginning of class; a reading list will be sent to registered students.

Instructor Rev. Leslie Ahuvah Fails is the minister of the Unitarian Universalist Fellowship of Fairbanks, a graduate of the Starr King School for the Ministry in Berkeley, California, and a trauma response chaplain.

### Neophyte’s Introduction to Dreams

**RB-03**  
**Session I:** Feb. 15, 22, March 1, 8  
**Fridays 12:15 – 1:30 pm**

Based on Carl Jung’s approach to dream work, this course will give a brief primer on the subconscious and its use of archetypes and symbolism to communicate with our conscious ego, revealing deeper, hidden aspects of ourselves. Dreams help us see where old, outmoded social conditioning is limiting self-awareness and personal growth.

Instructor Ginny McDowell (see RB-01) has been studying dreams for five years and is an active member of the local branch of the CG Jung Society.

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### Science & Mathematics

#### Interior Alaska Birds 101

**SCI-01**  
**Session I:** Feb. 13, 20, 27, March 6  
**Wednesdays 5:30 – 6:45 pm**

Here’s your chance to learn a little about everything to do with birds in the Interior. This course will cover bird identification, birding hotspots around Fairbanks, technology and birding, educational opportunities and resources, volunteer opportunities and citizen science, festivals, conferences, and current hot topics in science. Come prepared with good questions. Class topics can be flexible depending upon student interest.

Instructor April Harding Scurr is a biologist whose research has focused mainly on the breeding and migratory ecology of Oregon and Alaska songbirds.

#### Oil Spills in Sea Ice

**SCI-02**  
**Session II:** March 18, 25, April 1, 8  
**Mondays 2:00 – 3:45 pm**

The federal government has opened up the entire Beaufort Sea coast for oil exploration far out to sea. This coast is ice covered much of the year and will remain so for the foreseeable future. This coastal ice can be very dynamic and would distribute spilled petroleum over a very large area, causing extensive environmental damage. The object of this course is to study the possibility of an oil spill accident, the interaction between oil and ice, and the potential transport and fate of contaminated ice. Class participation is desired.

Instructor Bill Stringer is a retired researcher from the Geophysical Institute whose specialty is remote sensing.

#### Update on Alaska Climate

**SCI-03**  
**Session II:** March 19, 26, April 2, 9  
**Tuesdays 2:00 - 3:15 pm**

What’s happening with Alaska’s climate? Topics covered in this overview will include trends, variability of sea ice, temperatures, and precipitation. The course will highlight recent research papers concerning Alaska and will feature work done at UAF. We will discuss sub-seasonal to seasonal forecasts, co-production of information, and topics of interest to the class.

Instructor Uma Bhatt conducts research using long data sets and models to understand climate variations with a focus on the Arctic and Alaska. She is a professor at UAF in the Department of Atmospheric Sciences and the Geophysical Institute.

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**NEW course lottery: request courses Jan. 7 - 22 (see p. 34) 23**

**Did you know all OLLI instructors are volunteers?**  
**THANK YOU, instructors!**
Science of Museum Collections  
SCI-04  Session II: March 19, 26, April 2, 9, 16  
Tuesdays 2:00 - 3:30 pm (5 weeks)
* Meets at UA Museum of the North Creativity Lab
Enjoy a museum sampler! Discover collections and the science behind them. Explore a new subject each week. Staff will share interesting facts about specimens they are charged with collecting, cataloging, conserving, researching, and exhibiting. Learn about mammals, insects, archaeology, birds, and exhibits. Tour the UA Museum of the North collections and laboratory and shop spaces and take part in hands-on activities presented by museum education staff. Enrollment limited to 16.

Instructors: Aren Gunderson, UAMN Mammalogy Collection Manager; Adam Haberski, UAMN Entomology Graduate Student; Scott Shirar, UAMN Archaeology Collection Manager; Jack Withrow, UAMN Ornithology Collection Manager; Jonah Wright, UAMN Exhibits Preparator; Jennifer Arseneau, UAMN Manager of Education & Public Programs

Northern Animal Adaptations  
SCI-05  Session II: March 20, 27, April 3, 10  
Wednesdays 10:30 - 11:45 am
How do animals survive our cold winters? What happens to mosquitoes, frogs, fish, and other “cold-blooded” animals once the temperature drops? Why can a bear hibernate but I can't? These questions will all be addressed. You will be introduced to the morphological, physiological, and behavioral adaptations of animals to the subarctic and Arctic with an emphasis on winter. The course will have multiple hands-on activities and in-class discussions.

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

Frankencrispr: Hands-On Intro to CRISPR Gene Editing  
SCI-06  Session II (Add-On): April 15, 16, 17, 18  
MTuWTh 12:15 – 1:30 pm
CRISPR, the latest innovation in recombinant gene research, has been called the most significant invention this century because of how industries from farming to medicine are applying CRISPR to engineer a better life for all of us. We’ll look at some of the amazing things CRISPR is making possible, and carry out a hands-on lab using CRISPR to copy the gene from a jellyfish and insert that gene into a bacteria. If your experiment is a success, the bacteria will assume the fluorescence property of the jellyfish, and so will all its offspring. This lab will demonstrate how easy CRISPR makes moving DNA from one organism to a different species. It doesn't take much imagination to see what has been unleashed. Materials fee $10; pay OLLI at registration. (No registration or refunds after March 25 so we can order materials.) Enrollment limited to 30.

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

**Introduction to Genealogy**
SOC-01  Session I: Feb. 11, 18, 25, March 4
Mondays 10:30 – 11:45 am

This course will cover family tree and family group sheet organization and documentation, as well as research options, online resources, reference documentation, and DNA research. Using practical examples, you’ll gain a basic working knowledge of how to organize and develop a family tree.

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

**Investing Basics: Securing Your Future**
SOC-02  Session I: Feb. 12, 19, 26, March 5
Tuesdays 2:00 – 3:15 pm

Financial education is an important step in helping you achieve a better future. This workshop will offer clear and practical investing education in a convenient and comfortable format. You’ll gain a better understanding of the key principles of saving and investing and also learn specific strategies to help reach your long-term goals. Topics covered will include preparing for the unexpected, stocks, fixed income, mutual funds, retirement by design, tax-free investing, and preparing an estate plan.

Instructor Christine Griffard Luper, CFA, is a financial advisor with Edward Jones.

**What Does It Mean to Be White?**
SOC-03  Session I and II: Feb. 12, 19, 26, March 5, 19, 26, April 2
Tuesdays 2:30 – 4:30 pm (8 weeks, no class 3/12)

8 weeks, $30 tuition

Attendance at Feb. 12 class is required.

What does it mean to be white in a society that proclaims race meaningless, yet is divided by race? How can that question be answered? Participants will be encouraged to examine these questions with respect to their personal values and cultural socialization. Each class meeting will introduce a new topic with time for group discussion and listening exercises. Attendance at the first class meeting is required to develop trust and group cohesion. Each new topic builds a foundation for the next, so we encourage you to attend all eight classes. Recommended textbook: What Does It Mean to be White? Developing White Racial Literacy by Robin DiAngelo. Enrollment limited to 20.

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

**Travelogues**
SOC-04  Session I: Feb. 14, 21, 28, March 7
Thursdays 12:15 – 1:30 pm

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

Feb. 14: Southern Utah Parks Tour, with Frank Abegg
Feb. 21: Climbing Kilimanjaro, with Cindy Lou & Whit Aillaud
Feb. 28: Bike & Barge, and Paris too!, with Clark & Karen Milne
March 7: Japan for the First Time, with Nicky Eiseman

**2nd Century of UAF**
SOC-05  Session I: Feb. 14, 21, 28, March 7
Thursdays 7:00 – 8:30 pm

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

This spring we’ll feature various UAF-affiliated citizens who made their way to our community by emigrating from another country. Through these lectures we hope to edify their experience and contributions to our community and bring a new, deeper understanding of contributions immigrants are making to Fairbanks and the University of Alaska. Lectures are free and open to the public; OLLI membership is not required. OLLI members are encouraged to register for this as a class so it will show up on your schedule; there is no registration fee. See page 4 for a list of presenters and topics.

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

**Redistricting: History, Election Districts and the Gerrymander**
SOC-06  Session II: March 18, 25, April 1, 8
Mondays 10:30 – 11:45 am

After the 2020 census, Alaska will again be subject to new election districts and revisions. In this course, we will examine the history of this process, the constitutional requirements for it, and possible models or options from other states. How might we achieve a fair and empowering redistricting?

Facilitated by Rich Seifert, with help from several members of the Tanana Valley League of Women Voters.
**Important Concepts and Documents Relating to Incapacity and Death**  
**SOC-07**  
**Session II: March 18, 25, April 1, 8**  
**Mondays 12:15 – 1:30 pm**  
Learn more about wills, powers of attorney, health care directives, disposition documents, transfer on death deeds, and some of the benefits of trusts. This course will also discuss what happens to your assets after death and the probate process.  
*Instructors: Derek Averett is an attorney with Averett & Holmes Attorneys at Law LLC, practicing in estate planning, probate, and business planning. Heidi Holmes is an attorney with Averett & Holmes Attorneys at Law LLC, practicing in estate planning and probate.*  

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**Let’s Talk Education**  
**SOC-08**  
**Session II: March 18, 25, April 8, 15**  
(no class 4/1)  
**Mondays 2:00 – 3:15 pm**  
This course will focus on K-12 education, highlighting national, state, and local trends with occasional international perspectives intertwined. The field of education is an ongoing conversation that strives to best prepare students for their future. Find out what is developing and share your hopes and dreams for our youth. Come prepared to learn, explore, and talk.  
*Instructor Tim Doran is a longtime educator who is currently on the Fairbanks School Board. He has been a principal (including Denali Elementary School), teacher, and administrator; has served with local, State and National organizations; and has worked internationally as well as in rural and urban settings.*  

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**Wild Alaska**  
**SOC-09**  
**Session II: March 18, 25, April 1, 8**  
**Mondays 3:45 – 5:00 pm**  
A fun variety of Alaskan wilderness topics, with new presenters each week (order to be determined). A fun variety of Alaskan wilderness topics, with new presenters each week (order to be determined). *Mark and Laurie Richards* lived on the remote Kandik River for 32 years and will give two presentations, one about wilderness living and the other about lining a canoe on the Kandik. *Sterling Holbrook* was a helicopter pilot and will tell stories about seeing Alaska by helicopter for geology exploration, and *Ron and Lou Davis* will talk about rafting wild rivers.  

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**Ancestry 2.0**  
**SOC-10**  
**Session II: March 20, 27, April 3, 10**  
**Wednesdays 12:15 – 1:30 pm**  
Ancestry.com is the world’s largest online family history resource. The FNSB Library and the Family History Center have library subscriptions of Ancestry.com for the general public to use. This course will continue from where we left off last fall and is open to students who took that course and anyone interested. However, be aware there is much we covered that will not be repeated in this class.  
*Instructor Ruth Jolly Knapman, historian, researcher, and genealogist, began her family history research at age ten, over 70 years ago! She has taught numerous genealogy workshops over the years and is willing to share her gleanings.*  

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**NEW Registration Procedure** (see p. 34)  
Jan. 7 – 22: Request courses  
Jan. 23: Lottery runs & notifications are emailed  
Finalize registration with payment by Jan. 29.
The Psychology of Downsizing (New Aggressive Action Version)
SOC-11  Session II: March 22, 29, April 5, 12, 19
Fridays 8:45 – 10:00 am (5 weeks)
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. One issue is our associational thinking, not our rational thought process. This course will begin by helping you understand why the process of downsizing is more difficult than you might expect. Next, this course will offer strategies to help make downsizing easier, more efficient, and more satisfying. Finally, this course will get you ACTING during the class sessions to reduce the number of things you have. Materials fee $3 to cover copy costs; pay OLLI at registration.

Instructor Larry Moen (see also SOC-12 & ART-12) 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.

Making Changes That Really Last
SOC-12  Session II: March 22, 29, April 5, 12, 19
Fridays 10:30 – 11:45 am (5 weeks)
We all want to make changes in our lives but most of us find that doing so is harder than we expect. We’ll explore why that is so and what to do about it. We’ll learn how to make changes that become self-sustaining and automatic. We’ll explore how to use our unconscious mind to help us instead of hindering us. Materials fee $3 to cover copy costs; pay OLLI at registration.

Instructor: Larry Moen (see SOC-11 & ART-12)

USAID STEM Education Project in Egypt
SOC-13  Session II (Add-On): April 15, 16, 17, 18
MTuWTh 10:30 – 11:45 am
We hear about US foreign aid but rarely get a chance to learn about projects in detail. Deborah Pomeroy is part of a team that helped design and develop 11 innovative STEM (Science, Technology, Engineering, and Mathematics) high schools in Egypt. This course takes you inside the ambitious project that arose as part of the Arab Spring revolution. Different sessions will introduce you to the “Revolution Within the Revolution,” STEM school project design and implementation, systemic and sustainability challenges, and Deborah's personal journey of work, adventure, challenge and fulfillment.

Instructor Deborah Pomeroy taught science in Fairbanks for 19 years before earning a doctorate and focusing on science teacher education and curriculum development in the Philadelphia area for 14 years. She became involved in STEM education and educational reform and eventually became the STEM curriculum coordinator for a USAID project in Egypt.

Avoiding Scams
SOC-14  Session II (Add-On): April 18
Thursday 12:15 – 1:30 pm
Financial scammers often target older Americans. Come hear about some current scams and get tips on how to scam-proof yourself. The bank account you save may be your own!

Instructor will be an FBI Special Agent.

Did you know all OLLI instructors are volunteers? THANK YOU, instructors!
What is a SIG?
SIGs provide learning or recreational opportunities outside of the scheduled OLLI classes. They are organized and led by OLLI members. As the SIG schedules become available, they will be posted on the OLLI website Special Interest Groups page: www.uaf.edu/olli/special-interest-groups.

How to Join a SIG
SIGs are open to current OLLI members. To be on the email list for a SIG, contact the OLLI office at 474-6607 or UAF-OLLI@alaska.edu.

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

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Lifelong Learning Book Club
Meets 8 times a year on third Tuesdays, 1:30–3:00 pm, at Noel Wien Library Conference Room
Contact: Susan Gainey (susan.gainey@gmail.com)
FNSB Library Liaison: Julia Troike
• Feb. 19: *Folly* by Laurie King (fiction, 2002)
• March 19: *The Fortunes* by Peter Ho Davies (fiction, 2016)
• April 16, 2019: *Two in the Far North* by Margaret Murie (non-fiction, 1957)
• May 21: Booktalk & title selection for next year

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

Pinochle
Meets Mondays, Wednesdays & Fridays 10 am–noon, at West Fred Meyer
This group plays single- and double-deck pinochle. All levels of players from beginner to expert are welcome. For more information, contact Nori Bowman (iron_40_48@yahoo.com).

Rock Hounds
Meets the 2nd Friday of each month, 6:30 pm, in UPark 154
The group meets all year for a potluck dinner (bring a dish to share) and rock-related presentations. They plan to have a field trip once a month during the summer. For more information contact Maria Polly at akmpolly@hotmail.com.

When Poems Happen
Meets Wednesdays 2:30 - 4:30 pm at the Noel Wien Library, in one of the small meeting rooms
Want to make poem-writing happen in your life? Join us as we gently encourage each other to write and share new poems every week! For details or to get email updates, contact Scott Sexton (sextonbradley@gci.net) or John Bost (jbost8@gmail.com).

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Art Club
Meets 1st & 3rd Thursdays, September through May, 1:00–4:30 pm, UPark 154
Visit with OLLI friends as you paint or do other artwork. Bring the art project you are working on. For more information, contact Terry Solomon (tksolomon70@gmail.com).

Diabetes
Meets quarterly in the Dunlap room, 4th floor Tanana Valley Clinic building, 1001 Noble St.
Join the SIG to get email notification of meeting dates & presentation topics.
Meetings are free and open to the public—you don’t have to be an OLLI member or even of OLLI age, but please do not bring children. Each meeting includes a presentation related to diabetes. Meetings end with “facetime with endocrinologist”: Dr. Ahmed will answer questions regarding diabetes and treatment.

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

Let’s Travel
Meets monthly, usually on the second Tuesday of the month, September through May, in UPark
OLLI members use this group to communicate with each other and organize small groups to travel together. Join the SIG to receive emails about proposed trips or to suggest trips. Monthly meetings feature a short presentation of interest to travelers.
### Monday

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<td>Introduction to Chinese I</td>
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<tr>
<td>10:30 - 11:45</td>
<td>CP-01</td>
<td>“Photos” for Mac, iPhone, &amp; iPad</td>
<td>158</td>
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<tr>
<td>10:30 - 11:45</td>
<td>EX-01</td>
<td>Awareness Through Movement*</td>
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<tr>
<td>10:30 - 11:45</td>
<td>SOC-01</td>
<td>Introduction to Genealogy</td>
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<tr>
<td>12:15 - 1:30</td>
<td>CP-02</td>
<td>iMovie for Mac</td>
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<tr>
<td>12:15 - 1:30</td>
<td>EX-02</td>
<td>Strength Training for Athletes with Needy Knees (5 weeks)</td>
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<tr>
<td>12:15 - 1:30</td>
<td>HL-01</td>
<td>Medical Cannabis</td>
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<tr>
<td>1:00 - 3:00</td>
<td>EX-03</td>
<td>Cross-Country Ski Touring (MWF 3/4-3/13, no class 3/15)</td>
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<tr>
<td>2:00 - 3:15</td>
<td>HL-02</td>
<td>Ecology of Medical Care in Fairbanks</td>
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<tr>
<td>2:00 - 3:15</td>
<td>HIS-01</td>
<td>Storytelling Skills</td>
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<td>3:15 - 4:30</td>
<td>FF-01</td>
<td>Cheese 101 with Murray’s Cheese</td>
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<tr>
<td>3:45 - 5:00</td>
<td>CP-03</td>
<td>iTunes: Learning to Navigate and Understand Apple’s Media Tool</td>
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<tr>
<td>3:45 - 5:00</td>
<td>HL-03</td>
<td>Navigating Hearing Health Care</td>
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<tr>
<td>6:30 - 8:00</td>
<td>HIS-02a</td>
<td>History of Motoring in Alaska, Section a (2/11 only)</td>
<td>Auto Museum</td>
<td>18</td>
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<tr>
<td>6:30 - 8:00</td>
<td>HIS-02b</td>
<td>History of Motoring in Alaska, Section b (2/18 only)</td>
<td>Auto Museum</td>
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### Tuesday

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<tr>
<td>8:45 - 10:00</td>
<td>PHT-01</td>
<td>Outdoor Photography: Creating Compelling Images of Landscape and Wildlife</td>
<td>158</td>
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<tr>
<td>8:45 - 10:00</td>
<td>EX-04</td>
<td>Qigong for Longevity</td>
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<tr>
<td>8:45 - 10:00</td>
<td>HL-04</td>
<td>Finding Dogma in the Dog World</td>
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<tr>
<td>10:30 - 11:45</td>
<td>CP-04</td>
<td>Introduction to iPhone</td>
<td>158</td>
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<tr>
<td>10:30 - 11:45</td>
<td>HL-05</td>
<td>Air Pollution in Fairbanks (5 weeks)</td>
<td>151</td>
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<td>12:15 - 1:30</td>
<td>LNG-03</td>
<td>Historical Linguistics</td>
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<td>12:30 - 1:30</td>
<td>EX-05</td>
<td>Cross-Country Skiing for Advanced Beginners (TuTh 3/5-3/14)</td>
<td>Ski Hut</td>
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<tr>
<td>2:00 - 3:15</td>
<td>SOC-02</td>
<td>Investing Basics: Securing Your Future</td>
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<tr>
<td>2:30 - 4:30</td>
<td>SOC-03</td>
<td>What Does It Mean to Be White? (8 weeks, no class 3/12)</td>
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<tr>
<td>3:45 - 5:00</td>
<td>HL-06</td>
<td>Aging Well I</td>
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### Wednesday

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<tr>
<td>8:45 - 10:00</td>
<td>HIS-03</td>
<td>Economic and Social Policy</td>
<td>151</td>
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<tr>
<td>9:30 - 11:30</td>
<td>CP-05</td>
<td>Google Calendar and Related Google Apps</td>
<td>164</td>
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<tr>
<td>9:30 - 12:00</td>
<td>ART-01</td>
<td>Knitting: the Mystery of Lace</td>
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<tr>
<td>10:30 - 11:45</td>
<td>HL-08</td>
<td>Science News for Food and Nutrition Research</td>
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<td>10:30 - 11:45</td>
<td>MUS-01</td>
<td>Guitar From Scratch (5 weeks)</td>
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<td>12:15 - 1:30</td>
<td>LNG-04</td>
<td>Spoken Italian for Travelers</td>
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<tr>
<td>12:15 - 1:30</td>
<td>MUS-02</td>
<td>Advanced Beginning Guitar (5 weeks)</td>
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<td>1:00 - 3:00</td>
<td>EX-03</td>
<td>Cross-Country Ski Touring (MWF 3/4-3/13, no class on 3/15)</td>
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<td>2:00 - 3:00</td>
<td>EX-06</td>
<td>Pilates Method of Body Conditioning</td>
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<tr>
<td>2:00 - 5:00</td>
<td>FLM-01</td>
<td>Utopian to Dystopian: Films Along the Spectrum I</td>
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<td>2:30 - 5:00</td>
<td>ART-02</td>
<td>Watercolor Workshop I (5 weeks)</td>
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<td>5:30-6:45</td>
<td>SCI-01</td>
<td>Interior Alaska Birds 101</td>
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<td>HL-09</td>
<td>Get Your Ducks in a Row (5 weeks)</td>
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<td>10:30 - 11:15</td>
<td>HL-10</td>
<td>Beginning Mediation (5 weeks)</td>
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<td>10:30-11:45</td>
<td>REC-01</td>
<td>Poker: America’s Card Game (5 weeks)</td>
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<tr>
<td>12:15 - 1:30</td>
<td>EX-07</td>
<td>Beginning Yoga (5 weeks)</td>
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NEW course lottery: request courses Jan. 7 - 22 (see p. 34) 29
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<td>12:15 - 1:30</td>
<td>MUS-03</td>
<td>Sing and Play Music Jam</td>
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<td>EX-05</td>
<td>Cross-Country Skiing for Advanced Beginners (TuTh 3/5-3/14)</td>
<td>Ski Hut</td>
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<tr>
<td>2:00 - 3:15</td>
<td>HL-11</td>
<td>Rest and Digest: Natural Therapies for Digestion and Sleep Support</td>
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<td>2:00 - 4:30</td>
<td>ART-04</td>
<td>Friday’s Kuspuk (5 weeks)</td>
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<td>2:30 - 4:30</td>
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<td>Nero Wolfe: America’s Sherlock</td>
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<td>5:15 - 6:45</td>
<td>FF-02</td>
<td>Practical Beekeeping for Fairbanks (5 weeks)</td>
<td>O’Neill 201</td>
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<td>7:00 - 8:30</td>
<td>SOC-05</td>
<td>2nd Century of UAF</td>
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**FRIDAY**

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<td>Tea as Medicine: Herbal Formulations for Common Complaints</td>
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<td>9:45 - 11:45</td>
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<td>Neophyte’s Guide to Oracle Cards and Self-Study</td>
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<td>10:00 - 11:45</td>
<td>HIS-04</td>
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<td>10:30 - 11:45</td>
<td>RB-02</td>
<td>Faith Beyond Belief: An Introduction to Non-creedal Spirituality</td>
<td>151</td>
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<tr>
<td>12:15 - 1:30</td>
<td>LNG-05</td>
<td>Korean Language Basics</td>
<td>151</td>
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<tr>
<td>12:15 - 1:30</td>
<td>RB-03</td>
<td>Neophyte’s Introduction to Dreams</td>
<td>156</td>
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<tr>
<td>1:00 - 3:00</td>
<td>EX-03</td>
<td>Cross-Country Ski Touring (MWF 3/4-3/13, no class on 3/15)</td>
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<tr>
<td>2:00 - 3:15</td>
<td>LIT-02</td>
<td>JourneySpeak: Finding Your Life Story</td>
<td>156</td>
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<tr>
<td>2:00 - 3:15</td>
<td>LIT-03</td>
<td>Modern American Poetry I</td>
<td>158</td>
<td>21</td>
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<tr>
<td>2:00 - 4:00</td>
<td>REC-02</td>
<td>Euro-Style Board Games I</td>
<td>154</td>
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<tr>
<td>2:00 - 5:00</td>
<td>FLM-03</td>
<td>John Wayne and John Ford: the Cavalry Trilogy and The Horse Soldiers</td>
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<tr>
<td>3:45 - 5:00</td>
<td>HL-14</td>
<td>Self-Hypnosis</td>
<td>156</td>
<td>17</td>
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<tr>
<td>3:45 - 5:00</td>
<td>LIT-05</td>
<td>Poetry of Leonard Cohen</td>
<td>158</td>
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**Session I, Add-On March 11 - 14, 2019**

**MONDAY**

<table>
<thead>
<tr>
<th>Time</th>
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<th>Course Title</th>
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<tbody>
<tr>
<td>10:30 - 11:45</td>
<td>FF-04</td>
<td>Kombucha</td>
<td>158</td>
<td>14</td>
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<tr>
<td>10:30 - 11:45</td>
<td>FF-03</td>
<td>Straw Bale Gardening (MW)</td>
<td>151</td>
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<tr>
<td>12:15 - 1:30</td>
<td>EX-02</td>
<td>Strength Training for Athletes with Needy Knees (last class)</td>
<td>gym</td>
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<tr>
<td>12:15 - 1:30</td>
<td>CP-01</td>
<td>&quot;Photos” for Mac, iPhone, &amp; iPad (last class, different time)</td>
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<tr>
<td>12:15 - 1:30</td>
<td>HL-01</td>
<td>Medical Cannabis</td>
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<tr>
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<td>EX-03</td>
<td>Cross-Country Ski Touring (MWF 3/4-3/13, no class on 3/15)</td>
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<tr>
<td>2:00 - 3:15</td>
<td>CP-02</td>
<td>iMovie for Mac (last class, different time)</td>
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<tr>
<td>2:30 - 4:30</td>
<td>ART-05</td>
<td>Weave a Reed Basket (MTuTh)</td>
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**TUESDAY**

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<tbody>
<tr>
<td>10:30 - 11:45</td>
<td>HL-05</td>
<td>Air Pollution in Fairbanks (last class)</td>
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<tr>
<td>12:15 - 1:30</td>
<td>HL-15</td>
<td>Haircuts 101 Refresher (TuTh)</td>
<td>158</td>
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<tr>
<td>12:30 - 1:30</td>
<td>EX-05</td>
<td>Cross-Country Skiing for Advanced Beginners (TuTh 3/4-3/14)</td>
<td>Ski Hut</td>
<td>10</td>
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<tr>
<td>2:00 - 3:15</td>
<td>REC-04</td>
<td>RVing: Is It for You? (TuTh)</td>
<td>151</td>
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<tr>
<td>2:30 - 4:30</td>
<td>ART-05</td>
<td>Weave a Reed Basket (MTuTh)</td>
<td>156</td>
<td>5</td>
</tr>
<tr>
<td>3:45 - 5:00</td>
<td>HIS-06</td>
<td>A History of Creamer’s Dairy and Creamer’s Field Migratory Waterfowl Refuge</td>
<td>151</td>
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**WEDNESDAY**

<table>
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<tr>
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<tbody>
<tr>
<td>10:30 - 11:45</td>
<td>MUS-01</td>
<td>Guitar From Scratch (last class)</td>
<td>158</td>
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<tr>
<td>10:30 - 11:45</td>
<td>FF-03</td>
<td>Straw Bale Gardening (MW)</td>
<td>151</td>
<td>14</td>
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<tr>
<td>12:15 - 1:30</td>
<td>HIS-07</td>
<td>A Tale of Two Cats: the History of Two Early Caterpillar Traction Engines in the Interior</td>
<td>151</td>
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<tr>
<td>12:15 - 1:30</td>
<td>MUS-02</td>
<td>Advanced Beginning Guitar (last class)</td>
<td>158</td>
<td>22</td>
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<tr>
<td>1:00 - 3:00</td>
<td>EX-03</td>
<td>Cross-Country Ski Touring (MWF 3/4-3/13, no class on 3/15)</td>
<td>off-site</td>
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Under “Room,” a number or “gym” indicates the UAF University Park Building.

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<tr>
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<th>Course Title</th>
<th>Room</th>
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<tbody>
<tr>
<td>2:00 - 3:15</td>
<td>CP-06</td>
<td>Introduction to Lynda.com</td>
<td>164</td>
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<tr>
<td>2:30 - 5:00</td>
<td>ART-02</td>
<td>Watercolor Workshop I (last class)</td>
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**THURSDAY**

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<tbody>
<tr>
<td>8:45 - 10:00</td>
<td>HL-09</td>
<td>Get Your Ducks in a Row (last class)</td>
<td>151</td>
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<tr>
<td>10:30 - 11:15</td>
<td>HL-10</td>
<td>Beginning Mediation (S last class)</td>
<td>158</td>
<td>16</td>
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<tr>
<td>10:30-11:45</td>
<td>REC-01</td>
<td>Poker: America’s Card Game (last class)</td>
<td>151</td>
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<tr>
<td>12:15 - 1:30</td>
<td>EX-07</td>
<td>Beginning Yoga (last class)</td>
<td>158</td>
<td>10</td>
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<tr>
<td>12:15 - 1:30</td>
<td>HL-15</td>
<td>Haircuts 101 Refresher (TuTh)</td>
<td>158</td>
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</tr>
<tr>
<td>12:30 - 1:30</td>
<td>EX-05</td>
<td>Cross-Country Skiing for Advanced Beginners (TuTh 3/5-3/14)</td>
<td>Ski Hut</td>
<td>10</td>
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<tr>
<td>2:00 - 4:30</td>
<td>ART-04</td>
<td>Friday’s Kuspuk (last class)</td>
<td>Christ Lutheran Church</td>
<td>5</td>
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<tr>
<td>2:00 - 3:15</td>
<td>REC-04</td>
<td>RVing: Is it for You? (TuTh)</td>
<td>151</td>
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<tr>
<td>2:30 - 4:30</td>
<td>ART-05</td>
<td>Weave a Reed Basket (MTuTh)</td>
<td>156</td>
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<tr>
<td>5:15-6:45</td>
<td>FF-02</td>
<td>Practical Beekeeping for Fairbanks (last class)</td>
<td>O’Neill 201</td>
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**FRIDAY**

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<tbody>
<tr>
<td>12:00 - 1:30</td>
<td>Annual meeting &amp; lunch for members</td>
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<tr>
<td>Time</td>
<td>Course #</td>
<td>Course Title</td>
<td>Room</td>
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<td><strong>WEDNESDAY</strong></td>
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<tr>
<td>9:30 - 12:00</td>
<td>ART-07</td>
<td>Fair Isle Knitting</td>
<td>154</td>
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<td>10:30 - 11:45</td>
<td>MUS-04</td>
<td>Beginning Harmonica</td>
<td>158</td>
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<tr>
<td>10:30 - 11:45</td>
<td>SCI-05</td>
<td>Northern Animal Adaptations</td>
<td>151</td>
</tr>
<tr>
<td>11:00 - 12:00</td>
<td>EX-02</td>
<td>Basic Ice Skating Skills (MW, 5 weeks)</td>
<td>Patty Ice</td>
</tr>
<tr>
<td>12:15 - 1:30</td>
<td>HIS-11</td>
<td>History of Alaska Salmon Research, 1889-1955</td>
<td>151</td>
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<tr>
<td>12:15 - 1:30</td>
<td>SOC-10</td>
<td>Ancestry 2.0</td>
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<tr>
<td>1:00 - 2:30</td>
<td>EX-09</td>
<td>Beginning Pickleball (5 weeks)</td>
<td>SRC court 3</td>
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<tr>
<td>1:00 - 3:00</td>
<td>ART-08</td>
<td>Cloth Art Doll</td>
<td>154</td>
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<tr>
<td>2:00 - 5:00</td>
<td>FLM-02</td>
<td>Utopian to Dystopian: Films Along the Spectrum II</td>
<td>151</td>
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<td>2:30 - 5:00</td>
<td>ART-03</td>
<td>Watercolor Workshop II (5 weeks)</td>
<td>156</td>
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<tr>
<td>3:00 - 4:30</td>
<td>EX-10</td>
<td>Advanced Beginning Pickleball (5 weeks)</td>
<td>SRC court 3</td>
</tr>
<tr>
<td>4:30 - 6:30</td>
<td>HIS-08</td>
<td>The Soul of America (MTuWTh April 1 - 4 only)</td>
<td>Murie Aud</td>
</tr>
<tr>
<td>6:00 - 9:00</td>
<td>FLM-05</td>
<td><em>Sudsy Slim Rides Again</em> (4/10 only)</td>
<td>Murie Aud</td>
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<td><strong>THURSDAY</strong></td>
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<tr>
<td>10:30 - 11:45</td>
<td>CP-08</td>
<td>Introduction to iPad</td>
<td>158</td>
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<td>12:15 - 1:30</td>
<td>LIT-09</td>
<td><em>Charlotte Brontë's Jane Eyre</em></td>
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<td>2:00 - 3:15</td>
<td>HIS-12</td>
<td>History of Pioneer Park: From A-67 to 2018</td>
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<tr>
<td>2:00 - 4:00</td>
<td>ART-09</td>
<td>Kuspuk Aprons (3/28 &amp; 4/4 only)</td>
<td>Christ Lutheran Church</td>
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<tr>
<td>3:45 - 5:00</td>
<td>ART-10</td>
<td>Meet the Artists (no class 3/21)</td>
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<td>4:30 - 6:30</td>
<td>HIS-08</td>
<td>The Soul of America (MTuWTh April 1 - 4 only)</td>
<td>Murie Aud</td>
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<tr>
<td>5:15 - 8:00</td>
<td>FLM-06</td>
<td>Essential Films II (5 weeks, class may run to 9:00 pm)</td>
<td>O'Neill 201</td>
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<td>8:45 - 10:00</td>
<td>ART-11</td>
<td>Depth and Perspective in Drawing</td>
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<td>EX-11</td>
<td>Intermediate Yoga (5 weeks)</td>
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<td>8:45 - 10:00</td>
<td>SOC-11</td>
<td>The Psychology of Downsizing (5 weeks)</td>
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<td>8:45 - 11:45</td>
<td>REC-06</td>
<td>Bike Maintenance: Learn to Love Your Bike (5 weeks)</td>
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<td>10:00 - 11:45</td>
<td>HIS-05</td>
<td>Great Decisions 2019 II</td>
<td>158</td>
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<td>10:30 - 11:45</td>
<td>SOC-12</td>
<td>Making Changes That Really Last (5 weeks)</td>
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<td>12:15 - 1:30</td>
<td>ART-12</td>
<td>Drawing Studio: Expanding and Exploring (5 weeks)</td>
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<td>LIT-04</td>
<td>Modern American Poetry II (5 weeks)</td>
<td>158</td>
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<tr>
<td>2:00 - 3:15</td>
<td>EX-12</td>
<td>Slow Tennis</td>
<td>gym</td>
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<td>LIT-10</td>
<td>Lit from Within: the Life-Altering Power of Literary Archetypes</td>
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<tr>
<td>2:00 - 4:00</td>
<td>ART-13</td>
<td>Weaving Crafts Using Recyclable Materials</td>
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<td>2:00 - 4:30</td>
<td>REC-03</td>
<td>Euro-Style Board Games II</td>
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<tr>
<td>2:00 - 5:00</td>
<td>FLM-07</td>
<td>Clif's Choice: Dramas (5 weeks)</td>
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<td>3:45 - 5:00</td>
<td>LIT-11</td>
<td>Asian Literature in Translation: Heroes, Saviors, and Supernatural Powers</td>
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**Session II, Add-On April 15 - 19, 2019**

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<tr>
<td>10:30 - 11:45</td>
<td>SOC-13</td>
<td>USAID STEM Education Project in Egypt (MTuWTh)</td>
<td>151</td>
<td>27</td>
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<tr>
<td>11:00 - 12:00</td>
<td>EX-08</td>
<td>Basic Ice Skating Skills (MW, 5 weeks)</td>
<td>Patty Ice</td>
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<tr>
<td>12:15 - 1:30</td>
<td>SCI-06</td>
<td>FrankenCrisPR: Hands-On Intro to CRISPR Gene Editing (MTuWTh)</td>
<td>158</td>
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<td>2:00 - 3:15</td>
<td>SOC-08</td>
<td>Let's Talk Education (last class)</td>
<td>158</td>
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<td>2:30 - 5:00</td>
<td>ART-14</td>
<td>Knitting the Alaskan Cowl (MTu)</td>
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<td>3:45 - 5:00</td>
<td>HL-17</td>
<td>First Aid, CPR, and AED (MTuWThF, different room ThF)</td>
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<td>3:45 - 5:00</td>
<td>LIT-07</td>
<td>Poetry of Charles Bukowski (last class)</td>
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<td>SCI-06</td>
<td>Frankencrispr: Hands-On Intro to CRISPR Gene Editing (MTuWTh)</td>
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<td>12:15 - 3:15</td>
<td>HL-18</td>
<td>Vitamin D: Diet, Supplements and/or Sun?</td>
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<td>2:00 - 3:30</td>
<td>SCI-04</td>
<td>Science of Museum Collections (last class)</td>
<td>UA Museum</td>
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<td>Knitting the Alaskan Cowl (MTu)</td>
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<tr>
<td>3:45 - 5:00</td>
<td>HL-17</td>
<td>First Aid, CPR, and AED (MTuWThF, different room ThF)</td>
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<td>17</td>
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<tr>
<td><strong>WEDNESDAY</strong></td>
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<td>10:30 - 11:45</td>
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<td>27</td>
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<td>10:30 - 11:45</td>
<td>HL-19</td>
<td>Meditation: What it Really Is</td>
<td>158</td>
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<tr>
<td>11:00 - 12:00</td>
<td>EX-08</td>
<td>Basic Ice Skating Skills (last class)</td>
<td>Patty Ice</td>
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<tr>
<td>12:15 - 1:30</td>
<td>SCI-06</td>
<td>Frankencrispr: Hands-On Intro to CRISPR Gene Editing (MTuWTh)</td>
<td>158</td>
<td>24</td>
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<td>1:00 - 2:30</td>
<td>EX-09</td>
<td>Beginning Pickleball (last class)</td>
<td>SRC court 3</td>
<td>11</td>
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<tr>
<td>2:30 - 5:00</td>
<td>ART-03</td>
<td>Watercolor Workshop II (last class)</td>
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<tr>
<td>3:00 - 4:30</td>
<td>EX-10</td>
<td>Advanced Beginning Pickleball (last class)</td>
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<td>HL-17</td>
<td>First Aid, CPR, and AED (MTuWThF, different room ThF)</td>
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<td>17</td>
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<td>SOC-13</td>
<td>USAID STEM Education Project in Egypt (MTuWTh)</td>
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<td>12:15 - 1:30</td>
<td>SCI-06</td>
<td>Frankencrispr: Hands-On Intro to CRISPR Gene Editing (MTuWTh)</td>
<td>158</td>
<td>24</td>
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<td>12:15 - 1:30</td>
<td>SOC-14</td>
<td>Avoiding Scams</td>
<td>151</td>
<td>27</td>
</tr>
<tr>
<td>3:45 - 5:00</td>
<td>HL-17</td>
<td>First Aid, CPR, and AED (MTuWThF, different room ThF)</td>
<td>156</td>
<td>17</td>
</tr>
<tr>
<td>3:45 - 5:00</td>
<td>ART-10</td>
<td>Meet the Artists (last class)</td>
<td>off-site</td>
<td>6</td>
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<tr>
<td>5:00 - 8:00</td>
<td>FLM-06</td>
<td>Essential Films II (last class)</td>
<td>O’Neill 201</td>
<td>13</td>
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<tr>
<td><strong>FRIDAY</strong></td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>8:45 - 10:00</td>
<td>EX-11</td>
<td>Intermediate Yoga (last class)</td>
<td>gym</td>
<td>12</td>
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<tr>
<td>8:45 - 11:45</td>
<td>REC-06</td>
<td>Bike Maintenance: Learn to Love Your Bike (last class)</td>
<td>156</td>
<td>12</td>
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<tr>
<td>8:45 - 10:00</td>
<td>SOC-11</td>
<td>The Psychology of Downsizing (last class)</td>
<td>151</td>
<td>27</td>
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<tr>
<td>10:30 - 11:45</td>
<td>SOC-12</td>
<td>Making Changes That Really Last (last class)</td>
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<tr>
<td>12:15 - 1:30</td>
<td>LIT-04</td>
<td>Modern American Poetry II (last class)</td>
<td>158</td>
<td>21</td>
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<tr>
<td>12:15 - 1:30</td>
<td>ART-12</td>
<td>Drawing Studio: Expanding and Exploring (last class)</td>
<td>151</td>
<td>7</td>
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<tr>
<td>2:00 - 5:00</td>
<td>FLM-07</td>
<td>Clif’s Choice: Dramas (last class)</td>
<td>151</td>
<td>14</td>
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<tr>
<td>3:45 - 5:00</td>
<td>HL-17</td>
<td>First Aid, CPR, and AED (MTuWThF, different room ThF)</td>
<td>156</td>
<td>17</td>
</tr>
</tbody>
</table>

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

Annual Membership
For just $35, individuals 50 and over can become OLLI members for one full calendar year. Membership includes lecture series, newsletters, lunch social, ice cream social and eligibility to register for courses and special programs. Unlimited membership is $185 per year and covers tuition for all your courses.

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

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

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

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

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

How does the lottery work?
If demand exceeds the number of seats for a course, the computer assigns those seats by lottery based on your priority rankings. Don’t panic! We expect this will affect <25% of our classes.

Example: Suppose enrollment is limited to 12. If 15 people list this course as their first choice, only those 15 people will be put into the lottery for the 12 seats. If only 10 people list it as first choice, all 10 would automatically get in and a lottery for the two remaining seats would be run from those who listed it as their 2nd choice.

Registering for Classes

NEW Registration Procedure
Request courses Jan. 7 - 22
Lottery runs Jan. 23 & email confirmations are sent.
Finalize registration with payment by Jan. 29.

Submit class requests on paper, by email, or via our Google Form (link at www.uaf.edu/olli)

• We are working the bugs out of a new online system. Online registration will be available again by fall 2019.
• Pay for your 2019 membership and request classes by NOON on Tuesday Jan. 22.
• When you mail or bring your registration form, include a check to cover the membership portion of your fees.
• All class requests received by noon on Jan. 22 will have an equal chance in the lottery.
• After Jan. 22, all remaining seats will be open for immediate enrollment.

• Mail payments to:
  Osher Lifelong Learning Institute, UAF
  Box 758100
  Fairbanks, AK 99775-8100

• Make checks payable to:
  OLLI or Osher Lifelong Learning Institute

• Submit credit card information online, by phone, or in person. (Do not use email.)

• Visit us at:
  Old University Park Building, room #159
  1000 University Ave.
  Fairbanks, Alaska
**Osher Lifelong Learning Institute**  
474-6607 • UAF-OLLI@alaska.edu • www.uaf.edu/olli/

**Registration Form  Spring 2019**

### Member Information

| |  
|---|---|
| **Mail to:** |  
| Osher Lifelong Learning Institute  
University of Alaska Fairbanks  
PO Box 758100  
Fairbanks, AK 99775 |  
| OR drop off at the OLLI office, Old UPark room 159 |  
| OR email your course requests to us at UAF-OLLI@alaska.edu |  
| **See other side for Fee & Payment information** |  

### NEW Lottery system:

**Request courses Jan. 7 - 22**  
**Lottery runs Jan. 23.**  
Email confirmations sent Jan. 23.  
Finalize registration with tuition payment by Jan. 29.

### Registration Form

<table>
<thead>
<tr>
<th>COURSE NO.</th>
<th>TITLE</th>
<th>SESSION</th>
<th>DAY &amp; TIME</th>
</tr>
</thead>
<tbody>
<tr>
<td>e.g. SOC-02a</td>
<td>e.g. Dawn of Civilization, section a</td>
<td>I OR II</td>
<td>e.g. M 12:15-1:30</td>
</tr>
</tbody>
</table>

**List courses by preference with 1 = most wanted.**

1  
2  
3  
4  
5  
6  
7  
8  
9  
10  
11  
12  
13  
14  
15
### Fees

<table>
<thead>
<tr>
<th>Description</th>
<th>Amount</th>
<th>Payment Method</th>
</tr>
</thead>
<tbody>
<tr>
<td>Regular membership (Jan–Dec, 2019)</td>
<td>$35</td>
<td>$_________</td>
</tr>
<tr>
<td>OR Unlimited membership</td>
<td>$185</td>
<td>$_________</td>
</tr>
<tr>
<td>Sponsor an instructor’s membership (optional)</td>
<td>$35</td>
<td>$_________</td>
</tr>
</tbody>
</table>

Wait to pay tuition, fees, and parking until after Jan. 23, when you’ll know what lottery classes you got into.

<table>
<thead>
<tr>
<th>Description</th>
<th>Amount</th>
<th>Payment Method</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tuition (for Regular members only)</td>
<td>$_________</td>
<td>$_________</td>
</tr>
<tr>
<td>Additional Class Fees payable to OLLI (Some courses have additional materials fees payable directly to the instructor; see course descriptions.)</td>
<td>$_________</td>
<td></td>
</tr>
</tbody>
</table>

- Facility use fee for EX-08 (Ice Skating) ....................................... $30 $_________
- Facility use fee for EX-09, EX-10 (Pickleball) ................................ $15 $_________
- Fee for FF-02 (Cheese) ................................................................. $60 $_________
- Lab materials for SCI-06 ............................................................... $10 $_________
- Copy fee for SOC-11, SOC-12 .......................................................... $3 each $_________

Parking Permit (valid January - June in UPark lots) ................................ $12 $_________

**TOTAL FEES** ............................................................................................. $_________

### Payment for membership & classes

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

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

- OLLI Annual Fund (current expenses) ...................................................... $_________
  - In honor of .............................................................................................. or
  - In memory of ............................................................................................
- Check is enclosed (payable to UA Foundation)
- Cash (in person only, do not mail cash)
  - To give with a credit card, please call 474-6607, come by the office, or visit our online giving page at https://engage.alaska.edu/uaf/olli
  - CHECK HERE if you’d like information about including a gift to OLLI in your estate planning.
**THANK YOU!**

to all who donated to the Osher Lifelong Learning Institute at UAF in 2018.

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

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

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

---

**Benefactor**  
(Donation of $1000 and up)

<table>
<thead>
<tr>
<th>Name</th>
<th>Donation Type</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Donna Dinsmore</strong></td>
<td>**</td>
</tr>
<tr>
<td><strong>Joe &amp; Rheba Dupras</strong></td>
<td>**</td>
</tr>
<tr>
<td><em>Don &amp; Carolyn Gray</em></td>
<td>**</td>
</tr>
<tr>
<td>Nancy Hallinan</td>
<td>**</td>
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<tr>
<td><em>Ron Inouye</em></td>
<td>**</td>
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<tr>
<td><strong>Mary Ann Nickles</strong></td>
<td>**</td>
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<tr>
<td><strong>Rich &amp; Patricia Seifert</strong></td>
<td>**</td>
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<tr>
<td><em>Alice Stickney</em></td>
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**Patron ($500 - $999)**

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<tbody>
<tr>
<td><strong>Barbara Horner-Miller</strong></td>
<td>**</td>
</tr>
<tr>
<td><em>Ron &amp; Carol Johnson</em></td>
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<tr>
<td><strong>Stan Justice</strong></td>
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<tr>
<td><em>Judith Kleinfield</em></td>
<td>**</td>
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<tr>
<td>Monte Landis</td>
<td>**</td>
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<tr>
<td><em>Mary L. Moriarty</em></td>
<td>**</td>
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<tr>
<td><strong>Diane Parrett</strong></td>
<td>**</td>
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<tr>
<td><strong>Lynn &amp; Montie Slusher</strong></td>
<td>**</td>
</tr>
<tr>
<td><em>Trish Stark</em></td>
<td>**</td>
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<tr>
<td>Pat Wagner</td>
<td>**</td>
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<tr>
<td><em>Jane Zimmerman</em></td>
<td>**</td>
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**Donor ($250 - $499)**

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<td><em>Carl &amp; Ruth Benson</em></td>
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<tr>
<td>Jeff &amp; Susan Cook</td>
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<tr>
<td><em>Sarah Garland</em></td>
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<tr>
<td><strong>Karen Kowalski</strong></td>
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<tr>
<td><em>Rachel &amp; Richard Levine</em></td>
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<tr>
<td><strong>Ann &amp; Mike McCann</strong></td>
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<tr>
<td><em>Ritchie &amp; Mike Musick</em></td>
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<tr>
<td><strong>Linda Pearson</strong></td>
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<tr>
<td>Diana Powers</td>
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<tr>
<td>Allan &amp; Ann Renfroe</td>
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<td>*Judy Rae Smith</td>
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<tr>
<td>Susan Sugai</td>
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<td>Cindy Williams</td>
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**Supporter ($100 - $249)**

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<tr>
<td>Kristina Ahlnäs</td>
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<tr>
<td>Karen Baker</td>
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**Friend ($25 - $99)**

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<td>Mark Andrews</td>
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<td>Renée Blahuta</td>
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<tr>
<td>Bernice Boykin</td>
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<tr>
<td><em>John Byrne</em></td>
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<tr>
<td>Bill Digan</td>
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<tr>
<td>Christine Emond</td>
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<tr>
<td>Linda Fiess</td>
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<tr>
<td><em>Bruth George</em></td>
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<tr>
<td>Krista Holbrook</td>
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<tr>
<td>Cheryl Keepers</td>
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<tr>
<td><em>Joanne Klumb</em></td>
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<tr>
<td>Al Knapp</td>
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<tr>
<td>Sandra Lachman &amp; Tiff Vincent</td>
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<tr>
<td>*Carol Linkswiler</td>
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<td><em>Peggy Mantei</em></td>
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<td><strong>John &amp; Judi Morack</strong></td>
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<tr>
<td>Betty Pixley</td>
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<td>Victoria Bigan</td>
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<tr>
<td>Terry &amp; Stuart Roberts</td>
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</table>

**Names not listed:**  
40 donors in amounts <$25, which added up to over $500

---

**OLLI Stars**

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

* Has given to OLLI 3 or more of the last 5 years
** Has given to OLLI every year for the last 5 or more years

<table>
<thead>
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<th>Donation Type</th>
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<td>Cheryl Berrong</td>
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<td><strong>Marianne Boko</strong></td>
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<td>Susan Burgess</td>
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<td>Linda Casassa</td>
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<td>Rod Combellick</td>
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<tr>
<td><em>Sandy Dauehnauer</em></td>
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<td>ΔΚΓ, β Chapter</td>
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<td>Pat Fox</td>
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<tr>
<td>In memory of Dr. Sydnor Stealey</td>
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<td>Daniel Hancock</td>
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<tr>
<td>Linda S. Harding</td>
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<td>Rebecca Johnson</td>
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<td><em>Barbara &amp; Clif Lando</em></td>
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<td>Deborah C. Manning</td>
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<td>Janet Marshall</td>
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<td>Janet Mathesom</td>
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<tr>
<td>Ed &amp; Laurel McLaughlin</td>
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<td>Jack Miller</td>
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<tr>
<td><em>Grace Moore</em></td>
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<tr>
<td>In memory of Nancy Mendenhall</td>
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<tr>
<td>Sandra O’Connor</td>
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<tr>
<td>In memory of Francis O’Connor</td>
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<tr>
<td>Darlene Pasley</td>
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<td>Joyce Potter</td>
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<td>Jeep &amp; Marie Reed</td>
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<tr>
<td>Sue Sherif</td>
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<tr>
<td>In memory of Barbara Gorman</td>
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<tr>
<td><em>Margaret Soden</em></td>
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<tr>
<td>Gerald &amp; Melody Springer</td>
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<tr>
<td><em>Dorothy Stella</em></td>
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<tr>
<td>Cat Stephenson</td>
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<td>Ann Stone</td>
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<tr>
<td>Janet Taylor</td>
<td>**</td>
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<tr>
<td><em>Leslie Teders</em></td>
<td>**</td>
</tr>
</tbody>
</table>
Mark Your Calendars

NEW Registration System
Request courses Jan. 7 - 22
Lottery runs Jan. 23
Pay by Jan. 29
(See p. 34 inside)

Annual Meeting
and Lunch Social
for current members

Friday, March 15, 2019
12:00 - 1:30 pm
University Community Presbyterian Church
3510 College Rd.

A HEALTH CLUB FOR YOUR MIND!