A Health Club for Your Mind!

Osher Lifelong Learning Institute
For Seasoned Adults, Age 50+

Course Schedule
Fall 2021

University of Alaska Fairbanks
Osher Lifelong Learning Institute at UAF
A HEALTH CLUB FOR YOUR MIND!

OLLI at UAF

Osher Lifelong Learning Institute at the University of Alaska Fairbanks

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All other photos by OLLI staff
The Osher Lifelong Learning Institute (OLLI) is a program of the University of Alaska Fairbanks, led and supported by its membership and determining its own curriculum, policies, procedures, and fees. There are 123 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 July through June. 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 offers a 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.

Socials

• Annual meeting and outdoor picnic in August
• Large indoor gatherings are still on hold due to covid.

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. Many courses are also offered in a real-time distance format for students to participate from their own homes.
Vaccination Policy
Vaccination against covid-19 is required for in-person participation in any indoor OLLI class or event for fall 2021. We appreciate your help in safeguarding our OLLI community!

Course Numbers
Course number ends in “-Z”: Distance-delivered via Zoom; open to all members regardless of vaccination status.
Course number without a “-Z”: Meets in person. By enrolling in a course without a “-Z” you attest that you are fully vaccinated against covid-19.

In-person participants in hybrid courses will also receive the Zoom link and recordings.

Contents Fall 2021

Evenings and Weekends
❄ HIS-01, HIS-01-Z Ifupiqa Skin-sewing - A Family Perspective: 1920s to Today
❄ MUS-02-Z Feeling Groovy: Music of the 60s and 70s
❄ SCI-08, SCI-08-Z The Advancing Science of Slowing Aging

Alaskan Topics
A snowflake (✱) denotes Alaskan topics

Art & Crafts
❄ ART-01 Revisiting Entrelac Knitting
❄ ART-02, ART-02-Z Birch Bark Picture Frames
❄ ART-03 Make A Painted Coaster
❄ ART-04 Create a “Tea Bag Doll” Pin
❄ ART-05 Sew a Small Crossbody Handbag
❄ ART-06, ART-06-Z Meet the Artists
❄ ART-07, ART-07-Z Chip Carving
❄ ART-08, ART-08-Z Let’s Paint Rocks

Computer Applications
❄ CP-01-Z Photo Retouching in Adobe Lightroom
❄ CP-02a, CP-02b Introduction to iPhone
❄ CP-03-Z Back Up Your Mac Computer

Exercise & Recreation
❄ REC-01 Bike Maintenance
❄ EX-01 Intermediate Yoga
❄ EX-02 Kundalini Yoga and Meditation
❄ REC-02 Alaska Canasta
❄ REC-03 Learn to Play Sudoku

REC-04, REC-04-Z Finding the Right Parts to Fix Your Bike
❄ REC-05, REC-05-Z Hiking the Chilkoot Trail
❄ REC-06 Long-Distance Hiking National Scenic Trails
❄ REC-07, REC-07-Z Be Part of the Fairbanks Christmas Bird Count!
❄ REC-08 Knot Tying for Beginners
❄ REC-09 Learn and Play Board Games
❄ REC-10, REC-10-Z Outdoors in Alaska

Films & Photography
❄ FLM-01, FLM-01-Z Eclectic Tour of Movies, Documentaries, and Science
❄ PHT-01, PHT-01-Z iPhone Photography

Foods & Flowers
❄ FF-01 Cake Decorating
❄ FF-02 The Historical and Culinary Importance of Spices
❄ FF-03, FF-03-Z Discover The Boreal Herbal Book
❄ FF-04 Perennial Gardens for Fairbanks
❄ FF-05-Z Food: Dynamic Duos
❄ FF-06-Z Aphrodisiacs: Forbidden Foods and Drinks
❄ FF-07-Z Demon Foods: Are Your Favorite Foods Killing You?
❄ FF-08, FF-08-Z OneTree Alaska: Birch

Healthy Living
❄ HL-01-Z Stand Taller to Live Longer
❄ HL-02-Z Wellness and Stress Management
❄ HL-03, HL-03-Z Adult Development Through an Occupational Therapist’s Lens
<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
</tr>
</thead>
<tbody>
<tr>
<td>HL-04</td>
<td>Becoming Friends With Our Aging Guts</td>
</tr>
<tr>
<td>HL-05</td>
<td>Nodo-tore: Throat Training to Prevent Choking</td>
</tr>
<tr>
<td>HL-06</td>
<td>Kitchen Yoga</td>
</tr>
<tr>
<td>HIS-01</td>
<td>Ifiupiaq Skin-sewing - A Family Perspective: 1920s to Today</td>
</tr>
<tr>
<td>HIS-02-Z</td>
<td>Environmental History in Russia and Alaska</td>
</tr>
<tr>
<td>HIS-03</td>
<td>Viewpoints of Vietnam</td>
</tr>
<tr>
<td>HIS-04</td>
<td>Great Decisions 2021, I</td>
</tr>
<tr>
<td>HIS-05</td>
<td>Great Decisions 2021, II</td>
</tr>
<tr>
<td>HIS-06-Z</td>
<td>Pratical Virtues: Revisiting Pirate Legacies</td>
</tr>
<tr>
<td>HIS-07-Z</td>
<td>Reconstruction: A Brief Moment in the Sun</td>
</tr>
<tr>
<td>HIS-08, HIS-08-Z</td>
<td>Alaska 1890 to 2020: A Political History</td>
</tr>
<tr>
<td>HIS-09, HIS-09-Z</td>
<td>Representing Alaskans</td>
</tr>
<tr>
<td>HIS-10, HIS-10-Z</td>
<td>Arctic Knowledge: An Endangered Species?</td>
</tr>
<tr>
<td>HIS-11</td>
<td>Early Arctic Ocean Exploration</td>
</tr>
<tr>
<td>HIS-12</td>
<td>A New Nation: The American Revolution</td>
</tr>
<tr>
<td>HIS-13-Z</td>
<td>Alaska's First Presidential Visit</td>
</tr>
<tr>
<td>LIT-01-Z</td>
<td>Poetry of Joan Baez</td>
</tr>
<tr>
<td>LIT-02, LIT-02-Z</td>
<td>Charles Dickens's  Great Expectations</td>
</tr>
<tr>
<td>LIT-03, LIT-03-Z</td>
<td>Sentences from Shakespeare: The Merchant of Venice</td>
</tr>
<tr>
<td>LIT-04-Z</td>
<td>Irish Poems and Songs of Exile and Emigration</td>
</tr>
<tr>
<td>LIT-05-Z</td>
<td>Poetry of Joni Mitchell</td>
</tr>
<tr>
<td>LIT-06</td>
<td>Paris Stories: The Short Stories of Mavis Gallant</td>
</tr>
<tr>
<td>LIT-07, LIT-07-Z</td>
<td>Remarkable Poems 3</td>
</tr>
<tr>
<td>LIT-08, LIT-08-Z</td>
<td>Library 102</td>
</tr>
<tr>
<td>MUS-01-Z</td>
<td>Your Voice!</td>
</tr>
<tr>
<td>MUS-02-Z</td>
<td>Feeling Groovy: Music of the 60s and 70s</td>
</tr>
<tr>
<td>MUS-03</td>
<td>Guitar From Scratch</td>
</tr>
<tr>
<td>MUS-04, MUS-04-Z</td>
<td>Rock and Roll Will Never Die</td>
</tr>
<tr>
<td>MUS-05</td>
<td>Music Kinder-Theory</td>
</tr>
</tbody>
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### Religion & Beliefs

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
</tr>
</thead>
<tbody>
<tr>
<td>RB-01-Z</td>
<td>Intermediate Astrology</td>
</tr>
<tr>
<td>RB-02, RB-02-Z</td>
<td>Origins: Religion and Development</td>
</tr>
<tr>
<td>RB-03, RB-03-Z</td>
<td>Neophyte's Intro to Astrology, I</td>
</tr>
<tr>
<td>RB-04, RB-04-Z</td>
<td>Neophyte's Intro to Astrology, II</td>
</tr>
</tbody>
</table>

### Science & Mathematics

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
</tr>
</thead>
<tbody>
<tr>
<td>SCI-01</td>
<td>Marine Science Special Topics</td>
</tr>
<tr>
<td>MTH-01, MTH-01-Z</td>
<td>Demography</td>
</tr>
<tr>
<td>SCI-02, SCI-02-Z</td>
<td>Skeletal Muscle Function with Aging</td>
</tr>
<tr>
<td>SCI-03-Z</td>
<td>Permafrost Carbon and Climate Change</td>
</tr>
<tr>
<td>SCI-04, SCI-04-Z</td>
<td>Alaska Weather and Wildfires</td>
</tr>
<tr>
<td>SCI-05-Z</td>
<td>The Rejuvenation of a Mouse</td>
</tr>
<tr>
<td>SCI-06, SCI-06-Z</td>
<td>Gut Health and Your Microbiome: The Connection to Better Health &amp; Longevity</td>
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<tr>
<td>SCI-07</td>
<td>Poisons and Toxins</td>
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<tr>
<td>SCI-08, SCI-08-Z</td>
<td>The Advancing Science of Slowing Aging</td>
</tr>
<tr>
<td>SCI-09, SCI-09-Z</td>
<td>Central American Biodiversity for Naturalists</td>
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<tr>
<td>SCI-10, SCI-10-Z</td>
<td>Watch Climate Change</td>
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### Social Studies

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
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<tbody>
<tr>
<td>SOC-01-Z</td>
<td>Sleep and Dreams</td>
</tr>
<tr>
<td>SOC-02, SOC-02-Z</td>
<td>Travelogues</td>
</tr>
<tr>
<td>SOC-03, SOC-03-Z</td>
<td>Plan and Write a Basic Will: It's Easier Done Than Said</td>
</tr>
<tr>
<td>SOC-04, SOC-04-Z</td>
<td>Grassroots Stewardship for Nature and Society</td>
</tr>
<tr>
<td>SOC-05-Z</td>
<td>Self-Identity: Understanding Why We Do What We Do</td>
</tr>
<tr>
<td>SOC-06, SOC-06-Z</td>
<td>Engineering Solutions to Alaskan Problems</td>
</tr>
<tr>
<td>SOC-07-Z</td>
<td>Capital Project Development and the STIP and AIP programs</td>
</tr>
<tr>
<td>SOC-08, SOC-08-Z</td>
<td>From Morningside to API: What has changed?</td>
</tr>
</tbody>
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### OLLI Winter Lectures

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
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<tbody>
<tr>
<td>OLLI</td>
<td>Winter Lectures</td>
</tr>
</tbody>
</table>

### Special Interest Groups (SIGs)

<table>
<thead>
<tr>
<th>SIG Code</th>
<th>Description</th>
</tr>
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### Daily Schedule

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Schedule</th>
</tr>
</thead>
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### Registration Information

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Information</th>
</tr>
</thead>
</table>

### Registration Worksheet

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Worksheet</th>
</tr>
</thead>
</table>

### 2021 Donors

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Donors</th>
</tr>
</thead>
</table>

Online registration open 9:30 am Wednesday August 11 (see p. 26)
Fall Courses  See pp. 23-25 for the daily schedule.

Art & Crafts

Revisiting Entrelac Knitting
ART-01 (in-person; covid vaccination required)
Session I: Sept. 15, 22, 29, Oct. 6
Wednesdays 10:30 am - 1:00 pm
This class will make a bag using entrelac, a technique using colors to produce knitting that looks like it's woven together. It's much easier than it looks! Students need to know how to cast on, knit, and purl. This is an intermediate level course. A materials list will be emailed after registration. Enrollment limited to 12.
Instructor Gail Davidson has been involved in fiber arts for as long as she can remember.

Birch Bark Picture Frames
ART-02 (in-person; covid vaccination required)
ART-02-Z (distance-delivered; open to all)
Session I: Sept. 16, 23, 30, Oct. 7
Thursdays 9:00 - 11:30 am
Make something wonderful out of something 100% natural! This is an introductory level course; no experience is necessary. Learn how to process spruce roots, birch bark, and willows into craft materials, then assemble them into a frame that will beautify your favorite photo or painting. Students must provide their own needle-nose pliers and good quality scissors. Instructor will provide a pocket knife and awl, plus bark, willows and roots. Materials fee $30.00; pay at instructor at first meeting. Enrollment limited to 12.
Instructor David Bowen is a retired school teacher. He taught in Tanana and other villages in the Interior, where he got inspiration about birch work from many of Alaska's great traditional basket makers.

Make A Painted Coaster
ART-03a (in-person; covid vaccination required)
Session I Add-On: Oct. 12, 13
Tuesday & Wednesday 10:30 am - 1:00 pm
ART-03b (in-person; covid vaccination required)
Session II Add-On: Nov. 15, 17
Monday & Wednesday 10:00 am - 12:30 pm
* Two sections of the same course; register for only one.
Learn how to create a painted puffin coaster with cork backing. Bring craft scissors; all other materials are provided by the instructor. You will have two finished coasters by the end of the course: a puffin, and another design of your choice. Materials fee $5; pay instructor at first meeting. Enrollment limited to 10.
Instructor Carla Reardon has lived in Alaska since the 1970s. She enjoys a wide variety of crafts from sewing to construction, and likes to relax by reading and doing Sudoku puzzles.

Create a “Tea Bag Doll” Pin
ART-04 (in-person; covid vaccination required)
Session I Add-On: Oct. 15
Friday 10:30 - 11:45 pm
Learn how to create a small tea bag size doll pin constructed out of fabric, beads, and buttons. They are the size of a standard tea bag with arms and legs made from beads and the head is a button that could have a face drawn on it. The instructor will provide all the supplies required to make this charming little pin. These make great gifts and conversation pieces. Materials fee $3; pay instructor at meeting. Enrollment limited to 12.
Instructor Karen Malone started sewing 50 years ago. She loves to create her own fabrics and to sew clothes, purses, sports gear, costumes and dolls. She has taught OLLI classes in the past and is looking forward to spending time with others who enjoy getting their creative juices flowing.

“The thing that impresses me about OLLI classes is the participation of students who are eager to share their knowledge and experiences to add to what the instructor has to offer.”
—OLLI Instructor
Sew a Small Crossbody Handbag
ART-05 (in-person; covid vaccination required)
Session II: Oct 19, 26, Nov 2, 9
Tuesdays 2:00 - 3:15 pm
Meets at Christ Lutheran Church, 1798 Iniauk Ave
Create a small handbag using cotton or wool - the ideal size for a cellphone, keys, small wallet or a passport! This is an intermediate sewing course, and you must provide your own sewing machine and sewing equipment, as well as fabric, and notions needed to complete the project. Zipper sewing is included. A materials list will be emailed after registration. Handbag pattern will be provided by the instructor. Enrollment limited to 10.

Instructor Karen Milne has been a home economist, custom clothing seamstress, and sewing instructor for a variety of sewing classes for more than 40 years.

Meet the Artists
ART-06 (in-person; covid vaccination required)
ART-06-Z (distance-delivered; open to all)
Session II: Oct. 20, 27, Nov 3, 10
Wednesdays 3:45 - 5:00 pm
Meet a different local artist each week. See examples of their work and hear them talk about their creative processes.
Oct. 20: Laura Sample, Scientific Illustrator (pen and ink, multi-media)
Oct. 27: Deb Horner, Painter (watercolors)
Nov. 3: Marianne Stolz, Woodcarver
Nov. 10: Robby Mohatt, Painter (oils, alkyds, oil pastels) and Printmaker (mono prints)

Chip Carving
ART-07 (in-person; covid vaccination required)
ART-07-Z (distance-delivered; open to all)
Session II: Oct. 21, 28, Nov. 4, 11
Thursdays 12:15 - 1:30 pm
Learn the northern European craft of chip carving, which involves cutting small, often triangular, pieces from the surface of wood in a decorative pattern. The objects thus carved may be used as wall hangings, bowls, boxes or decorative items. We will start with practice pieces and finish with a small plate. Materials fee $20; pay instructor at first meeting. Enrollment limited to 15 in-person and 5 by Zoom.
Instructor Arvid Weflen has a wide variety of interests from metal working, book binding, birch bark baskets, painting, and beyond.

Let’s Paint Rocks
ART-08 (in-person; covid vaccination required)
ART-08-Z (distance-delivered; open to all)
Session II Add-On: Nov. 18
Thursday 2:00 - 4:00 pm
Have fun—paint a rock! Start your winter off with a fun hobby that you can share with others year-round. No talent or previous paint experience required; it’s just a rock. Painted in fun vibrant colors, they can decorate a planter, or be left on a trailside for a happy discovery. Bring a rock, acrylic paint and brushes if you have them; if not we can share.
Instructor Lori Richards lived in the bush on the Kandik River for most of her life. She learned to enjoy simple things and take pleasure from nature. She recently began painting rocks and wants to share the fun affordable pastime with others. Instructor Krista Holbrook likes to paint rocks too, and will help out.

Computer Applications
Photo Retouching in Adobe Lightroom
CP-01-Z (distance-delivered; open to all)
Session I: Sept. 20, 27, Oct. 4, 11
Mondays 10:30 - 11:45 am (No class Sept. 13)
Learn how to use Adobe’s industry leading software to enhance your favorite photos. Whether it’s a backyard portrait or a dramatic landscape or a picture of your cat, Lightroom has a variety of simple but powerful tools to help bring that image to its full potential. The class will help you develop an efficient flexible workflow using Lightroom to manage your digital assets and to share your favorites. Requires access to Adobe Lightroom via cloud-based subscription @ $10/month. Enrollment limited to 25.
Instructor Todd Paris is a longtime Fairbanks commercial photographer who has been using Lightroom virtually every day since its beta release in 2006.
Introduction to iPhone
CP-02a (in-person; covid vaccination required)
Session I: Sept. 14, 21, 28, Oct. 5
Tuesdays 3:45 - 5:00 pm
CP-02b (in-person; covid vaccination required)
Session II: Oct. 19, 26, Nov. 2, 9
Tuesdays 3:45 - 5:00 pm
* Bring your own iPhone and Apple account login information.

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

Instructor William Sanderson has taken several Apple workshops and is an avid reader of manuals. He's been teaching for OLLI since 2015 and is excited to share what he has learned.

Back Up Your Mac Computer
CP-03-Z (distance-delivered; open to all)
Session I: Sept. 17, 24, Oct 1, 8
Fridays 10:30 - 11:45 am

Back up your Mac computer is a smart move. It provides more than just protection from your computer crashing. Got infected by malware today? Restore from your backup. House burned down? Grab your offsite backup. Deleted a file last month by mistake? Time Machine to the rescue. We will look at what programs to use, what hardware to buy and various backup strategies. The entire process will be recorded in Zoom and available for a step by step “replay.” One-on-one hand holding will be offered for anyone who requests it. **Enrollment limited to 30.**

Instructor Bud Kuenzli is a Mac geek who will hold your virtual hand ’til it's figured out. Although he has a closet full of professional DSLR's, he takes more images with his iPhone than his “big guns.” (see PHT-01)

Intermediate Yoga
EX-01 (in-person; covid vaccination required)
Session I: Sept. 15, 22, 29, Oct. 6
Wednesdays 10:30 - 11:45 am
* Please ensure you bring your own yoga equipment.

Bring your sticky mat, blocks, and strap, as well as something to put under your head during relaxation. **Enrollment limited to 20.**

Instructor Patricia Mata-Celis has practiced yoga for many years and three years ago she earned yoga teacher credentials. She continues to teach and attend classes with various instructors to keep current on new practices.

Kundalini Yoga and Meditation
EX-02 (in-person; covid vaccination required)
Session I: Sept. 16, 23, 30, Oct. 7
Thursdays 10:30 - 11:45 am

Do you feel like you want more connection and intimacy with your body-mind? Do you want to practice making better use of your breath and quiet your mind? Begin feeling more comfortable in your body. Develop your awareness and sensitivity with a Kundalini Yoga and meditation class. Come meet the challenges that lead to a feeling of relaxation and self fulfillment. Come as you are. No previous experience necessary. Bring your own mat, pad, blanket, and water. **Enrollment limited to 20.**

Instructor Devta Khalsa is an accomplished teacher and Teacher Trainer in Kundalini Yoga and meditation. Devta studied directly under the world master of Kundalini Yoga, Yogi Bhajan.

Alaska Canasta
REC-02 (in-person; covid vaccination required)
Session I: Sept. 16, 23, 30, Oct. 7, 14
Thursdays 2:30 - 5:00 pm (5 weeks)

Learn a version of the Canasta card game that was created when someone from Oregon and someone from Iowa met in Alaska and combined and added to how they played canasta. **Enrollment limited to 16.**

Instructor Patsy Perkins has been playing Canasta for over 50 years. Games are a great way to meet with friends and have fun.

Learn to Play Sudoku
REC-03 (in-person; covid vaccination required)
Session I: Sept. 17, 24, Oct. 1, 8
Fridays 10:30 - 11:45 am

Sudoku puzzles do not require any math. It’s a fun way to improve brain function with pattern recognition. The first two weeks you will gain the skills to be comfortable with easy to medium puzzles. The last two weeks you will learn about three different varieties of Sudoku puzzles. Everyone goes home with new skills and two Sudoku puzzle books to start you off. Come have fun with us! Materials fee $5; pay instructor at first class. **Enrollment limited to 10.**

Instructor: Carla Reardon (see ART-03)
Finding the Right Parts to Fix Your Bike
REC-04 (in-person; covid vaccination required)
REC-04-Z (distance-delivered; open to all)
Session I: Sept. 17, 24, Oct. 1, 8
Fridays 3:45 - 5:00 pm
If you qualify for OLLI classes, you’re old enough to remember bicycles being simple to work on. They’ve gotten complicated enough that choosing just the right part when repairing one is now quite challenging. We’ll go over sources of information and parts to help get through the maze of component selection. Content will be shaped by participant requests; please contact the instructor if you want any particular topics covered.
Enrollment limited to 12 in-person, 10 by Zoom.
Instructor: Simon Rakower (see REC-01)

Hiking the Chilkoot Trail
REC-05 (in-person; covid vaccination required)
REC-05-Z (distance-delivered; open to all)
Session I Add-On: Oct. 12, 14
Tuesday & Thursday 12:15 - 1:30 pm
An amazing era in Alaska’s history is embodied in the Chilkoot Trail, which was the path followed by thousands of hopeful gold miners in the Klondike gold rush of 1898. The modern Chilkoot Trail allows hikers to enjoy exploring gold rush relics amidst stunning natural beauty. You’ll learn about the political environment in the US that helped spawn the gold rush, and see historical photos of miners traversing the trail. You will also learn how to navigate the permitting process and get some tips for making the trek easier as an older hiker.
Instructors Laurel Devaney and Ken Russell are retired from the US Fish & Wildlife Service and enjoy exploring Alaska’s history.

Long-Distance Hiking National Scenic Trails
REC-06 (in-person; covid vaccination required)
Session II Add-on: Nov. 16, 18
Tuesday & Thursday 12:15 - 1:30 pm
Come explore the trails with us! The first class will be photos and storytelling of hikes on the Appalachian Trail, Pacific Crest Trail and the Continental Divide Trail. The second class will be the nuts and bolts of planning, packing and hiking the trails. Enrollment limited to 20.
Instructors Pat McDonald and Paul Mercer have enjoyed distance hiking since their retirement. They continue to enjoy the birds, scenery and experiences of hiking.

Be Part of the Fairbanks Christmas Bird Count!
REC-07 (in-person; covid vaccination required)
REC-07-Z (distance-delivered; open to all)
Session I Add-On: Oct. 13
Wednesday 2:00 - 3:15 pm
The Christmas Bird Count was started in the early 1900’s as one of the earliest conservation efforts to save native bird populations. Since then, it has spread across North America as the longest-running citizen science program in the United States. This class will explore the history of the bird conservation movement and show you how you can help count birds in Fairbanks!
Instructor Laurel Devaney (see REC-05) is an avid bird watcher who enjoys coordinating the Fairbanks area Christmas Bird Count with her husband.

Knot Tying for Beginners
REC-08 (in-person; covid vaccination required)
Session II: Oct. 18, 25, Nov. 1, 8, 15 (5 weeks)
Mondays 2:00 - 3:15 pm
This course will help people solve problems while avoiding plastic gadgets, such as how to safely tie a canoe to a vehicle and a variety of other common problems encountered in everyday life. A few knots learned well is the best approach and you can practice them from the comforting embrace of your lazyboy or other recliner. Enrollment limited to 15.
Instructor Charles Simmons lives in the hills outside of Fairbanks with his wife and is a woodworker.

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

Online registration open 9:30 am Wednesday August 11 (see p. 26)
Learn and Play Board Games
REC-09 (in-person; covid vaccination required)
Session II: Oct. 19, 26, Nov. 2, 9
Tuesdays 2:00 - 4:30 pm
Do you miss playing board games with friends? Join us to play board games! Each gaming session will consist of a teaching session for one board game. After the teaching session, we will play. No experience required. Enrollment limited to 12.

Instructor Laura Walsh enjoys playing all kinds of board games, in real life or virtually.

Outdoors in Alaska
REC-10 (in-person; covid vaccination required)
REC-10-Z (distance-delivered; open to all)
Session II: Oct. 21, 28, Nov. 4, 11
Thursdays 3:45 - 5:00 pm
Alaska offers many fun, exciting outdoor activities to explore, observe or participate in. A variety of presentations will be explored, highlighting some of Alaska’s unique opportunities. These may include mountaineering, fishing, visiting Denali National Park, air travel exploration, and wilderness living or survival. Presenters include: Mark Richards on Wilderness Living, Stan Justice on Mountaineering, Clark and Karen Milne on Fun in Southeast Alaska, and more!

Instructor Krista Holbrook has been involved with OLLI for five years, and enjoys the diversity and community engagement it makes available. She bowhunts, fishes and occasionally works as a naturalist guide. Krista will present or facilitate presentations by others exploring the great Alaskan outdoors.

Films & Photography
Eclectic Tour of Movies, Documentaries, and Science
FLM-01 (in-person; covid vaccination required)
FLM-01-Z (distance-delivered; open to all)
Session II: Oct. 19, 26, Nov. 2, 9
Tuesdays 9:00 - 11:00 am
View and discuss some “bests” of recent and classic films of social power. Will include some work by Ken Burns (Mark Twain, Prohibition: A Nation of Drunkards, drawn from PBS’s Passport options), Pacific Heartbeat “The Australian Dream,” and more. Join your instructor in his visual and intellectual travels and learning via film, while we wait to travel again.

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

iPhone Photography
PHT-01 (in-person; covid vaccination required)
PHT-01-Z (distance-delivered; open to all)
Session II: Oct. 21, 28, Nov. 4, 11, 18
Thursdays 2:00 - 3:15 pm (5 weeks)
Join us to discuss composition, lighting and what “makes” a good photograph in this (mostly) iPhone-specific class. We’ll look at iPhone photography apps including the built-in iPhone app as well as Camera 2+. Editing apps we will briefly look at will include Photos, Affinity Photo, and Luminar. Adobe Photoshop and Lightroom will be mentioned. Sharing photos via Airdrop will be covered. Along the way we will very briefly touch on storage. We’ll do and share some fun “homework” too! Enrollment limited to 12 in-person, 10 by Zoom.

Instructor: Bud Kuenzli (see CP-03)

Foods & Flowers
Cake Decorating
FF-01 (in-person; covid vaccination required)
Session I: Sept. 14, 21, 28, Oct. 5
Tuesdays 12:15 - 1:30 pm
Learn how to dazzle your neighbors and family with your beautiful cakes and cupcakes! Learn basic piping techniques for creating beautiful flowers and borders on your culinary creations. We will also learn how to turn a dry box cake into a culinary masterpiece. You don’t need hundreds of cake decorating tips—you’ll learn to create a masterpiece with 3 decorating tips. Come join us for lots of fun and learn how easy it is to decorate cakes. A materials list will be emailed after registration. Enrollment limited to 10.

Instructor Monte Landis put herself through college decorating wedding cakes.

The Historical and Culinary Importance of Spices
FF-02 (in-person; covid vaccination required)
Session I: Sept. 16, 23, Oct. 7, 14 (no class 9/30)
Thursdays 3:45 - 5:00 pm
The spices that delight our senses and enhance our cuisine have had immense importance over history. Where did they come from originally? What role did they play in trade from ancient Egyptian times to today’s globalized corporate world? How did they transform European and other cuisines? What are some foods—and their recipes—that take special advantage of spices? Explore these topics with us, and maybe you’ll find some tasty recipes along the way!

Instructor Aldona Jonaitis was director of the University of Alaska Museum of the North from 1993 - 2018.
Discover The Boreal Herbal Book
FF-03 (in-person; covid vaccination required)
FF-03-Z (distance-delivered; open to all)
Session I Add-On: Oct. 12
Tuesday 3:45 - 5:00 pm
An introduction to The Boreal Herbal book, one of the most comprehensive medicinal plant books for our northern climate. You need not learn every plant in the woods to enjoy wildcrafting. Explore with us the bounty of some local plants featured in the book. Discover bountiful and healthy medicinal teas you can harvest and prepare. Enrollment limited to 25.
Instructors Mary Burtness and Krista Holbrook love this book and they’ve teamed up to offer information on plants they commonly use, on a topic they love.

Perennial Gardens for Fairbanks
FF-04 (in-person; covid vaccination required)
Session II: Oct. 22, 29, Nov. 5, 12
Fridays 2:00 - 3:15 pm
This course will introduce participants to locally hardy perennial flowering plants and will guide them through the process of having fun and success in designing, planting and growing perennials in our northern climate.
Instructor Cyndie Warbelow is a lifelong Alaskan with many years of experience operating greenhouse-nursery businesses and designing and growing gardens in the Fairbanks area. Her most recent endeavor is her book, Northern Garden Symphony (UAPress 2020), but her other favorite activities are spending days in her gardens, rescuing cats, creative writing, watercolor painting, biking, snowshoeing, and being outdoors.

Food: Dynamic Duos
FF-05-Z (distance-delivered; open to all)
Session II Add-On: Nov. 16
Tuesday 10:30 - 11:45 am
From chips and salsa to peanut butter and jelly to mac ’n cheese to Champagne and caviar, some foods just belong together. We’ll explore a wide range of delicious food marriages from around the world in this fun, engaging and dynamic presentation!
Chef Larry P. Canepa is a certified culinary educator and director of training and development at Dinner at Eight, LLC. with a dynamic, innovative and engaging style that incorporates food history, culinary arts, education and “food-tainment” to create a delicious and informative food experience for adult learners. Chef Canepa has taught for over 25 years at the International Culinary School, The Art Institute of Phoenix, Le Cordon Bleu, community organizations, museums, and libraries.

Aphrodisiacs: Forbidden Foods and Drinks
FF-06-Z (distance-delivered; open to all)
Session II Add-On: Nov. 17
Wednesday 10:30 - 11:45 am
The association between food and eroticism is primal, but some foods have more aphrodisiacal qualities than others. Throughout the centuries, emperors and everyday folk alike have ingested, imbibed, sprinkled, or applied almost every conceivable substance—from almond paste to zebra tongues—in the hope of arousing sexual desire. Whether to woo a reluctant lover, revive a flagging libido, or pique carnal pleasure and performance, lovers the world over have relied on aphrodisiacs to do the trick. But which ones have the greatest reputations for potency (and why?) and do any of them really work?
Instructor: Larry P. Canepa (see FF-05-Z)

Demon Foods: Are Your Favorite Foods Killing You?
FF-07-Z (distance-delivered; open to all)
Session II Add-On: Nov. 18
Thursday 10:30 - 11:45 am
Foods grown for shelf life and transport, saturated in toxic chemicals, generally aren’t so great for actual consumption when it comes to nutritional value. Has science and agribusiness made the “perfect food” yet? This “food-tainment” presentation will examine the current crazes, diets, fads, fact and fiction of “demon foods.” We’ll explore the foods and snacks of yesteryear and the fantastic foods of the future. We are what we eat and making good choices is based on knowledge. Find out about some delicious, healthy alternatives to our favorite “demon foods.”
Instructor: Larry P. Canepa (see FF-05-Z)

OneTree Alaska: Birch
FF-08 (in-person; covid vaccination required)
FF-08-Z (distance-delivered; open to all)
Session II Add-On: Nov. 19
Friday 2:00 - 3:15 pm
OneTree Alaska is a STEAM (STEM + Arts) program affiliated with the Agricultural and Forestry Experiment Station of the University of Alaska Fairbanks. Learn about OneTree Alaska and discover the wonders of the birch tree. Community participants gather sap and data to further the understanding of green-up, sap flow and climate impact. There is an opportunity to purchase a tapping kit for use next spring so you can participate and enjoy real birch syrup. OneTree won an international award for their high quality flavorful syrup.
Instructor Janice Dawe is a Research Assistant Professor in UAF’s School of Natural Resources and Extension.

B.Y.O.C.!
Bring Your Own Coffee (and snacks). OLLI cannot provide refreshments this fall.
**Healthy Living**

**Stand Taller to Live Longer**

HL-01-Z (distance-delivered; open to all)

Session I: Sept. 14, 21, 28, Oct. 5

Tuesdays 8:45 - 10:00 am

Better posture adds years to our life AND years to our living! Increase your vitality, longevity, and energy levels and DECREASE chronic pains with Functional Movement Therapy and Postural Correction. Posture is the baseline of all flexibility and movement. It is the interface of how we both move through and perceive the world around us. Our most common issues start with our most common positions. Learn how to mitigate and even alleviate those issues.

Instructor Cean Whitmarsh, LMT, MMP, is an Orthopaedic Manual Therapist and nationally certified medical massage practitioner based in Fairbanks and associated with the Center of Intrinsic Alignment. Cean uses his expertise in kinesiology and bodywork to help promote understanding of how we move through our daily lives as functioning people.

**Wellness and Stress Management**

HL-02-Z (distance-delivered; open to all)

Session I: Sept. 15, 22, 29, Oct. 6, 13

Wednesdays 8:45 - 10:00 am (5 weeks)

Learn to understand your stresses and how to reduce your tension using guided relaxation. The “Relaxation Response” has been called the 4th state of consciousness. It is an inborn response we all have and there are multiple avenues to reach a deep relaxation. Each class will begin with a short lecture on the physiology of the relaxation response and the research supporting the 4th state of consciousness. Then you’ll experience half an hour of guided relaxation using various techniques to achieve deep levels of relaxation.

**Instructor David Hamilton** has three Masters degrees: Psychology, Education, and Educational Administration. He has been involved in research to determine the various techniques to achieve the “Relaxation Response” and has taught this course to teachers, parents, and children since 1974.

**Adult Development Through an Occupational Therapist’s Lens**

HL-03 (in-person; covid vaccination required)

HL-03-Z (distance-delivered; open to all)

Session I: Sept. 16, 23, 30, Oct. 7

Thursdays 2:00 - 3:15 pm

Are you rocking your “Wise Woman” or “Grey Beard” status? Working out the details of retirement and change that come with transition from middle to late adulthood? We are all in a very special stage of development in life: Adult! Want to know how an Occupational Therapist (OT) looks at developmental stages? We’ll review OT Frames of Reference, use a self-analysis tool to check our own comfort and form a basis for setting individual goals and objectives, explore resources, and promote a discussion to share the functional skills, solutions and strengths you have found. *Enrollment limited to 12 in-person, 12 by Zoom.*

**Instructor Pauline Bennett-Gannon** has been a Nationally Registered and Alaska Licensed Occupational Therapist since 1979. She has experience working at various inpatient, outpatient, medical, school and community practice locations, with diverse clients from young children through ultra-mature adults.

**Registration Procedure**

On the day registration opens, you can enroll and/or waitlist in up to 3 courses in Session I and 3 courses in Session II. Starting the next day, you can select as many more courses as you wish.
“I enjoy doing presentations for OLLI because folks are there because they have an interest and are engaged.”
—OLLI Instructor

**Becoming Friends With Our Aging Guts**
HL-04 (in-person; covid vaccination required)
Session II: Oct 21, 28, Nov. 4, 11
Thursdays 10:30 - 11:45 am

A fun and interactive course for people who want to know what makes their intestinal system work, and how to keep it healthy with the challenges of aging. Enrollment limited to 15.

**Instructor Dr. John Mayer** is a retired General Surgeon who likes to share his love of medicine with anyone willing to listen.

**Nodo-tore: Throat Training to Prevent Choking**
HL-05 (in-person; covid vaccination required)
Session II: Oct 22, 29, Nov. 5, 12
Fridays 12:15 - 1:30 pm

Using information from a Japanese ear & nose doctor, learn about how and why, as we age, we're so prone to choking on foods—and learn what we can do about it! The first two meetings will cover the theory and introduce throat-strengthening exercises you can do at home. The last two meetings are optional and will allow time for additional practice or other topics of student interest.

**Instructor Hisako Ito** (tozaibodyworkwellness.com, info@tozaibodyworkwellness.com) integrated Qigong with her career as a Massage & Bodywork practitioner and martial arts experience. Currently, she teaches Qigong at Heart Stream Yoga and through virtual classes.

**Kitchen Yoga**
HL-06 (in-person; covid vaccination required)
Session II: Oct 22, 29, Nov. 5, 12
Fridays 2:00 - 3:15 pm

Learn mindful practices to employ while waiting for the water to boil or coffee to brew. Practice directed postures to reduce forward head thrust, open the thoracic area, improve balance through strength and engagement, and mood-altering breath techniques. These are simple, healthy ideas to add to your daily routine while hanging in the kitchen. **Enrollment limited to 15.**

**Instructor Jane Reilly** is a licensed yoga teacher who has practiced yoga for 17 years. Her graduate work in biopsychology informs her interest in the application of mindfulness in the physiology of yoga.

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**History & Politics**

**Iñupiaq Skin-sewing—A Family Perspective: 1920s to Today**
HIS-01 (in-person; covid vaccination required)
HIS-01-Z (distance-delivered; open to all)
Session I: Sept. 13, 20, 27, Oct. 4
Mondays 5:30 - 6:45 pm

What it means to be an Indigenous person in the 21st century is a powerful and moving experience. Perspectives of Iñupiaq people through literature and academia give a mostly non-Indigenous viewpoint and often a limited impression of what it means to be “Iñupiaq.” Topkok presents a family overview of her mother, sister, and many matrilineal family members’ experiences in skin-sewing, which adds context to ideals, values, and an understanding and appreciation of cultural identity through traditional clothing. Along with a historical Alaska perspective, her family photos include many skin-sewn examples and skin-sewers’ information, and spans decades of beautiful handmade heirlooms. **Enrollment limited to 20.**

**Instructor Amelia “Amy” Topkok** is Iñupiaq from Kotzebue and has a B.F.A. in Drawing with a minor in Native Art, and a M.A. in Cross-Cultural Studies from UAF. She is the female lead of the Pavva Iñupiaq Dancers of Fairbanks and co-wrote a teaching module on Iñupiaq Parkas with the Smithsonian Arctic Studies Center.

**Environmental History in Russia and Alaska**
HIS-02-Z (distance-delivered; open to all)
Session I: Sept. 14, 21, 28, Oct. 5
Tuesdays 10:30 - 11:45 am

What do whales, reindeer, and tin have to do with shaping human history? What about walruses or foxes? These four lectures will look at the connections between animals, people, and the twinned histories of the Russian and Alaskan sides of the Bering Strait over the past two hundred years, paying particular attention to how different economies fared in the Arctic and sub-Arctic. In the process, we will explore the field of environmental history, a branch of research about the past that pulls together insights from the natural sciences and a wide variety of archives.

**Instructor Bathsheba Demuth** is an Assistant Professor of History and Environment and Society at Brown University, and author of Floating Coast: An Environmental History of the Bering Strait.

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“-Z” for Zoom
real-time distance-delivered class; open to all

No “-Z”:
in-person class; covid vaccination required
**Viewpoints of Vietnam**  
HIS-03 (in-person; covid vaccination required)  
Session I: Sept. 14, 21, 28, Oct. 5  
Tuesdays 2:00 - 5:00 pm

Various aspects of the Vietnam War will be examined through movies.

1. *Hamburger Hill*—PTSD  
2. Red Cross recreation workers, a.k.a. Donut Dollies—the lighter side  
3. *Friendly Fire*—the lack of military and governmental transparency  
4. *Coming Home*—the issues faced by returned veterans and their caretakers

Instructor Nancy Smoyer served as a Red Cross recreation worker in Vietnam and was a therapist at the Vet Center. She runs the yearly veteran event called Stand Down.

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**Great Decisions 2021, I**  
HIS-04 (in-person; covid vaccination required)  
Session I: Sept. 15, 22, 29, Oct. 6  
Wednesdays 10:30 am - 12:00 pm

**Great Decisions 2021, II**  
HIS-05 (in-person; covid vaccination required)  
Session II: Oct 20, 27, Nov. 3, 10  
Wednesdays 10:30 am - 12:00 pm

* Each 4-week session (HIS-04 & HIS-05) stands alone; you may take either one or both. The Briefing Book covers both sessions; purchase it directly from the FPA.

Global challenges have increasingly become domestic challenges with events in the most remote parts of the world affecting our lives in a myriad of 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, watch a video analysis of the topic by experts, and then participate in an in-person group discussion.

Topics for 2021 Session I are:
- Global Supply Chains and U.S National Security
- The future of Persian Gulf security
- Brexit: taking stock and looking ahead
- The coldest war: toward a return to Great Power competition in the Arctic?

Topics for 2021 Session II are:
- China and Africa
- The Two Koreas
- The World Health Organization's response to Covid-19
- The end of globalization?

Facilitator Scott Sexton is a retired surveyor with a wide range of interests, including current affairs.

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**Piratical Virtues: Revisiting Pirate Legacies**  
HIS-06-Z (distance-delivered; open to all)  
Session I: Sept. 17, 24, Oct. 1, 8  
Fridays 10:30 - 11:45 am

We all know that old Pirate trope, the cliché that pirates were all ne'er-do-wells who kidnapped innocents, stole booty and yelled 'Argghhhh' at the least provocation. But our collective understanding of these characters, as represented in popular culture, often misses the mark. In this course, we'll revisit the stories and ships of a number of pirates to shine a light on their little-known virtues while acknowledging their well-known vices.

Instructor Dr. Elizabeth Alexander is a geographer who specializes in maritime geographies and geographies of science and is the coordinator of the Climate Scholar Program at the University of Alaska Fairbanks.

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**Reconstruction: A Brief Moment in the Sun**  
HIS-07-Z (distance-delivered; open to all)  
Session II+: Oct 6, 13, 20, 27, Nov. 3  
Wednesdays 2:00 pm - 4:00 pm

5 weeks; begins last week of Session I

This misunderstood period of American history was “a brief moment in the sun” for African Americans, when they could “achieve education, exercise their right to vote, and run for and win public office.” The corrupt compromise ending the 1876 election crisis resulted in the tragedy of the restoration of slavery in all but name. Studying this period is essential to correct the distorted narrative of US history we learned in school. Students are asked to view one of the four episodes of Henry Louis Gates’ “Reconstruction: America After the Civil War” before each class, available on YouTube and KUAC Passport.

Instructor Susan Stitham discovered OLLI at UAF in 2003 upon her retirement from teaching English and history at Lathrop High School. After moving to Ashland, Oregon in 2010, where she found another OLLI, she has returned each spring (except 2020 & 2021) to teach an OLLI course in Fairbanks—but now thanks to Zoom, spring can be all year.
Modern-day Alaska had its beginnings in the years between 1890 and 1920. During those three decades, an economy based on mining and agriculture developed and a legal structure along with civil and criminal codes was created. Systems of transportation and communication were built, and the cities and population centers we know today were born. In this course, we will look at the history of those years with a focus on the politics that influenced key people and events. In a period of time known as the Progressive Era, national politics played a large role in life in Alaska. Enrollment limited to 25.

Instructor Tom Alton is a 1974 graduate of UA and retired after a career as editor of UAF’s Alaska Native Language Center. He is author of Alaska in the Progressive Age: A Political History, 1896 to 1916 and a contributor to The Tanana Chiefs: Native Rights and Western Law, both from the University of Alaska Press.

This course will explore what it is like to represent Alaskans at various political levels. It will feature guest speakers at the local, state, and national level. What does their job entail? How are decisions really made? How do they deal with the need to raise money? How do they measure success? The focus will be more personal than political, with lots of time for Q&A. Speakers TBA.

Instructor David Frey has a keen interest in social issues and politics, and he reads letters to the editor daily. This is his third time offering “Representing Alaskans.”

Learn about the surface and avional history of the Arctic Ocean.

Instructor Pete Haggland is a lifelong Alaskan, born and raised here.

This will be a refresher course for everyone. We will cover that series of events which took place in North America prior to the American Rebellion, starting with the clash of empires between France and England from 1668 to 1763 and culminating in the French and Indian War of 1754. Next covered will be the foundations of rebellion from 1763 to 1776, a Declaration of Independence from England followed by eleven years of open conflict with the mother country. Our overview will conclude with the creation of The Constitution from 1786 to 1791. A course outline will be provided; there will be questions for you to ponder and appropriate audio-visual aids to enhance the experience.
Instructor Stephen Heckman is a retired Alaska State Trooper, former adjunct with Tanana Community College, and retired history teacher and vice principal of Monroe Catholic High School. He served as an officer in the United States Army stateside from 1971 to 1973.

**Alaska’s First Presidential Visit**
HIS-13-Z (distance-delivered; open to all)
Session II Add-On: Nov. 19
Friday 8:45 - 10:45 am

Why did Harding really come to Alaska? Why did so many of his Cabinet come with him? What did he do and not do while he was here? Did Florence Harding actually shovel coal into a locomotive's fire box, while her husband drove a locomotive? He appeared healthy while in Alaska—did the US Navy or the Canadians poison him on his way home?

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

**Literature, Languages, & Philosophy**

**Poetry of Joan Baez**
LIT-01-Z (distance-delivered; open to all)
Session I: Sept. 13, 20, 27, Oct. 4
Mondays 2:00 - 3:15 pm

Come and listen, read the lyrics, and discuss some of the works of Joan Baez. This will be a discussion group. We will try to cover Joan’s extensive career by listening to her works while reading the lyrics. We will then open a friendly discussion for comment and critique.

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

**Charles Dickens’s Great Expectations**
LIT-02 (in-person; covid vaccination required)
LIT-02-Z (distance-delivered; open to all)
Session I: Sept. 15, 22, 29, Oct. 6
Wednesdays 10:30 - 11:45 am

Its masterful plot, memorable characters (e.g., Miss Havisham, Wemmick), provocative themes, and puzzling ending(s) have made this novel so critically acclaimed and popular for 160 years. Using a fictional autobiography, Dickens traces Pip's moral development through telling (re)turns of crime, revenge, identity, honor, love, rebirth, and redemption. The expectation is that you will have finished reading the novel prior to the first class.

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

**Sentences from Shakespeare: The Merchant of Venice**
LIT-03 (in-person; covid vaccination required)
LIT-03-Z (distance-delivered; open to all)
Session I: Sept. 16, 23, 30, Oct. 7
Thursdays 12:15 - 1:30 pm

The class will focus on sentences selected from Shakespeare’s *The Merchant of Venice*. The idea will be to read the assigned sentences closely and think about how they connect to meaning in the rest of the play. The expectation is that students should read the whole play before the course starts. See if you can pick out sentences that work for you as summaries or emblems of what *Merchant* is about. We will talk about assigned sentences and others that class members share.

Instructor Janis Lull is Professor Emerita of English at UAF. She has often served as dramaturg for the Fairbanks Shakespeare Theatre.

**Irish Poems and Songs of Exile and Emigration**
LIT-04-Z (distance-delivered; open to all)
Session I: Sept. 17, 24, Oct. 1, 8
Fridays 12:15 - 1:30 pm

The history of Ireland is marked by phases of exile and emigration driven by poverty, famine, lack of opportunity, and different kinds of oppression. The emigrant experience—often steeped in strains of loss, longing, and alienation—has been extensively and beautifully chronicled in poetry, song, and drama. Students will read a selection of poems, sample other literature, and listen to music that bear on this facet of Irish history.

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 a professor emeritus of mathematics at UAF.

**Poetry of Joni Mitchell**
LIT-05-Z (distance-delivered; open to all)
Session II: Oct. 19, 26, Nov. 2, 9
Tuesdays 12:15 - 1:30 pm

Come and listen to, read the lyrics, and discuss some of the works of Joni Mitchell. This will be a discussion group. We will try to cover Joni’s extensive career by listening to her works while reading the lyrics. We will then open a friendly discussion for comment and critique.

Instructor: Scott Sexton (see LIT-01-Z)
**Paris Stories: The Short Stories of Mavis Gallant**
LIT-06 (in-person; covid vaccination required)
Session II: Oct. 21, 28, Nov. 4, 11
Thursdays 10:30 - 11:45 am

Canadian born Mavis Gallant left a career in journalism and her home country to pursue writing fiction instead. She lived most of those years in Paris. Hence: Paris Stories, a selection of some of her best stories edited by fellow Canadian author Michael Ondaatje. Paris Stories is a New York Review Classics book available in new, used, Kindle and CD.

Instructor Frank Soos is a retired English professor from the University of Alaska.

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**Remarkable Poems 3**
LIT-07 (in-person; covid vaccination required)
LIT-07-Z (distance-delivered; open to all)
Session II: Oct 21, 28, Nov. 4, 11
Thursdays 2:00 - 4:00 pm

We'll discuss poems (12-15) written recently and a few from long ago—all of which are “remarkable” (i.e., re-readable, entertaining, odd) for their style and/or content. Some works will be by poets perhaps unfamiliar to you, but we’ll also study distinguished poems by renowned and/or “popular” writers, all of whom make “the experience of reading” an (inter)active, “playful” event. Join us in learning more about poetry whether or not you participated in previous “Remarkable Poems” OLLI classes.

Enrollment limited to 20.

Instructor Joe Dupras (see LIT-02)

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**Library 102**
LIT-08 (in-person; covid vaccination required)
LIT-08-Z (distance-delivered; open to all)
Session II: Oct. 22, 29, Nov. 5, 12
Fridays 10:30 - 11:45 am

* “Library 101” through OLLI is recommended but not required. This course goes further in depth about the Noel Wien Library and its offerings. Participants will learn more about the history of the Library, will receive focused overviews of select databases, will better understand the function and services of the reference department, and will be able to attend a tour of the Noel Wien Library.

Instructors: This course is taught through the combined efforts of the FNSB Library reference staff: Christie Burke, Kitty Berner, Michelle Proper, Rhonda Gilbertson, and David Wright.

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**Music & Theater**

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**Introduction to Storytelling**
THT-01-Z (distance-delivered; open to all)
Session I: Sept. 14, 21, 28, Oct. 5
Tuesdays 10:30 - 11:45 am

Learn the fundamentals of how to tell a great story, including how to capture your audience’s attention and keep them riveted right through to the end. Enrollment limited to 20.

Instructor Rob Prince is an Associate Professor in the Communication & Journalism Department at UAF and the creator/host of Dark Winter Nights: True Stories from Alaska, the “best winter podcast for storytelling lovers” according to The New York Times.

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**Your Voice!**
MUS-01-Z (distance-delivered; open to all)
Session I: Sept. 15, 22, 29, Oct. 6
Wednesdays 12:15 - 1:30 pm

Learn to use your voice to develop confidence and ease in your singing experience, in body, brain/mind and spirit. We use our voices in so many ways—this course may offer some different takes on what singing can mean for you as an individual, with your own unique voice. How do you want to use your voice in the world? To play, to express, to connect, to explore, to share, to heal? Let’s explore together what it means for you! Plan to purchase sheet music for a song or two of your choice; songs are typically about $6 each on sites like musicnotes.com.

Enrollment limited to 12.

Instructor Wendy Buzby sees singing as an incredible tool in self discovery, expression and healing, and enjoys assisting individuals in finding their own authentic voice. She holds two degrees in Opera and Vocal Performance, and enjoys singing professionally as well as assisting singers of all ages in their vocal endeavors.

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**Feeling Groovy: Music of the 60s and 70s**
MUS-02-Z (distance-delivered; open to all)
Session I: Sept. 17, 24, Oct. 1, 8
Fridays 5:30 - 6:45 pm

A great way to feel good is not just to listen to music, but to share the experience with others. In this Zoom course we’ll listen to great music from the 60s and 70s and also share some of the memories the songs bring up from that transformational time in the world and our lives. Enjoy connecting to music, our shared history, and to others who traveled those paths with us. Peace and love!

Instructor Larry Moen is a licensed professional counselor in his private practice Uncommon Therapy (www.utherapy.net). Previously he was acting coordinator of the counseling center in Barrow, manager of rehabilitative services at Fairbanks Community Behavioral Health Center, treatment director of Children’s Services on the North Slope, and Dean of Students at Ilisagvik College.
Guitar From Scratch
MUS-03 (in-person; covid vaccination required)
Session II: Oct. 18, 25, Nov. 1, 8, 15
Mondays 3:45 - 5:00 pm (5 weeks)
Always wanted to play guitar? Want to play around the campfire? Or do you aspire to reach rock star status? Then this course is for you. We will cover the basics, such as how to hold your guitar, how to tune it, simple strumming techniques and more. At the end of the course you will know how to play along with many songs using only the basics taught here. Enrollment limited to 8.

Instructor Jeep Reid is a retired civil engineer. He is fascinated by music, guitar in particular, and has loved teaching many guitar classes for OLLI.

Music Kinder-Theory
MUS-05 (in-person; covid vaccination required)
Session II: Oct. 22, 29, Nov. 5, 12
Fridays 12:15 - 1:30 pm
As kindergartners we laid our foundation for formal education by learning the alphabet, A to Z, and numbers, 1 to 10. Building on that foundation we learned to spell “cat” and add 2+2. Yet most of us skipped the equivalent musical foundation as we learned to make music. This “Kinder-Course” goes back to the musical alphabet, A to G#, and notes 1 to 12. I will teach any OLLI member that is interested in music and has completed Covid vaccination. Enrollment limited to 8.

Instructor: Jeep Reid (see MUS-03)

Rock and Roll Will Never Die
MUS-04 (in-person; covid vaccination required)
MUS-04-Z (distance-delivered; open to all)
Session II: Oct 20, 27, Nov. 3, 10
Wednesdays 12:15 - 1:30 pm
Dance, sing, party, and hang out (in person or virtually) as we explore rock and roll music. I’ll supply the music, lyrics, and some interesting background. If you like to sing or dance, or share stories about what you were doing when that song was popular, this is your chance to groove with your friends. Take a trip with me—I hope to arrange a visit from a real local rock star. Ditch the pandemic funk for funky clothes. Let’s heal the world through peace, love, and rock and roll! Enrollment limited to 25.

Instructor Arlene Slocum is a retired computer geek who wants to be a rock star. She pulls unsuspecting people into her musical world through jam sessions, street performances, and by supporting local art, music, and history venues.

Rock and Roll Will Never Die
MUS-04 (in-person; covid vaccination required)
MUS-04-Z (distance-delivered; open to all)
Session II: Oct 20, 27, Nov. 3, 10
Wednesdays 12:15 - 1:30 pm
Dance, sing, party, and hang out (in person or virtually) as we explore rock and roll music. I’ll supply the music, lyrics, and some interesting background. If you like to sing or dance, or share stories about what you were doing when that song was popular, this is your chance to groove with your friends. Take a trip with me—I hope to arrange a visit from a real local rock star. Ditch the pandemic funk for funky clothes. Let’s heal the world through peace, love, and rock and roll! Enrollment limited to 25.

Instructor Arlene Slocum is a retired computer geek who wants to be a rock star. She pulls unsuspecting people into her musical world through jam sessions, street performances, and by supporting local art, music, and history venues.

Intermediate Astrology
RB-01-Z (distance-delivered; open to all)
Session I: Sept. 13, 20, 27, Oct. 4
Mondays 10:30 - 11:45 am
* Intermediate level. Beginners, please see RB-03 and RB-04.
Study the language of Astrology as it applies to your astrological profile and spiritual growth. This course continues the study of language, symbols, and concepts of astrology and is intended for students who already have a beginning understanding of astrological language upon which to build. Enrollment limited to 20.

Instructor Jean Richey has been a professional astrologer for over 40 years. She has taught for both UAS and UAF over the past 20 years as an Assistant Professor of Communication and Adjunct Professor of Management.
Origins: Religion and Development
RB-02 (in-person; covid vaccination required)
RB-02-Z (distance-delivered; open to all)
Session I: Sept. 13, 20, 27, Oct. 4
Mondays 12:15 - 1:30 pm
We will explore the development of the Judeo-Christian religions through historical records and the sacred and secular literature they created. We will review issues of authority such as censorship in terms of canonical/authorized and non-canonical/unauthorized scripture or writings. Enrollment limited to 26.
Instructor Montie Slusher’s background includes an undergraduate major in sociology and graduate programs in theology, education, and social studies. His work experience in Alaska began in 1968 and includes social work, education, and ministry in rural and urban settings.

Neophyte’s Intro to Astrology, I
RB-03 (in-person; covid vaccination required)
RB-03-Z (distance-delivered; open to all)
Session I: Sept. 13, 20, 27, Oct. 4
Mondays 2:00 - 3:15 pm
* Part I (or previous knowledge) is required for Part II.
Astrology provides a complex and surprisingly detailed blueprint for yourself, your life, and your life path. Part I of this foundational course will introduce the names, symbols, and concepts associated with the zodiac signs, main “planets,” and astrological houses—12 aspects of life that your planets express through. Then we will start studying the distribution of planets in your birth chart, deciphering your probable traits, strengths, and motivating challenges. In Part II we will delve deeper, to see how some of your planets work together to influence your life. We will add the lunar nodes to show your life’s purpose, Chiron for your core wound and greatest lesson, and other key illuminating asteroids commonly included on charts. Enrollment limited to 25.
Instructor Ginny McDowell has avidly studied astrology for seven years, for deep personal awareness and growth, and is delighted to help others get started with this astoundingly insightful science and art.

B.Y.O.C.!
Bring Your Own Coffee (and snacks).
OLLI cannot provide refreshments this fall.

Neophyte’s Intro to Astrology, II
RB-04 (in-person; covid vaccination required)
RB-04-Z (distance-delivered; open to all)
Session II: Oct 18, 25, Nov. 1, 8
Mondays 2:00 - 3:15 pm

Demography
MTH-01 (in-person; covid vaccination required)
MTH-01-Z (distance-delivered; open to all)
Session I: Sept. 17, 24, Oct. 1, 8
Fridays 12:15 - 1:30 pm
How will population aging affect Social Security? Are Muslims really “taking over” Europe? How do people come up with life expectancies? What is happening with birth rates? What will the peak world population be? All of these questions and more involve demography, which is the statistical study of populations. We’ll cover the basics of demography with lots of examples, with time for additional topics of interest to the class.
Instructor Ron Barry, Professor of Statistics at UAF, is interested in virtually everything.

Skeletal Muscle Function with Aging
SCI-02 (in-person; covid vaccination required)
SCI-02-Z (distance-delivered; open to all)
Session I Add-On: Oct. 11, 13
Monday & Wednesday 3:45 - 5:00 pm
Learn about age-related alterations in skeletal muscle and function. Discuss what we can do about it with regard to nutrient intake and physical activity. Partake in beneficial discussions that can deepen your understanding about health and longevity as the human body ages.
Instructor Robert Coker is a professor of Biology with a focus on Clinical Nutrition and Exercise Physiology at the University of Alaska Fairbanks.

Science & Mathematics

Marine Science Special Topics
SCI-01 (in-person; covid vaccination required)
Session I: Sept. 16, 23, 30, Oct. 7, 14
Thursdays 3:45 - 5:00 pm (5 weeks)
Come and join in on special topics and discussions presented by instructors from UAF! Topics examined include: The ice-ocean system of the Arctic Ocean in a warming climate; Shedding light on our oceans: Using optics to measure algae from ships and from space; Marine Genomics: sequencing the oceans to understand how marine microbes adapt and interact; The international GEOTRACES Program: How the least abundant elements in the ocean are key to understanding important ocean processes; and Observing marine ecosystems with underwater autonomous technologies: How are we doing it and what are we learning?
Instructors Ana Aguilar-Islas, Will Burt, Seth Danielson, Gwenn Hennon, and Mark Johnson are from UAF’s College of Fisheries and Ocean Sciences.
Permafrost Carbon and Climate Change  
SCI-03-Z (distance-delivered; open to all)  
Session I Add-On: Oct. 14, 15  
Thursday & Friday 12:15 - 1:30 pm  
Large amounts of ancient organic matter are now stored in permafrost. As the climate warms, there is a growing concern that some of this carbon will thaw, decompose, and be emitted to the atmosphere as carbon dioxide and methane, which could cause a positive feedback to global warming. This two-lecture course will discuss how permafrost carbon has been impacted by past climate change to inform how sensitive it may be to future warming.  
Instructor Ben Gaglioti is a Researcher at University of Alaska Fairbanks.

Alaska Weather and Wildfires  
SCI-04 (in-person; covid vaccination required)  
SCI-04-Z (distance-delivered; open to all)  
Session II: Oct. 18, 25, Nov. 1, 8  
Mondays 12:15 - 1:30 pm  
Wildfires rage across Alaska’s landscape every summer, and some fire seasons are more serious than others. Wildfire behavior is influenced by terrain, vegetation, and most importantly, weather. In this class we will discuss how various weather patterns affect wildfires, how vegetation becomes “fuel” for fires, and how new observing systems like weather satellites and lightning detectors help land managers track wildfire activity. A number of wildfires in recent years will be investigated as examples.  
Meteorologist and instructor Eric Stevens has managed the fire weather program in Alaska for the last few seasons. He has previously worked with the National Weather Service and at the University of Alaska Fairbanks.

The Rejuvenation of a Mouse  
SCI-05-Z (distance-delivered; open to all)  
Session II: Oct. 18, 25, Nov. 1, 8  
Mondays 2:00 - 3:15  
In this unusual class we will perform a bold experiment on the frontier of genetic engineering. Based on successful published experiments rejuvenating mice, we will turn a mouse’s clock back to about a third of its chronological age so it gets to relive its youth. If we are successful, we can expect the mouse to live longer than its three litter siblings which will not be rejuvenated. No mouse will be harmed in this experiment. This experiment is essentially a proof of concept that may apply to other mammals.  
Instructor Joe Dart has been associated with 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.

Gut Health and Your Microbiome: The Connection to Better Health and Longevity  
SCI-06 (in-person; covid vaccination required)  
SCI-06-Z (distance-delivered; open to all)  
Session II: Oct. 18, 25, Nov. 1, 8  
Mondays 3:45 - 5:00 pm  
Optimal health and longevity start in the gut. Microbiome research has revealed how important healthy bacteria are to our health. We’ll discuss how they regulate sleep, mood, detoxification, energy and metabolism; explore the gut-brain connection and the impact the gut has on cognitive function and dementia onset; and look at the gut's influence on immune function and the risk of developing autoimmune disease and cancer. We’ll discuss how envirotoxins disrupt the microbiome and lead to chronic disease. By the end of the course, you’ll learn the best ways to nourish and protect your microbiome to enhance health and longevity.  
Instructor Dr. George Rice is known as an empowering guide to authentic next-level health. He is a Precision Medicine specialist, certified Functional Medicine provider and Age Management Medicine expert. He is Board-certified in Family Medicine. He is certified in Functional Medicine through the Institute for Functional Medicine (IFM) and recognized as an IFM Certified Practitioner (IFMCP).

Poisons and Toxins  
SCI-07 (in-person; covid vaccination required)  
Session II: Oct 19, 26, Nov. 2, 9  
Tuesdays 12:15 - 1:30 pm  
Poisoning has been the favorite way to remove a spouse, a mother-in-law, a rival, or a political adversary from the Middle Ages to the Kremlin today. Environmental toxins are worrisome today. We will learn about types of poisons and their effects on the body and will educate ourselves about prevention and antidotes.  
Instructor Janice Ott, UAF adjunct and retired high school biology teacher, has a passion for unusual things. She holds an M.S. in biology with an emphasis on wildlife disease.

The Advancing Science of Slowing Aging  
SCI-08 (in-person; covid vaccination required)  
SCI-08-Z (distance-delivered; open to all)  
Session II: Oct 21, 28, Nov. 4, 11  
Thursdays 5:30 - 6:45 pm  
Science is tackling aging on a broad front. Not only is it seeking to cure the specific diseases of aging like heart disease, Alzheimer's and kidney disease, it is searching for ways to slow, halt or even reverse aging. Aging has been successfully slowed in many animals and even reversed (temporarily) using advanced techniques—even in humans. We will review where the science is today and where it might go tomorrow. Along the way, tips will be provided on how you can improve your life expectancy (hint: you already know a lot of them).  
Raised in the Alaskan bush, instructor Ray Collins has three degrees from UAF so far and he is now working on a PhD studying aging.

18  
www.uaf.edu/olli/ 907-474-6607  UAF-OLLI@alaska.edu
Central American Biodiversity for Naturalists
SCI-09 (in-person; covid vaccination required)
SCI-09-Z (distance-delivered; open to all)
Session II: Oct. 22, 29, Nov. 5, 12
Fridays 12:15 - 1:30 pm

This interactive course will present the fascinating biodiversity aspects of Central America, based on over 12 years of field work by the instructor in the area. Lectures will center on (i) A Naturalist Overview of Central American Biodiversity, (ii) from Ridge to Reef (Volcanoes, Cloud Forests, low elevation Rainforest Old Growth, (Island) Biogeography, Coral Reefs and the Caribbean Ocean, (iii) Biodiversity Status and Conservation, (iv) The Human (Food) Aspect, Models and Future Outlook. Participants will receive a free digital copy of the textbook authored by the instructor.

Instructor Falk Huettmann, PhD, is a Professor in the Biology and Wildlife Department, Institute of Arctic Biology, University of Alaska-Fairbanks. His research interests are in wildlife/habitat modeling, GIS and remote sensing, and data management worldwide.

Watch Climate Change
SCI-10 (in-person; covid vaccination required)
SCI-10-Z (distance-delivered; open to all)
Session II: Oct. 22, 29, Nov. 5, 12
Fridays 3:45 - 5:00 pm

There is an incredible amount of real-time weather data available online. Access some of that information, largely from the “Earth NullSchool” website but including other remotely-sensed data as well. We live at a time that, from the comfort of our homes, we can watch a patch of warm ocean near Indonesia develop a typhoon that eventually produces rain in Fairbanks. Over the past few years, extreme events such as floods, fires and tornadoes have taken place that appear to be possibly the result of climate change. Learn more about this incredible information!

Since 1962, Instructor Bill Stringer has had a career working in a number of areas of Alaska Geophysics using a variety of Remote Sensing techniques and has taught courses including Remote Sensing and Synthetic Aperture Radar. In the past few years remotely sensed data combined with massive real time computer computations have captured his attention and he would like to share these products with others who might be as fascinated as he is.

Social Studies

Sleep and Dreams
SOC-01-Z (distance-delivered; open to all)
Session I: Sept. 13, 20, 27, Oct. 4
Mondays 12:15 - 1:30 pm

So—what do you know about the third of your life you’ve spent asleep? Do you or someone you know have sleep problems or concerns? Let’s look at how sleep works, what it’s for, and what to do if it gets messed up. Then we'll look at the mysterious phenomenon of dreaming: Why do we dream? Why do we only remember some? What do dreams mean? “To sleep, perchance to dream...” Come learn more about these intriguing topics!

Instructor: Larry Moen (see MUS-02-Z)

Travelogues
SOC-02 (in-person; covid vaccination required)
SOC-02-Z (distance-delivered; open to all)
Session I: Sept. 16, 23, 30, Oct. 7
Thursdays 12:15 - 1:30 pm

Each week a different presenter will share their photos and experiences of travel.
Sept. 16: Jane Atkinson, Mongolia
Sept. 23: Cindy & Whit Aillaud, Biking Jordan
Sept. 30: John Peirce, Norway
Oct. 7: Mike Mathers, Grand Canyon

Plan and Write a Basic Will: It’s Easier Done Than Said
SOC-03 (in-person; covid vaccination required)
SOC-03-Z (distance-delivered; open to all)
Session I: Sept. 17, 24, Oct. 1
Fridays 10:30 - 11:45 am (3 weeks)

Learn how easy it is to plan your will and leave gifts to people and charities that mean the most to your family. Philanthropic advisors for the UA Foundation will discuss giving through your retirement and estate planning, as well as other strategies. All attendees will receive a printed wills guide for their estate planning. Bring your laptop to class, and we will show you how to use UAs FreeWill platform to draft your will. We will also demonstrate tools to assist you in making tax-wise charitable gifts from your IRA.

Facilitator and presenter: Teresa Chepoda Usibelli, Major Gift Officer with UAF. Panel presenters include representation from UA Foundation Harry Need IV, SR Director of Philanthropic Services and Scott Taylor, Charitable Giving Guru.
Grassroots Stewardship for Nature and Society
SOC-04 (in-person; covid vaccination required)
SOC-04-Z (distance-delivered; open to all)
Session II: Oct. 18, 25, Nov. 1, 8
Mondays 10:30 - 11:45 am

This course will briefly describe a strategy to transform toward a pathway that equitably sustains the health of nature and society. After briefly discussing the major opportunities and barriers to transformation toward equity and sustainability, the course will emphasize actions that individual citizens can take to foster this transformation, through their own actions, effective communication, collaboration with others, and political action. We will discuss what works, what doesn’t, when, and why. The course is based on the book Grassroots Stewardship: Sustainability Within Our Reach.

Instructor Terry Chapin is a retired professor from the University of Alaska Fairbanks, who has studied impacts of climate change on ecosystems and rural communities in Alaska. For this work on Earth Stewardship, he was awarded the 2019 Volvo Environment Prize.

Self-Identity: Understanding Why We Do What We Do
SOC-05-Z (distance-delivered; open to all)
Session II: Oct. 18, 25, Nov. 1, 8, 15
Mondays 12:15 - 1:30 pm (5 weeks)

Who we decide to believe we are profoundly and systemically affects what we expect, what we see as good or acceptable, what choices we think we have, what we believe is real for us, and how we interact with others. I have found that sharing an understanding of how this works has dramatically helped people find an explanation for what they do, what mysteriously they can’t do, and for the underlying dynamics behind a great many relationship problems. Who do you believe you are? Your answer makes much more of a difference than most people realize.

Instructor: Larry Moen (see MUS-02-Z)

Engineering Solutions to Alaskan Problems
SOC-06 (in-person; covid vaccination required)
SOC-06-Z (distance-delivered; open to all)
Session II: Oct. 19, 26, Nov. 2, 9
Tuesdays 10:30 - 11:45 am

The development and optimization of Alaska’s basic infrastructure systems has been slow and difficult, because our circumstances are unique and our state is immense. Our population sites are remote, often have low population, complex weather, only limited funds are available and our actions must meet distinct, legitimate environmental demands. Clark intends to present and discuss his innovative management experiences with FNSB Service Area road improvements, airport dust control and (major) mine closure and reclamation cost estimating, to illuminate Alaska’s specialized needs, challenges and solutions. Class discussion is encouraged!

Instructor Clark Milne, PE, has worked as a civil and environmental engineer in Alaska for over 40 years, and dealt with various specialized challenges while dealing with infrastructure maintenance and cost containment.

Capital Project Development and the STIP and AIP programs
SOC-07-Z (distance-delivered; open to all)
Session II Add-On: Nov. 16, 18
Tuesday & Thursday 8:45 - 10:00 am

Ever wondered how Alaska’s capital projects are identified, and how they are funded? Have you wondered what it takes to get road and airport construction projects assigned public funding, and how they are paid for? This course will take you through some of the key components of DOT&PF project identification, programming and funding and will examine DOT’s mission to “keep Alaska moving through service and infrastructure,” and what it takes to do this.

Instructors: Judy Chapman is a lifelong Alaskan, with 22 years in DOT&PF planning (aviation and highways), and UAF graduate. Margaret Carpenter has 21 years experience in DOT transportation planning and programming.

From Morningside to API: What has changed?
SOC-08 (in-person; covid vaccination required)
SOC-08-Z (distance-delivered; open to all)
Session II Add-On: Nov. 16
Tuesday 2:00 - 3:15 pm

In this one lecture we will look at the history of providing mental health care in Alaska, such as the Morningside Hospital and the Alaska Psychiatric Institute (API). We will explore how when our culture is unable to have consensus on mental health services it falls to the legal system to grapple with the problem by trying to put this square peg in a round hole.

Instructor Niesje Steinkruger is a Fairbanks retired Superior Court Judge.

“I’ve always enjoyed working with OLLI. Best students around!” —OLLI Instructor

“-Z” for Zoom
real-time distance-delivered class; open to all
No “-Z”:
in-person class; covid vaccination required

20
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OLLI Winter Lectures

The first Fridays of December, January and February
3:00 - 4:30 pm
Join us via Zoom to participate, or watch on Facebook Live
If we are able to add an in-person attendance option, we’ll let you know in our newsletters closer to the time.

December 3, 2021
Alaska’s Statues: How Should We Remember the Past?
by Ross Coen

Americans around the country are debating what should be done with statues of historically problematic figures. While Alaska may not have any statues of Confederate generals, we’re not immune to this problem. Some statues, plaques, and memorials in the 49th state—such as those of Captain James Cook in Anchorage, Aleksandr Baranov in Sitka, and William Henry Seward in Juneau—are seen by many as a form of “pioneer worship” that glorifies the Euro-American settlement of Alaska and the dispossession of Indigenous peoples. In recent years, efforts to restore Indigenous names to the land have led to an ongoing discussion about how the past—and whose past—should be remembered. In this lecture, Ross Coen will take attendees on a “guided tour” of Alaska’s statues, explaining how they came to be installed, what messages they convey to different audiences, and the ways such monuments actually say more about the present than the past. There will be plenty of time for audience discussion.

Ross Coen is an independent historian who writes about Alaska, the Arctic, and the American West. He holds a PhD in History from the University of Washington. After living in Fairbanks for twenty-five years and teaching at UAF, he now lives in Seattle.

January 7, 2022
Can’t Stop This? Frozen Debris Lobes and their Impact on Infrastructure
by Margaret Darrow

Frozen debris lobes (FDLs) are landslides in permafrost, many of which are located along the Dalton Highway in Alaska’s Brooks Range. FDL-A, the largest and closest FDL to the Dalton Highway, is projected to impact the original highway embankment in 2021. This presentation will summarize a decade of FDL research, including FDL-inspired rap and music videos.

Margaret Darrow, Ph.D., P.E., is a Professor of Geological Engineering at the University of Alaska Fairbanks. Her research centers on frozen ground engineering, with projects investigating unfrozen water content in frozen soils, thermal modeling of infrastructure over permafrost, the performance of geotechnical instrumentation in frozen ground, and deep-seated landslides in permafrost.

February 4, 2022
The Chronic Bias of the Fairbanks Daily News-Miner
by Dan O’Neill

At a public hearing in Fairbanks, progressives protesting an intertie routing across the Tanana Flats outnumbered proponents of the project by approximately six to one. Guess which group got the page-one color photo, the lede of the article, and had their provably false assertions passed through as fact by an unquestioning News-Miner. In this talk, Dan O’Neill will argue that a right-leaning bias at this newspaper is chronic and violates the ordinary standards of journalistic professionalism.

Dan O’Neill is the author of three non-fiction books, A Land Gone Lonesome, The Last Giant of Beringia, and The Firecracker Boys, for which he was named Alaska Historian of the year. He was a regular opinion columnist for the News-Miner and has produced television and award-winning radio documentaries.
OLLI Special Interest Groups (SIGs)

What is a SIG?
SIGs provide learning or recreational opportunities outside of the scheduled OLLI classes. They are organized and led by OLLI members. Join a SIG to get email notices about meetings of that SIG.

How to Join a SIG
SIGs are open to current OLLI members. To be on the email list for a SIG, contact the OLLI office at 474-6607 or UAF-OLLI@alaska.edu, or log in to your OLLI account, click on "My Account," and click the boxes by the SIGs you wish to join.

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

Art Club
Meets 2nd Thursdays in UPark 154
★ Must be fully vaccinated against covid-19 to attend.
★ RSVP to leaders before you show up; room capacity limits are still reduced as of press time.
Visit with OLLI friends as you paint or do other artwork. Bring the art project you are working on. For more information, contact Patricia Mata-Celis (matacelis@gmail.com).

Lifelong Learning Book Club
Meets 8 times a year on 3rd Tuesdays, 1:30 - 3:00 pm, at Noel Wien Library Conference Room
★ This club is run jointly by OLLI and the FNSB libraries. As of press time, FNSB recommends masks for those who are not fully vaccinated but does not require or verify vaccination status. There is no social distancing mandate in place for the public; however, FNSB staff must maintain social distance with patrons and colleagues. OLLI members should be aware that unlike other in-person OLLI programs, you may be in a room with an unvaccinated person.
Contact: Susan Gainey (susan.gainey@gmail.com) FNSB Library discussion leaders: Kitty Berner (kitty.berner@fnsb.gov), Michelle Proper (Michelle.Proper@fnsb.gov)
- Sept. 21: Bellewether, by Susanna Kearsly (fiction, 2018)
- Nov. 16: The Darwin Affair, by Tim Mason (fiction, 2019)
- Feb. 15: The Water Dancer, by Ta-Nehisi Coates (fiction, 2019)
- March 15: A Libertarian Walks Into A Bear: The Utopian Plot to Liberate an American Town (And Some Bears), by Matthew Hongoltz-Hetling (nonfiction, 2020)
- April 19: Norwegian by Night, by Derek B. Miller (fiction, 2012)
- May 17: Title selection for 2022-23

When Poems Happen
Meets Wednesdays 3:00 pm at Noel Wien Library Conference Room
★ Must be fully vaccinated against covid-19 to attend.
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).

Hiking Club
This group is usually active May through September. Join to get announcements about upcoming hikes.
Session I Daily Schedule (Sept. 13 - Oct. 8)

Under "Room," a number or "Gym" indicates the UAF University Park Building. COVID VACCINATION IS REQUIRED for these in-person classes. "Zoom" is distance learning; you join in from home. Zoom classes are open to ALL members.

<table>
<thead>
<tr>
<th>Time</th>
<th>Course #</th>
<th>Course Title</th>
<th>Room</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:45 - 11:45</td>
<td>REC-01</td>
<td>Bike Maintenance (5 weeks)</td>
<td>156</td>
<td>6</td>
</tr>
<tr>
<td>10:30 - 11:45</td>
<td>CP-01-Z</td>
<td>Photo Retouching in Adobe Lightroom (meets 9/20 - 10/11)</td>
<td>Zoom</td>
<td>5</td>
</tr>
<tr>
<td>10:30 - 11:45</td>
<td>RB-01-Z</td>
<td>Intermediate Astrology</td>
<td>Zoom</td>
<td>16</td>
</tr>
<tr>
<td>12:15 - 1:30</td>
<td>RB-02, RB-02-Z</td>
<td>Origins: Religion and Development</td>
<td>151, Zoom</td>
<td>17</td>
</tr>
<tr>
<td>12:15 - 1:30</td>
<td>SOC-01-Z</td>
<td>Sleep &amp; Dreams</td>
<td>Zoom</td>
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<tr>
<td>2:00 - 3:15</td>
<td>LIT-01-Z</td>
<td>Poetry of Joan Baez</td>
<td>Zoom</td>
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<td>2:00 - 3:15</td>
<td>RB-03, RB-03-Z</td>
<td>Neophyte's Intro to Astrology I</td>
<td>151, Zoom</td>
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<tr>
<td>5:30 - 6:45</td>
<td>HIS-01, HIS-01-Z</td>
<td>Iñupiaq Skin-sewing—A Family Perspective: 1920s to Today</td>
<td>151, Zoom</td>
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**TUESDAY**

<table>
<thead>
<tr>
<th>Time</th>
<th>Course #</th>
<th>Course Title</th>
<th>Room</th>
<th>Page</th>
</tr>
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<tbody>
<tr>
<td>8:45 - 10:00</td>
<td>HL-01-Z</td>
<td>Stand Taller to Live Longer</td>
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<tr>
<td>10:30 - 11:45</td>
<td>HIS-02-Z</td>
<td>Environmental History in Russia and Alaska</td>
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<td>10:30 - 11:45</td>
<td>THT-01-Z</td>
<td>Intro to Storytelling</td>
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<tr>
<td>12:15 - 1:30</td>
<td>FF-01</td>
<td>Cake Decorating</td>
<td>154</td>
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<tr>
<td>2:00 - 5:00</td>
<td>HIS-03-Z</td>
<td>Viewpoints of Vietnam</td>
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<tr>
<td>3:45 - 5:00</td>
<td>CP-02a</td>
<td>Introduction to iPhone, section a</td>
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**WEDNESDAY**

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<th>Course #</th>
<th>Course Title</th>
<th>Room</th>
<th>Page</th>
</tr>
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<tr>
<td>8:45 - 10:00</td>
<td>HL-02-Z</td>
<td>Wellness and Stress Management (5 weeks)</td>
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<tr>
<td>10:30 - 11:45</td>
<td>LIT-02, LIT-02-Z</td>
<td>Charles Dickens's Great Expectations</td>
<td>151, Zoom</td>
<td>14</td>
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<td>10:30 - 11:45</td>
<td>EX-01</td>
<td>Intermediate Yoga</td>
<td>Gym</td>
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<tr>
<td>10:30 - 12:00</td>
<td>HIS-04</td>
<td>Great Decisions 2021, I</td>
<td>156</td>
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<td>10:30 - 1:00</td>
<td>ART-01</td>
<td>Revisiting Entrelac Knitting</td>
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<td>12:15 - 1:30</td>
<td>MUS-01-Z</td>
<td>Your Voice!</td>
<td>Zoom</td>
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<td>2:00 - 4:00</td>
<td>HIS-07-Z</td>
<td>Reconstruction: A Brief Moment in the Sun (5 weeks, 10/6 - 11/3)</td>
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**THURSDAY**

<table>
<thead>
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<th>Course #</th>
<th>Course Title</th>
<th>Room</th>
<th>Page</th>
</tr>
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<tbody>
<tr>
<td>9:00 - 11:30</td>
<td>ART-02, ART-02-Z</td>
<td>Birch Bark Picture Frames</td>
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<tr>
<td>10:30 - 11:45</td>
<td>EX-02</td>
<td>Kundalini Yoga and Meditation</td>
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<td>12:15 - 1:30</td>
<td>SOC-02, SOC-02-Z</td>
<td>Travelogues</td>
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<tr>
<td>12:15 - 1:30</td>
<td>LIT-03, LIT-03-Z</td>
<td>Sentences from Shakespeare: The Merchant of Venice</td>
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<tr>
<td>2:00 - 3:15</td>
<td>HL-03, HL-03-Z</td>
<td>Adult Development Through an Occupational Therapist's Lens</td>
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<td>2:30 - 5:00</td>
<td>REC-02</td>
<td>Alaska Canasta (5 weeks)</td>
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<tr>
<td>3:45 - 5:00</td>
<td>SCI-01</td>
<td>Marine Science Special Topics (5 weeks)</td>
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<td>3:45 - 5:00</td>
<td>FF-02</td>
<td>The Historical and Culinary Importance of Spices (no class 9/30; ends 10/14)</td>
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**FRIDAY**

<table>
<thead>
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<th>Time</th>
<th>Course #</th>
<th>Course Title</th>
<th>Room</th>
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<td>SOC-03, SOC-03-Z</td>
<td>Plan and Write a Basic Will (3 wks, 9/17 - 10/1)</td>
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<td>19</td>
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<td>REC-03</td>
<td>Learn to Play Sudoku</td>
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<td>10:30 - 11:45</td>
<td>CP-03-Z</td>
<td>Back Up Your Mac Computer</td>
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<td>HIS-06-Z</td>
<td>Piratical Virtues: Revisiting Pirate Legacies</td>
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<td>12:15 - 1:30</td>
<td>MTH-01, MTH-01-Z</td>
<td>Demography</td>
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<td>12:15 - 1:30</td>
<td>LIT-04-Z</td>
<td>Irish Poems and Songs of Exile and Emigration</td>
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<td>3:45 - 5:00</td>
<td>REC-04, REC-04-Z</td>
<td>Finding the Right Parts to Fix Your Bike</td>
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<td>5:30 - 6:45</td>
<td>MUS-02-Z</td>
<td>Feeling Groovy: Music of the 60s and 70s</td>
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</table>

Online registration open 9:30 am Wednesday August 11 (see p. 26) 23
Under "Room," a number or "Gym" indicates the UAF University Park Building. COVID VACCINATION IS REQUIRED for these in-person classes. "Zoom" is distance learning; you join in from home. Zoom classes are open to ALL members.

<table>
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<tr>
<th>Time</th>
<th>Course #</th>
<th>Course Title</th>
<th>Room</th>
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<tbody>
<tr>
<td><strong>Session I Add-On (October 11 - 15)</strong></td>
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<td>MONDAY</td>
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<tr>
<td>8:45 - 11:45</td>
<td>REC-01</td>
<td>Bike Maintenance (last class)</td>
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<td>6</td>
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<tr>
<td>10:30 - 11:45</td>
<td>HIS-08, HIS-08-Z</td>
<td>Alaska 1890 to 1920: A Political History (MWF)</td>
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<td>13</td>
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<td>10:30 - 11:45</td>
<td>CP-01-Z</td>
<td>Photo Retouching in Adobe Lightroom (last class)</td>
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<td>3:45 - 5:00</td>
<td>SCI-02, SCI-02-Z</td>
<td>Skeletal Muscle Function with Aging (MW)</td>
<td>151, Zoom</td>
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<td>10:30 - 1:00</td>
<td>ART-03a</td>
<td>Make A Painted Coaster, section a (TW)</td>
<td>158</td>
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<td>12:15 - 1:30</td>
<td>REC-05, REC-05-Z</td>
<td>Hiking the Chilkoot Trail (TTh)</td>
<td>151, Zoom</td>
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<tr>
<td>3:45 - 5:00</td>
<td>FF-03, FF-03-Z</td>
<td>Discover The Boreal Herbal Book</td>
<td>151, Zoom</td>
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<td>8:45 - 10:00</td>
<td>HL-02-Z</td>
<td>Wellness and Stress Management (last class)</td>
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<td>10:30 - 11:45</td>
<td>HIS-08, HIS-08-Z</td>
<td>Alaska 1890 to 1920: A Political History (MWF)</td>
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<td>10:30 - 1:00</td>
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<td>Make A Painted Coaster, section a (TW)</td>
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<tr>
<td>2:00 - 3:15</td>
<td>REC-07, REC-07-Z</td>
<td>Be Part of the Fairbanks Christmas Bird Count!</td>
<td>151, Zoom</td>
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<td>HIS-07-Z</td>
<td>Reconstruction: A Brief Moment in the Sun (5 weeks, 10/6 - 11/3)</td>
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<td>3:45 - 5:00</td>
<td>SCI-02, SCI-02-Z</td>
<td>Skeletal Muscle Function with Aging (MW)</td>
<td>151, Zoom</td>
<td>17</td>
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<td>THURSDAY</td>
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<tr>
<td>12:15 - 1:30</td>
<td>REC-05, REC-05-Z</td>
<td>Hiking the Chilkoot Trail (TTh)</td>
<td>151, Zoom</td>
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<td>12:15 - 1:30</td>
<td>SCI-03-Z</td>
<td>Permafrost Carbon and Climate Change (ThF)</td>
<td>Zoom</td>
<td>18</td>
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<td>2:30 - 5:00</td>
<td>REC-02</td>
<td>Alaska Canasta (last class)</td>
<td>158</td>
<td>6</td>
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<tr>
<td>3:45 - 5:00</td>
<td>SCI-01</td>
<td>Marine Science Special Topics (last class)</td>
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<td>17</td>
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<tr>
<td>3:45 - 5:00</td>
<td>FF-02</td>
<td>The Historical and Culinary Importance of Spices (last class)</td>
<td>156</td>
<td>8</td>
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<td>FRIDAY</td>
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<td>10:30 - 11:45</td>
<td>HIS-08, HIS-08-Z</td>
<td>Alaska 1890 to 1920: A Political History (MWF)</td>
<td>151, Zoom</td>
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<td>10:30 - 11:45</td>
<td>ART-04</td>
<td>Create a “Tea Bag Doll” Pin</td>
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<td>Permafrost Carbon and Climate Change (ThF)</td>
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<th>Session II Daily Schedule (October 18 - November 12)</th>
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<tbody>
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<tr>
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<th>Time</th>
<th>Course #</th>
<th>Course Title</th>
<th>Room</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>10:30 - 12:00</td>
<td>HIS-05</td>
<td>Great Decisions 2021, II</td>
<td>156</td>
<td>12</td>
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<td>12:15 - 1:30</td>
<td>MUS-04, MUS-04-Z</td>
<td>Rock and Roll Will Never Die</td>
<td>151, Zoom</td>
<td>16</td>
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<td>2:00 - 3:15</td>
<td>HIS-10, HIS-10-Z</td>
<td>Arctic Knowledge: An Endangered Species?</td>
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<td>13</td>
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<td>HIS-07-Z</td>
<td>Reconstruction: A Brief Moment in the Sun (5 weeks, 10/6 - 11/3)</td>
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<td>3:45 - 5:00</td>
<td>ART-06, ART-06-Z</td>
<td>Meet the Artists</td>
<td>151, Zoom</td>
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**THURSDAY**

<table>
<thead>
<tr>
<th>Time</th>
<th>Course #</th>
<th>Course Title</th>
<th>Room</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>10:30 - 11:45</td>
<td>LIT-06</td>
<td>Paris Stories: The Short Stories of Mavis Gallant</td>
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<tr>
<td>10:30 - 11:45</td>
<td>HL-04</td>
<td>Becoming Friends With Our Aging Guts</td>
<td>158</td>
<td>11</td>
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<tr>
<td>12:15 - 1:30</td>
<td>ART-07, ART-07-Z</td>
<td>Chip Carving</td>
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<tr>
<td>12:15 - 1:30</td>
<td>HIS-11</td>
<td>Early Arctic Ocean Exploration</td>
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<td>13</td>
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<tr>
<td>2:00 - 3:15</td>
<td>PHT-01, PHT-01-Z</td>
<td>iPhone Photography (5 weeks)</td>
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<td>LIT-07, LIT-07-Z</td>
<td>Remarkable Poems 3</td>
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<td>3:45 - 5:00</td>
<td>REC-10, REC-10-Z</td>
<td>Outdoors in Alaska</td>
<td>151, Zoom</td>
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<td>5:30 - 6:45</td>
<td>SCI-08, SCI-08-Z</td>
<td>The Advancing Science of Slowing Aging</td>
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**FRIDAY**

<table>
<thead>
<tr>
<th>Time</th>
<th>Course #</th>
<th>Course Title</th>
<th>Room</th>
<th>Page</th>
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<td>12:15 - 1:30</td>
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<td>Central American Biodiversity for Naturalists</td>
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<td>12:15 - 1:30</td>
<td>MUS-05</td>
<td>Music Kinder-Theory</td>
<td>156</td>
<td>16</td>
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<td>12:15 - 1:30</td>
<td>HL-05</td>
<td>Nodo-tore: Throat Training to Prevent Choking</td>
<td>158</td>
<td>11</td>
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<td>FF-04</td>
<td>Perennial Gardens for Fairbanks</td>
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<td>HL-06</td>
<td>Kitchen Yoga</td>
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<td>A New Nation: The American Revolution</td>
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<td>13</td>
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<td>SCI-10, SCI-10-Z</td>
<td>Watch Climate Change</td>
<td>151, Zoom</td>
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**Session II Add-On (November 15 - 19)**

**MONDAY**

<table>
<thead>
<tr>
<th>Time</th>
<th>Course #</th>
<th>Course Title</th>
<th>Room</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>10:00 - 12:30</td>
<td>ART-03b</td>
<td>Make A Painted Coaster, section b (MW)</td>
<td>158</td>
<td>4</td>
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<tr>
<td>12:15 - 1:30</td>
<td>SOC-05-Z</td>
<td>Self-Identity: Understanding Why We Do What We Do (last class)</td>
<td>Zoom</td>
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<td>2:00 - 3:15</td>
<td>REC-08</td>
<td>Knot Tying for Beginners (last class)</td>
<td>158</td>
<td>7</td>
</tr>
<tr>
<td>3:45 - 5:00</td>
<td>MUS-03</td>
<td>Guitar From Scratch (last class)</td>
<td>158</td>
<td>16</td>
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</table>

**TUESDAY**

<table>
<thead>
<tr>
<th>Time</th>
<th>Course #</th>
<th>Course Title</th>
<th>Room</th>
<th>Page</th>
</tr>
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<tbody>
<tr>
<td>8:45 - 10:00</td>
<td>SOC-07-Z</td>
<td>Capital Project Development and the STIP and AIP programs (TTh)</td>
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<td>10:30 - 11:45</td>
<td>FF-05-Z</td>
<td>Food: Dynamic Duos</td>
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<td>12:15 - 1:30</td>
<td>REC-06</td>
<td>Long-Distance Hiking National Scenic Trails (TTh)</td>
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<td>7</td>
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<td>2:00 - 3:15</td>
<td>SOC-08, SOC-08-Z</td>
<td>From Morningside to API—What has changed?</td>
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**WEDNESDAY**

<table>
<thead>
<tr>
<th>Time</th>
<th>Course #</th>
<th>Course Title</th>
<th>Room</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>10:00 - 12:30</td>
<td>ART-03b</td>
<td>Make A Painted Coaster, section b (MW)</td>
<td>158</td>
<td>4</td>
</tr>
<tr>
<td>10:30 - 11:45</td>
<td>FF-06-Z</td>
<td>Aphrodisiacs: Forbidden Foods and Drinks</td>
<td>Zoom</td>
<td>9</td>
</tr>
</tbody>
</table>

**THURSDAY**

<table>
<thead>
<tr>
<th>Time</th>
<th>Course #</th>
<th>Course Title</th>
<th>Room</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:45 - 10:00</td>
<td>SOC-07-Z</td>
<td>Capital Project Development and the STIP and AIP programs (TTh)</td>
<td>Zoom</td>
<td>20</td>
</tr>
<tr>
<td>12:15 - 1:30</td>
<td>REC-06</td>
<td>Long-Distance Hiking National Scenic Trails (TTh)</td>
<td>151</td>
<td>7</td>
</tr>
<tr>
<td>2:00 - 3:15</td>
<td>PHT-01, PHT-01-Z</td>
<td>iPhone Photography (last class)</td>
<td>151, Zoom</td>
<td>8</td>
</tr>
<tr>
<td>2:00 - 4:00</td>
<td>ART-08, ART-08-Z</td>
<td>Let’s Paint Rocks</td>
<td>158, Zoom</td>
<td>5</td>
</tr>
</tbody>
</table>

**FRIDAY**

<table>
<thead>
<tr>
<th>Time</th>
<th>Course #</th>
<th>Course Title</th>
<th>Room</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:45 - 10:45</td>
<td>HIS-13-Z</td>
<td>Alaska's First Presidential Visit</td>
<td>Zoom</td>
<td>14</td>
</tr>
<tr>
<td>2:00 - 3:15</td>
<td>FF-08, FF-08-Z</td>
<td>OneTree Alaska: Birch</td>
<td>151, Zoom</td>
<td>9</td>
</tr>
</tbody>
</table>
Membership and Fees

Annual Membership
For just $35, individuals 50 and over can become OLLI members for 12 months, July 1 through June 30. Membership includes lecture series, newsletters, social events 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.

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

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

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

Registering for Courses

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

Register online: Go to https://reg130.imperisoft.com/UAF/Search/Registration.aspx
- Registration begins Aug. 11 at 9:30 am Alaska time and will be available from any computer that has internet access. Classes will be filled on a first-come, first-served basis.
- You must be a current OLLI member in order to register for classes. You will be able to purchase membership online with a credit card, but the purchase must be completed before you can enroll in classes. We recommend that you purchase your membership before Aug. 11.
- Traveling on Aug. 11, no computer access, or just not confident you can register yourself? Mail us your registration form (USPS or email) or drop it off at our office. Your chances of getting into high-demand courses are best if you can register yourself promptly at 9:30 am on Aug. 11.

Vaccination against Covid-19 is required for in-person classes (course numbers without a “-Z”).

"-Z" for Zoom at the end of a course number indicates a distance-delivered course, open to all members.

- Mail payments to:
  Osher Lifelong Learning Institute, UAF
  Box 758100
  Fairbanks, AK 99775-8100
- Make checks payable to:
  OLLI or Osher Lifelong Learning Institute
- Submit credit card information online, by phone, or in person. (Do not use email.)
- Visit us at:
  Old University Park Building, room #159
  1000 University Ave.
  Fairbanks, Alaska
Online Registration Worksheet • Fall 2021

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

Registration opens Aug. 11 at 9:30 am, online at https://reg130.imperisoft.com/UAF/Search/Registration.aspx

“-Z” (for Zoom) at the end of the Course # denotes a distance-delivered course, open to all members. No Z means you’ll meet in person and must be vaccinated against Covid-19.

Vaccination against Covid-19 is required for in-person OLLI classes this fall.

If you are not fully vaccinated, choose distance-delivered courses, designated with “-Z” (for Zoom) at the end of the course number.

**STEP 1 (Aug. 10 or before):**
Purchase your OLLI membership if you haven’t already done so. You can pay online, come in to the office, call in with a credit card, or mail a check: $35 for regular membership or $185 for membership + unlimited classes. You cannot register for courses online until you are a current member. The membership year begins July 1.

**STEP 2:**
If you will be enrolling yourself online, make sure you know your username and password. Test it by logging in before Aug. 11.

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

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

**STEP 4:**
Register online on Aug. 11 OR send your completed form to the OLLI office before Aug. 11.

By enrolling in a course that meets in person (NO “-Z” at the end of the course number) you attest that you are fully vaccinated against covid-19.

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

My most-wanted courses (register for these on Aug. 11):

| I   | 1 |
| I   | 2 |
| I   | 3 |

Other courses (register for these on Aug. 12 or later):

<p>| |</p>
<table>
<thead>
<tr>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
</tr>
<tr>
<td></td>
</tr>
</tbody>
</table>

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

**Member information for mail-in registrations:**

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

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

See other side for Fee & Payment information
# Fees

<table>
<thead>
<tr>
<th>Description</th>
<th>Amount</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Regular membership (July 1, 2021 - June 30, 2022)</td>
<td>$35</td>
<td>$______</td>
</tr>
<tr>
<td>OR Unlimited membership</td>
<td>$185</td>
<td>$______</td>
</tr>
<tr>
<td>Tuition (for Regular members only)</td>
<td>$______</td>
<td></td>
</tr>
<tr>
<td>Sponsor an instructor’s membership (optional)</td>
<td>$35</td>
<td>$______</td>
</tr>
<tr>
<td>Some courses have additional materials fees payable</td>
<td></td>
<td></td>
</tr>
<tr>
<td>directly to the instructor; see course descriptions.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Parking Permit (valid July - December)</td>
<td>$12</td>
<td>$______</td>
</tr>
<tr>
<td>TOTAL FEES</td>
<td></td>
<td>$______</td>
</tr>
</tbody>
</table>

# Payment for membership & classes

- Check (payable to OLLI)
- Cash (in person only, do not mail cash)
  
  To pay with a credit card, please call 907-474-6607 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.
to all who donated to the Osher Lifelong Learning Institute at UAF January through June of 2021.

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!

Thank you!

Benefactor
(Donation of $1000 and up)
Carol Ann Field
Laurel Holmes
** Dave & Carol Norton
** Rich Seifert
** Alice Stickney

Patron
($500 - $999)
** Barbara Horner-Miller
* Ron Inouye
In memory of Marcia Boyette
* Monte Landis
Steve & Jane Lanford
In memory of Carol Kleckner
Mary MacFarlane
* Jane Zimmerman

Donor
($250 - $499)
Anonymous
In memory of Carol Kleckner
** Sarah Garland
In memory of Colleen Herning
* Richard & Rachel Levine
* Sue Sherif

Supporter
($100 - $249)
Sine Anahita
Mark Andrews
A Christmas gift for my wife, Cheryl Keepers
* Mary Ann Borchert
Mary Burtness
Don Callahan
Victoria Franich
Joanne E. Groves
* Max Hoberg & Molly Manaugh
* Clark & Karen Milne
* Gael Murakami
* Sandra O’Connor
In memory of Francis D. O’Connor
Cheryl Petersen
Robert Quillin & Ann Pittman
Elizabeth Schaffhauser
* Scott Sexton
Nancy Smoyer
** Margaret Soden
Dan & Ann Swift
* Leslie Tedes
Karen Whitehouse
In memory of Carol Kleckner
Rocky & Sandra Wilson
In honor of Helmut VanFlein

Friend
($25 - $99)
Anonymous
* Jodi Gouwens
Sandy Lachman
Patricia Mata-Celis
Margret Van Flein
Patricia & James Warner
In memory of Carol Kleckner
Donna & James Wray
In memory of Carol Kleckner

Names not listed
An additional $32 was donated in amounts smaller than $25.

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

Registration Tips

• Vaccination against Covid-19 is required to attend in-person classes.

• Courses ending in "-Z" are distance-delivered and are open to all members regardless of vaccination status.

• Registration is first-come, first-served. Many courses have limited enrollment and may fill quickly.

• Purchase your membership before Aug. 11.

• Test your username and password before Aug. 11.

• On Aug. 11, register for up to 3 courses in Session I and 3 in Session II. On Aug. 12 or later, add as many more as you wish.

• Not confident registering yourself? Send your form to OLLI and we’ll register you on Aug. 11.
Mark Your Calendars

First-come, first-served
ONLINE REGISTRATION
begins 9:30 a.m. Wed. Aug. 11
Can't register yourself? Fill out the worksheet on p. 27 and mail to the OLLI office.

Annual meeting & picnic lunch for current members
Tues. Aug. 24, 11:30 am - 1:00 pm
Pioneer Park, Wilderness Pavilion

Vaccination against Covid-19 is required for in-person classes (course numbers without a "-Z").

"-Z" for Zoom indicates distance-delivered courses open to all members.

A HEALTH CLUB FOR YOUR MIND!