

## Friends for Learning Registration Form – Spring, 2024

*Please keep a copy of this form for your future reference.*

Name \_\_\_\_\_ *Please print clearly.*

• **FFL Members:** List changes to address, e-mail or phone here \_\_\_\_\_

• **For new members only:** Please complete the following information:

Address \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ Cell \_\_\_\_\_ Email \_\_\_\_\_

### How to Register:

- Complete the Registration Form. Refer to the Course Catalog for details about each class.
- **Membership Fee** – The semester fee is \$20.00. (*Other course-specific fees may be assessed as needed by the instructor.*) Make the check out to ISU-FFL and follow mail-in instructions below.
- **Register Online at: [cetrain.isu.edu/ffl](http://cetrain.isu.edu/ffl)**
- **In-person registration:** If you wish to have help with registration, join us on campus, CHE 304 January 16, 2024 from 9 until 11 am.

**You can just as easily download this Registration Form, fill it out and send it to the address below.**

- **Mail-in Registration:** Mail your Registration Class List and registration \$20.00 fee to:  
 Idaho State University  
 Continuing Education/Workforce Training - FFL  
 921 South 8<sup>th</sup> Avenue, Stop 8380  
 Pocatello, ID 83209

**Parking Passes:** Only new registrants will need a new parking pass this semester. Those who registered for the Fall 2023 class MUST keep their parking pass and continue to always use it for the ISU on campus classes or expect a ticket.

**Special Note:** If you have questions or problems with or about a class during the semester the facilitator is the person who you need to call. They are set up to help you and should have the answers you need. Thank-you to all for your continued support in joining FFL, facilitating FFL classes, and teaching these classes!

Course #	Course name	Date	Days	Time	Location
4215	Parking Pass (only if you didn't register for the 2023 Fall Semester) – only one (1) parking pass per year is free.	NA			
4242	A Volunteer Opportunity	NA			
4703	Above and Beyond Tour	6/11	Tues.	3 – 5 pm	Museum of Idaho 200 N. Eastern Ave. I.F.
4656	Active Shooter Awareness	2/6	Tues.	2-4 pm	CHE 213
4659	Addiction-Seeing it With Our Eyes Wide Open	2/16	Fri.	10am-12pm	CHE 213
4657	Amazing Rockets and Satellites	3/29	Fri.	9:30-11 am	CHE 213
4658	Bags to Benches–How to win at Recycling	4/23	Tues.	2 – 4 pm	CHE 222
4152	Bears and the Yellowstone Experience	6/ 24-28	5 days	NA	Yellowstone National Park
4660	Benedict Arnold-Patriot or Traitor	2/21	Wed.	10am-12pm	CHE 213
4661	Bonneville Humane Society	3/21	Thurs.	2-4 pm	Che 213
4662	Brain Health-Protecting Your Cognitive Assets	2/28	Wed.	2pm-4pm	CHE 222
4663	Bridge Lessons	1/20-3/9	Sat.	1 – 4 pm	Idaho Falls Bridge Club 1421 Benton St. I.F.

4664	Challenging the BYU! Ropes Course	5/30	Thurs.	1 – 3 pm	50 W. 7 <sup>th</sup> S., Rexburg, Idaho
4665	Climbing Colorado 14,000-foot Peaks	4/05	Fri.	10am-12pm	CHE 213
4666	Crossing the Greenland Ice Sheet	3/14	Thurs	2-4 pm	CHE 213
4667	Cultural Advisor from New Zealand	2/26	Mon.	10am-12pm	CHE 213
4137	Double Deck Pinochle	2/5 – 5/20	Every Mon.	11:30 am – 3 pm	Canton Restaurant 2173 E. 17 <sup>th</sup> St. I.F.
4668	East Idaho Water Resources and Rights	4/2	Tues.	2-4 pm	CHE 213
4669	Economic Events and Markets	2/12	Mon.	10am-12pm	CHE 213
4670	Electric Vehicles	3/11	Mon.	10am-12pm	CHE 213
4323	Everyone Can Draw	4/4,11,18,25	Thurs.	10am-12pm	CHE 307
4704	Family Search Center Class This is different from Fall 2023 class	4/10	Wed.	1pm-4pm	Family Search Center 750 E. Elva I.F.
4671	Fieldtrip to EBR1	5/24	Fri.	10 am – until finished	Experimental Breeder Reactor 1 (EBR-1) approx. 50 miles west of IF on US 26/20- OR 18-miles SE of Arco – meet there
4433	Fitness Made Simple	2/6 - 5/21	Every Tues	10 am – 11 am	Bonneville Cty. Ext. 1542 E. 73 <sup>rd</sup> S. I.F.
4672	Friends for Dementia	2/20	Tues.	2pm-4pm	CHE 222
4673	Get Away, Work Away to Sweden & More	4/24	Wed.	10am-12pm	CHE 213
4629	Get a Good Night’s Sleep	2/15	Thurs.	9:30am – 11am	Romaine’s 563 S. 25 <sup>th</sup> E (Hitt Road) I. F.
4675	Getting the Most from Your iPhone	2/ 5,7	Mon. & Wed.	10am-12pm	CHE 222
4676	Gumbo Cooking	2/2	Fri.	3 – 5 pm	Bonneville Co. Fairgrounds kitchen 1542 E. 73 <sup>rd</sup> S. I.F.
4289	Hand and Foot Card Game	2/8-5/30	Every Thurs.	12-3 pm	Leo’s 1 <sup>st</sup> Street & Holmes
4483	Xeriscaping - Happyville Farm Tour	5/31	Fri.	2-4 pm	640 S. Saturn Ave. I.F.
4677	Henry the VII-Good King, Bad Husband	3/4	Mon.	10am12pm	CHE 213
4678	How to Prepare for Long-Term Care	4/10	Wed.	10am-12pm	CHE 213
4121	HWE	NA	NA	NA	Various locations
4679	Idaho Falls Police K9 Demonstration	3/28	Thurs.	2-4 pm	CHE 213
4680	Idaho National Laboratory Overview	5/15	Wed.	10am-12pm	CHE 213
4781	Improve Casual Conversation	2/29	Thurs.	10am-12pm	CHE 222
4682	Intro to the Great Highland Bagpipes	3/7	Thurs	2-4pm	CHE 213
4683	Introduction to Google Calendaring	4/16	Tues	10am-12pm	CHE 222
4705	Introduction to Google Mail	3/20	Wed	10am-12pm	CHE 222
4685	Introduction to Google Photos	5/3	Fri.	10am-12pm	CHE 222
4686	Jew, Ukraine, and Israel	1/31	Wed,.	10am-12pm	CHE 213
4687	Landscaping-Plant Selection and Care	1/29	Mon.	10am-12pm	CHE 213
4688	Lava Ridge Wind Project	3/13	Wed.	10am-12pm	CHE 213
4689	Learning to Live with Wildlife	3/27	Wed.	10am-12pm	CHE 213
4690	Let’s Go Scouting	5/17	Fri.	10am-12pm	CHE 213
4218	Line Dancing	2/9-5/31	Every Friday	1 – 2 pm	Development Workshop 555 W. 29 <sup>th</sup> St. I.F.
4613	Melaleuca Headquarters Tour	4/19	Fri.	11 am-1 pm	Melaleuca Global Headquarters 4609 W. 65 <sup>th</sup> S I.F.

4564	Men's Brunch	1/10,2/14,3/13, 4/10,5/8,6/12	Once a month Wed.	9am – 11am	Various Idaho Falls restaurants
4691	Mental Illness & Medication Overview	3/26	Tues.	2-4 pm	CHE 213
4692	Pharmacy 101	5/22	Wed.	10am-12pm	CHE 213
4503	Pickleball Practice	4/18-5/31	Every Thurs.	10-11:30 am	Lincoln Park Pickleball Complex 2280 Lincoln Road, I.F.
4693	PiDay Celebration	3/14	Thurs	3-5 pm	Idaho Brewing Company 775 S. Capital Ave. I.F.
4504	Pillowcase Dresses	3/21	Thurs	10am-12pm	First Presbyterian Church 325 Elm, I.F.
4694	Planetarium-Journey to the Stars	3/8	Fri.	1-3 pm	BYU-I Romney Building Rexburg, ID
4299	Potluck Spring Social	4/17	Wed.	12 – 2 pm	First Evangelical Lutheran Church 455 W. Sunnyside Road, I.F.
4695	Praise the Potato Tour	5/10	Friday	1 – 3 pm	1605 N. 2200 E. Hamer, ID
4696	Recognizing and Dealing with a Stroke	2/27	Tues.	2-4 pm	CHE 213
4188	Reader's Round Table	4/3	Wed.	10am-12pm	CHE 308
4697	Saving Hell's Canyon	2/9	Fri.	10am-12pm	CHE 213
4698	Shoshone Bannock Tribes Culture	1/26	Fri.	2 – 4 pm	CHE 213
4569	Shutterfly Photo Book Computer Class	2/8,15,22,29	Thurs.	1 - 4 pm	CHE 304
4231	Singing For Fun <b>CANCELED</b>	2/7 – 5/22 <b>CANCELED</b>	Every Wed.	1 – 2 pm <b>CANCELED</b>	Linda Hawley's Home 4051 Cambria Dr. I.F.
4142	Sourdough for Starters	4/9	Tues	10am-12pm	Bonneville Co Ext. Kitchen 1542 E. 73 <sup>rd</sup> S. I.F.
4311	Summer Picnic	8/6	Tues	5:30 pm -	TBA/maybe Jefferson County Lake
4571	Trinity's Stained-Glass Windows	4/18	Thurs	1 – 2:30 pm	Trinity United Methodist Church 237 N Water Ave I.F.
4644	Under the Canopy Tour	4/30	Tues	3-5 pm	Museum of Idaho 200 N. Eastern Ave. I.F.
4699	Unique Challenges Faced by Small Animals	3/25	Mon.	10am-12pm	CHE 213
4700	War on Weeds	3/12	Tues.	2 – 4 pm	CHE 213
4701	Water Treatment in IF: Challenges and Solutions	3/5	Tues.	2 4 pm	CHE 213
4573	Writing Your Story	2/22,29 3/7,14,21,28	Thurs	1-3 pm	CHE 306
4702	Xeriscaping-Beauty of Sustainability	5/29	Wed.	2-4 pm	CHE 213
4607	ZOOM - Spanish / Intermediate	1/22/24 ongoing	Mon.	6-7:30 pm	ZOOM

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### **4215 Parking Pass – ONLY FOR NEW REGISTRANTS**

The cost of this pass is included in the fall registration. You must have this pass displayed prominently anytime you park on campus, or you may be ticketed. Replacement parking passes can be purchased from Kathie Hendrix (208-589-4352). This pass is good for the fall semester and the spring semester so please keep it.

### **4242 Friends For Learning Volunteer Opportunities**

Friends For Learning operates totally on volunteers. As this organization has grown, the need for volunteers has increased. We need volunteers in the following areas: Curriculum, Catalogs, Cultural Cuisine, Hiking, Walking & Exploring, and helping with Leadership. By signing up on the registration form, you will be sent an email with the volunteer form to fill out as to the areas in which you would like to volunteer.

Thank you for your interest and support.

Facilitator: Jeanell Coyne

Email: [jeanellcoyne7@gmail.com](mailto:jeanellcoyne7@gmail.com)

Phone: 208-589-5237

### **4703 Above and Beyond Tour**

Instructor: Chloe Doucette

Fee: \$6.00 each

Date: June 11, Tues. Time: 3 pm – 5 pm

Location: Museum of Idaho/ 200 N. Eastern Ave. I.F.

Content: Join us for a chance to the Museum of Idaho's newly opened special exhibit, Above and Beyond:

Credentials: Museum of Idaho Managing Director

Facilitator: Cathy Johnson

Email: [dacjohns@hotmail.com](mailto:dacjohns@hotmail.com)

Phone: 719-235-3910

Max: 40 Min: 10

**4656 Active Shooter Awareness** Instructor: Kevin Casper Fee:0

Date: Feb. 6 Tues. Time: 2pm – 4pm Location: CHE 213

Content: This class will discuss and present current situational awareness for active shooter circumstances. The class will discuss trends of mass casualty events with training on individual and group reactions to events. This will include the basics of the run-hide-fight response and general topics for adults and children. Concerns in public events, churches, schools, and other locations will be covered.

Credentials: Kevin has 30 years of law enforcement in Southeast Idaho. He retired in July of 2023 from the Bonneville County Sheriff's Office as an operations and special teams Lieutenant. He has worked in investigations, search and rescue, swat, water rescue and general patrol operations and supervision.

Facilitator: Teresa Konishi (Gwen K. intro.) Email: shalomtk@outlook.com Phone: 208-339-2645  
Max 100

**4659 Addiction-Seeing It with Our Eyes Wide Open** Instructor: Erin Boyle Fee: 0

Date: Feb. 16 Fri. Time: 10 am – 12 pm Location: CHE 213

Content: How can parents and grandparents communicate with their loved ones who suffer from addiction. What actions can parents/grandparents take to be most helpful? What resources are available to assist in a loved one's recovery?

Credentials: Erin Boyle -LMSW and 20 years working in the field with those who have addiction problems.

Facilitator: Jeaneil Coyne Email: jeaneilcoyne7@gmail.com Phone: 208-589-5237  
Max: 100

**4657 Amazing Rockets and Satellites** Instructor: Kevin Young Fee:0

Date: Mar 29 Fri. Time: 9:30 am – 11:00 am Location: CHE 213

Content: During this highly interactive talk, audience members will learn the fascinating history, fun facts, and the basic science behind rockets and satellites. Participants will learn about the many types of satellites, the amazing things they do for us, and how a rocket functions to place a satellite in orbit. The fundamentals of Newton's Laws of Motion, orbital mechanics, and rocket science are made intuitively clear through interactive demonstrations with audience members. The talk is fun, fast-paced, and full of fundamental facts!

Credentials: Kevin Young started his professional career as a U.S. Air Force officer helping to launch rockets and satellites into space from Vandenberg Air Force Base on the coast of central California. In addition to being an Electrical Engineer, he is a long-time science and engineering outreach speaker and has delivered more than 400 talks.

Facilitator: Margaret Kennelly Email: margaret\_kennelly@yahoo.com Phone: 208-524-4930  
Max 100

**4658 Bags to Benches – How to Win at Recycling** Instructor: Claudia Pine Fee: 0

Date: April 23 Tues. Time: 2 pm – 4 pm Location: CHE 222

Content: Some plastic can be recycled, but most of it can't. Learn how one group has recycled over two tons of plastic bags and film to win beautiful and useful benches for our community. Hands-on practice will help you become an expert on exactly which kinds of plastic meet the challenge!

Credentials: Claudia Pine designed and taught the first courses on sustainability at University of Idaho and co-founded the UI's Sustainability Center in 2008. She is a co-founder and leader of Recycle-IF, the citizen task force for increased recycling in Idaho Falls and our area.

Facilitator: Gretchen O'Bleness Email: Gretchen.obleness@gmail.com Phone: 208-681-3451  
Max: 50

**4152 Bears and the Yellowstone Experience** Instructor: Sidney Hoopes Fee: TBA

Date: June 24-28

Location: Yellowstone National Park

Content: We are going on a 5-day bear hunt! We will spend 4 nights in cabins. The trip will include informal lectures in the field, wildlife viewing and maybe some light hiking. Planning meetings will be held prior to departure. Priority will be given to those who have not attended before. Costs will be discussed during meetings. If you would like, you may bring campers or a tent and camp near the cabins, joining us on the day treks.

Credentials: Sidney has taught this class 23 times in the past 15 years. She worked for the Yellowstone Grizzly Foundation, was a founding member of the Greater Yellowstone Coalition and has been associated with the Yellowstone Institute.

Facilitator: Sidney Hoopes

Email: sidneyhoopes456@gmail.com

Phone: 208-524-1280

Max: 14 Min: 14

**4660 Benedict Arnold: Patriot or Traitor?**

Instructor: Dr. Kenneth A. Piippo Fee:0

Date: Feb 21 Wed.

Time: 10 am – 12 pm

Location: CHE 213

Content: What were the factors that resulted in Benedict Arnold changing his allegiance from patriot to traitor leading up to and during the Revolutionary War? This presentation will follow Benedict Arnold from his youth and ultimately to his defection to London, England. Enjoy the journey and make your own assessments.

Credentials: Dr. Piippo has had a lifelong interest in history and has spent years researching various historical topics. This presentation is his most recent research into an interesting historical figure. He holds Bachelor, Masters, Ph.D. and Education Specialist degrees.

Facilitator: Eileen Perkins

Email: eileenperkins404@gmail.com

Phone: 208-520-7483

Max: 100

**4661 Bonneville Humane Society**

Instructor: Kittie Sieh

Fee: 0

Date: 3/21 Thurs.

Time: 2 pm – 4 pm

Location: CHE 213

Content: At Bonneville Humane Society (BHS), we are proud of the work we do to protect animals. As an independent non-profit here in eastern Idaho, we have been "Serving Animals and the People Who Love Them" for 50 years (since 1973)! Come learn more about our pets, our thrift store, our microchipping, spay and neutering, and adoption programs, and how you can get involved. As part of this course, we will be offering a tour of our facility.

Credentials: Kittie Sieh is currently the board president of Bonneville Humane Society and has decades of experience working with the organization, raising funds, and caring for animals.

Facilitator: Gretchen O'Bleness

Email: Gretchen.obleness@gmail.com

Phone: 208-681-3451

Max: 100

**4662 Brain Health: Protecting Your Cognitive Assets**

Instructor: Leslee Blanch

Fee: 0

Date: Feb 28 Wed.

Time: 2 pm – 4 pm

Location: CHE 222

Content: Learn practical ways to enhance and protect your brain function with simple lifestyle habits.

Credentials: Family and Consumer Sciences Associate Extension Educator, Registered Dietitian

Facilitator: Jeanell Coyne

Email: jeanellcoyne7@gmail.com

Phone: 208-589-5237

Max: 40 Min: 6

**4663 Bridge Lessons** Instructor: Idaho Falls Bridge Club, Kevin Swanson Fee: \$40.00 pay @ 1<sup>st</sup> class

Date: Jan. 20 – March 9, every Saturday Time: 1 pm – 4 pm Location: Idaho Falls Bridge Club, 1421 Benton Street

Content: Meet every Saturday for 8 weeks 1 with an hour of instruction and two hours of play. Lessons will run for eight Saturdays starting January 20th but will skip holiday weekends (MLK, Presidents Day, Easter) The Benefits of playing Bridge are improved brain health, it's Social, Competition Bridge is a great way to remain competitive. You can play with us every week all year round, and it's fun.

Facilitator: Jim Fisher (TBA) (K. Swanson) Email: Kevindaleswanson@gmail.com Phone: 917-602-5893

Max: unlimited

**4664 Challenge: BYUI Ropes Course for Fun – Field trip** Instructor: BYUI students Fee: about \$5.00

Date: May 30 Thurs. Time: 1 pm – 3 pm Location: 50 W. 7<sup>th</sup> S. Rexburg, Idaho

Content: The BYUI Ropes Course has something for everyone. Student leaders will provide safety training and lead in team building exercises. Safety harnesses will be provided for everyone. Each person can pick the level of activity they prefer on the ropes: easy, medium or challenges way up high. There is also a zipline to use. We will have 2 hours for our activities. There is a fee of about \$5.

Credentials: Students have been trained to lead participants on the Ropes Course.

Facilitator: Royce Lee Email: royceblee337@gmail.com Phone: 208-589-4276

Max: 45

**4665 Climbing Colorado's 14,000-foot Peaks** Instructor: Kevin Young Fee:0

Date: Apr. 5 Fri. Time: 9:30 am – 12 pm Location: CHE 213

Content: Climbing all 58 of Colorado's 14ers (14,000' peaks) requires moderate mountaineering skills and a whole lot of logistical planning. In this course, Kevin Young provides a visually stunning overview of Colorado's 14ers and what it takes to climb them all. During the presentation Kevin will share entertaining climbing stories and a few facts about the wildlife and plants occupying Colorado's high country.

Credentials: Kevin Young has climbed in the Rocky Mountain region for more than 40 years. He has climbed all 9 of Idaho's 12,000-foot peaks, all 58 of Colorado's 14,000-foot peaks, and a dozen of Wyoming's rugged and remote 13,000-foot peaks.

Facilitator: Margaret Kennelly Email: margaret\_kennelly@yahoo.com Phone: 208-524-4930

Max: 100

**4666 Crossing the Greenland Ice Sheet** Instructor: Aaron Linsdau Fee: 0

Date: Feb. 14, THURSDAY Time: 2 - 4 pm Location: CHE 213

Content: Our popular adventure traveler returns to share his latest extreme adventure. Aaron Linsdau and Terry Williams became one of the oldest teams ever to ski across the Greenland icecap. They skied over 300 miles to complete the expedition in 35 days. Learn what it's like to be alone in the Arctic with the constant threat of polar bears.

Credentials: Aaron Linsdau is a Polar Explorer and author of over 37 books. Some of his books have hit number one in their Amazon categories. He set a world record for the longest ski expedition to the south pole in history. He and an adventure partner are one of the oldest teams to ever ski across Greenland. Aaron has climbed multiple high mountains around the world.

Facilitator: Nancy Carpenedo Email: nancycarpe21@gmail.com Phone: 208-529-4714

Max 100

**4667 Cultural Advisor from New Zealand** Instructor: Leah Hohaia Fee: 0

Date: Feb 26 Mon. Time: 10 am-12 pm Location: CHE 213

Content: Welcome to an authentic traditional Nelome / introduction/ protocols/ and process ceremony with songs to support the sacred process. You will learn the processes of Mario tradition and the importance of genealogy to the culture.

Credentials: Leah is a native Ngapuhi Mario from Aotearoa.

Facilitator: Margaret Kennelly Email: margaret\_kennelly@yahoo.com Phone: 208-541-4930

Max 100

**4137 Double Deck Pinochle** Instructor: Gene Hicks Fee: Purchase of lunch is required, \$3.00 card donation

Date: Feb 5 – May 20 Every Monday Time: 11:30 am - done Location: Canton Restaurant in I.F.  
2173 E. 17<sup>th</sup> Street

Content: We play double deck Pinochle starting at noon. Each participant is expected to mix with the other players and sit at different tables each week. Groups will be formed at the discretion of the facilitator or the instructor. Players should arrive early at 11:30am and must buy lunch since we don't pay a fee to use the back room. A \$3 donation is taken for buying new playing cards each semester. We play year around on every Monday.

Credentials: Gene Hicks has played many variations of Pinochle for years.

Facilitator: Vicky Van Sickle Email: victorialynns@hotmail.com Phone: 208-757-7362

Max: 20

**4668 East Idaho Water Resources and Rights** Instructor: Alan Jackson Fee: 0

Date: Apr. 2 Tues. Time: 2 pm - 4 pm Location: CHE 213

Content: A discussion on the hydrology and water right administration of the upper Snake River Basin and Eastern Snake Plain Aquifer.

Credentials: BS - Agricultural Engineering, University of Idaho MS - Environmental Science/Hydrology and Water Security, University of Oklahoma (Dec 2023) Manager - Bingham Ground Water District

Facilitator: Teresa Konishi Email: shalomtk@outlook.com Phone: 208-339-2645

Max 100



**4669 Economic Events and Markets** Instructor: Patrick Trimp CFP Fee: 0

Date: Feb. 12 Mon. Time: 10 am – 11:30 am Location: CHE 213

Content: Discussion on inflation, national debt, politics, geopolitical risks and recessions.

Credentials: Patrick is a Certified Financial Planner and has been the CEO of Trimp Wealth Management for 25 years. He graduated from the University of the State of New York 1994. He started his career as a financial advisor in 1999 to present.

Facilitator: Kathy Hendrix Email: chatie06@gmail.com Phone: 208-589-4352

Max 100

**4670 Electric Vehicles** Instructor: Barney Carlson Fee: 0

Date: Mar. 11 Mon. Time: 10 am – 12 pm Location: CHE 213

**Content:** Electrified transportation: The types of electrified vehicles and the charging infrastructure needed to “refuel” them. Types / classes of electrified vehicles (from mild Hybrid to Plug-In Hybrids, to All-electric vehicles). Charging infrastructure (residential and commercial) AC and DC charging from 1.2 KW to 1.2 MW.

**Credentials:** Barney is a Principal Research Engineer with 20+ years’ experience in the field of electrified transportation with a demonstrated history of working in the research industry. As a member of INL’s Advanced Vehicles Group, we are researching the charging infrastructure needs of autonomous, connected, electric, shared (ACES) mobility and the integration of that infrastructure with the electric grid.

Facilitator: John Atchinson Email: john@halfast-racing.com Phone: 208-390-9298

Max 100

**4323 Everyone Can Draw** Instructor: Nancy Peterson Fee: \$5.00

Date: April 4, 11, 18, 25 - Thursdays Time: 10 am – 12 pm Location: CHE 307

Content: Everyone Can Draw. Always wanted to draw but never tried it, this class makes it easy fun and quite surprising for the beginner. You will complete a small drawing each class, learn techniques and tricks to getting your subject on the paper. Color pencils will be added to give the art piece a finished look. We have several subjects such as birds, butterflies, mountain scenes, animals, flowers, light houses and more.

Credentials: Nancy Peterson is a published children’s book author and illustrator. She attended Boise State University, has over 18 books published, designs note cards and unique wall art that are all sold in local stores.

Facilitator: Kathie Hendrix Email: chatiek06@gmail.com Phone: 208-589-4352

Max: 15

**4704 Family Search Center Class** Instructor: Bill Forsyth Fee: NA

Date: Apr. 10 Wednesday Time: 1 pm – 4 pm Location: Family Search Center, 750 E. Elva, I.F.

Content: Learn how to build your family tree, and if you do not have an account, we will help you set one up. We will each be at a computer station and do an overview of using Family Search. You may bring a thumb drive to save any results you discover. FamilySearch is an international, nonprofit organization dedicated to helping all people discover their family story. FamilySearch provides information free of charge to everyone, regardless of tradition, culture, or religious affiliation. The Idaho Falls FamilySearch Center is one of 15 large regional centers, and part of a more than 5,000 family history centers in 129 countries worldwide.

Credentials: Bill Forsyth is the Community Outreach Coordinator.

Facilitator: Vicky Van Sickle Email: victorialynnvs@hotmail.com Phone: 208-589-6055

Max: 25 Field trip

**4671 Fieldtrip to EBR-1** Instructor: INL Interns – Lead Shelly Fee: 0

Date: May 24 Fri. Time: 10 am – 12 pm Location: Experimental Breeder Reactor 1 (EBR-1)  
approx. 50 miles west of IF on US 26/20

Content: In addition to being the world's first nuclear power plant, in 1953, EBR-I confirmed that a breeder reactor could produce more fuel than it consumed ... and make electricity at the same time. Come learn how nuclear pioneers made history with 4 lightbulbs at what is now a Registered National Historic Landmark. The museum is located 50 miles west of Idaho Falls on Highway 20. You may want to download the TravelStorys app before you leave home for an on-demand tour of INL while you drive.

Credentials: Extensively trained EBR-I interns run the museum from Memorial Day weekend through Labor Day. The museum is open seven days a week from 9 am-5pm. You can join a guided tour or wander at your own pace on a self-guided tour.

Facilitator: Helen Hill Email: helenhillsemail@gmail.com Phone: 208-589-8358

Max NA can tour anytime they are open

**4433 Fitness Made Simple** Instructor: Leslee Blanch Fee: 0

Date: Feb 6 – May 21 every Tuesday Time: 10 am – 11: am Location: Bonneville Cty Ext. 1542 E 73<sup>rd</sup> S  
Idaho Falls (south of Sandy Downs)

Content: Leslee will give us the opportunity to improve our strength, flexibility and balance through the use of various types of equipment and exercise. All equipment will be provided. Chairs are used for balance and/or performing the exercises while sitting if needed. Wear something comfortable.

Credentials: Leslee is a Certified Group Fitness Instructor and Registered Dietician. She is the Family and Consumer Science Associate Extension Educator with University of Idaho.

Facilitator: Kathy Duplessis Email: kduplessis81@gmail.com Phone: 208-390-9505

Max 50

**4672 Friends for Dementia** Instructor: Leslee Blanch Fee: 0

Date: Feb. 20, Tues. Time: 2 pm – 4 pm Location: CHE 222

Content: Through interactive activities and information, you will learn what dementia is, and how it affects people, and how you can make a difference for people touched by dementia.

Credentials: Family and Consumer Sciences Associate Extension Educator, Registered Dietitian

Facilitator: Jeanell Coyne Email: jeanellcoyne7@gmail.com Phone: 208-589-5237

Max 40 Min 6

**4673 Get Away, 'Work Away' to Sweden & more!** Instructor: Rich & Shari Couillard Fee: 0

Date: Apr. 24 Wed. Time: 10 am – 12 pm Location: CHE 213

Content: Traveling on a shoestring is a way of life for Shari and Rich Couillard. In this class they will share their experiences traveling to Iceland, Sweden, Norway, Switzerland, and the Baltics. They will discuss how to be a 'Work-Away' host and how to travel anywhere and pay nothing for room & board! And in the process meet the most amazing people on Earth!

Credentials: Shari and Rich have hosted "Work-Away" singles and couples at their Shelley home and their Baja, Mexico winter home for 10 years. They also have taken "Work-Away" vacations and "Couch Surfed" across Europe.

Facilitator: Eileen Perkins Email: eileenperkins404@gmail.com Phone: 208-520-7483

Max 100

**4629 Get a Good Night's Sleep** Instructor: Chris Luster Fee: 0

Date: Feb. 15 Thurs. Time: 9:30 am – 11:00 am Location: Romaines Store, 563 S 25<sup>th</sup> E (Hitt Rd)

Content: Chris is the manager of the local Romaines store. He will give a tour of the store and workrooms. He will show us the best mattresses for our old bodies to get a good night's sleep.

Credentials: Chris Luster is the Store Manager for Romaines.

Facilitator: Karin Armstrong Email: karinidaho@yahoo.com Phone: 208-357-6068

Max 15

**4675 Getting the Most from Your iPhone** Instructor: Camille Wood Fee: 0

Date: Feb. 5 & 7 Mon. & Wed. Time: 10 am – 12 pm Location: CHE 222

Content: Do you have an iPhone but wonder if there's more you could be using it for or if you are giving it the proper 'care and feeding'? This hands-on class is for beginners to not yet advanced. It will include: -Keeping your device performing well, secure and organized -Set up and use for health and safety emergencies -Tips on setup and use of an iPhone in the event of developing vision and/or dexterity issues. -Using it as a tool to assist with everyday needs including popular apps, email, calendar, and contacts setup There will also be time to answer some of your specific questions and opportunity to learn from each other

Credentials: Camille is a former math and computer science teacher with experience teaching high school, business college and adult ed in her early career. She recently retired from Idaho Falls School District 91 as the Director of Technology. Camille enjoys working with people, especially those who struggle with the rapid change in the rapidly changing tech world.

Facilitator: Gretchen O'Brien Email: Gretchen.obleness@gmail.com Phone: 208-681-3451

Max 50

**4676 Gumbo Cooking**

Instructor: Ed &amp; Debbie Woodward

Fee: \$7.00

Date: Feb 2 Fri. Time: 3–5 pm Location: Bonneville Co Fairgrounds Kitchen  
1542 E 73 S IF (by Sandy Downs)

Content: Woody has always loved to cook...grilling, smoking, Jambalaya, Gumbo and more. This will be a "hands on" class, with students working in groups, we will eat at the end of class and take some Gumbo home too!

Credentials: Woody has been a Safety Engineer at INL but loves to cook.

Facilitator: Karin Armstrong

Email: Karinidaho@yahoo.com

Phone: 208-357-6068

Max 18

**4289 Hand & Foot Game**

Instructor: Marion Hudnall

Fee: Buy Lunch

Date: Feb 8 – May 30 Every Thursday Time: 12 pm – 3 pm Location: Leo's 1<sup>st</sup> Street and Holmes

Content: Hand & Foot is a card game similar to Canasta, in which each player is dealt two sets of cards, the "Hand" and the "Foot". In this class students are taught the basic rules of the game and enjoy playing with other members of FFL. Players must buy lunch at each session. A donation is taken for new playing cards. We play year-round every Thursday.

Credentials: Marion Hudnall and Peggy Ash have been playing Hand & Foot for several years and are knowledgeable in the rules of the game.

Facilitator: Peggy Ash

Email: peggy12bill@gmail.com

Phone: 208-520-4377

Max NA

**4483 Xeriscaping - Happyville Farm Tour**

Instructor: Claudia Pine

Fee: 0

Date: May 31 Friday Time: 2 pm – 4 pm Location: 640 S Saturn Ave. (Happyville farm)

Content: Take a tour of eastern Idaho's first certified organic urban farm. The Community Food Basket Happyville Farm grows fresh, healthy local produce for hungry families that come to the Community Food Basket-Idaho Falls. We have a 1-acre farm with bee hives, fruit trees, pollinator habitat, closed-vessel composting, soil carbon farming, and education for all ages on sustainable and organic growing practice that protects and enhances the environment while growing great food for people! The class that goes with this tour is "Xeriscaping: Beauty of Sustainability."

Credentials: Claudia Pine has worked in sustainable and organic agriculture for nearly 20 years. She co-founded the University of Idaho's campus organic farm and has taught gardening classes for FFL and many other community groups.

Facilitator: Gretchen O'Bleness Email: Gretchen.obleness@gmail.com

Phone: 208-681-3451

Max: 15 for tour

**4677 Henry VIII – Good King Bad Husband**

Instructor: Lexie French

Fee:0

Date: Mar. 4, Mon.

Time: 10 am – 12pm

Location: CHE 213

Content: Divorced - Beheaded - Died - Divorced - Beheaded - Survived. What do his six wives reveal about Henry VIII and the story of 16th Century England.

Credentials: Leslie French graduated from ISU with a BA in History. She taught history, composition, and literature for 30 years in School District 9I. She has traveled widely in the UK tracing the footsteps of the English Monarchs.

Facilitator: Nancy Carpenedo

Email: nancycarpe21@gmail.com

Phone: 208-529-4714

Max 100

**4678 How to Prepare for Long-Term Care**

Instructor: Garth Hassel

Fee: 0

Date: Apr. 10 Wed.

Time: 10 am – 12 pm

Location: CHE 213

Content: Medicare only does so much. Are you prepared financially if you or a loved one needs long-term care? What is long-term care, and will you need it? What will Medicare cover? Understand the options, the cost, and the availability.

Credentials: Amazon best-selling author 5 personal finance categories <https://www.amazon.com/Keep-Your-Life-Endgame-Loved-ebook/dp/B0899CTP81>

Facilitator: Steve Piet

Email: pietsteven@hotmail.com

Phone: 208-520-7680

Max 100

**4121 HWE (Hiking, Walking, & Exploring)**

Instructor: HWE committee

Fee: 0

Date: NA

Time: NA

Location: NA

Content: This year-round "class" schedules various activities for FFL members. Hiking (H) can range from easy to difficult and might last two hours or all day. Most walking (W) activities are easy trips in the vicinity of I.F. Exploring (E) often takes us some distance from I.F., even to other states. The most vigorous activities range from hiking, biking, canoeing, horseback riding, skiing, and snowshoeing. We are guided by member ideas and leaders, so we may try anything. We have recently ventured into some limited trips for ATV-ing.

Credentials: HWE committee members have been involved for many years. Committee - Jim Schaffer - chairman 208-589-6005, Cynthia Steele 208-403-7288, Richard Scheerer 208-881-6331, Garney Hardy 208-680-1370, Pam Johnson 970-420-8783, Larry Hull 208-521-1268, Margaret Kennelly 208-524-4930, and Janet Clayton 208-932-5674

Facilitator: Jim Schaffer

Email:

Phone: 208-589-6005

Max. NA

**4679 Idaho Falls Police K9 Demonstration** Instructor: Jessica Marley, Captain Fee: 0

Date: Mar. 28 Thurs. Time: 2 pm – 4 pm Location: CHE 213

Content: This class will be an introduction to K9 functionality within the Idaho Falls Police Department from handlers of these service animals. There will be opportunity to ask questions and get answers from the K9 handlers.

Credentials: Service dog handlers are police men and women with specialized training and a minimum of 5 years of experience of police duty.

Facilitator: Helen Hill Email: helenhillsemail@gmail.com Phone: 208-589-8358

Max: 100

**4680 Idaho National Laboratory (INL) overview** Instructor: Liza Raley Fee: 0

Date: May 15 Wed. Time: 10 am Location: CHE 213

Content: The Idaho National Lab (INL) provides innovations in nuclear research, renewable energy systems and security solutions that are changing the world. Learn more about some of the lab's flagship facilities like the Advanced Test Reactor, the Hot Fuel Examination Facility, and the Energy Systems Laboratory.

Credentials: Liza Raley, INL Ambassador, will talk about the current mission and future projects of the lab. She has been an INL Ambassador for more than two years. You may recognize her name, voice, and fun personality as a long-time radio host in East Idaho.

Facilitator: Helen Hill Email: helenhillsemail@gmail.com Phone: 28-589-8358

Max: 100

**4681 Improve Casual Conversations** Instructors: Steve Piet, Mick Nelson, Nancy Makey Fee: 0

Date: Feb. 29 Thurs. Time: 10 am - noon Location: CHE 222

Content: Our conversations range everything from casual comments to intense discussions. How can we make our conversations more meaningful and personally satisfying? In this discussion session, we will explore ways we can improve and make our conversations more effective. This will be an audience participation class where the audience participates and shares their ideas and experiences. Topics: • Consider what is the purpose of the conversation • How to establish a connection with people • How "active listening" can soothe conversations • How to avoid misunderstandings • How to respond to the question, '...how are you...?' • How to give difficult feedback • How to redirect a conversation • How to conclude a conversation

Credentials: Mick Nelson, Nancy Makey, and Steve Piet have over 7 decades of membership in Toastmasters International. Each has earned the top education award - Distinguished Toastmaster (DTM) and have given countless speeches in and out of Toastmasters. Nancy and Steve have served as District 15 Director (Idaho, Utah, surrounding slices).

Facilitator: Steve Piet Email: pietsteven@hotmail.com Phone: 208-521-0627

Max: 50

**4682 Intro to the Great Highland Bagpipes** Instructor: Nathan Downey Fee: 0

Date: Mar 7 Thursday Time: 2-4 pm Location: CHE 213

Content: This course covers the basics of the bagpipes, its history, nomenclature, and a brief demonstration of how the bagpipes work and sound.

Credentials: Nathan Downey has been playing the bagpipes since 1991 and is the official piper for the Bonneville County Sheriff's Office.

Facilitator: Margaret Kennelly Email: margaret\_kennelly@Yahoo.com Phone: 208-524-4930

Max 100

**4683 Intro to Google Calendaring** Instructor: Gretchen O'Bleness Fee: 0

Date: Apr 16, Tues. Time: 10 am – 12 pm Location: CHE 222

Content: This class will teach you the basics of using your Google Calendar along with Gretchen's favorite tips and tricks. You will learn how to create a meeting where you can invite others, setup a (free 1-hour) video meeting, add a location (that connects to Google Maps), and add meeting reminders. Calendars aren't just for work! Use it to block off time on your calendar for events or travel. Setup weekly repeating "meetings" to remind you to take out the trash or recycling, or which Thursday gives you a senior discount at Albertsons! You can schedule doctor's appointments and FFL classes. You can even use meetings to make notes of what you did throughout the day. The best part is you can access your calendar from home computer or your phone wherever you go. You will need a Gmail account with Google Calendar installed on your phone for this class.

Credentials: Gretchen O'Bleness has an Industrial Education teaching degree from University of Wisconsin-Stout. She started her career at the Idaho National Lab teaching lab employees how to use Word Perfect and many other topics. Gretchen worked for the lab for over 30 years, and although her main job for much of that time wasn't teaching, she enjoyed helping people learn to use their computer better throughout her career! She specializes in Windows and Android devices.

Facilitator: Gretchen O'Bleness Email: Gretchen.obleness@gmail.com Phone: 208-681-3451

Max 50

**4705 Introduction to Google Email** Instructor: Gretchen O'Bleness Fee: 0

Date: Mar. 20, Wednesday Time: 10 am – 12 pm Location: CHE 222

Content: This class will teach you the basics of using Gmail along with Gretchen's favorite tips and tricks. You will learn how to effectively search for an email, the difference between deleting and archiving, and how to use labels on both your email and your contacts! Plus, lots more good stuff! We will talk about using Gmail from your phone and your home computer. You will need a Gmail account with Google Gmail installed on your phone for this class.

Credentials: Gretchen O'Bleness has an Industrial Education teaching degree from University of Wisconsin-Stout. She started her career at the Idaho National Lab teaching lab employees how to use Word Perfect and many other topics. Gretchen worked for the lab for over 30 years, and although her main job for much of that time wasn't teaching, she enjoyed helping people learn to use their computer better throughout her career! She specializes in Windows and Android devices.

Facilitator: Gretchen O'Bleness Email: gretchen.obleness@gmail.com Phone: 208-681-3451

Max: 50

**4685 Introduction to Google Photos**

Instructor: Gretchen O'Bleness

Fee: 0

Date: May 3, Friday

Time: 10 am - noon

Location: CHE 222

Content: In this class you will learn how to use Google photos to automatically upload your cell phone photos to the cloud, then how to create and share photo albums. We will talk about how much space you get for free from Google, and how to clean up to free up space. You will learn how to edit photos and other cool tips and tricks! This applies to both Android and iPhones and can be accessed from your home computer as well. You will need a Gmail account with Google Photos installed on your phone for this class.

Credentials: Gretchen O'Bleness has an Industrial Education teaching degree from University of Wisconsin-Stout. She started her career at the Idaho National Lab teaching lab employees how to use Word Perfect and many other topics. Gretchen worked for the lab for over 30 years, and although her main job for much of that time wasn't teaching, she enjoyed helping people learn to use their computer better throughout her career! She specializes in Windows and Android devices.

Facilitator: Gretchen O'Bleness

Email: Gretchen.obleness@gmail.com

Phone: 208-681-3451

Max 50

**4686 Jew, Ukraine, and Israel**

Instructor: Dr. Karen Leibert

Fee: 0

Date: Jan. 31 Tues.

Time: 10 am - noon

Location: CHE 213

Content: The Jews, Ukraine, and Israel: How are Ukraine and Israel related historically, and how do today's wars in Ukraine and the Gaza Strip reflect similar issues in or world today?

Credentials: Karen has a PH.D. in Russian History.

Facilitator: Margaret Kennelly

Email: margaret\_kennelly@yahoo.com

Phone: 208-524-4930

Max 100



**4687 Landscaping, plant selection and care**

Instructor: Angela Smith

Fee: 0

Date: Jan. 29, Monday

Time: 10 am - noon

Location: CHE 213

Content: Angela Smith will teach principles for designing the landscape for your home, selecting appropriate plants for southeast Idaho, and how to give healthy, loving care to your plants.

Credentials: Angela Smith has a bachelor's degree in Horticulture. She has worked at Town and Country Gardens for 18 years, where she has primary responsibility in the landscaping department.

Facilitator: Royce Lee

Email: royceblee337@gmail.com

Phone: 208-589-4276

Max 100

**4688 Lava Ridge Wind Project**

Instructor: Jon Ochi

Fee: 0

Date: Mar. 13, Wed.

Time: 10 am-noon

Location: CHE 213

Content: What will be the effects of the Lava Ridge Wind Farm Project located 15 miles northeast of Twin Falls, Idaho.

Credentials: Jon Ochi is a consulting party under the authority of the National Advisory Council of Historic Properties.

Facilitator: Teresa Konishi

Email: shalomtk@outlook.com

Phone: 208-339-2645

Max: 100

**4689 Learning to Live with Wildlife**

Instructor: Kris Millgate

Fee: 0

Date: Mar. 27, Wed.

Time: 10 am - noon

Location: CHE 100

Content: This class reveals what happens when the wild tries to make its way with us in the way. Through film and photo, learn how to help rather than hurt the animals we share Idaho's magnificent woods and waters with. Increased awareness of what else lives among us strengthens humanity's connection with natural resources. Discussion includes three companion books about wildlife: "My Place Among Beasts", "My Place Among Fish", and "My place Among Men."

Credentials: Kris Millgate is an Emmy-nominated journalist based in Idaho Falls, Idaho. She covers natural resource stories for media outlets nationwide including PBS, USA Today and Field & Stream. She has covered Idaho's outdoors for more than two decades while also producing award-winning films including "Ocean to Idaho", about disappearing salmon, and "On Grizzly Ground" about recovering bears.

Facilitator: Nancy Carpenedo

Email: nancycarpe21@gmail.com

Phone: 208-529-4714

Max: 100 Min: 20 There is an optional field trip that will be discussed in class.

**4690 Let's Go Scouting!**

Instructor: IPSC Senior staff members

Fee: 0

Date: May 17, Fri.

Time: 10 am - noon

Location: CHE 213

Content: Let's Go Scouting! Are you aware of our beautiful Island Park Scout Camp? The Senior Area Directors will come to tell you what happens at the Shooting Range, C.O.P.E, Waterfront, Nature, Outdoor Skills, and Handicraft Areas. We will also have a Grand Teton Council employee come to tell us how you can rent the camp for Family Reunions or Gatherings. The current Camp Director may be able to come. Come and learn how you can volunteer to help our youth.

Credentials: Vicky has worked every summer for 12 years at IPSC. Cheryl 10 years, Mark 5 years, Paul ? years, Liz 1 year.

Facilitator: Vicky Van Sickle

Email: victorialynnvs@hotmail.com

Phone: 208-589-6055

Max: 100

**4218 Line Dancing**

Instructor: Group Instruction

Fee: 0

Date: Feb. 9 – May 31, Every Friday

Time: 1 pm – 2 pm

Location: Development Workshop 555 W.25<sup>th</sup> ST

Content: Join us as we learn line dances to various types of music from decades past to current day. All that's needed is a comfortable pair of shoes, a water bottle, and a desire to move. Line dancing is great exercise for the brain as well.

Credentials: All instructors have taught this class for Friends for Learning for several years.

Facilitator: Debbie Scheerer

Email: debscheerer@yahoo.com

Phone: 208-881-6031

Max: 20-25

**4613 Melaleuca Headquarters Tour**

Instructor: Tammy R.

Fee: lunch money optional

Date: Apr. 19 Fri.

Time: 11 am – 1 or 2 pm

Location: 4609 W. 65<sup>th</sup> South IF

Content: Enjoy touring the beautiful buildings of the Melaleuca Global Headquarters. The facility is situated on 195-acres just south of Idaho Falls. Wear comfortable shoes and meet at the main door to the lobby by the big arch. Melaleuca's facility contains four levels of office space, a fitness center, a restaurant, broadcast and production studios, research and development laboratories, and an events center. The office interior is replete with artwork, sculptures and custom woodwork, and the heart of the building is highlighted by a grand staircase, two stone fireplaces and a three-story atrium. We will have lunch together after the tour. Bring cash for your lunch, we will have the menu ahead of time.

Facilitator: Vicky Van Sickle

Email: victorialynnvs@hotmail.com

Phone: 208-589-6055

Max: 35 This is a tour!

**4564 Men's Brunch**

Instructor: Jeff Bryan

Fee: \$ to pay for your own breakfast.

Dates: 1/10, 2/14, 3/13, 4/10, 5/8, 6/12, Wed. Time: 9 am Location: Various Idaho Falls restaurantsContent: Men, let's gather together the second Wednesday of each month to have breakfast, expand our friends network, try new foods and eateries, trade stories and experiences, and catch up on local happenings. Each month we rotate to a different restaurant for variety. An email reminder is sent out to all participants at least a week before each brunch meeting, confirming the selected restaurant for that month. Bring your enthusiasm for good friends and good food on Wednesdays, 1/10, 2/14, 3/13, 4/10, 5/8, 6/12.Credentials: Idaho Falls. They are looking to get interested men out of the house and actively involved in Friends for Learning. Oh... we also enjoy eating!

Facilitator: John Atchinson Email: john@halfpast-racing.com

Phone: 208-390-9298

Max: NA

**4691 Mental Illness & Medication Overview**

Instructor: Jane Roberts

Fee: 0

Date: Mar. 26, Tues.

Time: 2 pm – 4 pm

Location: CHE 213

Content: This class will use short videos to illustrate the personal impact of having a mental illness, how psychotropic medications work and why undesirable side effects may lead people to stop taking prescribed medications.Credentials: Jane Roberts, NAMI (National Alliance of Mental Illness) Upper Valley, President, and member for over ten years.

Facilitator: Teresa Kohnishi

Email: shalomt@outlook.com

Phone: 208-339-2645

Max: 100

**4692 Pharmacy 101**

Instructor: Gretchen O'Bleness

Fee: 0

Date: May 22, Wed.

Time: 10 am - noon

Location: CHE 213

Content: I have heard a lot of talk about what a good pharmacy should provide to their customers. I've also heard about everyone's complaints about their pharmacy. I'm a regular at my pharmacy, but because my son is a pharmacist, I have learned a lot about the issues facing pharmacists. I also have tips to help you have a good relationship at your pharmacy and to help getting your meds go smoothly.Credentials: I was diagnosed with Rheumatoid Arthritis 20± years ago and have been on various meds since. I've helped my mother-in-law navigate Medicare part D to get insurance for her meds. But my best qualification for this talk is because I am the proud mom of a pharmacist!

Facilitator: Gretchen O'Bleness

Email: Gretchen.obleness@gmail.com

Phone: 208-681-3451

Max: 100

**4503 Pickleball Practice** Instructor: Mark Van Sickle & Jeff Bryan

Fee: 0

Date: Apr. 18 – May 31 Thursdays Time: 10 am - noon Location: Lincoln Park Pickleball Complex

Content: Pickleball is a fun sport that combines many elements of tennis, badminton, and ping-pong. Pickleball is played on a badminton-sized court and a slightly modified tennis net using a paddle and a plastic ball with holes. Pickleball can be enjoyed by all ages and skill levels. Pickleball is fun, social, and friendly. The rules are simple, and the game is easy for beginners to learn, but can develop into a quick, fast-paced, competitive game for experienced players. Come and join us to help one another improve our pickleball skills.Credentials: Mark and Jeff have enjoyed playing pickleball for several years.

Facilitator: Mark Van Sickle

Email: scubamarkvs56@gmail.com

Phone: 208-757-8687

Max: NA Min: 4

**4693 Pi Day Celebration**

Instructor: Gretchen O'Bleness

Fee: Bring Pie

Date: Mar. 14, Thurs.

Time: 3 pm

Location: Idaho Brewing Company 775 S. Capital Ave. IF

**Content:** Pi day is the celebration of the number 3.14159265359 and is celebrated on March 14 (which is 3/14) at 15 (which in military time is 3 pm). On this date we celebrate PI by eating pie. It's just that simple. A math joke where we get to eat desserts! Bring your favorite pie to share with the group and we'll kick back and chat! Remember there are alternate forms of pie like pizza pie! So, bake at home, or pick up something on your way over. (Yes, you could bring ice cream as pie "a la mode" is tasty!) Beer and wine will be available for purchase by those who are interested. Gretchen will provide plates, forks, and spoons!

**Credentials:** Gretchen has PI memorized to 5 places but knows how to look up the full number. She also like pie and loves a good excuse to have some!

Facilitator: Gretchen O'Bleness

Email: Gretchen.obleness@gmail.com

Phone: 208-681-3451

Max: About 50

**4504 Pillowcase Dresses**

Instructor: Marian Traughber

Fee: See supplies below.

Date: Mar 21, Thurs.Time: 10 am – 12:30 pmLocation: First Presbyterian Church 325 Elm I.F.

**Content:** These dresses are fun to make and donate. Enjoy completing a garment which will delight any child. Supplies will be available or bring your own 2-30 inch or longer lengths of coordinating wide double-fold bias tape, 2-6 inch pieces of 1/4 inch wide elastic, scissors, pins, safety pins, coordinating thread, and optional - coordinating trim. Directions and other information are available at [littledressesforafrica.org](http://littledressesforafrica.org). Please bring your own sewing machine. Bring a lunch and stay and visit.

**Credentials:** Marian Traughber Packebush is a Swan Valley native who turned to making these dresses after retiring from 35 years of teaching. Swan Valley ladies and their friends have donated more than 1000 dresses to Little Dresses for Africa and continue enjoying designing and constructing these garments.

Facilitator: Teresa Konish

Email: shalornrk@outlook.com

Phone: 208-229-2645

Max: NA

**4694 Planetarium, Journey to the Stars**

Instructor: Stephen McNeil

Fee: \$2.00

Date: Mar. 8, Fri. Time: 1 pm- 3pmLocation: Romney Building, BYUI, Rexburg, Idaho

**Content:** We will have an in-person experience in the planetarium viewing the Wonders of the Universe as seen through the Hubble Telescope. There will be a \$2 fee at the door.

**Credentials:** Stephen McNeil is a professor at BYUI and teaches Astronomy and Physics. He has a Ph.D. in Astrophysics. He has been director of the BYUI Planetarium for over 15 years.

Facilitator: Royce Lee

Email: royceblee337@gmail.com

Phone: 208-589-4276

Max: 40

**4299 Potluck Spring Social**

Instructor: FFL Board of Directors

Fee: Food dish

Date: Apr. 17, Wed. Time: 12 pm – 3 pm

Location: First Evangelical Lutheran Church 455 W. Sunnyside Rd I.F.

**Content:** Come and join us for a potluck Spring Social Lunch. We had a blast last year in the Spring of 2022 getting to know one another better. Facilitators will have class displays and we will enjoy the year in review with pictures. Bring some food to share. Plates, drinks, and utensils will be provided.

**Credentials:** FFL has had spring socials for many years.

Facilitator: Royce Lee

Email: friendsforlearning@gmail.com

Max: NA

**4695 Praise the Potato!**

Instructor: Ashcraft

Fee: \$5.00

Date: May 10, Fri.      Time: 1 pm – 3 pm      Location: Ashcraft's home in Hamer/ 1605 N. 2200 E Hamer, ID

Content: Tour the Ashcraft potato farm in Hamer, Idaho and enjoy homemade potato recipes. Cosette has made menus for her family around potatoes for many years. She has many favorite potato recipes. She would love to share her knowledge of potatoes along with her favorite recipes. She will demonstrate recipes and have samples on hand.

Credentials: Cosette and her husband, Ryan have been farming potatoes in Hamer, Idaho for 38 years.

Facilitator: Jeanell Coyne

Email: jeanellcoyne7@gmail.com

Phone: 208-589-5237

Max: 20

**4696 Recognizing and Dealing with a Stroke**

Instructor: Warren Albecht, DO

Fee: 0

Date: Feb. 27, Tues.      Time: 2 pm – 4 pm      Location: CHE 213

Content: This class will cover these four topics: 1. What causes a stroke? 2. What are the signs or symptoms of a stroke? 3. What is the risk of a stroke? 4. What are the possible treatments for a stroke?

Credentials: Board certification in Vascular Surgery with recertification in 2020, RPVI certification (reading vascular ultrasound exams), 18.5 years of experience.

Facilitator: Cathy Hendrix

Email: chatiek06@gmail.com

Phone: 208-589-4352

Max: 100

**4188 Readers' Round Table**

Instructor: Sheryl Schaffer

Fee: 0

Date: Apr. 3, Wed.      Time: 10 am - noon      Location: CHE 308

Content: Come share your recent reads and get ideas for your book list. Each member of the class should come prepared to make recommendations whether from old classics or recent publications. If you have any books you want to give away, bring no more than three.

Credentials: Sheryl is an avid reader of many reading genres and has participated in this class in several past sessions

Facilitator: Sidney Hoopes

Email: sidneyhoopes456@gmail.com

Phone: 208-524-1280

Max: 15

**4697 Saving Hells Canyon**

Instructor: Jerry Jayne

Fee: 0

Date: Feb. 9, Fri.      Time: 10 am - noon      Location: CHE 213

Content: In 1967, a large dam was planned in Hells Canyon, the deepest canyon in North America. Jerry will tell about the campaign to stop the dam and protect the wild country surrounding the canyon in Idaho and Oregon. He will also give some history about changing attitudes toward dams in general.

Credentials: Jerry is a longtime volunteer citizen activist who has been involved in the retention of wild areas, wild rivers, and wildlife habitat in Idaho, including Hells Canyon.

Facilitator: Margaret Kennelly

Email: margaret\_kennelly@yahoo.com

Phone: 208-524-4930

Max: 100

**4698 Shoshone Bannock Tribes Culture**

Instructor: Louise Dixey

Fee: 0

Date: Jan. 26. Fri. Time: 2 pm – 4 pm

Location: CHE 213

Content: Louise Dixey will teach about the culture and the living history of the Shoshone Bannock Tribes

Credentials: Louise Dixey is the Director of the Language, Culture and Preservation Department of the Shoshone Bannock Tribes.

Facilitator: Royce Lee

Email: royceblee337@gmail.com

Phone: 208-589-4276

Max: 100

**4569 Shutterfly Photo Book Computer Class**

Instructor: Gretchen O'Bleness

Fee: 0

Dates: Feb. 8,15,22,29 Thurs Time: 1 pm – 4 pm Location: CHE 304

Content: Shutterfly is an online computer program to upload photos and create a photo book. This class will teach you how to create an account with Shutterfly, upload pictures and create a sample book by arranging the layout of photos and captions. You must have basic computer skills already. It is helpful if you have access to a computer at home or elsewhere so you can work on your book between classes. Students are required to attend the first session in order to continue with the class.

Credentials: Gretchen has used Shutterfly for many years and has created at least 14 Shutterfly photo books over the years. She has taught this class twice before for FFL and is ready to present again!

Facilitator: Gretchen O'Bleness

Email: gretchen.obleness@gmail.com

Phone: 208-681-3451

Max: 12 Min: 1

**4231 Singing for Fun CANCELED**

Instructor: Donna Park Fee: 0

Date: Feb 7 – May 22 Every Wed. Time: 1 pm – 2 pm Location: Linda Hawley's home 4051 Cambria Dr I.F.

Content: Do you sing in the shower? Sing along with the radio in the car? Just burst into song because it feels good? Then you're the perfect person for this class. Whether you're a novice singer or a practiced professional, we have fun just gathering around the piano and singing songs from the 50s (sometimes even older) to the newer songs, letting the music bring back old memories and make new ones.

Credentials: Donna is not only a director, but an accompanist, an arranger, and a composer who has been immersed in music for more years than she's willing to admit, performing on stage in musicals, and performing and directing choirs for over 10 years. She's been blessed with the ability to play by ear, transpose at the piano, and compose arrangements to fit the mature voices.

Facilitator: Donna Park

Email: DonnaJPark@hotmail.com

Phone: 208-403-9302

Max: 15 Min: 4

**4142 Sourdough for Starters**

Instructor: Jackie &amp; Sherrie

Fee: \$3.00

Date: Apr. 9, Tues.    Time: 10 am – noonLocation: Bonneville Co Extension office 1542 E. 73rd S. I.F.

Content: Sourdough is an ancient bread technique that was used by the Egyptians before the Bronze Age. Learn this timeless technique and how to make mouthwatering sourdough pancakes/waffles, English muffins, bread (regular and long rise), chocolate cake, and many more delicious items. Most of the class will be spent learning about the care and feeding of a sourdough start, discovering sourdough recipes, and enjoying sourdough food items. If you would like a sourdough start, bring a one-quart container such as a wide mouth quart canning jar. Class handouts (recipes, resources, etc.) will be emailed prior to class. Please print and bring to class.

Credentials: Jackie and Sherrie have been making sourdough creations for several years.

Facilitator: Jackie Christiansen

Email: jackie.w.christiansen@gmail.com

Phone: 208-522-8705

Max: 16

**4311 Summer Picnic & Annual FFL Meeting**

Instructor: FFL Board of Directors

Fee: \$10.00

Date: August 6, Tues.Time: 5:30 pmLocation: Jefferson County Lake

Content: Come join us for a fun evening at Jefferson County Lake. We will vote for FFL officers and enjoy a delicious catered picnic. The cost of \$10 per person, non-refundable, to be paid at registration. Bring your favorite lawn chair.

Credentials: Annual Tradition

Facilitator: FFL Board Members

Website: [www.friendsforlearning.com](http://www.friendsforlearning.com)**4571 Trinity's Stained-Glass Windows**

Instructor: Richard Dixon

Fee: 0

Date: 4/18 Thurs.Time: 1-2:30 pmLocation: Trinity United Methodist Church  
237 N. Water Ave. I.F.

Content: During construction in 1917, matching stained-glass windows were installed in the sanctuary of Trinity United Methodist Church. The windows are examples of cathedral glass from the Opalescent Era of glass manufacturing. Gothic architectural elements of ornate columns, towers, arches and spires surrounds the central amber glass. The architectural elements of the sanctuary and recent restoration of vent windows will be discussed. We will take a walking tour to view windows in the sanctuary and parlor. Those who wish may go upstairs to view windows in the chapel and west wall behind the balcony.

Credentials: Richard is a trustee at Trinity. He participated in the major renovation of the stone building and offices during 2018-2019. He was responsible for the preservation & restoration of two stained glass vent windows in 2021.

Facilitator: Kathy Hendrix

Email: chatiek06@gmail.com

Phone: 208-589-4352

Max: 40

**4699 Unique Challenges Faced by Small**

Instructor: Terry Thomas Fee: 0

Animals Date: March 25 Mon. Time: 2 pm – 4 Location: CHE 213

Content: Terry will give us a presentation with a "Potpourri" of subjects, all pertaining to our wonderful Idaho wildlife.

Credentials: Terry Thomas writes the Wildlife column for the Post Register. He is a Fine Arts Nature Photographer, with a background in Wildlife Management.

Facilitator: Karin Armstrong Email: karinidaho@yahoo.com

Phone: 208-357-6068

Max: 100

**4644 Under the Canopy Tour**

Instructor: Chloe Doucette Fee: \$6 per person

Date: Apr. 30, Tues. Time: 3 pm – 5 pm Location: Museum of Idaho, 200 N Eastern Ave. I.F.

Content: Join us for a tour of the Museum of Idaho's special exhibit, Under the Canopy, with five animals.

Credentials: Museum of Idaho Director of Exhibitions

Facilitator: Cathy Johnson

Email: dacjohns@hotmail.com

Phone: 719-235-3910

Max: 20 Min: 10

**4700 War on Weeds**

Instructor: Justin Hatch

Fee: 0

Date: Mar 12. Tues. Time: 2pm - 4pm Location: CHE 213

Content: Justin Hatch wrote the "War on Weeds" column in the newspaper. He will discuss invasive weeds in our area and Idaho in general, and what we are doing to eliminate these noxious weeds?

Credentials: Justin is with the University of Idaho as an Extension Educator.

Facilitator: Karen Armstrong

Email: karinidaho.yahoo.com

Phone: 208-357-6068

Max 100

**4701 Water Treatment in I.F. : Challenges**

Instructor: David Richards

Fee: 0

Date: Mar. 5, Tues. Time: 2 pm – 4 pm Location: CHE 213

Content: The City of Idaho Falls Water Division is responsible for supplying potable water to residential and commercial properties throughout the city. We turn on the water tap and assume that the water we use is clean and safe. We assume that there will always be enough for all IF, even in the future. Join us to learn how and where we get water, why there are few water meters in IF, and how future clean water is assured.

Credentials: Dave is the Water Superintendent for Idaho Falls Water Division.

Facilitator: Chris White

Email: Whitec42@gmail.com

Phone: 208-716-3245

Max: 100 Min: 10



**4573 Writing Your Story**

Instructor: Sidney Hoopes

Fee: 0

Date: Feb. 22,29; Mar. 7,14,21,28 Thurs.

Time: 1 pm – 3 pm

Location: CHE 306

Content: Come and learn to enjoy expressing yourself through writing. This six-week class can help get you started preserving personal and family stories or simply give you a reason to start writing for pleasure. We have fun while learning and giving each other help and encouragement.

Credentials: Sidney has been facilitating this class for several years.

Facilitator: Margaret Kennelly Email: [margaret\\_kennelly@yahoo.com](mailto:margaret_kennelly@yahoo.com) Phone: 208-524-4930

Max: 12

**4702 Xeriscaping: Beauty of Sustainability**

Instructor: Claudia Pine

Fee: 0

Date: May 29, Wed.

Time: 2 pm – 4 pm

Location: CHE 213

Content: Xeriscape is landscaping, or gardening, that reduces the need for irrigation. The word comes from the Greek root xeros, meaning “dry.” The word “zero” is not part of xeriscaping! Xeriscaping is not no-water, but low-water. The xeriscape concept was developed in Denver, Colorado in the 1980s to help describe a more water-conserving, locally adapted approach to landscape. Xeriscaping makes our home and commercial landscapes more suited to the place we live in through thoughtful application of the principles of xeriscaping.

**In the optional field trip**, we will discuss ways to begin xeriscaping through a look at the **Happyville Farms** Xeriscape demonstration garden. This tour is limited to 15 people.

Credentials: Claudia Pine has worked in sustainable and organic agriculture for nearly 20 years. She co-founded the University of Idaho's campus organic farm and taught gardening classes for FFL and many other community groups.

Facilitator: Gretchen O'Bleness Email: [Gretchen.obleness@gmail.com](mailto:Gretchen.obleness@gmail.com) Phone: 208-681-3451

Max: 100 for the lecture but only 15 for the tour.

4607 ZOOM Spanish / Intermediate

Instructor: Eva Montantes

Fee: \$0

Date: 01/22/2024 Mondays

Time: 6:00 pm – 7:30 pm

Location: ZOOM

Content: This class is for those who have gone beyond beginning Spanish and want to improve their Spanish speaking skills.

Credentials: Eva is a lifelong resident of Mexico. She is a University of Guadalajara professor.

Facilitator: Vance Hawley Email: [wa7fdr@hotmail.com](mailto:wa7fdr@hotmail.com)

Phone: 208-522-9296