Osher Lifelong Learning Institute
Fall 2013 Course Schedule

Unique Learning Opportunities for Adults 50+

Door County, WI
Sept. 22-28

Fall Showcases

in partnership with olli.UND.edu

Cover Photo - Jason Matthews
Read about his course on pages 15-16.
The Osher Lifelong Learning Institute at the University of North Dakota, OLLI@UND, offers more than 125 educational opportunities each year to 600+ members in the Red River Valley as well as the Bismarck and Mandan areas. Our members, ranging in age from 50 to 99, enjoy the interaction, knowledge, new ideas and friends they meet while OLLI is in session. Come and learn more about the intellectual discovery, creative challenge, and camaraderie of OLLI@UND. There’s a chair waiting for you!

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Membership Benefits

- Explore a broad range of topics in liberal arts, sciences and current events.
- Discover a new passion or explore subjects of longstanding interest.
- Make connections with other OLLI members during courses and activities.
- Keep active, stay mentally fit, and enrich your life!
- Receive discounted pricing.
- The opportunity to earn LEARN MORE Rewards.
- You will have first access to OLLI classes, lectures, and discussion groups.
- You will receive course catalogs and e-mails announcing OLLI and local campus events.
- You will have access to campus facilities and events.
- As a member of OLLI you will be eligible for a reduced rate for a year-round or 4 month membership at the UND Wellness Center. Go to our website olli.UND.edu for more information.

Membership Fees

The goal of OLLI@UND is to provide lifelong learning opportunities for mature learners while being a self-sustaining organization, advised by OLLI members, and supported through annual membership and course fees. We have 3 fee structures:

- An annual membership at $35,
- Early-bird annual renewal at $25,
- Three year membership at $60. (HUGE savings!)

Course Fees

You must be a member of OLLI@UND to register for courses at discounted prices and enjoy the many FREE activities. Registration fees for courses range from FREE to $60. Please read the specifics for each course carefully as some course registration fees do not include lab/supply fees or required books.

Friends and Partners

OLLI@UND benefits from collaborations with many non-profit organizations and local businesses. Their support of lifelong learning is greatly appreciated by all OLLI members and the community. Thank you for your support!

- Hope Covenant Church
- Parkwood Senior Living
- Holy Family Catholic Church
- Sharon Lutheran Church
- Happy Harry’s Bottle Shops - GF
- EGF Campbell Library
- Altru Health System
- UND Hyslop Sports Center
- UND Women’s Center
- REAC 1
- Blockbuster Video
- EGF City Hall
- UND Bookstore
- Achieve Therapy
- East 40
- Fort Abraham Lincoln Foundation

And our host institutions:
University of North Dakota and Bismarck State College

Osher Lifelong Learning Institute

Fall 2013 • www.ollı.UND.edu • 1-800-225-5863
Join us for an adventure to Door County, September 22-28!

As always with OLLI trips, you learn something new every day. This is no different as we go to beautiful Door County, WI. Adventure highlights include: a visit to the Pine Cone Ridge Alpaca breeding ranch outside Sauk Centre, MN; a tour of the Wisconsin Cranberry Discovery Center and nearby marsh (the exact same marsh featured in the Ocean Spray Cranberry commercials!); 2 nights at the beautiful Rowleys Bay Resort in upper Door County that includes the storytelling of their famous fish boil (as well as enjoying the fish!), and 2 extensive breakfasts at their 14 foot buffet table; attending a play under the stars in a fragrant cedar forest overlooking the waters of Green Bay; maritime and light house museum tours; a tour of Lambeau Field and lunch in Curly’s Pub; a visit to the EAA AirVenture Museum (one of the most extensive aviation attractions in the world) in Oshkosh, WI; an afternoon and evening exploring the historic charm of Galena, IL - via trolley car; lunch in Fort Dodge, followed by a visit to The Blue Bunny Ice Cream Parlor and Museum, housed in the historic George E. Pew building located in LeMars, IA - the Ice Cream Capital of the World (more ice cream is produced in Le Mars, Iowa, by a single company than in any other city in the world!), before reaching our destination for the night in Watertown, SD. The next morning we will tour the Redlin Art Center and enjoy lunch that is catered and packed in a Terry Redlin keepsake tin, which of course, is yours to keep. Afterwards, it will be onward and upward to Fargo as we complete the last leg of our adventure. Go to http://www.discoverymap.com/Wisconsin/map-of-door-county-wisconsin.html for more information.

Grand Forks
Single - $900
Session#: GF-0004S
Double - $840
Session#: GF-0004D
Triple - $750
Session#: GF-0004T

Bismarck
Single - $900
Session#: BIS-1008S
Double - $840
Session#: BIS-1008D
Triple - $750
Session#: BIS-1008T

Depart: Sunday, September 22, 10:00 am from Fargo Hector Airport Parking lot. Park your car in the Economy Lot at the cost of $36 for the week. Each car must pay with a credit card and must have the same credit card in order to exit the lot. This parking location is the most secure and economical. Learn more at www.fargoairport.com/parking.html You are welcome to use the airport's facilities. There is a Subway, Marlin's Family Restaurant, and Caribou Coffee inside airport if you need anything before boarding the bus. More details will be forthcoming.

Please arrive 30 minutes early.
Return: Saturday, Sept. 28, 4:30 pm (approximate)

Fee includes travel in deluxe motor coach; six nights lodging; 6 breakfasts; 1 lunch; 4 dinners; snacks, some admission fees. It DOES NOT include personal incidentals or alcohol beverages. Only one large bag per person, please. If you bring two, please be prepared for the possibility of leaving one behind.

Absolutely NO refunds. Registration may be transferred, if needed, to another OLLI member or guest by calling 701.777.3000.

To make the trip possible, we must have a combined minimum from Grand Forks and Bismarck of 45 people by Monday, August 12. Deadline for registration: Monday, August 19.

If space allows, later registrations will be taken.

The trip will involve getting out of the bus numerous times throughout the day, and there will be a good amount of walking. Members should dress in very casual and comfortable layers and wear good, sturdy shoes as there may be rough terrain. Bring an umbrella for rain or shine, and bug spray. If you own a walking stick, feel free to bring it along.
## Brown Bag Lunch & A Movie

Generously sponsored by BLOCKBUSTER of Grand Forks.

FREE to OLLI members!  
(Pre-registration REQUIRED)

**NOTE NEW LOCATION!**

UND Campus, Gustafson Hall  
3264 Campus Road, Grand Forks  
(WEST entrance from parking lot)

Requires a parking permit. (pg 18)

3rd Friday of the Month, starting September 20

NOTE: You are responsible for your own lunch and beverage at the lunch time movies.

### September Feature Movie

**Chasing Ice** (2012)

Environmental photographer James Balog deploys time-lapse cameras to capture a record of the world’s changing glaciers, compressing years into seconds to illustrate how these ice mountains are disappearing at breathtaking rate.

**Session#: GF-0001**  
**Friday - 9/20**  
**Noon - 2:00 pm**

### October Feature Movie

**The Magic Belle Island** (2012)

After alcoholism depletes his enthusiasm for writing, celebrated author Monte Wildhorn (Morgan Freeman) finds his creative passion renewed when he moves to quaint Belle Isle and gets to know his next door neighbors -- a single mother and her three daughters.

**Session#: GF-0002**  
**Friday - 10/18**  
**Noon - 2:00 pm**

### November Feature Movie

**Sarah's Key** (2010)

Paris, 1942: To protect her brother from the police arresting Jewish families, a young girl hides him away, promising to come back for him. Sixty-seven years later, her story intertwines with that of an American journalist investigating the roundup. Kristin Scott Thomas and Aidan Quinn star.

**Session#: GF-0003**  
**Friday - 11/15**  
**Noon - 2:00 pm**

## Special Interest Group: Shakespeare!

“How many ages hence shall this our lofty scene be acted over, in states unborn and accents yet unknown”, says Cassius, as Caesar’s murderers wash their hands after their brutal act. The group views and reads Shakespearean plays separately, then meets once a month to discuss the bard’s works, with the goal of eventually reviewing all of the plays. Come and learn why Shakespeare’s pertinence in contemporary life is so amazing. The conversation is casual, the company friendly, and all who are interested are welcome to attend.

No registration necessary  
**Thursday, September 19**  
**1:00 pm**  
**Culvers**  
3451 32nd Ave. S, Grand Forks  
For more info, call Betty at 701-772-0932

## 20th Century Heroes in Conservation

**Instructor: Dr. Robert Seabloom**  
(Veteran OLLI Instructor)

Many have heard of, or even read about, some of the giants of North American conservation – Henry David Thoreau (Walden Pond), John Muir (Founder of the Sierra Club), Theodore Roosevelt (the great conservationist president), and Rachel Carson (“Silent Spring”). But, there have been others in the past century whose dedication, courage, and intellect did so much to shape the conservation movement as we know it today: Bill Pruitt, a boreal ecologist who opposed the use of nuclear explosives to create harbors in Alaska; Mardy Murie, who with her husband explored and worked to protect the far north, and was a founder of the Wilderness Society; Sigurd Olson, educator and writer who fought to establish the Boundary Waters Wilderness of Minnesota; Aldo Leopold, author of “A Sand County Almanac,” and considered to be the “father” of the profession of Wildlife Management as we know it today. In this class, we will explore their lives, discuss some of their writings, and view some video interviews and beautiful documentaries.

Dr. Robert Seabloom is a Professor Emeritus of Biology at the University of North Dakota, where he taught Mammalogy, Vertebrate Natural History, and various wildlife courses for 35 years. He is a member of the American Society of Mammalogists, The Wildlife Society, Great Plains Natural Science Society, and other conservation organizations. Seabloom recently authored *The Mammals of North Dakota*, the first comprehensive work on the mammalian fauna of the state since Vernon Bailey’s early Biological Survey of North Dakota published in 1926. This book is intended for use by students, professional biologists, and serious

## TRIP

**Door County, WI**  
**September 22 - 28**

See page 3.
naturalists. It includes detailed accounts of each of the state's 86 mammal species of common, scientific, and known Native American names, as well as sections on species description, distribution, habitat, ecology and behavior, reproduction, status and conservation, and selected references.

$45
Session#: GF-0005
4 Mondays
9/9, 9/16, 9/30, 10/7 (no class on 9/23)
10:00 am - Noon
UND Campus, REAC 1, Main Floor Classroom
4201 James Ray Drive, Grand Forks
Requires parking permit (pg 18)

■ iPads 101

Instructor: Lori Swinney (OLLI Member)

Are you interested in buying an iPad, or do you already have one? Join us for this fun, “hands-on” course to learn what a mobile device is and how to use it. We will work with applications for reading, writing, drawing, picture-taking, creating and connecting. Included are discussions on what to use and how to be secure in your communications using e-mail, instant messaging and social media tools such as Facebook, Twitter, & Instagram. If you don't have an iPad, there will be a limited number available to try out during the course.

Lori Swinney is Director of the Center for Instructional & Learning Technologies and an Adjunct Assistant Professor in Educational Foundations and Research at the University of North Dakota. In her position at the Center, she works with faculty integrating technology into teaching, learning and research as well as providing instructional technology support to students, faculty and staff inside and outside of the classroom. Her research interests include the use of social software tools to engage students in developing critical thinking skills in the learning process. She has been a member of OLLI for 5 years and enjoys taking several courses every year. This is her first time as an OLLI instructor.

$55
Session#: GF-0006
6 Mondays
9/9, 9/30, 10/7, 10/14, 10/21, 10/28 (No class on 9/16 or 9/23)
5:00 - 7:00 pm
UND Campus, Gustafson Hall
3264 Campus Road, Grand Forks
Requirements: 16 people
Requires parking permit (pg 18)

■ Buckwheat, Charlie Chan and Other Myths in Hollywood Films

Instructor: Kalai Strode

American motion pictures are the new mythologies of our time. Film images form our perceptions of the world including how we view ethnic minorities. This course will trace how African Americans, Asians, Polynesians, and Native Americans have been portrayed from the silent era until today. Its goal is to help you understand the subtle and not so subtle ways movies and television have affected our racial relations and our idea of us as Americans.

Kalai Strode, born in Hollywood, California, visited his first Hollywood set at Paramount studios when he was 10. His father, Woody Strode, was an actor in the film “The Buccaneer.” There, he met Anthony Quinn and Yul Brynner; and on the set of “Spartacus,” he met Tony Curtis, Jean Simmons, and Kirk Douglas. On the set of “Pork Chop Hill,” Kalai was so taken by the bunker scene played between his father and Gregory Peck that Mr. Peck said, “I think there’s another Strode in the scene.” At 17, he spent his summer in Yugoslavia on the set of “Genghis Khan” working as a production assistant with actors Omar Sharif and Stephen Boyd. Needless to say, Kalai’s life has been greatly influenced by motion pictures. The Strodes were friends with the Western director, John Ford, and often visited his house in Bel Air. In 1972, Mr. Ford wrote a letter of recommendation for Kalai to enter UCLA’s film school. In 1976, while in the assistant director training program, his first assignment was “Roots,” and it was there where he met many African American actors including Lou Gossett, Jr., and LeVar Burton. Also during his training, he worked for director Sidney Poitier, Bill Cosby, James Earl Jones, and Richard Pryor. Kalai joined the Director’s Guild of America in 1978 and retired from assistant directing in 2001 after eight seasons on “Diagnosis Murder” with Dick Van Dyke. His life experience in Hollywood and his mixed ancestry of Native Hawaiian, African American, and three tribes of Native Americans (Creek, Blackfoot, and Cherokee), makes Kalai fully able to share his knowledge of ethnic minorities in movies. Kalai has a Bachelor’s Degree in Oriental Languages from UCLA and a Master’s Degree in Asian Studies from the University of Hawaii. He is a great admirer of Joseph Campbell and has studied mythology and archeoastronomy.

$55
Session#: GF-0007
6 Tuesdays
9/10, 9/17, 10/1, 10/8, 10/15, 10/22 (No class on 9/24)
1:00 - 3:00 pm
UND Campus, REAC 1, Main Floor Classroom
4201 James Ray Drive, Grand Forks
Requires parking permit (pg 18)
- **American Indian Social Justice and Religion**

*Instructor: Greg Gagnon (Veteran OLLI Instructor)*

Many Americans, including American Indians, wonder why there is so often news of violence, crime, and disorder on reservations. This course looks at history and culture to try to shine a light on the realities of Native American social justice, yesterday and today. American Indian tribes created social justice systems designed to maintain order in their communities. Professor Gagnon introduces Native American fundamental assumptions about social justice and explains how traditional Native American societies meet the challenges of crime, social conflict, and the United States. Students will be encouraged to discuss even controversial issues in the spirit of learning.

Greg Gagnon received his doctorate from the University of Maryland. He is a citizen of the Bad River Band of the Lake Superior Chippewa, North Dakota, and the United States. He taught in the UND American Indian Studies Department for nearly 15 years, specializing in the study of Federal Indian Policy, Tribal Government, and American Indian history. Recent publications include Culture and Customs of the Sioux, Pine Ridge Reservation: Yesterday and Today, and “Ojibwe Culture” in the Wiley-Blackwell Companion to Religion and Social Justice. Most recently, The North Dakota Law Review has accepted his article on traditional justice systems and On Second Thought’s editors have accepted his essay exploring child abuse, jurisdictions, and willed ignorance related to reservations. He is currently a research associate at Loyola University of New Orleans where he teaches Native American Religions and Indian law.

- **IMPACT (International Movement Promoting Assault Contravention Training)**

*Sponsored in part by the Red River Valley Motorcyclists*

*Course Open to Women 18 & Older*

*Instructor: Kay Mendick (Veteran OLLI Instructor)*

IMPACT is a highly specialized self-defense program that is based on the idea that learning is best accomplished by “doing.” A specially trained “mugger” instructor dons state-of-the-art customized padding so that you can practice the full-force defensive tactics. You will learn by fighting in scenarios that are as realistic as possible. It doesn’t matter what size or age you are, or what physical limitations you have, learn to protect yourself in case of an attack on your life. Not only will IMPACT empower you with defensive skills, you will gain confidence by building a voice against violence. Take this class with your mother, sister, daughter, granddaughter or girlfriend. Together, you will learn simple, effective self-defense skills.

Ellen Snortland, a self-defense advocate and the reason IMPACT is here in ND, is now in the process of putting together a documentary using footage from a class that she and Lisa Gaeta (CEO of IMPACT International) held in Tijuana and footage from some of UND’s IMPACT classes here in ND. In the documentary, she will use a comparison between what women in Mexico are facing, and women here, especially in the western part of ND, are facing. No matter where you live, the effect violence has on a woman’s soul makes ANY and EVERY form of violence a life-long wound. To get an idea of what kind of powerhouse Ellen Snortland is, go to [http://www.youtube.com/watch?v=cQ--44732V8](http://www.youtube.com/watch?v=cQ--44732V8) to watch a video. Also, here is the 5 minute trailer [http://www.youtube.com/watch?v=1zP4Mh6XR0](http://www.youtube.com/watch?v=1zP4Mh6XR0) for the documentary, Beauty Bites the Beast.

Kay Mendick has been the director of the UND Women’s Center since 1998. In 2000, Kay became a certified IMPACT Personal Safety Instructor and the director of IMPACT-U Personal Safety Program at UND.

- **Member - $35**
  - Session#: GF-0009
  - UND Student/Staff/Faculty - $55
  - Session#: GF-0009ST
- **Non-Member - $70**
  - Session#: GF-0009NM
  - Session#: GF-0009TP

**Requires parking permit (Specific 4-Day Temporary Parking Permit for IMPACT course ONLY.) This temporary permit is for those who have no other type of parking permit such as an annual OLLI permit or regular UND permit. - $15 - GF-0009TP**
Taking the Mystery Out of Color Theory

Instructor: Jessica Pribula  
(Veteran OLLI Instructor)

Having trouble with color? Join Jessica Pribula for this hands-on course designed to increase your understanding of color theory with hue, tint, tone and intensity. Jessica will show students how to mix colors more closely from photographs and life using both wet and dry media. This is a must-have course for artists of all levels. Prior knowledge is not necessary as demonstrations will be provided. Supplies are not included in the course fee; however, a supply list (approximately $30) will be sent out to each participant upon registering for the course. All materials need to be obtained before the first class.

Jessica Pribula grew up on a small farm in northwest Minnesota. After attending UND she received her Master of Fine Arts in 2009 from Central Washington University. Her passion for art began at a young age with an interest in fashion design and expanded into the fine arts. As an undergraduate student she became captivated with the fiber arts and currently works as a full-time artist investigating the aesthetic and expressive possibilities of weaving and dying paper. Not only is Jessica a professional artist, she also offers services in Organization, Design, Professional Development for Artists and Healing Touch treatments. E-mail jessicapribula@gmail.com for more information.

$45  
Session#: GF-00010  
4 Wednesdays  
10/2, 10/9, 10/16, 10/23  
2:00 - 4:00 pm  
UND Campus, REAC 1, Main Floor Classroom  
4201 James Ray Drive, Grand Forks  
Requires parking permit (pg 18)

What Ever Happened to...?

Instructor: Dr. Robert Boyd  
(Veteran OLLI Instructor and Member)

Each of us has wondered now and then by saying “What ever happened to...”. The person in question may be from history, a celebrity, or one who flashed on the scene of notoriety and disappeared. This session is designed to discuss some you might have wondered about. The first session will explore what happened to the signers of the Declaration of Independence, particularly during and after the Revolutionary War. The second session will examine the lives of the descendants of Abraham Lincoln. The third, and final session, will be a discussion on Pontius Pilate. This latter session will include a presentation on the role of a Roman Governor and what is known about Pilate’s role in that position, including the crucifixion of Jesus Christ.

Dr. Robert Boyd has lived his entire life in North Dakota - with the exception of two years in the military. He has been a high school mathematics teacher, assistant principal and principal of the largest high school in the state, a dean of continuing education, and is currently Vice President Emeritus for Student and Outreach Services at UND after serving 32 years. Dr. Boyd has long been a student of North Dakota history and particularly interested in the people of the state. He and his wife, Dawn (both OLLI members), live in Grand Forks and have two daughters and three grandchildren.

$50  
Session#: GF-0011  
3 Wednesdays  
10/30, 11/6, 11/13  
9:00 am - Noon  
Parkwood Senior Living  
749 S. 30th St., Grand Forks  
Use entrance from south parking lot

Princess Alice

Presenter: Dr. Kimberly Porter  
(Veteran OLLI Instructor)

With the mention of “Roosevelt”, the mind drifts almost unconsciously to Theodore or his young cousin Franklin. If pushed, some might mention Eleanor, Franklin’s first lady. Far more popular than any of these relatives in her day, however, is Alice Roosevelt. The elder daughter of Theodore and a first cousin of Eleanor, Alice provides a sharp contrast to her better-known kinswoman. Theodore Roosevelt once said of his daughter, “I can be President of the United States, or I can control Alice. I cannot possibly do both.”

Dr. Kimberly Porter, professor of history with UND, notes that after several years of studying the life of Eleanor Roosevelt, Alice provides the spice of life necessary to make history absorbing.

$55  
Session#: GF-0012  
6 Thursdays  
9/12, 9/19, 10/3, 10/10, 10/17, 10/24  
(No class on 9/26)  
4:30 - 6:30 pm  
UND Campus, REAC 1, Main Floor Classroom  
4201 James Ray Drive, Grand Forks  
Requires parking permit (pg 18)
Open Your Heart to Healing Touch

Presenter: Jessica Pribula
(Veteran OLLI Instructor)

What is Healing Touch? Join Jessica Pribula as she introduces Healing Touch, an energy therapy that uses gentle touch to balance your physical, mental, emotional, and spiritual well-being in order to assist you with your natural ability to heal. Topics covered include the history of Healing Touch, the Chakras and Energy Fields. Demonstrations will be given. For more information on Healing Touch, check out Healing Touch International at http://www.healingtouchinternational.org.

Jessica Pribula grew up on a small farm in Northwest Minnesota. After attending UND she received her Master of Fine Arts in 2009 from Central Washington University. Her passion for art began at a young age with an interest in fashion design and expanded into the fine arts. As an undergraduate student she became captivated with the fiber arts and currently works as a full-time artist investigating the aesthetic and expressive possibilities of weaving and dying paper. Not only is Jessica a professional artist, she also offers services in Organization, Design, Professional Development for Artists and Healing Touch treatments. E-mail jessicapribula@gmail.com for more information.

$10
Session#: GF-0013
Monday - 9/9
10:00 am - Noon (end time approximate)
EGF Campbell Library
422 14th St. NW
East Grand Forks

Life in Georgia...No, not that Georgia!!

Presenters: Anna Marie Kinney and Tobiason Morken-Simmers

Life in the Republic of Georgia is a juxtaposition of modern versus old ways of life; the lasting impact of the Soviet Union and its collapse; the challenges of teaching children in a communal society; and the privilege of being able to do something like this that comes from simply being an American and an English speaker; along with many bazaar and funny anecdotes, of course.

Tobiason and his wife, Anna, both majored in Anthropology as undergraduates at UND and were a bit lost as to what direction they wanted to go with their lives. They were also in the process of teaching English to a Bhutanese New American family of 6 in Grand Forks. These and other factors led them both to crave a more intense and long-term cross-cultural experience. A Teach-English-Abroad-Program in The Republic of Georgia that warned, “It is likely that your toilet will be of the Turkish variety,” seemed to fit the bill nicely, so they went. Oh, what an experience it was!

$10
Session#: GF-0014
Tuesday - 9/17
2:00 - 4:00 pm
UND Campus, REAC 1,
Main Floor Classroom
4201 James Ray Drive, Grand Forks
Requires parking permit (pg 18)

Interpersonal Violence

Presenter: Lt. Don Rasmuson

This presentation will cover stalking, dating/domestic violence and sexual assault (it should be stressed that ANYONE can be a victim of these crimes, and that age is not a determining factor of who may be targeted). Lt. Rasmuson will discuss the statistics of these crimes and the variety of reasons why they are underreported to authorities.

Lt. Don Rasmuson has been with the UND Police Department for 32 years starting in 1980 as a patrol officer. In 2002, Don was assigned to coordinate both the community policing effort and assist in planning for terrorist events. He was a member of the advisory committee that developed the model Domestic Violence Policy for North Dakota; a member of the North Dakota’s Grants to Encourage Arrests committee, and was also involved in the development of the North Dakota Model Law Enforcement Sexual Assault Policy. Don assists the Grand Fork’s CVIC in training volunteer advocates at the Grand Forks Air Force Base and is active with the Sexual Assault Response Committee for CVIC, as well as a member of UND’s Committee on Sexual Violence. He has won numerous awards - the most recently, the Grand Forks Chapter of the Veterans of Foreign Wars presented Don with their Law Enforcement Officer of the Year Award.

$10
Session#: GF-0015
Monday - 9/16
4:30 - 6:00 pm (end time approximate)
UND Campus, Gustafson Hall
3264 Campus Road, Grand Forks
WEST entrance from parking lot
Requires parking permit (pg 18)

Ku Klux Klan in Grand Forks

Presenter: Dr. Kenneth Dawes
(Veteran OLLI Presenter)

The Ku Klux Klan was once a potent political force in the city of Grand Forks. Klan members held a clear majority on the City Commission and a strong presence on the School
Board in 1926. By the 1930’s, the Klan had largely disappeared from North Dakota politics. We will examine the reasons for the emergence of the Klan in Grand Forks, the membership, organizational structure and rituals of the local Klan, the major political battles engaged in by the local Klan, and the reasons for the demise of the Klan.

Dr. Kenneth Dawes is Professor Emeritus of Social Work and a Chester Fritz Distinguished Professor. He is also the former Director of the UND Office of Research and Program Development. Prior to teaching at UND, he held a number of positions in North Dakota’s social welfare system.

$10
Session#: GF-0016
Wednesday - 9/18
10:00 - Noon (end time approximate)
Parkwood Senior Living
749 S. 30th St., Grand Forks
Use entrance from south parking lot

Searching for Giuseppe

Presenter: Nikki Seabloom
(Veteran OLLI Presenter)

Italy is an enchanting country, full of well-known art, architecture, food, and history. Lesser known tales also abound, however, and some of them lend a new dimension to the traveler’s perception of the land and its people. This is a tale of discovery and a marvelous Italian adventure through Rome, Venice, Florence, Pisa, and other famous Italian cities. You will hear little-known stories about Michelangelo and the Sistine chapel, the trouble with Venice, why Guido of Arezzo was important, and how it took three years to elect Pope Gregory X. And it is also the story of family discovery, in small towns that few Americans have ever heard of, and the presenter’s search for her family heritage, connections, stories, and people.

Nikki Seabloom recently retired (again) after working at the UND Wellness Center for over 10 years in administrative support roles. She has also worked at the UND School of Medicine and Health Sciences coordinating an HIV/AIDS education program for health care providers. A native of Portland, Oregon, she has lived in Grand Forks for over 40 years, and served nine years as a member of the Grand Forks School Board and four years on the Park Board. She likes bike riding, golf, fishing, cross-country skiing, and other outdoor activities as well as travel.

$10
Session#: GF-0017
Wednesday - 9/18
4:45 - 6:15 pm (end time approximate)
UND Campus, Gustafson Hall
3264 Campus Road, Grand Forks
WEST entrance from parking lot
Requires parking permit (pg 18)

Domestic Violence in the Muslims World

Instructor: Dr. Jayasundara Dheeshana

Domestic violence against women is a problem that unfortunately plagues all societies. Muslims, a culturally and socio-economically diverse faith-based populace, are no exception. Yet, it is only now emerging as a major concern requiring attention. In the past, the subject of domestic violence among Muslims remained taboo; there was either reluctance or deliberate denial that domestic violence existed in Muslim communities. The work of a few activists, academics, and grassroots level agencies are trying to bring to the forefront the gravity of the situation. This emerging movement reveals that domestic violence is a major problem afflicting Muslim families in the U.S.

(Dr. Jayasundara Dheeshana is an Assistant Professor in the UND Department of Social Work where she is currently examining issues of domestic violence in Muslim populations and health concerns in developing countries. Previously, she was an Adjunct Professor at the School of Social Work, University of Texas, Arlington, where she also received her Masters and PhD in Social Work. Dr. Dheeshana has a Masters in Criminology and Criminal Justice from the University of Missouri, St Louis and a Bachelor’s degree in Sociology from University of Delhi, India. Her interest in human rights topics began while pursuing her undergraduate degree in India.)

$10
Session#: GF-0018
Wednesday - 10/2
4:45 - 6:15 pm (end time approximate)
UND Campus, Gustafson Hall
3264 Campus Road, Grand Forks
WEST entrance from parking lot
Requires parking permit (pg 18)

“"You can never be overdressed or overeducated.”"

Oscar Wilde
**SPECIAL EVENTS**

- **Ancient Disease: Tuberculosis**

  **Presenter:** Shawn MacBride

  Did you know the Mycobacterium tuberculosis (TB) is the bacteria that causes tuberculosis and has been present in the human population since antiquity? In fact, fragments of the spinal column from Egyptian mummies from 2400 BCE show definite signs of tuberculosis. Did you know that although tuberculosis is contagious, it’s not easy to catch? You’re much more likely to get tuberculosis from someone you live with or work with than from a stranger. In this presentation, you will learn the history, and the general biology and pathology of this disease as well as the status of public health investigations and interventions. Participants will also have the opportunity to share their experiences with this ancient disease.

  Shawn MacBride hails from Miles City, MT. He attended the University of North Dakota and graduated in 2007 with a BA in Psychology and a BS in Biology. Prior to working with the North Dakota Department of Health he worked at the Richard P. Stadter Psychiatric Center as a clinical lead. He has worked with the North Dakota Department of Health for 2 ½ years as a regional field epidemiologist and has closely been involved in the disease investigation surrounding the tuberculosis outbreak in Grand Forks county.

  $10
  **Session#: GF-0019**
  **Wednesday - 10/16**
  **10:00 - 11:30 am (end time approximate)**
  **UND Campus, REAC 1,**
  **Main Floor Classroom**
  **4201 James Ray Drive, Grand Forks**
  **Requires parking permit (pg 18)**

- **Living with Chronic and Acute Pain (to include Fibromyalgia)**

  **Presenter:** Heather Walsh

  An educational session to help you explore the possibilities of physical therapy to help control, manage or resolve chronic pain including fibromyalgia, low back pain, neck pain, chronic pain, and joint pain. The complex nature of chronic pain will be broken down to help resolve and figure out the underlying factors that contribute to long term pain and the role of physical therapy.

  Heather Walsh, DPT, ATC, graduated from the University of Mary with a bachelor’s degree in Athletic Training and then continued her education at the University of North Dakota with a Doctorate in Physical Therapy. She joined Achieve Therapy partners in 2005 as a physical therapist and has continued her professional growth specializing in manual therapy, chronic pain and sport rehabilitation including frequency specific microcurrent, primal reflex relief technique and ASTYM.

  **$10**
  **Session#: GF-0020**
  **Thursday - 9/12**
  **9:00 - 10:30 am (end time approximate)**
  **UND Campus, REAC 1,**
  **Main Floor Classroom**
  **4201 James Ray Drive, Grand Forks**
  **Requires parking permit (pg 18)**

- **Stroke and Heart Attack**

  **Presenters:** Dawn Smith and Sandy Kovar

  **Heart Disease: Dawn Smith**

  If you’re like most people, you think that heart disease is a problem for others, but heart disease is the number one killer in the U.S. This presentation is designed to review signs and symptoms of a heart attack in men and women. It will also include interactive participation including a discussion of risk factors, strategies to identify early symptoms of heart disease, and prevention.

  **Stroke: Sandy Kovar**

  Stroke strikes about 700,000 Americans each year, but the vast majority of people survive. Close to 5 million stroke survivors are managing their health today. This presentation will focus on the signs and symptoms of a stroke, who to call if you are experiencing them, and how to modify your risk factors.

  Dawn Smith is employed at Altru Health System in the Cardiology Cath Lab, where she has been a nurse for the past 11 years. Serving as a charge nurse, mentor, and the co-chair of Altru’s Heart Advantage is where her passion lies. This position allows her to educate Altru’s staff, patients and families, as well as the community through health expos and public speaking. Dawn currently serves on the planning committee for the American Heart Walk in Grand Forks.

  Sandy Kovar is the STEMI/stroke coordinator for Altru Health System. This position allows her to provide education on strokes and heart disease to staff, patients, and our community. She currently serves as a member of the Northland Community & Technical College Board of Directors for the Cardiovascular Program, Mission Lifeline Taskforce for ND & Minnesota, Altru’s Women Heart Advantage, and the planning committee for the American Heart Walk.

  **$10**
  **Session#: GF-0021**
  **Thursday - 9/19**
  **1:30 - 3:00 pm (end time approximate)**
  **UND Campus, REAC 1,**
  **Main Floor Classroom**
  **4201 James Ray Drive, Grand Forks**
  **Requires parking permit (pg 18)**

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OLLI Offerings In Grand Forks

Fall 2013 • www.olli.UND.edu • 1-800-225-5863
**Epigenetics**

Presenters: Drs. Archana Dhasarathy, Joyce Ohm and Sergei Nechaev

All the cells in our body have the same set of chemical instructions, or genes, yet each cell “knows” exactly which genes it is supposed to read and which to leave alone. Thus, from the same basic building blocks, we get brain cells, blood cells, liver cells, etc., which are each highly specialized in their own unique way. The science of Epigenetics (Epi= above) refers to factors other than the DNA sequence itself, that can influence how genes are turned on or off in these various types of cells. Normally, this system works very well and enables us to have these various types of cells in proper order. However, when these carefully controlled mechanisms in the cell go out of control, it results in diseases like cancer. Indeed, it can explain why only one person of a set of twins can develop a disease, while their genetically identical twin does not. More importantly, understanding the role of epigenetic mechanisms in normal life and in disease will help scientists to develop treatments personalized to each individual patient.

Dr. Archana Dhasarathy is an assistant professor in the Department of Biochemistry and Molecular Biology at UND. Dr. Dhasarathy received her early schooling and education in Nigeria and India. She earned her Ph.D. from the Department of Biochemistry and Biophysics, Texas A&M University, College Station. In her research on human breast cancer cells, she made the important discovery that the SNAI1 protein can epigenetically repress the estrogen receptor alpha, a pivotal molecule in breast cancer. This work has implications for treatment and diagnosis of breast cancer metastasis.

Dr. Joyce Ohm is an assistant professor in the Department of Biochemistry and Molecular Biology at UND. Dr. Ohm has a B.S. from Grand Valley State University, Allendale, MI, and her Ph.D. in Cancer Biology from Vanderbilt University, Nashville, TN. Dr. Ohm investigates abnormal epigenetic silencing events in the initiation of human cancers, particularly the role that stem cell pluripotency genes and stem cell signaling pathways play during the formation of a tumor-initiating cell.

Dr. Sergei Nechaev is an assistant professor in the Department of Anatomy and Cell Biology at UND. He earned his Ph.D. from the Institute of Genetics and Selection of Industrial Microorganisms in Moscow, Russia. He was a visiting scholar at Rutgers University, New Jersey. Nechaev’s research has implications for understanding of epigenetic changes that take place in disease, and the results of his work are expected to improve diagnosis of cancer through developing better biomarkers of this disease.

$10

Session#: GF-0022

Wednesday - 11/6

4:00 - 6:00 pm (end time approximate)

UND Campus, REAC 1, Main Floor Classroom

4201 James Ray Drive, Grand Forks

Requires parking permit (pg 18)
FREE ACTIVITIES

■ Popcorn & A Movie

FREE to OLLI members!
(Pre-registration REQUIRED)

Note: New location and time!
3rd Friday of the Month, starting September 20
BSC campus
Basin Auditorium, 3rd Floor
Maximum 32 people

September Feature Movie
The Magic Belle Island (2011)

After alcoholism depletes his enthusiasm for writing, celebrated author Monte Wildhorn (Morgan Freeman) finds his creative passion renewed when he moves to quaint Belle Isle and gets to know his next door neighbors -- a single mother and her three daughters.

Session#: BIS-1001
Friday - 9/20
1:00 - 3:00 pm
BSC campus
Basin Auditorium, 3rd Floor

October Feature Movie
Chasing Ice (2012)

Environmental photographer James Balog deploys time-lapse cameras to capture a record of the world’s changing glaciers, compressing years into seconds to illustrate how these ice mountains are disappearing at breathtaking rate.

Session#: BIS-1002
Friday - 10/18
1:00 - 3:00 pm
BSC campus
Basin Auditorium, 3rd Floor

November Feature Movie
Sarah’s Key (2010)

Paris, 1942: To protect her brother from the police arresting Jewish families, a young girl hides him away, promising to come back for him. Sixty-seven years later, her story intertwines with that of an American journalist investigating the roundup. Kristin Scott Thomas and Aidan Quinn star.

Session#: BIS-1003
Friday - 11/15
1:00 - 3:00 pm
BSC campus
Basin Auditorium, 3rd Floor

■ Special Interest Group: Dakota Writing Group

If you enjoy writing and have been looking to join a writer’s group, look no further. This is a very diverse group of writers, each one writing something different – memoir, fiction, poetry/screenplay, historical biography, etc. In turn, each is given gentle feedback, critique and encouragement. The conversation is casual, the company friendly, and all who are interested is welcome to come. The group typically meets at 1 pm each Wednesday at the Bismarck Public Library, 515 N 5th St. Call Sonvy at 701-222-0514 or email at smrgs@midco.net for more information.

■ JFK and The Unspeakable

Discussion Leader: Dr. Marie Hoff
(Veteran OLLI Instructor and Member)

Participate in a thought-provoking discussion about an investigatory look at the questionable evidence of who shot JFK. In his book, JFK and The Unspeakable, Jim Douglass takes readers into the Oval Office during the tense days of the Cuban Missile Crisis, along on the strange journey of Lee Harvey Oswald and his shadowy handlers, and to the winding road in Dallas where an ambush awaited the President’s motorcade. As Douglass convincingly documents, unspeakable forces were moving people like pawns on a chessboard to promote a dangerous and deadly agenda. Participants will need to read JFK and The Unspeakable prior to discussion date. The book is available at local libraries and booksellers.

Marie Hoff, Ph.D., is a retired professor of social work with special interest and teaching experience in social justice and reform. She’s a native of North Dakota, raised on the Cannonball River. Most of her adult working life has been spent in Seattle, Washington and Boise, Idaho. She has led several women’s studies courses for OLLI and is excited to facilitate a discussion about who shot JFK.

FREE to OLLI Members
Session#: BIS-1004
Wednesday - 10/9
1:30 - 3:30 pm
BSC National Energy Center of Excellence, Room 102
1200 Schafer St., Bismarck
Central North Dakota’s Geological Landscape  
August 27

Expert Guide: Dr. John Bluemle  
(Veteran OLLI Instructor)

This is a one-day geologic tour of central North Dakota’s landscape. The landscape is a unique combination of North Dakota’s major preglacial river system coupled with several major glaciations, the last two of which were involved in a sort of glacial “battleground” centered on the area we will tour in McLean, McHenry, Sheridan and Wells counties. The landscape that resulted is built on glacial deposits that are up to a thousand feet thick! Although most of the landforms we see in the area today owe their configurations to the most recent glaciation, they could not have formed except for the order in which the multiple glaciations, and events that preceded them, took place. The resulting landscape is an area unlike any other in North America—and probably in the world. We will explain the glacial conditions that shaped the landscape, including the glacial features in North Dakota’s Prairie Pothole Region, which make North Dakota America’s premier “waterfowl factory.” A field guide will be provided to participants.  

An introductory OLLI lecture will be Tuesday, August 20 in NECE Rm. 431 from 10-Noon for the field-trip participants in preparation for the tour.

Dr. John Bluemle grew up in Iowa, attended Iowa State University (BS), then Montana State University (MS), and eventually the University of North Dakota (PhD); his degrees are in geology with minors in math, physics, and chemistry. Dr. Bluemle worked for the North Dakota Geological Survey in Grand Forks for 27 years, moving to Bismarck in 1989, and becoming State Geologist in 1990, before retiring in 2004. While he was with the Geological Survey, he mapped the geology of 23 North Dakota counties, mainly the eastern and central parts of the state. Although working on all facets of North Dakota geology, Dr. Bluemle has always been most interested in the landscape and glacial geology.

Members $120  
Session#: BIS-1005  
Non-members $140  
Session#: BIS-1005G

Tuesday 8/20  
10:00 am - Noon: Introductory Lecture  
Departure: Tuesday - 8/27  
8:00 am - 6:00 pm(approximate)  
Please arrive 15 minutes early  
Depart: BSC National Energy Center of Excellence, lower level, entrance Door D

Fee includes travel in deluxe motor coach; snacks and lunch. It DOES NOT include personal incidentals or alcohol beverages. NO refunds unless a withdrawal notification is received by end of the business day on Friday, August 16. Registration may be transferred, if needed, to another OLLI member or guest by calling 701.777.3000. To make the trip possible, we must have a minimum of 35 people by Friday, August 16. Deadline for registration: Friday, August 23. If space allows, later registrations will be taken. The trip will involve getting out of the bus numerous times throughout the day and there will be a good amount of walking. Members should dress in very casual and comfortable layers and wear good, sturdy shoes as there may be rough terrain. Bring an umbrella for rain or shine and bug spray.

Brown’s Ranch  
“Regenerating Landscapes for a Sustainable Future”  
September 11

Owners: Gabe and Shelley Brown  

Gabe and Shelly Brown live just east of Bismarck on a very special ranch. The Browns practice Holistic Management, “farming and ranching in nature’s image.” Since 1993, the Browns have practiced no till farming, used extensive cover and companion crop strategies, free-range feeding, as well as reduced the use of chemicals by more than 90 percent. The Brown Ranch is known for its use of innovative sustainability methods. Join your fellow OLLI members on this tour and learn how moving toward sustainability is essential not only for our own, but for future generations as well.

Gabe and Shelley Brown purchased their ranch from Shelly’s parents in 1991 and have grown the operation to 5,400 acres of owned and leased land. Their son, Paul, returned to the ranch after graduation from North Dakota State University and became a partner in the operation.  

Members only - $15  
Session#: BIS-1006  
Wednesday - 9/11  
1:00 - 4:00 pm (end time approximate)  
Please arrive 15 minutes early  
Depart: BSC National Energy Center of Excellence, lower level, entrance Door D  
Maximum 20 people

Fee includes van transportation and water. Refunds are available if a withdrawal notification is received by end of the business day on Wednesday, September 4. Registration may be transferred, if needed, to another OLLI member or guest by calling 701.777.3000. Deadline for registration: Monday, September 9. If space allows, later registrations will be taken. To make the trip possible, we must have a minimum of 10 people. Members should dress in very casual and comfortable layers and wear good, sturdy shoes as there may be rough terrain. Bring an umbrella for rain or shine, and bug spray. If you have a walking stick, feel free to bring it along.
TRIPS

- **Fort Abraham Lincoln State Park Adventure September 19**

   Hop on the Fort Lincoln Trolley to tour the Fort Abraham Lincoln State Park. It is one of the most outstanding historic areas within the state. The park is made historically important because within its boundaries are the ruins of On-A-Slant Mandan Indian Village (1575-1781) and the Fort Abraham Lincoln cavalry and infantry posts. It was from this fort that Lt. Col. George Armstrong Custer and the Seventh cavalry rode out on their ill-fated expedition against the Sioux at the Little Big Horn.

   In 1934, the Civilian Conservation Corps (CCC) built the visitor center, earth lodges, blockhouses, shelters and roads. Additional development took place in the late 1980s and 1990s, with the reconstruction of the commanding officer’s house, commissary storehouse, enlisted men’s barracks and granary; all on the cavalry post grounds; and the Council Lodge in the On-A-Slant Village.

   Fort Lincoln Trolley is an authentic railroad at its finest. Enjoy the forested scenery and abundant wildlife along this 9 mile trolley ride (30 minutes one-way) as it crosses the Heart River over two 1898 steel arched bridges and along the beautiful Missouri River on the way to historic Fort Abraham Lincoln State Park.

   **Members only - $20**

   **Session#: BIS-1007**

   **Thursday - 9/19**

   1:00 - 4:00 pm (end time approximate)

   Please arrive 15 minutes early

   Meet at the Depot Station on Third St. S. E., Mandan

   **Maximum 30 people**

- **Door County, WI September 22 - 28**

   See page 3.

COURSES

- **The Mighty Missouri River and the Northern Plains National Heritage Area**

   **Expert Guides: Tracy Potter (Veteran OLLI Instructor) and Laura Anhalt**

   This course will begin in the classroom on September 9; you’ll board the Lewis and Clark Riverboat on September 16 for an outdoor History excursion and meet back in the classroom on September 30 for the last day of the course. Join Tracy Potter and his wife, Laura Anhalt on the super highway of 19th Century America. A dash of geology, a smattering of history, seasoned with culture, leading to an understanding of why Congress designated this stretch of river a National Heritage Area.

   **Tracy Potter,** executive director of the Fort Abraham Lincoln Foundation, earned a BA and MA in history from UND. A former president of the Northern Plains Heritage Foundation, Potter has received numerous awards for his work in tourism and history, including the GNDA Tourism Development Award in 1997 and Tourism Industry Leader Award in 2005. Potter is active in Rotary and in state governance, serving in the North Dakota Senate from 2007 to 2011.

   **Laura Anhalt** is a graduate of UND in Anthropology. She is receptionist and wellness coordinator for the state Tax Department. Laura is a yogini and amateur photographer. She and her husband Tracy have traveled well together for 37 years.

   **$55**

   **Session#: BIS-1009**

   **3 Mondays**

   9/9, 9/16 (Riverboat), 9/30

   10:00 - 1:30 am

   9/9 and 9/30:

   BSC National Energy Center of Excellence, Room 119

   1200 Schafer St., Bismarck

- **The Wealth Below Us - Big Wahallah Above**

   **Instructor: Drew Combs**

   (Veteran OLLI Instructor)

   Where does my diamond come from? . . . my morning drug-coffee, my afternoon delight-chocolate, the gasoline I use in my car, the gold in my watch, the copper in my wires? Why do most of these resources lie under an area that is not an ideal vacation spot? In areas of such vast resources, how come the people are so poor and why are they fighting? Why do I need to worry about the crisis in the Middle East, when I live in North Dakota? Ever ask yourself these questions? This course is designed to delve into these questions and help you develop an understanding of the problems associated with extracting and producing the world’s supply of needed natural resources. We will look at individual continents, their resources and issues, as well as in our own backyard, the Williston Basin. [Wahallah is a West African Yoruba word for ‘problem.’]

   **Drew Combs** has a Bachelor of Science degree in both Political Science and History. He has worked worldwide within the oil and gas industry in various capacities, often in extreme work environments (climate, conflicts, and political unrest).
From the Grape to the Glass...Then What?

Instructor: Eric Dowhy
Welcome to the beginner’s class to finding, tasting, and serving wine. Wine is to be consumed, not worshipped, but there is a world of difference between drinking without thinking and making the most of every glass.

Eric Dowhy started at East 40 in 1999 and has been the manager since 2003. He has a Bachelor’s degree in Business and Finance. In the past he has managed dessert shops and a national concept chain restaurant. Wine is his passion and is the focus of the restaurant’s classic menu with a 200+ bottle wine list. Breaking down the daunting task of food and wine pairings, we will uncork the “rule,” understand the chemistry and distill the essence of the food and wine relationship.

$55 (an additional $30 lab fee is due to the instructor on the first night of class)

Session#: BIS-1012
4 Wednesdays
9/11, 9/18, 10/2, 10/9 (No class on 9/25)
5:30 - 7:30 pm
East 40
1401 E Interchange Ave., Bismarck

The Under-Appreciated Presidents

Presenter: Jason Matthews
(Veteran OLLI Instructor)
Ranking America’s presidents has become both a scholarly ritual and a national pastime. We all know about Washington and Lincoln, Jefferson and Jackson, both Roosevelts, Truman and Eisenhower. Debate continues to rage about Johnson and Nixon, Reagan and Clinton. But what about those other presidents whose names we’ve heard of but whose deeds we can’t recall? From John Adams to George

A Little Bit of This and That with Poetry

Instructor: Ann Vadnie
(Veteran OLLI Instructor and Member)
Roses are red. Violets are blue. Some poems don’t rhyme, as in a haiku. Poetry is so much more than simple rhymes. Study poets such as Emily Dickinson, Edna St. Vincent, Robert Frost and Carl Sandber. Examine poem forms, including haiku, contrasting opposites, chain verse, and pantoum. Write a poem or two too. As the title hints…it will be a little bit of this and a little bit of that as we embrace this literary art form.

Ann Vadnie is an experienced presenter and teacher. She taught English in Bismarck for more than 30 years. Ann is a lifelong learner as well as a published poet and journalist, and is active in the Bismarck Historical Society.

$55
Session#: BIS-1011
6 Tuesdays
9/10, 9/17, 10/1, 10/8, 10/15, 10/22 (No class on 9/24)
2:00 - 4:00 pm
BSC National Energy
Center of Excellence, Room 119
1200 Schafer St., Bismarck

Nigeria - Giant of Africa

Presenter: Simeon Edosonman
Nigeria is one of Africa’s most populous nations and the world’s sixth-largest oil producing country. Yet, what do you know about Nigeria and its people? How is the United States different from that distant country? How do Nigerians see America? The Nigerian instructor will give you a personal and inside view to everyday life, customs and traditions of this great country.

Simeon Edosonman is an “Educational Assessor” with the North Dakota Department of Corrections and Rehabilitation / Division of Adult Services. He conducts GED testing, TABE testing, mentorship and library services. Before joining the education department at DOCR he was a substitute teacher in Bismarck Public Schools. Before moving to the United States, Simeon was raised in Benin City, Nigeria where he learned his earliest life lessons that shaped his desire to become a speaker. He has worked in diverse industries including communication, hospitality and banking. He has a Bachelor’s degree in International Studies and a Masters of Education degree from Minot State University.

$45
Session#: BIS-1013
4 Wednesdays
9/11, 9/18, 10/2, 10/9 (No class on 9/25)
5:00 - 7:00 pm
BSC National Energy
Center of Excellence, Room 119
1200 Schafer St., Bismarck
COURSES

H.W. Bush by way of Taylor, Grant, Garfield, Arthur, Ford and others, you will be reintroduced to those “under-appreciated presidents” whom will never be placed on Mount Rushmore but whose accomplishments deserve the appreciation of all Americans. This course will draw on many sources. Along with brief lectures and class discussion, documentary videos and interviews with presidential historians will be incorporated into each class.

Jason Matthews is the Public Relations Director for KK BOLD, an advertising, marketing and public relations firm in Bismarck. He is an adjunct political science professor with Bismarck State College (BSC) where he teaches two classes on the American political system. He was honored for his teaching with the 2009 BSC Adjunct Faculty Award for Excellence. Jason holds a bachelor’s degree in political science from UND and a master’s in management from the University of Mary. This will be his fourth OLLI course. As an OLLI instructor, Jason combines his love of history and politics by teaching courses that touch on U.S. political history, the American presidency and U.S. government. Jason is active in the Bismarck Rotary Club and is vice president of the Friends of the Bismarck Library. He lives in Bismarck with his wife and daughter.

$55
Session#: BIS-1014
5 Thursdays
9/12, 9/19, 10/10, 10/17, 10/24 (No class on 9/26 or 10/3)
5:30 - 7:30 pm
BSC National Energy Center of Excellence, Room 101
1200 Schafer St., Bismarck

SPECIAL EVENTS

■ Russia: From Tsars & Tsarinas to Communism

Presenter: Charlene Nemec (Veteran OLLI Instructor)
Russia: A country that spans nine time zones, a country ruled by tsars and tsarinas for hundreds of years, and a country that ushered in communism and suffered greatly at the hands of Josef Stalin. This presentation will explore the intriguing history of Russia’s past. Our explorations will also take us on an architectural journey. We will see how Peter the Great wanted to change his homeland from an agricultural country to more of a European-style country, and finally, we will take a look at where Russia is today.

Charlene Nemec, a Spanish teacher for 28 years, graduated from Black Hills State College in 1985. She has a double major in Spanish and physical education. Charlene began traveling in 1986 and has now explored 68 countries.

$10
Session#: BIS-1015
Thursday - 10/3
6:00 - 8:00 pm
BSC Campus, National Energy Center of Excellence, Room 101
1200 Schafer St., Bismarck

■ Vintage Couture Reproductions

Presenter: Sharon Anderson
This presentation will familiarize you with original and reproduction patterns, sewing books from the early 1900’s, and original sewing gadgets, buttons, etc. This will be an informative session with emphasis on discussion, show and tell, and trying on some of the costumes. Clothing will range from 1500-1940. You are welcome to bring a garment to share with the class if you would like.

Sharon Anderson has been sewing reproductions of vintage clothing for over 35 years. “I remember my mother taking us to the State Historical Museum as a child. I fell in love with the old clothes and wanted to wear them. Authentic vintage clothing is wonderful but very fragile, so I sew reproductions of them.”

$10
Session#: BIS-1016
10/7
16:00 am - Noon
BSC Campus, National Energy Center of Excellence, Room 101
1200 Schafer St., Bismarck

■ Armchair Traveler - Lisbon

Instructor: Tracy Potter (Veteran OLLI Instructor) and Laura Anhalt
What do Roman walls and temples have in common with sardine festivals, cork trees and quirky palaces? Be an armchair traveler with Tracy Potter and his wife, Laura Anhalt, to Portugal. See the sights of Lisbon, Sintra and Evora. Learn about the history, economics and politics of this enchanting country.

Tracy Potter, executive director of the Fort Abraham Lincoln Foundation, earned a BA and MA in history from UND. A former president of the Northern Plains Heritage Foundation, Potter has received numerous awards for his work in tourism and history, including...
Fort Abraham Lincoln Foundation, earned a BA and MA in history from UND. A former president of the Northern Plains Heritage Foundation, Potter has received numerous awards for his work in tourism and history, including the GNDA Tourism Development Award in 1997 and Tourism Industry Leader Award in 2005. Potter is active in Rotary and in state governance, serving in the North Dakota Senate from 2007 to 2011.

Laura Anhalt, a graduate of UND in Anthropology. She is a receptionist and wellness coordinator for the state Tax Department. Laura is a yogini and amateur photographer. She and her husband Tracy have traveled well together for 37 years.

$10
Session#: BIS-1017
Tuesday - 10/8
10:00 am - Noon
BSC Campus, National Energy Center of Excellence, Room 345
1200 Schafer St., Bismarck

**7th Calvary Horses**

*Instructor: Tracy Potter  *(Veteran OLLI Instructor)*

George Custer and his 7th Cavalry were already legendary when posted to the Dakota Territory to assist railroad construction through Dakota and Montana. Historian Tracy Potter delves into the characters of the 7th Calvary, Custer, Keogh, Reno, Bloody Knife and Comanche, along with the Lakota leaders Sitting Bull, Crazy Horse, Gall and Rain-in-the-Face, and their fateful meeting at the Little Big Horn, June 25, 1876.

*Tracy Potter, executive director of the

Fort Abraham Lincoln Foundation, earned a BA and MA in history from UND. A former president of the Northern Plains Heritage Foundation, Potter has received numerous awards for his work in tourism and history, including the GNDA Tourism Development Award in 1997 and Tourism Industry Leader Award in 2005. Potter is active in Rotary and in state governance, serving in the North Dakota Senate from 2007 to 2011.

$10
Session#: BIS-1018
Thursday - 10/10
10:00 am - Noon
BSC Campus, National Energy Center of Excellence, Room 345
1200 Schafer St., Bismarck

**LEARN MORE Reward**

The OLLI@UND LEARN MORE Reward began September 1, 2011. When you partake in five OLLI offerings, you will earn a FREE course (valued up to $55) in recognition for your commitment to learning.*

As a current member of OLLI@UND, you are automatically enrolled in the LEARN MORE Reward program. The LEARN MORE Reward entitles you to a FREE course (valued up to $55) once you have paid for any 5 OLLI offerings that each had a minimum registration fee of $30. Paid offerings completed prior to September 1, 2011, will not count toward the Reward.

There is no limit to the number of rewards you can earn, so you may continue earning rewards as long as your membership does not lapse. If your membership lapses, your count reverts to 0.

Your LEARN MORE Reward coupon will be mailed to you upon completion of your 5th qualifying course. You may then redeem your Reward by calling 701-777-3000 to register for one course valued up to $55. The Reward may NOT be redeemed for tours, trips, special events, membership, lab/supply fees, books, or other special OLLI offerings; nor can it be applied to previously paid courses. If your Reward was redeemed on a course that was later cancelled by OLLI (low enrollment, illness, etc.), you will receive another coupon to use for a different course. Since it has no cash value, there are no refunds. The LEARN MORE Reward can only be redeemed by calling 701-777-3000.

For more details about the LEARN MORE Reward, email UND.oilli@UND.edu or call 1.800.CALL.UND (1.800.225.5863) or 701.777.3000.

*Valid for current OLLI members only. If membership lapses, the LEARN MORE Reward is void. The Reward has no cash value, is non-transferable, and cannot be combined with any other promotion. Once redeemed, the Reward has no carryover balance. Subject to change without notice; OLLI@UND has the right to terminate the offer at any time.
Don’t Wait, Register Early!
If you already know what courses you wish to take, please register ASAP. Registering online allows you a better chance in securing your place in the course(s) before it fills.

PLEASE NOTE: All OLLI courses must have a minimum of 6 participants enrolled for the course to be offered. Please call the OLLI office prior to purchasing books or supplies for a given course. We cannot refund your purchases if the course is cancelled.

Cancellations and Refunds
If you register for a course but will not be able to attend, please call us as soon as possible. We have many courses with waiting lists and we want to accommodate as many members as possible. If you need to withdraw from a course, you must call OLLI@UND at 701.777.3000 or 1.800.CALL.UND (1.800.225.5863) at least 7 calendar days prior to the course START date to receive a full course fee refund. No refunds are available for withdrawal notifications received 6 or fewer business days prior to the course start date. However, you may transfer to another course (space permitting). Trips each have specific cancellation guidelines. Please read carefully ALL Trip descriptions.

Location & Parking
Grand Forks courses are held on the UND campus as well as locations within Grand Forks / East Grand Forks. Location addresses are listed in the catalog under each course title. If any of the courses you choose are on campus, you must have a permit. For a map of the entire UND campus, go to UND.edu/map. You may purchase a special OLLI annual parking permit for $25. For more details about parking, go to olli.UND.edu or email UND.ollil@UND.edu or please call OLLI@UND at 1.800.CALL.UND (1.800.225.5863) or 701.777.3000. Bismarck courses are held on the BSC Campus - FREE parking.

Emergency/Inclement Weather Information
Please pay close attention to the news media as they will always post cancelled classes for universities/colleges. If UND or BSC is closed for any reason, there will be no OLLI classes. When in doubt, please email Connie at connie.hodgson@UND.edu regarding cancellations at the OLLI site in Grand Forks. Email Alison at alison.zarr@bismarckstate.edu regarding cancellations at the OLLI site in Bismarck. Please include your telephone number in the email. Your personal safety is our main concern. Make-up classes will be scheduled, and you will be notified of the new dates via e-mail, or phone.

Scholarships
OLLI@UND offers scholarships (for course fees) for those on limited incomes. We want to make our program accessible to anyone who has a desire to learn. Scholarships are available through a simple, friendly, and confidential process. For more information, please email Connie at connie.hodgson@UND.edu or call 1.800.CALL.UND (1.800.225.5863). Note: You must be an OLLI member to be considered for a scholarship.

Wanted! Instructors & Discussion Leaders
Do you want to share your passion, develop innovative learning experiences and inspire others to learn without the burden of grades or homework? Go to olli.UND.edu/grandforks/teach/ or olli.UND.edu/bismarck/teach/ for more information about proposing an OLLI course.

Wanted! Classroom Assistants
If you register for a course, won’t you consider being the Class Assistant for that course? Class Assistants arrive early to be sure the room is open, and all the lights are on. You will assist the instructor/discussion leader, helping to ensure that announcements are made, equipment is set up (training will be provided), and new member gifts and handouts are distributed. You will make introductions and enjoy becoming better acquainted with both faculty and fellow class members.
Use this form to register by mail. Please type or print clearly. Complete one page per person. Duplicate this page as necessary.

Name: ___________________________ Date of Birth: ___________ Month/Day/Year

E-mail: ___________________________ Mailing Address: ___________________________

City/State/Zip: ___________________________ Daytime Phone (Required): ___________ Cell Phone: ___________________________

Please mark the box to indicate your membership status. OLLI Membership is required to participate in the OLLI@UND Program.

- I am a current OLLI member in GF  BIS (circle one) and have already paid my membership fee.
- Yes, I want to become a NEW 1-year OLLI member for $35 in GF  BIS (circle one).
- Yes, I want to renew my 1-year OLLI membership in GF  BIS (circle one) for $25 before my end date (Early Bird Special).
- Yes, I want to become a NEW 3-year member of OLLI for $60 in GF  BIS (circle one).
- Yes, I want to renew my 3-year membership for $60 in GF  BIS (circle one).
- I am NOT an OLLI member, but would like to register for offerings available to guests (day trips, etc.)

Note: Your membership fee is non-refundable and non-transferable. Participants are responsible for any course materials required.

How did you FIRST hear about OLLI Courses?
- Newspaper  Course Catalog  Family/Friend  Radio
- Social Media  Internet/Web Search  Presentation  TV
- Other: ___________________________

Want to receive information about OLLI@UND via e-mail?
- Yes  No

Note: I understand by registering, I am giving OLLI@UND permission to use for publicity purposes any photographs taken during courses conducted by this program.

Ways to Register:

- Preferred Method
  - Web: olli.UND.edu (Secure Registration)
  - Mail check to or pay in person:
    OLLI@UND
    Gustafson Hall Room 103
    3264 Campus Road Stop 9021
    Grand Forks, ND 58202-9021
  - Phone: 1.800.225.5863 or 701.777.3000

PAYMENT METHOD Your payment must be included with your registration form. Make payable to University of North Dakota. Payable in US funds only; UND’s payment processor is unable to accept check payment from a foreign bank. Refunds will be processed using the current exchange rate.

Check #__________ is enclosed for $_____________

Charge $ _______________ to:
- Visa  MasterCard  Discover  American Express

Credit Card # __________________ Exp. Date: ___________

Name on Credit Card: ___________________________

Call Student Records, 701-777-3000 to redeem your LEARN MORE Reward. This must be done via telephone as it is not available online.

Classes fill up rapidly, so as soon as you know what course(s) you want, register immediately to reserve your spot in class.

OFFICE USE ONLY: Order#: ___________________

Received Date: ___________ Reference#: ___________
2013 Fall OLLI Showcases

Grand Forks
Guest Speaker
Drew Combs
Director of Minerals Management Division with the ND Land Department
at 5:20 pm
Monday, August 12, 2013 • 4:30 - 6:00 pm
Hope Evangelical Covenant Church • Grand Cities Mall, Grand Forks

Bismarck
Guest Speaker
Drew Combs
Director of Minerals Management Division with the ND Land Department
at 5:20 pm
Thursday, August 15, 2013 • 4:30 - 6:00 pm
Basin Auditorium on 3rd Floor, National Energy Center of Excellence
BSC Campus, 1200 Schafer Street, Bismarck

You're Invited!