Osher Lifelong Learning Institute
Winter 2013 Course Schedule

“Where curiosity never retires!”

A Unique Learning Opportunity
for Adults 50+
Includes Lectures, Courses,
Tours & Free Activities

olll.UND.edu
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

Why should you become a OLLI member?
• 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.
• Receive a coupon for a $25 incentive if you are a brand new 3-year member.
• 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!)

When you become a brand new OLLI member and enroll in a 3-year membership, you will earn a New Member Coupon/Promotional Code valued at $25.00 that you may use toward a Winter 2013 course that has a minimum registration fee of $30.

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!

• Sanford Health - Bismarck
• St. Alexius - Bismarck
• 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
• Edgewood Vista - Bismarck
• REAC 1
• Blockbuster Video
• EGF City Hall
• UND Bookstore
• Greater Grand Forks Symphony Orchestra
• Grand Forks Library

And our host institutions:
University of North Dakota
and Bismarck State College
You're Invited!

Grand Forks
2013 Winter OLLI Showcase

Guest Speaker
Dr. F. Richard Ferraro
“We Don’t Need (or Want) No Stinkin’ Senior Discounts!”
at 5:15 pm
Tuesday, January 8, 2013
4:30 - 6:00 pm
Sharon Lutheran Church
1720 20th St. S., Grand Forks
Call 1.800.225.5863 or 701.777.3000 for details.

You're Invited!

Bismarck
2013 Winter OLLI Showcase

Guest Speaker
Dr. Larry C. Skogen
President of Bismarck State College
at 4:45 pm
Thursday, January 10, 2013
4:00 - 5:30 pm
National Energy Center of Excellence
BSC Campus Fourth Floor
1200 Schafer Street, Bismarck
Call 701.224.5600 for details.

The OLLI Showcase (formally the Open House and Course Preview) is a social event that features a special guest speaker, and introduces the rich array of learning opportunities and instructors for the upcoming semester. The event gives curiosity-filled adults a chance to gather, re-connect, and become inspired to take a fresh look at themselves, their world, and the possibilities that await them.

Registration opportunities will no longer be available at this event. There are four different ways to register: online, by phone, mail or in person.

Join the world-wide movement of lifelong learning!

The Osher Lifelong Learning Institute, at the University of North Dakota is supported by The Bernard Osher Foundation. OLLI@UND is a non-profit, membership organization with a simple philosophy: An active mind creates a sense of mental, physical and social well-being. It's a vibrant learning community of adults 50 years and better who want to continue a lifetime of learning with programs rich in content, shared interests, and life experiences. These programs are purely for personal and social enrichment – no tests, grades, or need for prior college experience – just the chance to join your peers in the joy of learning and the many benefits it brings.

Mature learners who know that life is best enjoyed through learning are members of OLLI! Whether you are working, retired, or semi-retired, you can be a part of OLLI. You do not need a college degree or even college experience to get involved. The only requirements for membership are a passion for learning and a commitment to actively participate.

You can join OLLI@UND at any time! Call 701-777-3000 if you wish to have a catalog mailed to you or go online at olli.und.edu

Non-credit, face-to-face courses are offered during three semesters per year: fall, winter and summer. You may choose from a collection of courses and active educational experiences without the stress of grades or tests.

Courses will be taught by current or retired professors from University of North Dakota or Bismarck State College, and professionals and/or experts from our local communities. Most courses are two hours in length each time they meet. Please read all dates and times carefully.
Brown Bag Lunch & A Movie

Generously sponsored by BLOCKBUSTER of Grand Forks.
FREE to OLLI members! (Pre-registration REQUIRED)
REAC 1, Main Floor Classroom
On-campus parking requires a permit. (pg 18)
3rd Friday of the Month
NOTE: You are responsible for your own lunch and beverage at the lunch time movies.

February Feature Movie
War Horse (2011)
Adapted from the novel, War Horse, by Michael Morpurgo, this majestic World War I drama centers on Devon lad Albert and his steadfast horse, Joey, whose faithful bond cannot be shaken -- even when Joey is sold to the cavalry and sent off to France.
Session#: GF-0001
Friday, February 15
Noon - 2:00 pm

March Feature Movie
Jig (2011)
Slip on your dancing shoes for this documentary that goes behind the scenes at the fiercely competitive 40th Irish Dancing World Championships, where dancers from around the world don flashy costumes and dance their hearts out for top honors.
Session#: GF-0002
Friday, March 15
Noon - 2:00 pm

April Feature Movie
The Old Maid (1939)
Bette Davis stars as Charlotte, an unwed mother who, out of financial need, gives her illegitimate child, Tina, to her scheming cousin (Miriam Hopkins). Posing as Tina’s aunt, Charlotte is ignored by her own daughter but maintains a constant presence in the girl’s life. Embittered by her old maid status, her daughter’s constant dismissals and her cousin Delia’s toxic meddling, Charlotte takes action when Tina comes of age.
Session#: GF-0003
Friday, April 15
Noon - 2:00 pm

Be “Red Cross” Ready: First Aid/CPR Familiarization

Presenters: Dr. Robert and Nikki Seabloom (OLLI members)
Making a personal commitment to be prepared for emergencies is crucial for home, school, work and your community because an emergency can occur at anytime and anywhere. Since most emergencies happen in or near the home, it is more likely that your family will need to give first aid to one another, or to a friend.
This presentation is not a substitute for training you would receive in a formal first aid and CPR course. However, the video, discussion, and demonstrations will help you to know how to respond to a medical emergency, stay calm, and be better able to help. The topics will include: recognizing a stroke, allergic reactions, cardiac emergencies and CPR. Caring procedures for bleeding, heat burns, muscle, bone and joint injuries will also be discussed.
Dr. Robert and Nikki Seabloom have been disaster volunteers with the Red River Valley Chapter, American Red Cross, since 1997. They are members of the Disaster Action Team and have responded to a variety of disaster events. In addition, Dr. Seabloom serves as Emergency Services Chair and teaches courses, while Nikki serves as advisor to the University of North Dakota Campus Red Cross Club. Dr. Seabloom is also a Veteran OLLI Instructor.
FREE to OLLI members
Session#: GF-0004
Monday, January 28
9:00 - 10:30 am
Holy Family Catholic Church,
Gather Room
1018 18th Ave. S., Grand Forks

Author’s Notes
Storytelling Time: Native North American Art from the Collections at the University of North Dakota

Author: Dr. Arthur E. Jones
Storytelling Time examines how the University of North Dakota’s collection of Native American art is understood and appreciated within its campus setting. Objects made by Native American artists are examined in ways that allow concepts embodied within them to reinforce a sense of greater cultural understanding. Special efforts were also taken to respectfully document ceremonial objects in an attempt to be responsive to their content, form, and function. The book was written and edited by UND professors Arthur Jones and Lucy Ganje, who also was the book’s lead designer, and Nelda Schrupp, a nationally known Native American artist and UND alumn. Lavishly illustrated with historical as well as contemporary Native American artwork, the publication’s design and layout are culturally driven, using a numerical scheme based on sacred
**The Downton Abbey Discussion**

**Instructor:** Ruby Grove  
(Veteran OLLI Instructor)

Be part of what everyone is talking about. Join us for discussion of PBS’s award-winning show Downton Abbey. This group will start the week of January 6 when season 3 begins. Having watched seasons 1 & 2 is not required but may be beneficial. DVDs for season 1 & 2 are available at the Grand Forks Public Library, Blockbuster (rental), and streaming on Netflix or other streaming services. Registered group participants may also borrow from Ruby Grove, discussion leader.

Ruby Grove has spent sixty years scribbling and teaching. She is an experienced OLLI instructor and English teacher. She has had work published in regional magazines and won several writing awards.

$40  
Session#: GF-0005  
Tuesday, January 29  
1:00 - 2:30 pm  
UND Bookstore  
775 Hamline St., Grand Forks

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**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 at the Coffee Company 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, February 14  
10:00 am - Noon  
The Coffee Company  
2100 S. Columbia Road, Grand Forks  
For more info, call Betty at 701-772-0932

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**Lewis and Clark: The Corps of Discovery**

**Instructor:** Dr. Kimberly Porter  
(Veteran OLLI Instructor)

On May 21, 1804, Captains Meriwether Lewis and William Clark began the greatest of all American odysseys. Charged by President Thomas Jefferson to explore the Missouri River to its source in hopes of discovering a practical, all-water route to the far distant Pacific Ocean, the captains and their crew entered the channel of the great river and embarked upon a journey into the great unknown. Twenty-eight months and nearly eight thousand miles passed before the men again saw the cheering crowd that bid them farewell. An examination of the Lewis and Clark expedition is much more than simply recounting their travails in crossing to the Pacific Ocean and back. While no one can help but admire the courage displayed by the captains and their crew of thirty-two, there is much, much more to the tale. Accordingly, beyond examining the route taken and adventures encountered, we will discuss events leading up to the expedition, political and social results of the journey, contributions by Sakakawea and York (Clark’s slave), and scientific discoveries made along the way. We will also examine the legacy of Lewis and Clark.

Dr. Kimberly Porter focuses her work on United States history, generally on the 20th century. However, as a historian of North Dakota, the Corps of Discovery has captured her attention for quite some time, perhaps since her days as a Girl Scout attending Camp Sacajawea.

$55  
Session#: GF-0007  
6 Mondays  
1/28, 2/4, 2/11, 2/25, 3/4, 3/11  
No class 2/18  
5:15 - 7:15 pm  
UND Campus  
REAC 1, Main Floor Classroom  
4201 James Ray Drive, Grand Forks  
Requires parking permit (pg 18)
**Beer 101**

*Instructor: Thomas Pankrantz (Veteran OLLI Instructor)*

Everything you ever wanted to know about beer, you will learn through this course. To start, Thomas will explain how the fermentation process is accomplished as the class will be brewing its own beer! Thomas will also teach you about the history of beer, the industry, the truth about Ales and Lagers, micros and macros, lambics, porters and everything in between. You will have the opportunity to sample different beers from all over the world as well as some of the great beers that are being brewed right here in the United States. On the final day, you will appreciate your education even more as you enjoy the unique beer and food pairings Thomas will prepare for you. Open your minds to the wonderful world of beer… it’s not just for tailgating anymore!

*Thomas Pankrantz* is the Manager of Happy Harry’s on Gateway Drive in Grand Forks, ND. He has over 5 years of experience in the adult beverage industry and has toured multiple breweries including Sam Adams and New Belgium. Thomas has also assisted Greg Rixen, Happy Harry’s on 32nd Ave. S., in the wine classes for OLLI.

$55

Additional lab fee of $30 to be paid to instructor at first class (cash or check)

Session#: GF-0008

6 Mondays

1/28, 2/4, 2/11, 2/25, 3/4, 3/11

No class 2/18

5:30 - 7:30 pm

Happy Harry’s Bottle Shops

2051 32nd Ave. S, Grand Forks

Maximum 18 people

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**Aviation Safety: From the Ground Up**

*Instructor: Brandon Wild*

This class will cover the different aspects of aviation safety, including the history of regulated safety, up to the modern age. Different aspects of aviation safety will be explored as well, from government regulators and agencies, such as the Federal Aviation Administration and the National Transportation Safety Board, to what makes up modern airline safety programs.

*Brandon Wild* is an assistant professor in the Aviation Department at the University of North Dakota. Prior to teaching at UND, Brandon spent 15 years working in aviation safety at United Airlines, United Parcel Service, Northwest Airlines and Delta Air Lines. Brandon earned both his B.S. in Aerospace Studies and Master of Business Administration in Aviation degrees from Embry-Riddle Aeronautical University.

$55

Session#: GF-0011

6 Tuesdays

1/29, 2/5, 2/12, 2/19, 2/26, 3/5, 3/12

2:45 - 4:45 pm

UND Campus, REAC 1, Main Floor Classroom

4201 James Ray Drive, Grand Forks

Requires parking permit (pg 18)

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**Extra-(far from) Ordinary Watercolor Painting**

*Instructor: Jessica Pribula*

Painting with watercolors can be so much more than just paint and water. Join instructor, Jessica Pribula, for this hands-on experimental watercolor course. Designed to inspire and motivate artists of all levels, this course gives you an opportunity to use basic techniques with non-traditional approaches such as splattering, masking, plastic wrap and more to create surprising effects. Prior knowledge is not necessary as demonstrations will be provided. Supplies are not included in the course fee; however, a supply list (totaling approximately $30) will be available when registering. All materials need to be obtained before the first class.

Jessica Pribula’s passion for art began at a young age with an interest in fashion design which expanded into the fine arts. As an undergraduate student she became captivated with weaving and surface design on fabric. Jessica received her Master of Fine Arts in 2009 from Central Washington University. Jessica is a full-time artist and her work can be seen at River Walk Artist Gallery & Gift Shop.

$55

Session#: GF-0009

6 Tuesdays

2/5, 2/12, 2/19, 2/26, 3/5, 3/12

2:45 - 4:45 pm

Parkwood Senior Living

749 30th St. S, Grand Forks

Maximum 20 people

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**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)*

Did you know that in 2011, the Community Violence Intervention Center (CVIC) in Grand Forks served more than 2,400 clients? 1,395 adults and children were provided guidance through the court system, including victims of assault, sexual abuse, harassment, robbery, kidnapping, sexual assault, stalking and related crimes. No longer can you say, “I never thought this would happen in
our community.” If you find yourself a victim of sexual assault, how would you handle it? What would you do? 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 with this course. Not only will you be empowered with defensive skills, you will gain confidence by building the voice against violence. 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. Take this class with your mother, sister, daughter, granddaughter or girlfriend. Together you will learn simple, effective self-defense skills while practicing in a safe environment. View the IMPACT commercial at http://UND.edu/dept/womenctr/impactvideo.html. Committed to understanding of what is going on and will give the student a broader understanding of what is going on out there.

At the request of Mr. Combs, this course will be delivered via the Interactive Video Network from Bismarck so OLLI members in Grand Forks can take advantage of the course.

Drew Combs holds a Bachelor of Science degree in both Political Science and History. He has worked worldwide within the oil, gas and mining industries in various capacities, often in extreme work environments. He is currently the Director of Mineral Management for the North Dakota State Department of Trustlands (NDDTL), where he oversees a little over 2.5 million mineral acres, in arguably one of the largest oil plays in recent history and manages minerals located in the largest known deposit of lignite coal in the world.

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-0010  
UND Student/Staff/Faculty - $55  
Session#: GF-0010ST  
Non-Member - $70  
Session#: GF-0010NM  
4 Tuesdays - 3/12, 3/19, 3/26, 4/2  
5:30 - 8:30 pm

Problems in the Patch

Instructor: Drew Combs, (Veteran OLLI Instructor)

Problems in the patch will be a series of frank discussions about the development of our oil and gas resource in the State. The media and the “rumor mill” have been strife with what's happening in the western part of the state. This class will focus on the issues and try to weed out the myths. Guest speakers from government, industry, and NGO will present their sides of the story and will give the student a broader understanding of what is going on out there.

At the request of Mr. Combs, this course will be delivered via the Interactive Video Network from Bismarck so OLLI members in Grand Forks can take advantage of the course.

Drew Combs holds a Bachelor of Science degree in both Political Science and History. He has worked worldwide within the oil, gas and mining industries in various capacities, often in extreme work environments. He is currently the Director of Mineral Management for the North Dakota State Department of Trustlands (NDDTL), where he oversees a little over 2.5 million mineral acres, in arguably one of the largest oil plays in recent history and manages minerals located in the largest known deposit of lignite coal in the world.

Ron Vossler is an award-winning author, Fulbright scholar, and North Dakota Poet Laureate, with numerous published books and films, as listed on his website www.ronvossler.com

Dakota German Film Festival

Instructor: Ron Vossler  
(Veteran OLLI Instructor)

This course is meant for enjoyment and leisurely learning about the food, the history, and the culture of the Dakota Germans, including their connections abroad in Germany and Ukraine. Despite its focus on the Germans from Russia, this course is also meant to encourage a general discussion about ethnicity in general, about ethnic memory, and immigration of other groups to America. The Germans from Russia are now fully assimilated into the American mainstream; but it has taken roughly a century for that to happen. We can still see, as exemplified by the films, that that process hasn't always been an easy or swift one. The films are meant to be a jumping off place for discussion afterwards; and, depending on the OLLI participants’ interests, the instructor will supplement the discussion by reading material from his own books and essays.

Ron Vossler is an award-winning author, Fulbright scholar, and North Dakota Poet Laureate, with numerous published books and films, as listed on his website www.ronvossler.com

$55  
Session#: GF-00012  
6 Tuesdays  
3/12, 3/19, 3/26, 4/2, 4/9, 4/16  
5:00 - 7:00 pm

UND Campus, Gustafson Hall
3264 Campus Road, Grand Forks
Requires parking permit (pg 18)  
Maximum 25 people
**Tools for Self-Advocacy, Communication & Rights**

*Instructor: John Johnson*

What is a self-advocate? When should a person intervene on behalf of their spouse/partner, child, parent, or co-worker? Do you go into a meeting with a ‘goal’ in mind, or a point to accomplish? Or do you let others dictate the flow of information? You will learn tools and techniques to become an effective voice yourself. State legislative sessions are ongoing in both North Dakota and Minnesota, along with the US Congress in current session. Learn the most effective means of communicating with those officials so that your ‘voice’ can be heard. With the current influx of returning service personnel from conflicts in the Middle East region and with Korean War, Viet Nam Era, and WWII veterans aging, learn what types of services are available to them and their families, and how one navigates the veteran service organizational systems.

*John Johnson* is an Advocate/Trainer with Options Interstate Center for Independent Living in East Grand Forks, MN. He is on the board of directors of a national advocacy organization and was named “Advocate of the Year”. John has been a university counselor and a therapist with a private human service agency, and has taught on the adjunct faculty of the University of North Dakota and University of Minnesota-Moorhead.

$40

**Session#: GF-0014**

3 Wednesdays  
1/30, 2/6, 2/13  
2:00 - 4:00 pm  
East Grand Forks Campbell Library  
422 4th St. NW, East Grand Forks

**You Wrote It, Now Publish It!**

*Instructor: Michael Harvey (Veteran OLLI Instructor)*

You have invested a lot of time in writing your novel, memoir, children's book, family history, poetry, etc. Now is the time to explore options in allowing others to enjoy reading your efforts. Learn about traditional publishing, Print On Demand self-publishing, and the latest method of ePublishing for electronic eReaders? This course will give you the opportunity to investigate the method that best fits you and your writing. We'll cross fingers, wring hands, pat backs and kick butts as needed. Be prepared to give and receive any or all of the above.

*Michael Harvey* started his own software computer business in 1986. He has developed software for businesses, county governments and universities, including UND and University of California, Chino. In 2007 he created a two volume DVD set tracing his family history from Norway to North Dakota. Since then he has created DVDs for museums, art fests, and artist receptions at the Campbell Library in East Grand Forks, MN. Michael has donated 20 of his DVDs to the Chester Fritz Library Special Collections.

$55

**Session#: GF-0015**

6 Thursdays  
1/24, 1/31, 2/7, 2/14, 2/21, 2/28  
5:30 - 7:30 pm  
UND Campus, Gustafson Hall  
3264 Campus Road, Grand Forks  
Requires parking permit (pg 18)  
Maximum 15 people

**U.S. Customs and Border Protection Rights**

*Instructor: Agent Donald D. Heppner, Jr., Grand Forks Sector*

The Grand Forks Sector Border Patrol Citizens Academy is a comprehensive course conducted to develop the public’s understanding of the mission, goals, and history of the U.S. Border Patrol. Students will receive presentations from uniformed Border Patrol agents, Customs and Border Protection (CBP) Office of Air and Marine, and the United States Attorney’s Office. Also included will be an appearance from the U.S. Attorney’s Office, and the defense/use of force tactics instructor. As part of the course, the class will tour the Grand Forks Sector Border Patrol Headquarters on Thursday, January 31, and travel to Pembina, ND to tour the Pembina Port of Entry on Thursday, February 7. Tour trip specifics will be given to enrolled participants.

*Agent Donald D. Heppner, Jr.* is a Supervisory Border Patrol Agent with over 21 years of experience. He has been stationed at 11 Border Patrol Stations, both on the northern and southern borders. He has assisted other law enforcement agencies in significant operations and has experience with disaster relief efforts.

$55

**Session#: GF-0016**

6 Thursdays  
1/24, 1/31, 2/7, 2/14, 2/21, 2/28  
5:30 - 7:30 pm  
UND Campus, Gustafson Hall  
3264 Campus Road, Grand Forks  
Requires parking permit (pg 18)  
Maximum 20 people
THE MAKING OF A SYMPHONY PERFORMANCE

Instructor: Philip McKenzie

The Making of a Symphony Performance offers a look behind the curtain at how a concert is planned, produced, prepared, and performed. In lectures and discussion, participants will learn: orchestra industry basics – history, economics, marketing, current trends; planning an orchestra season and how an orchestra prepares a program; and instruments and their performers. Participants will attend one rehearsal (April 4) at the Hughes Fine Arts Center, Room 200 on the UND campus and one Subscription concert (April 6) at the Empire Arts Center. All participants will get a chance to sit within the orchestra to see up close what happens between conductor, music, and performer. Additional tickets for your guests may be purchased from Mr. McKenzie for the Subscription Performance of April 6 for a discounted rate of $10.

Philip McKenzie is Executive Director of the Greater Grand Forks Symphony Orchestra. He holds a Bachelor of Arts from UND, a Masters in Oboe Performance from Michigan State University, and an MBA from Kellogg in Evanston, IL.

$55 (Includes concert ticket)
Session#: GF-0017
2:00 pm - 4:00 pm
Altru Professional Center

GRAND FORKS AIR FORCE BASE - IT’S IMPACT & FUTURE MISSIONS

The Grand Forks region is proud of its track record as a partner with the Grand Forks Air Force Base (GFAFB). In looking ahead, at a time of increasing budget constraints and downsizing, the Grand Forks region is more committed than ever to provide financial solutions and efficiencies to the Air Force in its efforts to grow enhanced use leasing and other public-private opportunities. Learn more on the base’s impact for our region and state as the use of Remotely Piloted Aircraft platforms evolves and the GFAFB’s role in future missions unfolds.

Panelists will include Colonel Timothy E. Bush, Commander of the 319th Air Base Wing, Grand Forks Air Force Base; Bruce Gjovig, Entrepreneur Coach and founding Director of the UND Center for Innovation in Grand Forks and is a member of the Base Realignment Impact Committee (BRIC) for the Grand Forks Air Force Base.; and John M. Schmisek, Grand Forks County Commissioner, serves as a Base Realignment Impact Committee Member and is Co-Chair of Community Base Enhancement Initiative (CBEI) Group. Moderators will be Sheila Bruhn, Coordinator of the Grand Forks Region Base Realignment Impact Committee, and Eric Icard, currently the Senior Business Development Officer at the Grand Forks Region Economic Development Corporation focusing on UAS development in the region.

$10
Session#: GF-0018
Wednesday, February 27
2:30 - 4:30 pm
East Grand Forks City Hall
600 DeMers Ave., East Grand Forks

IDENTITY THEFT & CONSUMER FRAUD

Presenter: Marybeth Vigeland

Identity theft and consumer fraud is on the rise and seniors are increasingly the targets. The consequences of being a victim of scams and identity theft can be financially and emotionally devastating. Learn who is most vulnerable; what to look for and what you can do to protect yourself and those around you. The more knowledge and awareness the better we can fight off this threat to our security and future.

Marybeth Vigeland is currently a Financial Counseling Supervisor at the Village Financial Resource Center in Grand Forks. She has previous work experience in social services and also banking and finance. She has done many presentations regarding scams where elderly are particularly targeted.

$15
Session#: GF-0019
Thursday, January 31
9:00 - 11:00 am
East Grand Forks City Hall
600 DeMers Ave., East Grand Forks

“OLLI was a Godsend for me when I needed it most. Because OLLI has a variety of programs for both couples and individuals, I was able, as a fairly new widow, to feel comfortable and welcome without having a partner, and OLLI provided an opportunity to meet, socialize, and make new friends. Thank you, OLLI."

Terry Hjelmstad
Oil Patch - Economics Revisited

Presenters: Barry Wilfahrt, President & CEO of The Chamber Grand Forks/East Grand Forks & Jim Galloway, JLG Architects

In the summer of 2012, OLLI offered a course exploring different components regarding the oil boom in North Dakota. This presentation will be an updated discussion on how the oil boom is impacting business across the state, state tax revenues and the region.

Barry Wilfahrt is the President and CEO of The Chamber Grand Forks/East Grand Forks. Wilfahrt was part of a ND panel that was invited to Mississippi to talk about the economic impact of the oil boom in ND.

Jim Galloway, partner in JLG Architects and 2011 Chairman of GF/EGF Chamber, is actively involved in many projects in the Williston area.

$10 
Session#: GF-0020 
Thursday, February 28 
10:00 - Noon 
East Grand Forks City Hall 
600 DeMers Ave., East Grand Forks

The North Dakota Man Camp Project

Presenters: Drs. William Caraher (Veteran OLLI instructor) and Bret Weber

What happens when a Mediterranean archaeologist and a licensed social worker and urban historian get together to think about the North Dakota oil boom? The result is the North Dakota Man Camp Project. This project is the first systematic study of the use of man camps to house the massive influx of workers into the North Dakota Bakken Oil Patch. The research scientifically documented both the stories produced by the residents of the man-camps while a team of architectural historians and archaeologists described their material surroundings. The results of this work produced a body of evidence that will take significant time to study, but the research team has done enough to start to share their preliminary observations about life in the Bakken man-camps. The results will both confirm some of the reports in the media, but also call into question some of the widely held beliefs and attitudes about life in the “patch”.

Dr. William Caraher is an associate professor in the Department of History at UND where he specializes in ancient and Byzantine history and Mediterranean archaeology. In the past few years he has developed a growing research interest in North Dakota.

Dr. Bret Weber is an assistant professor in the Department of Social Work at UND. Weber is a social worker and historian researching the War on Poverty, environmental and housing issues, and policies relating to immigration. He works with interdisciplinary teams researching the oil boom in western North Dakota, including temporary worker housing, the impacts on American Indian communities, and the intersections between the oil industry and social service systems. He is a City Council representative for his city’s urban core, is President of North Dakota’s first Community Land Trust, and serves on various boards and committees.

$10 
Session#: GF-0021 
Monday, March 18 
5:00 - 6:30 pm 
Altru Professional Center 
South Washington, Grand Forks 
(west of Choice Health & Fitness Center Enter north entrance (doors #13&14)

Live and Laugh

Presenter: Sherry Burg, RN

It’s undeniable - both humor and laughter can make you feel good and take the edge off of seemingly difficult situations. Humor as a coping mechanism helps people diffuse difficult emotions such as anger, fear, grief, and sadness. In hospital settings, humor can help both patients and their families by giving everyone permission to laugh and relax. The emotional buoyancy and stress relief brought on by laughter simply improves our quality of life. It’s just good common sense medicine to come and learn about the healing energy of laughter, the physical benefits of laughter and yes, practice laughing.

Sherry Burg is a Nurse Manager at Altru Health System and a University of North Dakota graduate. She has a special interest in self-awareness and the human energy fields and is obtaining her certification as a Healing Touch therapist. Prior to working in the field of nursing, Sherry was a Director of a medical supply company and traveled the country meeting with the Federal and State departments regarding Medicare and Medicaid reimbursement. And if you can’t see the humor in that, we will find the benefit of humor even in the driest of environments.

$10 
Session#: GF-0022 
Monday, March 18 
5:00 - 6:30 pm 
Altru Professional Center 
South Washington, Grand Forks 
(west of Choice Health & Fitness Center Enter north entrance (doors #13&14)
Living with Arthritis

Presenter: Rhonda Roed

Osteoarthritis and Rheumatoid Arthritis are two of the most commonly diagnosed arthritis. Learn about the benefits of maintaining flexibility and strength, energy conservation and joint protection principles so you can incorporate this knowledge into your everyday life.

Rhonda Roed is a graduate of UND with Bachelor of Science and Master degrees in Occupational Therapy. She is a certified Assistive Technology Practitioner and has also earned her certificate as a lymphedema therapist. Rhonda has worked at Altru Health System and its Living with Arthritis Program for the last 19 years.

$10
Session#: GF-0023
Wednesday, March 20
4:00 - 5:30 pm
Altru Professional Center
South Washington, Grand Forks
(west of Choice Health & Fitness Center
Enter north entrance (doors #13&14)
Maximum 34 people

Vertigo: When Your World is Spinning

Presenter: Kristi Ferianchek

Dizziness is the 2nd most common health complaint in the United States, affecting more than 15 million people annually. Vertigo is one of the symptoms a person can experience when a problem exists within the vestibular system and can significantly limit an individual’s ability to carry out their daily activities. Although vertigo cannot be prevented, it can be managed through vestibular treatment and rehabilitation. During this session, we will look at the vestibular system, some common problems of the vestibular system, the diagnostic process, and what to expect in vestibular rehabilitation.

Kristi Ferianchek is a licensed physical therapist in North Dakota and Minnesota. She received her undergraduate degree from University of Minnesota Duluth and her doctorate degree in physical therapy from St. Catherine University in Minneapolis. Kristi has been practicing at Altru Rehabilitation Center for 2 years with special interest in orthopedics, Kinesiotaping techniques, manual therapy, and vestibular rehabilitation.

$10
Session#: GF-0024
Monday, March 25
5:00 - 6:30 pm
Altru Professional Center
South Washington, Grand Forks
(west of Choice Health & Fitness Center
Enter north entrance (doors #13&14)
Maximum 34 people

The Truth About Shingles

Presenter: Ginnie Bren, RN

Shingles is a viral infection caused by the varicella-zoster virus — the same virus that causes chickenpox. It is most common in people older than 50. The risk increases with age. Some experts estimate that half the people who live to the age of 85 will experience shingles at some point in their lives. Come and learn more about the symptoms, complications, tests, diagnosis, treatments and prevention of this debilitating disease.

Ginnie Bren has been an infection control coordinator at Altru Health System since 1995. She is a member of MN and ND Chapters of the Association of Practitioners in Infection Control and Epidemiology (APIC), is on the APIC National Practice Guidance Team, and has served on the MN APIC Conference Committee.

$10
Session#: GF-0025
Wednesday, April 3
5:00 - 6:30 pm
Altru Professional Center
South Washington, Grand Forks
(west of Choice Health & Fitness Center
Enter north entrance (doors #13&14)
Maximum 34 people

Wanted!
OLLI Ambassadors

Share your OLLI@UND experience! Promote member benefits with friends, neighbors, coworkers, and local organizations to assist in recruiting new members and retaining current members. Disperse new catalogs to businesses you frequent and organizations to which you belong.
FREE ACTIVITIES

■ Popcorn & A Movie

FREE to OLLI members! (Pre-registration REQUIRED)
3rd Friday of the Month
Edgewood Vista
3124 Colorado Lane, Bismarck
Travel east on Century, past Pebble Creek. Turn left on Illinois Drive, then take an immediate left onto Colorado Drive. Follow Colorado Drive to Edgewood Vista. Across from the theater, you may lunch at Edgewood Vista’s coffee shop that offers reasonably priced sandwiches, cold salads, and beverages.

February Feature Movie
War Horse (2011)
Adapted from the novel War Horse by Michael Morpurgo, this majestic World War I drama centers on Devon lad Albert and his steadfast horse, Joey, whose faithful bond cannot be shaken -- even when Joey is sold to the cavalry and sent off to France.
Session#: BIS-1001
Friday, February 15
12:30 - 2:30 pm

March Feature Movie
The World’s Fastest Indian (2005)
This fact-based drama stars Anthony Hopkins as quirky New Zealander Burt Munro, a 67-year-old grandfather who flies across the ocean to Utah’s Bonneville Salt Flats and attempts to break into the record books on his customized Indian Scout motorcycle.
Session#: BIS-1002
Friday, March 15
12:30 - 2:30 pm

April Feature Movie
The Artist (2011)
Winner of five Oscars in 2011, this artful black-and-white silent film follows the romance between a silent-era superstar on a downward spiral and a rising young starlet who embraces the future of cinema at the dawn of the “talkies.”
Session#: BIS-1003
Friday, April 19
12:30 - 2:30 pm

■ Author’s Notes:
Paha Sapa Tawoyake: Wade’s Stories

Author: Lynn D. Bueling, (OLLI Member)
William V. Wade lived a life of adventure along the Missouri River when it was still wild country. He knew and interacted with well-known characters that today we recognize as legendary and tells stories of them as they appeared in real life.

FREE to OLLI members
Session#: BIS-1004
Wednesday, March 13
1:00 - 3:00 pm
BSC Campus, National Energy Center of Excellence, Room 101
1200 Schafer St., Bismarck

■ Cloverdale Foods (Tour)

Tour Guide: Craig Engelhard
Take a visit to Big Flavor Country. Cloverdale Foods in Mandan, ND produces premium processed meats (such as Tangy Summer Sausage, Thick Sliced Bacon, Teardrop™ Ham, and Russell’s Reserve™ Ribs) under the Cloverdale Meats brand. This family-owned company is nearly 100 years old and continues to support its hometown community as well as North Dakota and upper Midwest regions. The virtual plant tour will give you a brief description of making a Cloverdale product from start to finish. The presentation will also include product sampling and a tour of the Cloverdale Country Store.
FREE to OLLI members
Session#: BIS-1005
Wednesday, March 20
1:00 - 3:00 pm
Please arrive 10 minutes early
Meeting Location:
3015 34th Street Northwest, Mandan

■ The Church of Jesus Christ of Latter Day Saints (Tour)

Tour Guide: Bishop Chris Chase
Who are the Mormons? What do they believe? Tour the church grounds of The Latter Day Saints in Bismarck and hear an explanation of the temple and their beliefs.
FREE to OLLI members
Session#: BIS-1006
Tuesday, March 19
1:00 - 3:00 pm
Please arrive 10 minutes early
Meeting Location:
Bismarck Temple
2930 Cody Drive
Our Human Heritage Along the Missouri River

Instructor: Tracy Potter

Long before Lewis and Clark, this region had a rich heritage. Trace our human heritage along the Missouri River. Hear about the people who hunted mastodons. Consider the role of Knife River Flint in intertribal trade. Discuss how the Mandan-Hidatsa built villages larger than most towns in North Dakota today. Discover why this region is such an important part of our heritage.

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.

$55
Session#: BIS-1008
6 Mondays
1/28, 2/4, 2/11, 2/25, 3/4, 3/11
No class 2/18
10:00 am - Noon
BSC Campus, National Energy Center of Excellence, Room 103
1200 Schafer St., Bismarck

FREE to OLLI members
Session#: BIS-1007
Thursday, March 21
10:00 am - 2:00 pm (end time is approx.)
Meet in the Great Hall of the Capital at 9:50 am
Noon - 12:45 pm - Lunch on your own (bring a sack lunch or eat in the Capital cafeteria)
Meeting Location:
ND State Capital Building

“I can tell you with all sincerity that the Oil Patch trip was educational and interesting. It was a nice way to travel and see things like Target Logistics, rather than just seeing it on the news. Great job!!!”

Bernie Boser-Vinji

Seeking A Place to Fit: Demystifying the German-Russians

Instructor: Michael Rempfer
(OLLI Member and Veteran Instructor)

In their quest for a land of promise, German-speaking people settled in South-Russia and later came to the Americas, and were a significant element in the homesteading of the Dakotas. This class will cover how German ethnics came to settle in Russia, how they fared there and how many later came to emigrate. The material will be augmented where possible with personal research and anecdotes and with guidance provided for those who want to investigate further the general history of the Germans from Russia and/or their own family connections.

Michael Rempfer has been a student of the Germans from Russia since 1986, which is his heritage from three of his grandparents and has become the “defacto” family historian. His focus is on the German ethnics who settled in the Black Sea area of the Russian empire. Mike is a North Dakota native and graduate of NDSU in pharmacy and is now retired from a career in the United States Public Health Service.

$45
Session#: BIS-1009
4 Mondays
1/28, 2/4, 2/11, 2/25
No class 2/18
1:30 - 3:30 pm
BSC Campus, National Energy Center of Excellence, Room 103
1200 Schafer St., Bismarck
**Society's Perspective on the Criminal Attorney**

*Instructor: Jackie Stebbins (Veteran OLLI Instructor)*

Many people have some perspective on criminal law from news, television or personal experiences which will lead to exciting discussions. Participants are to read two books or watch two movies prior to the classes. The two movies (or books) are “A Time to Kill” and “To Kill a Mockingbird”. There will be three sessions devoted to each movie and each session will be broken down into smaller topics that will springboard from concepts in the movies. Among the issues discussed: how race affects the justice system, zealous advocacy of a criminal defendant; justice and sentencing; criminal procedures before and at trial; the roles of prosecutors and defense attorneys; and the rights of a criminal defendant.

*Jackie Stebbins* is a limited partner at the Bliss & Stebbins Law Firm where she primarily practices in the areas of family law, criminal defense, civil law and personal injury. Jackie is currently the City Attorney and City Prosecutor for the city of Lincoln. Jackie attended the University of North Dakota for her undergraduate work and legal training. She currently resides in Bismarck with her husband Sean, daughter Kennedy and Milo their rat terrier dog.

**$55**

**Session#: BIS-1010**

6 Mondays 1/28, 2/4, 2/11, 2/25, 3/4, 3/11

No class 2/18 4:30 - 6:00 pm

BSC Campus, National Energy Center of Excellence, Room 103

1200 Schafer St., Bismarck

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**Encounters with Ancient Egyptian Religion (Part 2)**

*Instructor: Eric McCann (Veteran OLLI Instructor)*

This course is the second installment on Ancient Egyptian archaeology, art history and religious topics, beginning with the Egyptian New Kingdom (circa 1550 BC) and ending with the Greco-Roman era (ca. Age of Augustus). Building on the previously taught course (Part I), students will gain a better appreciation for the chronological, socio-political and religious framework that served as the backdrop for many of the famous Pharaohs. Also, the Book of the Dead and other later Pharaonic works will be discussed for content, showing vivid examples from tombs, temples and personal papyrus books from tombs. Although a previous attendance of the Part I of this course is desired, it is not mandatory and students can feel free to join!

*Eric McCann* is originally from the Appalachian Mountains of North Carolina. Eric’s work in archaeology has taken him around the world working on museum collections and some fabulous excavations including East Africa, Greco-Roman sites and India.

**$45**

**Session#: BIS-1011**

4 Mondays 1/28, 2/4, 2/11, 2/25

No class 2/18 6:00 - 8:00 pm

BSC Campus, National Energy Center of Excellence, Room 102

1200 Schafer St., Bismarck

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**Slices of Bismarck History**

*Instructor: Ann Vadnie (Veteran OLLI Instructor)*

Learn about the city of Bismarck, its founding and early history. Starting with a timeline, hear how Bismarck streets were named, and identify important buildings and people from Bismarck’s past and present. From Otto von Bismarck to interesting “trivia” and “tidbits” about Bismarck, you’ll get lots of slices of Bismarck’s history.

*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-1012**

6 Tuesdays 1/29, 2/5, 2/12, 2/19, 2/26, 3/5 2:00 - 4:00 pm

BSC Campus, National Energy Center of Excellence, Room 102

1200 Schafer St., Bismarck

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**A Touch of the Orient**

*Instructor: Rebecca Young-Sletten*

**Konnichiwa (Hello in Japanese)!** Welcome to Japan. Through an exploration of traditional Japanese arts and customs, you’ll visit a land 5700 miles from Bismarck. Hear about Japanese society and educational systems. Look at various Japanese art forms, including Silk painting, Shibori (Japanese Tie-Dye), and Ikebana (Floral Arrangement). Experience a traditional Japanese Tea Ceremony. Understand the richness and intensity of the Orient.

**$45**

**Session#: BIS-1011**

4 Mondays 1/28, 2/4, 2/11, 2/25

No class 2/18 6:00 - 8:00 pm

BSC Campus, National Energy Center of Excellence, Room 102

1200 Schafer St., Bismarck
Rebecca Young-Sletten, a Bismarck High School art teacher, holds a Masters in Fine Arts. In 2000, Young-Sletten was selected as a Fulbright Scholar to Japan. While in Japan, she studied the art of silk painting under the master painter Takeshi Ogura, who has painted robes for the emperor’s wife. Young-Sletten was introduced to Ogura by Japanese ambassador to the United Nations Shigeru Endo, who had lived with her family while studying in the United States.

$40
Session#: BIS-1013
3 Tuesdays
2/12, 2/19, 2/26
5:30 - 7:30 pm
BSC Campus, National Energy Center of Excellence, Room 119
1200 Schafer St., Bismarck

■ Problems in the Patch

Instructor: Drew Combs, (Veteran OLLI Instructor)

Problems in the patch will be a series of frank discussions about the development of our oil and gas resource in the State. The media and the “rumor mill” have been strife with what’s happening in the western part of the state. This class will focus on the issues and try to weed out the myths. Guest speakers from government, industry, and NGO will present their sides of the story and will give the student a broader understanding of what is going on out there.

At the request of Mr. Combs, this course will be delivered via the Interactive Video Network from Bismarck so OLLI members in Grand Forks can take advantage of the course.

Drew Combs holds a Bachelor of Science degree in both Political Science and History. He has worked worldwide within the oil, gas and mining industries in various capacities, often in extreme work environments (climate, conflicts, and political unrest). He is currently the Director of Mineral Management for the North Dakota State Department of Trustlands (NDDTL), where he oversees a little over 2.5 million mineral acres, in arguably one of the largest oil plays in recent history and manages minerals located in the largest known deposit of lignite coal in the world. Over ¼ of all wells located in the Williston Basin have some NDDTL interest in them.

$55
Session#: BIS - 1014
6 Tuesdays
3/12, 3/19, 3/26, 4/2, 4/9, 4/16
5:00 - 7:00 pm
BSC Campus, National Energy Center of Excellence, Room 102
1200 Schafer St., Bismarck

■ North Dakota – A Geological Beauty

Instructor: Dr. John Bluemle (OLLI Member)

How did North Dakota come to be so beautiful? With photos, samples and maps, Dr. Bluemle will help you understand landforms; how they were formed, why they are where they are, and what they’re made of. You will learn pertinent background information, such as why we had/have ice ages, the immensity of geologic time, and the influence of geology on North Dakotans. Discussions will also include the Missouri River Valley, Devils Lake, the Red River Valley and Glacial Lake Agassiz – just to name a few.

Dr. John Bluemle’s scientific training is in geology and geomorphology with emphasis on glacial geology. He spent most of his 43-year career working on the geology of North Dakota while employed by the North Dakota Geological Survey. Although his main interest is landforms and how they developed, John worked on all facets of the state’s geology. During the 14 years prior to his retirement in 2004, John served as state geologist and director of the ND Geological Survey.

$55
Session#: BIS - 1016
6 Wednesdays
1/30, 2/6, 2/13, 2/20, 2/27, 3/6
1:00 - 3:00 pm
BSC Campus, National Energy Center of Excellence, Room 102
1200 Schafer St., Bismarck

■ America’s Breadbasket

Farms and ranches occupy more than 39 million acres, almost 90% of North Dakota’s land area. North Dakota ranks first in the nation in production of many crops, including honey, sunflowers, durum, spring wheat, flaxseed, and pinto beans. Every time someone eats spaghetti, chances are there’s North Dakota durum in it. North Dakota is America’s breadbasket. Hear about the various food production industries in the state, their challenges and complexities in feeding a country.

Discussion Leaders: A representative from the ND Department of Agriculture; Dan Wogensland, Exec. Dir., ND Grain Growers Assn.; Kristy Llerenas, owner of A Touch of Honey; Burton Pfliger and Brent Stroh, ND Lamb & Wool; Nancy Jo Batemen, Exec. Dir., ND Beef Commission and Julie Ellingson, Exec. VP., ND Stockmen’s Assn.; and Randy & Deborah Miller, Owners of Premium Gold Flax Products.

$55
Session#: BIS - 1015
6 Wednesdays
1/30, 2/6, 2/13, 2/20, 2/27, 3/6
9:00 - 11:00 am
BSC Campus, National Energy Center of Excellence, Room 101
1200 Schafer St., Bismarck
**WWII Airman Revisits the War**

Instructor: Herbert J. Wilson, MD  
(OLLI member and Veteran OLLI Instructor)

World War II had a profound effect on Herb Wilson’s life. From 1942 till 1945 he became a GI and placed on hold his college education of studying Botany at Harvard. In winter and spring of 1944, he flew in B24s as gunner-bombardier. It was thirty-one missions over Hitler’s Fortress Europe. While overseas he met and married an Englishwoman, and witnessed war on the civilian front (in England). Those three years shaped Wilson’s life decisions. In this OLLI course, through candid discussion, examination of texts and artifacts, one may develop a better understanding of what causes one’s own gut feelings of aggression/sacrifice, as well as an appreciation of the origins of war and terrorism. Lively class discussions are invited.

Garrison Dam caused such havoc in the lives of the Three Affiliated Tribes that Wilson agreed to stay a while longer. That “while longer” turned out to be a lifetime. Dr. and Lilian Wilson retired in 1995, and currently live in the Highland Acres area of Bismarck. Here, Dr. Wilson pursues his interests in history, politics, community health, and volunteering.

$55  
Session#: BIS - 1017  
6 Wednesdays  
1/30, 2/6, 2/13, 2/20, 2/27, 3/6  
4:00 - 6:00 pm  
BSC Campus, National Energy Center of Excellence, Room 321  
1200 Schafer St., Bismarck

**The Journey of a Jane Austen Heroine**

Instructor: Joy Walter  
Strongly Encouraged Reading: *Emma* by Jane Austen [Paperback]. (Book can be found at www.Amazon.com for $8.00 including shipping)

This course will give you the opportunity to discuss the unique differences between Emma and other Jane Austen heroines. What will be your reaction to Emma--is she a likeable heroine? What has Emma learned during her journey? How do the other characters in the book react to Emma’s behavior? How can we compare Emma to heroines in more contemporary novels of today? Or is she in a class by herself?

Joy Walter is currently teaching English 110 – College Composition for Dickinson State University, tutoring English at Bismarck State College as well as working with Academic Support Services to provide workshops on various study skills for students. Joy continues to work as a freelance editor.

$55  
Session#: BIS - 1019  
6 Wednesdays  
1/31, 2/7, 2/14, 2/21, 2/28, 3/7  
2:00 - 4:00 pm  
BSC Campus, National Energy Center of Excellence, Room 119  
1200 Schafer St., Bismarck

**Theatre - Through the Eyes of the Artists**

Instructor: Barry Wolcott  
(OLLI member and Veteran OLLI Instructor)

This course will offer you a front seat to the theatre and all its history from Athens, Greece 535 B.C. to 2012. Join us for lively conversations as theatre comes alive through video and various other visuals. You will discover and see the work of all artists of the theatre: actors, playwrights, directors, set designers, lighting and sound, and costumes and makeup. You will also take part in reading some plays with an opportunity to choose a character to recreate and make it your own.

Barry Wolcott is a professor with a master’s degree in fine arts in theatre directing. He is a playwright (having won recognition twice with plays from the national magazine: Writers Digest and has had several of his plays produced here in North Dakota and in California. Barry has taught classes in creative writing, and has had some of his poetry and short stories published.

$55  
Session#: BIS - 1018  
6 Thursdays  
1/31, 2/7, 2/14, 2/21, 2/28, 3/7  
10:00 am - Noon  
BSC Campus, National Energy Center of Excellence, Room 103  
1200 Schafer St., Bismarck
**Chiropractic Solutions**

**Presenter: Dr. Jeff Askew**

Learn the latest in chiropractic care for spinal conditions related to occupational stresses, sports injuries, accidents or injuring resulting from routine daily activities, and how it can be tailored for people 50 years and older.

Dr. Jeff Askew graduated magna cum laude with a Doctor of Chiropractic degree from Palmer College of Chiropractic in Davenport, IA. He is a Chiropractor at Sanford Health working with primary care physicians, physical therapists and other specialists to provide holistic care and services to his patients.

$10  
Session#: BIS - 1021  
Monday, March 18  
1:00 - 3:00 pm  
BSC Campus, National Energy Center of Excellence, Room 103  
1200 Schafer St., Bismarck

**The Truth About Shingles**

**Presenter: Sue Ziemann, RN**

Shingles is a viral infection caused by the varicella-zoster virus — the same virus that causes chickenpox. It is most common in people older than 50. The risk increases with age. Some experts estimate that half the people who live to the age of 85 will experience shingles at some point in their lives. Come learn more about the symptoms, complications, tests, diagnosis, treatments and prevention of this debilitating disease.

Sue Ziemann is an RN with the Infection Control Department at St. Alexius.

**Identity Theft & Consumer Fraud**

**Presenter: Marybeth Vigeland**

Identity theft and consumer fraud is on the rise and the seniors are increasingly the targets. The consequences of being a victim of scams and identity theft can be financially and emotionally devastating. Learn who is most vulnerable; what to look for and what you can do to protect yourself and those around you. The more knowledge and awareness the better we can fight off this threat to our security and future.

Marybeth Vigeland is currently a Financial Counseling Supervisor at the Village Financial Resource Center in Grand Forks. She has previous work experience in social services and also banking and finance. She has done many presentations regarding scams where elderly are particularly targeted.

$10  
Session#: BIS - 1020  
Tuesday, February 19  
10:00 am - Noon  
BSC Campus, National Energy Center of Excellence, Room 103  
1200 Schafer St., Bismarck

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$10  
Session#: BIS - 1020  
Tuesday, February 19  
10:00 am - Noon  
BSC Campus, National Energy Center of Excellence, Room 103  
1200 Schafer St., Bismarck

**Glaucoma and Macular Degeneration**

**Presenter: Dr. Thomas J. Grube**

Your sight begins its dynamic changes after age 40. First, “your arms get too short.” Then you begin to cope with decreasing quality of vision, especially at night and when driving. Hearing the words cataract, glaucoma, macular degeneration, etc., could become alarming. Understanding, at a layperson’s level, how human vision works helps to recognize the changes associated with maturing vision. We consider how to address these changes effectively and take preventive measures so we can enjoy the benefits of today’s eye-care technologies and medical advances.

Dr. Thomas J. Grube has 30 years of eye treatment experience, including 10 as a Vitreoretinal Specialist. Dr. Grube has had extensive training in dealing with ocular trauma, retinal detachments, and complications associated with diabetes and macular degeneration.

$10  
Session#: BIS - 1023  
Thursday, March 14  
1:00 - 2:30 pm  
BSC Campus, National Energy Center of Excellence, Room 101  
1200 Schafer St., Bismarck
Don’t Wait, Register Early!
If you already know what courses you wish to take, please register ASAP. Registering online or by phone 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.

Ask about our Learn More Reward! Take 5 - Get 1 FREE!
As an OLLI member, you can earn a FREE course (valued up to $55) in recognition for your commitment to learning, when you partake in five OLLI offerings. For more details about the Learn More Reward, please call OLLI@UND at 1.800.CALL.UND (1.800.225.5863) or 701.777.3000 or go to olli.UND.edu

Become a NEW 3 year OLLI member & receive $25 off!
When you become a brand new OLLI@UND member and enroll in a 3-year membership, you will earn a New Member Coupon/Pro-motional Code valued at $25.00 that you may use toward a Winter 2013 course that has a minimum registration fee of $30. For more details about the NEW 3 year membership, please call OLLI@UND at 1.800.CALL.UND (1.800.225.5863) or 701.777.3000 or go to olli.UND.edu

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 annual parking permit for $25. For more details about parking, please call OLLI@UND at 1.800.CALL.UND (1.800.225.5863) or 701.777.3000 or go to olli.UND.edu. Bismarck courses are held on the BSC Campus - FREE parking.

Emergency/Inclement Weather Information
When a decision has been made to cancel classes due to an emergency or inclement weather, the news media will be contacted. Check for announcements or visit www.olli.UND.edu. When in doubt, please call Connie regarding cancellations at OLLI@UND in Grand Forks: 1.800.CALL.UND (1.800.225.5863); or Robin at OLLI@UND in Bismarck: 701.224.5600.

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@email.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? Get more information about proposing an OLLI course by going to olli.UND.edu/grandforks/teach/ or www.olli.UND.edu/bismarck/teach/

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.

OLLI Tentative Road Map for 2013

Grand Forks One Day Trip:
3rd Week of May 2013: An Interpretation of Regional Geology

Bismarck One Day Trips:
1st Week of June 2013: Ronald Reagan Minuteman Missile Site
2nd Week of August 2013: A Trip North to Magic Minot

Grand Forks and Bismarck:
2nd Week of July: 3 Days - Oil Patch USA (Originating out of GF, will pick up Bismarck Members)
4th Week of September: 6 Days - Trip to Door County

Tentative
OLLI@UND - GRAND FORKS & BISMARCK
2013 Winter Membership & Course Registration Form

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.

Please enroll me in the sessions listed below:

<table>
<thead>
<tr>
<th>Session#</th>
<th>Title</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>BIS1001</td>
<td>Scrapbooking</td>
<td>$50</td>
</tr>
<tr>
<td>GF0015</td>
<td>Legacy of Abraham Lincoln</td>
<td>FREE</td>
</tr>
</tbody>
</table>

Call OLLI office 701.777.3000 for New Member Coupon or LEARN MORE Reward Promotion Code # for a discount of –$ ____________

TOTAL: $ ____________

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.

4 Ways to To Register:

 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

Check # ____________ is enclosed for $ ____________

Check must be included with 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.

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

Please Tell Us About Yourself
1. Gender:   Male   Female

2. I am an alumnus of   UND   BSC (Check all that apply.)

3. Education:   High School   Bachelor’s   Graduate   Other: ____________________________________________

4. Employment:   Retired   Employed Part-time
 Employed Full-time

5. How did you FIRST hear about OLLI Courses?

 Newspaper   Course Catalog   Family/Friend   Radio
 Social Media   Internet/Web Search   Presentation   TV
 Other: ____________________________________________

Membership fee $ ____________

UND Wellness Cntr. Mmbrrshp.—$180/4 mo. or $480/1 yr. $ ____________

Need an OLLI@UND Annual Parking Permit for $25? $ ____________

Sub-Total: $ ____________

OFFICE USE ONLY: Order#: ____________________________ Received Date: __________ Reference#: ____________________________
North Dakota Taxpayers Credit for Gifts to Endowments

Are you taking advantage of this North Dakota tax credit?

Did You Know?
An individual may receive a 40 percent tax credit for contributions of $5,000 or more to the OLLI@UND endowment.

That’s Right!
Thanks to a tax credit made possible by North Dakota lawmakers, your charitable gift to OLLI@UND can cost LESS and do MORE than ever before.

Additionally, you can make a qualified deferred gift (such as a charitable trust or gift annuity) and benefit from a state tax credit on your charitable contribution, and a gift of appreciation property can further leverage your tax benefits.

For more information on making a qualifying gift to OLLI@UND, contact the UND Foundation at giftplanning@undfoundation.org or 800.543.8764.