The Bernard Osher Foundation

With an endowment from the Bernard Osher Foundation, the University of North Dakota joins universities across the United States at the forefront of a national initiative to provide learning opportunities to serve the intellectual and cultural needs of older adults.

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 100, 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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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!

- Culvers
- Parkwood Senior Living
- Holy Family Catholic Church
- Sharon Lutheran Church
- Altru Health System
- UND Hyslop Sports Center
- UND Women’s Center
- REAC 1
- UND Bookstore
- Grand Forks Senior Center
- ND Dept. of Health
- Myra Museum
- Wagner’s Landscaping, Inc.
- Good Samaritan Society - Heritage Grove
- Bismarck Public Schools Career Academy
- Bismarck Mandan Unitarian Universalist Congregation
- Plant Perfect
- Dakota Zoo
- Metals Art/L & H Manufacturing
- Buckstop Junction

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

Membership Benefits

- Explore a broad range of topics in liberal arts, sciences and current events.
- Discover a new passion or explore subjects of long-standing interest.
- Make connections with other OLLI members during courses and activities.
- Keep active, stay mentally fit, enrich your life!
- Receive discounted pricing.
- 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 an OLLI member you will be eligible for a reduced rate for a membership at the UND Wellness Center. Go to our web site olli.UND.edu for more information.
**WILD, WILD WEST**

**Sept. 24 - Oct. 2**

*Everyone Welcome!*  
*Need not be an OLLI member!*

Even before the first cowboy rode off into the sunset, the world’s love and fascination with the American West has burned bright. The Wild West comprises the geography, history, folklore, and cultural expression of life in the forward wave of American westward expansion that began with English colonial settlements in the early 17th century and ended with the admission of the last mainland territories as states in the early 20th century. As the American frontier passed into history, the myths of the West in fiction and film took firm hold in the imagination of Americans and foreigners alike.

Let’s not imagine it - let’s live it! Cities, states and places that we will be visiting; Dickinson, ND; Keystone, SD; Custer State Park 49th Annual Buffalo Round Up & 21st Annual Arts Festival, Crazy Horse Monument and Mount Rushmore, Deadwood, SD; Jackson Hole, WY; Grand Teton National Forest; Yellowstone National Park, Cody, WY; Medora, ND.

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<th>Grand Forks</th>
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50% deposit due upon registration. Balance due Monday, August 18.

**Grand Forks:**  
Depart Wednesday, September 24, 8:00 am from the Ramada Inn south parking lot. More details will be forthcoming. Please arrive 30 minutes early.  
Return: Thursday, October 2, 5:00 pm (approximate)

**Bismarck:**  
Depart Wednesday, September 24, 1:30 pm from the BSC NECE, lower level parking lot. Look for Door D. Return: Thursday, October 2, 11:30 am.

Fee includes travel in deluxe motor coach; 8 nights lodging; 7 breakfasts; 2 lunches; 3 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 unless a withdrawal notification is received by end of the business day on Monday, August 18. Registration may be transferred, if needed, by calling 701.777.3000.  
To make the trip possible, we must have a minimum of 38 people by Monday, August 2.  
Deadline for registration: Friday, August 22. If space allows, later registrations will be taken.
Comprehensive Energy Tour (OLLI Members Only)
May 28 - 30

Expert on Board: Drew Combs - Veteran OLLI Instructor (Bio on page 12)

Join Drew Combs for a day-long guided tour of North Dakota’s energy corridor. The tour host will provide an ongoing commentary about what you’ll be seeing right out the window as we go through the oil patch, coal country, and wind farms. Hear about the nuts and bolts of energy development and consider the philosophical implications of energy development for our great state. The tour will include a stop at a “man camp” where we’ll eat like oil workers do. We’ll also enjoy on-board visits from various special guests who have vested interests in our energy sector. Prepare for a vigorous and stimulating day with moderate physical activity.

Absolutely NO refunds unless a withdrawal notification is received by end of the business day on Monday, May 12. Registration may be transferred, if needed, to another OLLI member by calling 701.777.3000.

To make the trip possible, we must have a combined minimum from Grand Forks and Bismarck of 50 people by , Monday, May 12. Deadline for registration: Friday, May 16. If space allows, later registrations will be taken. Members should dress in very casual and comfortable layers and wear good, sturdy shoes.

GRAND FORKS
Fee includes travel in deluxe motor coach; snacks, meals and lodging. It DOES NOT include personal incidentals or alcohol beverages.

Wednesday, Thursday, Friday, May 28, 29 & 30
Single - $395 - Session#: GF-0002S
Double - $320 - Session#: GF-0002D
Triple - $250 - Session#: GF-0002T
Depart: Wednesday, 1:00 pm, Pilot Flying J Travel Center • 4401 32nd Ave. S, Grand Forks. North west parking lot. Please arrive no later than 12:40 pm.
Return: Friday, 5:00 pm (approximate)

BISMARCK
Fee includes travel in deluxe motor coach; snacks and meals. It DOES NOT include personal incidentals or alcohol beverages.

Thursday, May 29 - $140 - Session#: BIS-1002
Depart: Thursday, 8:00 am, BSC NECE, lower level, entrance Door D. Please arrive no later than 7:45 am. Return: Thursday, 6:30 pm (approximate)

Folklorama Festival By Judy’s Leisure Tours, Inc.

Wednesday - Friday, August 13 - 15
3 Day Tour - $640 per person/double

This escorted tour includes deluxe motor coach travel, luggage handling with 2 nights accommodations and 2 breakfasts, 2 lunches, and 2 ethnic dinners. Tour highlights include:
• 6 Pavilions - Ethnic Dinner and entertainment
• Assiniboine Park & Zoo Polar Bear Exhibit (Journey to Churchill)
• Rural Manitoba Experience

View tour details at Judylt@cableone.net. To book your reservation, please call 701-232-3441 or 1-800-598-0851.
FREE ACTIVITIES

OLLI@The Movies
FREE to OLLI members! • Pre-registration REQUIRED
Max 40 people

UND Campus, REAC 1, Main Floor Classroom
4201 James Ray Drive, Grand Forks - Requires parking permit (pg 14)

Philomena (2013) - When Irishwoman Philomena Lee gave birth to her son in 1952, the boy was taken from her by the Catholic home for unwed mothers to whom she had been consigned, and adopted out to a family in America. Accompanied by a former BBC correspondent in search of a human interest story, Philomena travels to Washington, D.C. in an attempt to find her now-grown child. Cast: Dame Judi Dench and Steve Coogan.

Session#: GF-0003 • Tuesday - June 10 • 1:00-3:00 pm (end time approximate)

12 Years a Slave (2013) - Solomon Northup, a free black man living with his wife and children in New York in 1841, is tricked by slave traders into traveling to Washington, D.C., where he is kidnapped and sold into slavery. Sent to Louisiana, he experiences the violence and degradation of life as a slave while clinging to the hope that he will someday regain his freedom. Cast: Chiwetel Ejiofor, Michael Fassbender, Paul Giamatti and Brad Pitt.

Session#: GF-0004 • Tuesday - June 24 • 1:00-3:00 pm (end time approximate)

Nebraska (2013) - Woody Grant is an obstreperous, hard-drinking man, now elderly and confused, who becomes convinced by a magazine sweepstakes mailer that he has won a million dollars. When he persists in leaving his Montana home in an attempt to walk to Lincoln, Nebraska, and claim his prize, his son David takes him on a road trip that will revisit the sites of his father’s youth. Cast: Bruce Dern, Will Forte, June Squibb and Stacy Keach.

Session#: GF-0005 • Monday – June 30 • 1:00-3:00 pm (end time approximate)

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 are welcome to attend.

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

Special Interest Group: Coffee with the Presidents
Read anything on George Washington to share with others at the discussion. This group meets the last Thursday of every month.

Thursday, May 29 • 7:00 pm • Culvers • 3451 32nd Ave. S, Grand Forks
No registration necessary. For more info, call Betty at 701-772-0932
Physics For Fun!  

Instructors: Dr. Kanishka Marasinghe, Dr. Richard (Li-Chun) Tung, Dr. Yen Lee Loh (Bios on page 12)
Physics For Fun??  Absolutely! OLLI members will have fun in this science course... Topics include Nuclear Fusion: The Holy Grail of Energy Science with Dr. Kanishka Marasinghe, June 3: Today’s nuclear power plants rely on nuclear fission, where heavy atomic nuclei are broken into smaller nuclei to release their energy. Nuclear fission reactors produce radioactive waste and can be dangerous in the event of an accident, as we have seen with Chernobyl and Fukushima. In contrast, nuclear fusion, where light nuclei are combined into heavier nuclei, promises to be a source of safe and clean energy that is almost unlimited. Nuclear fusion happens naturally at high temperatures and pressures such as those in the Sun, but how can we recreate those conditions on Earth to make a practical fusion reactor? Dr. Marasinghe will discuss the state of the field and the challenges it faces. Physics for Everyday Life with Dr. Richard (Li-Chun) Tung, June 17: Do you know how to whip a tablecloth off the table without upsetting the dishes, balance three forks on a glass, blow on an egg in an egg cup to flip it, turn a beer glass into a lens, or inflate a balloon with a candle? In this session Dr. Tung will demonstrate his collection of bar tricks and explain the science behind them. Physics of Sound & Music with Dr. Yen Lee Loh, June 24: What makes a bowed violin string so different from a plucked guitar string? What makes an oboe sound so different from a clarinet? How has the technology of music recording progressed from vinyl records and cassette tapes to compact discs and other digital media? Come explore these questions and others with Dr. Loh in an interactive session. If you wish, you may bring your own instrument and examine the waveform and spectrum that it creates!

$40 - Session#: GF-0006 • 3 Tuesdays, June 3, 17 & 24 • 5:00-7:00 pm
UND Education Building, Room #114 • UND Campus, 231 Centennial Drive
Requires parking permit (pg 14)

Birds on Parade

Instructor: Heidi Hughes (Bio on page 12)
Education and Outreach Coordinator for the Middle-Snake-Tamarac Rivers Watershed District

Attracting Wildlife to Your Yard
Wednesdays, June 4 & 11 • 9:30-11:30 am
Everyone wants to see Northern Cardinals, Scarlet Tanagers and Eastern Bluebirds, right? Why aren’t they coming to your yard? And what about those unwanted creatures you’d rather not see? Heidi has been in the business of attracting wildlife since 1990, when she opened her first backyard wildlife supplies store. She’ll provide tips on how to get the animals you want to see - while getting the most for your money. You will learn how to outwit squirrels at bird feeders and have fun hand-taming chickadees and hummingbirds. She has written several publications for the US Fish & Wildlife Service about backyard wildlife and she’s co-author of The Expert’s Guide to Backyard Bird Feeding. She knows the wildlife of the Red River Valley - and what it takes to get them to visit - and stay - in your yard.

In Their Best Plumage - Field Day - Wednesday, June 25 • 8:00-3:00 pm (end time approximate)
Did you know...Northwestern Minnesota is the only place in the United States where you can experience the Aspen Parkland biome, which according to the Partners in Flight International Bird Conservation Plan, “harbors more species of breeding birds than any other physiographic area on
Oneness of All Life: An Exploration of Mindful Living

Instructor: Dr. Gretchen Graf - Veteran OLLI Instructor (Bio on page 12)

This class will explore ways of thinking and acting which connect us with the deep center of our lives. Using the work of Eckhart Tolle, we’ll explore the difference between living with our ego in charge and living from a sense of connection with all life. Expect exploration of some big ideas, some simple exercises to try out the concepts, and lots of conversation about how this might be helpful in daily living. Some students may want to purchase either A New Earth: Awakening to Your Life’s Purpose or the condensed form of that book called Oneness with All Life: Inspirational Selection from A New Earth. Both are by Eckhart Tolle. Books are not required.

$50 - Session#: GF-0008 • 4 Wednesdays, June 4, 11, 18, 25 • 4:00-6:00 pm
The Chapel at Good Samaritan Society - Heritage Grove
2122 River Road NW, East Grand Forks

All in One Sack: Humor & Tragedy in the Life of Germans From Russia

Instructor: Ron Vossler - Veteran OLLI Instructor (Bio on page 12)

If you like your history mixed with humor, this is the course for you. During this course we will study both the humor and the various tragedies of the Germans from Ukraine (Russia), who settled in the Central Dakotas. You will hear prairie jokes and humorous anecdotes and stories, some made public for the first time; and you will also learn about at least two of the worst human rights tragedies of the twentieth century, the Holodomor of 1933, and the Holocaust. With Ukraine in the news we will also take some time to look at events occurring there. Each session we’ll alternate, one hour humor, one hour tragedy, and proceed that way for the rest of the sessions.

$50 - Session#: GF-0009 • 4 Thursdays, June 5, 12, 19, 26 • 10:00 am-Noon
UND Campus, Gustafson Hall, Lower Level • 3264 Campus Road, Grand Forks
WEST entrance from parking lot. Requires parking permit (pg 14)
Landscaping from Scratch

Instructor: Roger Wagner (Bio on page 12)

If you just built a new home or in the progress of a landscape make-over, visions of a manicured lawn and beautiful, healthy flowers are most likely dancing in your head…but wait! What’s the most important task you do first? What trees and bushes should you buy and where do you plant them? Does the grass go in first, or do you plant the trees and bushes first?? So many questions, so little time, winter will be here before we know it!! ARG!!! Don’t despair, Roger will answer those questions and more. Please arrive no later than 12:45 pm.

$50 - Session#: GF-0010 • 4 Thursdays, June 5, 12, 19, 26 • 1:00-3:00 pm
Meet at Wagner’s Landscaping, Inc • 23417 370th Ave. SW, Fisher, MN Hwy #2, 12 miles East of East Grand Forks & 1 mile south of Fisher’s Landing rest area. Please arrive no later than 12:45 pm.

IMPACT (International Movement Promoting Assault Contravention Training)

Instructor: Kay Mendick - Veteran OLLI Instructor
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.

Sponsored in part by the Red River Valley Motorcyclists • Course Open to Women 18 & Older

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 and effective self-defense skills. It’s very important to attend all sessions as it is so much more than a physical self-defense class. Although the course is very physical, it is also emotionally intensive. The very first night you will be learning ways to protect yourself emotionally, and the physical activities will follow. Therefore, it’s important to attend all sessions.

Member - $35 (Must indicate on registration form if you require a temporary parking permit)
Session#: GF-0011

UND Student/Staff/Faculty - $55
Session#: GF-0011ST

Non-Member - $75 (Includes 4-day temporary parking permit)
Session#: GF-0011NM

4 Thursdays, June 5, 12, 19, 26 • 5:00-8:00 pm
UND Campus, Hyslop Sports Center • 2751 2nd Ave. N • Grand Forks
Enter through the SW door, go to 3rd floor. Max 14 people/Min 8 people
Requires parking permit (pg 14)
The Legend of the World Savior - Christ in World Religions and Mythology

Instructor: Kalai Strode - Veteran OLLI Instructor (Bio on page 12)

Christians, Muslims, Hindus, Buddhists and Jews make up 73% of the world’s population or 5.3 billion people. Each religion, shares a common element - that of the belief in a future savior, deliverer, victor, and rescuer. For Christians, this savior is Jesus Christ. For Shiite Muslims it is the 10th Imam. For Hindus, the 10th Avatar of Vishnu known as Kalki. For Buddhists, this savior is the Maitreya, the Future Buddha. For Jews, it is the Messiah. We will investigate the origin of this expectation of a future savior by a comparative study of the ancient religions of Egypt, Persia, Polynesia, Central America, and India; reveal the formerly invisible role which archeo-astronomy played in this legend; the role of the anti-savior in the destruction of the Hawaiian and Aztec cultures; and the consequences of the savior legend in today’s modern world.

SPECIAL EVENTS

Nutritional Health Problems in the United States

Presenters: Dexter and Betsy Perkins (Bios on page 13)

The obesity epidemic in this country is very scary. In less than 40 years, the prevalence of obesity in the U.S. has increased by over 50%, so that two out of three adults are now overweight or obese. Even worse, the obesity epidemic is rapidly spreading to our children. But, there are other health problems, too, that may be related to what we eat. Heart disease, ADHD, various forms of cancer, and many other threats can be traced to nutrition. What’s driving it, who’s at the wheel and how can we stop the bus? Join fellow OLLI members as they gather to get a better understanding of this epidemic, which foods are truly healthy and nutritional, and learn the differences of natural, organic and factory processed foods.

Ethiopia Reads

Presenters: Anne Walker & Jill Shafer (Bios on page 13)

In January 2014, UND scholars Jill Shafer and Anne Walker, traveled to Ethiopia to participate in a program called Ethiopia Reads, which originated in Grand Forks. Ethiopia Reads is a nonprofit organization that works to improve literacy throughout Ethiopia. So far the organization has created 61 libraries and 5 kindergartens. While they spent much of their time in Addis Ababa, Ethiopia’s capital, they also traveled to the rural and highly impoverished area called Kembata-Tembaro, which is located in the Southern United Tribes Region. Jill and Anne intend to use the experience as a research opportunity and publish what they learned. They are anxious to share their amazing 22 day, life-changing trip with OLLI members.
Creating Positive Relationships through Effective Communication

Presenter: Jon Green (Bio on page 13)

This session provides participants the opportunity to learn just how often our well intentioned communications actually creates defensiveness and resistance in others instead of cooperation. This session has the potential to positively change participant’s relationships with colleagues, family, friends and loved ones. Participants will leave this session with specific tools that they can apply in their communications and relationship building efforts.

$15 - Session#: GF-0015 • Monday, June 16 • 3:00-5:00 pm
UND Campus, REAC 1, Main Floor Classroom • 4201 James Ray Drive, Grand Forks
Requires parking permit (pg 14)

10 Tips to Save Money, Be More Comfortable and Make Your Home More Energy Efficient

Presenter: Jason Schaefer (Bio on page 13)

Learn how home energy improvements can help reduce energy bills and make the home more comfortable. Home Energy Service can help homeowners with home improvement projects, answer questions and discuss home energy use and issues with their home.

$15 - Session#: GF-0016
Monday, June 23 • 1:00-3:00 pm
UND Campus, REAC 1, Main Floor Classroom • 4201 James Ray Drive, Grand Forks
Requires parking permit (pg 14)

Christmas in June...

Presenter: Leah Byzewski (Bio on page 13)

That’s right, we’re talking about Christmas! This presentation will address the origin of our most familiar Christmas traditions and how they evolved over time. How have different cultures celebrated the holiday and what is the true meaning of the season? From pre-Christian Europe to the present, people have celebrated and feasted in December. We will discuss how “our” Christmas is connected to Christmas’ past. Please arrive no later than 4:45 pm.

$15 - Session#: GF-0017 • Monday, June 23 • 5:00-7:00 pm
Myra Museum • 2405 Belmont Road, Grand Forks Max 16 people

Nutrition & Today’s Produce

Presenter: Rick Hogan (Bio on page 13)

Discussion will include how to select fruits and vegetables, proper handling of produce once you bring it home, and how to keep it all fresher longer, resulting in healthy eating.

$15 - Session#: GF-0018 • Tuesday, June 3 • 1:00-3:00 pm
Hugo’s • 1750 32nd Ave. S, Grand Forks Max 20 people
Please arrive no later than 12:45 pm.
Memory Loss, Dementia & Alzheimer’s Disease

Presenter: Ashley Magner (Bio on page 13)

This presentation covers information regarding normal age-related changes, signs and symptoms of Alzheimer’s disease. It will also include related dementias, how Alzheimer’s affects the brain, risk factors, diagnosis, stages of the disease, treatment, and hope for the future. Ashley will also provide plenty of time for questions.

$15 - Session#: GF-0019 • Tuesday, June 10 • 9:30-11:30 am
UND Campus, REAC 1, Main Floor Classroom • 4201 James Ray Drive, Grand Forks
Requires parking permit (pg 14)

TOURS

UND College of Nursing and Professional Disciplines

$10 - Session#: GF-0020 • Tuesday, June 3 • 10:00 am-Noon (end time approximate)
430 Oxford Street, Grand Forks • First Floor, Room #103  Max 16 people
Requires parking permit (pg 14) Please arrive no later than 9:45 am.

UND Forensic Clinical Practice Facility

$10 - Session#: GF-0021 • Wednesday, June 18 • 1:00-3:00 pm (end time approximate)
1451 44th Ave. S, Grand Forks (The free standing building behind the Stadter Center)
Max 10 people Please arrive no later than 12:45 pm.

SHORT FIELD TRIPS

At Home with Otto Aaland & His Art

Travel with fellow OLLI members to Northwood to visit with Otto Aaland and see up close his exquisite wood carving and beautiful handmade furniture. We’ll enjoy lunch together first before traveling to Otto’s home. Van transportation is included in fee. Lunch is Dutch treat.

$45 - Session#: GF-0022 • Tuesday, June 17 • Depart at 10:30 am
Depart from the Pilot Flying J Travel Center, 4401 32nd Ave. S., Grand Forks, northeast parking lot. Return approximately 3:30 pm (end time approximate) Min 8/Max 10
Please arrive no later than 10:15 am.

“Rachel Calof: A Memoir with Music”

Day trip to Devils Lake to tour the Lake Region Heritage Center, tour the Sons of Jacob Cemetery (Rachel’s family), enjoy dinner together before attending the theater play at 7:30 pm. It is the life story that Rachel Calof wrote about herself, beautifully performed by her descendent, Kate Fuglei. Rachel Bella Calof was one of the early homesteaders in the Jewish settlement of “Garske County,” arriving in 1894 and wrote about her life experience in 1936. NOTE: This is going to be a late night since the play begins at 7:30 pm. Van transportation, dinner and theater tickets are included in fee.

$95 - Session#: GF-0023 • Friday, June 20 • Depart at 12:30 pm
Depart from the Ramada Inn, I-29 & U.S. Hwy., 2, Grand Forks, southeast parking lot. Return 10:30 pm (end time approximate) Min 8/Max 10 people
Please arrive no later than 12:15 pm.
INSTRUCTORS

Drew Combs - Comprehensive Energy Tour, page 4
Drew is the Director of Minerals Management Division (ND Land Department). He has a BS degree in both political science and history. Drew has worked worldwide within the oil and gas industry in various capacities, often under extreme work environments (climate, conflicts and political unrest).

Dr. Kanishka Marasinghe - Physics for Fun, June 3, page 6
A professor in the Department of Physics and Astrophysics at UND whose research includes atomic structure of novel materials and magnetism under extreme conditions.

Dr. Richard Tung - Physics for Fun, June 17, page 6
Dr. Tung is an assistant professor in the Department of Physics and Astrophysics at UND. He earned his Ph.D. from the University of California, Riverside, and he held postdoctoral positions there and at the National High Magnetic Field Laboratory in Florida. Dr. Tung has established a Solid State Optics laboratory at UND equipped with a Fourier Transform Infrared (FTIR) interferometer and liquid helium cryostat. His current research interests include magneto-optical, transport, magnetic, thermal, and dielectric studies in various solid state systems.

Dr. Yen Lee Loh - Physics for Fun, June 24, page 6
An assistant professor in the Department of Physics and Astrophysics at UND, he does theoretical and computational research on superconductors, magnets, materials, devices, and ultracold atomic gases. In his spare time he enjoys playing music; he has written about five hundred pages of music including eight complete piano sonatas and a string quartet.

Heidi Hughes - Birds on Parade, page 6
Heidi has chased after birds from the Amazon to the Andes. She’s birded with some remarkable people, among them King Hussein and Queen Noor, and President Jimmy Carter and his wife Rosalyn. She’s also led birding, bat and nature tours for the Smithsonian Associates Program. She has participated in citizen-science projects and knows first-hand the thrill of discovery outdoors.

Dr. Gretchen Graf - Oneness of All Life, page 7
Dr. Graf has led conversations about spiritual matters for OLLI a number of times. She currently works as Director of Resource Development for Good Samaritan – Heritage Grove (East Grand Forks). Over the years she has been a teacher, pastor, mom, gardener, crafter, reader, and spiritual companion.

Ron Vossler - All in One Sack, page 7
Ron is an award-winning writer and scholar with numerous publications, including books and films, as listed on his website, www.ronvossler.com. In demand on the lecture circuit, his presentation topics include such diverse topics as ethnic humor, memoir writing, documentary film making, and family, local and regional history. Ron’s next book “Hitler’s Basement” will be available July 2014 from his website.

Roger Wagner - Landscaping from Scratch, page 8
Roger started his horticulture career in 1975 when he began teaching at the University of Minnesota – Crookston. He taught and chaired the horticulture department for 30 years before retiring in 2005. He received several awards throughout his teaching career including the UMC Distinguished Teaching Award, the Bronze Award from the Minnesota State Horticultural Society and the John Tate Award for Excellence in Undergraduate Advising and the Emeritus Award for his outstanding contributions in horticulture. While teaching at UMC, Wagner also owned and operated Wagner’s Landscaping; founded in 1979 as a small landscape operation.

Kalai Strode - The Legend of the World Savior, page 9
Kalai has a B.A. Degree in Oriental Languages from U.C.L.A. and a Masters Degree in Asian Studies from the East West Center, University of Hawaii. He spent his junior year in college at International Christian University in Mitaka, Japan. He was a guide at the 1970 Osaka World Expo and was a translator for the NHK news reporters from Japan at the Los Angeles 1984 Olympics.
Dexter and Betsy Perkins - Nutritional Health Problems in the United States, page 9

Dexter has been a professor of geology at the University of North Dakota since 1981. He regularly teaches classes about rocks and minerals, and environmental science. Perkins has published more than 100 scientific articles and 4 books. In 2011 he was recognized as the North Dakota Professor of the year by CASE and the Carnegie Foundation for the Advancement of Teaching. Betsy has worked at Amazing Grains, the Grand Forks cooperative natural food store, for more than 2 decades. For most of that time, she was the coop’s general manager. During her years at the helm, the coop grew significantly – today the sales are 10 times what they were when Betsy started. Last year she stepped down as manager and currently manages the coop’s finances.

Anne Walker and Jill Shafer - Ethiopia Reads, page 9

Dr. Anne Walker began her career teaching English as a Second Language (ESL) as a Peace Corps volunteer in the Marshall Islands. After completing her Masters at Boston University, she next taught middle school ESL on the Navajo reservation in New Mexico for three years. After completing her Ph.D. in Literacy Education at the University of Wisconsin-Madison, she began teaching at the University of North Dakota, where she specializes in Literacy Education and English Language Learners. Her work as a teacher trainer has taken her to Saudi Arabia, Russia, Taiwan and most recently Ethiopia. Dr. Jill Shafer holds a Ph.D. in Adult and Extension Education from Texas A&M University. She is a faculty member of the University of North Dakota Department of Teaching and Learning and director of the graduate on-line M.Ed. and Certificate Program in English Language Learner Education. She has been in the field of ELL Education since 2000, teaching English in Uzbekistan, Adult English language learners in the U.S., and directing an Intensive English Program located on the University of North Dakota campus.

Jon Green - Creating Positive Relationships, page 10

Jon is currently the Executive Director of Altru Health Foundation, has 24 years of professional health care experience with Altru Health System of Grand Forks, ND. He is a nationally certified Service Quality trainer, Communications trainer, Sales Management trainer and regionally recognized professional speaker and trainer specializing in human behavior topics.

Jason Schaefer - 10 Tips to Save Money, page 10

Jason is the coordinator for 401(e) Home Energy Service that offers home energy improvement services to Grand Forks area residents. It is also a local sponsor of the national Home Performance with ENERGY STAR program.

Leah Byzewski - Christmas in July...June! page 10

Leah is a native of Grand Forks, graduating from Red River High School and the University of North Dakota with a degree in History. Leah volunteered to be a tour guide at the Grand Forks County Historical Society in 1993 and became the director in 2003. This summer, Leah will celebrate 21 years with the Society.

Rick Hogan - Nutrition and Today's Produce, page 10

Rick began his career with Hugo’s 41 years ago and worked in many different positions learning the business. During that time he has been Produce Manager in addition to being a Produce Supervisor to 10 Hugo locations. In 2013 he was recognized nationally when he received the United Fresh Produce Retail Manager of the Year Award and in 2014, Rick was promoted to Hugo’s Produce Education Director.

Ashley Magner - Alzheimer’s, Dementia & Memory Loss, page 11

Ashley is a Regional Care Consultant with the Alzheimer’s Association Minnesota-North Dakota providing services to Regions 3 and 4 in Eastern North Dakota. Ashley is a Foundations of Dementia Care Master Trainer and provides care consultation and education services to caregivers, families, professionals, and the public.
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, a map of the UND campus, buildings and parking lots can be found on this page. **To park in these lots, you must have a permit.** Please see below for OLLI@UND parking permit information. **PLEASE NOTE: When attending a class at REAC 1, a parking permit is required.**

There is limited free parking in the immediate area of UND. Members using street parking can expect to walk up to three or four blocks. Some campus parking lots have metered parking that you may use. For a map of the entire UND campus, go to: www.UND.edu/map.

**PERMIT:** An alternate choice is to purchase a special annual OLLI@UND parking permit for $25. This will entitle members to park in any S, A or G lot on campus while taking an OLLI class or attending an OLLI special event. If you purchase an OLLI parking permit beginning with the 2014 Summer OLLI semester, it will be valid from June 2, 2014 to June 2, 2015. To obtain a special OLLI@UND parking permit, select the appropriate box when you register for membership/courses and a permit will be sent to you. UND Parking Services requires you to display a valid UND parking permit 24/7 when parking on campus, or you will be ticketed. Unfortunately, a handicapped tag will not be accepted as a substitute permit, nor will any parking permit guarantee an open spot.

The city of Grand Forks offers transportation through Senior Rider at 701.787.9120. Door-to-door service is approximately $3.00 each way. Senior Rider transportation fare assistance is available to low income residents of Grand Forks County who are 60 years and better. Please contact GGF Senior Center Outreach Department for more information and current pricing at 701.772.7245.
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.
Fee structure:
• An annual membership at $35,
• 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.

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.

Scholarships
OLLI@UND offers scholarships (membership fee) 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).

Classroom Decorum
If, in the opinion of the instructor or class members, a student interferes with the goals of learning, he or she may be asked to leave the class and ultimately may not be able to continue his or her affiliation with OLLI@UND. Remember to turn off cell phones and other electronic devices when you are in class.

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.

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 UND.edu/olli/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.
FREE ACTIVITIES

OLLI@The Movies

FREE to OLLI members! • Pre-registration REQUIRED • Max 100 people

BSC Campus, National Energy Center of Excellence • 1200 Schafer St., Bismarck
Basin Auditorium, 3rd Floor Vending machines available on 1st floor in Room 115.

Saving Mr. Banks (2013)

When Walt Disney sets his sights on obtaining the rights to the children's classic "Mary Poppins," he reaches out to the book's author, P.L. Travers, only to find that she proves a tough nut to crack.

Cast: Tom Hanks, Emma Thompson, Colin Farrell & Paul Giamatti.

Session#: BIS-1003 • Thursday, June 5 • 1:00-3:00 pm (end time approximate)

12 Years a Slave (2013)

Solomon Northup, a free black man living with his wife and children in New York in 1841, is tricked by slave traders into traveling to Washington, D.C., where he is kidnapped and sold into slavery. Sent to Louisiana, he experiences the violence and degradation of life as a slave while clinging to the hope that he will someday regain his freedom.

Cast: Chiwetel Ejiofor, Michael Fassbender, Paul Giamatti and Brad Pitt.

Session#: BIS-1004 • Wednesday - June 25 • 1:30-3:30 pm (end time approximate)

Nebraska (2013)

Woody Grant is an obstreperous, hard-drinking man, now elderly and confused, who becomes convinced by a magazine sweepstakes mailer that he has won a million dollars. When he persists in leaving his Montana home in an attempt to walk to Lincoln, Nebraska, and claim his prize, his son David takes him on a road trip that will revisit the sites of his father's youth.

Cast: Bruce Dern, Will Forte, June Squibb and Stacy Keach.

Session#: BIS-1005 • Monday – June 30 • 1:00-3:00 pm (end time approximate)

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 are welcome to come. The group typically meets at 1:00 pm each Wednesday.

Bismarck Public Library • 515 N 5th St.
No registration necessary. Call Sonvy at 701-222-0514 or email at smrgs@midco.net for more information.
Gangs in North Dakota

Presenter: Baily Kruger, Criminal Intelligence Analyst with the North Dakota State and Local Intelligence Center.

Although North Dakota’s gang situation is different from those of metropolitan areas, the beginning phases of a potentially serious gang problem have been identified across the state. The presence of at least 30 gangs has been identified and may pose a serious threat if left unaddressed.

FREE to OLLI members

Session#: BIS-1006 • Thursday, June 19 • 2:00-3:00 pm (end time approximate)
BSC National Energy Center of Excellence, Room 101 • 1200 Schafer St., Bismarck
Max 24 people

COURSES

People of North Dakota

The Love Letters of John Boren
Instructor: Barbara Handy-Marchello - Veteran OLLI Instructor (Bio on page 24)

When M. J. Boren left home for a month in 1896, her husband John sent several letters in which he expressed his love for her and his need for her labor on their farm. The letters offer an unusually intimate look at life and love on a homestead farm. Participants will receive copies of the letters for discussion.

$15

Session#: BIS-1007 • Monday, June 2 • 1:00-3:00 pm
BSC National Energy Center of Excellence, Room 102 • 1200 Schafer St., Bismarck
Max 16 people

Rachel Calof’s Story
Instructor: Barbara Handy-Marchello - Veteran OLLI Instructor (Bio on page 24)

Rachel Calof left us an unusual tale of pioneer experience. A Jewish Russian immigrant, Rachel Calof knew poverty and oppression before coming to America. Her life on the family homestead near Devils Lake was filled with despair and isolation. Calof negotiated her life with intelligence, hard work, and emotional honesty. Through lecture and discussion participants will come to know a remarkable settler.

$15

Session#: BIS-1008 • Monday, June 9 • 1:00-3:00 pm
BSC National Energy Center of Excellence, Room 102
1200 Schafer St., Bismarck
Max 16 people
Apple Creek Plain - Opportunity to Learn
Instructor: Dennis Neumann (Bio on page 24)
Presentation focuses on what we can learn by studying the various uses of the Fort Lincoln/United Tribes site. For instance, in April 1941, the outbreak of World War II, it was converted into an internment camp for U.S. citizens of Japanese and German descent, holding some 3,600 prisoners at its peak capacity. The reference Apple Creek Plain is to the location of the site; we are on a plain up from where the small waterway enters the Missouri River, a site of habitation going back hundreds of years.

$15 - Session#: BIS-1009 • Monday, June 9 • 3:30-5:30 pm
BSC National Energy Center of Excellence, Room 103 • 1200 Schafer St., Bismarck
Max 24 people

Pioneers in ND State Politics - Laura Eisenhuth & Emma Bates
Instructor: Susan Wefald (Bio on page 24)
ND State Superintendent of Public Instruction Laura Eisenhuth was the first woman elected to statewide office in the United States (1893-94), and ND State Superintendent of Public Instruction Emma Bates was the first Republican woman elected to statewide office in the United States (1895-96). There will also be a discussion involving the book Land of Her Own, Women as Homesteaders of North Dakota (1991).

$15 - Session#: BIS-1010 • Monday, June 16 • 1:00-3:00 pm
BSC National Energy Center of Excellence, Room 103 • 1200 Schafer St., Bismarck
Max 24 people

The Adjutant General’s Quarters (Tour)
Instructor: Connie Sprynczynatyk (Bio on page 24)
The Adjutant General’s Quarters at historic Fraine Barracks in Bismarck was originally used as the employee building for the Indian Boarding School. Since 1946, it has served as home for the Adjutant General of the North Dakota National Guard. Learn about the purpose from 1907-37, the fight to repurpose the school’s buildings into headquarters for the North Dakota National Guard from 1937-1944, and changes on the campus that illustrate significant events in our nation’s history.

$10 - Session#: BIS-1011 • Tuesday, June 17 • 1:00-3:00 pm
Map and directions will be emailed/sent to those registered for the tour.

Inside the World of Music: I Always Wondered About That!
Instructor: Scott Prebys - Veteran OLLI Instructor (Bio on page 25)
Scott Prebys, host of Prairie Public’s popular weekday program PREBYS ON CLASSICS, will take the class on a journey exploring the often-neglected elements of music and composers that feed our love for the genre. Designed for non-musicians, these two class sessions will explore topics which will enhance your enjoyment and provide you with a greater appreciation for the listening experience.

$35 - Session#: BIS-1013 - 2 Tuesdays, June 17 & 24 • 5:00-7:00 pm
BSC National Energy Center of Excellence, Room 101 • 1200 Schafer St., Bismarck
Max 24 people
Encounters at the Heart of the World

Instructor: Tracy Potter - Veteran OLLI Instructor (Bio on page 25)

Encounters at the Heart of the World is the title of the first really readable history of the Mandan Indian nation and its trading partners, allies and enemies. It was published just weeks ago by author Dr. Elizabeth Fenn, late of Duke, now University of Colorado, who wrote the highly-acclaimed Pox Americana. Course will draw on her work and Tracy’s own research. There will be a day trip, Tuesday, June 24, to explore the Mandan and Hidatsa sites from Huff to the Knife River Indian Villages National Historic site, with lunch in Washburn.

Course fee - $40 - Session#: BIS-1012
3 Tuesdays, in the classroom, June 3, 10 & 17
10:00 am-Noon
BSC NECE, Room 101 • 1200 Schafer St., Bismarck  Max 24 people

Trip fee - $40 - Session#: BIS-1012R • Day Trip - Tuesday, June 24
Depart 9:00 am, Return 4:00 pm
Depart from BSC NECE, lower level parking lot, entrance Door D. Please arrive no later than 8:45 am. Van transportation and snacks included. Lunch is Dutch treat.

Need not be a student in Tracy’s class to go on this trip; however, you must be an OLLI member.  Min 8/Max 12

Watergate: 40 Years Later

Instructor: Jason Matthews - Veteran OLLI Instructor (Bio on page 25)

This summer marks the 40th anniversary of the resignation of President Richard Nixon. Forty years later, the Watergate scandal continues to shadow American politics. Few events in American history have been as defining and no other has been as destructive to the public’s trust in its political institutions. Now is a perfect time to look back at this seminal scandal in American history. This class will use lecture, discussion, and video to examine the causes and ramifications of the Watergate scandal. We will examine the scandal’s roots, look back at its key figures, and assess its lingering impact on the public, the media, and our nation’s politics.

$50 - Session#: BIS-1014 • 4 Thursdays, June 5, 12, 19 & 26 • 5:00-7:00 pm
BSC National Energy Center of Excellence, Room 101 • 1200 Schafer St., Bismarck
Max 24 people
SPECIAL EVENTS
(End time for all presentations is approximate)

Am I Living in a Desert?
Instructor: Karen Ehrens (Bio on page 25)
Are you living in a food desert? Do you know what a food desert is? Karen will share with you information about the initiatives to end hunger in North Dakota and help you understand food deserts.

$15 - Session#: BIS-1015 • Monday, June 2 • 3:30-5:30 pm
BSC National Energy Center of Excellence, Room 103 • 1200 Schafer St., Bismarck
Max 24 people

The Long Hot Summer of 1964
Book discussion led by Dr. Marie D. Hoff (Bio on page 24)
A 50th Anniversary discussion of the Mississippi Voter Education Project of 1964, based on the book Freedom Summer: The Savage Season that Made Mississipi Burn and Made America a Democracy (Bruce Watson, 2010, Viking/ Penguin Publishers). In 1964 Mississippi was a seething cauldron of racial terror and hatred, a virtual police state, pronounced “insane” by Walker Percy, a leading Mississippi writer. Into this dangerous situation marched hundreds of northern white and black college students (and adult professionals) to work as equals with local black citizens achieve their basic human and civil rights, most notably the right to vote. Some of the participants were murdered (Goodman, Cheney and Schwerner); those who lived were forever changed by their experiences that inflamed a violent summer. Bruce Watson’s riveting narrative includes materials based on his extensive interviews (40 years after the events of 1964), with people who participated in the Voter Registration Project. This is a one-session book discussion group. Participants are expected to read the book beforehand. Discussion questions will be forwarded to participants one week in advance. (Participants are also invited to bring their own topics of interest along to the discussion session, or email them to the discussion leader ahead of time). There will be a 20 minute break for a “bring your own” brown bag supper or snack.

$10 - Session#: BIS-1016 - Monday, June 23 • 5:00-8:00 pm
Please arrive no later than 4:45 pm.
Unitarian Universalist Church • 818 E. Divide Ave., Bismarck (corner of E. Divide & N 9th St)

Telephone and E-Scams, Mail Fraud, Cyber-Phishing
Instructor: Assistant Attorney General, Parrell Grossman (Bio on page 25)
Every year, thousands of people lose money to telephone & e-scams, mail fraud and cyber-phishing — from a few dollars to their life savings. Scammers will say anything to cheat people out of money. Learn best practices that you can apply today to avoid becoming a victim of fraud.

$15 - Session#: BIS-1017 • Tuesday, June 3 • 2:00-4:00 pm
BSC National Energy Center of Excellence, Room 323 • 1200 Schafer St., Bismarck
Max 24 people
The Greatest Navy in the World

Instructor: Robert O. Wefald - OLLI member (Bio on page 25)

This presentation will be an overview of how the USS NORTH DAKOTA will serve in the Navy with other submarines and surface warships, with a discussion of the missions of today’s Navy in terms of power projection and support of our nation’s foreign policy requirements.

$15 - Session#: BIS-1018 • Tuesday, June 10 • 2:00-4:00 pm
BSC National Energy Center of Excellence, Room 101 • 1200 Schafer St., Bismarck
Max 24 people

Armchair Traveler - New Zealand

Instructors: Marc & Margaret Fiechtner - OLLI members (Bio’s on page 25)

The Fiechtners have made biannual, and in later years, annual excursions, to “Godzone” for the past 40-odd years so there are very few nooks and crannies they have missed. Margaret’s father is almost 98, so they have spent far more time in the beautiful South Island where she and her family originate. New Zealand is a truly beautiful country, still largely unspoiled and renowned for the general hospitality of its people.

$15 - Session#: BIS-1019 • Wednesday, June 11 • 5:00-7:00 pm
Please arrive no later than 4:45 pm.
Bismarck Public Schools Career Academy (on the BSC Campus) • Room 217B
1221 College Dr., Bismarck  Max 24 people

Container and Patio Gardening

Presenter: Plant Perfect Expert

Welcome to the world of container gardening. In a world of limited time and space, container gardens seem to make more and more sense. Containers allow you to enjoy growing plants in places that might be thought of as impossible or unthink-able in which to plant. Poor soil or no place to put plants in the ground is no longer an excuse for not being able to enjoy the simple pleasures of gardening. Experts from Plant Perfect will show you how to plant your special garden.

$15 - Session#: BIS-1020 • Thursday, June 12 • 9:00-11:00 am
Plant Perfect • 4615 Ottawa Street, Bismarck Please arrive no later than 8:45 am.
Max 20 people

Climate Change and Weather Perceptions

Presenter: Michael Mathews (Bio on page 25)
National Oceanic and Atmospheric Administration, Bismarck

What is going on with the weather? Winter 2013-2014 was the worst ever...or was it? This presentation will not only be about the climate in North Dakota but all over the world.

$15 - Session#: BIS-1021 • Thursday, June 12 • 2:00-4:00 pm
BSC National Energy Center of Excellence, Room 101 • 1200 Schafer St., Bismarck
Max 24 people
Gastrointestinal (GI) illness is caused by a variety of different microbes and germs and causes a variety of symptoms, such as diarrhea, nausea, vomiting, abdominal pain, abdominal cramps, fever and sometimes headaches, rash and paralysis. The Division of Disease Control monitors and investigates GI illnesses that are spread through food, water, person-to-person contact and contact with infected animals. Alicia will provide North Dakota statistics, disease information and educational materials for at home and at work.

$15 - Session#: BIS-1022 • Thursday, June 19 • 10:00 am-Noon Max 24 people
BSC National Energy Center of Excellence, Room 102 • 1200 Schafer St., Bismarck

Reflexology

Reflexology dates back to 2330 BC. It is a science that deals with the principle that there are reflexes in our hands and feet that correspond to all our organs, glands and body parts. 75% of our health problems can be linked to nervous stress and tension. With Reflexology it can reduce stress, improve circulation and promotes balance. It is not a substitute for medical treatment, but can be used as a complement to it.

$15 - Session#: BIS-1023 • Thursday, June 26 • 1:00-3:00 pm Max 24 people
BSC National Energy Center of Excellence, Room 101 • 1200 Schafer St., Bismarck

Adventures of Birding

Floramay shares her coast-to-coast and North Dakota adventures in the hobby of birding that you can also experience. From local to distant, common to dramatic, free to costly, bird watching has exciting opportunities for everyone.

$15 - Session#: BIS-1024 • Thursday, June 26 • 10:00 am-Noon Max 24 people
BSC National Energy Center of Excellence, Room 101 • 1200 Schafer St., Bismarck

TOURS

CSI - North Dakota

Tour North Dakota’s state of the art crime laboratory. Talk with the scientists who work there about their jobs and the examinations they perform to assist criminal investigations in the state.

$10 - Session#: BIS-1025 • Wednesday, June 4 • 9:00-11:00 am Max 12 people
Meet at the State Crime Lab • 2641 E Main Ave., Bismarck. Please arrive no later than 8:45 am.

Metal Arts/L&H Manufacturing

Metal Arts was established seventy-five years ago in Milwaukee, Wisconsin, in a small two-story foundry and finishing factory. In the beginning casting aluminum letters and seals for the United States Postal Service, that soon expanded to bronze plaques and letters for business, government and organizations. Metal Arts had become a successful business in Milwaukee, employing fifteen.
skilled craftsmen and artisans. It was purchased by L & H Mfg. Co. and relocated to Mandan, North Dakota. Metal Arts has grown to over forty “dedicated” employees, shipping products throughout the United States and around the world. Come take advantage of this behind-the-scenes tour and see how Metal Arts has kept pace with the changes over the years with new technologies.

$10 - Session#: BIS-1026 • Wednesday, June 4 • 1:00-3:00 pm
Metal Arts/L&H Manufacturing • 410 6th SE, Mandan Please arrive no later than 12:45 pm.

Dakota Zoo

The zoo is for big kids, too! Learn about animal classification, habitat and special adaptations of the residents at the Dakota Zoo. Hear from the professionals about their work with the animals. Visit behind-the-scenes to see what really goes on at the zoo. The Dakota Zoo is in Bismarck, North Dakota located on the banks of the Missouri River. It is the third zoo built in North Dakota. The Dakota Zoo is accredited by the Association of Zoos and Aquariums.

$25 - Session#: BIS-1027 • Wednesday, June 4 • 9:00-Noon
Meet at Dakota Zoo • 600 Riverside Park Rd., Bismarck. Please arrive no later than 8:45 am.

Buckstop Junction (Guided Tour)

Buckstop Junction is an historic town established and designed Missouri Valley Historical Society (MVHS). The society was organized in 1992 to preserve the history of the Missouri River Valley and the surrounding area. The town stands on 20 acres and contains actual buildings dating from 1875 to 1935 that were moved to the site by the MVHS. The buildings, with traceable histories in the area, offer visitors a feel for the atmosphere of the area at the turn of the century. Meet your fellow OLLI members at Buckstop Junction for a guided adventure tour into the past.

$18 - Session#: BIS-1028 • Wednesday, June 25 • 9:00 am-Noon
Buckstop Junction • Located at the intersection of Bismarck Expressway & East Main, (south of I-94, Exit #161), Bismarck
Please arrive no later than 8:45 am in front of The Lewis Hotel.

FIELD TRIP

Garrison Dam National Fish Hatchery and Aquarium

The Garrison Dam National Fish Hatchery was originally established in 1957 to provide fish for recreational fishing in new reservoirs created by federal water development projects in the Midwest. Today, the hatchery continues to provide management and production of many freshwater fishes for the Missouri River Dam development projects, National Wildlife Refuges, Native American waters, and state programs of North Dakota. The Visitor Center also brings the hatchery experience alive with aquariums and an interactive touch screen computer that provides information about the Service’s fisheries programs and fish species found throughout the United States. Come prepared for a day of fun and discovery. Dress appropriately for the weather - there may be water on the floors but no special clothes are needed. Fee includes van transportation and snacks. Lunch will be Dutch treat at Knight Bar & Grill in Riverdale.

$45 - Session#: BIS-1029 • Wednesday, June 18 • 8:30-3:00 pm
Depart BSC National Energy Center of Excellence, lower level parking lot, entrance Door D. Please arrive no later than 8:15 am. Max 12 people
Drew Combs - Comprehensive Energy Tour, page 4
Drew is the Director of Minerals Management Division (ND Land Department). He has a BS degree in both political science and history. Drew has worked worldwide within the oil and gas industry in various capacities, often under extreme work environments (climate, conflicts and political unrest).

Barbara Handy-Marchello - Love Letter of John Boren and Rachel Calof's Story, page 17
Barbara Handy-Marchello, Ph.D., retired from the UND History Department in 2006. She is author of Women of the Northern Plain: Gender and Settlement on the Homestead Frontier 1870-1930 which won the Caroline Bancroft Award for the Best Book in Western History, 2005. She is currently researching and writing the new 8th grade curriculum in North Dakota Studies, People Living on the Land.

Dennis J. Neumann - Apple Creek Plain, page 18
Dennis is public information director of United Tribes Technical College – one of the nation’s premier tribal colleges and universities – that serves Native American students and their families with academic, career and technical education and training. He is the husband of Joanie M. Ramey-Neumann (Lakota-Dakota), an enrolled member of the Standing Rock Tribe. Dennis was born and raised in Bismarck, North Dakota and educated in Bismarck’s public schools. Dennis was the first manager of tribal radio station KLND, Little Eagle, South Dakota, where he received the Lakota name, Oyate ta Eyapaha, “Voice for the People.”

Susan Wefald - Pioneers in ND State Politics, page 18
Susan is the former Public Service Commissioner and served on the North Dakota Public Service Commission for 16 years, starting in January 1993. Appointed by Governor Ed Schafer, Susan was then elected 3 times to the office, becoming the first woman to serve on the PSC. She is the author of the book, Spectacular North Dakota Hikes – Bring the Dog, published by the Institute for Regional Studies at NDSU.

Connie Sprynczynatyk - The Adjutant Generals Quarters, page 18
Connie retired from a career of public service last December after 17 years as the director of the League of Cities. She also served 20 years as a Bismarck City Commissioner and 12 years on the city’s Park Board. She now focuses her time with the ND National Guard on issues important to her as well as an initiative by first lady Betsy Dalrymple.

Tracy Potter - Encounters at the Heart of the World, page 18
Tracy is an historian and the author of Sheheke: Mandan Indian Diplomat. He’s President of the Fort Abraham Lincoln Foundation and directed the reconstruction and interpretation of the Mandan village of On-a-Slant for two decades. Potter is a graduate with BA and MA in History from UND.

Scott Prebys - Inside the World of Music, page 19
Scott recently retired from a highly successful 37-year career in higher education. He is the host of the popular Prebys on Classics heard on Prairie Public radio and is a recipient of the Governor’s Award for Excellence in the Arts. Scott is a percussionist who has performed in numerous musical genres in more than twenty states as well as performances at the famed Montreau Jazz Festival (Switzerland). He is a staff member for the Kansas City Jazz Summit and a clinician for the Ludwig Drum Company.

Jason Matthews - Watergate: 40 Years Later, page 19
Jason is a public relations consultant who owns JM Strategies, LLC. He is also an adjunct political science professor with Bismarck State College (BSC). As an OLLI instructor, Jason combines his love of history and politics by teaching courses that touch on U.S. political history, the federal government, and the American presidency. This will be his sixth OLLI course.

Dr. Marie Hoff - The Long Hot Summer of 1964, page 20
Dr. Hoff 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 this discussion about events that changed history.
Karen Ehrens - Am I Living in a Desert?, page 20
Karen, RD, LRD, is a health and nutrition consultant, registered dietitian, and policy advocate. Karen consults with state health and agriculture departments in preventing chronic disease and local foods initiatives, including the Hunger Free North Dakota Garden project. She serves as coordinator for the Creating a Hunger Free North Dakota Coalition.

Parrell Grossman - Ethiopia Reads, page 20
Parrell is the Director of the Consumer Protection and Antitrust Division. CPAT enforces North Dakota’s consumer fraud laws in connection with the sale or advertisement of merchandise.

Robert O. Wefald - The Greatest Navy in the World, page 21
During his career Judge Wefald served as a Naval Officer, Attorney General, and Judge. A native of Minot, Judge Wefald graduated from the University of North Dakota in 1964, after which he received a commission from Navy OCS. He served three years on active duty as a Naval Officer, including six months as a gunnery officer on a guided missile destroyer off the coast of Vietnam in 1966. He continued his service in the Naval Reserve retiring as a Captain in 1991. Judge Wefald then entered into the private practice of law until his election in 1980 as North Dakota’s 26th Attorney General. He was elected a District Court Judge in 1998, retiring in 2010.

Michael Mathew - Climate Change and Weather Perceptions, page 21
A Kentucky native, Michael graduated from Purdue University. His first job was as a meteorologist at the Kentucky Ag Weather Center. Michael has been with the National Weather Service since 2012.

Alicia Lepp - Your GI, page 22
Alicia is an epidemiologist with the North Dakota Department of Health Division of Disease Control. She received a B.S. degree from the University of North Dakota. She has been employed with the North Dakota Department of Health since 2011.

Jean Landsiedel - Reflexology, page 22
Jean’s passion is reflexology! It has been a way that has benefited her with health issues and also a way she can help others.

Floramay Miller - Adventures of Birding, page 22
Floramay has been a “casual” birder for 45 years. During this time she was also a volunteer, pursued a variety of hobbies, had a cake decorating and gingerbread business, and held a variety of employments most recently as an NDSU Extension Agent and Christian Education Director and is still a cake decorating instructor, wife, mother and grandmother.

OLLI Needs Your Help!

OLLI provides great opportunities for lifelong learning! Let’s continue growing this fabulous program! The Osher Lifelong Learning Institute is in need of members. The Program needs to continue growing its member base or it could be in jeopardy of losing its endowment funding and losing the endowment would not allow us to sustain the program as we know it today. If OLLI is to continue as a strong organization and continue receiving the endowment support, it needs to grow and keep its membership base. 500 members is the minimum number allowed for OLLI’s continued funding. We are currently at 542 members. We will be having brainstorming sessions on the same days as the May Showcases to provide input on increasing membership. Please invest in your OLLI! Attend and participate at the brainstorming sessions.

Grand Forks Brainstorming Session - Monday, May 12 - 1:00 - 2:30 pm
REAC Building, 1st floor classroom

Bismarck Brainstorming Session - Thursday, May 15 - 1:00 - 2:30 pm
NECE Building
The majority of courses are held on the Bismarck State College campus at the National Energy Center of Excellence and parking is free. Location addresses are listed in the catalog under each course title. A map of the BSC campus, building and parking lots may be found below.

The CAT (Capital Area Transit) is the fixed route bus system serving Bismarck and Mandan. Seniors, students K-12, and individuals with disabilities pay only $0.50 each way or $20 for a 30-day pass. The CAT stops hourly at College and Schafer on the BSC Campus.

Bis-Man Transit provides 7 days a week, 24 hours per day, door-to-door transportation service for persons who are age 60 or better OR individuals with a disability. Call 701.258.6817 or visit www.bismantransit.com for details.

**NOTE: BSC is under some significant construction beginning in May. Please see construction zone in green in below map. Plan accordingly.**

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**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.
**Membership fee**

- **UND Wellness Cntr. Mmbrshp.–**
  - $180/4 mo. or $480/1 yr.

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

**Total:**

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 for **$35** in **GF** **BIS** (circle one).
- [ ] 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.)

Unless an offering has a Guest Fee located under the title you must be a member to register.

**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 <strong>(Example)</strong></td>
<td>$50</td>
</tr>
<tr>
<td>GF0015</td>
<td>Legacy of Abraham Lincoln <strong>(Example)</strong></td>
<td><strong>FREE</strong></td>
</tr>
</tbody>
</table>

**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.

What is your preferred method to be contacted:

- [ ] e-mail
- [ ] phone
- [ ] cell
- [ ] mail

**Ways to To Register:**

- [ ] Preferred Method
  - [ ] Web: [olli.UND.edu](http://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. 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 enclosed payable to: University of North Dakota

- [ ] CHARGE
  - [ ] Visa
  - [ ] MasterCard
  - [ ] Discover
  - [ ] American Express

Credit Card # ______________________________ Exp. Date: ______________________________

Name on Credit Card: ____________________________________________

**OFFICE USE ONLY:** Order#: ___________________________ Received Date: ___________ Reference#: ___________
2014 Summer OLLI Showcases

Grand Forks
Guest Speaker
Heidi Hughes
Education & Outreach Coordinator for the
Middle-Snake-Tamarac Rivers
Watershed District

Monday, May 12, 2014
4:30 - 6:00 pm
Grand Forks Senior Center
620 4th Ave. S., Grand Forks

Bismarck
Guest Speaker
Robert Wefald
Retired District Judge & Retired Navy Veteran
The Commissioning of the USS North Dakota

Thursday, May 15, 2014 • 11:30 am - 1:00 pm
Room 431, National Energy Center of Excellence
BSC Campus, 1200 Schafer Street, Bismarck