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!

### Table of Contents

- Grand Forks Free Activities ................................................................. 3
- Grand Forks Courses ........................................................................... 4-8
- Grand Forks Special Events ................................................................. 8-13
- 2014 Winter OLLI Showcases ............................................................ 13
- Bismarck Free Activities ..................................................................... 14
- Bismarck Courses .............................................................................. 15-17
- Bismarck Special Events .................................................................... 17-19
- Maps and Parking Information .......................................................... 20-21
- Registration Form ............................................................................ 23

### Membership Benefits

- Explore a broad range of topics in liberal arts, sciences and current events.
- Discover a new passion or explore subjects of longstanding interest.
- Make connections with other OLLI members during courses and activities.
- Keep active, stay mentally fit, and enrich your life!
- Receive discounted pricing.
- 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 year-round or 4 month membership at the UND Wellness Center. Go to our website olli.UND.edu for more information.

### Membership Fees

The goal of OLLI@UND is to provide lifelong learning opportunities for mature learners while being a self-sustaining organization, advised by OLLI members, and supported through annual membership and course fees. We have 3 fee structures:
- An annual membership at $35,
- Early-bird annual renewal at $25,
- Three year membership at $60.
(HUGE savings!)

### Course Fees

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

### Friends and Partners

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

- Culvers
- Hope Covenant Church
- Parkwood Senior Living
- Holy Family Catholic Church
- Sharon Lutheran Church
- EGF Campbell Library
- Altru Health System
- UND Hyslop Sports Center
- UND Women's Center
- REAC 1
- Hughes Fine Arts Center
- EGF City Hall
- UND Bookstore
- UND Center for Innovation
- United Lutheran Church
- ND Dept. of Health
  - Division of Disease Control

And our host institutions:
University of North Dakota
and Bismarck State College
OLLI Offerings In Grand Forks

FREE Activities

OLLI@The Movies

FREE to OLLI members! (Pre-registration REQUIRED)

UND Campus, REAC 1, Main Floor Classroom
4201 James Ray Drive, Grand Forks
Requires parking permit (pg 20)

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

February Feature Movie

Lincoln (2012)

Director Steven Spielberg takes on the towering legacy of Abraham Lincoln, focusing on his stewardship of the Union during the Civil War years. The biographical saga also reveals the conflicts within Lincoln’s cabinet regarding the war and abolition.

Session#: GF-0001
Friday - February 21
12:30 - 2:30 pm

March Feature Movie

Flight (2012)

After his amazing safe landing of a damaged passenger plane, an airline pilot is praised for the feat, but has private questions about what happened. Further, the government’s inquiry into the causes soon puts the new hero’s reputation at risk.

Session#: GF-0002
Friday - March 21
12:30 - 2:30 pm

Special Interest Group: Shakespeare!

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

No registration necessary
Thursday, February 20
1:00 pm
Holy Family Catholic Church
Gather Room
1018 S 18th Ave., Grand Forks

April Feature Movie

The Words (2012)

After finding a brilliant unpublished manuscript in an old briefcase, struggling writer Rory Jansen claims the novel is his work -- setting in motion events that leave him facing an ethical quandary he could never have imagined.

Session#: GF-0003
Friday - April 11
12:30 - 2:30 pm

Yoga for Beginners

Instructor: Roopa Balasubramanian

Roopa is gifting her time to OLLI members! She needs to complete 8+ hours of teaching to receive her Certificate in “Yoga Fit”. Roopa will utilize her Yoga Fit Level 1 training skills to introduce yoga to OLLI members who have not had the opportunity to experience its benefits. The sessions will be 45 minutes long Tuesday and Thursday mornings. Please check dates carefully. This program will provide Roopa the opportunity to perfect her skills in a casual environment while giving the gift of Yoga to an appreciative group. Seasoned yoga practitioners are welcome to attend! Required: Dress in comfortable clothes, bring yoga mat and water.

Roopa Balasubramanian is a trained Physical Therapist with a Bachelors of Physiotherapy degree from India. She has been teaching yoga at the UND Wellness Center since 2012. Roopa is CPR/BLS certified and currently working towards her PT licensure for North Dakota. She has completed 18 contact hours of Yoga Fit – Level 1 Instructor training in November 2013 and has conducted a total of 50 hours of yoga sessions for the diverse populations at UND.

FREE for OLLI members!
Session #: GF-0004
5 Tuesdays and 6 Thursdays
(Please check dates carefully)
1/30, 2/4, 2/6, 2/11, 2/13, 2/20,
2/25, 2/27, 3/4, 3/6, 3/11
10:00 - 11:00 am
Holy Family Catholic Church
Gather Room
1018 S 18th Ave., Grand Forks

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FREE for OLLI members!
Session #: GF-0004
5 Tuesdays and 6 Thursdays
(Please check dates carefully)
1/30, 2/4, 2/6, 2/11, 2/13, 2/20,
2/25, 2/27, 3/4, 3/6, 3/11
10:00 - 11:00 am
Holy Family Catholic Church
Gather Room
1018 S 18th Ave., Grand Forks

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FREE for OLLI members!
Session #: GF-0004
5 Tuesdays and 6 Thursdays
(Please check dates carefully)
1/30, 2/4, 2/6, 2/11, 2/13, 2/20,
2/25, 2/27, 3/4, 3/6, 3/11
10:00 - 11:00 am
Holy Family Catholic Church
Gather Room
1018 S 18th Ave., Grand Forks

Spring Feature Movie

Flight (2012)

After his amazing safe landing of a damaged passenger plane, an airline pilot is praised for the feat, but has private questions about what happened. Further, the government’s inquiry into the causes soon puts the new hero’s reputation at risk.

No registration necessary
Thursday, February 20
1:00 pm
Holy Family Catholic Church
Gather Room
1018 S 18th Ave., Grand Forks

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Session #: GF-0004
5 Tuesdays and 6 Thursdays
(Please check dates carefully)
1/30, 2/4, 2/6, 2/11, 2/13, 2/20,
2/25, 2/27, 3/4, 3/6, 3/11
10:00 - 11:00 am
Holy Family Catholic Church
Gather Room
1018 S 18th Ave., Grand Forks

Spring Feature Movie

Flight (2012)

After his amazing safe landing of a damaged passenger plane, an airline pilot is praised for the feat, but has private questions about what happened. Further, the government’s inquiry into the causes soon puts the new hero’s reputation at risk.

No registration necessary
Thursday, February 20
1:00 pm
Holy Family Catholic Church
Gather Room
1018 S 18th Ave., Grand Forks
**The Downton Abbey Discussion**

Instructor: Ruby Grove (OLLI member and Veteran OLLI Instructor)

Be part of what everyone is talking about. Join us for a discussion of PBS’s award-winning show *Downton Abbey*. This group will start the week of January 6 when season 4 begins. Having watched seasons 1, 2 & 3 is not required but may be beneficial. DVDs for season 1, 2 & 3 are available at the Grand Forks Public Library or streaming on Netflix or other streaming services. Registered group participants may also borrow from Ruby Grove, discussion leader.

*Ruby Grove,* an experienced OLLI instructor and English teacher, has spent sixty years scribbling and teaching and has had her works published in regional magazines and won several writing awards.

**$55**  
Session#: GF-0005  
9 Mondays  
1/6, 1/13, 1/20, 1/27, 2/3, 2/10, 2/17, 2/24, 3/3  
1:00 - 2:30 pm  
UND Bookstore  
775 Hamline St., Grand Forks

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**Art Lecture Series**

Instructors: Professor Kim William Fink, Professor Lucy Ganje, Assistant Professor Helen Otterson and Assistant Professor Crystal Hui-Shu Yang

The University of North Dakota’s Department of Art & Design plays a vital role in the cultural climate in the region. It is the largest and most complete art and design department within this upper plains region outside Minneapolis—as well as being the only art and design department within North Dakota and South Central Canada to offer the terminal (M.F.A.) degree in studio art. The Art Lecture Series will highlight four gifted, highly qualified and dedicated teachers at the Center. Learn about their creative skills, research, publications, passion, and art and design, which are essential components of their daily lives.

**Professor Kim William Fink** has a love for print making, especially with his “new” antique Brisset Star Wheel lithography press and he can’t wait to show it to you! Kim has taught printmaking at the University of North Dakota since 1999. Fink’s art explores issues of comparative culture and what is termed, “cultural memory” implicit as well as explicit. Born and raised in the American West, he is fascinated with its truly postmodern expressions of popular culture.

**Professor Lucy Ganje** has been teaching at the University of North Dakota since 1988. Originally a faculty member with the School of Communication, she joined the Art Department to build a new graphic design program in 2004. In addition to establishing the Art Department’s BFA program in Graphic Design and New Art Media, Ganje is the founder of UND’s Native Media Center and also teaches classes for the Indian Studies Department. Ganje’s research focuses on graphic design as a social and/or political tool. She is also interested in the ethical dimensions of design and design curriculum. Recently she’s been creating art using 400-year-old technology (letterpress), often combining it with digital technology (computers).

**Assistant Professor Helen Otterson** has exhibited throughout the United States and internationally. Her ceramic and glass sculptures have been published in 500 Sculptures, 500 Figures, Clay Times and Ceramics Monthly. Her work is part of the permanent collections at the Museum of Contemporary Craft, Nicolaysen Art Museum, the University of California, San Diego’s Cancer Center, and Eastern Washington University. Helen received a MFA from the University of Miami. She has been an Artist in Residence at the International Ceramic Studio in Kecskemét, Hungary, A.I.R. Vallauris, France, the Watershed Center for the Ceramic Arts in Newcastle, Maine, Contemporary Craft Museum, and Anderson Ranch Arts Center. She has taught at the University of North Dakota since 2012.

**Assistant Professor Crystal Hui-Shu Yang** has taught drawing, watercolor, and art education at the University of North Dakota since 2003. Yang’s early Buddhist theme paintings convey human suffering in this grievous world. She recently started to work on a new series related to the imaginative Buddha land. The Buddhist art of the Mogao Temple (also known as the art of Dunhuang) was created between the 4th and 14th centuries. Yang has drawn inspiration from Dunhuang art since her undergraduate years in Taiwan. Dunhuang, wherein the Western and Eastern cultures met during the medieval era, has symbolic meaning to her.

**$45**  
Session#: GF-0006  
4 Sessions  
1/27, 2/10, 3/18, 3/25  
4:30 - 6:00 pm  
UND Campus, Hughes Fine Arts Center  
3350 Campus Road, Grand Forks  
Requires parking permit (pg 20)

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**Iraqi Culture and Cooking**

Instructor: Wafaa Turbal

From appetizer to the dessert, Wafaa will teach you to how to create a delicious Iraqi feast. Dishes you will help prepare include: Humace and Baba ghanush, Falafel, Chicken Gyro
granddaughter or girlfriend. Together you will learn simple and effective self-defense skills.

Here are comments about the IMPACT course by those who took the class last fall:

“Every female should take this class for their safety and personal empowerment”: “I hope that all women will take this course and influence those in their lives to participate. It’s an opportunity for some to find their voices and for some, to face their fears”: “Best class I have ever taken”: “I am a changed woman, feel empowered and deserving not to be hurt by anyone. I am worth it”: “Young women, all women, take this class! You are worth it.”

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 (Must indicate on registration form if you require a temporary parking permit)
Session#: GF-0008
UND Student/Staff/Faculty - $55
Session#: GF-0008ST
Non-Member - $75 (Includes 4-day temporary parking permit)
Session#: GF-0008NM
4 Mondays
3/3, 3/10, 3/17, 3/24
4:00 - 6:00 pm
University Lutheran Church
2122 University Ave., Grand Forks
Max 15 people

■ IMPACT (International Movement Promoting Assault Contravention Training)

Sponsored in part by the Red River Valley Motorcyclists
Course Open to Women 18 & Older
Instructor: Kay Mendick
(Veteran OLLI Instructor)

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

Here are comments about the IMPACT course by those who took the class last fall: “Every female should take this class for their safety and personal empowerment”; “I hope that all women will take this course and influence those in their lives to participate. It’s an opportunity for some to find their voices and for some, to face their fears”; “Best class I have ever taken”; “I am a changed woman, feel empowered and deserving not to be hurt by anyone. I am worth it”: “Young women, all women, take this class! You are worth it.”

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Member - $35 (Must indicate on registration form if you require a temporary parking permit)
Session#: GF-0008
UND Student/Staff/Faculty - $55
Session#: GF-0008ST
Non-Member - $75 (Includes 4-day temporary parking permit)
Session#: GF-0008NM
4 Mondays
3/3, 3/10, 3/17, 3/24
4:00 - 6:00 pm
University Lutheran Church
2122 University Ave., Grand Forks
Max 15 people

■ Absolutely Amazing Acrylic Painting

Instructor: Jessica Pribula
(Veteran OLLI Instructor)

Interested in learning a new media? Join Jessica Pribula for this hands-on course designed to introduce students to the basics of Acrylic Painting. The course will begin with mixing color, washes, blending and brushwork. Learn to paint shapes to produce more volume and contrast. Both abstract and realistic subject matter will be explored. Prior knowledge is not necessary, as demonstrations will be provided. Supplies are not included in the course fee; however, a supply list (approximately $30) will be available once you’ve registered. All materials need to be obtained before the first class.

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

$55
Session#: GF-0009
6 Tuesdays
1/28, 2/4, 2/11, 2/18, 2/25, 3/4
1:30 - 3:30 pm
Parkwood Senior Living
749 S. 30th St., Grand Forks
Use entrance from south parking lot
Max 20 people
**iPads 101**

**Required:** Members must bring their own iPad

**Instructor:** Lori Swinney (OLLI member and Veteran OLLI Instructor)

Do you already own an iPad and are not sure what to do next? Or, do you want to learn how to use more of its features? Join us for this fun, “hands-on” course to learn what an iPad can do and how to use it. We will work with applications for reading, writing, drawing, picture-taking, creating and connecting. Included are discussions on what to use and how to be secure in your communications using e-mail, instant messaging and social media tools such as Facebook, Twitter, & Instagram.  **Required:** Members must bring their own iPad. Note: People who took iPad 101 last fall and wish to take it again will be put on a waiting list. People who were put on the waiting list last fall will have first chance to enroll in this class.

Lori Swinney is Director of the Center for Instructional & Learning Technologies and an Adjunct Assistant Professor in Educational Foundations and Research at the University of North Dakota. In her position at the Center, she works with faculty integrating technology into teaching, learning and research as well as providing instructional technology support to students, faculty and staff inside and outside of the classroom. Her research interests include the use of social software tools to engage students in developing critical thinking skills in the learning process.

**Cost:** $60  
**Session #: GF-0010**  
6 Tuesdays  
1/28, 2/4, 2/11, 2/18, 2/25, 3/4  
4:30 - 6:30 pm  
UND Campus, REAC 1, Main Floor Classroom  
4201 James Ray Drive, Grand Forks  
Requires parking permit (pg 20)  
Max 16 people

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**Creating a Digital Memoir & Watermarking Photographs**

**Required:** Members must bring their own laptop

**Instructor:** Michael Harvey  
(OLLI member and Veteran OLLI Instructor)

This hands-on course will teach you how to create a DVD that preserves your memory of events such as birthdays, trips, family reunions, OLLI trips, or any other event you want to preserve for yourself and future generations. You will leave with the skills to create a disk of a completed digital memoir, and the skills and software to turn other photographs into DVDs. As an added bonus, you will learn how to add watermarks to your photographs. Participants must be PC literate as there will be no computer training with this course. All instruction is PC based. Start now by uploading 10-30 photographs on a flash drive and bring it to the class.  
**This course requires you to bring your own laptop and mouse if you are not familiar with using the laptop mouse pad.**

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 40 of his DVDs to the Chester Fritz Library Special Collections!

**Cost:** $55  
**Session #: GF-0011**  
6 Wednesdays  
2/19, 2/26, 3/5, 3/12, 3/19, 3/26  
1:00 - 3:00 pm  
UND Campus, Gustafson Hall  
Lower Level  
3264 Campus Road, Grand Forks  
WEST entrance from parking lot  
Requires parking permit (pg 20)

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**Creative Writing**

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

In this class, we will discover how to write about all of the things we have been thinking about for years. We will explore how to be creative in our writing. We will discuss where to get ideas, what techniques to use, and how to put them together. We will talk about different types of creative writing – fiction and nonfiction. The writing process will be put into action so that our sentences will sing and our paragraphs will please.

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

**Cost:** $55  
**Session #: GF-0012**  
6 Wednesdays  
2/19, 2/26, 3/5, 3/12, 3/19, 3/26  
1:00 - 3:00 pm  
UND Campus, Gustafson Hall  
Lower Level  
3264 Campus Road, Grand Forks  
WEST entrance from parking lot  
Requires parking permit (pg 20)

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**Music Therapy**

**Instructor:** Carly Flaagan

You may have heard the inspiring tale of how Congress woman Gabby Giffords re-learned to speak, due to partial credit of music therapy. But what exactly is music therapy? This exciting and informative course will address that question along with many more! Music Therapy is a growing profession in America (and across the world) that serves several populations. In this class, you’ll learn about the populations music
As young men and women danced sans chaperon to the radio or cuddled provocatively in an automobile, their parents and grandparents, as well as social conservatives wondered aloud and in print as to the future of the nation. Rising hemlines, bathtub gin, the “It Girl” and so much more challenged the fabric of the nation. While some simply dove in and enjoyed the spree, others fought back with constitutional amendments, anti-immigration legislation, trials about monkeys and questions about the values of F. Scott Fitzgerald and Ernest Hemingway.

Dr. Kimberly Porter swears the reason she became a historian is to study the 1920s. From her perspective, it was one of the most significant times in American history, a period that defines much of what the nation stands for and upon to this very day.

$60
Session#: GF-0014
6 Thursdays
1/30, 2/6, 2/13, 2/20, 2/27, 3/6
4:30 - 6:30 pm
UND Campus, REAC 1, Main Floor Classroom
4201 James Ray Drive, Grand Forks
Requires parking permit (pg 20)

Did the 20’s Roar?

Instructor: Dr. Kimberly Porter
(Veteran OLLI Instructor)

Did jazz rule? What was the Lindy Hop? Why did people care about Teapot Dome? And what was up with the Ku Klux Klan?

Fiscal Follies (IVN Course)

Instructor: Dr. David Flynn
(Veteran OLLI Instructor)

The U.S. government just went through a shutdown and flirted with default on its debts. Why? In large part, we can look to fiscal policy decisions or indecisions to explain what brought us to the brink. There are international and domestic factors to consider along with national and local considerations too. This class is a guided tour of U.S. fiscal policy that is not meant to scare or frustrate you, but it probably will. This course will also be offered in Bismarck via IVN (Interactive Video Network).

Celebrate What’s Right in the World!

Instructor: Tony Trimarco

Do you celebrate people with different talents, backgrounds and life experiences? How easy it is to celebrate a birthday, a marriage, a
To the Moon!... with Feet Planted Firmly on the Ground!

Presenters: Pablo de León and University Students: Tim Buli, Erica Dolinar, and Travis Nelson

An all-volunteer student crew spent 10 days last fall in a specially constructed Inflatable Lunar/Mars Habitat (ILMH) on a simulated mission, living inside the pressurized inflatable habitat as part of a trial funded by the National Aeronautics and Space Administration (NASA). During the mission, the crew donned the NDX-2 planetary exploration suit—designed and built on campus by a crew of UND faculty, students, and staff from several departments—and driving an electrically powered moon rover. The mission is now a part of UND Space Studies North Dakota Planetary Exploration Initiative. They will talk about their extraordinary experience and discuss the future of the inflatable habitat.

Pablo de León is a UND Space Studies faculty member and the lead investigator on the ND Planetary Exploration Initiative. de León foresees that UND will be testing and working a lot more with NASA as well as with the space industry and international partners to make lunar and Mars missions a reality.

Adam Smith Still Has Much to Teach Us

Presenter: Dr. Jack Russell Weinstein

What a treat for OLLI members to have an opportunity to hear Dr. Weinstein discuss his newest book Adam Smith’s Pluralism: Rationality, Education, and the Moral Sentiments. In this thought-provoking study, Dr. Weinstein suggests the foundations of liberalism can be found in the writings of Adam Smith (1723–1790), a pioneer of modern economic theory and a major figure in the Scottish Enlightenment. While offering an interpretive methodology for approaching Smith’s two major works, The Theory of Moral Sentiments and The Wealth of Nations, Weinstein argues against the libertarian interpretation of Smith, emphasizing his philosophies of education and rationality.

Dr. Jack Russell Weinstein is a Professor of Philosophy at the University of North Dakota and the host of the public radio show, "Why? Philosophical Discussions about Everyday Life" (WHY? Radio for short). He is the author of three books, dozens of articles, and has edited four collections. He was the recipient of the 2007 UND Foundation/McDermott Award for Individual Excellence in Teaching, the top teaching award at his university. He received his Ph.D. in philosophy from Boston University in 1998.

Weinstein was born and raised in Washington Heights, New York City. He is married to Kim Donehower, an English professor, with whom he has a daughter Adina, and a dog, Rosie.

COURSES

SPECIAL EVENTS
U.S. Astronaut Karen Nyberg

You won’t lag behind, because you’ll have the speed.
You’ll pass the whole gang and you’ll soon take the lead.
Wherever you go, you will top all the rest.
- Dr. Seuss, Oh, the Places You’ll Go!

Presenter: Tim O’Keefe

On May 28, UND alum Karen Nyberg, a mission specialist and flight engineer for NASA, launched aboard a Soyuz TMA rocket from Baikonur Cosmodrome in Kazakhstan to the International Space Station (ISS) and was there to witness the historical event. Tim will share his first hand experiences as a NASA insider, both in Moscow and Star City, Russia, and in Baikonur, Kazakhstan in the days leading up to and surrounding Nyberg’s launch. In addition, Tim will discuss some of the various experiments and experiences Karen was part of during her 166 day stay at ISS.

Tim O’Keefe is the Executive Vice President and CEO of the UND Alumni Association & Foundation. A 1971 UND graduate and 4 year hockey letter winner, Tim’s background includes time as a McDonald’s franchisee, bank president, television and radio hockey announcer, and consultant to two major US Corporations.

$10
Session#: GF-0019
Tuesday - February 18
10:00 - Noon (end time approximate)
UND Campus, REAC 1,
Main Floor Classroom
4201 James Ray Drive, Grand Forks
Requires parking permit (pg 20)

Leveraging Faith to End Domestic Violence

Presenters: Drs. Dheeshana Jayasundara (Veteran OLLI Presenter), Randy Nedegaard and Kenneth Flanagan

Religion and spirituality play a vital role in many people’s lives. Where domestic violence (DV) is concerned, religion can be a source of comfort but can also pose a potential barrier. Religious concepts can be misinterpreted to support DV practices (Levitt & Ware, 2006). This is especially true when offenders misinterpret and manipulate religious edicts to justify abuse and to subdue and control their victims. Discussed will be five major religions: Buddhism, Christianity, Hinduism, Islam, and Judaism, along with their main premises, and how each is separately misused by offenders, and the effective strategies that social workers can use with each religion to empower victims. The importance of utilizing appropriate faith-based strategies in conjunction with secular evidenced-based practices for social work and the DV field to effectively assist victims through their journeys of recovery is addressed.

Dr. Dheeshana Jayasundara, Dr. Randy Nedegaard and Dr. Kenneth Flanagan are Assistant Professors in the UND Department of Social Work. Dr. Jayasundara is currently examining issues of domestic violence related to different religions. Dr. Nedegaard, Director of the Masters in Social Work Program, also conducts social work research in the areas of domestic violence and combat-related trauma. Dr. Flanagan is the Director of the Bachelors of Science in Social Work Program and the Gerontology Minor Coordinator.

$10
Session#: GF-0020
Monday - February 24
4:30 - 6:00 pm (end time approximate)
UND Campus, REAC 1,
Main Floor Classroom
4201 James Ray Drive, Grand Forks
Requires parking permit (pg 20)

Prescription and Designer Drug Abuse

Presenter: Sgt. Travis Jacobson

What are we dealing with in this day and age when it comes to prescription drug abuse within our society? And exactly what is a “designer drug?” Disturbing instances are happening all over America and every age group is affected. Sgt. Jacobson will discuss, in-depth, about the abuse of prescription medications and how people are acquiring them in staggering amounts. He will talk about signs and symptoms that a user displays when under the influence of certain medications and how to recognize when someone is suffering from drug addiction.

Sgt. Travis Jacobson is with the Grand Forks Police Department.

$10
Session#: GF-0021
Monday - March 10
10:00 - Noon (end time approximate)
UND Campus, REAC 1,
Main Floor Classroom
4201 James Ray Drive, Grand Forks
Requires parking permit (pg 20)

Sufism

Presenter: Dr. Lucian Stone

Sufism (Islamic mysticism) has played an important and sometimes controversial role in the history of Islamicate civilization, especially with regard to theology, philosophy, literature, social and political action, and aesthetics. This lecture will provide an introduction to Sufism through some of its most powerful poetic expressions (e.g. Farid al-Din ‘Attar and Jalal al-Din Rumi [Maulana]).

Dr. Lucian Stone an Assistant Professor of Philosophy and Religion at the
HIV

Presenter: Shawn McBride (Veteran OLLI Presenter)

Ever since the Human Immunodeficiency Virus (HIV) was discovered it has been a topic of intrigue for many in the private and public health professions. Human Immunodeficiency Virus is a lentivirus that causes acquired immunodeficiency syndrome (AIDS), a condition in humans in where the gradual destruction of the immune system allows life-threatening opportunistic infections and cancers to thrive. The virus has been plagued by myth, fear, and stereotype. This talk will discuss HIV, the virus that causes AIDS, and provide current information and practices utilized to combat the virus and its spread.

Shawn McBride hails from Miles City, MT. He attended the University of North Dakota and graduated in 2007 with a BA in Psychology and a BS in Biology. Prior to working with the North Dakota Department of Health, he worked at the Richard P. Stadter Psychiatric Center as a clinical lead. He has worked with the North Dakota Department of Health for 2½ years as a regional field epidemiologist and has been closely involved in the disease investigation surrounding the tuberculosis outbreak in Grand Forks county.

S10
Session#: GF-0022
Tuesday - March 11
3:00 - 5:00 pm (end time approximate)
UND Campus, REAC 1, Main Floor Classroom
4201 James Ray Drive, Grand Forks
Requires parking permit (pg 20)

Open Your Heart to Healing

Presenter: Jessica Pribula (Veteran OLLI Presenter)

What is Healing Touch? What is the Thought Field Therapy (TFT)? Join Jessica Pribula as she introduces alternative healing techniques, such as Healing Touch and TFT. Basic Techniques will be discussed and demonstrations will be given. For more information on Healing Touch, check out Healing Touch International at http://www.healingtouchinternational.org and for more information on TFT, check out founder Roger Callahan’s website http://www.rogercallahan.com/

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

S10
Session#: GF-0024
Tuesday - March 18

The Airborne Cinderella and the Spy (IVN Lecture)

Presenter: Dr. John Vitton

In the late 1930s, war clouds were forming in the Far East and Hitler was absorbing neighboring countries. Franklin D. Roosevelt was deeply concerned over the possibility of the Japanese fortifying former German possessions in the Pacific. These islands were awarded to Japan after WW I, however they were not to be fortified under a League of Nations mandate. Efforts to determine if the Japanese honored the mandate were rebuffed by the Japanese denying permission to visit the sites. It has been suggested that Amelia Earhart’s circumnavigation flight, which received world-wide publicity, was really designed to overfly and photograph the Japanese possessions, rather than being a publicity event. Amelia Earhart rested at Jacqueline Cochran’s ranch located near Indio, California before her highly publicized flight. Both Miss Cochran and Amelia were good friends from barnstorming days in the 1920s and 1930. Pictorial evidence of Amelia (The Spy) being sworn in as a major in the Army Air Force by General Westover exists. Jacqueline Cochran (The Cinderella) was born in the Florida panhandle in extreme poverty. She became a hairdresser and a practical nurse and learned to fly so she could follow clients from New York to Florida. She was named “Woman Executive of the Year” three consecutive years in the early 1930s. Her barnstorming in the air caught the attention of military officers and she later became prominent during WW II. Miss Cochran was commissioned as the leader of the Woman’s Air Service Pilots (WASP) whose mission was to fly bombers to England for use in that theater of war. After WWII, Jackie
Cochran was the first woman to fly faster than the speed of sound. The lecture incorporates the search for Amelia Earhart by Jackie Cochran and many others and explores many scenarios involving her disappearance. Dr. Vitton and his wife, Mary Lee, were personally acquainted with Miss Cochran, and visited many of the sites in the Pacific where Amelia Earhart was rumored to have been held in captivity. This lecture will also be offered in Bismarck via IVN (Interactive Video Network).

Dr. John Vitton was born in Michigan’s Upper Peninsula and graduated from Michigan Technological University, with a degree in Metallurgical Engineering. He was employed in heavy industry for two years before being commissioned in the U.S. Air Force late in the Korean War. During his 28 years in the United States Air Force, his varied career included serving as the Director of a $50 million Engineering Test Facility (Minuteman Missiles and F4 fighter aircraft), teaching economics at the United States Air Force Academy, flying combat in Southeast Asia with 233 combat missions in two yearlong tours and was highly decorated receiving the Distinguished Flying Cross and 12 Air Metals. Before retiring from the Air Force, he earned his Ph.D. at the University of Nebraska-Lincoln in 1982. Dr. Vitton has been teaching Human Management at the University of Nebraska-Lincoln in 1982. Dr. Vitton and his wife, Mary Lee, were personally acquainted with Miss Cochran, and visited many of the sites in the Pacific where Amelia Earhart was rumored to have been held in captivity. This lecture will also be offered in Bismarck via IVN (Interactive Video Network).

Vaccine Mythinformation

Presenter: Shawn McBride (Veteran OLLI Presenter)

Learn the history on the invention and utilization of vaccines alongside historical epidemiological evidence in support of vaccination effectiveness. Also discussed will be the anti-vaccination movement - turns out it isn’t a relatively new phenomenon. Discover the various myths surrounding modern vaccines as well as educate yourself with evidence based information.

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

$10
Session#: GF-0027
Wednesday - March 26
5:00 - 6:30 pm
Altru Professional Center
South Washington, Grand Forks
(west of Choice Health & Fitness Center)
Use the north entrance, doors #13 or 14

MS - Multiple Sclerosis

Presenter: Roni Sperle

Multiple Sclerosis is an autoimmune disease that affects the brain and the central nervous system. Did you know that MS affects women more than men, or that it is commonly diagnosed between ages 20 and 40, but can be seen at any age? This lecture will help us understand what is known about the disease, the symptoms and the risk factors.

Roni Sperle graduated from the University of North Dakota in 2007 with a master's degree as a family nurse practitioner. She has been employed at Altru Health System since 1997 as a nurse and worked as a nurse practitioner in the neurology department since 2007. She is a...
certified Multiple Sclerosis nurse. Roni works with multiple sclerosis patients and participates in MS research. She also cares for patients with other neurological conditions such as Parkinson’s, headache syndromes, seizure disorders, memory disorders, ALS, etc...

$10
Session#: GF-0028
Tuesday - April 1
4:45 pm
UND Campus, Gustafson Hall
Lower Level
3264 Campus Road, Grand Forks
WEST entrance from parking lot
Requires parking permit (pg 20)
Max 16 people

UAS Civilian Applications

Presenter: Assistant Professor Alan S. Frazier

Since the early 1990s, unmanned aircraft systems (UAS) have operated on a limited basis in the National Airspace System (NAS). Until recently, UAS mainly supported public operations, such as military and border security operations. The list of potential uses is now rapidly expanding to encompass a broad range of other activities. Professor Frazier will provide an overview of UAS civilian applications that will include the establishment of the Red River Regional Air Support Unit, a multi-jurisdictional law enforcement air support partnership. Weather permitting; there will be an opportunity to observe a small UAS flight.

Alan S. Frazier is an Assistant Professor within the University of North Dakota’s John D. Odegard School of Aerospace Sciences. Courses taught include: Public Safety Aviation; Helicopter Aerodynamics; General Aviation Management and Operations; Instrument Regulations and Procedures; and Introduction to Aviation. Professor Frazier also serves as a flight instructor and stage check pilot providing instruction in airplanes and helicopters.

$15
Session#: GF-0029
2 Mondays - 4/7, 4/14
10:30 - Noon (end time approximate)
UND Campus, REAC 1,
Main Floor Classroom
4201 James Ray Drive, Grand Forks
Requires parking permit (pg 20)

Breast Cancer Today

Presenters: Michelle Cooley and Dr. Jackie Roberts

This presentation will discuss BRCA1 and BRCA2 which are human genes that produce tumor suppressor proteins. These proteins help repair damaged DNA. When either of these genes is mutated, the gene does not function correctly. As a result, cells are more likely to develop additional genetic alterations that can lead to cancer. Genetic counseling will be discussed as it is always recommended before and after any genetic test for an inherited cancer syndrome. Genetic counseling usually covers many aspects of the testing process, including: a hereditary cancer risk assessment, the appropriateness of genetic testing, medical implications, the psychological risks and benefits of the genetic results, and the risk of passing a mutation on to children.

Michelle Cooley is certified as a family nurse practitioner by the American Academy of Nurse Practitioners (AANP) and has her certification as a “Breast Care Nurse” through the Oncology Nursing Certification Corporation (ONCC). In Michelle’s 30+ years of experience she has practiced in neonatal, pediatric, women’s health, adult health, medical and surgical as well as critical care nursing over the years. She has also taught at the UND College of Nursing as an Assistant Professor for 15 years.

Dr. Jackie Roberts is a family nurse practitioner and an adult oncology certified nurse practitioner. She practices at two rural/underserved sites and has an understanding of the challenges facing rural health care providers. Dr. Roberts has been a faculty member at UND College of Nursing and Professional Disciplines for 6 years, and serves as the chair of the nursing graduate department and director of the Family Nurse Practitioner Track.

$10
Session#: GF-0030
Monday - April 7
4:00 - 5:30 pm (end time approximate)
Altru Professional Center
South Washington, Grand Forks
(west of Choice Health & Fitness Center)
Use the north entrance, doors #13 or 14

Do You Know Your Thyroid?

Presenter: Vicki Gorder

Did you know the thyroid, a butterfly-shaped gland in the neck, can have a dramatic impact on a huge variety of bodily functions? Did you know that if you’re a woman over 35 your odds of a thyroid disorder are high—more than 30 percent, and women are as much as 10 times as likely as men to have a thyroid problem? What causes your thyroid to go haywire? It could be genetics, an autoimmune attack, pregnancy, stress, nutritional deficiencies, or toxins in the environment, but experts aren’t entirely sure. Learn more about the symptoms, testing and treatment of a thyroid disorder.

Vicki Gorder graduated from the Physician Assistant Program and subsequently received a Master’s of Physician Assistant Studies from the University of North Dakota.

$10
Session#: GF-0031
Tuesday - April 8
5:00 - 6:00 pm
Altru Professional Center
South Washington, Grand Forks
(west of Choice Health & Fitness Center)
Use the north entrance, doors #13 or 14
Rabbi Benjamin Papermaster and the Jewish Community in Early Grand Forks

Presenter: Dr. Kenneth Dawes (Veteran OLLI Presenter)

Rabbi Papermaster (1859 – 1934) served as a Jewish rabbi in Grand Forks for more than forty years. A native of Lithuania and a graduate of a very prestigious orthodox theological seminary in Kovno, Lithuania, he was called to Grand Forks in 1891 to serve a rapidly growing and diverse Jewish community. About sixty Jewish families representing several religious, cultural, and educational traditions had taken up residence in the city and many lived in the same near south side neighborhood. The task for Rabbi Papermaster was to knit this diverse group into a common worshiping/serving community. Throughout his long service as Rabbi of the Grand Forks congregation, he also served Jewish families living in other parts of the state. He was active in civic affairs and was an effective spokesperson for the Jewish community. He even taught Hebrew to Lutheran Pastors!

We will examine Rabbi Papermaster’s life and education in Europe, describe the local Jewish community and some of the issues they encountered at that time in America, and review many of the personal and professional contributions that Rabbi Papermaster made to the betterment of Grand Forks. We are fortunate to have a detailed account of Rabbi Papermaster’s life written by his son, Isadore Papermaster. It is a fascinating story and includes Isadore’s remembrances of life in what was a very colorful Jewish neighborhood in the period from 1900 to 1930! It reads like a Sholem Aleichem story! This will serve as a major source of information.

Dr. Kenneth Dawes is Professor Emeritus of Social Work and a Chester Fritz Distinguished Professor. He is also the former Director of the UND Office of Research and Program Development. Prior to teaching at UND, he held a number of positions in North Dakota’s social welfare system. He is a native of Grand Forks and as a child lived in the house previously occupied by the Rabbi Papermaster family.

$15
Session#: GF-0032
Wednesday - April 30
10:00 - Noon (end time approximate)
Parkwood Senior Living
749 S. 30th St., Grand Forks
Use entrance from south parking lot

Grand Forks 2014 Winter OLLI Showcase

Guest Speaker
Terry Sando
Grand Forks Region Economic Development Corporation
UAS Sector Senior Manager

Monday, January 13, 2014 • 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.

Bismarck 2014 Winter OLLI Showcase

Guest Speaker
Al Gustin
Retired Agricultural Broadcast Journalist
and 2012 National Farm Broadcaster of the Year

Thursday, January 16, 2014 • 11:30 – 1:00 pm
Room 431, 4th Floor
National Energy Center of Excellence
BSC Campus, 1200 Schafer Street, Bismarck
Call 701.224.5600 for details.

You’re Invited!
FREE ACTIVITIES

■ OLLI@The Movies

FREE to OLLI members! (Pre-registration REQUIRED)
BSC campus
National Energy Center of Excellence
1200 Schafer St.
Basin Auditorium, 3rd Floor
Maximum 100 people
Vending machines with snacks, etc. are available on 1st floor in Room 115.

February Feature Movie
Lincoln (2012)
Director Steven Spielberg takes on the towering legacy of Abraham Lincoln, focusing on his stewardship of the Union during the Civil War years. The biographical saga also reveals the conflicts within Lincoln’s cabinet regarding the war and abolition.

Session#: BIS-1001
Friday - 2/21
1:00 - 3:00 pm
BSC campus
Basin Auditorium, 3rd Floor

March Feature Movie
Flight (2012)
After his amazing safe landing of a damaged passenger plane, an airline pilot is praised for the feat, but has private questions about what happened. Further, the government’s inquiry into the causes soon puts the new hero’s reputation at risk.

Session#: BIS-1002
Friday - 3/21
1:00 - 3:00 pm
BSC campus
Basin Auditorium, 3rd Floor

■ April Feature Movie

The Words (2012)
After finding a brilliant unpublished manuscript in an old briefcase, struggling writer Rory Jansen claims the novel is his work -- setting in motion events that leave him facing an ethical quandary he could never have imagined.

Session#: BIS-1003
Friday - 4/11
1:00 - 3:00 pm
BSC campus
Basin Auditorium, 3rd Floor

■ Author’s Notes - Nothing Hidden

Author: Paulette Bullinger

During North Dakota’s early years, 1910-1912, south of Bismarck and Mandan, two young women build a friendship that spanned the Missouri River. But when men entered their lives, jealousy and deception followed, and a mysterious death during a community dance began a string of tragedies, unraveling their quiet lives. Decades later, a secret shared between a young girl and her aunt brings to light events from long ago, and brings hope in the form of salvation.

Nothing Hidden reveals the early days of bootlegging, religious differences, estate problems, Native American trials and many more interesting North Dakota historical facts in this fictionalized account of a love-gone-wrong tragedy. This book is considered historical fiction and is available at Mandan Public Library, Bismarck Public Library, ND State Library, BSC Library, or the Kindle Edition at www.amazon.com

Paulette Bullinger, grew up in the small town of Huff, North Dakota. She attended country school there and graduated from Mandan High School. Following high school, she graduated from the University of Mary with a Bachelor of Science in Social Work. She currently is employed at Odney in Bismarck as a media buyer/planner. She is married to Bob, and they own Circle Diamond Ranch Supply in Mandan, North Dakota. Her interests are photography, history and writing. This is her first published work.

FREE to OLLI Members
Session#: BIS-1004
Monday - 2/3
1:00 - 2:30 pm (end time is approximate)
BSC National Energy
Center of Excellence, Room 102
1200 Schafer St., Bismarck
Max 16 people

■ 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 at the Bismarck Public Library, 515 N 5th St.

Call Sonyv at 701-222-0514 or email at smrgs@midco.net for more information.
Here, There and Up Above During WWII

Instructor: Dr. Herbert Wilson
(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 his college education of studying Botany at Harvard on hold. In the winter and spring of 1944, he flew in B24s as a gunner-bombardier in thirty-one missions over Hitler’s Fortress Europe. While overseas he met and married Lilian, an Englishwoman, and witnessed war on the civilian front (in England). Lilian was stationed for a short time as a fighter aircraft blotter in the RAF underground War Room and has stories of her own to share. WWII shaped the Wilsons’ future life decisions as they know it shaped the lives of others who served. In this OLLI course, through candid discussion and 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. How do you feel about the world’s current events compared to the way you looked at the world in the 1940’s? Lively class discussions and contributions are invited and encouraged!

Dr. Herbert Wilson, a native of Vermont, has lived most of his life in North Dakota due to a transfer to Elbowoods by the US Public Health Service. Dr. Wilson received his medical degree from Tufts University and entered the US Public Health Service. After a year of service in Florida, Dr. Wilson and his family were sent to Elbowoods. After a 43-year practice on the Fort Berthold Reservation, Dr. Wilson and his wife, Lilian, moved to Bismarck. Here Dr. Wilson pursues his interests in history, railroads, and community health.

Let’s Celebrate North Dakota

Instructor: Ann Vadnie
(OLLI member and Veteran OLLI Instructor)

Let’s celebrate the early history of Dakota Territory and North Dakota! We will look at a ND timeline, study interesting ND people and places (past and present), enjoy some “interesting details and facts” about our state, and much more. After taking this class, you will be able to more fully celebrate our great state.

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. On the final day of class, March 11 from 1:00 - 3:00 pm, the participants will be "treated" to a tour of the newly expanded “North Dakota Heritage Center.” The tour will be led by Claudia Berg, State Historical Society of North Dakota Heritage Center Expansion Coordinator.

The Emergence of International Organizations Around the World

Instructor: Simeon Edosommwan
(Veteran OLLI Instructor)

This course focuses on the history of international organizations and their functions around the world. We will take a detailed look at major international organizations such as the United Nations (UN), North Atlantic Treaty Organization (NATO), Organization of Petroleum Exporting Countries, (OPEC), and others. We will also examine their aims and objectives, reasons for existence, achievements and much more.

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

Courses
It’s Your Story...So Write It!

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

Is there a story you’ve been longing to write about but didn’t know where to start? In this course you will learn the tools of a writer and start using them right away. Put the words to paper and have others follow you on a creative path that is unique only to you. It’s your story…so write it!

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 several creative writing classes, and has had some of his poetry and short stories published. Barry has just now started writing children’s stories.

$55  
Session#: BIS-1008  
6 Wednesdays  
2/5, 2/12, 2/19, 2/26, 3/5, 3/12  
10:00 am - Noon  
BSC National Energy  
Center of Excellence, Room 102  
1200 Schafer St., Bismarck  
Max 16 people

North Dakota Political Traditions

Instructor: Tracy Potter  
(Veteran OLLI Instructor)

This course will draw from the book of the same name published in 1981 that includes essays from virtually the entire UND History faculty at that time. Tracy will cover the politics of statehood: early farmer political movements, the NPL and its opponents, the split in the NPL between conservatives and liberals that led to the creation of a two-party system in North Dakota, to the current period of one-party dominance. He will bring in his own study of ethnic voting patterns on initiatives and referenda from 1920-80, and the geographic and gender differences in voting patterns in recent elections.

Tracy Potter, Executive Director of the Fort Abraham Lincoln Foundation, earned both Bachelors and Master’s Degree in History at 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 state governance, serving in the North Dakota Senate from 2007 to 2011.

$55  
Session#: BIS-1010  
5 Thursdays  
2/6, 2/13, 2/20, 2/27, 3/6  
10:00 am - Noon  
BSC National Energy  
Center of Excellence, Room 103  
1200 Schafer St., Bismarck  
Max 24 people

Political Science: Something in Common

Instructor: Marlene Norris

At a time when many see a disconnect between the general public and the lawmakers, “Something In Common” tells, in a totally non-partisan way, about an imaginary land from long ago with challenges similar to our own—a land in which common people would make incredible use of common sense in order to find common ground and come up with practical solutions for the common good in areas of legislation, campaigns, debates, and more.

“Something in Common” gives a bird’s-eye view of a “Try it! You’ll like it!” route from political problems to answers! Participants will receive a copy of Marlene’s book, Something in Common”.

Marlene Norris has a Master’s Degree in Education with a Bachelor Degree from the University of Minnesota and
a Master's Degree from the University of North Dakota. Since 2007, Marlene has given over 85 speeches to high school classes in the Dakotas, Minnesota, and Montana about her books, including more than a dozen about this book. She has given many other programs since the early 1990s to the general public in the Dakotas and Minnesota about poetry, stories, and/or music that she has written in addition to her earlier work as a high school teacher.

$45
Session#: BIS-1011
4 Thursdays
2/6, 2/13, 2/20, 2/27
1:00 - 3:00 pm
BSC National Energy Center of Excellence, Room 102
1200 Schafer St., Bismarck
Max 16 people

Fiscal Follies (IVN Course)

Instructor: Dr. David Flynn
(Veteran OLLI Instructor)
The U.S. government just went through a shutdown and flirted with default on its debts. Why? In large part we can look to fiscal policy decisions or indecisions rather, to explain what brought us to the brink. There are international and domestic factors to consider along with national and local considerations too. This class is a guided tour of U.S. fiscal policy that is not meant to scare or frustrate you, but probably will. This course will also be offered via IVN (Interactive Video Network) with Grand Forks.

Dr. David Flynn, often quoted in national and international publications regarding economic issues, is a Professor of Economics and Chair of the UND Department of Economics. In addition to his teaching and advising students, he is the Director of the Bureau of Business & Economic Research at UND. His duties include generating and carrying out consulting projects and forecast models. Dr. Flynn also provides outreach to the business community through presentations and speeches as well as oversees the publication of BBER forecast reports and other analysis.

$60
Session#: BIS-1012
6 Thursdays
4:30 - 6:30 pm
BSC National Energy Center of Excellence, Room 345
1200 Schafer St., Bismarck
Max 20 people

SPECIAL EVENTS

North America - The Perspective

Presenter: Mike Eggl
Can low-rank coal survive in a carbon constrained world?

Mike Eggl, is the Senior VP of Communications and Administration at Basin Electric.

$10
Session#: BIS-1013
Monday - February 3
3:00 - 4:30 pm (end time approximate)
BSC Campus, National Energy Center of Excellence, Room 103
1200 Schafer St., Bismarck
Max 24 people

Influenza

Presenter: Alicia Lepp
This presentation will describe the types of influenza viruses and how they are transmitted. We will talk about the symptoms, treatment and prevention of influenza, including the various vaccines that are available and vaccination recommendations. Participants will learn about influenza surveillance conducted in North Dakota and we will review the past and current influenza season, looking at a number of cases and trends.

Alicia Lepp 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.

$10
Session#: BIS-1014
Monday - February 10

Regional Haze - Seeing Clearly, Fighting Fairly

Presenter: Mary Miller
This discussion will be about the EPA’s role in regulating clean air across states.

Mary Miller is the Manager of Communications at Basin Electric.

$10
Session#: BIS-1015
Tuesday - February 18
10:00 - Noon (end time approximate)
BSC National Energy Center of Excellence, Room 101
1200 Schafer St., Bismarck
Max 24 people
**Vectorborne and Zoonotic Diseases**

**Presenter: Alicia Lepp**

This presentation will describe the transmission, symptoms, and prevention for West Nile virus. We will discuss West Nile virus surveillance in North Dakota and review the 2013 WNV season. We will also learn the transmission, symptoms, treatment and prevention for tickborne diseases that are seen in North Dakota, including Lyme disease, Rocky Mountain Spotted Fever, tularemia, anaplasma and erllichia. Finally, we will talk about rabies and how the rabies virus is transmitted. We will discuss what is considered an exposure to rabies and what steps to take if you have been exposed, including information on rabies vaccinations.

Alicia Lepp 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.

$10
Session#: BIS-1016
Monday - February 24
1:00 - 2:30 pm (end time approximate)
BSC National Energy
Center of Excellence, Room 102
1200 Schafer St., Bismarck
Max 16 people

**Wind and Renewables**

**Presenter: Jeremy Woeste**

Wind turbines are popping up across the countryside. We’ll explain the challenges behind building a wind project, and why it is worth it to Basin Electric.

Jeremy Woeste is the Media Communications Specialist at Basin Electric.

$10
Session#: BIS-1017
Monday - February 24
3:00 - 5:00 pm (end time approximate)
BSC National Energy
Center of Excellence, Room 103
1200 Schafer St., Bismarck
Max 24 people

**Prescription and Designer Drug Abuse**

**Presenter: Special Agent Casey Miller**

What are we dealing with in this day and age when it comes to prescription drug abuse within our society? And exactly what is a “designer drug?” Disturbing instances are happening all over America and every age group is affected. Special Agent Miller will discuss, in-depth, about the abuse of prescription medications and how people are acquiring them in staggering amounts. He will talk about signs and symptoms that a user displays when under the influence of certain medications and how to recognize when someone is suffering from drug addiction.

Special Agent Casey Miller graduated from University of Mary with a bachelor’s of science in Criminal Justice. He has been with the ND Bureau of Criminal Investigation since 2012 and is assigned to the Metro Area Narcotics Task Force.

$10
Session#: BIS-1018
Monday - March 10
10:00 - Noon (end time approximate)
BSC National Energy
Center of Excellence, Room 101
1200 Schafer St., Bismarck
Max 20 people

**Healing Touch**

**Presenter: Mary Ann Carlson**

Join Mary Ann as she introduces the self-healing, pain management techniques of Healing Touch. This lecture will help you understand what Healing Touch is, its history and about the body’s energy field. Techniques will be taught that can be done to relieve pain.

Mary Ann Carlson studied nursing at Saint Mary’s hospital in Rochester, MN, through the College of ST. Teresa. She had a wise Medical-Surgical instructor who stressed how important it was to take care of the patient’s physical, emotional, mental, and spiritual needs. In the 1990’s, Mary Ann felt that medicine had lost some of its compassion, and along with two friends, she pursued a certification as a Certified Healing Touch Practitioner. After the death of her husband, Healing Touch helped turn her life of grief into a life of dance. Mary Ann believes each person is unique and yearns for wholeness in mind, body and spirit and is responsible for his or her own healing. We all have the...
ability to heal ourselves. Mary Ann has a private practice in Healing Touch and experiences great joy when she can help others through the healing process.

$10
Session#: BIS-1019
Tuesday - March 25
3:00 - 5:00 pm (end time approximate)
BSC Campus, National Energy Center of Excellence, Room 101
1200 Schafer St., Bismarck
Max 24 people

The Airborne Cinderella and the Spy (IVN Lecture)

Presenter: Dr. John Vitton
In the late 1930s, war clouds were forming in the Far East and Hitler was absorbing neighboring countries. Franklin D. Roosevelt was deeply concerned over the possibility of the Japanese fortifying former German possessions in the Pacific. These islands were awarded to Japan after WW I, however they were not be fortified under a League of Nations mandate. Efforts to determine if the Japanese honored the mandate were rebuffed by the Japanese denying permission to visit the sites. It has been suggested that Amelia Earhart's circumnavigation flight, which received world-wide publicity, was really designed to overfly and photograph the Japanese possessions, rather than being a publicity event. Amelia Earhart rested at Jacqueline Cochran's ranch located near Indio, California before her highly publicized flight. Both Miss Cochran and Amelia were good friends from barnstorming days in the 1920s and 1930. Pictorial evidence of Amelia (The Spy) being sworn in as a major in the Army Air Force by General Westover exists. Jacqueline Cochran (The Cinderella) was born in the Florida panhandle in extreme poverty. She became a hairdresser and a practical nurse and learned to fly so she could follow clients from New York to Florida. She was named “Woman Executive of the Year” three consecutive years in the early 1930s. Her barnstorming in the air caught the attention of military officers and she later became prominent during WW II. Miss Cochran was commissioned as the leader of the Woman's Air Service Pilots (WASP) whose mission was to fly bombers to England for use in that theater of war. After WWII, Jackie Cochran was the first woman to fly faster than the speed of sound. The lecture incorporates the search for Amelia Earhart by Jackie Cochran and many others and explores many scenarios involving her disappearance.

Dr. John Vitton was born in Michigan's Upper Peninsula and graduated from Michigan Technological University, with a degree in Metallurgical Engineering. He was employed in heavy industry for two years before being commissioned in the U.S. Air Force late in the Korean War. During his 28 years in the United States Air Force, his varied career included serving as the Director of a $50 million Engineering Test Facility (Minuteman Missiles and F4 fighter aircraft), teaching economics at the United States Air Force Academy, flying combat in Southeast Asia with 233 combat missions in two yearlong tours and was highly decorated receiving the Distinguished Flying Cross and 12 Air Metals. Before retiring from the Air Force, he earned his Ph.D. at the University of Nebraska-Lincoln in 1982. Dr. Vitton has been teaching Human Resource Management and Strategic Management at the University of North Dakota for the past 26 years.

$10
Session#: BIS-1020
Monday - March 31
4:30 - 6:30 pm (end time approximate)
BSC Campus
Technical Center, Room 246
1200 College Drive, Bismarck
Max 20 people

“The best thing for being sad”, replied Merlin, beginning to puff and blow, “is to learn something. That’s the only thing that never fails. You may grow old and trembling in your anatomies, you may lie awake at night listening to the disorder of your veins, you may miss your only love, you may see the world about you devastated by evil lunatics, or know your honour trampled in the sewers of baser minds. There is only one thing for it then - to learn. Learn why the world wags and what wags it. That is the only thing which the mind can never exhaust, never alienate, never be tortured by, never fear or distrust, and never dream of regretting. Learning is the only thing for you. Look what a lot of things there are to learn.”

T.H. White,
The Once and Future King
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, 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 Winter OLLI semester, it will be valid from January 27, 2014 to January 27, 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.

#41 – Education – G-10
#55 – Gustafson Hall – G-9
#64 – Hyslop – G-11
#73 – REAC 1 – G-3
#134 – Wellness Center – C-8
Bismarck

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 on the next page.

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 $.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.

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.oli.UND.edu. It’s safe to say that if UND or BSC is closed for any reason, there will be no OLLI classes. When in doubt, please call Connie regarding cancellations at OLLI@UND in Grand Forks: 1.800.CALL.UND (1.800.225.5863); or Clancy at OLLI@UND in Bismarck: 701.224.5600 or 1.877.846.9387. 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.
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.**

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.

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

Wanted! Instructors & Discussion Leaders
Do you want to share your passion, develop innovative learning experiences and inspire others to learn without the burden of grades or homework? Go to 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.
 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>

How did you FIRST hear about OLLI Courses?

☐ Newspaper ☐ Course Catalog ☐ Family/Friend ☐ Radio

☐ Social Media ☐ Internet/Web Search ☐ Presentation ☐ TV

☐ Other: __________________________________________

Want to receive information about OLLI@UND via e-mail?

☐ Yes ☐ No

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

Ways to To Register:

Preferred Method ☉

Web: olli.UND.edu (Secure Registration)

Mail check to or pay in person:
OLLI@UND
Gustafson Hall Room 103
3264 Campus Road Stop 9021
Grand Forks, ND 58202-9021

Phone: 1.800.225.5863 or 701.777.3000

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

Check #__________ is enclosed for $__________

Charge $__________ to:

☐ Visa ☐ MasterCard ☐ Discover ☐ American Express

Credit Card #: __________________________ Exp. Date: __________

Name on Credit Card: __________________________

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

Office Use Only: Order#: __________________________

Received Date: __________ Reference#: __________________________

OLLI@UND - GRAND FORKS & BISMARCK

2014 Winter Membership & Course Registration Form

OLLI@UND.W14
You’re Invited!

2014 Winter OLLI Showcases

Grand Forks
Guest Speaker
Terry Sando
Grand Forks Region Economic Development Corporation
UAS Sector Senior Manager

Monday, January 13, 2014 • 4:30 – 6:00 pm
Sharon Lutheran Church, 1720 20th St. S., Grand Forks

Bismarck
Guest Speaker
Al Gustin
Retired Agricultural Broadcast Journalist
and 2012 National Farm Broadcaster of the Year

Thursday, January 16, 2014 • 11:30 – 1:00 pm
Room 431, 4th Floor, National Energy Center of Excellence
BSC Campus, 1200 Schafer Street, Bismarck