



AT IOWA STATE UNIVERSITY™

SPRING 2023 COURSE CATALOG

Lifelong Learning for anyone age 50+



ONLINE REGISTRATION BEGINS
on FEB. 17, 2023 at 8:30 AM CT
CLASSES BEGIN MARCH 20, 2023

A PROGRAM OF  IOWA STATE UNIVERSITY.
ALUMNI

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FROM THE DIRECTOR



Dear Colleagues,

As usual, the curriculum committee has put together several great opportunities for you. The classes will be offered several ways:

- All in-person
- All online with Zoom
- Hybrid with the instructor in the building with participants and others online
- NEW – Hybrid with the instructor online with participants and others in the building
- NEW – Blended: a portion of the class will be presented online with Zoom and the other portion will be in-person

If you want to be in-person, don't forget that also means you can register for the in-person portion of a hybrid class, just pick the in-person class number.

During the spring, one class will be offered at the Green Hills Retirement Community in Ames and one class will be offered in Story City at the Bethany Life Timberland complex on the east side of Story City. This is an opportunity to stop and visit a friend or take a quick tour to see what each retirement community has to offer.

At the end of April, you will have the opportunity to attend four Members-Only Lectures either in-person or online with Zoom. The great thing about these lectures is there is NO registration or fees required. These lectures are the perfect time to invite a friend to attend with you, so they can learn more about our lifelong learning program. Lectures for the spring session will be on Tuesdays, April 18, May 2 and 9 from 3 - 4:30 p.m. and one on Wednesday, April 26 from 3 - 4:30 p.m.

Questions? Give me a call or send me an email. Heather and I look forward to seeing you in person and online.

Jerilyn Logue

Director of OLLI at ISU

515-294-3192

jlogue@iastate.edu

Osher Lifelong Learning Institute at Iowa State University (OLLI at ISU) is a constituent program of the ISU Alumni Association (ISUAA) and is partially funded by earnings from the Bernard Osher Foundation Endowment as well as OLLI membership dues, annual gifts, and sponsorship by Green Hills Retirement Community and Clarity Asset Management, Inc. Visit the OLLI at ISU website www.OLLI.iastate.edu or call 515-294-3192 for more information or to make a gift.

For information on how you can financially support this and other ISUAA programs, contact Jamie Stowe, director of development for the ISUAA at 515-294-7441 or 1-877-ISU ALUM.

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ONLINE REGISTRATION BEGINS

Friday, Feb. 17, 2023,
at 8:30 a.m. CT

DATES TO REMEMBER

Learn about Spring 2023 Classes

Online with Zoom

Feb. 16, 2023

First day of Spring 2023 classes

March 20, 2023

Learn About Fall 2023 Classes

Online with Zoom

Aug. 10, 2023

First day of Fall 2023 classes

Sept. 11, 2023

Learn About Winter 2024 Classes

Online with Zoom

Dec. 14, 2023

First day of Winter 2024 classes

Jan. 8, 2024

OFFICE CONTACT INFORMATION

ISU Alumni Center

Monday - Friday, 8 a.m. - 5 p.m. CT
429 Alumni Lane
Ames, IA 50011-1403
OLLI@iastate.edu
www.OLLI.iastate.edu

Jerilyn Logue, Director

515-294-3192 or jlogue@iastate.edu

Heather Bristow, Program Assistant

515-294-5790 or hbristow@iastate.edu

ABOUT OLLI

The Osher Lifelong Learning Institute at Iowa State University (OLLI at ISU) is a membership organization that offers a variety of courses selected to appeal to many interests and backgrounds. Courses are offered in-person, online, and as hybrid classes. Due to the online offerings in recent years, OLLI at ISU membership has reached across the United States in over 25 states, coast to coast. In fiscal year 2022-2023 we gained our first international member as well.

With support from the Bernard Osher Foundation, ISU Alumni Association, volunteers, and staff, OLLI at ISU continues to offer lifelong learning experiences for anyone age 50+, regardless of their school affiliation. A plethora of course topics range from one to eight weeks in length during three sessions each year. OLLI at ISU members may enjoy the thrill of stress-free learning with no tests or grades along with other benefits. See the Membership section of this catalog for more details.

MISSION

OLLI at ISU provides intellectual, cultural, and social adventures through lifelong learning experiences for all persons age 50+ as they grow and thrive on their life's journey.

VISION

To be recognized as the premier, volunteer-based organization of lifelong learning experiences.

VALUES

Adaptability, curiosity, integrity, knowledge, and passion

GOALS

- To continue to offer quality classes and experiences led by excellent leaders
- To expand the base from which OLLI participants are drawn
- To strive for financial security and sustainable growth

MEMBERSHIP

Anyone age 50+ may join OLLI at ISU. Members from all backgrounds are welcome; neither a college education nor previous affiliation with a college are required. The only requirement is a desire to learn!

An OLLI at ISU membership is valid from July 1 through June 30 of the following year. Individuals may join any time throughout the year and are asked to renew their membership each July.

You may become an OLLI at ISU member by paying the \$25 membership fee online or through the mail. Visit our website at www.OLLI.iastate.edu, click on the OLLI Membership picture and follow the instructions below:

1. To complete the online form, click the red "Become an OLLI Member" button and fill in the necessary information along with your credit card for payment.
2. To mail your membership form, click the "download our membership form" link. Print the form, fill in your information, and mail the form with your payment by credit card or check payable to the ISU Alumni Association.

Once your OLLI at ISU membership is active, we invite you to take advantage of our lifelong learning experiences as well as these additional benefits!

OLLI at ISU membership benefits for 2022-2023

- A minimum of nine Members-Only Lectures during the year at no additional cost
- A monthly newsletter delivered via email (or paper copy for those without email)
- Weekly Friday emails during sessions with information about the following week
- Central Iowa Symphony has provided two complimentary concert tickets per OLLI member
- Stephens Auditorium special offers on tickets to select shows on the ISU Campus
- Octagon Center for the Arts reusable 10% discount off purchases of \$25 or more in the Octagon Gallery shop or on Octagon class registration
- ISU Alumni Association annual membership at the discounted rate of \$47, good for one person or a couple

LEADERSHIP

The OLLI at ISU Board includes the executive committee and chairs of each of the standing committees. The OLLI director and program assistant serve as ex-officio members. Feel free to talk with any of these individuals with course ideas and or concerns.

COMMITTEE MEMBERS 2022 - 2023

Executive Committee

Tom Carlson, Chair
Beth Larabee, Chair-elect
Jim Patton, Past Chair
Diane Smith, Secretary

STANDING COMMITTEES

Ambassador

Jim Patton, Chair
Jim Carlson
Karen Selby
Gail Wiebke
Linda Wild

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Nancy Franz, Chair
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Mike Meetz
Mary Lou Nosco
Marilu Raman
Bonnie Reck
Richard Shepardson
Paula Toms
Sam Wormley

GIFTS

GIVE A GIFT TO OLLI AT ISU

OLLI at ISU finds strength from its members. Through your gifts of time and talents as well as monetary donations to the annual giving fund, you provide quality programming to fulfill the needs of lifelong learners today and in the future through OLLI at ISU.

Thank you!

In recent years your donations have contributed to the purchase of essential technology equipment as we expanded our course delivery options in-person and online. The funds received also allow us to keep membership and registration fees as low as possible.

To make a donation, visit our website at www.OLLI.iastate.edu. Scroll to the **Give To OLLI** section, click the red "Give Now" button, and complete the form. Or you may use the designated fields on the membership and registration forms.

If you are considering giving a major gift or designating OLLI at ISU in your will, we encourage you to discuss this with Jamie Stowe, ISU Alumni Association director of development, at **(515) 294-7441** or jstowe@foundation.iastate.edu.



LIFELONG LEARNING GIFT CERTIFICATES

With an OLLI at ISU gift certificate, you can give the priceless gifts of lifelong learning, meaningful conversations, and new friendships with other OLLI members. Don't forget about your out-of-town family and friends, with our online programming anyone, anywhere can participate.

Visit our website to purchase a gift certificate for any occasion in any amount. **Gift certificate holders must contact the OLLI at ISU office to redeem them.**

LEARN ABOUT EVENT and REGISTRATION

The “Learn about Spring 2023 Classes” event will be held online on **Thursday, Feb. 16, at 1:30 p.m. CT**. The online “room” will open at 1:15 p.m. CT. This will be an opportunity to learn more about the courses from the instructors.

The link to attend will be located on the event page on our website at www.OLLI.iastate.edu.

Registration for Spring 2023 courses will open at **8:30 a.m. CT on Friday, Feb. 17**. Registrations are processed in the order they are received.

You are strongly encouraged to register online.

Any mailed registrations received before the end of the day on Friday, Feb. 17, will be held and processed on Monday, Feb. 20, in the order they were received.

Two Ways to Register:

Please complete one registration form per person.

To use a gift certificate for registration, please contact the OLLI at ISU office.

Go to our website at www.OLLI.iastate.edu, select the **OLLI at ISU** drop-down menu in the gold ribbon, select the **Register for Courses** option.



- **To register online:** click the OLLI at ISU Spring 2023 online registration link and complete the form with your credit card information for payment. If you need assistance completing the online registration, please contact the office.
- **To register by mail:** click the Download printable PDF registration form link, print and complete the form, and mail it with payment by credit card or check payable to the ISU Alumni Association.

Continued on next page

LEARN ABOUT EVENT and REGISTRATION cont.

On Tuesdays and Wednesdays, most of the courses will be offered in-person or as a hybrid course. On Mondays and Thursdays, most of the courses will be offered online only, however there are exceptions to this. **Please be sure to check the delivery method for the courses you register for to determine where you need to be.** To learn more about what a hybrid course is, see the Course Delivery Methods section.

Some courses have a low participation limit and will be marked as **Register online**.

The Course Descriptions section will indicate recorded courses with , if not recorded with .

Confirmation of Your Course Registration

- Online registrants will receive two automated emails:
 - ▶ One will be from “Auto-Receipt” which is a transaction receipt from the ISU Alumni Association.
 - ▶ The second is from OLLI at ISU with a list of classes you registered for.
- Mail registrants will receive confirmation via email, if you do not have email a letter will be sent that will include attendance details. If you have not received a letter by one week before your class begins, please contact the OLLI at ISU staff.
- For those with an email address on file, instructions on how to attend the courses you registered for will be emailed to you the Friday before your course begins. Please contact the office if you do not receive the instructions.

COURSE DELIVERY METHODS

OLLI at ISU offers courses as blended, hybrid, in-person only, and online only with Zoom. **Be sure to make note of the delivery method of any course you wish to register for.**

Instructors determine the delivery method for their courses, as well as if it will be recorded.

BLENDED

A blended course consists of classes utilizing multiple delivery methods but not at the same time. For example, in a four-week course, two of the classes may be offered online only with Zoom while the remaining two classes are offered in-person only. These courses will be listed with a course delivery method of blended. Detailed instructions for attendance will be communicated to those who register for the course at a later date.

HYBRID

Hybrid learning for the OLLI at ISU program means some participants will attend in-person while others join online with Zoom at the same time. The instructor may choose whether they will attend in-person or online. When an instructor is online, the in-person participants will meet and watch the instructor on a big screen as a group. To learn what equipment is needed to attend classes online see the **ONLINE (OR BY PHONE) WITH ZOOM** section below.

Our previous experiences hosting hybrid classes have been successful, but as you all know, computers seem to have a mind of their own at times. So please be patient with the instructors, other participants, staff, and yourself.

- Each hybrid course will have two course numbers hybrid: in-person and hybrid: online. Be sure to register for the course number that represents how you wish to attend. Whichever option you choose is how you will attend every class for that course.

IN-PERSON

- Most of the courses offered on Tuesdays and Wednesdays will be offered in-person or as a hybrid course.

ONLINE (OR BY PHONE) WITH ZOOM

OLLI at ISU will utilize Zoom video conferencing to deliver the online aspect of our courses. You do not need your own Zoom account to participate. Those who attend online will be able to:

- See and hear the instructor and in-person participants (if any)
- See any presentation documents and other online participants on your screen
- Ask questions if you unmute your microphone or you may use the chat function in Zoom

PHONE

- Use your telephone to call in and participate as if on a conference call.
- A call number is provided by email or mail in time for your first class.

COMPUTER, SMART PHONE, IPHONE, OR IPAD

- A reliable internet connection
- Speakers on your device

Camera and microphone on your computer are optional; it enhances your experience but is not mandatory.

POLICIES

At the time this is being written, vaccines, boosters, and masks are not mandated. Masks are at the discretion of every individual attending OLLI at ISU courses, including the instructors. OLLI at ISU follows the Iowa State University policies regarding these guidelines.

CANCELLATIONS AND REFUNDS

OLLI membership dues are non-refundable.

A \$10 service fee will be retained for registrations cancelled by **Monday, March 13, 2023**. Cancellations received after this date will not be issued a refund.

Cancellations Determined by OLLI at ISU

If OLLI at ISU must cancel classes for any reason, they will be announced by:

- Email or by phone (if you don't have email)
- Posted on our Facebook page [**@OLLiatISU**](#)
- Voicemail recordings of the director and program assistant

When in doubt you may call the office. A message may be left, but please do not ask that your call be returned as there may be no one available to respond. We will do our best to reschedule any cancelled classes.

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COURSES BY DAY

Times listed below are in central time. For a description of the delivery methods see the **COURSE DELIVERY METHODS** section of this catalog.

	Time	Duration	Start Date	#	Title	Delivery Method	Cost
MONDAY	9 - 10:30 a.m.	<i>Two weeks</i>	Mar. 20	01	Imperial Faberge: Jeweler to the Tsars	Online	\$32
	9 - 10:30 a.m.	<i>One week</i>	Apr. 3	02	Oh Sleep! It Is a Gentle Thing...	Online	\$20
	9 - 10:30 a.m.	<i>One week</i>	Apr. 10	03	Apple Watch - The Future of Health is on Your Wrist	Online	\$20
	9 - 10:30 a.m.	<i>One week</i>	Apr. 17	04	Cora Mae: The Other Half of the Jack Trice Story	In-person	\$20
	11 a.m. - 12:30 p.m.	<i>Three weeks</i>	Mar. 20	05	Unsung Heroes of the 1950-60's Civil Rights Movement	Online	\$38
	11 a.m. - 12:30 p.m.	<i>Two weeks</i>	Apr. 10	06	Geocaching – A Fun, Easy Outdoor Recreational Activity	Online	\$32
	1:30 - 3 p.m.	<i>Two weeks</i>	Mar. 27	07	Emperors of Qing China and Tsars of Imperial Russia in the 18th Century, Section 2	Online	\$32
	1 - 2:30 p.m.	<i>Two weeks</i>	Apr. 17	08	Iowa Landowners and Farmers Working Together for Conservation	Blended	\$32
	3 - 4:30 p.m.	<i>One week</i>	Mar. 20	09	Ahead of Their Time: Iowa Supreme Court Civil Rights Decisions Review	Online	\$20
	3:30 - 5 p.m.	<i>Two weeks</i>	Mar. 27	10	Turn Family Photos into a Community Building Resource	Online	\$32
	2 - 4:30 p.m.	<i>Four weeks</i>	Apr. 10	11	Writing Junk is Good for Writing Part II	Online	\$44

	Time	Duration	Start Date	#	Title	Delivery Method	Cost
TUESDAY	9 - 10:30 a.m.	<i>Three weeks</i>	Mar. 21	12	An Introduction to Modernism	In-person	\$38
	9 - 10:30 a.m.	<i>Three weeks</i>	Apr. 11	13	SCOTUS Takes a Right Turn	Hybrid: In-person	\$38
	9 - 10:30 a.m.	<i>Three weeks</i>	Apr. 11	14	SCOTUS Takes a Right Turn	Hybrid: Online	\$38
	11 a.m. - 12:30 p.m.	<i>One week</i>	Mar. 21	15	Apartheid and Nelson Mandela	Hybrid: In-person	\$20
	11 a.m. - 12:30 p.m.	<i>One week</i>	Mar. 21	16	Apartheid and Nelson Mandela	Hybrid: Online	\$20
	11 a.m. - 12:30 p.m.	<i>Two weeks</i>	Apr. 4	17	Bitcoins	Online	\$32
	11 a.m. - 12:30 p.m.	<i>One week</i>	Apr. 18	18	Iowa 4-H: Past, Present & Future	Hybrid: In-person	\$20
	11 a.m. - 12:30 p.m.	<i>One week</i>	Apr. 18	19	Iowa 4-H: Past, Present & Future	Hybrid: Online	\$20
	1 - 2:30 p.m.	<i>Two weeks</i>	Apr. 4	20	What is Hospice?	In-person	\$32
	1 - 2:30 p.m.	<i>One week</i>	Apr. 18	21	Protecting and Enjoying Nature in Iowa	In-person	\$20
	1 - 2:30 p.m.	<i>One week</i>	Apr. 25	22	Exploring the Appalachian Trail for the Chronologically Gifted Hiker	Hybrid: In-person	\$20
	1 - 2:30 p.m.	<i>One week</i>	Apr. 25	23	Exploring the Appalachian Trail for the Chronologically Gifted Hiker	Hybrid: Online	\$20
	3 - 4:30 p.m.	<i>Two weeks</i>	Mar. 21	24	Issues in Quality Health Care	In-person	\$32
	3 - 4:30 p.m.	<i>Two weeks</i>	Apr. 4	25	Franklin and Eleanor	In-person	\$32
	3 - 4:30 p.m.	<i>One week</i>	Apr. 25	26	Hands on Feet: Trigger Point, Acupressure, Strengthening and Stretching Foot Workshop	In-person	\$20

Continued on next page

COURSES BY DAY cont.

	Time	Duration	Start Date	#	Title	Delivery Method	Cost
WEDNESDAY	9 - 10:30 a.m.	<i>Two weeks</i>	Apr. 5	27	Food Insecurity in Story County	Hybrid: In-person	\$32
	9 - 10:30 a.m.	<i>Two weeks</i>	Apr. 5	28	Food Insecurity in Story County	Hybrid: Online	\$32
	9 - 10:30 a.m.	<i>One week</i>	May 3	29	BASE Senior Fitness	Hybrid: In-person	\$20
	9 - 10:30 a.m.	<i>One week</i>	May 3	30	BASE Senior Fitness	Hybrid: Online	\$20
	9 - 10:30 a.m.	<i>One week</i>	Apr. 26	31	Composting In Your Backyard and Beyond	Hybrid: In-person	\$20
	9 - 10:30 a.m.	<i>One week</i>	Apr. 26	32	Composting In Your Backyard and Beyond	Hybrid: Online	\$20
	1 - 2:30 p.m.	<i>Four weeks</i>	Mar. 22	35	Lunching on the Landscape	Blended	\$44
	1 - 2:30 p.m.	<i>Two weeks</i>	Apr. 5	36	Getting Your Ducks in Line	In-person	\$42
	11 a.m. – 2:30 p.m.	<i>One week</i>	Apr. 26	37	Football Basics "A Rookie Road"	In-person	\$32
	3 - 4:30 p.m.	<i>Four weeks</i>	Mar. 22	39	Finding Your Rhythm with Drumming	In-person	\$44

	Time	Duration	Start Date	#	Title	Delivery Method	Cost
THURSDAY	9 - 10:30 a.m.	<i>Eight weeks</i>	Mar. 23	40	Learning iPads and iPhones	Online	\$63
	11 a.m. - 12:30 p.m.	<i>Three weeks</i>	Mar. 23	41	What in the World!?!	Hybrid: In-person	\$38
	11 a.m. - 12:30 p.m.	<i>Three weeks</i>	Mar. 23	42	What in the Word!?!	Hybrid: Online	\$38
	1 - 2:30 p.m.	<i>Four weeks</i>	Mar. 23	43	What Do(es) the Data Say?	Online	\$44
	3 - 4:30 p.m.	<i>One week</i>	Mar. 30	44	Herbert Hoover	In-person	\$20
	3 - 4:30 p.m.	<i>Three weeks</i>	Apr. 6	45	The Music Doesn't Always Have to be Exactly the Same!	Online	\$38
TRIPS	Thursday - Friday	Two days	May 18	46	Cedar Rapids/Tama Experience	In-person	See pg. 45
	Thursday - Friday	Two days	Jun. 15	47	Venture North to Minnesota	In-person	See pg. 45

COURSES BY LOCATION

BLENDED (ONLINE AND IN-PERSON)

- 08 - Iowa Landowners and Farmers Working Together for Conservation
- 35 - Lunching on the Landscape

HYBRID: IN-PERSON COURSES:

- 13 - SCOTUS Takes a Right Turn
- 15 - Apartheid and Nelson Mandela
- 18 - Iowa 4-H: Past, Present & Future
- 22 - Exploring the Appalachian Trail for the Chronologically Gifted Hiker
- 27 - Food Insecurity in Story County
- 29 - BASE Senior Fitness
- 31 - Composting In Your Backyard and Beyond
- 41 - What in the World!?!

HYBRID: ONLINE COURSES:

- 14 - SCOTUS Takes a Right Turn
- 16 - Apartheid and Nelson Mandela
- 19 - Iowa 4-H: Past, Present & Future
- 23 - Exploring the Appalachian Trail for the Chronologically Gifted Hiker
- 28 - Food Insecurity in Story County
- 30 - BASE Senior Fitness
- 32 - Composting In Your Backyard and Beyond
- 42 - What in the World!?!

IN-PERSON COURSES - GREEN HILLS:

- 44 - Herbert Hoover

IN-PERSON COURSES - ISU ALUMNI CENTER:

- 12 - An Introduction to Modernism
- 20 - What is Hospice?
- 21 - Protecting and Enjoying Nature in Iowa
- 24 - Issues in Quality Health Care
- 25 - Franklin and Eleanor
- 26 - Hands on Feet: Trigger Point, Acupressure, Strengthening and Stretching Foot Workshop
- 36 - Getting Your Ducks in Line
- 37 - Football Basics "A Rookie Road"

IN-PERSON COURSES - TIMBERLAND VILLAGE SENIOR LIVING:

04 - Cora Mae: The Other Half of the Jack Trice Story

Online with Zoom Courses:

01 - Imperial Faberge: Jeweler to the Tsars

02 - Oh Sleep! It Is a Gentle Thing...

03 - Apple Watch - The Future of Health is on Your Wrist

05 - Unsung Heroes of the 1950-60's Civil Rights Movement

06 - Geocaching - A Fun, Easy Outdoor Recreational Activity

07 - Emperors of Qing China and Tsars of Imperial Russia in the 18th Century,
Section 2

09 - Ahead of Their Time: Iowa Supreme Court Civil Rights Decisions Review

10 - Turn Family Photos into a Community Building Resource

11 - Writing Junk is Good for Writing Part II

17 - Bitcoins

40 - Learning iPads and iPhones

43 - What Do(es) the Data Say?

45 - The Music Doesn't Always Have to be Exactly the Same!

OFF-SITE:

39 - Finding Your Rhythm with Drumming

46 - Cedar Rapids/Tama Experience

47 - Venture North to Minnesota

CENTRAL IOWA *Symphony*

2022
2023
SEASON

Performances at Ames City Auditorium • Ames, IA
Eric McIntyre, Music Director and Conductor

A World of Voices

Saturday, Oct. 8, 2022, 7:30pm

Featuring Julie Fox Henson, *violin*
Jonathan Sturm, *viola*

In Other Voices

Saturday, Dec. 3, 2022, 7:30pm

Featuring Amy Christensen, *English horn*
Andrew Bishop, *trumpet*

Young Artists Concert

Sunday, Mar. 5, 2023, 3:00pm

Featuring Young Artists Contest winners

Suite Dancing Voices

Saturday, May 6, 2023, 7:30pm

Please join Eric McIntyre for *Concert Conversations*
45 minutes prior to each performance for an
engaging and informative program that is certain
to enhance your symphony experience!





cisymphony.org

info@cisymphony.org

Support from the Ames Commission on the Arts (COTA)



COURSE DESCRIPTIONS

The Course Descriptions section will indicate recorded courses with , if not recorded with .

MONDAY

#01 - Imperial Faberge: Jeweler to the Tsars

Two weeks: Monday, March 20 - 27, 2023

9 - 10:30 a.m. CT

Online with Zoom

Cost: \$32.00

Class limit 55+

The greatest jewelers of all time are most closely associated with the Romanovs, the richest emperors of all time. Providing adornments for the tsarist court set fashions for the rest of the European royal families. The end of the Romanov empire might have terminated the ability to continue producing the delicate works but not the mystique. This presentation provides the background to understand their connections and the times that created the presence of such fine artwork.

Carol Veldman Rudie has served as the lead docent and outreach education coordinator at the Museum of Russian Art in Minneapolis since 2005. Rudie shares her love for the visual, performance and literary arts through presentations for various groups including Rochester's LIFE program and the OLLI at University of Minnesota.

#02 - Oh Sleep! It Is a Gentle Thing ...

One week: Monday, April 3, 2023

9 - 10:30 a.m. CT

Online with Zoom

Cost: \$20.00

Class limit 25

The goal of this class is to help you have better quality of sleep. Specific topics to be covered: physiology of sleep; falling asleep; sleep apnea and solutions; sleep monitoring with accessible technology.

Sam Wormley is a retired associate scientist and principal investigator at Iowa State and was an adjunct professor of astronomy at Marshalltown Community College for 17 years. Wormley regularly teaches science and technology classes for OLLI at Iowa State.

#03 - Apple Watch - The Future of Health is on Your Wrist

One week: Monday, April 10, 2023

9 - 10:30 a.m. CT

Online with Zoom

Cost: \$20.00

Class limit 35

The future of health is on your wrist. This OLLI course introduces you to the Apple Watch and covers capabilities, setup, customization, and how the watch is an extension of capabilities on your iPhone. Measure your blood oxygen level with a revolutionary new sensor and app. Take an ECG anytime, anywhere. See your fitness metrics at a glance with the enhanced Always-On Retina display. With Apple Watch on your wrist, a healthier, more active, more connected life is within reach.

Sam Wormley is a retired associate scientist and principal investigator at Iowa State, and was an adjunct professor of astronomy at Marshalltown Community College for 17 years. Wormley regularly teaches science and technology classes for OLLI at Iowa State..

#04 - Cora Mae: The Other Half of the Jack Trice Story

One week: Monday, April 17, 2023

9 - 10:30 a.m. CT

Timberland Village Senior Living; 725 Timberland Dr; Story City, IA

This course is sponsored by LifeChoices at Bethany.

Cost: \$20.00

Class limit 32

Former Iowa State student Cora Mae Starlard Trice was a teen when her husband, Jack Trice, tragically died in 1923 from football injuries. So shocked by Jack's death, she could not cry. Cora Mae never returned to college. Yet, the widow of the man for whom the ISU football stadium is named after believed in the power of education. After remarrying, she raised three children and insisted they better themselves through education. Participants will learn about Jack Trice, Cora Mae's influence on him, and the often-asked question, "What happened to Cora Mae?"

Steve Jones is a retired Iowa State University communications manager and author of two children's books including "Football's Fallen Hero - The Jack Trice Story" (2000 Perfection Learning Corp.).

#05 - **Unsung Heroes of the 1950-60's Civil Rights Movement** 🗨️

Three weeks: Monday, March 20 - April 3, 2023

11 a.m. - 12:30 p.m. CT

Online with Zoom

Cost: \$38.00

Class limit 55+

We are all familiar with Martin Luther King's leadership in the Civil Rights movement. In this course we will learn about the leaders behind the scenes and what they did to help get the Civil Rights Bill and the Voting Rights Bill passed.

Chuck Achter has been an educator for 50 years. Achter spent six years as a social studies teacher and coach, 32 years as a high school principal, and ten years as an Iowa State University professor. He has spent the last two years consulting.

#06 - **Geocaching – A Fun, Easy Outdoor Recreational Activity** 🗨️

Two weeks: Monday, April 10 & May 8, 2023

11 a.m. - 12:30 p.m. CT

Online with Zoom

Cost: \$32.00

Class limit 25

Geocaching is an easy hobby that you can enjoy near your home or while you travel. Geocaching is a modern variation of "hide and seek" that combines GPS (global positioning system) technology and people who hide caches. Participants will learn the basics of geocaching: what is a geocache, geocaching equipment, uses of handheld GPS units and navigation, setting up a free geocaching account, how to enjoy geocaching, and some variations from basic geocaching.

LeRoy Kester has taught middle school science, coached various sports, and several adult education PC classes. Kester has been a member of Geocaching.com since 2005 with logged geocaches in Iowa and other states. Additionally, he has used handheld GPS units for bicycling and off-road trails hiking since the early 2000's.

#07 - Emperors of Qing China and Tsars of Imperial Russia in the 18th Century, Section 2 📅

Two weeks: Monday, March 27 - April 3, 2023

Cost: \$32.00

1:30 - 3 p.m. CT

Class limit 25

(please note the start and end time for this class)

Online with Zoom

This course will continue the presentation from the Fall 2022 course of the same title. We will review the early Sino-Russian Treaties (1689 Nerchinsk and 1727 Kyakhta) and the trade between these two empires, tea in Russia; Chinese and Russian porcelain; the Kalmyk (Western Mongol), the only Buddhist group in Russia and Europe and their minority status today; and the imperial symbols the Chinese Yellow Dragon and the Russian Double-head Eagle.

Ning Chia came from Beijing, China in 1983 and earned a doctorate at the Johns Hopkins University. Since the fall of 1991, Chia has been teaching history and international studies at Central College.

#08 - Iowa Landowners and Farmers Working Together for Conservation 📅

Two weeks: Monday, April 17 - 24, 2023

Cost: \$32.00

1 - 2:30 p.m. CT

Class limit 35

Blended (Online with Zoom and Off-site Tour)

This course will help both landowners and farmers to understand how they can work together to install conservation practices on their land. We will discuss the benefits and costs of both in-field and edge-of-field conservation practices in class. Then we will tour a farm near Ames where these practices are in place.

Lee S. Tesdell is the owner of Tesdell Century Farm. Tesdell is emeritus professor of English, Minnesota State Mankato and lives on his farm outside of Slater where he raises sheep, chickens, and generates most of his electricity from solar panels.

#09 - Ahead of Their Time: Iowa Supreme Court Civil Rights Decisions Review 

One week: Monday, March 20, 2023

Cost: \$20.00

3 - 4:30 p.m. CT

Class limit 15

Online with Zoom

REGISTER ONLINE

We will review some of the decisions of the Iowa Supreme Court on civil rights that were ahead of the recognition of civil rights nationally.

Jerry Schnurr graduated from the University of Iowa Law School in 1986 and has been in private practice in Fort Dodge ever since. Schnurr has been active in several legal organizations including the Iowa State Bar Association as president (2020-21), Iowa Association of Workers Compensation Lawyers as president (2018-19), the Iowa Association for Justice Board of Governors, and the American Bar Association.

#10 - Turn Family Photos into a Community Building Resource 

Two weeks: Monday, March 27 - April 3, 2023

Cost: \$32.00

3:30 - 5 p.m. CT

Class limit 25

(please note the start and end time for this class)

Online with Zoom

This course guides the participants to write about their family reunion photos in the past. After sharing life stories associated with each one's photo, the course addresses the social value of these photos to our collective understanding of who we are and how our different family heritages can enrich community life. The instructor will propose and describe a possible exhibition of these photos as a future event for families and communities.

Ning Chia came from Beijing, China, in 1983 and earned a doctorate at Johns Hopkins University. Since the fall of 1991, Chia has been teaching history and international studies at Central College.

#11 - Writing Junk is Good for Writing Part II (2A)

Four weeks: Monday, April 10 - May 1, 2023

2 - 4:30 p.m. CT

(please note the start and end time for this class)

Online with Zoom

Cost: \$44.00

Class limit 9

REGISTER ONLINE

Writing requires practice. Best-selling author, Natalie Goldberg (Writing Down the Bones) fills a notebook monthly with three-pages of daily drivel. That doesn't work for you? Then try writing with writing prompts to learn the benefits of writing practice. Weekly, we will write together utilizing writing prompts. Additionally, prompts will be supplied for writing outside of class. During our sessions, writers will be invited to read their stories, and the group will offer positive feedback.

Ana McCracken is the founder of the Ames Writers Collective, an organization committed to building and uplifting communities through the art of writing and storytelling. A published author, she received her MFA in creative writing and the environment from Iowa State University.

TUESDAY

#12 - An Introduction to Modernism (2A)

Three weeks: Tuesday, March 21 - April 4, 2023

9 - 10:30 a.m. CT

Horton Multipurpose Conference Room - ISU Alumni Center

Cost: \$38.00

Class limit 25

This course is an introduction to the set of ideas and works which have become identified with the Modernist movement. At its simplest level, Modernism took the form of rebellion against 19th century values and traditions, which was intensified by the carnage of The Great War. This course will explore three aspects of this rebellion: in ideas; in painting; and in English literature.

Ron Palumbo is a retired teacher and social worker. Palumbo has previously offered OLLI courses on the U.S. in WWII, All Quiet on the Western Front, and on American Writers of the Lost Generation



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#13 - SCOTUS Takes a Right Turn - Hybrid: In-person 🗨️

Three weeks: Tuesday, April 11 - 18 & May 9, 2023

9 - 10:30 a.m. CT

Horton Multipurpose Conference Room - ISU Alumni Center

Cost: \$38.00

Class limit 25

This course offers an overview of the new 6-3 conservative majority US Supreme Court. We will review high-profile cases from the last term, including abortion, guns, religion, and regulatory authority, as well as examine current term cases, including the independent state legislature theory.

Jim Chrisinger (BA '76 history) is a retired public servant who holds a law degree from UC Berkeley and taught Constitutional Law at Iowa State University.

#14 - SCOTUS Takes a Right Turn - Hybrid: Online 🗨️

Three weeks: Tuesday, April 11 - 18 & May 9, 2023

9 - 10:30 a.m. CT

Online with Zoom

Cost: \$38.00

Class limit 25

See course and instructor information above

Class limit for online participation 25

#15 - Apartheid and Nelson Mandela - Hybrid: In-person (ZA)

One week: Tuesday, March 21, 2023

11 a.m. - 12:30 p.m. CT

Horton Multipurpose Conference Room - ISU Alumni Center

Cost: \$20.00

Class limit 25

The presentation begins with a first-hand description of the 1995 rugby World Cup Finals at Ellis Park between the New Zealand All Blacks and South African Springboks. This match was the centerpiece for the book and film “Invictus” by John Carlin, which is recommended reading along with Nelson Mandela’s autobiography “Long Walk to Freedom.” Through the match dynamics, the course will bridge from the South African Apartheid period to the post-Apartheid era. It will also be possible to cover a recent service trip to South Africa.

Dan Becker is retired division president of Olin Corporation, and Global Brass and Copper. Becker held several international posts including director of operations; Europe, Africa, and the Middle East while located in Brussels, Belgium. From 1995-1999 he was board chairman of an Olin Joint Venture in Johannesburg, South Africa.

#16 - Apartheid and Nelson Mandela - Hybrid: Online (ZA)

One week: Tuesday, March 21, 2023

11 a.m. - 12:30 p.m. CT

Online with Zoom

Cost: \$20.00

Class limit 55+

See course and instructor information above

Class limit for online participation 55+

#17 - Bitcoins 📺

Two weeks: Tuesday, April 4 - 11, 2023

11 a.m. - 12:30 p.m. CT

Online with Zoom

Cost: \$32.00

Class limit 35

Bitcoins, and other digital currencies, have proliferated into the world of finance and are widely accepted by merchants worldwide as a medium of payment. Since launching in 2008, the bitcoin has skyrocketed in trading value from \$1 in 2011 to over \$60,000 at its peak in 2021. This presentation will explore the origins of bitcoins, interesting highlights in its history, bitcoin investments, and the blockchain, which is the technology underlying bitcoins.

Shoba Premkumar has taught corporate finance courses at the Ivy College of Business, Iowa State University since 2003. Premkumar holds a bachelor's in accounting from the University of Madras and a master's in business administration from Iowa State University. She is dedicated to teaching financial literacy among students and communities through courses that enable people to master basic concepts, encourage critical thinking and problem-solving.



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#18 - Iowa 4-H: Past, Present & Future - Hybrid: In-person 📅

One week: Tuesday, April 18, 2023

11 a.m. - 12:30 p.m. CT

Horton Multipurpose Conference Room - ISU Alumni Center

Cost: \$20.00

Class limit 25

For over 100 years, the Iowa 4-H Program has provided research-based programs for young people in grades K-12. Today's program reaches over 120,000 youth across Iowa teaching communication, leadership, and citizenship skills. Come learn more how 4-H is reaching the young people of today and how supporters can make a difference in the lives of young people.

Emily Saveraid was a 9-year 4-H'er from Linn County and a member of the Prairie Union Wildcats. Saveraid joined the 4-H staff in January of 2015, serving as the executive director since 2017. Previously she held positions with the Iowa State Fair Blue Ribbon Foundation, Iowa Winegrowers Association, and the Iowa Bankers Association. She earned bachelor's degrees in public relations and political science (Wartburg College), and a master's in philanthropy and non-profit development (University of Northern Iowa).

#19 - Iowa 4-H: Past, Present & Future - Hybrid: Online 📅

One week: Tuesday, April 18, 2023

11 a.m. - 12:30 p.m. CT

Online with Zoom

Cost: \$20.00

Class limit 55+

See course and instructor information above

Class limit for online participation 55+

#20 - What is Hospice? 📅

Two weeks: Tuesday, April 4 - 11, 2023

1 - 2:30 p.m. CT

Horton Multipurpose Conference Room - ISU Alumni Center

Cost: \$32.00

Class limit 25

This course provides an overview of Hospice Care. Over the two weeks, Carla Wickman, hospice manager, along with several guest presenters from multiple disciplines will share their expertise and experience of hospice care. The participants will have a better understanding of the comprehensive care provided at end of life that focuses on the physical, emotional, and spiritual needs of your loved one.

Presenters will be from the following disciplines: nursing, bereavement coordinator, social work, volunteer coordinator, palliative care nurse.

#21 - Protecting and Enjoying Nature in Iowa

One week: Tuesday, April 18, 2023

1 - 2:30 p.m. CT

Horton Multipurpose Conference Room - ISU Alumni Center

Cost: \$20.00

Class limit 25

Nature in Iowa is precious. We live in a vastly altered landscape. But tucked along streams, down in the woods, or out in the back forty are acres of beautiful, natural Iowa. Join staff from Iowa Natural Heritage Foundation (INHG) to hear stories of the land, how landowners can protect their special places, how land is protected by public agencies, how recreational trails are built, and how Iowa is working to address climate and water quality issues.

Heather Jobst, Senior Land Conservation Director, has worked at INHF for 19 years. Jobst works on purchasing land for protection, restoring land through stewardship, and with private landowners wanting to protect their land. She holds an undergraduate degree in environmental policy and a master's degree in public administration from Drake University.

Andrea Boulton, Trails and Greenways Director joined INHF in 2006. Boulton works with community groups and public agencies to plan and develop multi-use trails. She provides support through land acquisition, community organizing, proposal writing, and technical assistance. She holds a degree in environmental policy and law, politics and society, and a master's degree in public administration from Drake University.

Abby Hade Terpstra, Director of Philanthropy joined INHF in 2016. Terpstra serves conservation-minded folks who want to donate or protect their land, make a meaningful gift during their lifetime, plan for legacy giving, or to be part of state-wide project fundraising efforts. She is a graduate of Northland College with a degree in outdoor education.

Emily Martin, Conservation Programs Coordinator joined INHF in 2018 in a multi-faceted role that leads several programs including land-based climate solutions, water and soil research, our intern program, and our equity, inclusion, and respect team. Martin holds both a bachelors and master's in environmental science from Iowa State University.

#22 - Exploring the Appalachian Trail for the Chronologically Gifted Hiker - Hybrid: In-person 📄

One week: Tuesday, April 25, 2023

1 - 2:30 p.m. CT

Horton Multipurpose Conference Room - ISU Alumni Center

Cost: \$20.00

Class limit 25

The Appalachian Trail, or “long green tunnel,” is the most famous and oldest long trail in the United States. Hiking this 2,190-mile trail may seem daunting to those over 50. This presentation helps older Adults, wanting to experience this natural treasure, discover ways to make it enjoyable. The instructor’s personal experiences with the Maryland, New Hampshire, and Virginia sections of the trail includes lessons learned and best practices.

Nancy Franz retired after 33 years with Cooperative Extension as a county extension agent, campus specialist, and administrator in Wisconsin, New York, New Hampshire, Virginia, and Iowa. Franz currently consults on organizational development with nonprofit organizations and higher education. She is vice chair of the Story County Conservation Board and chairs the OLLI at ISU evaluation committee.

#23 - Exploring the Appalachian Trail for the Chronologically Gifted Hiker - Hybrid: Online 📄

One week: Tuesday, April 25, 2023

1 - 2:30 p.m. CT

Online with Zoom

Cost: \$20.00

Class limit 25

See course and instructor information above

Class limit for online participation 55+

#24 - Issues in Quality Health Care (24)

Two weeks: Tuesday, March 21 - 28, 2023

3 - 4:30 p.m. CT

Horton Multipurpose Conference Room - ISU Alumni Center

Cost: \$32.00

Class limit 25

This course will cover current issues relevant to quality health care, such as 1) from whose perspective, and 2) for what purpose. We will look at objective and subjective approaches to determining health care quality, using publicly available data, as well as cases and scenarios.

Jan Lee is a registered nurse and retired nursing professor. Lee held faculty positions at USC, UCLA, Michigan, Tennessee, and Clarke (Dubuque IA). She was a member of the RAND Corporation's Nursing Care Quality research team.

#25 - Franklin and Eleanor (24)

Two weeks: Tuesday, April 4 - 11, 2023

3 - 4:30 p.m. CT

Horton Multipurpose Conference Room - ISU Alumni Center

Cost: \$32.00

Class limit 25

Franklin and Eleanor Roosevelt had a celebrated partnership. Together, they shaped the world around them, leading the country through the Great Depression and World War II. Each faced personal tragedy, but together Franklin and Eleanor led exemplary lives of public service to America and remain one of the most respected and extraordinary couples in American history.

Jane Cox is a Professor Emerita at Iowa State University. Her strong interest in history has led her to explore many individuals and events from our nation's past. Her grandmother was a great admirer of Mrs. Roosevelt in particular because Eleanor showed people that "women did not need to be beautiful to make a mark in the world; it was far more important to have a brain."

#26 - Hands on Feet: Trigger Point, Acupressure, Strengthening and Stretching Foot Workshop (2A)

One week: Tuesday, April 25, 2023

3 - 4:30 p.m. CT

Horton Multipurpose Conference Room - ISU Alumni Center

Cost: \$20.00

Class limit 25

Join podiatrist and wellness expert, Colleen Schwartz, for an afternoon of learning gentle foot and ankle stretches, strengthening exercises, and acupressure or trigger point release points.

Colleen Schwartz is a podiatrist and health and wellness expert. Schwartz is a certified meditation instructor from Deepak Chopra's Wellness Center. Featured previously on NPR, her focus is on balance whether it be through meditation, Pilates, acupuncture, or fall prevention. She is passionate about establishing a firm foundation by wellness routines (especially meditation) and by wearing comfortable shoes.

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WEDNESDAY

#27 - Food Insecurity in Story County - Hybrid: In-person

Two weeks: Wednesday, April 5 - 12, 2023

9 - 10:30 a.m. CT

Horton Multipurpose Conference Room - ISU Alumni Center

Cost: \$32.00

Class limit 25

In this two-week course, learn about food insecurity in Story County. Hear about trends over time, both in child and adult hunger. Learn about local initiatives to address hunger, including the Story County Hunger Collaboration and Food Pantry Collaboration, Nevada Food At First meal site, Good Neighbor Emergency Assistance emergency food voucher program, Bethesda Community Food Pantry, and The Salvation Army Food Pantry and Market.

Anneke Mundel (MA, MAT) is the community impact director of United Way of Story County. Mundel convenes the Hunger and Food Pantry Collaborations and annual LIVE UNITED Food Drive. Prior to joining United Way, she provided leadership and instruction for adult basic education and high school equivalency programs for nearly 20 years.

Lori Allen is Director of Good Neighbor Emergency Assistance. Prior, Allen worked as an ISU campus advocate, trauma counselor, spiritual director, religious educator, pastoral care, and nurse. All are “helping” careers, informed by education, degrees, and credentials; all enrich her life’s purpose - helping find solutions to diverse needs.

Donna Grooms represents Bethesda Community Food Pantry. Grooms started volunteering at Bethesda in 2019 and, during the pandemic, began to coordinate most of the activities. Her professional background was as a process/package engineer for General Mills, Inc, and Abbott Nutritional Products, giving her a solid background in food safety.

Barb Mittman is the community meal coordinator for Nevada Food At First, a position held since 2017. Mittman shares leadership with dozens of other volunteers to address food insecurity by preparing, packing, and delivering meals to neighborhood pick-up locations in Nevada and eastern Story County communities.

Kathy Pinkerton is the service center director at The Salvation Army of Story County. Pinkerton has a BSW from Iowa State University, as well as a Master’s in Marriage and Family Therapy from ISU. She has worked in social services for over 30 years in a variety of capacities.

#28 - Food Insecurity in Story County - Hybrid: Online 

Two weeks: Wednesday, April 5 - 12, 2023

9 - 10:30 a.m. CT

Online with Zoom

Cost: \$32.00

Class limit 55+

See course and instructor information on page 36

Class limit for online participation 55+

#29 - BASE Senior Fitness - Hybrid: In-person 

One week: Wednesday, May 3, 2023

9 - 10:30 a.m. CT

Horton Multipurpose Conference Room - ISU Alumni Center

Cost: \$20.00

Class limit 25

BASE Senior Fitness is an exercise program developed by Central Iowa RSVP specifically for people age 55+. BASE stands for balance, agility, strength, and endurance. The primary focus is on improving balance by strengthening muscles throughout the body and practicing good balance. The exercise routine includes a warm up, balance, cardio, strengthening, and a cool down. The routine takes around 50 minutes to complete. It is normally implemented in a group setting with a trained leader.

Becky Koppen has been a volunteer coordinator at Central Iowa RSVP for 10 years. Koppen created the BASE Senior Fitness exercise program in 2014. Since then, over 600 people have participated in the program.

Sara Trueblood is an RSVP volunteer who has been trained to lead BASE classes in Webster City, Iowa.

#30 - BASE Senior Fitness - Hybrid: Online 

One week: Wednesday, May 3, 2023

9 - 10:30 a.m. CT

Online with Zoom

Cost: \$20.00

Class limit 55+

See course and instructor information above

Class limit for online participation 55+

#31 - Composting In Your Backyard and Beyond - Hybrid: In-person

One week: Wednesday, April 26, 2023

Cost: \$20.00

9 - 10:30 a.m. CT

Class limit 25

Horton Multipurpose Conference Room - ISU Alumni Center

During this one-day course we will learn pros and cons of composting and delve into the biology and mechanical processes of composting. You will learn how to start your own compost at home and investigate the practicalities of composting in your back yard and scaling to municipal or commercial ventures.

Beth Larabee earned her bachelor's in agronomy and master's in soil science from Iowa State University. Larabee has previous experience in graduate research and teaching at Iowa State University, ISU Extension, Leopold Center for Sustainable Agriculture and as an instructor teaching Environmental Science, Sustainable Agriculture and Soil Science at Des Moines Area Community College.

#32 - Composting In Your Backyard and Beyond - Hybrid: Online

One week: Wednesday, April 26, 2023

Cost: \$20.00

9 - 10:30 a.m. CT

Class limit 55+

Online with Zoom

See course and instructor information above

Class limit for online participation 55+

Do you have a class topic you would like to see offered? Perhaps you have a topic you are passionate about that you want to share with others.

We would love to hear about it. Please contact any of our leadership team or the OLLI at ISU staff. Working together we can reach our goal of continuing to offer the quality classes you have come to know and love with OLLI at ISU.

Paintings from Fall Watercolor class



#35 - Lunching on the Landscape

Four weeks: Wednesday, March 22 - 29 & May 3 - 10, 2023

1 - 2:30 p.m. CT

Blended (Online with Zoom and Off-site)

Cost: \$44.00

Class limit 25

There is an entire grocery store of delicious, local, wild foods waiting outside your back door! This course will be two Zoom sessions and two in-person, hands-on foraging excursions. The excursions will be near Ames, focusing on how to identify key features of wild edible plants, knowing when and what to sustainably harvest, and how to prepare wild foods. Join us as we forage flavors from flowers, greens, roots, shoots and more!

Chelsea Ewen Rowcliffe is a naturalist by passion and profession, working and teaching for Iowa's Mitchell County Conservation Board for over 13 years. Rowcliffe shares her enthusiasm for the outdoors publicly through environmental education programming, and hosts several wild edible classes each year. She also teaches at the Midwest Wild Harvest Festival, and is listed as an Iowa Forager on EatTheWeeds.com.

36 - Getting Your Ducks in Line

Two weeks: Wednesday, April 5 - 12, 2023

1 - 2:30 p.m. CT

Horton Multipurpose Conference Room - ISU Alumni Center

REGISTER BY March 24, 2023

Cost: \$42.00

(workbook included)

Class limit 25

This course will give participants a workbook and the information they need to organize their financial information. With these tools, should they become temporarily or permanently incapacitated, or unable to manage their affairs, someone can step into their shoes to help. You must register by Friday, March 24 to ensure a workbook for you will arrive in time for class.

Avis Pohl is a Certified Financial Planner who has spent 25 years providing financial education through workshops, presentations, and personal consulting. Pohl has conducted workshops for Fortune 500 employees as a financial education specialist for The Vanguard Group, and authored a book titled *Everywoman's Money: Less Debt, More Cash*. She graduated from Iowa State University and recently relocated back to Ames from her home in Brooklyn, New York.

#37 - Football Basics “A Rookie Road” - In-person (2A)

One week: Wednesday, 26, 2023

11 a.m. - 2:30 p.m. CT (two class sessions)

Horton Multipurpose Conference Room - ISU Alumni Center and Off-site

Cost: \$32.00

Class limit 25

American football can look overly complex. However, the fundamentals of the game are very easy. The instructor will guide participants through the rules of the game, equipping you with enough information to enable you to enjoy watching, while you learn the more in-depth nuances of the game. A tour of the Bergstrom Football Complex and Stack Performance Center at Iowa State University will be included.

Ron McFarland is a retired teacher and football coach, including 30+ years in the Denver Public Schools. McFarland holds a masters in educational administration, a bachelors in business from Iowa State University, and teacher vocational certification from Metro State (Denver). He was an All-American defensive nose guard student athlete at Iowa State University.



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#39 - Finding Your Rhythm with Drumming

Four weeks: Wednesday, March 22 - 29 and
April 12 - 19, 2023 (No class on April 5)

3 - 4:30 p.m. CT

Off-site Studio

Cost: \$44.00

Class limit 15

REGISTER ONLINE

Many of us think that we do not have rhythm or that we are not musical. Drumming comes from the heart - our inner drum, connecting us to the rhythm of nature. We will learn about various types of drums and other percussion instruments, and various rhythm patterns. The benefits of drumming will be discussed but also felt firsthand. This class is not about becoming an expert drummer - it's about self-expression, relaxation, spirituality, and quality of life. A list of drums and where to purchase them will be provided.

Karen Bates is a retired nurse practitioner. Bates taught yoga, tai chi, qigong, and meditation for many years, including at OLLI classes. She took OLLI's Native American Flute class years ago and co-founded a monthly flute circle in Ames. She also founded a drum circle.

THURSDAY

#40 - Learning iPads and iPhones

Eight weeks: Thursday, March 23 - May 11, 2023

9 - 10:30 a.m. CT

Online with Zoom

Cost: \$63.00

Class limit 25

The goal of this course is for you to better learn your iPad and iPhone. Specific topics to be covered: navigating the iPad/iPhone; making life easier; contacts and connections; books and media; word processing; security and maintenance; back-up, storage, and sharing; and keep learning.

Sam Wormley has degrees in mathematics and electrical engineering and taught as an adjunct professor of astronomy at Marshalltown Community College for 17 years. Wormley regularly teaches OLLI classes on computer security, Apple computers, and Apple mobile devices.

#41 - What in the World!?! - Hybrid: In-person 📅

Three weeks: Thursday, March 23, 2023 & April 6 - 13, 2023

11 a.m. - 12:30 p.m. CT

Horton Multipurpose Conference Room

ISU Alumni Center

Cost: \$38.00

Class limit 25

The course will examine world events as they happen. Jeff Schroeder will prepare lectures and moderate discussions on current global events. Emphasis will be on international topics of interest. Topics to be covered will be determined by unfolding events.

Jeff Schroeder has a bachelor's from Iowa State University, and a doctorate in political science from the University of Oregon. Schroeder had a logistics career with Fritz Co. (now a division of UPS) establishing air and ocean freight operations in Korea, North China, and Russia. He teaches courses from international business at Des Moines Area Community College to international studies, while actively consulting on transportation security and global logistic projects.

#42 - What in the Word!?! - Hybrid: Online 📅

Three weeks: Thursday, March 23, 2023 & April 6 - 13, 2023

11 a.m. - 12:30 p.m. CT

Online with Zoom

Cost: \$38.00

Class limit 55+

See course and instructor information above

Class limit for online participation 55+

#43 - What Do(es) the Data Say? 📊

Four weeks: Thursday, March 23 - April 13, 2023

1 - 2:30 p.m. CT

Online with Zoom

Cost: \$44.00

Class limit 55+

We are engulfed with data about ourselves, our environment, the economy, and our politics. This course will discuss the challenges and opportunities this presents. Particular attention will be given to the census, to opinion and other surveys (including some key contributions by lowans), and to “Big Data,” with the hope that these can be made less opaque and more understandable.

Mike Coveyou retired from the Iowa Department of Public Safety as Planning and Research Administrator after 33 years of service. Prior to and subsequent to his years with public safety, Coveyou taught at Iowa State in the Political Science and Statistics Departments.

#44 - Herbert Hoover 📖

One week: Thursday, May 4, 2023

3 - 4:30 p.m. CT

Green Hills - Community Room (2205 Green Hills Dr; Ames, IA)

This course is sponsored by Green Hills Retirement Community

Cost: \$20.00

Class limit 35

We will examine the presidency of Herbert Hoover, the only president born in Iowa, as well as his early life, career, and political path to the White House. Prior to becoming president, Hoover achieved tremendous success in business and as a humanitarian leader. The crash of 1929 presented a severe challenge for him after his election in 1928. A recommended reading list and handout will be provided.

Bennett Smith holds a bachelors in speech communication, a master’s in history from Iowa State University, teaches history and political science at North Iowa Area Community College (NIACC), and has done graduate work at the University of Iowa in Social Foundations of Education. Smith has presented for the NIACC Life-long Learning Institute; OLLI at ISU; and the LIFE program at Rochester Community and Technical College.

#45 - The Music Doesn't Always Have to be Exactly the Same! 📁

Three weeks: Thursday, April 6 - 20, 2023

3 - 4:30 p.m. CT

Online with Zoom

Cost: \$38.00

Class limit 35

In the first part of this course, we will hear music that was written some time ago and since been rewritten, either by the original composer or by someone else. We will consider the reason for the rewrite. In the second part of the course, we will consider music that was inspired by literature and the different ways in which composers have used this. For example, we will hear several different settings of one poem.

Jean Meek grew up in a musical family and became interested in classical music at an early age. Meek has taught several previous music courses for OLLI at ISU and made presentations for local musical organizations. She studied voice for several years and has sung in local choirs.

TRIPS

#46 - Cedar Rapids/Tama Experience

Two Days: Thursday, May 18 - Friday, May 19, 2023

Cost: \$550 with single hotel room / \$500 with shared hotel room

Off-site

Participant minimum 25

maximum 37

REGISTER BY March 30, 2023

Join us as we travel to Tama, Iowa, to learn about the Meskwaki Nation including their history, natural resources, buffalo, and the Red Earth Garden. From there we will visit the Czech/Slovak Museum in Cedar Rapids for lunch and a tour. The following day will begin at the Veteran's Memorial Building where we will see a 20-foot, hand painted window by Grant Wood. Then it is off to the Cedar Rapids Public Library for a presentation by the African American History Museum. After lunch we will take a tour of the Cedar Rapids Museum of Art (including more works by Grant Wood). On the way back to Ames we will stop to see the Indian Creek Nature Center's Amazing Space. Your meal at the Olive Garden restaurant is not included in the trip fee.

#47 - Venture North to Minnesota

Two Days: Thursday, June 15 - Friday, June 16, 2023

Cost: \$500 with single hotel room / \$450 with shared hotel room

Off-site

Participant minimum 25

maximum 37

REGISTER BY March 30, 2023

We will venture into Minnesota for a two-day visit in June. Before eating lunch in Austin, Minnesota, we will visit the Spam Museum. After lunch we will venture further into the state to take a tour at Lakeside Foods, where your typical safety equipment will be provided (please wear close-toed shoes and be prepared to walk). The next day will include a visit to the Museum of Russian Art and a chance to meet Carol Veldman Rudie (OLLI at ISU instructor). Following the museum tour, we will eat lunch in Lakeville at the Green Mill Restaurant. On the way back to Ames we will experience a tent sale at Faribault Woolen Mill. Meals at the Timberlodge Steakhouse and Green Mills restaurants are not included in the trip fee.

MEMBERS-ONLY LECTURES

Members-Only Lectures are available to all current OLLI at ISU members free of charge and no registration is required. Not a current member? See the Membership section of this catalog to learn how to join.

A Zoom link for each of the lectures will be sent to all current OLLI at ISU members the Friday before each lecture.

If the presenter gives permission to record, a link to the recording will be available the day after each lecture for members who request it. To request the recording please contact the OLLI at ISU office.

Engineers Without Borders

Tuesday, April 18, 2023, 3 - 4:30 p.m. CT

Presenter: Dirk Maier

ISU Alumni Center, South Reiman Ballroom and Online with Zoom

The ISU's Engineers Without Borders student chapter's goal is practicing sustainable community development. They recently held a successful Gathering 4 Ghana event that showcased their project work and a travel team that recently returned from working in the impoverished rural traditional area in Ullo, the Upper West Region of Ghana. Their projects include boreholes, rainwater catchment, micro-irrigation, water distribution and sanitation, and an ambitious new health clinic construction project.

Dirk Maier, professor of Agricultural and Biosystems Engineering and director of the new Kent Feed Mill and Grain Science Complex at Iowa State University is a registered professional engineer and currently serves as the faculty advisor for the Engineers Without Borders-ISU Student Chapter. Maier received his bachelor's, master's and doctoral degrees in agricultural engineering from Michigan State University.

MEMBERS-ONLY LECTURES cont.

Global Animal Health Ecosystem: Iowa's Role

Wednesday, April 26, 2023, 3 - 4:30 p.m. CT

Presenter: Michael Roof

ISU Alumni Center, South Reiman Ballroom and Online with Zoom

The global Animal Health industry is in excess of \$40 billion with over a third of the economic activity focused in the US market. The industry includes food animals as well as companion animals such as dogs, cats, and horses. The Animal Health ecosystem has a variety of important core areas of focus including health (diagnostics, vaccines, and pharmaceuticals), welfare, food safety, and sustainability. The State of Iowa plays a leading role in the animal health industry that has a national and global impact. Our contributors range from federal institutes (NADC, ARS, NVSL, and CVB), university colleges (Vet Med), trade groups (National Pork Board, etc.), commercial industry, and individual producers and pet owners. This presentation will give an overview of the various contributors and the roles they play in Iowa and the animal health industry.

Michael Roof has over 25 years of experience in the animal health and vaccine industry. Roof currently serves as the Chief Technology Officer for the State of Iowa Bioscience Initiative. This position is focused on technology transfer and commercialization in the vaccine and immunotherapeutic area. He has past work experience with NOBL Laboratories and Boehringer Ingelheim. He has over 25 patents with USPTO and co-authored over 45 papers. He has contributed to over 10 USDA and globally licensed vaccines. He has earned his masters and doctorate from Iowa State University and lives in Ames with his wife, Jill.

ISU Research Park: 35 Years of Helping Innovators Flourish

Tuesday, May 2, 2023, 3 - 4:30 p.m. CT

ISU Alumni Center, South Reiman Ballroom and Online with Zoom

The Iowa State University Research Park (ISURP) is a growing technology community and incubator for new and expanding businesses. ISURP provides access to the vast array of resources available at Iowa State University: from talent pipeline management, to specialized equipment, to the research infrastructure. ISURP is a 550+ acre development serving an upwards of 100 tenant companies, with more than 800,000 square feet of developed

Rick Sanders has been President of the ISURP since May 2019. Sanders is responsible for all aspects of the development and operation of ISURP hosting more than 100 companies from startups to Fortune 500 companies; and is home to more than 2,000 employees. He brings wide experience in community and economic development, strategic planning and implementation, creation of connections, relationship building and visioning. He and his wife Calli, who is Senior Associate Athletics Director at ISU, have lived in Ames since 2003 after stops in Alabama, Montana and Maine.

Fraud Awareness

Tuesday, May 9, 2023, 3 - 4:30 p.m. CT

Presenter: Amy Mesenbrink

ISU Alumni Center, South Reiman Ballroom and Online with Zoom

Have you been or know of someone who has been scammed? Financial fraud is one of the most devastating things that can happen to anyone. Financial fraud is simply the theft or embezzlement of money or any other property from a person. There are some basic steps that can be taken to protect your money and prevent you from becoming a victim of financial fraud. This presentation will also include many real-life examples of fraud and scams that are happening here in Iowa and across the United States every day.

Amy Mesenbrink has worked at First National Bank for 27 years and has had several experiences with fraud and scams that happen every day. Mesenbrink is a '95 ISU graduate and was a member of the football marching band and the basketball pep band. Amy and her husband, Chad, live in Ames with their two children.



2022 | 2023

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Lerner & Loewe's

MY FAIR LADY

Directed by Bartlett Sher

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OLLI REGISTRATION • SPRING 2023 (front and back)

One person age 50+ may register per form. **Please print.**

Mail with payment to OLLI at ISU:

ISU Alumni Center; 429 Alumni Lane; Ames, IA 50011

Name _____

Address _____

City/State/Zip _____ County _____

Phone _____ Email _____

New contact information is listed above, please update the OLLI Mailing List

Course #	Course Title	Cost
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

SUBTOTAL _____

OLLI Membership Status Current Member Non-member (add \$25) _____

YES, I want to be an ISU Alumni Association Member (add \$47) _____

I would like to give a **tax-deductible gift** to OLLI at ISU _____

TOTAL AMOUNT OF PAYMENT _____

CANCELLATIONS AND REFUNDS

OLLI membership dues are non-refundable. A \$10 service fee will be retained for registrations cancelled by **Monday, March 13, 2023**. Cancellations received after this date will not be issued a refund. Refunds will be processed after classes begin.

PAYMENT INFORMATION

Cash Check (payable to ISU Alumni Association)

Gift certificate/coupon (attach to this form)

Credit Card American Express Discover Mastercard Visa

Card# _____ Exp.(mm/yyyy) _____ CVV _____

Name on Card _____

Signature _____

(Please complete second page)

How long have you been a member?

- First time 1 year 2-5 years 6-10 years 11+ years

If this is your first year, how did you learn about us?

- Family/Friend Retirees Newsletter
 Advertisement, where? _____ Other _____

VOLUNTEER OPPORTUNITIES

Please contact me for the following volunteer opportunities at OLLI at ISU:

- Class assistant (greeter, microphones, technology) Be an ambassador for OLLI
 Assist with the newsletter
 Serve on a committee

Please consider these topics for future OLLI courses:

DEMOGRAPHIC INFORMATION (optional)

The following section is intended to help us learn more about our membership to focus our program to your needs or interests. It will also assist in compiling information for the annual report to the Osher Lifelong Learning Institute. Your participation in answering these questions is completely optional.

- Age Range** 50-60 years 61-70 years 71-80 years 81-90 years
 90+ years Prefer not to answer

- Ethnicity** African American Asian Caucasian Latino/Hispanic
 Native American Prefer not to answer Other _____

- How do you identify** Man Woman Prefer not to answer Other _____

- Marital Status** Married Partnered Widowed Prefer not to answer

- Retired** Yes No, work part-time No, work full-time Prefer not to answer

Please mail this completed form to:

OLLI at ISU
ISU Alumni Center
429 Alumni Lane
Ames, IA 50011-1403

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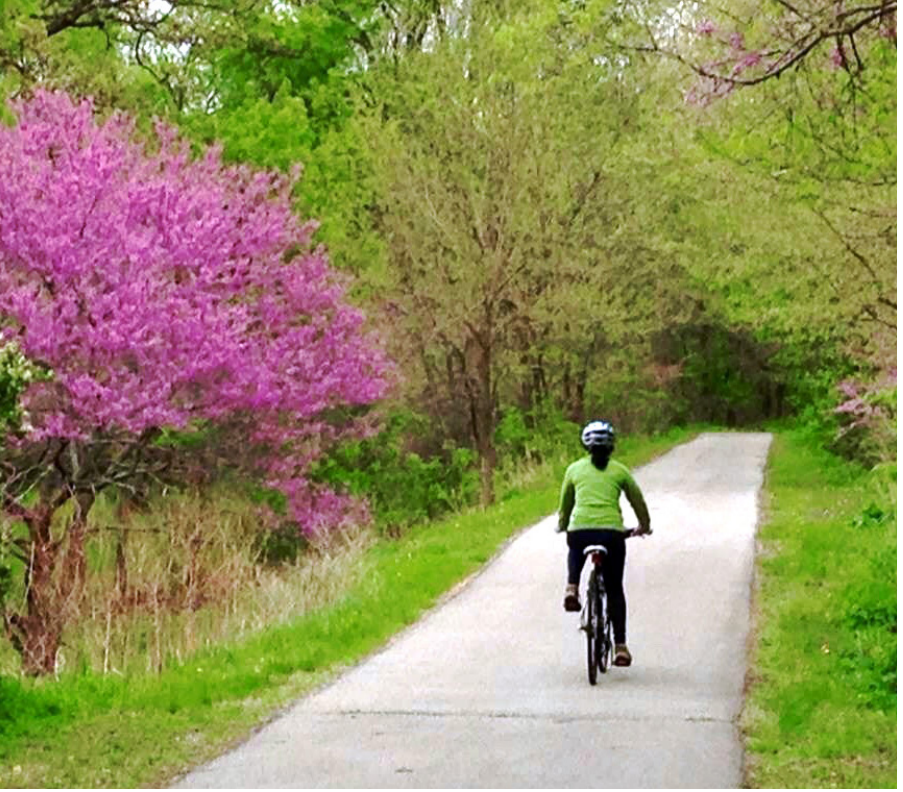
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- Retired** Yes No, work part-time No, work full-time Prefer not to answer

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429 Alumni Lane
Ames, IA 50011-1403

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