



Courses Specially Designed for Individuals 50 and Better!

Winter 2009 Courses

Classes begin January 26, 2009!



Join us for our Hot Cider & Scones Social

January 5, 2009

Brought to you by the Osher Lifelong Learning Institute at



www.oli.und.edu

Happy New Year OLLI Members and Lifelong Learners!



We are launching into the New Year with energy and excitement. As you may know, in early 2007 the University of North Dakota became part of the growing network of university-based Osher Lifelong Learning Institutes, thanks to a generous grant by the Bernard Osher Foundation. Founded in 1977 by respected businessman and community leader Bernard Osher, the San Francisco-based foundation seeks to improve quality of life for

older adults through the support for higher education and the arts. Today, OLLI@UND operates solely for the purpose of providing a distinctive array of courses for older adults who want to learn, simply for the joy of learning and personal fulfillment.

We are pleased to announce that, thanks to your positive response and continued support of the program, in less than two years OLLI@UND is 300 members strong. Special thanks also goes to OLLI's Leadership Council for their dedicated work and guidance, and to the University of North Dakota — without its in-kind support this organization could not exist.

OLLI@UND Winter Preview Social – Hot Cider and Scones!

On Monday, January 5 at First Presbyterian Church, you and your friends are invited to join us for a Hot Cider and Scones Social to learn more about the offerings for Winter 2009. Sign up for courses, meet the instructors, and visit with other members and their friends. Again, as an added incentive to current members, if you bring a **friend and *that* friend becomes a new OLLI member *and* signs up for a winter course at the Social, you'll receive a \$25 certificate towards a 2009 summer course (June 1-19) of your choice.** It's a super way to check out the winter courses and explore new areas of interests in a fun and relaxed atmosphere. Don't miss it!

Warm regards,



Connie Hodgson, Coordinator
OLLI@UND

WHAT IS OLLI?

OLLI@UND is a vibrant learning community of adults 50 years and better who want to continue their lifetimes of learning with programs rich in content, shared interests, and life experience. These programs are purely for enjoyment – no tests, grades or need for prior college experience – just the chance to join your peers in the joy of learning and the many benefits it brings.

Add Life to Your Years!

WHO CAN JOIN OLLI?

OLLI@UND is a non-profit, membership organization with a simple philosophy: an active mind creates a sense of mental, physical and social well-being. Regardless of your academic background, whether you are working, retired, or semi-retired, you can be a part of OLLI. Indeed, the only requirements for membership are a love of learning, active participation and payment of an affordable \$25 membership fee. Annual membership entitles a member first access to all courses offered, meaning you receive the course newsletter before the general public, thereby giving you *first choice* of the courses offered.

HOW DOES OLLI WORK?

Participation can *not* be overstated. OLLI@UND depends on *active participation* of its members to succeed. As membership grows, participants will provide input to a leadership council that will advise the OLLI staff in determining which courses and programs to offer. This means that you, the members, will design your own learning activities to suit your interests.

WHEN CAN I JOIN?

OLLI@UND will hold a Hot Cider and Scones Social on Monday, January 5, 2009 in the Commons Area of First Presbyterian Church beginning at 4:00 p.m. You can preview upcoming winter courses and meet the instructors, all while enjoying refreshments with other OLLI members and friends. Staff will be available to answer questions, enroll new members, and take registrations for courses.

Can't attend the open house? You can become a member anytime by completing the registration form included in this newsletter or go to www.lli.und.edu. It's that easy!



OLLI@UND

Hot Cider and Scones Social

January 5, 2009

4:00 p.m. – 6:00 p.m.

Commons Area

First Presbyterian Church

*5555 S. Washington St., Grand Forks
(south of All Seasons Garden Center)*

**Everyone is
welcome!!**



TOP 10 REASONS TO BECOME AN OLLI MEMBER:

- #10. It's your only access to OLLI courses
- # 9. First choice of courses
- # 8. E-newsletter each week announcing special UND campus and OLLI events
- # 7. Discounted 4-month membership fee offer for the UND Wellness Center
- # 6. Opportunities to socialize and make new friends
- # 5. Explore new skills and develop new interests
- # 4. Make connections in the community
- # 3. Keep active and enrich your life
- # 2. Stay mentally fit – and have fun
- # 1. *One good mind deserves another!*

RECEIVE A \$25 CERTIFICATE!

Wouldn't it be fun to share a class with a friend? You'll spend time together, learn something new, and now you can save money, too! As an added incentive, during the **OLLI@UND Hot Cider and Scones Social** on **January 5**, if you are a current member who brings a **friend and that friend becomes a new OLLI member and signs up for a winter course at the Social**, you will receive a **\$25 certificate towards a 2009 summer course** (June 1-19) of your choice. What a great way to involve your friends and help increase membership for a better OLLI@UND!

WHAT COURSES ARE OFFERED?

Non-credit, face-to-face courses are offered three times a year. You may choose from the following collection of courses and active educational experiences with no grades or tests. Courses will be taught by active or retired professors and professionals from the University of North Dakota or experts and professionals from our local community. **The winter courses will be six weeks long, meeting once a week for two hours. Please read all dates, times, and locations carefully.** Future course topics will be based on the recommendations from OLLI members.

You can provide your suggestions for future course offerings by completing the evaluation form at the end of each course, by calling Connie in the OLLI Office at 701.777.4840, or by e-mailing olli@mail.und.edu.

MONDAYS

CAJUN AND CREOLE CULTURES: MUSIC, GUMBO AND CAJUN LIFELONG LIVING AND LEARNING

Instructor: Dr. Virgil Benoit

Dates: January 26, February 2, 9, 23 & March 2 & 9 (No class Feb. 16) (Mondays)

Time: 5:00 p.m. – 7:00 p.m.

Course Fee: \$50

Location: UND Campus, Norm Skalicky Tech Incubator Building, Room 211

From New France's Acadia of 1755 to Cajun Louisiana yesterday and today, this course will give you insights, knowledge and feeling for one of North America's most rich and fascinating minority cultures. Topics range from music and gumbo to short stories, personal experiences, literature, films, and dance steps. Cajun culture will come alive every time we meet.

Dr. Virgil Benoit, Professor of French, will teach this class along with a few guests. Benoit loves stories and Cajun music and has worked with Louisiana educators and musicians for three decades engaged in understanding cultural diversity. Learn more about Professor Benoit at this website www.ifmidwest.org and click on "news" or "nouvelles." (0017)

TUESDAYS

CINDERS AND SMOKE – A LOOK AT REGIONAL RAILROADS

Instructor: Darrel Koehler

Dates: January 27, February 3, 10, 17, 24 & March 3 (Tuesdays)

Time: 9:00 a.m. – 11:00 a.m.

Course Fee: \$50

Location: East Grand Forks Campbell Library (422 4th St. NW)

Visit the beginnings of the railroad industry in Minnesota and North Dakota. Concentration will be on the former Northern Pacific and Great Northern railways, and the role of railroad baron James J. Hill will be examined. We'll start in 1860 and travel through time to today's Burlington Northern Sante Fe. ALL ABOARD!

Darrel Koehler grew up along the tracks of the Northern Pacific Railway in New York Mills, MN. A graduate of the University of Minnesota, he has been involved with railway history for nearly half a century. Now retired after working 45 years in newspaper journalism, he can devote his time to his biggest love – railroads. (0001)



RUSSIA – FRIEND OR FOE?

A Cultural and Historical Perspective – Why Mother Russia Is the Way She Is

Instructor: Robert Kulack

Dates: January 27, February 3, 10, 17, 24 & March 3 (Tuesdays)

Time: 10:00 a.m. – Noon

Course Fee: \$50

Location: UND Campus, Gustafson Hall Conference Room

To most Americans, Russia is an enigma. This course will examine the cultural and historical development of the Russian nation and shed light on how Russia has impacted the United States and the western world. Can we be friends with Russia, or are we destined to be irreconcilable adversaries? Topics will include Russia's physical geography base, the Romanovs, the 1917 Revolution, Communism and Stalin/post-Stalin, Communism's collapse, Chernobyl, Yeltsin and Putin, Germans from Russia, and Russian culture.

Robert Kulack is a retired teacher after serving 38 years with the Grand Forks School system. While teaching 9th grade Social Studies, he helped to develop a nine-week unit on Russia for the new Global Education course. Kulack also taught Russian History for Park University at the Grand Forks Air Force Base for 10 years. (0002)



ART APPRECIATION

Instructor: Dyan Rey (Veteran OLLI Instructor)

Dates: January 27, February 3, 10, 17, 24 & March 3 (Tuesdays)

Time: 2:00 p.m. – 4:00 p.m.

Course Fee: \$50

Location: UND Campus, Gustafson Hall Conference Room

This may be the course you wish you had taken in school – but without the tests! Art Appreciation focuses on looking at art and learning about its components: form, content, style, and medium. Each class will consist of slide presentations and group discussions of some of the world's greatest paintings, sculptures, and architecture. A field trip to the North Dakota Museum of Art is also planned. This class may be particularly appealing for anyone who plans to travel to Europe or visit art museums in major American cities.

Dyan Rey has been teaching Art Appreciation classes for the past 10 years, first at UND and now at Northland Community Technical College. She also teaches studio art and the Art History Survey courses. Rey has a Master of Fine Arts degree from UND and is known for her colorful and expressionistic paintings. (0003)

RED, WHITE AND BUBBLES*

Instructor: Greg Rixen (Veteran OLLI Instructor)

Dates: January 27, February 3, 10, 17, 24 & March 3 (Tuesdays)

Time: 5:00 p.m. – 7:00 p.m.

Course Fee: \$50*

Location: Happy Harry's Bottle Shop (2051 32nd Ave. S., Grand Forks)

Supplies: *An additional \$30 for food costs will be collected at the door by the instructor on the first night of class.

Have you ever wanted to travel the world and discover new, interesting and fun wines? How would you like to do that without even leaving Grand Forks? Our journey will start in California and travel to such places as France, Germany, Italy and Australia. We will be trying more than 50 wines from around the world and pairing them with different meats, cheeses, fruits and desserts. If you're a beginner or experienced wine enthusiast...this course is for you! Class has limited seating.

Greg Rixen is the General Manager for Happy Harry's Bottle Shops in Grand Forks and has 12 years of experience in the wine industry. He has toured wineries in Napa and Sonoma, California, as well as Santiago, Chile. He graduated in 1999 from UND with a B.A. in Business Administration. (0004)



DIGITAL PHOTOGRAPHY

Instructor: Brian Barclay (Veteran OLLI Instructor)

Dates: January 27, February 3, 10, 17, 24 & March 3 (Tuesdays)

Time: 5:00 p.m. – 7:00 p.m.

Course Fee: \$50

Location: UND Campus, Norm Skalicky Tech Incubator Building, Room 211

Have a digital camera? Want to take better pictures with it and learn more about what it can do? Then this course is for you! In order to take better pictures with your camera, you need to learn the specific features of the camera and how to use them. You will also learn how to transfer those pictures to a computer.

Brian Barclay is a University of North Dakota graduate with a B.A. in Graphic Design. He worked for the UND Division of Continuing Education as an online education media developer and is now a Web database specialist with the UND Center for Rural Health. (0005)



“Teaching for OLLI has been a really wonderful experience. It is refreshing to meet and interact with people who truly just want to learn. Participants always come armed with questions, are attentive, and overly gracious. The OLLI staff is friendly and always takes care of whatever is needed in a prompt manner. As an instructor, I could not ask for more.”

Brian Barclay, OLLI Digital Photography Instructor

IMPACT PERSONAL SAFETY



Instructor: Kay Mendick (Veteran OLLI Instructor)

Dates: January 27, February 3, 10, 17, 24 & March 3
(Tuesdays)

Time: 5:00 p.m. – 7:00 p.m.

Course Fee: \$50

Location: UND Hyslop Sports Center, 3rd Floor

IMPACT Personal Safety is a highly specialized self-defense program that teaches you to successfully knock out an assailant of any size. The course is based on the idea that learning is best accomplished by “doing.” A specialized trained “mugger” instructor dons state-of-the-art customized padding so that you can practice the full-force defensive tactics. You will learn to

deliver effective strikes and kicks to vital areas while fighting in scenarios that are as realistic as possible. Learn simple, effective self-defense skills while practicing in a safe environment. Understand how to use your emotions to help you become stronger and safer. View the new Impact commercial at

<http://und.edu/dept/womenctr/impactvideo.html>.

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. (0006)

More course offerings continued on page 13.



OLLI MEMBERSHIP BENEFITS AND PROCEDURES

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.

The annual membership fee is \$25 for an individual membership. Your OLLI membership includes access to all OLLI courses, newsletters, weekly e-newsletters, and access to campus facilities and activities. **Please NOTE:** This affordable membership fee, which supports our program, is non-refundable.

REGISTRATION METHODS

There are three methods of registration: by mail, phone, and online. **You must be an OLLI@UND member to register for courses – please include your annual \$25 membership payment with your course registration form and fees.** Not sure if your membership is up to date? Call Connie at 701.777.4840. If you plan to pay by check, you need to mail your registration form (both pages) and check to the address below. If you register over the phone or online, please provide your credit/debit card information. Check payments are not accepted by phone.

Submit your completed registration form with payment to:

Mail: UND Continuing Education
OLLI

Gustafson Hall Room 201
3264 Campus Road Stop 9021
Grand Forks, ND 58202-9021

Phone: 701.777.3000 or toll free 1.800.342.8230 (credit card payments only)

Web: www.lli.und.edu

QUESTIONS?

UND Continuing Education

Phone: 701.777.3000 or 1.800.342.8230 (toll free)

E-mail: olli@mail.und.edu

Web: www.lli.und.edu

Want to Receive a \$25 Certificate?

Details on page 2.

COURSE REGISTRATION

You must be an OLLI member to register for courses. The registration fee for courses is \$50, *excluding the UND Wellness Center; the Red, White and Bubbles course; and the Gourmet Entertaining with Flair course.* Please read the specifics for these courses carefully.

If you need to withdraw from a course, please call 701.777.3000 at least one week prior to the start date. A refund of the course fee *minus* a \$10 administration fee will be issued. If notification of cancellation is received less than one week prior to the start date, or not at all, you will forfeit the course fee. If you wish to **transfer to another course**, there is a \$10 administration fee. Course scholarships are available. Please call Connie in the OLLI Office at 701.777.4840.

COURSE REGISTRATION DEADLINE

Space is limited for many courses and they fill up quite rapidly, so register as soon as possible. Once you've received your newsletter and have chosen the course(s) you would like to take, **register immediately to reserve your place.**

LOCATION

Courses are held on the UND campus with a few exceptions. The locations are listed in this newsletter under each course title. After your registration is processed, you will receive a confirmation letter again stating the specific building and room location for your course(s), a campus map, and a temporary parking permit for those courses held on the UND campus.

SPECIAL ACCOMMODATIONS

If you need special accommodations to participate in OLLI, please call Connie in the OLLI Office at 701.777.4840 at least two weeks prior to the start date of your first course.

Participants understand by registering, that they are giving OLLI@UND permission to use for publicity purposes any photographs taken during courses conducted by this program.



Osher Lifelong Learning Institute (OLLI)

The University of North Dakota

2009 WINTER COURSE & MEMBERSHIP REGISTRATION FORM

Use this form to Register by Mail

Please type or print clearly. Complete both pages per person. Duplicate these pages as necessary.

Name: _____

Date of Birth: _____ Social Security Number: _____
Month/Day/Year Social Security Numbers are kept confidential and used for accurate record keeping.

Mailing Address: _____

City/State/Zip: _____

Daytime Phone: _____ Cell Phone: _____

E-mail: _____

Would you like to receive information about OLLI@UND via e-mail? Yes No

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

HELP US PLAN FUTURE OLLI EVENTS, PLEASE TELL US ABOUT YOURSELF

1. **Gender:** Male Female 2. **Are you a UND alum?** Yes No

3. **Education:** High School Bachelor's Graduate

Other: _____

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

5. **How did you FIRST hear about OLLI Courses?**

Newspaper Course Newsletter Family/Friend Other: _____

PAYMENT METHOD *Your payment must be included with your registration form.*

Check # _____ is enclosed for \$ _____.

Make payable to University of North Dakota.

Choose course(s) next page ⇨

Charge \$ _____ to: Visa MasterCard
 Discover American Express

CreditCard# _____

Expiration Date: _____ Verification Code: _____
(3 or 4-digit security code by the signature panel on back of card)

Name as it appears on Credit Card: _____

To Register:

Phone: 701.777.3000 or toll-free 1.800.342.8230
(credit card payments only)

Web: www.lli.und.edu

Mail: UND Continuing Education
ATTN: OLLI
Gustafson Hall Room 201
3264 Campus Road Stop 9021
Grand Forks, ND 58202-9021

PLEASE MARK THE BOXES TO INDICATE YOUR REGISTRATION FOR COURSES AND/OR MEMBERSHIP

OLLI Membership is required to participate in the OLLI@UND Program.

- Yes, I want to become a new member of OLLI or renew my annual membership. \$25
- I am a current OLLI member and have already paid my \$25 annual fee.

NOTE: Your membership fee is non-refundable and non-transferable.

Participants are responsible for any course materials required.

OLLI Courses (Optional)

MONDAYS

- 5:00 p.m. - 7:00 p.m. Cajun and Creole Cultures (0017) \$50

TUESDAYS

- 9:00 a.m. - 11:00 a.m. Cinders and Smoke –
A Look at Regional Railroads (0001) \$50
- 10:00 a.m. - Noon Russia – Friend or Foe? (0002) \$50
- 2:00 p.m. - 4:00 p.m. Art Appreciation (0003) \$50
- 5:00 p.m. - 7:00 p.m. Red, White and Bubbles (0004) \$50*
- 5:00 p.m. - 7:00 p.m. Digital Photography (0005) \$50
- 5:00 p.m. - 7:00 p.m. IMPACT Personal Safety (0006) \$50

WEDNESDAYS

- 9:00 a.m. - 11:00 a.m. “What’s So Funny?”
A preview of the work of writers attending the
2009 UND Writers Conference (0007) \$50
- 10:00 a.m. - Noon Mid-Life, Best Life (0008) \$50
- 1:00 p.m. - 3:00 p.m. Decluttering (0009) \$50
- 4:30 p.m. - 6:30 p.m. The Manner of Traveling Abroad (0010) \$50
- 5:00 p.m. - 7:00 p.m. Computers (PCs) for Dummies (0011) \$50
- 5:00 p.m. - 7:00 p.m. Gourmet Entertaining with Flair (0012) \$80**

THURSDAYS

- 9:00 a.m. - 11:00 a.m. The Story of Islam (0013) \$50
- 1:00 p.m. - 3:00 p.m. Weaving Your Family Tapestry (0014) \$50
- 2:00 p.m. - 4:00 p.m. Following the Creative Path (0015) \$50
- 4:00 p.m. - 6:00 p.m. T’ai Chi Chih – Joy and Serenity (0016) \$50

ANYTIME

- Living Well Course at the UND Wellness Center \$115
(4 month Individual Membership)

* Additional \$30 due at the first class

** Includes supplies fee

Total: \$ _____

OFFICE USE ONLY: Order#: _____

Received Date: _____ **Reference#:** _____



Osher Lifelong Learning Institute (OLLI)

HOW IS OLLI FUNDED?

The Institute emphasizes collaborative leadership and active member participation. However, it is only because of the substantial support from the Bernard Osher Foundation, the University of North Dakota and member fees that we are able to offer these unique educational opportunities to residents of the Red River Valley and beyond. Collectively, they fund OLLI@UND operating costs. The Bernard Osher Foundation, at present, supports 122 institutes in 48 states and is also affiliated with the Elderhostel Institute Network.

CALENDAR OF UND EVENTS

There are a number of other events and activities held on the UND campus throughout the winter months. Many activities are open to the public and can be enjoyed by all ages. Some activities include fantastic UND Division I sports; Twin Cities Area Artists at the ND Museum of Art; *Parallel Lives* at the Burtness Theatre; Artists and War Part II at the ND Museum of Art; and The Museum Concert Series, which is the oldest chamber concert series in the region, will present Tapestry at the ND Museum of Art. For more information and a complete listing of events at the University of North Dakota, visit www2.und.edu/our/calendar_new/.

OLLI@UND
Hot Cider and Scones Social
Monday, January 5, 2009
4:00 p.m. – 6:00 p.m.
Commons Area
First Presbyterian Church
5555 S. Washington St.
(south of All Seasons Garden Center)



**Everyone is
welcome!!**

Our friends at First Presbyterian and Holy Family Churches, Valley Middle School and the EGF Campbell Library have graciously allowed us to use their facilities for some of our classes. The classrooms are easy to find and parking is wonderful. We're so grateful for their generosity. Please take time to voice your appreciation.

*Want to Receive a \$25 Certificate?
Details on page 2.*

Course offerings continued from Page 7

WEDNESDAYS

“WHAT’S SO FUNNY?”

A preview of the work of writers attending the 2009 UND Writers Conference

Instructor: Kathy Coudle King (Veteran OLLI Instructor)

Dates: January 28, February 4, 11, 18, 25 & March 4 (Wednesdays)

Time: 9:00 a.m. – 11:00 a.m.

Course Fee: \$50

Location: UND Campus, Gustafson Hall Conference Room

This course will introduce you to the work of the writers attending the 2009 UND Writers Conference, and will analyze the use of “wit” in classics such as *A Modest Proposal*. We will also discuss the elements of Commedia dell’arte, a form of improvisational theatre that began in Italy in the 16th century.

Kathy Coudle King is a playwright, novelist, and Sr. Lecturer in English and Women Studies at UND. She earned her BFA at New York University where her program emphasis was playwriting, and went on to earn her MA in English at UND. A full list of her work can be found at www.dakotalit.com. Kathy is also the Administrative Coordinator for the 2009 UND Writers Conference. (0007)

“I just wanted to let you know my thoughts about OLLI. Before retiring from Job Service ND last summer, one of my big concerns about our community and state was that we were not being proactive in keeping our retired citizens in ND. Our friends, as they are retiring, are moving to warmer climates. What was I going to do after retirement? The first thing I did was get a part-time job, and while working, someone told me about OLLI. My first thought was that it was an arts and craft type of learning experience which felt like [the] same thing offered throughout the community. Finally I took a couple of classes and they were wonderful! I made new friends, learned things that really stretched my mind, and created a hunger for more.

This fall I wondered [that] if my part-time job would interfere with my OLLI choices, the job might have had to go. The classes that I have taken so far have ended and I found myself wanting more! Maybe that is something for you to think about—continuation of some classes. OLLI is something that is making my life fun and exciting!”

— Penny Olson, OLLI member, January 2008



MID-LIFE, BEST LIFE

Instructor: Bev Benda-Moe (Veteran OLLI Instructor)

Dates: January 28, February 4, 11, 18, 25 & March 4 (Wednesdays)

Time: 10:00 a.m. – Noon

Course Fee: \$50

Location: Season's Family Restaurant (300 3rd Ave. NE, East Grand Forks)

Back by popular demand! Welcome to the challenges and opportunities of mid-life! What do you want to accomplish? You may be contemplating career change, retirement, down-sizing, relocation . . . or, maybe you are seeking better health and well-being, deeper spiritual understanding, greater authenticity, and ways to make life more meaningful and joyful. Join others in this interactive coaching group in exploring options to create your own action plan for moving forward. Class will be held at Season's Family Restaurant in East Grand Forks.

Suggested reading: *Awakening at Midlife* by Kathleen A. Brehony.

Bev Benda-Moe is a Licensed Registered Dietitian, a Life and Wellness Coach, and works at the UND Center for Health Promotion. She has more than 20 years of experience and currently serves clientele through her private coaching business, My Coach Bev. (0008)



"Mid-Life, Best Life gave me confidence to 'encourage myself'!" — S.S.

"I would recommend the Mid-Life, Best Life course to anyone who enjoys a relatively intimate engagement with other like-minded participants based on pro-Jungian principles."

—Tim M.

DECLUTTERING: MORE THAN CLEANING OUT CLOSETS

Instructor: Bev Benda-Moe (Veteran OLLI Instructor)

Dates: January 28, February 4, 11, 18, 25 & March 4 (Wednesdays)

Time: 1:00 p.m. – 3:00 p.m.

Course Fee: \$50

Location: Season's Family Restaurant (300 3rd Ave. NE, East Grand Forks)

It's about learning how "stuff" keeps you living in the past instead of moving forward in your life. It's more than learning how to get organized; it's about identifying what's important to you and giving yourself access to it. It's more than getting rid of excess possessions; it's learning to stop buying more than you need.

If you are ready to accept the challenge of decluttering on more than just the surface, join this interactive, results-oriented coaching group. With insightful and intriguing lessons each week, you will be motivated to tackle packrat behaviors, piles of papers, overscheduled calendars, and even a cluttered mind!



Suggested reading: *When Organizing Isn't Enough, SHED Your Stuff, Change Your Life*, by Julie Morgenstern.

Bev Benda-Moe is a licensed Registered Dietitian, a Life and Wellness Coach, and works at the UND Center for Health Promotion. She has more than 20 years of experience and currently serves clientele through her private coaching business, My Coach Bev. (0009)

*Want to Receive a \$25 Certificate?
Details on page 2.*



THE MANNER OF TRAVELING ABROAD

Instructor: Juan Pedraza (Veteran OLLI instructor)

Dates: January 28, February 4, 11, 18, 25 & March 4 (Wednesdays)

Time: 4:30 p.m. – 6:30 p.m.

Course Fee: \$50

Location: UND Campus, Gustafson Hall Conference Room

Want to alleviate any possibility of committing a social blunder while traveling abroad? The French phrase “faux pas” is a violation of accepted social rules such as standard etiquette or customs. For example, in English-speaking Western countries, it is sometimes considered a thoughtful gesture to bring a bottle of wine when going to someone’s house for dinner. However, in France, if the dinner is formal, this is considered insulting as it suggests that the hosts are unable to provide their own good wine.

Juan Pedraza is a former newspaper, magazine, and radio journalist and Russian linguist for the U.S. Army. Formerly the Director of Communication at the School of Medicine and Health Sciences, Juan is currently the National Media Relations Coordinator for University Relations at UND. (0010)

COMPUTERS (PCs) FOR DUMMIES

Instructor: Vicki Thompson (Veteran OLLI Instructor)

Dates: January 28, February 4, 11, 18, 25 & March 4 (Wednesdays)

Time: 5:00 p.m. – 7:00 p.m.

Course Fee: \$50

Location: UND Campus, Norm Skalicky Tech Incubator Building, Room 211

If images of furniture are the first things that cross your mind when someone mentions desktops and laptops, then this course is for you. You will be guided through the computer lingo, and taken through the steps from turning on your computer and working with a mouse (once she gets it out of the trap!), all the way to browsing on the Web and connecting with family and friends online.

Vicki Thompson has an Associates Degree in Computer Information from North Dakota State School of Science. She has worked with computer software and hardware for 20 years, the last 10 years in Information Technology at UND. (0011)

GOURMET ENTERTAINING WITH FLAIR* (ALL NEW RECIPES!)

Instructor: Chef Jess Karley (Veteran OLLI Instructor)

Dates: January 28, February 4, 11, 25, March 4 & 11 (Wednesdays)

There is no class February 18.

Time: 5:00 p.m. – 7:00 p.m.

Course Fee: \$80*

Location: Valley Middle School, 2100 5th Ave. N. (east of University Park)

Wishing to entertain without the stress of planning a menu? Indeed, throwing a dinner party at home is fun – your guests can visit and mingle in a way impossible at a restaurant, plus you get to show off your incredible culinary talents! Chef Jess will teach you everything you need to know about dishes that will knock your guests over (not literally!) After this course you will be able to prepare food that seems to have taken hours, while you never break a sweat in the kitchen! Make “staying in” the new “going out”! Class has limited seating.

*Price for the course is \$80, which includes a supply fee.

Chef Jess Karley graduated from Le Cordon Bleu in Minneapolis with highest honors. Prior to joining the dining team at UND, she was a pastry chef at a popular resort in Illinois, and operation manager for Culinary Services at Blue Cross and Blue Shield in Fargo. (0012)

First impressions from a new OLLI instructor

“Absolutely fabulous! The folks who signed up for my class were eager, willing to stretch intellectually; they want results and are self-motivated to achieve results. What a terrific bunch of people. I’d rather call it a very cool club than a class. Can you believe it: teaching/learning as a whole lot of fun. By the end of the first two-hour session, people were actually using the language, engaging each other with skills acquired only a few minutes before.

OLLI facilitates intellectual and personal growth, stimulates enhanced social interaction, and encourages stronger links across demographic boundaries. It’s a real community builder!”

— Juan Pedraza, OLLI Instructor



THURSDAYS

THE STORY OF ISLAM

Instructor: Dr. Burt Thorp (Veteran OLLI Instructor)

Dates: January 29, February 5, 12, 19, 26 & March 5
(Thursdays)

Time: 9:00 a.m. – 11:00 a.m.

Course Fee: \$50

Location: UND Campus, Gustafson Hall Conference Room

In this course you will learn about Islam, its history, its variety, and its relationship to other religions such as Judaism, Christianity, Zoroastrianism, and Sikhism. **The following book is required reading;** we will be discussing selections in the class from *The Qur'an. A New Translation*, by M.A.S. Abdul Haleem, Oxford Press/World Classics Paperback/\$12.95, ISBN:978-0-19-953595-8

Dr. Burt Thorp earned a Ph.D. from UCLA in Languages and Literatures of India and in Indian Buddhism. Currently he is the Director of Interdisciplinary Studies at UND. (0013)



WEAVING A FAMILY TAPESTRY: COMPILING A FAMILY HISTORY

Instructor: Dr. Shirley Greves

Dates: January 29, February 5, 12, 19, 26 & March 5 (Thursdays)

Time: 1:00 p.m. – 3:00 p.m.

Course Fee: \$50

Location: UND Campus, Gustafson Hall Conference Room

Are you losing connections with your extended family and stories of the past? This is often the case with the loss of our parents' generation. "I was privileged to reconnect with my cousins and compiled a family history book in word and pictures called, *Crossing Borders*. I learned much throughout the process, and I would like to help others begin to weave their own family tapestry by sharing my own successes and pitfalls," says Dr. Shirley Greves. This course is not on genealogy, but it certainly can be incorporated. The course will include determining the purpose and content of a family history, collecting data and artifacts, writing stories, working with a printing company, and using a computer to produce the final product (demonstration only).

Dr. Shirley Greves is a recently retired professor from the department of Teaching and Learning at UND. She has extensive teaching experience in teaching English and Teacher Education. (0014)

FOLLOWING THE CREATIVE PATH

Instructor: Carolyn Meisel

Dates: January 29, February 5, 12, 19, 26 & March 5 (Thursdays)

Time: 2:00 p.m. – 4:00 p.m.

Course Fee: \$50

Location: East Grand Forks Campbell Library (422 4th St. NW)

Supplies: List will be furnished with confirmation.

We are all born creative – it is a gift from the Great Creator, passed down to us by those who have gone before us. For most people, using this creativity in every day life is enough. But for others, there is an irresistible, compelling drive to follow a different path. They have a desire to creatively express their response to life by writing, composing, painting, dancing, or using one of the many mediums available for creative self-expression. If that describes you, then this class is for you.



Discover your passion and the joy of purposefully following the Creative Path. In a fun, non-threatening environment, explore your rich heritage; define your uniqueness and what gives meaning to your life. A supply list of items for class use (which can be brought from home or purchased at a minimal cost) will be sent to you after you register for the course.

Suggested reading:

- *Coaching the Artist Within*, by Eric Maisel. New World Library, Novato, CA, 2007.
- *Creativity: Where the Devine and the Human Meet*, by Matthew Fox. J.P. Tarcher/Putnam, Penguin Putnam, Inc., NY, 2002.
- *The Artist's Way: A Spiritual Path to Higher Creativity*, by Julia Cameron. J.P. Tarcher/Perigee Books, NY, 1992.
- *The View from the Studio Door: How Artists Find Their Way In An Uncertain World*, by Ted Orland. Image Continuum Press, OR, 2006.
- *The Soul of Creativity: Insights into the Creative Process*, Tona Pearce Myers, Editor. New World Library, Novato, CA, 1999.



Carolyn Meisel is an artist who exhibits her paintings regionally, and is a retired counselor. She received a bachelor's degree in visual arts and a master's degree in counseling at UND. Carolyn has conducted numerous retreats, workshops and presentations on creativity. (0015)



T'AI CHI CHIH – JOY AND SERENITY

Instructor: Heather Helgeson (Veteran OLLI instructor)

Dates: January 29, February 5, 12, 19, 26 & March 5 (Thursdays)

Time: 4:00 p.m. – 6:00 p.m.

Course Fee: \$50

Location: Holy Family Catholic Church, the Gather Room
(1018 18th Ave. S., Grand Forks)

The circulation and balancing of the Chi (our internal energy) is the great secret of life. It is a valuable exercise that affects the inner organs and muscular structure. T'ai Chi Chih is moving meditation – with far reaching benefits. The slow, soft movements have a real effect on blood pressure, weight control and other physical aspects.

Heather Helgeson serves as the Program Coordinator of the UND Nonprofit Leadership Certificate Program; a multidisciplinary program intended for students who want to acquire skills and enhance their qualifications for service with nonprofit organizations. Heather is a certified T'ai Chi Chih instructor and has been teaching and sharing the movements of T'ai Chi Chih with people of all ages for 14 years. (0016)



Life isn't about waiting for the storm to pass; it's about learning to dance in the rain.

*Want to Receive a \$25 Certificate?
Details on page 2.*

ANYTIME

LIVING WELL COURSE AT THE UND WELLNESS CENTER

Are you looking for a place to either start or continue your journey in active wellness? The UND Wellness Center is only open to UND students, faculty, and staff, but as a member of OLLI, you now can get the same benefits by taking the Living Well Course through the UND Wellness Center! By becoming a member of the Wellness Center, you will gain full access to the support, tools, and people you need to keep on track in your quest to live a balanced, healthy lifestyle. You will meet with a fitness experience associate to receive a fitness assessment and equipment orientation. You also will receive information on The Seven Dimensions of Wellness.

Who? You MUST be an OLLI member to participate.

Course Membership? You may begin your 4-month membership at any time.

Hours? The UND Wellness Center is open:

Monday through Friday from 5:30 a.m. – 11:00 p.m.

Saturdays from 9:00 a.m. – 6:00 p.m.

Sundays from Noon – 11:00 p.m.

Location? 801 Princeton Street, next to the Ralph Engelstad Arena.

Cost? \$115 for a 4-month individual membership. Only through OLLI@UND can you register and/or renew your membership by using the methods described on page 8.



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