

ANACORTES SENIOR COLLEGE

Schedule of Courses

Fall 2023

Tuesday October 10 – Thursday November 16, 2023

Tuesdays and Thursday afternoon classes meet at 4:00 - 6:00 pm

Anacortes Middle School

M Ave. & 22nd St.

Wednesday afternoon class meets at 1:30-3:30 pm

Anacortes Senior Activity Center

1701 22nd St.

Online Registration opens Monday, September 11, 2023 at 10 am.

Online registration is encouraged.

If you have difficulty registering online, we will be available at the Anacortes Senior Activity Center on Monday, September 11, 2023, from 10 am - noon to help you register.

Please see our website for additional registration options. Website:
seniorcollege.org

To contact the Anacortes Senior College:

Email: Info@seniorcollege.org

Phone: 360-503-1255

Tuesday afternoons

Industries of Anacortes (6 weeks: Oct 10 – Nov 14)

Back by student request, this popular series will again explore six of the many industries & services based in our local economy. The following guests from the listed industries will speak and answer questions:

Name Company

10-Oct	Mike Nelson	Dakota Creek, owner
17-Oct	Justin Rawls.	T. Bailey, Vice President
24-Oct	Don McMoran	Agriculture and Natural Resources Extension Educator and WSU Skagit County Extension Director
31-Oct	Bill Harris	Fire Chief, Anacortes
7-Nov	John Roozen	WA Bulb
14-Nov	Matt Miller	Mayor of Anacortes

Facilitator: **Tom Kuhn (past president of Anacortes Senior College)**

Memoir Writing (6 weeks: Oct 10 - Nov 14)

Writing about your life can seem like a daunting task. Where to begin? This class will prime the pump, with weekly writing assignments (about 750 words) presented in themes, plus writing tips. Sharing your stories confidentially with others in class will inspire you even more. You'll come to see your life through a different lens, and leave a legacy for your family. (Class size is limited to 10 students.)

Instructor: **Teru Lundsten**

Teru has been teaching memoir writing in Skagit County since 2010. She worked as a personal historian, helping people preserve their life stories into books for their families. As a journalist she wrote over 200 profiles of people of all ages and from around the world. She has completed a memoir of her early years.

The Covid Classroom: What have we learned from the worst pandemic in 100 years? (3 weeks: Oct 10 – Oct 24)

The U.S. health system has been described as “broken” and “the best in the world.” How well has it responded to the Covid crisis, and what can we learn from this

experience? In this three-session course, we will discuss the structure of the U.S. health system and how it operates, and explore – together – its strengths and weaknesses as revealed by the pandemic.

*Instructor: **Aaron Katz***

Aaron Katz is Principal Lecturer Emeritus at the University of Washington School of Public Health where he taught graduate level courses in health policy and conducted health policy projects and research on a wide variety of issues. During his 32 years at UW, Aaron held numerous academic leadership positions and has received many awards, including the American Public Health Association's Award for Excellence in 2006 and the Outstanding Teaching Award from the UW School of Public Health in 2004. Aaron and his artist wife, Kate Dougherty, moved to Anacortes in April 2019 after living in Seattle for more than 40 years. They enjoy hiking, biking, pickleball, eating in the area's great restaurants, listening to music, dancing, and traveling.

First People to North America (3 weeks: Oct 31 – Nov 14)

This 3-week course will provide information about the strong, creative and successful first people into North America. They are the ancestors of all the North American tribes. The new archeological discoveries will be presented including those here in the Northwest. It will also cover what science says about the new genetic DNA data. The class will include:

- Who were the first people?
- When did they come?
- Where did they come from?
- How did they get here?
- What did they find?
- How do we know any of this?
- The Kennewick man controversy.

*Instructor: **Jim Barrett EdD***

Jim has a doctorate degree in Adult Education and Communication. He was employed at the University of Washington for 32 years. He regularly teaches at the Anacortes Senior College and at the Shelter Bay Communiterversty.

Medical Humanities (3 weeks: Oct 31 – Nov 14)

Medical Humanities addresses human experience, impact on families, relationships with medical community, bioethics in medicine and medical technology as a double-edged sword.

Please, bring with you a notepad, pen or a laptop. The class explores deep philosophical topics and representation of health and illness in the arts and literature as well. It also has multiple interdisciplinary connections with medical anthropology and the history of medicine. This field of study is new and exciting!

Instructor: **Lana Hickman**

Lana Hickman holds a UW Certificate in Clinical Research.

She has a long-standing interest in the lives of her generation and challenges everybody is facing. Themes of life, health and illness are inescapable.

*Wednesday afternoons**

Behind the Scenes of the Theatre (3 weeks: Oct 11 – Oct 25)

In this class, we will walk you through all of the steps necessary to get a quality show on the boards at ACT. We will demonstrate through one production, all the steps it takes, including:

- How a play is chosen, and each season is designed
- How auditions work and how one might prepare
- The magic of set design, building and painting
- The technical aspects of lighting and sound
- Costuming, hair and makeup
- Volunteer management and opportunities

By the end of this class, you will find that each of the theatre's fine productions are not just magic, but hard work by a group of dedicated volunteers that have fun while doing it.

Instructor: **Susan Buszta**

Susan has been involved in Anacortes Community Theatre since 2012. In Anacortes she has had the pleasure of working on the ACT productions of Thoroughly Modern Millie, Legally Blonde, Little Shop of Horrors, and Gramercy Ghost, Les Miserables, My Fair Lady and many other shows.

Susan grew up in Los Angeles, CA and graduated from Loyola Marymount University with a degree in Film Production, designing sets and lighting in Strub theatre in Los Angeles. In the entertainment industry she worked for Hammer Films, Paramount Pictures, Artisan Entertainment, and finally Lionsgate as a creative director. She designed sets, lighting and sound for the Showest Entertainment Convention in Las Vegas, Nevada from 2007 to 2010.

** This class will be held at the Anacortes Senior Activity Center from 1:30 – 3:30.*



Loop hearing assistance is available.

Thursday afternoons

Ecopsychology (6 weeks: Oct 12 – Nov 16)

This course will explore the multifaceted and complex relationships between humans and their natural environments from various perspectives: human ecology, conservation psychology, and environmental ethics. This course will also explore the historical and sociocultural factors influencing perceptions of the natural world and the health and societal consequences of the arbitrary objectification of nature and self.

Instructor: Dr. Conesa-Sevilla

Dr. Conesa-Sevilla obtained a BA major (biology, psychobiology, and philosophy) from CAL POLY Humboldt University in 1989. There he was mentored by Dr. Bill Devall. He obtained both an MA and a PhD in experimental psychology from the University of Toledo while pursuing studies in psychophysics and cognition. He worked for the California Department of Fish and Game from 1986 until 1989 and undertook a research sabbatical leave to conduct sleep research at the University Hospital/Inselspital, Berne, Switzerland from 2004 until 2006. Additionally, he has conducted research, developed and taught courses in the areas of animal behavior, art cognition, and on visual and auditory perception. He was the editor of *The Trumpeter*, a journal of environmental philosophy, and is the founder and editor-in-chief of *The International Journal of Ecopsychology (IJE)*, CAL POLY Humboldt Press.

The History of Blacksmithing & How it Affects Civilization (6 weeks: Oct 12 – Nov 16)

Metals have been worked by humans for over 8,000 years. Without metal tools, hardware, utensils, and weapons, civilization as we know it would be stalled in the Stone Age. The overall impact of metals on civilization, starting with copper, then bronze and finally iron, will be presented. Of all the metals, iron has had the most profound impact on our lives. Blacksmiths are the individuals who work iron into useful objects. This is the story of blacksmiths – their knowledge, skills, tools, and place in history.

Instructor: Paul Thorne

Paul is a master blacksmith with over forty years' experience in industrial, architectural, and artistic forge work. He currently teaches blacksmithing through

group and private classes at his Anacortes studio. You can view his work at www.thornemetals.com.

Navigating Life's Challenges with Embodied Wisdom (6 weeks: Oct 12 – Nov 16)

Within each of us is a field of intuitive guidance and biological healing that isn't available to our reasoning intellect, nor is it bound by the laws of classical physics.

This inner, quantum realm offers clues to navigating our increasingly challenging lives with more authenticity, grace, and meaning. These benefits also translate into better emotional equilibrium, physical health, and spiritual well-being.

The path to this new potential is found in developing new attention styles that are more focused on 'sensing' than 'thinking', as well on exploring avenues of bodily expression such as vocalizing, self-touch, and movement. This new style of relating to the body is referred to as embodied self-regulation.

These skills are drawn from advances in neuroscience and somatic psychology and from Chinese Medicine principles and practices.

While the science and principles supporting these embodied self-regulation skills will be discussed, most importantly you'll have six weeks to practice these new skills in order to change your brain and your life.

Instructor: **Dr. Steve Templin**

Steve Templin is a retired Doctor of Oriental Medicine, Acupuncture Physician, HeartMath Trauma-Sensitive Certified Practitioner, and certified teacher of a number of energy medicine systems with over 35 years of experience in the field.

Creative Writing Workshop (3 weeks; Nov. 2 – Nov 16)

This three-week class is aimed at discussing and practicing the writing "workshop" as a way to improve and refine our individual creative writing projects. The "workshop" approach focuses on sharing our work with the group, openly giving and receiving feedback, and using that feedback as we revise. In this particular class, we won't be covering the fundamentals of storytelling, so students should have some prior experience with creative writing, either with a personal practice or in a classroom. By the second week, students should be ready to share a short

story, opening chapter, or nonfiction narrative with the group. The class will culminate in an optional (but encouraged!) public reading, during which we'll share something short that we've written. Bring a pen and a notebook, or a laptop, if you prefer. All genres are welcome.

Instructor: **Matthew Sullivan**

Matthew's novel, *Midnight at the Bright Ideas Bookstore*, has been translated into seven languages, won the Colorado Book Award, and was an IndieNext pick, A Barnes & Noble Discover pick, and a GoodReads Choice Awards finalist. His short stories and essays have appeared in *The New York Times*, *The Daily Beast*, *LitHub*, *The Spokesman Review*, *Sou'Wester*, *The Strand*, and many other places. He has taught college writing in Idaho, Boston, and Poland, and has been teaching in Washington since 2003. *Midnight in the Orchard by the Lake*, his new literary mystery novel, set in Soap Lake, will be published in January 2025 by Harper Collins. www.matthewjsullivan.com.

Cetaceans of the Salish Sea with a Deep Dive on Orcas (3 weeks; Nov. 2 – Nov 16)

Join The Salish Sea School as we offer an introductory look at the cetaceans of the Salish Sea--three baleen whale species and the orcas that forage here. We will cover whale evolution, discuss the natural life history of humpbacks, minke whales, and gray whales, and then spend two evenings exploring the natural life history, culture, and complex lives of orcas through a mix of lecture-based and hands-on activities.

Class 1: Cetaceans of the Salish Sea: Toothed Whales, Baleen Whales, and the Marine Food Web.

Class 2: Salish Sea Orcas: A Species Complex and an Ever-Changing Environment.

Class 3: Southern Resident Research and Current Events: Identifying the Threats, Advocating for the Change, and Becoming Intimately Acquainted with Individuals in an Endangered Species

Instructor: **Amanda Colbert**

Amanda Colbert is an educator and naturalist for The Salish Sea School and strives to introduce people of all ages to the diverse marine wildlife of the Salish Sea.

She's especially passionate about the importance of interconnectedness, along with mindfulness for the wildlife, their habitats, and preserving the natural resources that this unique bioregion provides. Amanda has been teaching courses, giving talks, and guiding wildlife walks, boat-based tours, and other nature outings for the last six years. She has a soft spot for this region's orcas and an infectious admiration for birds.