

ANACORTES SENIOR COLLEGE

Schedule of Courses

6 Week Courses Unless Noted

Spring 2023

Tuesday April 18 – Thursday May 25, 2023

Tuesdays or 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, March 20th at 10 a.m.

Online registration is encouraged.

In-Person Registration is available at the ASAC on

Monday, March 20, 2023 from 10 a.m.-noon

Please see our website for additional registration options.

Website: <https://seniorcollege.org>

Email: info@seniorcollege.org

Phone: 360-503-1255

Tuesday afternoons

Memoir Writing (6 weeks: April 18, 25, May 2, 9, 16, & 23, 2023)

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 - 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.

Tides, Trails & Deception Pass Tales (3 weeks: May 9, 16, & 23)

This course will show the student a deeper understanding of the tides in our waters, the trails all around us, and the many stories of life, history, and hidden attractions of Deception Pass State Park and the rest of the island.

COURSE OBJECTIVES: Upon successful completion of this course, the student will be able to:

1. Understand the geophysics that create the tides around the globe
2. Have a working knowledge of the tidal forces at play in the Salish Sea
3. Appreciate the traditions of tribal life
4. Experience the flow of history creating the park
5. Get to know the geology, forests, wildlife, and features of Deception Pass State Park
6. Discover some its secrets and special places
7. Become familiar with the many trails available to us within a 15-minute drive

*Instructor: **Jack Hartt***

Jack was born and raised near the shores of the Salish Sea in Seattle. Hiking since a toddler, including a trip to Bowman Bay when he was four, he frequently played hooky from Ballard High School to go to the beach. While in college he spent his summers as a fish researcher in Alaska, a volunteer at Mount Rainier, a restroom cleaner for the U. S. Forest Service, a backcountry ranger for Rocky Mountain National Park, and an interpreter at Dry Falls in Sun Lakes State Park. His University of Washington senior thesis explored the management of Washington State Park's Puget Sound beaches. He graduated from college with a B.S. degree in Forest Science, specializing in park management.

The next forty years, Jack worked in several Washington State Parks. Deception Pass was Jack's last state park to call home, overseeing and living in the park for fourteen years. He retired in 2017 and now makes his home in Anacortes.

Jack currently works as an administrative assistant with Transition Fidalgo and on several lands and trails projects with Skagit County Parks and the Skagit Land Trust. He has authored and co-authored several books, and co-writes a weekly blog entitled *Hiking Close to Home*. He continues to present various programs related to the local environment and its history to audiences around the PNW.

In his spare time, Jack enjoys beaches, sunsets and sunrises, warm weather, flying, photography, hiking, kayaking, writing, singing, basketball, pickleball, golf, being married, playing with his kids and grandkids, eating blackberry pie, and finding rainbows.

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A Step Beyond the Far Side (3 weeks: April 18, 25, & May 2, 2023)

This course explores the world of cartoons as an illustrative genre, with a bit of history, doodling developments, and storytelling. By exaggerating the most striking features of a subject, the cartoonist can convey irony or a certain message in everyday life, advertising, current social and political topics, caricature, and of course, make us laugh at the absurd. Cartoonists create the story boards for graphic novels, animated films, advertising, and video games. We all grew up with comic books and the Sunday comics, which have morphed into the digital world. Simple lines can become “manga”, the term used in Japan, referring to comics and cartooning. You will explore doodling as a powerful tool to help process complex ideas, cartoons as entertainment, and as purposeful messaging. No, drawing is not a requisite!

Instructor: **Karen Eichler MEd., NBPTS**

Karen’s teaching career ranges from elementary and middle school classrooms, to university work developing and teaching courses for pre-and in service teachers. In Ohio, she earned her degrees from Kent State University, with a focus on literacy. After moving to Washington, she worked with the state to develop the National Board for Certified Teachers (NBCT) program and City University’s Curriculum and Instruction classes. Her teaching has always presented a curriculum using the creative arts to integrate content areas with literacy learning. Karen has also worked as a free-lance journalist and enjoys sharing stories from history and literature.

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Wednesday afternoon - ASC Senior Center

Home Computing 101 (6 weeks: April 19, 26, May 3, 10, 17 & 24, 2023)

This introduction to home computing and home networks will endeavor to remove some of the stress and mystery surrounding personal computing technology. The course will cover basic hardware, system and application software, your home network, the internet, security and the cloud. We will also cover basic computer housekeeping activities and practical skills. You are encouraged to bring your questions for discussion. Time permitting I hope to have several hours of hands-on practice with your personal computers.

Instructor: **Kalen Delaney**

Kalen earned a Masters Degree in Computer Science from UC Berkeley many years ago and has been teaching computing, both beginning and advanced classes, ever since. Kalen's first teaching positions were at UC Berkeley, and Mills College, in Oakland, California. After 10 years, she started working independently, teaching about Microsoft's high-end database system for 30 years. Shortly before retirement she took a job with Microsoft where she worked during the pandemic, developing training materials for Microsoft classes. Kalen retired at the end of 2021 and has been volunteering providing computer support at the Anacortes Senior Activity Center since the summer of 2022.

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Thursday afternoons

Tapping for Anxiety (6 weeks: April 20, 27, May 4, 11, 18 & 25, 2023)

Tapping for Anxiety is a six-week class that will give you powerful self-help tools for addressing stress and anxiety and reducing their impacts on your physical health and emotional well-being. Your instructor has been involved with Tapping therapies since 1985. Tapping is based on the connections between the mind, emotions, and points on the body. In this course, you'll learn about NIH studies that validate Tapping therapies and about the Eastern and Western theories and emerging science behind the techniques. Most importantly you'll have the time and knowledge to develop the skills and the confidence necessary to help yourself and those you love in ways that you previously considered impossible.

Instructor: **Dr. Steve Templin**

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

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So, you think you know Jane Austen? (3 weeks: April 20, 27, & May 4, 2023)

This course about the great Jane Austen is NOT taught by literature professors nor experts on Jane Austen. "It is a universally acknowledged truth" however that Kandy and Susan (the leaders) are Jane-ites. This class is designed for Jane enthusiasts and those who wonder "what's the big deal about Jane Austen?"

The instructors will explore the Regency period (1811-1820) in England, looking at English society during Jane's life. *Sense and Sensibility* will be the focal point novel, with the other works being referred to frequently. We will cover a wide range of themes: a short biography of JA, England during the Regency period, the wars, the countryside, London, social ranks

(landowners, military, and clergy), amusements (balls and walks) and, of course, matrimony. This last and probably most important topic will include marriage out of necessity, for status or for love.

The leaders of the class welcome frequent, animated and enthusiastic participation from the students. To quote Virginia Woolf: "Who would not spout the family teapot in order to talk with Keats for an hour about poetry, or with Jane Austen about the art of fiction?"

Students are encouraged to read or reread *Sense and Sensibility* or look at the several film versions of the book. For more fun and information you could look at "*Jane Austen for Dummies*" by Joan Klingel Ray, PhD.

Instructor: Susan Guterbock & Kandy Dubuque

Susan was born in England shortly before the end of WWII and is a dual national-English and American. She grew up in the San Francisco Bay area and went to UC Berkeley in the 1960's, where she majored in the useful subject of Comparative Literature. She began reading Jane Austen in her middle school years with encouragement from her English mother.

Susan has read most of Jane's novels at least twice and several of them 4 or 5 times. Jane continues to delight Susan with her wit and wisdom and astute observations of human beings. A romantic story but not as much as Elizabeth and Darcy, Susan has been married for 50 years with two children living in Europe.

In 2017 Kandy, Susan and two other friends went on a self guided Jane Austen tour. We went to Lyme Regis and none of us fell off The Cobb.

Kandy Dubuque has lived in Anacortes for thirty years. She is a member of the morning Rotary Club and on the Board of the Friends of the Anacortes Public Library. Kandy found Jane Austen at the age of 14, reading *Pride and Prejudice* and has been a Jane Austen devotee ever since.

Kandy lived in London for three years in the 1970's and started collecting books on and by Jane since. An avid fan of Jane Austen, Kandy visited her home in Chawton twice and has attended three JASNA (Jane Austen Society of North America). Her recent one was October, 2022 in Victoria B.C.

Health Fads (3 weeks: Thursday, April 20, 27, & May 4, 2023)

Almost every day the media bombards us with some new astounding scientific, sometimes contradictory, advice about our health. Drink coffee - don't drink coffee; eat chocolate - don't eat chocolate; take a daily aspirin - don't take a daily aspirin; everyone should limit salt - salt restriction is not necessary. Having trouble deciding what to believe? This course provides current, fact-based information about these and other health topics chosen by the instructor and the class – which fads to believe; which ones to ignore; and how to tell the difference. Spoiler Alert: The news about chocolate is getting sweeter and sweeter.

Please note that class size is limited to 10 students.

*Instructor: **Patricia Downing, BSN, MN, R.N.***

Patricia Downing is a clinical nurse specialist, and nurse educator with extensive experience in clinical nursing, nursing research, and health education inside and outside of the United States. She earned a Bachelor's degree in Nursing from Wayne State University and a Master's degree in Adult Nursing from the University of Washington. Her informal teaching method encourages the active participation of her audience, and makes complex health issues easy to understand.

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