

# ANACORTES SENIOR COLLEGE

## *Schedule of Courses*

Fall Term 2024

Tuesday October 15 – Thursday November 21, 2024

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

Anacortes Middle School

M Ave. & 22nd St.

**Online Registration opens Monday, September 16, 2024, 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 16, 2024, from 10 am - noon** to help you register.

*Please see our website for additional registration options. Website:*  
[seniorcollege.org](http://seniorcollege.org)

*To contact the Anacortes Senior College:*

Email: [info@seniorcollege.org](mailto:info@seniorcollege.org)

Phone: 360-503-1255

## *Tuesday afternoons*

### **Chakra Chatter 101: Wheels of Life (6 weeks: Oct 15 – Nov 19)**

This course is based on the book *Wheels of Life* by Anodea Judith.

Learn about the Energetic Esoteric Anatomy System and structures of the seven Major Chakras. Explore how becoming more aware of and responsible for these human evolutionary systems will awaken you to higher dimensions of self-expression, self-healing and creativity. Gain a deeper understanding and insight into the meaning of the chakras, their associated colors and elements.

Learn conductivity and healing exercises to transform emotionally reactive habit patterns to responsive action thereby freeing you from limitations of self-expression.

Guided experiential exercises will be used, including meditation, breath and yoga to enhance the functions of body/emotion/mind & breath which will lead you to a better understanding of yourself in relationship to your Life, Love & Light Force.

*Instructor:* **Henny Nouwen, RN, LMT**

Henny started learning about and experimenting with the unseen realms of energy awareness, auras, chakras, energy medicine, bodywork as well as metaphysics and mysticism in the 80's. She has been in private practice for 32 years using healing touch, intuition, insight and wisdom as an Integrative Healer.

Henny brings with her 18 years as a cardiovascular circulating nurse in open heart surgery as well as having been an ordained minister in metaphysical teachings for nine years. Over 40 years Henny has taught a multitude of classes on the mind/body connections, death, grief & loss, energy awareness and healing. Henny is driven to share her knowledge of how true healing happens in the recognition of the greater reality that sources our energetic being and teach you how to get in touch with it.

\*\*\*

### **Memoir Writing (6 weeks: Oct 15 - Nov 19)**

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.

\*\*\*

### **Industries of Anacortes (3 weeks: Oct 15 – Oct 29)**

Back by student request, this popular series will again explore 3 of the many industries & services based in our local economy. The following guests from the listed industries will speak and answer questions:

	Name	Company
15-Oct	Andrew Rheume	Anacortes Public Works, Water Department Andrew is Director of Anacortes Public Works
22-Oct	John Christianson	Christianson's Nursery, Co-Owner
29-Oct	To be announced	Naval Air Station

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

\*\*\*

### **Comprehensive Planning in the State of Washington: An Introduction to the Growth Management Act (3 weeks: Nov 5 – Nov 19)**

What does state law require for local zoning and land use in cities and counties? How do we protect farmland and wetlands while planning for new development? And why do we have to plan for population growth? All of these issues and more are addressed by the state Growth Management Act and implemented through local Comprehensive Plans. This course will provide background on the legal basis of planning in Washington State, the goals and requirements of the Growth Management Act, and how cities and counties address those requirements through their Comprehensive Plans. Communities throughout Washington State are now engaged in updating their plans—with Skagit County plans due by the end of 2025. Residents who want to engage in those update processes may especially benefit from the context this course will provide.

*Instructor: Ryan Walters*

Ryan Walters has been a municipal and land use attorney for 17 years, formerly as a deputy prosecuting attorney and planning director, and has been a member of the Anacortes City Council since 2012. Currently in private practice, Ryan consults for a number of local governments and the State of Washington on municipal and land use law and permit process reform.

\*\*\*

## ***Thursday afternoons***

### **Preventing Financial Fraud (6 weeks: Oct 17 - Nov 21)**

Join us to learn how to protect yourself and your loved ones from financial fraud! Learn the most common financial scams, new fraud trends on how criminals are using technology to access private data, and the actions you can take to rebuild if you fall victim to fraud.

You will also hear stories from Anacortes citizens who have been impacted by financial fraud.

The U.S. Office of Justice reports that financial fraud is the number one crime committed against seniors in the U.S. Additionally, in 2022 the National Council on Aging reported more than 88,000 complaints of fraud, resulting in more than \$3 billion in losses from people 60. Don't be a statistic!

*Instructor:* **Racheal Meloche, MS**

Racheal is Vice President and Community Bank Manager at Banner Bank in Anacortes. She will be joined in instruction by additional Banner Bank staff.

\*\*\*

### **Jane Austen's *Pride and Prejudice* (3 weeks: Nov 7 - Nov 21)**

This course is about the great Jane Austen not taught by literature professors but by two women who consider themselves "Jane-ites". The class is designed for Jane enthusiasts and those who wonder "what's the big deal about Jane Austen?"

Jane interprets, critiques and comments on the landed gentry in England in her six novels. This class will focus on her most famous novel, *Pride and Prejudice*.

We will explore the Regency period (1811-1820) in England. Topics covered will be a short biography of JA, the wars of the period, the city of London, social rankings (landowners, military and clergy), amusements such as reading, walking

and balls, and, of course, marriage. Marriage, the big question of the day. Did women marry out of necessity, for security or love or did they remain spinsters?

Suggested reading : *Pride and Prejudice* by Jane Austen and *Jane Austen for Dummies* by Joan Klingel Ray.

Suggested viewing: the 2020 *Pride and Prejudice* with Kyra Knightly and Matthew Macfadyen.

*Instructor: Susan Guterbock*

I was born in England shortly before the end of WWII. I am a dual national-English and American. I grew up in the San Francisco Bay area and went to college at UC Berkeley in the 1960's, where my major was Comparative Literature. I began reading Jane Austen in middle school with encouragement from my English mother.

I am an avid reader and when I am bored with or discouraged by a book I am reading, I return to the great Jane. I have read all of her novels at least twice and several of them 4 or 5 times. Jane delights me with her wit, wisdom and astute observations of human beings. She is very much like William Shakespeare in her powers of observation.

Walter and I have been married 51 years this year and we have two adult children and two grandchildren, all of whom live in Europe. We have lived in Anacortes (wonderful place) for 12 years. Our love story is kind of romantic but not as good as Darcy's and Elizabeth's.

I was a labor and delivery nurse for years then became a nursing instructor at a community college and then went on to teach English as a Second Language at the community college level.

My hope for this class is that we can all become teachers and students as we explore the wonderful Jane Austen together.

*Instructor: Kandy Dubuque*

I have lived in Anacortes for thirty years. I am a member of the morning Rotary Club. I found Jane Austen at the age of 14 when I first read *Pride and Prejudice* and have been a Jane Austen devotee ever since.

I lived in London for three years in the 1970's when I was young and started collecting books by and about her then. I have visited her home in Chawton twice and I have attended three JASNA (Jane Austen Society of North America) conferences; the last was last November in Colorado where we discussed Pride and Prejudice.

I look forward to sharing my Jane Austen journey with you and am excited to hear about yours.

\*\*\*

**Gardening with Skagit County Master Gardeners – Fall Edition (3 weeks: Nov 7 – Nov 21)**

Tips for things you can do to prepare your garden for the colder months ahead. Though you can't control the weather there are steps you can take now to protect your landscape. And there are tasks that can be done in the winter that will lead to more successful gardening next spring. We have a lineup of great Master Gardener instructors for the Fall term.

Nov 7 is Preparing the Garden for Winter with Diana Wisen

Nov 14 is Soils 101 with Bruce Linsay

Nov 21 is The Science Behind Companion Plantings with Rae Barto

*Course Coordinators:*

**Marlene Finley (MG Class of 2018)** is past President of Skagit County Master Gardeners Foundation and chairs the Continuing Education committee. Marlene earned a Masters degree from Oregon State University's College of Forestry and worked in management for 35 years for the USDA Forest Service and National Park Service.

**Diana Wisen (MG Class of 1991)** - Diana graduated from Whitman College with a BA in Education. She has been a WSU Master Gardener for 33 years and focuses on Outreach & Education, the Training Team, Recruitment & Retention chairperson, the Know & Grow lecture series, coordinating the Speakers Bureau and takes care of the Hardy Fuchsia area in the Discovery Garden.