

# ANACORTES SENIOR COLLEGE

## *Schedule of Courses*

### Winter Term 2026

Tuesday, January 13 – Wednesday, February 18, 2026

*Tuesday and Wednesday courses meet from 4:00 to 6:00 pm  
at the Anacortes Middle School located at  
M Ave. & 22nd St.*

**Online Registration opens Monday, December 15, 2025, 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, December 15, 2025, 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*

### **Six Good Movies: Pioneers of Filmmaking**

#### **6 weeks: Jan 13 – Feb 17**

Buster Keaton, Charlie Chaplin, Alfred Hitchcock, Vittorio de Sica, Yasujiro Ozu, Ingmar Bergman, and Francois Truffaut each broke new ground in cinema, and we will see how they accomplished that. Each week, I will introduce the feature (or double feature) before screening it without interruption. We will have a brief discussion following each movie.

- 1 - "Sherlock Jr.," Keaton, 1924, and "The Circus," Chaplin, 1928, U.S.
- 2 - "The Thirty-Nine Steps," Hitchcock, 1935, U.K.
- 3 - "The Bicycle Thief," de Sica, 1948, Italy
- 4 - "Tokyo Story," Ozu, 1953, Japan
- 5 - "The Seventh Seal," Bergman, 1957, Sweden
- 6 - "The 400 Blows," Truffaut, 1959, France

Please note: Weeks 1 and 4 will run an extra half-hour, from 4pm to 6:30pm, due to longer run-times. Weeks 2, 3, 5, and 6 will be from 4pm to 6pm, the usual ASC schedule.

*Instructor:* **Mark Lundsten**

I made my first movie "Night of the Guano," a documentary about avoiding seabird bycatch, in 1997, during my career as a commercial halibut fisherman in Alaska. After retiring from fishing, I made a few more films. My last one, "The Bath," played in film festivals and received a few awards. See FidalgoFilms.com at <https://www.fidalgofilms.com/> to see those movies.

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### **Memoir Writing**

#### **6 weeks: Jan 13 – Feb 17**

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.

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## **Preventing Financial Fraud**

**6 weeks: Jan 13 – Feb 17**

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.

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## **Getting to Know the Forest**

**3 weeks: Jan 13 – Jan 27**

In this three-week course, we will look at the relationships between living beings in local forests, focusing on the interrelationships between trees and the tiny organisms that help the forest thrive: mosses, lichens, and fungi. Jane will illustrate the sessions with photographs she has taken in her years of hiking the forest lands.

*Instructor:* **Jane Billingham**

Jane is a writer, editor, and translator who works with non-fiction natural history books. After translating *The Hidden Life of Trees* by German forester Peter Wohlleben, she embarked on her own voyage of discovery into local forest ecosystems. She has called Anacortes home for the past twenty years and spends as many hours as she can out in forests looking for amazing and often-overlooked treasures under the trees.

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## **All About Kidneys**

### **3 Weeks: Feb 3 – Feb 17**

Join retired physical therapist and two-time kidney transplant recipient Beth Badour for an engaging three-week interactive class on the vital role of the kidneys in health and disease. Participants will learn how to keep their kidneys healthy, recognize early signs of kidney disease, and gain a deeper understanding of testing, treatment options, dialysis, and transplants.

Drawing from both her professional background as a physical therapist and her personal journey through two kidney transplants, Beth will share how she transformed from feeling like a victim to becoming a victor in her own life. Each class includes engaging discussion, practical education, and opportunities for audience participation.

The series will conclude with ways to raise awareness for those awaiting kidney transplants, including how to support kidney patients through community engagement and social media advocacy.

*Instructor:* **Beth Badour**

Beth is a retired physical therapist and a two-time kidney transplant recipient who recently moved to Anacortes. Drawing from both her professional expertise and personal journey, she helps others connect with resources for kidney donation and transplantation while offering hope and education to those living with chronic disease. Through her own experience with kidney disease or what she calls “disease”. Beth has learned not only how to survive, but how to thrive and create a life of purpose and joy. As the author of three inspiring books available on Amazon, she shares her story of transformation and empowers others to take charge of their health and live life to the fullest.

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## *Wednesday afternoons*

### **What Every American Should Know About Energy**

#### **6 weeks: Jan 14 – Feb 18**

The primary purpose of this course is to provide a basic understanding of the role of energy in every American's life. This 6-lecture course will contain the following lectures:

L1 will cover the history of energy and begin to discuss how energy is generated today.

L2 will continue with the ways energy is generated today giving a basic understanding of the principles and equipment involved and potential future energy sources.

L3 will discuss trends in U.S. energy generation including future predictions and touch on importing and exporting energy.

L4 will compare U.S. energy use to the rest of the world; in the past, today and looking ahead. It will touch on the challenges that developing countries have with providing sufficient energy per capita.

L5 will discuss how the supply of fresh water, production of meat and crops, fisheries and more have become dependent on energy to meet demand.

L6 will have the class use what it has learned to create a world map of how much energy each region needs in the future and how various energy sources should be used to provide it.

*Instructor:* **Tim Bertch, PhD**

I completed my undergraduate studies at the United States Naval Academy, have an Engineering Masters from the University of Connecticut and earned my Engineering Doctorate at the University of Maryland. Other experiences include commanding a U.S. Navy nuclear submarine, leading the San Diego Wastewater Department with almost 1000 employees and \$4B of capital equipment, qualifying as a Professional Engineer, directing a division of General Atomics, holding three patents, authoring several books, and past EMT experience. Energy is essential to our future as a nation; as are citizens who can differentiate between energy hype and energy reality.

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# **Environmental Shaping of Human Variation, Adaptation and Evolution**

**6 weeks: Jan 14 – Feb 18**

Welcome to Anthropological Genetics

“In diversity there is beauty and there is strength” (Maya Angelou). “Diversity is the engine for culture” (Robert Redford). “Peace is not unity in similarity but unity in diversity, in the comparison and conciliation of differences” (Gorbachev). “By suppressing differences and peculiarities, by eliminating different civilizations and culture, progress weakens life and favors death” (Octavio Paz). Without diversity among and between human populations we cannot adapt, evolve and survive.

Survival is found in the ongoing dance of genetics, culture, and environment. Here we are learning the steps of that dance. Genes may control our sensitivity, flexibility, and capacity to respond to different environments, but environmental factors themselves actually cause great variation of gene expression. We recognize that environmental effects modified traits in human diversity through varying generational exposures. Those modifications are sex-specific and vulnerable to the timing of exposure.

Today’s human phenotypes represent the sum of many gene- by-environmental interactions over the life-course and increasingly complex interventions stimulated by modernization. These interventions looked like a good idea at the time. However, research now identifies many of their effects as problematic to the health of following generations. We will discuss today’s diversity in populations and how understanding that is so important.

*Instructor:* **MJ Mosher**

MJ blends experience from diverse professional careers. She served as a clinical nurse in Denver, as a researcher through a Postdoctoral Fellowship at National Heart, Lung and Blood Institute, University of North Carolina, and as a professor in anthropological genetics and nutrition at Western Washington University. She served as principal investigator in population studies with the Buryat of Siberia and Mennonite of Central Kansas, and additionally participating in studies with the Russian Old Believers in Oregon and indigenous populations of the Amazonian region of northern Peru.

All studies examined the relationships among diet, genetics/epigenetics and biomarkers of energy balance, obesity, and cholesterol. MJ believes that

teaching is a two-way experience, with teacher and students (or study participants) learning from each other.

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## **CHAKRA CHATTER 102: Charge And the Energy Body**

**6 weeks: Jan 14 – Feb 18**

This course is based on the book *“Charge and the Energy Body: The Vital Key to Healing Your Life, Your Chakras, and Your Relationships”* by Anodea Judith.

This class will continue to explore and deepen your level of self-understanding and responsibility for charging and discharging of your vital force. It will help you to understand your own workings, the forces that propel those you love and how to stabilize and harmonize the energies within you and beyond you. It will awaken you to higher dimensions of self-expression, self-healing and creativity.

There is no prerequisite for this class. If you have taken 101 it will enhance your exploration and deepen your understanding of the chakras and their functions.

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.

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## **DNA and Genealogy: A Workshop**

**6 Weeks: Jan 14 – Feb 18**

Basic genealogical research principles will be described. Genealogical rules will be presented, and help will be provided to know what to believe and what deserves skepticism. The principles and methods for genealogical research with DNA will also be discussed by the instructor.

If you are serious about genealogy, you must have your DNA sequenced. The rules have recently changed—you must have your DNA sequenced at Ancestry (they no longer allow DNA sequence uploads from other vendors).

This is a workshop—identify problems in your ancestry to work on. Bring a basic (paper) pedigree—4 to 6 generations with as much data as possible on birth, death, and marriages.

*Instructor:* **Dick Tolman**

R. L. Tolman is a twice-retired medicinal scientist (Ph.D., University of Utah in bio-organic chemistry--specialty DNA) with a consuming interest in history and genealogy; an experienced teacher, lecturer, and writer (120 refereed scientific publications). He won the National Genealogical Society's Best Family History Competition in 2006 and has published articles in *The Register* (New England Historic Genealogical Society), *Crossroads* (Utah Genealogical Society) and *Nevada in the West* (Nevada Historical Society). He has been a volunteer at the Nevada Historical Society, a Family History instructor at Truckee Meadows Community College/Reno and at the Anacortes (WA) Senior College. He maintains the website, <https://29deadpeople.com>, a site for sourced genealogical essays. He is a *pro bono* genealogical researcher and prefers to work on impossible problems and those that have been published in error.

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## **Jane Austen's *Persuasion*: Why read a 250 year old novel?**

**3 weeks: Jan 14 – Jan 28**

Come join a "Janeite" to explore the wit, wisdom of human nature of Jane Austen. Her characters act within the context and family of Regency (1811-1820) England. The themes are timeless: family, social class, community and love. The need to marry is a preoccupation with Jane's characters. Why do they do it: necessity, security, status or love?



Persuasion is Jane Austen's last and shortest novel. The heroine, Anne Elliot (27 years old) is still suffering from a love lost 8 years ago due to a persuasive argument against it. Now that lost love reappears. A great deal of persuasion is needed by all parties.

Persuasion: The action of persuading or seeking to persuade; presenting of inducements or winning arguments to a person to induce him to do or believe something. OED definition \*\*Jane-ite: an enthusiastic fan or devotee of the works of Jane Austen. Coined in 1890 by literary critic George Sainsbury.

Prior to the course, the instructor encourages you to read the book or at least look at one of the several film versions.

*Instructor:* **Susan Guterbock**

Susan is a dual national-US and UK. Grew up in the east bay area of San Francisco and went to UC Berkeley from 1964-68 (exciting times). She was introduced to Jane Austen by her English mother. She is an avid reader and when she becomes unsure about what to read, she returns to JA. JA continues to delight Susan with her astute observations of human nature and portrayals of people from all classes of society.

In 2017 Susan and three friends (two of whom are "Janeites") went on our own self-guided tour of the places in Jane Austen's life. We went to Lyme Regis (mentioned big time in Persuasion) and none of us fell off The Cobb.

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## **Getting Ready for Spring in the Home Garden**

### **3 weeks: Feb 4 – Feb 18**

This three-week course will be provided by three instructors who are WSU-Skagit County Extension Master Gardeners

1. Steve Schanen - **Basic Botany to Help You Know and Understand Your Plants** - Learn about the history of plants and how the oldest plants are still with us. Learn about flowers and how the flowering plants are organized. Learn about some plant families and how knowledge of plant families will help you in the garden.

Steve is a high school teacher in Oak Harbor and former native plant nursery owner as well as a WSU-Skagit County Extension Master Gardener.

2. Kelly Maupin - **Seed to Salad** – This is a two-part session:

(1) **From Seed to Maturity Jump Start Your Garden with Winter Sowing**

- You will learn the easy, low-cost seed starting method where seeds are sown in containers outdoors from December through April. This technique uses the natural freezing and thawing cycles to stratify seeds if needed, and the containers act as mini-greenhouses promoting germination when the time is right.

(2) **Growing Tomatoes** - Learn the Skagit County Master Gardeners method for growing beautiful tomato plants & produce. This class will include the fundamentals of germination, seedling growing methods and tools, common problems facing tomato growers and how to avoid them, the different types of tomatoes, and choosing the right tomato for our region.

3. Virgene Link-New - **Rose Care and Pruning** - Do you sometimes wonder how to properly care for and prune your roses? It can be a challenge to grow roses well in Skagit County. Expert Virgene Link-New will cover planting, pruning, fertilizing, watering, and pest & disease management for a variety of rose types in this talk.

Virgene is a long-time chairman of the Rose Garden at the Master Garden Discovery Garden.

*Course Facilitator:* **Anita Johnson** – WSU-Skagit County Extension  
Master Gardener