ANACORTES SENIOR COLLEGE

Schedule of Courses

Winter Term 2027

Tuesday, January 12 – Tuesday, February 23, 2027

Tuesday and Wednesday afternoon courses meet at 4:00-6:00pm
Anacortes Middle School
M Ave. & 22nd St.

A Wednesday early afternoon course will meet at 1:30 – 3:30pm
Anacortes Senior Activity Center 1701 22nd Street, Anacortes

Online Registration opens Monday, December 14, 2026, at 10 am.
Online registration is encouraged.

If you have difficulty registering online, we will be available for in-person registration at the Anacortes Senior Activity Center on Monday, December 14, 2026, 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

Six Good Movies from Ang Lee and Mike Leigh

6 weeks: January 12 – February 23

Ang Lee and Mike Leigh are known for bringing an array of rich characters to life in their films and for doing so in distinct and different ways. Mike Leigh pays close attention to social and emotional details, like studies of doubt and uncertainty. Ang Lee uses a painterly vision that makes his characters seem to belong exactly where they are. In this course, we will visit Victorian England, modern London and Taipei, and the backcountry of Wyoming. Mike Leigh's films will be *Secrets and Lies, Vera Drake,* and *Happy Go Lucky.* Ang Lee's will be *Eat Drink Man Woman, Sense and Sensibility,* and *Brokeback Mountain*. Please note, all the movies are two hours or a bit more; so to allow for discussion, all of our classes will run an extra half hour, 4-6:30pm.

Instructor: **Mark Lundsten**

I spent my career as a commercial fisherman in Alaska, which led to me making a movie about seabird bycatch in the Alaska longline fishery (*Night of the Guano*, 1998) and after retiring, to two short movies, *So This Priest Walks Into a Bar* (2011) and *The Bath* (2013), each winning awards at a number of film festivals. This class will be the seventh iteration of the "Good Movies" series.

Jane Austen's 'Northanger Abbey'

6 weeks: January 12 – February 23

Northanger Abbey is the first book Jane Austen prepared for publication but it was the last to be published because the publisher she sold the manuscript to sat on it. It’s a charming book about reading; Gothic novels in particular. Her main male character is considered the most interesting in all her books. In some ways, it mirrors aspects of Jane’s life which I’d like to explore. It is full of interesting facts about the time it was written in, so we will have a six-week class to learn about this lovely little book and about Jane’s life and the history of the Regency and late Georgian period. Please come and join us in what I hope will be lively conversation.

Instructor: **Kandy Dubuque**

I have lived in Anacortes for thirty-four years. I am an active member of the morning Rotary Club and am a past President. 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*. With Susan Guterbock, we taught Senior classes on *Sense and Sensibility* and *Pride and Prejudice* and I helped Susan with the *Persuasion* class last fall. I look forward to sharing my Jane Austen journey with you and am excited to hear about yours. Thank you.

What Every American Should Know About Energy

6 weeks: January 12 – February 23

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 principals 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 explore how much energy the world needs in the future and how various energy sources should be used to provide it with associated climate predictions. Ability to bring a laptop or tablet to this session preferred.

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.

Getting to Know the Anacortes Community Forest Lands

3 weeks: January 12 – January 26

With nearly 3000 protected acres and over 50 miles of trail to explore, the Anacortes Community Forest Lands have long been a refuge (and inspiration!) to human and non-human community members across Fidalgo Island. In this three-week course, we will focus on getting to know our incredible community forest lands: how this forest came to be protected, the flora and fauna you could encounter on trail, and how to puzzle out answers to new questions that this class might spark. Whether you've been exploring the trails since your teens or haven't quite learned how to interpret the trail maps, join us to learn new things about our familiar forest!

Lecture 1. Introduction to the ACFL: how and why we came to be here

Learning objectives: Students gain a shared understanding of the work that shaped the ACFL we know today. Students will understand the current management structure (and conservation protections in place) for the ACFL today.

Lecture 2. A Grand Overview of Fidalgo Island Habitats

Learning objectives: Students will be able to recognize/characterize the dominant habitat communities present in the ACFL. Students will be able to name & recognize hallmark plant & animal species in each community.

Lecture 3. Where to look when you want to know more

Learning objectives: Students will practice using the iNaturalist platform as well as paper resources to extend their knowledge further. Students will begin to understand what details to note (i.e., leaf shape, gill attachments, etc.) that will help lead them to a more concrete species identification.

Instructor: **Ellie Kravets**

Ellie is the Community & Youth Programs Manager for the Friends of the Anacortes Community Forest Lands. She's been exploring and teaching on the trails around Anacortes since she arrived in 2022, and counts herself incredibly lucky to live in a community with such a long history of grassroots environmental advocacy. Ellie has worked as an informal science educator for most of her career: from the swamps of Southeast Louisiana to the oak savannas of Indiana Dunes National Park to, eventually, the Salish Sea. Ellie holds a degree in Biology/Marine Science from the

University of North Carolina - Chapel Hill and a Master's in Museology from the University of Washington.

Global Warming Effects on Climate Change

3 weeks: February 2 – February 23

Increasing greenhouse gas concentrations cause global warming, which is the accumulation of energy. Accumulated energy increases the average global temperature, but it is not distributed evenly around the globe. Uneven distribution of accumulated energy causes climate change, which in turn causes change in weather patterns.

This course provides a background description of global warming and climate change and delves into impacts such as extremes in temperature, rainfall, and storm patterns. Further resulting effects include reduced sea ice and glaciers, melting permafrost, wildfire risk, agricultural shifts, migration, ocean acidification, coral bleaching, biodiversity, sea level rise, and slowing of the Atlantic Meridional Overturning Current. The impacts will be covered in general and with statistics where possible. Local effects such as the 2025 Winter floods will be emphasized. A review of a technical report for the June 2021 PNW heat dome event will be used as an example of an after-the-event evaluation. Economic and legal effects will be mentioned briefly.

Instructor: **Charlie Brown**

Charlie Brown is a professional chemical engineer who has become fascinated with the science of global warming and climate change in his retirement years. His teaching experience includes presenting seminars, lectures, and courses primarily about global warming, climate change, and air pollution. His career included air pollution control and regulations (Radian, VECO), petroleum refining (BP, VECO), aluminum production (Kaiser), and nuclear power support systems (General Atomic). Degrees include BS, chemical engineering, Washington State University, 1973; MS, Environmental Engineering, University of Washington, 1982).

Wednesday afternoons

Memoir Writing

6 weeks: January 13 – February 17

Writing about your life can be 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. By reading your stories aloud to your classmates, you'll come to see

your life through a different lens and leave a priceless legacy for your family. All sharing is confidential. (Class size is limited to 10 students.)

Instructor: **Teru Lundsten**

Teru Lundsten has been teaching memoir writing in Skagit County since 2010. As a freelance journalist she wrote over 200 profiles of people, which led to working as a personal historian. Her memoir, *Samurai Daughter,* was published this past November.

Peace Class 101: Designed for Higher Education

6 weeks: January 13 – February 17

An innovative video-based workshop designed to help students learn ways to: better understand yourself, put your problems in perspective, develop resilience and inner strength, and cultivate hope and contentment.

Overview of the Course:

The Peace Education Class for Higher Education is an innovative series of ten theme-based workshops that help students discover their own inner strengths and personal peace. Rather than describing or defining personal peace, the class encourages individuals to reach their own understanding, with the aim of helping students appreciate their potential.

Each session includes 20-30 minutes of short videos, followed by time to reflect on the theme and engage in interactive activities. Class materials consist of a combination of video excerpts from best-selling author and peace educator Prem Rawat's international addresses, media interviews, and interactions with a diverse range of people world-wide.

Topics covered include inner strength, self-awareness, dignity, and clarity, among others, with the goal of learning about oneself. The content is inclusive and non-political.

Rather than teaching what each theme is, the instructors function as facilitators so that participants can come to their own understanding.

The Peace Education Class for Higher Education is specifically designed for students aged eighteen and older. Accompanying print material includes a downloadable Participant Workbook. The workbook provides six pages of course materials for each of the ten themes, covering content, conversation topics, and activities that support reflection and retention.

Instructor: **Bev Johnson**

Bev is a life-long educator with 30+ years of experience in public schools as a teacher and school psychologist. She holds a master's degree (M.Ed.) in education from Eastern Washington University and an education specialist degree (Ed.S.) in school psychology from Seattle University. Currently retired, Bev enjoys giving back by volunteering with the Anacortes Schools Foundation and The Prem Rawat Foundation. She is excited about offering Peace 101: Know Yourself, a course she believes can benefit everyone. Bev resides in Anacortes with her husband, Richard and their beloved tabby.

Instructor: **Becky Resnick**

Becky finished her master's degree in social work from the University of Washington in 2002 and has been working primarily in geriatrics and palliative/hospice care. She has been a volunteer with The Prem Rawat Foundation, facilitating this course around the Seattle area and during her time living in Rwanda between 2018-2020. When not working she enjoys traveling with her dog Billie in their 1986 VW camper van.

LET'S FACE IT…. EVERY BODY DIES

6 weeks: January 13 – February 17

Henny promises to look at the subject of death and dying with a wide-angle lens from the most gross to the more subtle and spiritual aspects of the process. We will explore IT from the body's point of view, as a natural organic down-to earth gross psychophysical process, as well as cover how to prepare for, how to serve the one dying, and how to care for the body after death.

We will cover the subtle dimensions and fields involved in the aspects of dying and our emotional responses of letting go and surrendering our attachments to the body, things, people, and our self-identity. We will explore and discuss the reality of subtle energy experiences such as 'the Tunnel' effects in Near Death Experiences, the Light at the end of the Tunnel, Out of Body experiences, & astral travel.

We will examine religious belief structures about the Afterlife and their effects, touch upon ideas of Reincarnation & past life experiences. Henny believes that The Spiritual, unconditional Consciousness, as Light and Love, is always available to draw us to Its radiance and Light in Living and Dying. Her intent is to reduce fear and anxiety, as well as denial and avoidance of the subject, and to instruct in ways to face dying with a depth of understanding, an open-feeling heart and mind to support an easeful and grace-guided process for all involved.

Let's face IT together!

Instructor: **Henny Nouwen**

Henny is not a stranger to the many dimensions related to the subject of death and dying. She has faced IT in her personal and professional life choices and experiences.

She specialized in cardiac care in Canada in 1966, Los Angeles1969 and worked as an open-heart surgery circulator nurse in Seattle 1985. For a total of 19 years, I had to be active as a team member to always prevent death from happening. I participated in all the rescue efforts, resuscitation, heart-lung machines, respirators, defibrillators, pacemakers to keep the heart going and prevent death at all costs.

Disillusioned with this western medical model, at the time, of patient survival at any and all cost, I started searching for a different approach. Death with dignity, loving support, compassion and understanding of the process became my model. For a short time I served as a hospice home health nurse.

I went back to school and studied metaphysics for four years, graduated in 1981 and accepted the call to become the Founding Minister of the Center For Spiritual Living in Mount Vernon. As a pastor (officially ordained in 1984) I was able to approach death with compassion, counseling, prayers, funeral and memorial services for the one dying, their family and friends.

During the 9 years as a minister, I studied with Elizabeth Kubler Ross and attended her Life, Death and Transition seminar. Studied Stephen Levine books and workshops, I went to Antioch University and studied transpersonal psychology.

In my studies I discovered the greatest “Spiritual wisdom on the ultimate transcending of death and everything else” in the book Easy Death by the Ruchira Avatar Adi Da Samraj. That book became my “Bible” on my service to the dying.

In 1990 I became His devotee and for the last 35 years I serve in the death and dying Ministry of Adidam, a group of devotees dedicated to assist terminally ill and dying devotees to prepare for and with His Grace be drawn through their death transition and subsequent three-day vigil.

Henny has shared this wisdom on death and dying in classes, workshops and retreats. Hospice of Lake County asked her to start a Death Café support group in CA which she facilitated for one and a half years.

Presently Henny has a private practice in Anacortes doing Hands on Healing Energy work as a licensed massage therapist. She has been teaching at the Senior College classes on Energy Healing through the Chakras, Grief and Loss, and would love the share her thoughts and experiences in this Winter course called “Let’s Face IT…. Every Body Dies”.

Western Water Law - The Very Basics

6 weeks: January 13 – February 17

Laws and customs allocating water have been a constant source of tension in human societies. That tension is increasing in frequency and intensity in our lifetimes. The American West is an excellent example. This course will examine the development and application of water law and water rights in the American West. An understanding of (a) these “old” laws that are still on the books is (b) necessary to understand current efforts to resolve more modern conflicts around water. The course will look closely at the legal foundations in (a) and begin to consider their impacts on (b).

Instructor: **Carl “Bud” Ullman**

Bud is a retired attorney who has worked in the field of Indian law for 32 years. He represented the Quinault Indian Nation and the Klamath Tribes focusing on treaty rights, particularly fishing and water rights, and on endangered species and hydropower issues. He also served for five years in the Office of the Attorney General of the Federated States of Micronesia, the last two years as the Attorney General.

How to have a More Successful Home Garden

3 weeks: February 3 – February 17

Feb 3: Virgene Link - New Plant Problems and How to Fix Them

Virgene has been a WSU Extension Master Gardener in Skagit County for 20 years. She is our “bug” expert and maintains an insect collection to aide with diagnosing plant problems at the Burlington Plant Clinic. She is also a member of the Rose Garden Team at the Discovery Garden in Mount Vernon.

Are you wondering what common diseases and pests are in your garden, how to identify them and what to do about them? This class is for you.

Feb 10: Anne Kurt - Pruning to Enhance Your Garden

Anne has been a WSU Extension Skagit County Master Gardener since 2024 and is also a Certified Master Pruner.

Join Anne to learn some simple seasonal pruning tips to encourage the health and appearance of your garden shrubs. Learn to identify growth habit and determine the right time to prune and how. You will gain confidence and your garden will thrive.

Feb 17: Karen Nelson - Growing Beautiful Roses in the Pacific Northwest

Karen has been a WSU Extension Master Gardener since 2016. Joining the Rose Garden Team in 2018, she delights in spending time in the rose garden - thorns and all. She is also a member of the Anacortes Plant Clinic team and lives in Anacortes.

Roses are a widely appreciated reminder of love and beauty, cultural symbolism, and rich sensory appeal. In the PNW many have challenges growing the perfect beautiful rose bloom. Roses can flourish in our area with the proper knowledge of plant selection, growing conditions and seasonal care of your plant, including when and how to prune, and common diseases.

The following Wednesday afternoon course will be held at the Anacortes Senior Activity Center from 1:30 – 3:30 pm.

Fundamentals of Digital Photography

6 weeks: January 13 – February 17

Fundamentals of Digital Photography is a course designed for the photographer who may find the settings and modes of a digital single lens reflex camera (DSLR) challenging. The course will provide students with an understanding of their camera and how to achieve perfect exposures and focus, both in automatic and manual modes. The student will be able to create a lovely image of a single flower, frame a vast landscape or capture an image of a running animal. The course will include extensive work on composition and photographic effects. Every two-hour session will provide time for in-class practice and critique. (Instruction on post-processing is not included in this course.)

Each student will need a DSLR camera. Simple, inexpensive – even used – cameras are fine. Students may use older model, mirror-cameras, or the newer mirrorless cameras. Glazer's Camera Store in Seattle (206) 624-1100) is an excellent source of information on used or new equipment.

Instructor: **Rod Chandler**

Since taking a year-long course in photography at the University of Washington in the 1960s, Rod has been an avid photographer, always seeking to gain greater knowledge and skill. He has attended numerous classes and participated in a number of photography workshops. He has won a number of photography contests and his pictures have appeared in national, regional and local publications. Rod is eager to share his knowledge of and passion for photography with students eager to learn.

Rod's work can be viewed on his website:

https://rodchandlerphotography.zenfolio.com/