

# TBO-U

## Spring 2018

# Course Catalog

A not-for-profit education program and division of the Temple Beth OR Fundraising Committee

Welcome to **TEMPLE BETH OR—U**; we are delighted that you are interested in taking a class! The courses in this catalog are open to members and guests. Each course description includes information about the dates, times, fees and location of classes. The instructor has indicated materials provided and needed. In addition, minimum and maximum class sizes are indicated. Refreshments may be included. Each class has a registration deadline. Even if a class is not filled, no additional participants may register after the registration deadline. Payments must be received prior to the registration deadline.

### **Class Registration**

At the end of this catalog you will find a registration form. After completing this form, it can be returned to the Temple Beth Or office with payment for your selected classes. Only receipt of payment will hold your spot. Classes will be filled in the order that payment is received. Class fees are non-refundable. In the event that a minimum class size is not met, a class will be cancelled and payments will be returned. If a class is full, a waitlist will be maintained. If you do not clear the waitlist, your payment will be returned. Upon successful enrollment in a class you will receive an email confirmation.

We have thoroughly enjoyed working on this Temple Beth Or Fund Raiser! Inspired by the talents of our diverse membership and helping to create a space to share those skills with others has been a wonderful experience. Temple Beth Or is always open to new fund raising ideas. If you are interested in working with this important committee, please contact Bob Goodmark, Treasurer.

*L'Shalom,*

*Barbara Black & Melanie Field*

# TBO-U Spring 2018 Course Schedule

Saturday, February 10—Creating a Bridge with Torah  
Saturday, February 24 — How to Love Beer  
Thursday, March 1— Earthquakes, Volcanoes & Landslides, Oh My!  
Wednesday, March 7—Disaster Preparedness in the PNW  
Wednesday, March 14 & March 21—Knitting Take Two  
Wednesday, April 4—God's miracle, the Cardiovascular System  
Sunday, April 8—Be Smarter than your Smart Phone!  
Monday, April 9—Strategies for Social Security & Medicare Benefits  
Sunday, April 15—Learn to Make, Braid and Bake Challah  
Wednesday, April 18—God's miracle, the Cardiovascular System  
Wednesday, April 25—God's miracle, the Cardiovascular System  
Wednesday, May 2—God's miracle, the Cardiovascular Sy

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## **Lecture: How to Love Beer**

**Course #L2018S-1**

**Instructor:** Lester Black

**Date:** Saturday, February 24, 2018

**Time:** 7:00 p.m.— 9:00 p.m.

4 Credit Hours

Do you think beer is just a pale, light beverage relegated to afternoons of mowing the lawn? Of course you don't, you live in the Pacific Northwest so you know the world of beer is wide and varied, with styles as divergent as bubbly and dry Belgian ales to rich and smooth British stouts. But have you ever wondered how to navigate between different styles and avoid the ones you don't like and better appreciate the ones you do? Lester Black, a local beer writer—will guide this class from the basics of beer and how it's made to some of the most challenging styles of beer.

**Materials Required:** None

**Restrictions:** Age 21 and over

**Cost:** \$36 TEMPLE BETH OR Member—\$54 Non-Member

Local beer tasting and snacks provided.

Minimum class size: 8 persons

Maximum class size: 36 persons

**Registration Deadline:** February 20, 2018

**Location:** Temple Beth Or

**Lecture: Earthquakes, Volcanoes, & Landslides, Oh My!**      **Course #L2018S-2**

**Instructor:** Al Friedman

**Date:** Thursday, March 1, 2018

**Time:** 7:00 p.m.— 9:00 p.m.

4 Credit Hours

We are surrounded by spectacular, scenic and distinctive mountains and coastlines, but those features are products of earthquakes, volcanism, landslides and tsunamis. Learn how our landscape is a product of a restless Earth, and what may lie ahead. See the following “Disaster Preparedness”, which is designed to complement this course.

**Materials Required:** None

**Restrictions:** Age 10 and over

**Cost:** \$36 TEMPLE BETH OR Member—\$54 Non-Member

Cookies, coffee & tea provided

Minimum class size: 5 persons

Maximum class size: 50 persons

**Registration Deadline:** February 22, 2018

**Location:** TEMPLE BETH OR, Everett

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**Lecture: Disaster Preparedness in the PNW**

**Course #L2018S-4**

**Instructor:** Vicky Romero

**Dates:** Wednesday, March 7, 2018

**Time:** 7:00 p.m.— 8:30 p.m.

5 Credit Hours

Brief discussion of types of disasters we are likely to have in our communities, with disaster prep focus on earthquakes. If you are prepared for the Big One, you are most likely prepared for the rest. See the previous, “Earthquakes, Volcanoes...”, which complements this course.

**Materials Required:** None

**Restrictions:** Age 15 and over

**Cost:** \$36 TEMPLE BETH OR Member—\$54 Non-Member

Minimum class size: 4 persons

Maximum class size: none

**Registration Deadline:** March 1, 2018

**Location:** Temple Beth Or

## **Craft/Design: Knitting, Take Two!**

**Course #CD2018S-1**

**Instructor:** Phyllis Busch

**Date(s):** Wednesday, March 14 & 21, 2018

Series of 2 classes w/optional retail trip!

**Time:** 12:00 p.m.— 2:30 p.m.

**5 Credit Hours**

Participants will learn to purl and read a pattern. In the first class we will review the knit stitch, casting on, and learn to purl. In the second class we will learn to read a pattern.

**Materials Required:** All materials provided, however if you have size 6, 7, 8 wooden needles bring one set.

**Restrictions:** Age 10 and over, should have minimal knitting experience. Catch up offered at additional cost.

**Cost:** \$72 TEMPLE BETH OR Member—\$72 Non-Member

Lunch Included

Minimum class size: 2 persons

Maximum class size: 4 persons

**Registration Deadline:** March 4, 2018

**Location:** Mukilteo

Exact address provided with registration confirmation.

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## **Lecture: God's miracle, the Cardiovascular System**

**Course #L2018S-6**

**Instructor:** David Gross

**Date(s):** Wednesdays, April 4, 18, 25 & May 2

**Time:** 7:00 p.m.— 8:00 p.m.

**5 Credit Hours**

I will describe how the cardiovascular system works and its most common problems. Each class stands on its own merit! If you can't make it to the entire series—sign up for what you can.

**Materials Required:** None

**Restrictions:** Age 14 and over

**Cost:** \$18 per session TEMPLE BETH OR Member—\$20 Non-Member

\$54 entire series TEMPLE BETH OR Member—\$72 Non-Member

Minimum class size: 4 persons

Maximum class size: 20 persons

**Registration Deadline:** March 28, 2018

**Location:** Temple Beth Or

## **Workshop: Be Smarter than your Smart Phone!**

**Course #W2018S-2**

**Instructor:** Amy Paquette

**Date:** Sunday, April 8, 2018

**Time:** 10:00 a.m.—11:30 a.m.

**3 Credit Hours**

In this class you will learn some cool tips, tricks, and trip-ups of having a "smart phone". This is for anyone who is new to using a smart phone or if you have had one for a while and want to get more out of it!

**Materials Required:** Bring your phone.

**Restrictions:** None

**Cost:** \$18 TEMPLE BETH OR Member—\$36 Non-Member

Minimum class size: 5 persons

Maximum class size: 25 persons

**Registration Deadline:** March 25, 2018

**Location:** Temple Beth Or

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## **Lecture: Strategies for Social Security & Medicare Benefits Course #L2018S-5**

**Instructor:** Sandy Voit

**Date:** Monday, April 9, 2018

**Time:** 7:00 p.m.— 8:30 p.m.

**3 Credit Hours**

There are 2700 ways to file for your Social Security benefits. It is relatively straightforward for those who are single, but there are strategies to maximize your benefits if you are married (or divorced, if you were married at least 10 years).

**Materials Required:** None

**Restrictions:** None

**Cost:** \$36 TEMPLE BETH OR Member—\$54 Non-Member

Minimum class size: 5 persons

Maximum class size: 30 persons

**Registration Deadline:** April 1, 2018

**Location:** Temple Beth Or

**Food: Challah with Carolyn**

**Course #F2018S-1**

**Instructor:** Carolyn Wexler

**Date:** Sunday, April 15, 2018

**Time:** 1:00 p.m.— 4:30 p.m.

3 Credit Hours

Learn to mix, rise and braid the traditional Jewish bread from scratch!

**Materials Required:** Apron

**Restrictions:** Age 10 and over

**Cost:** \$54 TEMPLE BETH OR Member—\$72 Non-Member

Snacks provided, facility is not ADA

Minimum class size: 2

Maximum class size: 4

**Registration Deadline:** April 5, 2018

**Location:** Lake Stevens

Exact address provided with registration confirmation.

**TEMPLE BETH OR—U Spring Semester 2018**

**Registration Form**

Name(s) \_\_\_\_\_

\_\_\_\_\_

Temple Beth Or Member? \_\_\_\_\_

Class of interest \_\_\_\_\_

Class fee per person \_\_\_\_\_

Email for confirmation \_\_\_\_\_

Cell Phone \_\_\_\_\_

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Name(s) \_\_\_\_\_

\_\_\_\_\_

Temple Beth Or Member? \_\_\_\_\_

Class of interest \_\_\_\_\_

Class fee per person \_\_\_\_\_

Email for confirmation \_\_\_\_\_

\_\_\_\_\_

Cell Phone \_\_\_\_\_

**TEMPLE BETH OR—U Spring Semester 2018**

Payment Total \_\_\_\_\_

Check Number \_\_\_\_\_