

**WINTER CLASSES 1/15 — 3/21/24**

**Thank you for registering!**

**Go to: [bit.ly/elderquest](https://bit.ly/elderquest) or call  
Elder Quest/UVU: 801-863-8012**



## **Elder Quest President's Message – New Year 2024**

**HAPPY NEW YEAR TO EVERYONE!**

Can you believe it? It's a new year filled with lots of great things happening in Elder Quest. Last semester I asked you to take one (or two or more) of our extra newsletters and share them with your friends and neighbors and invite them to join. And, you guessed it – you did! We had many new members join us on our road of lifelong learning through Elder Quest. Thank you for sharing our Newsletters and the spirit of Elder Quest with others. Please continue to share our newsletter and our weekly email updates. I am delighted to personally WELCOME all new members. New members mean new ideas and growth. That is awesome. So, if you see someone you don't know at one of our events, step up and introduce yourself. Let's all make new friends.



As we begin 2024, and as you develop your “resolutions and goals” for the new year, I ask each and every one of you to “bring a friend” to Elder Quest and recruit someone new to join. Share the wealth of great friendships and the excitement of learning. Reach out to “younger elders” not only in the valley but everywhere to join in the unique experience of Elder Quest. We want more folks to fall in love with learning, and develop a life filled with curiosity and wonder. Help us grow by introducing our classes to others. If you have not yet joined, it's only \$25.00 for one semester. It's inexpensive and so much fun!

Our theme for Elder Quest continues to be, “LEARN MORE – DO MORE – BECOME MORE.” I know that you will continue to see your Governing Board do exactly that as we focus on entertaining you with the highest quality classes and experiences.

I welcome two new members to our Governing Board: Judy Istook and Kim Ferguson. Judy is chairing our Day Trips and Kim will be in charge of our monthly events (luncheons and potpourri lectures). If you have ideas for any of these committees, please reach out to them and share. Stay tuned this semester for some great activities coming from their committees.

We love when you come to class; however, to serve those who are housebound, we continue to broadcast all classes via Zoom. They are also recorded for you to watch at a time convenient to you. I encourage you to come down to the Provo Senior Center. You will find that being in the classroom is a special experience. The chatter and discussions before and after the classes will brighten your day!

I welcome your thoughts, ideas, and comments. Send them to me at [wilsondavid@gmail.com](mailto:wilsondavid@gmail.com) or leave a voice mail message at 801.361.0033. As that wise philosopher Ferris Buehler said, “Life moves pretty fast. If you don't stop and look around once in a while you could miss it.” So, buckle up and get ready for a great time. Our first classes begin January 15<sup>th</sup>. See you then!

A handwritten signature in black ink that reads "David A. Wilson".

David A Wilson  
2022-2024 Elder Quest President

**LEARN MORE — DO MORE — BECOME MORE**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Cousin Philo's Magic Box: Down TV Memory Lane</b> Judith &amp; Leonard Tourney 10:00—11:30</p> 	<p><b>How to Thrive</b> Janis Rowberry 10:00 —11:30</p> 	<p><b>This is Justice — Really?</b> Alex Ludlow 10:00 — 11:30</p> 	<p><b>The World &amp; You</b> Brad Daw 10:00 — 11:30</p> 	<p><b>Friday Flick</b> Grace Barrett 2:00</p> 
<p><b>C.S. Lewis's Space Trilogy</b> Bruce Young 1:00 — 2:00</p> 	<p><b>Winston Churchill</b> Michael Thompson 1:00—2:00</p> 	<p><b>Potpourri Events</b> 11:15 -- 12:15</p> <p>1/17 — 1/31 2/7 — 2/21 — 3/6 Specifics will be announced in your Weekly Email Updates</p>	<p><b>Mormons &amp; Nazis &amp; Us, Oh My!</b> Alan Keele 1:00 — 2:00</p> 	<p>Movies will be shown in the <b>Orem Library Media Theater (lower level via stairs or elevator)</b></p> <p><b>Read your Elder Quest Weekly Update Email for a brief synopsis of upcoming movies.</b></p>
<p><b>Stories of Remarkable People</b> Deon Ruf 2:30 — 3:30</p> 	<p><b>U.S. Constitution</b> David Farnsworth 2:30 — 3:30</p> 	<p><b>ELDER QUEST LUNCHEONS 12:00 PM</b></p> <p>1/10 - Introduction to Classes 2/14 - Virtual Tour of Hawaii 3/13 - Insights Gained from EQ 3/27 - Spring Scholarship Event</p> <p><b>RSVP REQUIRED</b> <u>7 days in advance</u> Online: <a href="http://bit.ly/elderquest">bit.ly/elderquest</a> or call 801-863-8012 to RSVP.</p> <p>UVU Culinary Arts Bldg, Canyon Park Tech Center 661 Timpanogos Pkwy, Orem</p>	<p><b>Enjoying Shakespeare</b> Dave Johnson 2:15 — 3:15</p> 	<p><b>All are welcome! Elder Quest membership is not required to attend. Bring everyone you know, and some you don't, to socialize in a warm, friendly environment!</b></p>

**ELDER QUEST WINTER SEMESTER CLASSES: 1/15/24 — 3/21/24**

**COUSIN PHILO'S MAGIC BOX:  
DOWN TV MEMORY LANE**

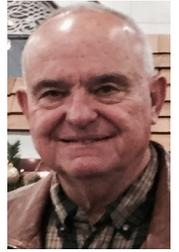
Many of us have lived long enough to have memories of early television. It was an experience for everyone in our families to think that we could enjoy being entertained, informed, exposed to great works, and even witness, first-hand, news and sports events—All within the confines of our own living rooms! We didn't have to pay for tickets either!

There was something for everyone: children's shows (remember **Howdy Doody?**), great dramas (**Orson Welles' King Lear?**), and historical re-enactments, quiz shows, reality and live broadcasts of events as they were happening in real time, beloved comedians and actors who performed for us live each week, even, eventually, the World Series baseball playoffs! Who of the Greatest Generation can ever forget **Walter Cronkite** saying, every night at the conclusion of his news cast, "And that's the way it is," and we believed it? How about when **Lucy and Desi** had their baby and we found out it was a boy? 68% of the nation who had television at home tuned in. We even got to watch the coronation of **Queen Elizabeth II** among the 20,000,000 others world-wide who watched it too. We were entertained by such shows as "**Your Show of Shows**," "**What's My Line?**," "**Truth or Consequences**," to say nothing of witness the great composer/conductor, **Leonard Bernstein**, teach us about great music. Remember "**Omnibus?**" And every Thursday night we could watch wrestling with **Wild Red Berry** and **Gorgeous George**!

We call our class: "**Cousin Philo and His Magic Box**," in recognition of the Father of U.S. television, Philo T. Farnsworth, a distant cousin of many of us Utahns.

This will be not only a nostalgic trip down memory lane but a tribute to Cousin Philo and his vision of this cultural phenomenon, his excitement, even at the age of 15, in helping to discover a medium never known before in the history of the world. We will explore these wondrous iconic events with an historic eye, a fond heart of remembered and shared experiences, as well as with an even greater sense of what man can do to enrich, excite, educate and create great experiences while living at such a time as this.

**Leonard Tourney** received a B.A. in English from BYU and an M.A. and Ph.D., also in English, from the University of California at Santa Barbara. He has taught English, legal writing, and creative writing at Western Illinois University, the University of Tulsa, the University of California at Santa Barbara and at BYU.



He has published scholarly articles in seventeenth-century English literature, a critical biography of Joseph Hall, and fourteen novels, historical fictions set in Shakespeare's day. The most recent, *The Kindness of Witches*, came out this year and is the second in a three-book series featuring William Gilbert, sixteenth-century scientist and physician to Queen Elizabeth I. He has also taught writing workshops and been on the staff of the nationally-known Santa Barbara Writer's Conference since 1986.



**Judith Olauson Tourney** graduated from BYU with a B.A. degree in Speech and English with a minor in French. She also obtained an M.F.A. in Theatre Design and a PhD in Theatre Performance. Judith has performed at the Kennedy Center in Washington D.C as well as acted in, and directed numerous productions throughout the US. She has also guest lectured at several Universities. Judith received tenure and honorary title of Senior Lecturer during her 30 years at UCSB Theatre Department.

She married Leonard Tourney in 1996. Both retired from UCSB to join the faculty at BYU. She and Leonard have taught 17 different classes since they began teaching for Elder Quest over the past 15 years.

**C. S. Lewis's Space Trilogy:  
*Out of the Silent Planet, Perelandra, &  
 That Hideous Strength***

Many of you are familiar with Lewis's Narnia stories and his religious books like *The Screwtape Letters* and *Mere Christianity*. But did you know that he wrote science fiction? His three science fiction books – *Out of the Silent Planet*, *Perelandra*, and *That Hideous Strength* – are often referred to as his “planetary trilogy” or “space trilogy,” and many of those who know them consider them among his best work. The first of the novels tells of a voyage to Mars, the second of a voyage to Venus, and the third – well, it takes place on Earth, but it brings into the story beings from throughout the solar system, as well as a special appearance from Earth's own Merlin (yes, the wizard from the tales of King Arthur). You would be well advised to read the books in order: the stories are linked by some common characters and by events that lead from one story to the next. The characters include Lewis himself as well as several characters based on his friends.

Though these novels can legitimately be called “science fiction,” they differ from most science fiction books in several ways. They have significant religious elements, sometimes popping up in surprising ways. They also have elements of fantasy, which is usually thought of as contrasting with pure science fiction. And they have strong mythic elements – including characters, events, and settings coming almost directly from ancient myth, but also elements that simply feel like myth, because they are imbued with spiritual power and seem to have deep but mysterious meaning. Because of the books' distinctive qualities, we will be discussing standard definitions of science fiction and consider whether Lewis's books fit the definitions. We'll also discuss why he wrote these books and what influenced him as he wrote.

Lewis would probably forgive us for analyzing his books in these ways, but he would be most pleased if we simply enjoyed them as stories. That will be our first aim. But we will also consider the symbolic and mythic elements in the books and other things that make these books so gripping and memorable. These are great adventure stories, but they also open our minds to great moral and theological questions. They invite us to ponder the meaning of life and to consider the place of our planet – and its inhabitants, namely ourselves – in the cosmos. By the time we have finished this class, we may all feel that we have been on a journey through time and space, not only exploring the stars and planets but connecting with their inner meaning. Along with all of that, we will be reminded that Lewis is a great storyteller and a great writer.

**Mondays 1:00**

Jan. 15

Introduction: What is science fiction?  
 Why did Lewis write it – or did he?

Introduction to the three novels

Jan. 22

*Out of the Silent Planet*

Jan. 29

*Out of the Silent Planet*, continued

Feb. 5

*Perelandra* (the voyage to Venus)

Feb. 12

*Perelandra*, continued

Feb. 19

*Perelandra*, continued

Feb. 26

*That Hideous Strength*

Mar. 4

*That Hideous Strength*, continued

Mar. 11

*That Hideous Strength*, continued

Mar. 18

Conclusion: Final thoughts



Elder Quest is again fortunate to have **Bruce Young** teaching this semester.

Following graduate work at Columbia and Harvard, Bruce taught English at BYU for 38 years, specializing in Shakespeare and introducing students to Shakespeare, C. S. Lewis, world literature, English Renaissance literature, poetry and drama. He has also published numerous articles and a book on life in Shakespearean times.

1) **Good Grief, The Story of Charles M Shultz, Rheta Grimsley Johnson**

Shultz suffered from depression. He avoided situations that might cause him to feel helpless or embarrassed. Many characters in the Peanuts comic strip were inspired by people Shultz knew.

2) **World's Strongest Librarian, Josh Hanagarne**

Josh suffered from a severe case of Tourette syndrome. His father introduced him to weight lifting. Though he is unable to sit still, Josh is a librarian and motivational speaker.

3) **An Ordinary Man, Paul Russesabagina**

As a son of a Hutu father and a Tutsi mother living in Rwanda, Paul became manager of a luxury hotel, where he sheltered hundreds of Tutsi and Hutu moderates in the midst of genocide.

4) **The Ride of Her Life by Elizabeth Letts**

At the age of sixty-three and against the advice of her doctors, Maine resident Annie Wilkins set off on horseback in mid-November, intent on seeing the Pacific Ocean before she died.

5) **My Stroke of Luck, Kirk Douglas**

In 1995, Kirk Douglas suffered a debilitating stroke. Deeply depressed, Douglas took a gun from his desk drawer, loaded it, put the barrel in his mouth — and bumped it painfully against his teeth. He recalls, “I began to laugh. A toothache delayed my death. I laughed hysterically.”

6) **Stroke of Insight, Jill Bolte Taylor**

As a neuroanatomist, Taylor observed her own mind completely deteriorate to the point that she could not walk, talk, read, write, or recall any of her life, all within the space of four brief hours. In her book, she reflects on the insights she gained from this experience, and from her recovery.

7) **I Remember, Dan Rather**

The anchorman recounts his childhood in Texas, revealing his youthful ambitions and reminiscing about small town life in pre-World War II America.

8) **Defiant, Janine Shepherd**

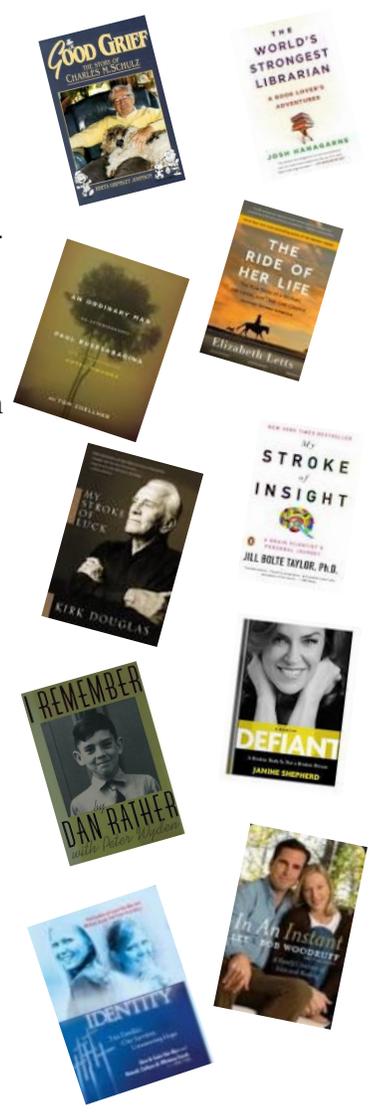
Jane’s bid to represent Australia in the Olympics as a ski racer was cut short by a tragic accident. She compensated for her limited mobility by becoming a pilot and an aerobatics instructor.

9) **Mistaken Identity: Two Families, One Survivor, Unwavering Hope Don and Susie van Ryn; Newell, Colleen and Whitney Cerak; and Mark Tabb**

Parents and boyfriend stood vigil by their comatose loved one’s hospital bed, only to learn weeks later that the patient wasn’t who they thought she was.

10) **In an Instant, Lee and Bob Woodruff**

Woodruff witnessed the uprising in Tiananmen Square. As a reporter embedded with the military in Iraq, he received a traumatic brain injury when an explosion went off near the tank in which he was riding. Woodruff recovered, and has established a foundation to aid disabled veterans.




**Deon Ruf** is a graduate of BYU. She taught second grade at Cascade Elementary in Orem and was an Elder Quest poetry teacher. She returns to us this semester to introduce you to ten remarkable individuals with inspiring stories for class discussions.

**BREAK FREE FROM ANXIETY, DEPRESSION & FEAR: LEARN TO THRIVE!**

We are Divine spirit daughters/sons of God & our life has meaning, purpose & direction, but our physical bodies are mortal & susceptible to disease, anxiety, appetites, weakness, depression & pain. Your brain is part of your physical body. Using a volcano power point presentation, we will: 1. Learn about our Brain, discussing negative stimulus, cues & behaviors, 2. Recognize triggers that spiral us into a negative fight-flight-freeze response and 3. Conclude with techniques to accept, release, (challenge if needed) & let go of negative thoughts, feelings, and behaviors. We can THRIVE!

- **Learn to Thrive by Understanding How Your Physical Brain Works.**

Your brain is part of your physical body. Things to understand about our brain: Stimulus (triggers)—Cues (thoughts, feelings, physical cues)—Behaviors. We all face emotional challenges: Anxiety, worry, fear, stress, anger, lonely, etc. We have a critical part of our brain that beats us up. Fight-Flight-Freeze responses in our brain. We need to release negative thoughts/feelings. Having a clear vision of ourselves & having a purpose is critical!

- **Thriving using Mindfulness, Deep Breathing, Life Balance & Visualizations!**

This class will start with a brief volcano-brain recap, showing cues our brain uses to signal we have a problem. We will then feast on the thriving techniques of: Mindfulness & Deep Breathing.

- **Overcoming Anger & Frustration.**

Understanding Anger: Emotions are not the bad guy! Recognize that Anger escalates. Understanding the emotions behind Anger. Choosing to respond to Anger in healthy ways.

- **Developing Healthy Thinking Patterns.**

ANTs (Automatic Negative Thoughts) destroy your peace. Release them & let go of pain! Watch a power point presentation about Stimulus-Cues-& Response. The class will learn to recognize negative triggers & apply positive techniques to challenge & let go of unwanted ANTs (Automatic Negative Thoughts). Recognize inaccurate thinking patterns. Responding to triggers. Creating healthy thinking patterns.

- **Grounding Techniques to Help You Thrive.**

Progressive Muscle Relaxation (PMR); Using your 5 Senses; contain your pain in a Worry Box.

- **Ways to Calm Panic!**

Panic vs Anxiety: What's the difference? How to calm a Panic Attack; Using Meridian Tapping to calm.

- **Simple Self-soothing Techniques to Soothe the soul.**

Prayer; Scriptures; Exercise; attend Temple/Synagogue/Cathedral; oils; massage; candles; bubble bath; exercise; brisk walk/run; eat healthy; hydrate; laugh; sing; uplifting music; 1 min + affirmations; daily mantra; call a friend; journal; serve!

- **Finding Some Relief From Grief.**

Understanding Loss; Identifying Types of Loss; Grief vs. Mourning; Depression & Grief; Grief Emotions; Getting over Grief vs Reconciliation

- **Building Healthy Relationships.**

Relationships are important. Tips for building healthy relationships. Learn to Listen. Communicate with "I" messages.

- **Free Yourself Using Forgiveness!**

We will delve into the topic of Forgiveness: exploring what it is, and the benefits we receive from forgiving ourselves & others. Next, we will immerse ourselves into a step-by-step guide to recognize & acknowledge pain, then explore ways to let go, forgive, and heal.



Janis Rowberry has been counseling for over 13 years. She received her B.S. degree in Home Economics Education at BYU and in 2010 a master's degree in Clinical Social Work from Catholic University of America in Washington, DC. Janis lectured at BYU Education Week August 2022 & 2023. She was also a presenter at BYU Women's Conference 2023, presenting on "Mastering Our Tempers Speaking with Words of Love." Currently Janis has a private practice in Provo, counseling individuals, couples & families. She loves hiking, singing, water (oceans, lakes, streams), cultures, travel, books, painting, sewing & family.

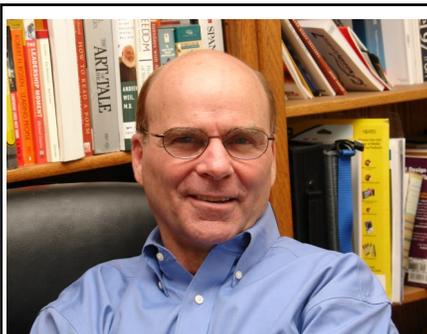
Winston Churchill's formula for becoming a "great man" was simple: earn distinction as a soldier for the British Empire; earn fame and money as a journalist and, while still a young man, win a seat in Parliament and become prime minister of England. In his case the plan worked, but not without injury, heartbreak, disgrace, as well as triumph.

Historian and Philosopher, Isaiah Berlin, believed Winston Churchill was the "largest human being of our time." The esteemed British biographer, Roy Jenkins, who believed for years that William Gladstone (1809-1898) was the greatest English statesman, later concluded after writing his biography of Churchill that Churchill, with all his "... idiosyncrasies, his indulgences, his occasional childishness, but also his genius, his tenacity and his persistent ability, right or wrong, successful or unsuccessful, {was} ...the greatest human being ever to occupy 10 Downing Street."



This course will highlight Churchill's political and personal triumphs and failures, his achievement as a prolific historian, and his tempestuous relationships with other world leaders, such as Joseph Stalin, Franklin Roosevelt, and Mahatma Gandhi, and others who shaped events in the first half of the Twentieth Century and beyond.

- 1/16 A Young man in a Hurry: Churchill's Ambition, Fame, and Self-education
- 1/23 No More Champagne: Churchill and Money
- 1/30 Family Life and the Shadow of War: The Irish Crisis and Gandhi's Challenge to the Raj
- 2/6 Lessons in Leadership: Churchill and the Dardanelles
- 2/13 A Clash of Giants: Churchill and Gandhi
- 2/20 Dinner and a Movie: Churchill as Host and Raconteur
- 2/27 Defender of the Realm: Churchill, Clementine, and WWII
- 3/5 In Command of History: Churchill as Historian
- 3/12 Family Joys and Tragedies: The Churchills in the Post-war Years
- 3/19 Churchill's Legacy



Michael Thompson is an emeritus faculty member in the Marriott School of Business at Brigham Young University where he also served as both an associate dean and acting dean. After completing his undergraduate degree in Classical Greek from BYU, with minors in History and Latin, he earned a master's degree in Technical Communication and a Ph.D. in Rhetoric and Communication from Rensselaer Polytechnic Institute.

Before coming to BYU, he was director of the Center for Organization and Policy Studies at the University at Albany in New York State. His research and teaching expertise is in organizational communication, leadership, and knowledge management.

Michael is the recipient of the Marriott School's Outstanding Faculty Award, as well as Brigham Young University's Abraham O. Smoot Outstanding Citizenship Award. He has consulted and trained with many organizations in the private and government sectors. In addition to his core interests in leadership and organizational development, he continues to pursue his love of modern European and American history.

## THURSDAYS 10:00 — 11:30 THE WORLD AND YOU

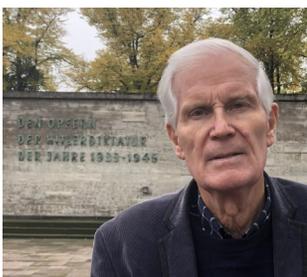
This Winter we will be reviewing events including politics, economy, climate, and more from around the world, the nation, statewide and locally and what that means to us. There are always plenty of events happening around the world to discuss. From the war in Ukraine, to momentous Supreme Court decisions to upcoming elections.

Everyone has an opinion and all opinions are welcome in a class where everyone can truly "agree to disagree". It is all about having lively discussions on what is happening around us locally, statewide, nationally, and even internationally. This is an opportunity to let your true opinions be heard without worry. There are lots of subjects to talk about (besides politics), so let's all discuss what's happening around us each week.

**Brad Daw** was born in Provo, Utah to Albert M. and Sherrie Daw. He was the first of six children and grew up in Shelley, Idaho. Daw earned a Bachelor of Science degree in electronics engineering from BYU and a Master of Science in computer engineering from San Jose State University. He served as a member of the Utah House of Representatives from 2004 to 2013 and again from 2015 to 2021. Brad lives with his wife, Laura, and five children in Orem, Utah.



## THURSDAYS 1:00 — 2:00 NAZIS AND MORMONS AND US, OH MY!



Alan Keele here. This is a picture of me taken in October 2023, in Berlin, at the memorial site where the young LDS teenager Helmuth Hübener was beheaded on the Guillotine 81 years ago on October 27, 1942. He became the youngest person killed by the Nazis for resistance to Hitler.

In 2020 a school at the Youth Correction Facility for Berlin located here was named for Helmuth and the curriculum consists of having the students try to emulate Helmuth. They use my German book on Helmuth as their guide. I'm both their historical adviser and cheerleader. Today they had a special meeting commemorating his life.

I was invited to speak because I discovered the Hübener story now over 50 years ago, and have inadvertently become something like the world's leading authority on his life.

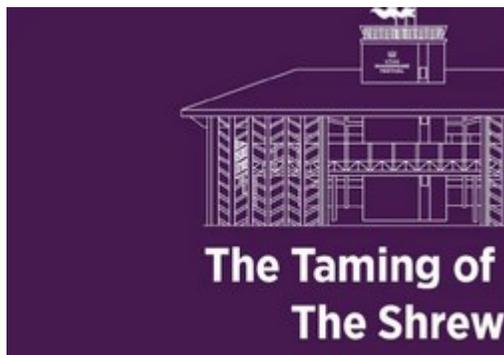
The wider context for the Hübener case is the story of the Mormons and the Third Reich. An even wider context for that is all the churches and the Nazis, in Germany and the US. Along a broad spectrum there were believers who opposed Hitler ... all the way to some who gladly murdered for him, thinking themselves tools in a divine plan to cleanse the earth of dangerous vermin. Our class will investigate how this happened, how some people came down on the wrong side of history — tragically — and some on the right side — heroically — and what we can learn from all this for our own times. Lectures and class discussions. No particular reading assignments. No final exam. History will judge.

LEARN MORE — DO MORE — BECOME MORE



### The Winter's Tale

King Leontes's jealousy and rage sparks the action in this beloved Shakespearean romance. Driven by nothing but his own unfounded suspicions, Leontes falsely accuses his wife Hermione of infidelity with his closest friend and dire consequences follow. Focusing on themes of betrayal, loss, and forgiveness, this play winds toward love and redemption to make it one of the Bard's most beautiful and satisfying plays.



### The Taming of the Shrew

The bold, spirited, and headstrong Katherina is deemed unworthy of marriage while suitors pursue her younger sister Bianca. Their father refuses to let his younger daughter marry until an appropriate match is made for the elder, which Petruchio accepts as a challenge. However, Katherina will not be tamed so easily. Their dastardly deeds and heated battles hurl this comedy toward its end. And in Petruchio's journey to make Katherina a compliant and obedient bride, they both learn more about what being an equal partner really means.

**David Johnson:** I am often asked when I first became interested in Shakespeare. It's a question not easily answered. As I recall, my first real contact was in the 9<sup>th</sup> grade when I was given a paperback copy of *Romeo and Juliet*. I was taken with the story, but heartbroken when a love story didn't end as I had hoped. I look back and realize that I was 14 – Juliet's age. In high school we read *Julius Caesar* and *Macbeth*. I don't remember being impressed with either one; although I did memorize Lady Macbeth's famous hand washing speech. I didn't see why we should be focused on political issues. Neither of these had a connection to me.

At Brigham Young University I was impressed with *Canterbury Tales* and *Beowulf* as I learned more of the English language. A favorite Shakespeare teacher, Nan Grass, introduced me to a number of powerful Shakespeare plays. First was *Hamlet* – a college student like I was. I identified with the difficult decisions he and I were facing. Miss Grass was good about letting us do much of the background work in

understanding the text. We also dug into *Lear*. I had now learned to look for more than an immediate connection to my own life.

As a teacher of junior high students, my two favorite plays were *A Midsummer Night's Dream* and *Romeo and Juliet*. During this time, I also became acquainted with the Utah Shakespeare Festival in Cedar City, Utah. A bigger world of theatre opened to me with the experience.

In ElderQuest, I was happy to learn with Ellery Howard and was challenged to teach the Shakespeare class when she retired. Now we are close to completing the entire canon of Shakespeare plays. I appreciate the faithful members of our class who allow me to "guide" them in class as it were. The greatest learning is mine, for sure. I now look to find application to my own life even in plays that I don't particularly enjoy. Thank you for your wisdom and enthusiasm.



## TUESDAYS 2:30 — 3:30 UNDERSTANDING THE U S CONSTITUTION

At the time of the Constitution's signing, there were just four million people living in America. Now there are 334+ million. The population at that time was just 1.25% of the size it is now.

A 55 year gap separated the oldest from the youngest signer. Benjamin Franklin was the oldest at 81. The youngest was 26 — Jonathan Dayton of New Jersey.

The word “democracy” does not appear in the Constitution. The Constitution created a republic, not a democracy. When Franklin was asked what the government would look like he replied, a Republic, if you can keep it.



We will examine the United States Constitution as an effort by our founding fathers to create a national community unlike any that had existed. We will look at each section and discuss its purpose and how it works in conjunction with the whole toward that objective. We will look at several approaches to constitutional interpretation and their strengths and weaknesses. This will not be a course on constitutional law but a few important decisions will be discussed in connection with the stated purpose of creating a functional nation community.



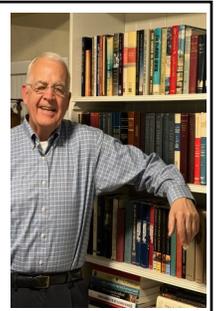
**David Farnsworth** is a retired attorney who spent his early career representing a large international NGO in Europe and Africa and the Middle East. The second part of his work life was in tech companies ending with 11 years as General Counsel for Ancestry.com. He has lived in Austria, Germany, France and the Philippines and visited more than 80 countries. After retiring he was a current affairs analyst for a NGO for three and a half years. David enjoys the outdoors; hiking, biking, fishing, photography and target shooting. He has taught this and several other courses in Utah Tech's adult education program. He is married to Maryruth Bracy now Farnsworth and has two children, 8 grandkids and a great grand on the way.

## WEDNESDAYS 10:00 — 11:30 THIS IS JUSTICE — REALLY?

Alex returns and brings more fascinating cases to shock and amaze us which makes for very interesting discussions! His class will be a continuation of the same format as last semester. The poll that he gave to his class on the last day, resulted in many requests for some very interesting cases. In addition, there was a request for a class on wills and trusts, which he will be including.

**Alexander Ludlow** graduated from the J. Reuben Clark Law School at BYU. Following graduation, he was commissioned as a JAG officer in the US Navy. After active duty and Reserve service, he retired as a Commander. He practiced law in Southeastern Connecticut and served as an adjunct faculty member teaching Business Law.

After returning to Utah Valley, he became a prosecutor for the Utah County Attorney's Office. Since retiring from the County Attorney's Office, Alex says he has spent way too much time working in his yard and is having a great time teaching for EQ!



LEARN MORE — DO MORE — BECOME MORE

MEMBERSHIP & LUNCHEON REGISTRATION

Registration for your Elder Quest membership and luncheons are now being done online! Just go to [bit.ly/elderquest](https://bit.ly/elderquest) elect your desired options and make one easy payment. Whether you want to select one lunch or all that's your choice. If paying online is confusing for you let the Elder Quest team at UVU Community Education help you get registered by giving them a call at **801-863-8012**. They are always happy to help and answer any questions you may have concerning Elder Quest registration and/or luncheon payments.

All luncheons must be reserved & paid a minimum of 7 days in advance of the event so that catering may plan the staffing, the menu & order the food.

If you prefer to pay by check, print out a registration form from our website <https://www.uvu.edu/communityed/elder/> or complete the registration form in this newsletter and mail it along with your check in the correct amount to:

UVU Elder Quest c/o Karen Cloward  
Utah Valley University MS 134  
800 West University Pkwy, Orem, Utah 84058

**'TIS THE SEASON TO BE GENEROUS. CONSIDER A TAX DEDUCTIBLE DONATION TO THE ELDER QUEST SCHOLARSHIP FUND. IT'S USED TO HELP "NON-TRADITIONAL" STUDENTS WHO HAVE RETURNED TO COLLEGE TO SEEK A BETTER LIFE. SCHOLARSHIP CRITERIA ARE: JUNIOR OR SENIOR IN A FOUR YEAR PROGRAM; 3.0 GPA, AND DEMONSTRATED FINANCIAL NEED. PREFERENCE IS GIVEN TO THOSE WHO ARE PRIMARY CARETAKERS OF CHILDREN IN THE HOME.**

Send your generous checks, payable to:  
UVU Elder Quest Scholarship, UVU Institutional Advancement, Attn: Alece Rutherford  
800 W University Parkway, MS 111, Orem, UT 84058  
For credit card donations, please contact: Alece Rutherford: 801-863-4441 or go to:  
<https://give.communityfunded.com/o/utah-valley-university/i/giveuvu/s/eq>

*While tax laws have changed, there are still many ways you can make a gift to support Utah Valley University (UVU) students while providing benefits to you. Please contact us to learn more.*



- 1. IRA Rollover Gift:** If you are 70 ½ or older you can make a gift to UVU from your IRA.
- 2. Gift of Securities:** Donate your old stock (with a low basis) that has appreciated in the rising market and avoid capital gains tax.
- 3. Life Insurance Gift:** Eliminate an old or unneeded life insurance policy by making a gift of the cash balance to support UVU students.
- 4. Life Income Gift:** Make a gift for a gift annuity or charitable remainder trust and receive lifetime payments. Ask us for a free illustration with your benefits.
- 5. Charitable Bequest:** Make a gift to support UVU students that costs you nothing today. Provide for your loved ones first and then our cause with a bequest made in your will or trust.

**For more information, please contact:**  
**Vicky Hopper**  
Senior Director Annual & Planned Giving  
801.863.5426 | [vicky.hopper@uvu.edu](mailto:vicky.hopper@uvu.edu)  
[www.uvgift.org](http://www.uvgift.org)



Appeal Code: PG2300DME0Y

**Karen Cloward** is the Assistant Director of UVU Community Education and the Second Vice-President for Elder Quest. She has worked at UVU nearly 12 years but was familiar with Elder Quest prior to being hired. Karen is passionate about life-long learning and enjoys seeing students try something new and get excited about what they have learned. She and her husband Bernell live in Orem. They have 4 children and 14 grandchildren. She loves to garden, read, ride ATVs, kayak, and go to movies and plays. She also loves southern Utah where around every corner there is a new discovery.



**2024 TRAVEL ADVENTURES for ELDER QUESTERS!**

**UTAH FESTIVAL OPERA & MUSICAL THEATRE**  
July 11-13, 2024

**Orchestra Admission to:**  
Guys & Dolls  
Cats  
Anything Goes  
Little Shop of Horrors

**Tour Includes:**  
Visits to Pepperidge Farms, Gossner Foods, Cox Honeyland, The Lazy One, Etc.  
2 Night Hotel Stay in Beautiful Logan, UT  
Deluxe Motorcoach from Orem,  
Two Breakfasts, Two Dinners, One Lunch

**Quad \$848.00, Triple \$878.00, Double \$938.00, Single \$1,118.00 (Orchestra Seating) Price Is Per Person**  
**Deposit of \$200.00 is due Nov. 20, 2023**

For more information please check out our website at [www.bucketlisttrips.citymax.com](http://www.bucketlisttrips.citymax.com) or call Joan Hahn or Carla Teasdale, Travel Passport, 801-423-1081, 800-677-4750 or email [joanhahn@juno.com](mailto:joanhahn@juno.com) or [carlatravelp@yahoo.com](mailto:carlatravelp@yahoo.com)

**The Hidden Secrets of Southern Utah**  
Sept. 4-7, 2024

**Your Tour Includes:**  
Motorcoach from Orem  
Hotels, Cedar City & St. George  
3 Breakfasts, 3 Dinners  
3 Breakfasts, 3 Dinners  
3 Breakfasts, 3 Dinners

**4 Shows to experience in Cedar City & Tuacahn**  
Your Show Choices Will Be at the Shakespeare Festival  
Sept. 4<sup>th</sup> - 2:00 p.m. - Much Ado About Nothing or The Taming of the Shrew - Choose One  
Sept. 4<sup>th</sup> - 8:00 p.m. - The Taming of the Shrew or 39 Steps - Choose One  
Sept. 5<sup>th</sup> - 8:00 p.m. - Anastasia at Tuacahn  
Sept. 6<sup>th</sup> - 8:00 p.m. - Frozen

**TOUR COST - Prices Are Per Person**  
Quad - \$998.00 - 4 to a room  
Triple - \$1,035.00 - 3 to a room  
Double - \$1,111.00 - 2 to a room  
Single - \$1,335.00 - 1 to a room

Please Contact Travel Passport For More Information Contact Joan, Carla or Nancy  
801-423-1081, [joanhahn@juno.com](mailto:joanhahn@juno.com) or [carlatravelp@yahoo.com](mailto:carlatravelp@yahoo.com)  
Our website is [bucketlisttrips.citymax.com](http://bucketlisttrips.citymax.com)

This tour is going to experience Kolob Canyon & Zions National Park  
The Tabernacle in St. George  
Brigham Young's Home  
Jacob Hamblin's Home  
Iron Mission St. Park

Payment schedules are available.

**Christmas in Branson**

**Elder Quest In Connection with TRAVEL PASSPORT**  
**November 11-15, 2024**

**5 OR 7 SHOWS INCLUDED IN PACKAGE**  
"The Hughes Music Show", "Dinner & Christmas Show at The Dolly Parton's Stampede", "Miracle of Christmas, at the Sight & Sound Theatre." "Grand Jubilee Show & Dinner". You then have the choice or two more shows - "Petersen's Bluegrass Christmas" and, "Texas Tenors" OR spending the afternoon and evening at Silver Dollar City, with record-breaking coasters and festival entertainment at the 1880s Ozark theme park, experiencing the Shows, Attractions, Cave, Christmas Parade and over 1.5 million twinkling lights.

**Included:**  
Parking and Round-Trip Transfers from Orem, Utah  
Round-Trip Airfare from Salt Lake City to Kansas City  
Motorcoach Transportation once we arrive in Kansas City  
4 Nights at the LaQuinta Inn & Suites  
Gratuity For Motorcoach Driver  
Museum of the Ozarks at College of the Ozarks  
Big Cedar Lodge, with 2 1/2 mile ride in golf carts.  
Silver Dollar City - Admission, Show and Dinner included  
Quad - \$1,878.00 per person  
Triple - \$1,924.00 per person  
Double - \$2,011.00 per person  
Single - \$2,274.00 per person

Explanation of Rooms: A Single Room has 1 person in a room, A Double Room has 2 people in a room, A Triple Room has 3 people in a room, A Quad Room has 4 people in a room.

For more information please check out our website at [www.bucketlisttrips.citymax.com](http://www.bucketlisttrips.citymax.com) or call Joan, Carla or Nancy, Travel Passport, 801-423-1081, 800-677-4750 or email [joanhahn@juno.com](mailto:joanhahn@juno.com), [carlatravelp@yahoo.com](mailto:carlatravelp@yahoo.com) or [nancyholman@rocketmail.com](mailto:nancyholman@rocketmail.com)



**Joan Hahn** has been in 102 countries and all 50 states. I started running theatre tours 53 years ago and am still going strong. Every year we book numerous high schools and colleges on Broadway & London Theatre Trips. We take tours for adults all over the world and do land trips and cruises.

In my spare time, I read and do embroidery. I love raising roses and have raised many test roses for Jackson & Perkins. I have owned Travel Passport, for 30 years and I still work in the office every day. My life motto is the same as Auntie Mame's, "Life is a banquet and most poor fools are starving to death."

**TRAVEL PASSPORT**  
800-677-4750 Office  
[joanhahn@juno.com](mailto:joanhahn@juno.com)  
[www.BucketListTrips.citymax.com](http://www.BucketListTrips.citymax.com)  
Payment schedules are available.

**2024 TRAVEL ADVENTURES for ELDER QUESTERS!**

## ELDER QUEST BOARD MEMBERS — SENIORS WITH A PURPOSE

### Marjean Bingham — First VP, President Elect

I joined Elder Quest 8 years ago following the death of my husband. It didn't take long before I became a real EQ fan. I cherish the friendships I've made and the opportunity to participate in lifelong learning! The classes and teachers are exceptional! I've also enjoyed the opportunity to serve in the organization in various board positions. I'm a native Utahn, grew up in Ogden, spent several years in Pennsylvania and have lived in the Provo/Orem area for the past 52 years. I value our long term on-going relationship with UVU and take pride in the many scholarships Elder Quest has provided for non-traditional students. My personal life includes 3 daughters, 10 grandchildren and 10 great grandchildren, all who add significantly to my happiness!



### Cheryl Johnson — Past President

Cheryl served as Elder Quest President from 2020 through 2022. Under her leadership Elder Quest broke attendance records and introduced Zoom for home-bound members during the catastrophic Covid-19 epidemic. Cheryl loves the variety of our Elder Quest classes. You will see her in every class jumping up when you raise your hand to deliver the microphone to you so that Zoom members can hear your comments. No doubt her effervescent energy comes from those early morning walks! Cheryl recognizes that she is truly blessed by having 5 children, 32 grandchildren and 25 great grand children.



### Gwen Anderson — Curriculum

Originally from Hawaii, Gwen's MA degree and international business training in the USA, Canada, Puerto Rico, Australia, New Zealand, South Africa, and the United Kingdom eminently qualifies her to develop our curriculum. She is a passionate trainer and a successful secondary and university Art and Social Science instructor, Multicultural Director, international recruiter and National Park Education Ranger, Gwen recruits the highest quality teachers and classes. She also delivers high-impact, interactive workshops that target valid personal, academic and spiritual growth concepts. Utilizing "The Brain's Natural Learning Process" and "Transformative Learning," participants of all ages leave with practical applications that deliver results.



### Nancy Jefferies — Membership

Born and raised in Minnesota I moved to Utah to attend BYU the day after I turned 18, as a convert to the Church of Jesus Christ of Latter Day Saints. My husband, Kent and I have been married for 55 years. We raised 7 children and have 20 grandchildren and 7 great grands. I spent 32 years off and on obtaining my Bachelor's degree in History as a non-traditional student and 3 more years getting a Master's degree in Library and Information Science. I was employed for 20 years for the Alpine School District, mostly as an assistant librarian. I enjoy traveling throughout the U.S. including Alaska and Hawaii with our family and have bred wanderlust into most of the children. I have also been to Israel and Jordan, to 8 countries in Europe and to Argentina and Brazil. I enjoy reading, knitting, journaling and lunch with friends and family members and watching our grandchildren participate in sports, and various school activities including ballroom dancing.



### Janet Harmon — Secretary

I was born in Brigham City UT, have lived in Fresno CA, Harper Ward UT, Los Altos CA, Spokane Valley WA and Orem UT. I have 3 daughters, 13 grandchildren and 5 1/2 great grandchildren. They all are the love of my life. I enjoy sewing (all kinds), reading, gardening and being with my family. I've traveled enough to satisfy my urge to pack a suitcase. Life is SO good!



### Sharon Ann Bird — Historian

Sharon was born in 1936 and raised in Salt Lake City, the eldest of 6 children. She met Cloyd L Bird, a nice ID farm boy, at a BYU church dance. He played the violin throughout the southern states, was a missionary and an Army Korean war veteran. Between 1957 and 1974 they had 7 children, including twins. Sharon was secretary to 4 BYU Graduate School Deans in a 2 year period. She was also Secretary to the Utah State Board of Education between 1966 and 1967. For 30 years she was a professional typist, working from home, typing dissertations, manuscripts, etc. The Bird children were privileged to meet people with many occupations from all over the world, right in their own home.



### Dave Johnson — Parliamentarian

Dave is also our Shakespeare teacher and his information is on page 10.

### Karen Cloward — Second VP & UVU Liaison

Karen's information is on page 11.

### Joan Hahn — Scholarships

Joan is also our Travel Passport guide and her information is on page 12.

## ELDER QUEST BOARD MEMBERS — SENIORS WITH A PURPOSE



### **David Wilson — President**

David said his bio was boring. We read it and agree. Our newsletter space is limited and his accomplishments are not so we'll condense them for you. He is an Eagle Scout with 47 years of service in every position imaginable. We would list them but the list is longer than your arm and you would fall asleep before you neared the end. He has received every Scouting award possible from every person and organization known to man. When asked what one Scouting experience he was most proud of, it was having his whole family involved in Scouting, his daughters in Exploring & Venturing and his son receiving the rank of Eagle Scout. If you want to get lost in the woods do not take David, or any of his family, with you.

David and his wife, Charlene, have one son, 5 daughters, plus 21 grandchildren and we guarantee he knows all their names. He recently retired after over 25 years as the Executive Director of the Utah Energy Conservation Coalition non-profit organization. He is an active member of the Church of Jesus Christ of Latter Day Saints serving in many, many positions. He has been a member of the Elks Lodge, Orem City Community Development Block Grant Committee, and Orem City Board of Adjustments. This is a man who knows how to volunteer! And that's why we love him at Elder Quest. He has been a member for 10+ years. His energy is unstoppable and his sense of humor is contagious. He believes in Elder Quest for seniors and is always ready to shout it to the world!



### **Gerhard Ruf — Technology**

Gerhard was born in Frankfurt, West Germany and emigrated with his family to Utah for his ninth birthday. With his service as a missionary and as a US Army officer, he has spent 15 years of his life in German-speaking countries. He loves the use of technology and enjoys the challenge of learning new things. Since his teen years he has been involved in and promoting efforts in family, and currently serves as president of the Utah Valley Technology and Genealogy Group. Gerhard enjoys singing in Millennial Choirs and Orchestras. He and Deon have been married 34 years. Before they met, they each brought 6 children into the world, and currently claim 37 grandchildren and 39 great grandchildren, with 2 more in the oven. They enjoy reading books out loud to each other.



### **Enid Harvey — Communications**

My history includes small towns as well as NYC, DC and Miami before Utah. At 17 I had a job and an apartment; at 18 a management title. At 20, I was disheartened to realize UW intended to put me in a proverbial box in the name of group think. I refused! Smart bosses gave me freedom to indulge my visions and celebrated the results. Sales was a common thread although it went by various titles, usually manager. The career that led to my entrepreneurship was recruiting high level executives. In addition I created marketing materials for companies and acquired national & international clients exclusively through word of mouth. I am also a Certified Life Coach. Learning doesn't begin or end with formal education. Elder Quest is proof of that!



### **Kim Ferguson — Monthly Events (Potpourri and Luncheons/Dinners)**

Kim has 4 children, two boys and two girls, and 14 grandchildren. He enjoys reading, movies, golf and traveling. A couple of his favorite trips were to Thailand, the Caribbean and Italy and any place tropical and warm. Kim's goal for Elder Quest is to have educational, interesting, inspirational and fun topics for Elder Quest members. If you have any suggestions for topics or speakers let him know: [kferguson251@msn.com](mailto:kferguson251@msn.com).



### **Judy Istook — Day Trips**

loves bringing people together to foster friendships. As she says, "...it is my hope and desire that the fun we have within our activities will strengthen our bonds inside the class. Learning and friendship should go hand and hand! I love Elder Quest and the opportunity it provides to continue learning and to develop like minded friendships." Judy and her husband Ernest are parents of five children and have 15 grandchildren. Judy is a lifelong learner. She received her RN degree while raising 5 active children and is currently working on an English Literature Bachelor degree, with only one more class to complete. While living in DC Judy was the program director for the BYU Management Society. She also worked directly with the LDS church's International Affairs office, helping with arrangements for activities for Ambassadors and their families. As the program director for the Congressional Club, she planned a Parade of Nations, (approximately 50 countries the first year and 50 the following year). Each embassy was asked to provide a model wearing their native dress. All ambassador spouses, and Congressional spouses were invited to the event.

**WINTER CLASSES 1/15 — 3/21/24**

**Thank you for registering!**

**Go to: [bit.ly/elderquest](http://bit.ly/elderquest) or call**

**Elder Quest/UVU: 801-863-8012**



**LEARN MORE — DO MORE — BECOME MORE**

Name (First & Last):
Preferred Name (for name tag):
Address:
City/State/Zip
Contact Phone(s):
Email:

- Your UVU Elder Quest Member name tag will be provided to you. Please wear it to all events.
- Lunches, dinners and other outside activities will require additional payments unless noted otherwise.
- Elder Quest membership fees do not include the \$10 annual Senior Pass to the Provo Recreation Senior Center. The Senior Pass gives members access to the Community side of the Recreation Center with free access to core senior programs including - Tai Chi, Bingo, Zumba Gold, Book Club, Educational programs and seminars, limited track and swim access, Computer Lab, Library access and Wellness Room Fitness Equipment access. This pass does not give general access to the rest of the Recreation Center. Contact the Community Counter at (801) 852-6620 for more details or to sign up for full access.
- Please share my name with the UVU Foundation. \_\_\_\_\_ (Initial to approve.)

**Emergency Contact Information**

Contact Name:	Relationship:
Contact Phone(s):	

Go to: [bit.ly/elderquest](http://bit.ly/elderquest)  
for secure online registration & payment.

**One Semester (10 weeks): \$25.00**

**Two Semesters (Fall & Winter) \$45.00**

Winter Semester: 1/15 — 3/21/24

**Catered Luncheon: \$16.00**

**Membership Enrollment Questions?  
UVU/Elder Quest Enrollment  
801-863-8012**

**General inquiries?  
David Wilson, President, Elder Quest  
801-361-0033**

*Information on this form will be used for direct contact only. It will not be shared with any other organization other than the UVU Foundation, when initialed above, except in connection with notification of and participation in UVU Elder Quest activities.*

**LEARN MORE — DO MORE — BECOME MORE**

**Utah Valley University**  
Elder Quest MS 134  
800 West University Parkway  
Orem, UT 84058-5999

**Nonprofit Organization**  
**U.S. POSTAGE**  
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**Utah Valley**  
**University**

## **UVU Elder Quest**

### **30+ Years of Making a Difference**

Contact us today for more information on how you can join classes in person or via Zoom!  
[www.uvu.edu/communityed/elder/](http://www.uvu.edu/communityed/elder/)

**President David Wilson**  
(801) 361-0033  
wilsondavid@gmail.com

**Vice President Marjean Bingham**  
(801) 671-3144

Register for classes:  
[bit.ly/elderquest](http://bit.ly/elderquest) or call  
UVU/Elder Quest 801-863-8012

Find us on online!  
**Facebook & YouTube**  
**Elder Quest — Utah County**

## **Your Generosity Makes a Difference!**

The Elder Quest Scholarship fund is used to help “non-traditional” students who have returned to college to seek a better life. Scholarship criteria are: Junior or Senior in a four year program; 3.0 GPA, and demonstrated financial need. Preference is given to those who are primary caretakers of children in the home.

## **Make a tax deductible donation today!**

Send your checks, payable to:  
UVU Elder Quest Scholarship  
UVU Institutional Advancement, Attn: Alece Rutherford  
800 W University Parkway, MS 111, Orem, UT 84058  
To donate by credit card, please contact:  
Alece Rutherford: 801-863-4441 or go to:  
<https://give.communityfunded.com/o/utah-valley-university/i/giveuvu/s/eq>