

Fall 2025 Classes, Workshops & Field Trips



*Adult Learning Programs (ALPs) are Open to All
A Free Community Service of
The Salish Sea Fellowship
<https://salishseafellowship.org>*

A Religious Community of Open Hearts & Minds

CALENDAR OF FALL PROGRAMS (See full descriptions beginning on p. 2):

- Sept 19 – Biking on the Olympic Discovery Trail **POSTPONED** with Joyce Francis
Sept 22 – Birding at Kai Tai Lagoon with Dave Rugh & Penny Ridderbusch
Sept 30→Oct 28 – Living with Borrowed Dust with Joannie Murphy & Paul Hinton
Oct 1→22 – The Universe is Alive with Gary Nelson & Doug Rodgers
Oct 6→27 – Supreme Court at CUMC with Nils Pedersen & Joyce Francis
Oct 8→29 – ~~Supreme Court at JC Library~~ **Cancelled due to staff shortage**
Oct 10→31 – Al: Is Chicken Little Right This Time? with Ken Ing
Oct 22→Nov 19 – Hero with 1000 Faces & Function of Myth with Ron Strange
Oct 25 – Cooking Simple French Cuisine with Judy King
Nov 1 – Awakening God's Body: Embracing Agony & Ecstasy with Tai Sheridan
Nov 7 – Caryl Bryer Fallert-Gentry & Ron Gentry Home Tour with Celeste Dybeck
Nov 10 & 17 – Flag Pin Beading with Joyce Francis
Nov 14 & 21 – Why All the Fuss about Psilocybin? with Liz Barnes
Nov 15 – Cooking Italian Comfort Food with Judy King
Dec 1→Jan 5 – Our Ecological Predicament **at PT Library** with Ron Strange
Dec 3→17 – Getting to Know Google Workspace with Lily Gold



1. **HOW DO I SIGN UP?** - Go to our SignUpGenius page at <https://tinyurl.com/SSF-ALPs2025Fall> and follow instructions. Select your choices BEFORE signing in or opening an account.
NOTE: ALPs classes at our public libraries are open without signup.
2. **PASSWORDS?** - If you already have a SignUpGenius account from any source but have forgotten your password, go to <https://www.signupgenius.com/register> and put in your email, then click "forgot your password?" (at the bottom of the log-in box) and follow the directions for password help. You'll receive an email directing you how to reset your password. Then, PLEASE write it down where you can retrieve it.
3. **ASSISTANCE? (including those who are just plain frustrated)** - Contact Joyce Francis, joyce.francis.pt@gmail.com or 301-512-6815.

4. ***SPECIFICS OF EACH PROGRAM?*** - Roughly one week before the program, ALPs Liaisons/Facilitators will contact you via email. Classes are held at Community United Methodist Church (CUMC) in Port Hadlock and PT & JC Libraries. For field trips, you'll get specifics about where to meet, what to bring, and how you might carpool (if appropriate).

FALL 2025 PROGRAM DESCRIPTIONS

1. ***Bike the Olympic Discovery Trail: Spruce Railroad Trail*** *Joyce Francis*
POSTPONED (rain date Sept 26 does NOT look promising), 10 AM→2 PM



Explore this 10-mile segment of the Olympic Discovery Trail, which will take us along the shore of Lake Crescent, possibly the most scenic portion of the ODT. We'll park at the Lyle River Trailhead, roughly 90 minutes from Port Townsend. After biking west, we'll stop for a picnic lunch (**bring your own**), then bike back to our cars. Limited to 10 riders.

Joyce will be riding an electric-assist bike, but if you are a regular-bike rider, you'll be fine on this relatively flat trail. Joyce has renewed her love of biking since getting the e-bike and has explored trails in Idaho and on Vancouver Island, as well as the Olympic Discovery Trail. For more information, contact Joyce at joyce.francis.pt@gmail.com or 301-512-6815.

2. ***Birding at Kah Tai Lagoon Nature Park*** *Dave Rugh & Penny Ridderbusch*
1 Monday Morning, **Sept 22**, 9-11 AM

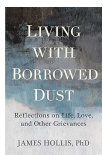


Meet at the parking area just off 12th Street, not far from E. Sims Way. We'll walk along trails near Kah Tai Lagoon, looking for birds on the lagoon, as well as any we might see in the surrounding forest. We could explore as far as the golf course and see what birds are on the Kah Tai Prairie Preserve. We might also walk to the Boat Haven to view seabirds.

Expect to walk about 2 miles. Bring binoculars and something to drink, and dress for the weather.

Dave Rugh has assisted the Jefferson Land Trust and the local Natural History Society with birding studies for many years, including leading outings, giving lectures, and doing wildlife monitoring. Penny Ridderbusch became a birding enthusiast after seeing her first Northern Flicker many years ago. She has co-led several birding outings with Dave on the Olympic Peninsula and has birded in Nepal, Bhutan, South America, and the Southwest.

3. ***James Hollis's Living with Borrowed Dust*** *Paul Hinton & Joannie Murphy*
5 Tuesday Afternoons, **Sept 30→Oct 28**, 3:30-5 PM, CUMC Music Room



From Jungian psychoanalyst Dr. James Hollis, a collection of essays exploring life's challenges and celebrating evolving questions on life's mysterious journey, especially in our later years. In a world seemingly set up for distraction, life can often feel like it's dividing you not only from others but also from yourself.

Hollis provides a reminder that you carry within what you're often anxiously looking for from a crazed world. *"Behind the noise and beneath the surface, something in the soul of each of us cries out. While we may be distracted from this summons, the soul keeps*

asking that we pay attention.” These summonses come to us through symptoms, dreams, and restless nights. Gaining insight into these inner callings, the meaning within our challenges, and the courage it takes to move through our journey can help us feel better connected through difficult times. Here, Hollis reveals tools you can utilize to engage in this conversation with the soul.

Participants should acquire the book (~\$15) independently. This is a discussion group, NOT a lecture. Please read the forward and preface as well as the first two chapters, prior to the first meeting (pp. xi→27).

Paul Hinton & Joannie Murphy are partners who have long admired James Hollis and his wise and thoughtful approach to the human condition. They look forward to facilitating thoughtful discussions of his latest book. For more information, contact Joannie at jlmalex1@aol.com or 619-857-0042.

4. The Universe is Alive – More Than You Think Doug Rodgers & Gary Nelson 4 Wednesday Mornings, Oct 1→22, 10 AM-Noon, CUMC Library



Gary & Doug will present science-based ideas that go beyond the classical “materialistic” view of the universe from three perspectives. First, from biologists’ micro examination of living cells and non-living molecules, there is evidence that consciousness extends all the way down to the smallest bits of energy/matter.

Second, after more than a century, physicists still can’t explain the basic building blocks of our universe. The smallest particles aren’t particles, and they don’t behave in ways that can be explained. But there is credible evidence that all life is somehow linked to these smallest quantum “particles.”

Third, psychologists from the University of Virginia have collected and examined stories of past lives and near-death experiences for the past several decades. They have found many examples of human consciousness existing outside a human body.

Doug Rodgers is a retired engineer who has always been interested in how things work. He has a long history with religious, mostly UU, and has recently become fascinated with how science seems to be describing our world very differently from what he learned in school. Contact Doug at douglas.rodgers@sbcglobal.net or 360-385-2023.

Dr. Gary Nelson’s training in electrical engineering and applied mathematics encouraged views of the cosmos as mindless, meaningless matter in motion. However, his great-grandmother was Native American, and he grew up with a grandmother who was a trance medium who introduced him to a spirit guide that was a helper. His path to a Ph.D. was unconventional; he built and operated two “beatnik” coffee houses, did a stint in the USAF as a computer repairman, and then attended college.

5. Supreme Court of the United States (SCOTUS) Nils Pedersen & Joyce Francis 4 Monday Afternoons, Oct 6→27, 2-4 PM, CUMC Library

NOTE: The JC Library sessions of this class have been cancelled due to staff shortages.



This is our sixth annual case-based SCOTUS course, recapping highlights of the previous term of the U.S. Supreme Court and previewing the cases scheduled in the term ahead. Additionally, we will consider how recent cases have impacted the public’s perception of the Court.

The general plan of the four sessions is expected to be:

- Oct 6 - Introduction of participants and their interests. Overview of Oct 2024 term by court watchers and comparative data on the previous terms.
- Oct 13 & 20 - Review of select major cases from the Oct 2024 term.
- Oct 27 - Overview of select scheduled cases for the Oct 2025 term.

We hope participants will share the questions/concerns they have about the Court during the introduction, and we will seek to address those in the following sessions.

Nils Pedersen is a retired patent attorney and newly-admitted member of the WA State Bar. His current legal interest is estate law and end-of-life planning. **Joyce Francis** is a retired international relations professor and long-time facilitator of the Great Decisions Program at JC Library. In addition to this case-based program, Nils and Joyce (husband & wife) have offered four historical overviews on the Supreme Court through JC Library and Peninsula & Olympia Colleges. For more information, contact Joyce at joyce.francis.pt@gmail.com or 301-512-6815.

6. Artificial Intelligence: Is Chicken Little Right This Time?

Ken Ing

4 Friday Afternoons, **Oct 10→31**, 1-3 PM, Community United Methodist Church



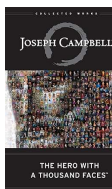
Few people deny that Artificial Intelligence will have a huge impact on our world. Some are concerned about the speed and extent of these changes. But our society has experienced many significant technology-driven changes and, on balance, we have adapted and now consider those advances to be highly beneficial.

What is the case for claiming “This Time Is Different?” Ken thinks this topic is too important to just shrug our shoulders because a broad and deep embrace of A.I. seems inevitable. He will begin this four-week class by explaining why A.I. is suddenly a hot topic. Then he plans to methodically pose many points to ponder about how A.I. is likely to impact us and the world. The goal is for the class to take the time to discuss each point to ponder, one by one, considering the multiple perspectives the participants bring to the table.

Ken Ing became a regular ALPs presenter after retiring from a career in IT. He primarily gets his ideas for classes from books he has read. For more information, reach Ken at kennething@comcast.net or 360-930-0800.

7. The Hero with a Thousand Faces and the Function of Myth, Part 1 *Ron Strange*

5 Wednesday Afternoons, **Oct 22→Nov 18**, 1-3PM, CUMC



Are myths still relevant in the age of science and reason? Is metaphor still meaningful? Mythological symbols and stories touch and excite parts of life beyond the reach of reason and control. The primary function of mythology is to help waking consciousness accept the *Mysterium Tremendum* of this universe.

The book we will read together, *The Hero with a Thousand Faces*, is essentially a framework for understanding how individuals transform through a series of universal archetypal stages mirroring the concept of individuation, the process of psychological development and self-realization. The hero/heroine archetypes are fundamental to the human psyche in the process of personal transformation. **NOTE:** Part II of this class will take place Jan 7→Feb 4, 2026.

Participants should acquire the book independently (\$8 used, \$14 new). The third edition (2008) is preferred, though other editions will work. Participants should read pp. 1→37 prior to the first class. This is a reading/study seminar; NOT A LECTURE!

Ron Strange has had an interest in mythology and Jungian psychology for over 40 years. He helped to develop the PT Friends of Jung 17 years to share this interest. For more information, contact Ron at ron.j.strange@gmail.com or 360-379-4908.

8. Cooking Simple French Cuisine

Judy King

1 Saturday Afternoon, **Oct 25**, 1-5 PM, Judy's Kitchen in Port Townsend



The bistro exemplifies the French tradition of enjoying simple but hearty dishes served in a cozy, informal atmosphere. In this class, all recipes will be demonstrated by the instructor and detailed recipes are provided in order that participants will be able to recreate these dishes on their own.

Class ends with a sit-down meal paired with wine. Menu: *Gougeres* (cheese puffs), *Salad Verte* with Herb Baked Goat Cheese and Red Wine Vinaigrette, *Coq Au Vin* (chicken with wine) and French Apple Cake. There will be a materials fee of \$20 per person to cover the cost of food and wine.

Judy King has been an enthusiastic home cook for over 40 years. She is also a 2007 graduate of the San Diego Culinary Institute. Exploring and preparing cuisine from around the world has been and continues to be her lifelong passion. Her classes emphasize recipes and techniques that are accessible to the home cook. Contact Judy at judithking2@icloud.com or 360-643-5374.

9. Awakening God's Body: Embracing Agony and Ecstasy

Tai Sheridan

1 Saturday, **Nov 1**, 10:30 AM-2:30 PM, Quaker Meeting House, 1841 Sheridan St., PT



This workshop explores postures that foster spiritual awakening, presence, openness, and intuitive responsiveness to whatever life presents. Tai teaches embodied spirituality and will lead sitting and moving contemplations, as well as discuss embodied spirituality.

NOTE: A light lunch will be provided.

Participants are encouraged to bring large seating pillows, but exercises can also be done using a chair. For more information, contact ALPs facilitators Gail Sandlin at gbsandlin@gmail.com or Karen Wamstad at kjmwamstad@gmail.com.

Tai Sheridan is the author of fifteen Zen and Buddhist books, a psychologist, painter, adventurer, and father. See <https://www.taisheridan.com>.

10. Home Tour of Quilting, Photography & Art *Caryl Bryer Fallert-Gentry & Ron Gentry*

1 Friday Morning, **Nov 7**, 10 AM-Noon, Kala Point Home



Caryl and Ron are accomplished artists, each in their medium, who have also accumulated an eclectic collection of art from around the world. Come see and hear their stories of both creating and collecting art. **NOTE:** This is a two-level home with an elevator and a few steps to the front door.

Caryl Bryer Fallert-Gentry is an internationally-known quilter. The National Quilt Museum in Paducah, Kentucky, is currently displaying a 50-year retrospective of her work. Moving beyond the traditional patchwork style, Caryl now designs and prints her own fabric before quilting. Caryl's art of free-motion quilting is now known around the world. See <https://bryerpatch.com/>.

Ron Gentry is a retired chemistry professor who has a love of photography. The image above is his photograph, which Caryl then quilted. Visitors will see, amongst his many works, his skill in combining multiple timed images to show movement in one amazing piece which adorns his office.

For more information, contact ALPs Liaison Celeste Dybeck, celestedybeck@icloud.com. She will contact enrollees about a week prior to this event to give directions and facilitate ride sharing. Some participants may wish to follow this tour with a no-host lunch at the Taqueria at Kala Point Square.

11. Making Beaded Flag Pins

Joyce Francis

2 Monday Afternoons, Nov 10 & 17, 10 AM-Noon, CUMC Library



In days gone by, traditional African beaded messages were given by Zulu maidens to their lovers as symbols of love and affection, each bead color conveying a different message. In the modern era, beaded pins can also focus attention on the war against Ukraine or other political/social statements.

In this workshop, we'll start by making a simple Ukraine flag pin, then explore how to apply the same technique to more complex flags using smaller beads. Materials will be provided.



Joyce Francis is a retired international relations professor, chair of the ALPs committee, and distributor of roughly 250 beaded Ukraine and other nation's Flag Pins as her political statement of support. Demand exceeds her supply, so come help! Contact Joyce at joyce.francis.pt@gmail.com or 301-512-6815.

12. Why All the Fuss about Psilocybin?

Liz Barnes

2 Friday Mornings, Nov 14 & 21, 10 AM→Noon, Liz's Home in Port Townsend



This introduction to psilocybin will provide a glimpse into modern day uses for an ancient medicine, its safety and legality. History, ethics, and the roll of set & setting will all be touched upon. Come prepared to participate in conversation following video presentations. **NOTE:** There is a flight of stairs involved in accessing the audio-video presentations.

On her 60th birthday, in November of 2021, **Liz Barnes** embarked on a non-conventional path for treating decades of depression. That initial experience with psilocybin set her on course to being a quiet evangelist for natural medicines. She is currently in training to become a licensed facilitator of psilocybin journeys, journeys which are preceded by rigorous screening, preparation, and followed by an integration plan. For more information, contact Liz at mslizbarnes@gmail.com or 214-912-5428.

13. Cooking Italian Comfort Food

Judy King

1 Saturday Afternoon, **Nov 15**, 12:30-5 PM, Judy's Kitchen in Port Townsend



Everyone loves comfort food and the Italians are masters at making timeless dishes that are perfect for a family meal or a memorable event with guests. Come and enjoy a class creating an authentic Italian meal in the comfort of a private kitchen intentionally designed for teaching.

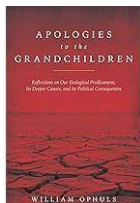
Class includes detailed recipes with instructions so that participants will easily be able to recreate these dishes at home. Class ends with a sit-down meal paired with wine. MENU: Arugula Salad with Mushroom/Lemon Vinaigrette, Baked Manicotti with Ricotta, Prosciutto & Simple Tomato Sauce, Rosemary Focaccia & Panna Cotta with Berry Coulis. There will be a materials fee of \$20 per person to cover the cost of food and wine.

Judy King has been an enthusiastic home cook for more than 40 years. She is also a 2007 graduate of the San Diego Culinary Institute. Exploring and preparing cuisine from around the world has been and continues to be a lifelong passion. Class emphasis is on teaching techniques and recipes that are accessible to all participants. For further information, contact Judy at judithking2@icloud.com or 360-643-5374.

14. Apologies to the Grandchildren: Reflections on our Ecological Predicament *Ron Strange*

5 Monday Afternoons, Dec 1→Jan 5 (**EXCEPT** Dec 22), 1-3 PM

Moved to CUMC Library. SignUp now required.
PT Library Pink House has been closed awaiting a \$253K repair.



Industrial capitalist civilization does not stand still. Its political, economic, and social viability requires continuous growth. Progress is the secular religion of modern civilization. In this class, we will ask provocative questions about our current ecological predicament and its connection with a challenged liberal democracy.

What do political history, philosophy, anthropology and depth psychology have to say about these issues? Will technology, and AI in particular, lead us to a state of technological and managerial success? William Ophuls's book will help us address these questions.

We will also view a short video by the ecologist Nate Hagens, as well as a personal and revealing interview "Knowing What We Know, How Shall We Comport Ourselves?" with New York Times best-selling author of "The End of Ice" Dahr Jamail (who was a Port Townsend resident) about moving forward meaningfully. He will address "how do you talk with the younger generations who are coming of age at this time"? How might we proceed beyond *Apologies to the Grandchildren*?

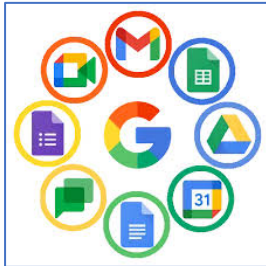
Ron has a long-standing interest in Deep Ecology's core principle and belief that the living environment as a whole should be respected and regarded as having certain moral and legal rights to live and flourish, independent of its instrumental benefits for human use — a biocentric rather than an anthropocentric world view.

If you are to benefit from this seminar (not a lecture), **you must acquire** the book *Apologies to the Grandchildren* by William Ophuls. Please have read pages 1 through 48 prior to the first class. For more information, contact Ron at ron.j.strange@gmail.com or 360-379-4908.

15. Getting to Know Google Workspace

Lily Gold

3 Wednesday Afternoons, Dec 3→17, 1-3 PM, Community United Methodist Church



Looking to become more familiar with your Gmail account or better understand Google Drive? Come get to know some of Google Workspace's most popular collaboration and communication tools. We will explore the capabilities of your Gmail account, as well as dive into Google Drive, Google Docs, and Google Sheets. Let's explore these helpful collaboration tools in a supportive and fun environment!

Lily Gold is a proud member and administrative assistant of the Salish Sea Fellowship. She was born and raised in Irondale, and she has returned home to Jefferson County after 30 years. Lily was a public-school educator for 25 years and raised an incredible son who is finishing up college at Oregon State University. She enjoys yoga, reading, and learning. She is also obsessed with her two terriers, Atticus and Olive Oyl. For more information, contact Lily at lilygrace76@gmail.com or 602-400-8597.



The Salish Sea Fellowship (SSF) is a center for liberal religion, providing an independent educational, spiritual, and liberal religious community of mutual support that embraces these traditional seven principles of Unitarian Universalism.

<https://salishseafellowship.org>