

The Learning Link

Lifelong Learning

April 2024

Featured photo: Desert Archaeology
Club members hike Christmas Tree
Pass near Laughlin, AZ to
view petroglyphs on
March 16, 2024.



IMPORTANT UPCOMING DATES

Event	Date	Information
This is the last newsletter until we return from summer break. See you in the fall!		
ICL/Smithsonian Lecture Series	April 4, 11, 18, and 25th	See page 3 for details
Spring semester ends	Friday, April 12	Last day of classes and ICL office closes for the summer
Fall Registration Social	Late August	Date, time, location pending
Holiday 	Monday, September 2	Happy Labor Day!
ICL office re-opens	Tuesday, September 3	658 East 200 South
Fall classes begin	Monday, September 9	Fall semester runs through Dec. 6

MESSAGE FROM THE PRESIDENT

Thank You!



Thank you for the opportunity to be the president of ICL. It's hard to believe that it has already been two years since Russ Stevenson and Doug Bowen—the immediate past president and vice president, respectively—first proposed the idea to me. At the time, I remember thinking I was in some kind of trouble when asked to stay after class . . . what does that say about me?!?

As I look back over the preceding two years, I think ICL is still the best kept secret in St George; however, Wendy King, Marketing Committee chairperson, is using all of her energy and creativity to spread the secret. ICL membership has yet to reach its pre-pandemic levels, but it is making steady progress.

Do you remember George HW Bush during his first presidential campaign? Read my lips: no new taxes. How did that work out? I made no such promise, and ICL did increase its fees during my tenure; however, it is still a tremendous value. Wendy King—again!—spearheaded the first annual ICL fundraiser, which exceeded expectations. And Russ Stevenson is working with a couple of ICL members to establish a significant revenue stream for ICL.

One major achievement during the past two years is ICL's new registration system, ProClass, thanks to the Fantastic Four, led by Herb Meron. We didn't realize just how successful this effort was until the Spring 2024 registration party. In 2023, registrants were lined up to the front door; this year, you could almost hear the crickets . . . well, not really, but you understand. Great job, Herb, Barry, Chris, and Read!

Thank you for indulging my monthly scribbles, otherwise known as *Message From the President*. I hope you decided to attend one of the courses I profiled; subscribed to the ICL podcast *70 is the New 50*; been inspired by some of the people and ideas I've written about; took a hike; and gave AI a chance.

And thank you to the ICL Council members for their support and encouragement, especially Dr. Nancy Hauck and Russ Stevenson, who served as my mentors during this unique adventure.

Although my term is ending, I will still be involved with ICL in multiple capacities. And I'm still available if you have comments and suggestions—or complaints!—about ICL.

Anyone who stops learning is old, whether at twenty or eighty. Anyone who keeps learning stays young.
— Henry Ford

Stay young, my friends.

—Kim Borgmeyer, ICL President

ICL/SMITHSONIAN LECTURE SERIES - APRIL EVENTS

These are the last four events in our lecture series. **All four will be held at 7pm in the Boeing Auditorium** which is in the Udvar-Hazy building, room 121 at Utah Tech University.

April 4 - Washington County Decision Makers: Where Are the Women? (Panel discussion)

April 11 - Lucille Hunt: What My Grandmother Taught Me—Navajo Woman

April 18 - Bruce Bennett: Theater in St. George—Where Do We Go From Here?

April 25 - Greg Smoak, Utah Historian for the Crossroads Exhibition

All events are free and open to the public, so bring a friend!

LIVE! UPDATE

“The purpose of life is not to be happy. It is to be useful, to be honorable, to be compassionate, to have it make some difference that you have lived and lived well.”

— Ralph Waldo Emerson



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Feeling down? Lacking motivation? Consider this - having a sense of purpose is one of the most motivating things in the known universe. Purpose is, “Am I doing something in service of a cause larger than myself, or, at the very least, am I making a contribution in my own world?” And feeling your life has purpose and meaning not only makes you feel alive, it also keeps you alive. Researchers at Tohoku University in Japan did a 7 year study of over 43,000 adults age 40 to 79 asking if they had ikigai (a Japanese term for meaning in life) and then tracked their health. People with ikigai were much more likely to be alive 7 years later. Live well!



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NEW 2024—2025 COUNCIL

A message from incoming ICL President Warren Stucki: I am a native of Washington County and product of their public school system. After graduating from the U. of U. Medical School (they offered me Surgery Honors just to get rid of me), I interned at the U. of Iowa Hospitals, then suffered through four more agonizing years, specializing in Urology at Texas A&M affiliated hospitals. For the next 38 years, I practiced Urology in St. George and during that interim also served (due to a shortage of warm bodies) as Chief of Surgery, Chief of Staff and on the Governing Board for Dixie Regional Hospital.



After retiring, Doug Bowen forced me into ICL (thankfully), and I am completing my sixth year of teaching Men's Health and Creative Writing. Somehow, I've also managed to publish 10 novels. In addition, I enjoy hiking, riding my horses, walking our two Labrador retrievers, cross country skiing, playing chess and fighting with my lovely wife Linda (I always lose).

But, I do love ICL! My vision is not to radically change it (we already have a great product). So, not only do I want to maintain our quality (and we do have quality teachers and courses), but also to grow and strengthen our institution by increasing enrollment, adding even more high quality classes, bolstering our ties with Utah Tech University and shoring up our financial foundation. Lastly, I want to make sure that all of our volunteers (office, committees, special events, instructors, and executive committee) know they are appreciated.



Vice President-Elect Wendy King has enjoyed a career as an executive working with educational institutions, serving as Chief Financial Officer, Senior Associate Dean, Director of Development, and President of her consulting company. She is a published non-fiction author and public speaker, educating the community on project planning and management. In addition to serving on the ICL Council, Wendy has volunteered for Rocky Mountain PBS and the National Respiratory Orchestra based in Colorado.

Wendy earned a Master's in Health Care Administration from George Washington University and a B.A. from the University of California at Santa Cruz.

In addition to her volunteer activity in Saint George, Wendy participates in the Huntsman Senior Games as a power walker, enjoys art, and is working to complete her first novel. Being a grandmother to three great kids also keeps her busy!

2024—2025 COUNCIL (CONTINUED)

ICL Treasurer Jane Hankison grew up on a farm in Illinois. Her college training prepared her for work as an actuary and as an accountant. She also spent 17 years in Wyoming on a cattle ranch. Before moving to St. George in 2019, Jane lived the prior 6 years in Colorado enjoying skiing, road biking, and hiking. Her daughter Amada lives in Salt Lake City. Since moving to St. George in 2019, Jane has added backpacking to her interests. Including her first visit to the Grand Canyon in 2022, she has spent 11 days backpacking there, enjoying the beauty.



Jane had been taking ICL classes since she moved here and agreed to accept the ICL treasurer's position in 2023. She is also the volunteer treasurer for another nonprofit - Assistance League of Southern Utah. Income tax season finds her preparing tax returns for clients that she's had for many years. Then comes summer and fall – time for the outdoors and continuing to enjoy life in Utah.



Incoming ICL Secretary Carla Stucki Gurr is a native of Washington County. She grew up sledding red sand instead of snow, chasing tadpoles in the Santa Clara Creek, and working in fruit stands along Highway 91. Carla earned a bachelor's degree in English from Southern Utah State College (now SUU). She also earned a master's degree from Utah State University.

Following graduation, she married Gaylen Gurr. They have four children and three grandchildren. Carla worked as an adjunct instructor at Utah Tech for several years. She enjoys hiking, chatting with friends, and tending her garden. She also enjoys traveling, reading, and taking classes from ICL.



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ICL'S GOT TALENT!

In case you missed it, here's a recap of ICL's Got Talent Night, held March 12 at Dixie Middle School Auditorium. Led by Social Committee Chair Michelle Dooley, our ICL bakers rose to the occasion, creating scrumptious and beautiful cakes, pies, cookies and more for the bake sale which raised over \$700.



Rob Kramer, auctioneer-extraordinaire.

Our generous ICL members answered the call and donated items for the silent auction and the live auction, which raised over \$2800. Director Rob Kramer served as the auctioneer.

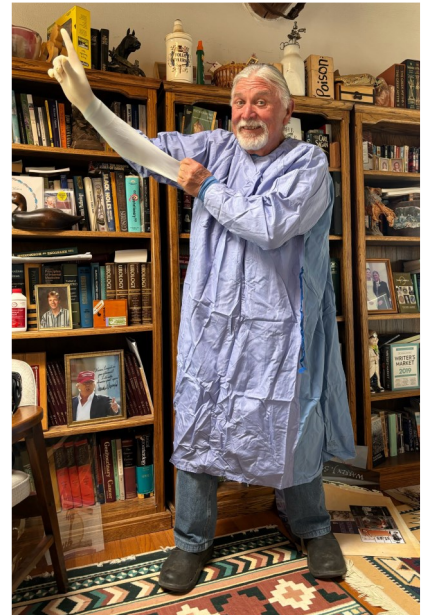
Our brilliant ICL members shared their talents, including

a square dance demonstration led by Regina Schulz; stand-up comedy performed by Eva Fry and the ICL Clean Comedy Club members; a piano solo by Kathy Black; a Mark Twain reading by Doug Bowen; and Mayan flute music played by Feather Robinson.

Topping off the night, we enjoyed a melodrama written by Russ Stevenson and Warren Stucki entitled "The Smooth Transfer of Power or Something's Fishy at ICL." The short play was performed by Russ and Warren, along with the ICL Players, comprised of Susan Lien, Chadley Anderson, Wendy King, Silvia Mangel, Priscilla Ivimey, and Jamie Schubert. Sheral Fish served as stage manager; Carla Gurr was the music director, and Don Lien managed the set. Linda Stevenson and Linda Stucki managed the crowd, serving as "Hiss and Boo Coordinators."



ICL Piano Instructor Kathy Black



Hilarious auction item of the night:
Dr. Stucki's "Through & Probing
Physical Exam" which sold for \$55.



The ICL Players take a bow after performing the melodrama.

ICL'S GOT TALENT! (CONTINUED)

All in all, it was a fun night which raised much-needed funds for ICL. Thank you to everyone who baked, donated, and participated!

We also owe a huge thank you to Russ Stevenson, Warren Stucki, Wendy King, and Michelle Dooley for putting it all together. ICL really does have talent!



ICL square dancers led by instructor Regina Schulz (right).



Eva Fry, leader of the ICL Clean Comedy Club.



ICL favorite and Clean Comedy Club member Read Gilgen.

Feather Robinson, ICL instructor of Native American History, plays the Mayan flute.



Doug Bowen, instructor for "Mark Twain, An American Original."

Photos courtesy of Cynthia Holman-Schmidt, Doug Moore, Barry Neff, and Warren Stucki.

FALL 23 - SPRING 24 IN PICTURES



Beginning Bellydance (Instructor Colleen Moore—right)



Native American Flute class (Instructor Nancy Haga)



Desert Archaeology Club - January trip to Khota Circus petroglyphs



Italian Pasta class (Instructor Colleen Gianatiempo—center)



Picnic after Botany Field Trip to Gold Butte led by Lee Hughes



Native American Flute class (Instructor Nancy Haga)

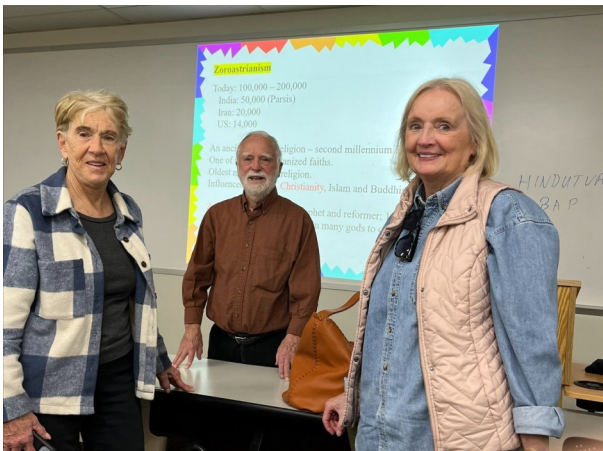
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Beginning Watercolor Workshop last fall (Instructor Daphne Schroth)



ICL Hiking Club on a January hike



World Religions class (Instructor Robert Kieffer)



Desert Archaeology Club, February trip to Historic Babylon



Hiking Club during T-bone hike last fall, led by Dawn Isensee



Laughter Yoga (Instructor Sue Strickland)

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ICL's Got Talent
night.




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SPRING 2024 CLASSES (REMAINING)

NOTE: Schedule subject to change. Go to icl.utahtech.edu for updated schedule.

Alphabetical Class Listing	Duration	Location	Day(s)	Time	Instructor(s)	Format
350 Years of American Jewry	Wkly 1/16 - 4/9	Hazy 204	Tues.	11:00 - 11:50 AM	Rabbi Ainbinder	Classroom
A Distant Mirror – 14 th Century	Wkly 1/17 - 4/10	Hazy 219	Wed.	2:30 - 3:20 PM	Douglas Bowen	Class/Zoom
America Adrift II	Wkly 1/17 - 4/10	SET 105	Wed.	12:00 - 12:50 PM	Clark Layton	Class/Zoom
Art History – An Introduction	Wkly 1/22 - 4/22	NCB 138	Mon.	3:30 - 4:20 PM	Colleen Gianatiempo	Classroom
Botany Field Trips 4/8, 4/22, 5/6, 7/22	1-2x monthly	Off site	Mon.	All day/times vary	Lee Hughes	Off site
Chemistry in Our Daily Lives	Wkly 1/18 - 4/11	SET 420	Thurs.	1:00 - 1:50 PM	Thomas Stewart	Classroom
Civil War in the East	Wkly 1/22 - 4/8	COE 207	Mon.	10:00 - 10:50 AM	Bob Echols	Classroom
Clean Comedy Club	Wkly 1/18 - 4/11	Hazy 204	Thurs.	6:00 – 8:00 PM	Eva Fry	Classroom
Colossal Engineering Failures	Wkly 1/16 - 4/9	SET 106	Tues.	2:00 - 2:50 PM	Burgess Brier	Classroom
Compassionate Communication	Wkly 1/22 - 4/8	HCC 476	Mon.	3:00 - 4:20 PM	Bruce Campbell	Classroom
Desert Archaeology Club	Mnthly 1/10 – 5/8	Hazy 121	2 nd Wed	7:00 – 8:30 PM	Feather Robinson	Classroom

SPRING 2024 CLASSES—CONTINUED

Alphabetical Class Listing	Duration	Location	Day(s)	Time	Instructor(s)	Format
Discovering the Tao Te Ching	Wkly 1/22 - 4/8	Hazy 204	Mon.	10:30 - 11:50 AM	Cynthia Holman Schmidt	Classroom
Dwight Eisenhower: The Man	Wkly 1/18 - 4/11	SET 105	Thurs.	11:00 - 11:50 AM	Charles Perkins	Classroom
Favorite Books 4/5	Mnthly 1/12 - 4/5	HCC 476	Fri.	12:00 - 1:20 PM	Kathy McNeil Nancy Kramer	Classroom
Geologic/Scientific Controversies	Wkly 1/17 - 4/10	Dunford	Wed.	4:00 - 4:50 PM	Rick Miller	Classroom
Great Photographers	Wkly 1/22 - 4/8	SET 105	Mon.	1:00 - 1:50 PM	Chris Wangsgard	Classroom
Healing Power of Plant Foods 4/18	Monthly	COE 127	Thurs.	6:00 - 7:30 PM	April Ashcroft	Classroom
Hiking Club	1-2x weekly	Off site	Varies	Varies	Dawn Isensee	Hikes
History of Utah	Wkly 1/17 - 4/10	Hazy 121	Wed.	3:00 - 3:50 PM	Loren Webb	Class/Zoom
Human Nature & Culture	Wkly 1/18 - 4/11	Dunford	Thurs.	3:00 - 3:50 PM	Robert Kramer	Class/Zoom
Let's Do a Melodrama	Wkly 1/17 - 4/10	COE 204	Wed.	1:30 - 2:50 PM	Russ Stevenson	Classroom
Let's Talk About Trauma	Wkly 1/17 - 4/10	McDonald 105	Wed.	12:00 - 12:50 PM	Susan Ann Stauffer	Classroom
Living the Tao	Wkly 1/22 - 4/8	McDonald 106	Mon.	12:00 - 1:20 PM	Jordan Hafen	Classroom
Love One Another	Wkly 1/18 - 4/11	NCB 110	Thurs.	12:00 - 1:20 PM	Laura Alldredge Diane Cook	Classroom
Mark Twain: American Original	Wkly 1/17 - 4/10	Hazy 219	Wed.	1:30 - 2:20 PM	Douglas Bowen	Class/Zoom
Memory Matters - Aging Proactively	Wkly 1/18 - 4/11	Memory Matters bldg.	Thurs.	4:00 - 4:50 PM	LuAnn Lundquist	Off site
Mid E. Bellydance - Advanced	Wkly 1/17 - 4/10	Graff 101	Wed.	6:30 - 7:20 PM	Colleen Moore	Classroom
Mid E. Bellydance - Beginning	Wkly 1/18 - 4/11	Graff 101	Thurs.	6:00 - 6:50 PM	Colleen Moore	Classroom
Mid E. Bellydance – Intermediate	Wkly 1/16 - 4/9	Graff 100	Tues.	2:00 - 2:50 PM	Colleen Moore	Classroom
Native American History	Wkly 1/18 - 4/11	Dunford	Thurs.	12:00 - 12:50 PM	Feather Robinson	Classroom
Photo Walks 4/3, 4/10, 4/17	1/24 - 4/17	Off site	Wed.	9:00 - 11:00 AM	Matthew Asai	Field trips
Piano III	Wkly 1/16 - 4/9	SAC 115	Tues.	12:00 - 1:20 PM	Marilyn Shirts	Classroom
Retirement Income Planning	Wkly 1/22 - 4/8	Hazy 219	Mon.	6:00 - 6:50 PM	Scott Allen	Classroom
Shakespeare for Groundlings	Wkly 1/16 - 4/9	Hazy 205	Tues.	2:00 - 2:50 PM	Carl Rich	Classroom
Socrates Café (afternoon)	Wkly 1/22 - 4/1	SET 501	Mon.	1:30 - 3:00 PM	Kim Borgmeyer	Classroom
Socrates Café (morning)	Wkly 1/17 - 4/3	SET 501	Wed.	10:00 - 11:20 AM	Kim Borgmeyer	Classroom
Square Dancing	Wkly 1/19 - 4/19	Graff 101	Fri.	5:30 - 6:50 PM	Regina Schulz	Classroom
Tennis	2x a week 1/17 - 4/10	UT Tennis Courts	Mon/ Wed	8:00 - 9:30 AM	Kelly Beaumont Roland Chambers	UT Tennis Courts
The Gifts of Imperfection	Wkly 1/17 - 4/10	Hazy 204	Wed.	10:30 - 11:50 AM	Cynthia Holman Schmidt	Classroom
Traveling the World 4/4 only	1/18 - 4/4	SET 106	Thurs.	1:30 - 2:50 PM	Gary Sorensen	Class/Zoom
Understanding Modern China	Wkly 1/17 - 4/10	Hazy 121	Wed.	11:00 - 11:50 AM	Fred & Elizabeth Crook	Class/Zoom
Unique Biodiversity Washington County	Wkly 3/21 - 4/11	SET 418	Thurs.	1:00 - 1:50 PM	Marshall Topham	Classroom Field Trips
Wine for Beginners	Wkly 3/26 - 4/30	Social District Bistro	Tues.	6:00 - 7:30 PM	Doug & Marianne Hamilton	Off site

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ICL PURPOSE

The purpose of ICL shall be to provide retired and semi-retired adults affordable opportunities for lifelong learning, wellness programs and opportunities for social interaction that enhance intellectual and creative growth, physical and mental wellbeing and high quality of life.

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Vice President: Wendy King
Secretary: Carla Gurr
Treasurer: Jane Hankison
Director: Dr. Rob Kramer
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