# The Learning Link
Lifelong Learning
SUMMER 2021 EDITION

## IMPORTANT UPCOMING DATES

<table>
<thead>
<tr>
<th>Event</th>
<th>Date/Time</th>
<th>Location</th>
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<tbody>
<tr>
<td>Registration begins for Summer Session, with the hiking program and recorded Zoom series</td>
<td>May 15</td>
<td>See Page 10 for program details and registration</td>
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<tr>
<td>Festival of the Americas</td>
<td>May 28-30</td>
<td>Free family-friendly festival celebrating the early cultures of the Americas. For more information go to: <a href="https://www.kayentaarts.com/festival-of-the-americas">https://www.kayentaarts.com/festival-of-the-americas</a></td>
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<tr>
<td>Fall Semester Registration begins</td>
<td>August 23</td>
<td>The Course Catalog and September newsletter with class offerings and schedules will be available in first part of August</td>
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<tr>
<td>ICL Office Opens</td>
<td>August 23</td>
<td>Monday through Thursday 9:30 - 2:30</td>
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<tr>
<td>First Day of ICL Classes</td>
<td>September 13</td>
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Being a part of the Institute for Continued Learning has been most rewarding because ICL is such a dynamic organization. This issue of the Learning Link is an expression of our gratitude to all those who make ICL great. We’ve included an organizational chart so you can see how each individual contributes to our overall success. When you get a chance, please thank them for their contributions.

Despite a year with the COVID-19 pandemic having a tremendous impact on our operations and enrollment, your ICL Council and staff have taken many positive steps to strengthen our programs and financial stability. Traditionally our funding has been generated through membership enrollment and a few donations. This had served us fairly well until we the pandemic seriously curtailed our enrollment and thus our income. While exploring how we might address our ongoing financial shortfall, we discovered some interesting things about ICL. As we compared ICL to similar programs across the nation, we discovered that in addition to being one of the most reasonably priced, we also had one of the highest educational levels of instructors and offered a greater variety of classes. However, we also discovered that our programs are reaching only about 2% of the eligible population in our local area. This tells us that ICL has been the best kept secret in our area for far too long; and now with Zoom, we have the potential of reaching a global market. Also, with the incorporation of the Live Long.Live Well program as a major component of ICL, we now offer far more to enrich the lives of our members than ever before.

With the above-mentioned concerns in mind, your ICL Council has established a Friends of ICL Committee and strengthened our Marketing Committee. The Friends of ICL Committee is tasked with strengthening our ongoing financial situation while the Marketing Committee will continue to expand our membership and give us greater community exposure. While we are just getting started with these tasks, we have had some marked successes. We have received a small loan which may be renewable next year. And the Sorenson Foundation may be offering us a grant up to $50,000 to match whatever donations we can acquire elsewhere. We have the rest of this calendar year to meet this goal. So far, we have received over $3300 from the Council and our membership towards this match. You will hear more about this in the future.

There is a lot of work left to be done, and we don’t know exactly how things will work out, but we are pursuing a four-pronged approach: 1) fees and sustaining membership enrollment; 2) general individual donations; 3) grants/sponsorships/other donations; 4) support through estate planning. We have also established an ICL Advisory Board to be composed of key individuals in our community to help the ICL Council in its efforts to continue to meet community needs.

As we look to the future, we plan to expand our ICL membership and to meet the needs of our members more completely in the areas of social, educational, physical, and cognitive enrichment. We are expecting to have an outstanding upcoming academic year and we are looking forward to your participating with us and sharing in our success. Have a great summer.

— Russ Stevenson, President
COUNCIL (Policy Formulating Body)

Elected Officers >>>>
Russ Stevenson, President - Doug Bowen, Vice President - Mary Markeson, Treasurer - Sandy Baskerville, Secretary
EX Officio Members >>>> Rob Kramer, ICL Director - Nancy Hauck, DSU Representative
Members at large >>>> Gary Sorensen - Steve Wilson - David Zundel - Mary Anne Evans
DeeAnn Bassett - Daphne Schroth - Read Gilgen - Mary Hogan - Yvonne Lynott - Daphne Selbert
Michelle Dooley - Mary Helen Braceland

EXECUTIVE COMMITTEE (Policy Implementing Body)

Russ Stevenson, President & Chair - Doug Bowen, Vice President - Mary Markeson, Treasurer
Sandy Baskerville, Secretary - Rob Kramer, ICL Director - Nancy Hauck, DSU Representative

STANDING COMMITTEES

- NOMINATING COMMITTEE (Members=Executive Committee), Doug Bowen, Chair
- BUDGET COMMITTEE (Members=Executive Committee), Mary Markeson, Chair
- CURRICULUM COMMITTEE, Mary Helen Braceland, Chair
- STRATEGIC PLANNING AND ORGANIZATIONAL DOCUMENTS COMMITTEE, DeeAnn Bassett, Chair
- MARKETING COMMITTEE, Yvonne Lynott, Chair
- SOCIAL COMMITTEE, Michelle Dooley, Chair
- SCHOLARSHIP COMMITTEE, Mary Hogan, Chair
- LECTURE COMMITTEE, David Zundel, Chair
- VOLUNTEER COMMITTEE, Daphne Selbert. Chair
- FRIENDS OF ICL COMMITTEE, Daphne Schroth, Chair
- REMOTE LEARNING COMMITTEE, Read Gilgen, Chair

ICL DIRECTOR
Rob Kramer

LIVE LONG, LIVE WELL
PHOTOGRAPHER
SUPPORT SERVICES
CO-OFFICE MANAGER
Mary Anne Evans
CO-OFFICE MANAGER
Linda Neff
PUBLICATION COMMITTEE
Mary Anne Evans, Chair
DSU INTERN
Jenna Scott

ICL ADVISORY BOARD
Members TO BE NAMED

CO-OFFICE MANAGER
Mary Anne Evans
CO-OFFICE MANAGER
Linda Neff

PUBLICATION COMMITTEE
Mary Anne Evans, Chair
DSU INTERN
Jenna Scott

3 LIFELONG LEARNING
You’ve heard from our President, here are reports from our hard working Council and Committees.

**Doug Bowen, Vice President**

Eighteen years ago, my late mother recruited me to teach an ICL class, and I have been involved ever since. Over those years, I have been introduced to some of the best professors I have ever had (including college): Al Painter, Dick Harper, Ira Whitlock, DL and Patricia Ashliman, Rick Miller and Preston Hughes, among others. They were not only distinguished scholars but some of the greatest people in our community.

For the annual cost of less than a textbook, I learned computer skills and have attended world-class lectures on Geology, Earth Science, Shakespeare, Brain Science, History, Music Appreciation, Opera, Psychology and dozens of other topics. I have been on some amazing hikes and bus trips to Utah’s national parks as well as to the Grand Canyon, attended wonderful picnics and luncheons and rubbed shoulders with so many talented and dedicated people. Our exceptional office staff members regularly put in far more hours than they record on their timecards. DSU has gone far beyond expectations to welcome us to their beautiful campus and provides state-of-the-art classrooms and technical support.

The Institute For Continued Learning has enriched my life in many ways—not only academically, but with social interactions I would otherwise never have enjoyed. It has kept me so busy during the pandemic that I haven’t had time to be depressed. Thank you to all ICL instructors, staff and volunteers.

**Mary Markeson, Treasurer**

The ICL Treasurer is officially tasked in our by-laws with three responsibilities: receiving and disbursing all funds as required by the Executive Committee, maintaining appropriate records of all fund transactions and providing such reports as required by the Executive Committee. The Treasurer is a member of the Executive Committee, which is the policy implementing body of the ICL. In addition to regular reconciliation of ICL’s checking, savings and DSU accounts, the Treasurer is an advocate for transparent and responsible expenditure of funds and is responsible for preparing and presenting a balanced budget for approval by the ICL Council.

In the upcoming fiscal year, ICL looks to return to pre-pandemic levels of membership and membership dues as more in-person classes reopen and the Live! program continues to expand. We also expect increased funding from new sources of revenue, including grants, donations and matching donations from business organizations. We will also strive to keep membership dues at their current modest levels so membership is affordable to all who wish to join.
Sandy Baskerville, Secretary

When I moved to St. George from Atlanta, Georgia, nine years ago, one of my neighbors told me about the ICL program. I signed up for a couple of classes and was so impressed by the knowledge and commitment of the instructors that I have enrolled in many classes since, in everything from pickleball and archaeology to tax planning. As a retired elementary teacher, I have always believed that you should learn at least one new thing every day and the ICL program has made that lifelong goal easy. Several years ago, I began volunteering in the ICL office and this year, I began serving as the secretary of the Council and Executive Committee. Taking minutes at the meetings allows me the opportunity to see some of the work and dedication that the staff and instructors put into making the ICL program so successful.

Dr. Nancy Hauck, DSU Associate Provost for Community & Global Engagement

Dixie State University (DSU) is honored to host ICL for its 41st year. This past year has certainly been one we will not forget. However, ICL prevailed and is now even better prepared to serve more community members in the future through face-to-face and remote learning.

I look forward to the new academic year with great opportunities for ICL members to grow cognitively, socially and physically through outstanding courses and the new focus on wellness and longevity through the Live Long.Live Well initiative led by Dr. Rob Kramer. I hope you have a wonderful summer and take advantage of ICL’s new summer program, and I look forward to seeing you back on campus in the fall.

David Zundel, Past President and Lecture Series Coordinator

The ICL Lecture Series was initiated three years ago as a free public service for the St. George community. Our first speaker was Dr. Douglas Alder, former President of DSU and professor of history at Utah State University for many years. That first year, we also had such notables as Hyrum Smith, former CEO of Franklin Covey; Del Parsons, a world renowned religious artist and professor at DSU; and Glen Blakley, a then professor of art at DSU and an expert on movies filmed in southern Utah.

In the last few years, we have had as speakers the Mayor of St. George, the current president of DSU, lawyers, doctors and health and gardening experts. One of the most popular lectures was by an expert on Navajo rugs which drew a standing room only crowd.

We had an amazing slate of speakers lined up for the 2020-2021 school year but the worldwide pandemic shut us down. We hope to start afresh in the fall of 2021 with an exciting array of excellent speakers including our own Dr. Rob Kramer. Tell your friends about this excellent free series which is held on Thursday evenings at 7:00 PM in the Boeing Auditorium on the Dixie State University campus.
Mary Helen Braceland, Curriculum Committee Chair

Despite the challenges and limitations created by the COVID virus during our 2020-2021 academic year, the ICL Curriculum Committee has been most active. We received twenty-one new course proposals. All were reviewed and accepted, with a few requesting post-pandemic start dates. Throughout the past year, we have been working to create a standardized interview process for new instructors as well as a standardized course evaluation form and process. We have worked hard to review feedback and survey our members and community to develop ideas and search for new courses. We completed a survey of similar adult learning programs in the fall, gaining great insights. It is our goal to provide an engaging, current, and evolving curriculum.

While the number of offerings along with enrollment have declined, we have been able to train a number of our instructors in offering classes via the Zoom format. Providing on-line courses has been one of the happy outcomes of this past year. We are now able to provide access to our less mobile community and will continue to expand this in the future. Plans for the coming year include completing the new course interview and evaluations forms, formalizing our member feedback process, and strategizing means to add exciting topics and instructors. In addition, we will be exploring new methods of curriculum delivery such as facilitator-run courses and community partnering programs. The Curriculum Committee is an exciting place to work for the enrichment of continued learning.

DeeAnn Bassett, Strategic Planning Committee Chair

In 2016, David Zundel spearheaded the ICL Strategic Planning Committee. This group brainstormed and strategized creative new ideas which resulted in new hands-on classes, a lecture series, Live Long.Live Well, our 40th Anniversary Gala and other events and programs and activities that have improved and enriched the ICL experience. Fast forward to today, we now have a comprehensive 5-year Strategic Plan for the organization.

The ICL Strategic Plan has specific objectives, goals and strategies in the areas of Curriculum, Membership, Social, Financial, Organizational Structure/Management and Live Long.Live Well program. COVID 19 did not slow our creative initiatives or ideas. The last year has added a new organizational structure, a Remote Learning Committee, and a Friends of ICL Committee to evaluate additional revenue streams. This process enables ICL to continue to innovate, grow and expand to stay in tune with the needs of our members and the community we serve.

Mary Hogan, Scholarship Committee Chair

It is a great honor that the members of ICL are able to support scholarship opportunities for students attending DSU. Scholarships are supported through income generated from an endowed fund and additional contributions. Even with the difficulties of navigating operations over the last school term, we were able to fund four scholarships. We will review applications over the summer for fall term grants and are hopeful that our endowment will again support four students with much needed financial resources.
Mary Anne Evans, Publications Committee Chair

The Publications Committee is responsible for producing, editing and mailing the Course Catalog, the Learning Link Newsletter and any other publications needed for ICL programs. I have been privileged to have worked on that Committee for many years. In previous years, the Course Catalog (“and Handbook”) included, as well as the classes offered, the Charter, Constitution, Code of Conduct, Council and Committee assignments as well as a list of all events happening during the year. We now are able to make those extra items available online, so that we can concentrate on just the many classes offered.

In the 2020-2021 academic year, we have published the Course Catalog as well as 9 issues (including this one) of the Learning Link Newsletter. Many thanks to those hard-working volunteers and council members who have helped put this publication together every month. And a special thanks to Sanjoy Bhattacharya for his thorough proofreading and his willingness to be there whenever he is needed.

Daphne Schroth, Friends of ICL Committee Chair

Friends of ICL is a new committee. There is a saying, “Out of adversity comes opportunity.” The last year, due to the pandemic and the lockdown, ICL experienced its most serious financial challenge in its 41 years as a non-profit. Our members primarily fund the organization. As the year went along, membership dropped by over 50 percent. The ICL Council appointed a group of members to form this committee to study the future sustainability of ICL. The group convened in mid-December and secured a PPP loan through the CARES act to address the immediate financial needs of the organization.

Over the last three months, the committee created an action plan that includes seeking individuals and community sponsorships, grants and the creation of a members’ donor/pledge drive. In addition to the PPP loan, Frank Lojko may have secured a matching of grant of up to $50,000 from The Sorenson Foundation to kick off the donor/pledge initiative. We are committed to working diligently to raise the funds for this match during the coming months.

Through our members, Dixie State University, the matching grant from the Sorenson Foundation and the community donor/pledge initiative, ICL is well on its way to a strong and secure financial future.

Donations to meet this match, in any amount, are greatly appreciated. Make checks payable to ICL and can be mailed to Friends of ICL, 658 East 200 South, St. George, UT 84770.

We thank you for your generous support! And thanks to the members of the Friends of ICL Committee.

Michelle Dooley, Social Committee Chair

Given what we have gone through in the last year, we will need some fun and social interaction! This committee oversees creating and facilitating inclusive opportunities to interact with and get to know members of community. We welcome your involvement, ideas, and feedback. I can’t wait to see you all again!
Yvonne Lynott, Marketing Committee Chair

The Marketing Committee, as it is now, was formed mid-year to promote registration for the Winter/Spring 2021 Semester and the Live! 6-week Wellness Challenge. We staffed information tables at Tuacahn’s Saturday Market and at Lin’s on Sunset to encourage new registrants for ICL classes. Many learned for the first time that they could attend classes on Zoom or view them later on recordings. We posted flyers and class catalogs in businesses and libraries in St. George and surrounding communities. ICL hosted a live Zoom presentation providing newcomers the opportunity to learn about the many benefits of ICL membership.

Our committee also created advertisements for the 6-Week Challenge that ran in St. George News and on Facebook. Articles appeared in St. George News, Dixie Sun News, St. George Magazine and St. George Health and Wellness, courtesy of the City of St. George.

Looking forward, the Marketing Committee will help market video classes created for the summer months and “vodcasts” (video podcasts) which we are exploring for sale locally and beyond the St. George market. We hope to expand our advertising efforts as our budget grows.

Read Gilgen, Remote Learning Committee Chair

This past year has been a real challenge to our continued learning. However, while many of us had to forego in-person learning and the joys of getting to know others, many of us have also found that online learning does offer benefits as well. Thus, while we plan to return to full in-class learning in the fall, ICL plans to continue providing Zoom versions of many classes, which we anticipate will extend our membership reach to those who can’t attend in person, including those with mobility issues, those who live in assisted living, and even many from out of town or state.

In addition, this summer we plan to offer several course recordings that can be viewed on your own schedule and at your own pace. Look for classes on Mark Twain, The Amazing Brain, Native American Hidden History, China, German Unification and Geology.

We may be “old dogs”, but we can, and have been, learning “new tricks”  Viva ICL!

Right now ours is a committee of one (me, Read Gilgen). If you are interested in helping with out digital learning efforts, please let us know.
Daphne Selbert, Volunteer Committee Chair

The Volunteer committee works to provide volunteer support to the ICL Office, our various committees, and serves as a link to the Office of Community Engagement at DSU. The largest number of direct volunteers for the ICL program, the instructors and instruction support are directed to the Curriculum Committee and the ICL Office staff. When there is a need for community volunteers to support University programs or specific events, requests are sent by DSU to the Volunteer Committee and then to the ICL office to send out “Blast Emails” for volunteer support. Committee chairs also communicate their specific needs to the Volunteer committee. Our committee will continue to adapt to upcoming changes in ICL and DSU programs.

Many thanks to the many volunteers who readily serve when asked.

SPECIAL THANKS TO THE OFFICE STAFF

We would like to extend a special thanks to the great office staff who works hard to keep the operations running; especially those unpaid volunteers who come in for their shift every week.

Those great staff and volunteers are:

Office Managers: Linda Neff and Mary Anne Evans

Office Volunteers: Susan Wagner, Cynthia Holman-Schmidt, Dori Beaumont, Marie Gillenskog, Karen Jensen, Sandy Baskerville, Sylvia Mangen and Pat Vanderwark

LIVE! PROGRAM UPDATE

The First Live! Challenge was a Great Success! What’s Next?

Over one hundred people signed up for our first wellness challenge and 43 completed the full six weeks. Thirteen impressive individuals completed all three challenges every day!

Congratulations to all who participated, whether you made it for only a week or endured until the end. Every step leads to another. So, if you dropped out, start up again. If you made it to the end, keep it up. Eventually, each of these challenges will become habits that you will perform almost automatically, reaping substantial health benefits and overall wellbeing.

Based on comments from participants, the Social/Emotional Gratitude Challenge, was the most difficult but the most rewarding. For the Physical 30-Minute Daily Exercise Challenge participants found numerous ways to meet the requirement from gardening, walking up and down the stairs at DSU, walking, hiking, cycling and even chasing grandkids. Many satisfied the Cognitive Learning Challenge by attending ICL or Continuing Education classes. Others watched Ted Talks or various science and history podcasts.

The next Live! Challenge will be in June. Again, we will have Social/Emotional, Physical and Cognitive challenges. We will offer more choices to select from as well.

If you have an idea for a challenge, please send an email to live@dixie.edu.

9 LIFELONG LEARNING
Need a little more ICL to get you through the summer?
Missed some lectures or want to watch them again?

We’ve got you covered! We are making available Zoom recordings of eight of our most popular classes. We are also offering select summer hikes (see page 11) to cooler climates, such as Pine Valley or Cedar Mountain! Also, our Tennis class will continue.

**Zoom Recordings that will be available:**
- The Amazing Human and Other Animal Brains
- The Rise of China and its Impact on the U.S.
- Our Geological Wonderland (including three new lectures)
- German Unification and the Build up to WWI
- Mark Twain – An American Original
- Meso-American Archaeology
- Native American Hidden History
- Exposing Yourself to Art

**Tennis Class:** Mondays and Wednesdays 8:00 - 10:00 am, held at the DSU Tennis Courts, starting May 17.

**Cost:** The cost is $25 for the Summer membership. Or, you can purchase a 2021-2022 Annual Membership for $75, which will include summer, fall and winter/spring semesters!

**To Register:** Go to icl@dixie.edu and click the REGISTER button. Purchase a Summer Membership or Annual Membership. Register for each class for which you want to receive recordings. Register for each hike you would like to join.

For each event you sign up for you will receive an email with YouTube links to all of the recordings for that class. Classes will (usually) be labeled according to the class content.

**What to Do:** Tell your friends about it, no matter where they live. Get them to buy memberships too!

**What Not to Do:** Please don’t share the links with others. We make every effort to keep ICL very affordable; so we need everyone to purchase their own membership. If you share your links, ICL loses revenue.

**About Fall Semester:** We are already planning and scheduling for the next ICL season. We’ve got some great new classes lined up and will be bringing back refreshed classics. The best news is that the current plan is for classrooms to be back to normal—no social distancing or masks required! And, because Zoom was so popular, many of our classes will also be available via Zoom. Look for our email updates!

Please note that the ICL office will be closed during the summer. (Our current revenue doesn’t allow us to stay open in the summer.) We will check periodically for emails (icl@dixie.edu) and voicemails (435-652-7670).
FOR ALL HIKES, PLEASE CHECK YOUR EMAILS FOR ANY CHANGES DUE TO WEATHER IT IS ALSO RECOMMENDED THAT YOU BRING A WHISTLE AND A BASIC FIRST-AID KIT.

Scoggin’s Wash in Rockville

Monday, May 17, 8:00 am
Leaders: Dawn Isensee, 512.635.0538 / Frida Audele, 435.632.1552
Moderate, 6 miles, 3-4 hours, minor elevation change, moderate pace

Meet at the Maverik, 460 N. State St., LaVerkin

Limit: 12 hikers
This is an out-and-back trail with awesome views all around; a true candyland for the photographer in you. We will start the hike at the Coalpit’s Wash trailhead, then pick up Scoggin’s Wash and continue it to the “laced boulders” where we will take our lunch break before heading back. We have a couple of short but steep climbs (the moderate part) in the early section of the hike where 2 hiking poles are highly recommended for safe ascent/descent. The rest is easy with a couple minor dips and stream bed crossings. Bring a change of footwear in case we encounter muddy sections. After the hike, we will make a 5 minute stop, just a few hundred feet from the trailhead to see the petroglyphs sitting among the homes in the middle of the residential area.

Spring Creek Canyon

Tuesday, May 25, 7:30 am
Leader: Frida Audele, 435.632.1552
Moderate, 5-7 miles, 3-5 hours, 900-foot elevation change, moderate pace

Meet at the Texaco, 82 N. Coral Canyon Blvd, Hurricane

Limit: 12 hikers

Bring a snack/lunch and plenty of water. There will be a short gravel road to the trailhead. The initial mile or so of the hike is a sandy trail through grass and trees. There is not a lot of shade on this stretch. Once we enter the canyon, the trail becomes rocky and shaded. The further back into the canyon we go, the more scrambling we will do. If the creek is flowing, some areas may be wet, but are easy enough to navigate around without getting wet.

CHECK ICL’S WEBSITE FOR MORE HIKES AS THE SUMMER SEMESTER PROGRESSES.
ICL PURPOSE
To provide a community of study and learning within the college community wherein retired and semi-retired persons desiring to continue their intellectual pursuits and activities and participate in college courses and special events may have the opportunity to do so at minimal cost and in accordance with their special needs and interests.

ICL Executive Officers
President: Russ Stevenson
Vice President: Doug Bowen
Treasurer: Mary Markeson
Director: Rob Kramer
Office Managers: Mary Anne Evans, Linda Neff
DSU Representative: Dr. Nancy Hauck, Associate Provost

Office Hours: Closed until August 23
Phone: 435.652.7670
Email: icl@dixie.edu
Learn more at: https://icl.dixie.edu/

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