



Institute for Continuing Learning  
at Young Harris College

**ICL@YHC**

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## CHANGING OF THE GUARD

I know many of you were at the January 11, 2020 ICL General Meeting and Winter Class Preview but just in case you missed it we did have the annual election of officers and the winter Class Previews. Thank you to Janet Trlica and Cy Sineath for keeping the previews moving along smoothly. Janet and Cy are two perfect examples of the strength of the 2019 ICL Board. Thank you to all Board Members for your dedication to ICL throughout the year.

As I congratulate the 2019 Board Members on a job well done, I must extend a special thank you to three Board Members who have served their 2 year term as Members at Large: Judy Baldwin, Elaine Delcuze and Mark Westhafer. I thank you for your input throughout your term of service and I know you will not be strangers to ICL. With the departure of the three individuals I would like to welcome their successors: Anne Bowman, Diane Banakas and David Fann as Board Members at Large. Each one of these newly elected Board Members will bring new energy and ideas to ICL. I appreciate their willingness to participate as a board member and welcome the diversity they bring to the table.

See You in Class,

Steve Demand  
2020 President

Check out our new ICL Logo at the top of the page. Thank you to Sarah Faneuff, a Graphic Design Major class of 2021, at Young Harris College.

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# Spring



# Courses

## **SPRING BIRDING - Class Limit 15**

**Tom Striker, 6 Sessions, Monday, March 30 – May 18, No Class on May 4 & May 11,  
9:00 am – 11:00 am, Cost: \$20**

This course will explore bird watching as a hobby to be enjoyed at any age and location. After a classroom introduction to field guides, binoculars and birder resources, the course will focus on the birds of north Georgia – identification, habitat and songs. Weather permitting, most classes will be field trips to hotspots in north Georgia and western North Carolina. One or more field trips will be scheduled to more distant locations starting before 9 am and extending beyond 11 am. Transportation is the responsibility of the participants. Participants will need a decent pair of binoculars and a fairly recent field guide. Beginners are welcome!

*Tom Striker has been a birder for over 40 years and, until recently, owned and operated a backyard nature store in Blue Ridge with year-round seminars and bird walks. He has taught ICL birding classes since 2009 and teaches annually at the John C. Campbell Folk School. His first career as a professional forester included 15 years with the Forest Service. He is a member of the American Birding Association, Georgia Ornithological Society and Fannin County Wing Watchers.*

## **DELICIOUS HEALTHY DESSERTS – Class Limit 16**

**Ann Marie Stanczyk, 4 Sessions, Monday, March 30 – April 20, 1:00 – 3:00 pm, Cost: \$18**

And did I mention easy? Focusing on the best available ingredients, we will use healthy sugars, fruit, nuts, coconut, dark chocolate and creamy toppings. This class is suitable for beginners and experienced chefs as well. Our creations will be pleasing both to the eye and the palate and will be a great addition to anyone's repertoire. **There will be a \$25 SUPPLY FEE, collected at the first class.**

*Ann Marie Stanczyk is a Holistic Nutritionist and also a Medical Technologist. She worked for 6 years with Dr. Cindy Libert on a program of healthy diet and lifestyle for all of her patients. She has taught cooking classes, both for ICL and for private groups, and believes that food should be healthy, fun, and delicious.*

## **BEGINNING UKULELE – Class Limit 18**

**Cy Sineath, 8 Sessions, Monday, March 30 – May 18, 3:15 pm – 5:15 pm, Cost: \$24**

The ukulele is enjoying a great resurgence in popularity the world over. This course is an opportunity to learn to play and enjoy the “funnest instrument on earth”. No prior musical experience is necessary, and please, no music theory. Each week, the class will learn new chords, songs, and strumming patterns that build on the week before. By the end of the 8 weeks, participants should be able to play literally hundreds of songs and confidently strum along with ukulele groups wherever they are found. Singing and laughing are integral to this course! Requirements: A ukulele and a willingness to sing and laugh with the group! The facilitator has a limited number of ukuleles that may be loaned until participants obtain their own.

*Cy Sineath has been playing the ukulele for 5 years and has enjoyed playing socially with groups throughout the southeast as well as Dublin, Ireland and London, England. Prior to moving to Blairsville in 2017, he played regularly with two groups in the Atlanta area. He feels the ukulele is much like the game of Bridge; you can learn the basics in a matter of hours and then spend the rest of your life mastering it. He now lives here in the mountains with his wife, a Labrador Retriever and a few ukuleles.*

## **SPRING WILDFLOWER RAMBLES – Class Limit 20**

*Elaine Delcuze, 8 sessions, Monday, March 30 – May 18, 3:15 pm – 6:00 pm, Cost: \$24*

**Classes will be held in the Goolsby Building Room 108**

The focus of this course is on the native spring flora of the Appalachian Southern Blue Ridge – their identity, natural history, habitat, state of health and development. Over 5,000 species of flowering plants, 400 species of mosses and ferns and 150 species of trees have been identified throughout the area. A series of seven field trips of moderate length and difficulty will be taken to the natural environments in which they occur; transportation is the responsibility of the participants. Due to the nature of botanical rambles and travel, classes may extend beyond the specified class time. The first class will assemble in Room 108 of the Goolsby Building at YHC. Come prepared with a field guide, hand lens (if you own one) and notepad to welcome another Appalachian spring.

*Elaine Delcuze has been a naturalist with Georgia State Parks and a field trip guide with the Georgia Conservancy, Botanical Society and Ornithological Society. She has been involved in the wildflower survey of the Chattahoochee National Forest and has contributed to the Conservancy's "Guide to the North Georgia Mountains". She is a member of the Preservation Board of the Georgia Mountains Research & Education Center and has done programs and news articles for the Native Plant Preservation Committee.*

## **HISTORY WE NEVER KNEW**

*Dr. Ben Kennedy, 2 Sessions, Monday, May 4 – May 11, 1:00 pm - 3:00 pm, Cost: \$14*

This class addresses four questions I have asked myself and others about history. They come from six decades of studying, writing, and teaching history. The questions are: What is History?, How does History explain things?, Does History repeat itself?, What can we learn from History?. We will consider two questions per session. Some reading will be recommended, but not required. An open mind and a willingness to think and reflect are essential to what we will discuss.

*Dr. Ben Kennedy is professor emeritus of history at the University of West Georgia where he taught for 38 years. Upon retiring to the mountain, he also offered classes at YHC as a visiting professor. Ben taught his first ICL class in 1999 – on Ireland. Since then he has taught classes on Napoleon, the French Revolution, Russia in WWII (with Natalia Starostina), 19th Century Europe, and others for ICL. He has visited France many times, the first in 1957 at age 19 and in 2013 at age 75.*

## **BECOMING A BETTER SELF**

*Scotty Hargrove, 6 Sessions, Tuesday, March 31 – May 5, 1:00 pm – 3:00 pm, Cost: \$20*

Findings in the human sciences suggest that persons who choose to be kind to other people experience physical, psychological, and social benefits. A kind person and the persons to whom one is kind are more likely to adopt that behavior. Further, there is a spreading effect to the larger group, which can influence an entire community. It is not easy, however, to be kind. Treating other people and one's self kindly requires thoughtful work and effort. There are strong impediments to overcome, long reinforced resistances to discard. This course is designed to assist persons to understand what kindness is, the impediments that prevent it, strategies for overcoming resistance, and planning reasonable efforts to live kindly. Each participant will have an opportunity to design and carry out a personal project to assist in living kindly.

*Scotty Hargrove, BD, Columbia Theological Seminary; PhD, University of Georgia; founding director Pine Belt Regional Mental Health and Retardation Center, Hattiesburg MS, faculty department of Psychology and director clinical psychology training program, University of Nebraska; chairman, Department of Psychology, University of Mississippi; interim chairperson Department of Modern Languages, University of Mississippi; interim chairperson, Department of Exercise Science, University of Mississippi. Faculty member, Georgetown Family Center, Washington DC.*

## **CENTRAL INTELLIGENCE AGENCY (CIA) – PART II**

*Bob Short, 8 Sessions, Tuesday, March 31 – May 19, 3:15 pm – 5:15 pm, Cost: \$24*

This course is a continuation of the CIA Part I class. **Part I is not a prerequisite for Part II.** The Central Intelligence Agency (CIA) is America's premier intelligence organization charged with the responsibility of keeping constant watch in an increasing dangerous and unstable world. Award winning historian and author Bob Short will discuss the rise and fall of this sometimes controversial agency.

*After retiring in 2001, Bob Short returned to his native north Georgia mountains to concentrate on preserving Georgia's political history. He became the creator of an oral history series entitled "Reflections on Georgia Politics" for Young Harris College's Zell and Shirley Miller Library and the Richard B. Russell Library For Political Studies and Research at the University of Georgia.*

## **MEDICINAL HEALING HERBS II – Class Limit 15**

**Carolyn Cline-Griffiths, 4 Sessions, Tuesday, April 14 – May 5, 10:00 am – 12:00 pm, Cost: \$18**

- Study, in depth, 4 medicinal herbs for healing (one each week)
- Make macerations for several tinctures: \*Astragalus, \*Echinacea, \*Blue Vervain, \*Dandelion.
- Put together a tea for healing seasonal allergies & a tea for upper respiratory infections.  
\*\*learning about specialized herbs for these health issues
- Prepare oils for making 2 different salves; 1 for wounds, surgical sites, ulcers, etc. and 1 for insect bites, itching and soothing irritations.
- Recipes for several medicines
- Recipe(s) for Fire Cider

Each participant should bring to class: 4 - pint Mason-type glass jars, 2 cup measuring cup, Notebook/paper for taking notes and pen or pencil. **\$20.00 fee for herbs/supplies**

*Carolyn has been studying herbs and their medicinal properties for over 18 years, recently earning her certification as an herbalist from BotanoLogos School of Herbal Studies. BotanoLogos highlights the use of the native and naturalized plants that contribute to the Southern Appalachians Mountains as the apothecary of North America. Certification included field studies, hands-on wild crafting, medicine making and in-depth study of individual herbs, their actions, energetic and indications plus contraindications.*

*As an Herbalist and Reflexologist, Carolyn brings unique gifts to the ICL program. Helping others to see what an amazing opportunity we have in this region to transform herbs, which are all around us, into medicine .....if we can avoid taking pharmaceuticals, when there is a natural way to treat a problem, then let's do it !*

*Carolyn is a member of the American Herbalist Guild, a member of GRO (Georgia Reflexology Organization), a committee member of Georgia Mountain Research & Education Committee, teaches ASL (American Sign Language) classes to an Adult Group in Blairsville and a member of Good Shepherd Episcopal Church.*

## **BEGINNING YOGA SESSION 1 – Class Limit 15**

**Heather Devereaux 4 Sessions, Wednesday, April 1 – April 22, 11:00 am – 12:30 pm, Cost: \$16**

**Classes will be at Mountain Yoga, 98 Cleveland St A, Blairsville, GA**

This Yoga class will include breathwork, movement and meditation. It will emphasize alignment and build postures slowly. The overall goal of this class is to develop a deeper understanding of postures, build strength and increase flexibility as well as bring balance and remove stagnation.

*Heather initially found yoga as a way to heal and maintain her physical health. Since then, yoga has been her go to for helping her to be successful with life's challenges & helping her to reach her goals. Heather's goal with opening a yoga studio is to introduce the benefits of a consistent yoga practice to everyone, regardless of age, no matter their physical limitation.*

*Mark Anderson will be assisting Heather and is a Certified Yoga teacher, Thai BodyWorker, Reiki Practitioner, and Meditation Guide. He provides the Raindrop and Emotional Release technique using essential oils. Mark includes yoga and meditation in his daily practice. In his classes he combines meditation, creative sequencing, and a spirit of loving kindness (Metta) connecting body, mind, and Spirit.*

## **BEGINNING YOGA SESSION II – Class Limit 15**

**Heather Devereaux 4 Sessions, Wednesday, April 29 – May 20, 11:00 am – 12:30 pm, Cost: \$16**

**Classes will be at Mountain Yoga, 98 Cleveland St A, Blairsville, GA**

This Yoga class will include breathwork, movement and meditation. It will emphasize alignment and build postures slowly. The overall goal of this class is to develop a deeper understanding of postures, build strength and increase flexibility as well as bring balance and remove stagnation.

## **FINDING PEACE AND HOPE IN A CHAOTIC WORLD**

**Virginia Tinsley, 2 Sessions, Wednesday, April 1 – April 8, 3:15 pm -5:15 pm, Cost \$14**

If you are overwhelmed with the barrage of alarming news and worried about the future, this class will look at how we can process information in a way that avoids sensationalizing. We will consider traditions of philosophy, spirituality, psychology, self-care, and mindfulness that can help us develop peace and purpose.



Virginia Tinsley is a retired United Methodist minister who worked in ministry with homeless people. She is currently a volunteer chaplain at Lee Arrendale State Prison. She has lived in Young Harris for eight years. She teaches in the Course of Study each summer at Candler School of Theology at Emory.

### STORIES SUNG

**Butternut Creek & Friends, 2 Sessions, Wednesday, April 22 – April 29, 1:00 pm – 3:00 pm, Cost: \$14**

Long before we learned to read and write we told stories and sang songs to relay information from family to family, community to community, generation to generation. Songs elicit emotions along with their message. They make us laugh and cry. They help us empathize with others or gain information about other times and places. Butternut Creek and Friends will unwind the stories in and around a few songs and ask you to sing along with the tunes you know and a few new ones that are easily learned. Or you can just sit and listen! Either way we'll discover the story together.

*Course Leaders: Members of Butternut Creek and Friends: Steve Harvey, Brenda Hull, Jennifer and Don Cordier.*

### PHOTOGRAPHING SPRING'S WILDFLOWERS – **Class Limit 10**

**Stephan Banakas, 6 Sessions, Wednesday, April 1 – May 6, 1:00 pm – 5:00 pm, Cost: \$30**

This course will be focused on different techniques used to photograph Spring's wildflowers. We will cover many of the basic considerations that can be utilized to make your photos stand out. Along the way there will be other, more complex facets of photography discussed and then utilized as we photograph these little beauties where they live. A working knowledge of one's camera will be of benefit. The class sessions will be four (4) hours long thereby providing travel time to sights where these flowers are known to be. Please note, there sometimes will be uneven terrain. A portion of each class session will be spent in the classroom discussing the camera functions that we can employ when shooting the wildflowers. There will be travel from the school's campus involved. Over the class many different varieties of wildflowers will be encountered from the very common to some that are perhaps considered rare. The class goal is twofold: to introduce you to a number of these mountains' beautiful 'residents', and to familiarize you with how to photograph them in many different ways.

*Stephan Banakas is an avid fly fisherman and wildflower/landscape photographer. He is originally from Pensacola, FL. where he worked as a police officer until he retired in 1999. He now lives in Hayesville with his wife, Diane, and their two cats Gordon and Maggie.*

### FLORAL WATERCOLORS – **Class Limit 8**

**Joyce Clair, 1 Session, Wednesday, May 20, 12:30 pm – 3:30 pm, Cost \$14**

The instructor will guide you to sketch and paint an 8x10 floral still-life. Joyce covers composition, color, values, and painting techniques. A loose, impressionist style is encouraged rather than botanical accuracy. Previous watercolor experience helpful but individual attention offered. Class handout, supplies, and mat provided. **A supply fee of \$15 will be collected at class.**

*Joyce Clair is a retired nurse practitioner who has enjoyed watercolor painting for over 30 years. She teaches adults and children both watercolor and alcohol ink painting. Her classes are designed to be fun and easy for beginners. After growing up in Pennsylvania, Joyce lived in Maryland and Texas before retiring to Georgia. Joyce paints mostly outdoors and from her landscape and flower photos. Her style is representational but leans toward impressionism. Her works are influenced by Ed Whitney and classes with Skip Lawrence, Tom Lynch, Zoltan Szabo, Frank Webb, and Morris Green. Joyce's paintings are displayed at Artworks Gallery Hiawassee, Murphy Art Center, and Blue Ridge Art Center and on Facebook at Joyce Clair Art.*

### PAINTED PENDANT WITH ALCOHOL INK – **Class Limit 10**

**Joyce Clair, 1 Session, Thursday, April 23, 1:00 pm - 3:00 pm, Cost: \$12**

No jewelry or painting experience required to make two lovely and unique pendants. Instructor demos application of colorful inks to glass and metal. Mistakes can be wiped away! Suede cords or chains add the finishing touch. Class handout and supplies provided. **A supply fee of \$15 will be collected at class.**

## TIDBITS OF TOWNS COUNTY HISTORY

***Jerry Taylor, 4 Sessions, Thursday, April 2 – April 23, 10:00 am – 12:00 pm, Cost: \$18***

Jerry Taylor, Towns County's official historian, will lead this class sharing interesting tidbits of Towns County history. Topics covered will include local Cherokee place names, the coming of Lake Chatuge, the hanging of Tilmon Justice for the murder of James B. Goddard, educational history highlighting Hiawassee Academy and Young Harris College, using the census to climb your family tree, and a bit of cultural history of our mountain area.

*Jerry Taylor is a native of Towns County, having lived his whole life in the shadow of Brasstown Bald. He is a graduate of Towns County High School and Young Harris College. He also holds degrees from UGA, North Georgia College and University, and Lincoln Memorial University. Jerry retired after 32 years as a teacher at Towns County High School. He is a member of the Historical Society and is Towns County's official historian. His home, known as the "The Organ Loft," features his collection of antique reed organs.*

## MOUNTAIN LANDSCAPES IN THE SPRING

***Julie Sibley, 6 Sessions, Thursday, April 9 – May 14, 4:00 pm - 6:00 pm, Cost: \$20***

Let your artist's eyes observe the changing colors of the mountain valleys, in this season of the trees putting their foliage back on their limbs. We'll practice with various types of views and scenes. Vistas, lake reflections, close-up vignettes, rising mists, sky colors, and florals are included. Each week we will look at a subject and how various layers of transparent color create certain effects.

Mostly we will work within traditional watercolor techniques, using combinations of blending, washes, layered washes, and wet on wet methods. Expect to receive a color handout of each weekly subject so that you can continue to work at home. Good for those who like to exercise their imagination! Taking your own mountain photos is highly recommended. Class suitable for beginner to advanced. **Materials:** any brand of watercolors, pointed, round, and wash brushes, plastic water container (to rinse brushes), paper towels, and a pallet. **Class supply fee of \$12 will be collected at the first class.**

*Julie Sibley is a designer, teacher and writer from Young Harris, GA. As a student at YHC many of her inspirations for art came from the natural beauty of this valley. Her latest book, "Earth Friendly Fabric Design" is available worldwide on Amazon.com. She holds a MA in Fine Art from Western Carolina University. Most recently, she has been a member of the art faculty at Augusta State University where she taught the art history section of World Humanities.*

## TO YOUR HEALTH!

***Wayne Barth and Union General Staff, 4 Sessions, Thursday, April 30 – May 21, 1:00 pm – 3:00 pm, Cost: \$18***

This 4 week course will look at a different topic each week.

Week 1: Give Your Brain a Workout – how to keep your brain from getting "OLD". Learn strategies from a specialist in dementia, cognitive retraining and Speech Pathology to keep your brain functioning at its peak.

Week 2: Don't Be Trippin' – A close look at senior falls and avoiding injury. Enjoy an entertaining look at a serious cause of injury and debilitation in our senior population. Protect yourself from falls today!

Week 3: Arthritis – A therapist's perspective on nature's curse. Learn what arthritis is, how to prevent it and what we do if it interferes in everyday life. Don't let pain slow you down.

Week 4: Healthy Choices – A Whole Body Approach to Lifestyle Decision Making. Confused about how to eat right, exercise or just live a healthier lifestyle? We will cut through the hype to make lifestyle modification simple and fun.

## TRACKROCK GAP'S HISTORY'S MYSTERIES

***John Roberts, 2 Sessions, Friday, May 15 – May 22, 3:15 pm – 5:15 pm, Cost: \$14***

The origin of the petroglyphs at "The Gap" has remained unclear for many years. Neither the Cherokees nor the Creeks were at all culturally likely suspects and have therefore been rightly dismissed. However, who were those that the Creeks called "The Old People?" Some have speculated that the carvings were made by some drunken hunters who thought to add interest to the area.

Several additional mysterious items in the area add to the area. Apparently, more pieces of carved rock are scattered up above the area, also, parallel to the lower part of the Arkaqua Trail, several rock cairns and terraces suggest a cultural presence unrelated to those of early settlers in this area.

*John is an Indiana native, educated at and employed by Purdue University, 1951-1984. He served as extra labor, technician, graduate student, USDA-ARS Research Plant Pathologist and Adjunct faculty in the Small Grain Improvement Group. John transferred to The University of Georgia Crop Science Department in 1984. There he developed and*

conducted a new research program in small grain disease epidemiology and resistance. Adjunct faculty until retiring in 1996. Currently retired as Camp Host at Trackrock Campground and Cabins.

### COMPUTER BASICS

**James Pohle, 8 Sessions, Friday, April 3 – May 22, 10:00 am – 12:00 pm, Cost: \$24**

Join with other people of like mind and experience. We will start with some of the basics. Meet the Computer. This will provide an understanding of the basic components and the terminology associated with all types of computers. We will get into how to buy a computer of any type. Then how to protect it from the “bad guys” including doing something dumb yourself. This will include Anti-Virus programs and what to do about passwords. You will also have the opportunity to select some topics for later classes.

*James received a Bachelor of Science degree in Sociology from Morningside College in Sioux City, Iowa in 1966. In 1988 he received a Master of Science degree in Operations Management from the University of Arkansas. Jim has taught computer and Microsoft Office programs for over 32 years at four different Junior Colleges (FL., TX., GA., & N.C.). In 2004 he received a Doctor of Theology degree and was ordained from Jacksonville Theological Seminary.*

### TRAVELER’S GERMAN

**Susan Crooks, 6 Sessions, Friday, April 3 – May 8, 1:00 pm – 3:00 pm, Cost \$20**

Participants will learn the basics of German needed for traveling, including topics such as Greetings, Numbers, Hotels, Restaurants, Getting around town, and Shopping.

*Having a German mother, Susan Crooks grew up speaking German and English. She taught high school German for 30 years in DeKalb and Cobb counties, and for 8 years at Kennesaw State University. Susan has traveled extensively in German speaking countries as well as other countries, and just returned from Norway where she saw the Northern Lights.*

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## *From the Desk of Dr. Drew Van Horn, YHC President*

In this edition of the ICL Newsletter, I’d like to take a moment to invite you to a couple of important upcoming events.

On **Saturday, March 7**, I hope you’ll join us for **The Big Prom** (formerly The Big Dance) in Suber Banquet Hall. Take a step back in time with white columns, balloon arches and song requests guaranteed to make you wish your high school prom was this fun! Doors will open at 6 p.m., and the DJ will start at 7 p.m. Bring your favorite food and drink, and don’t forget to sign up for the table-decorating contest. A photo booth will be on hand to capture all the memories of the night. It’s going to be the best thing happening in North Georgia in March! Plus, your support of The Big Prom allows YHC to provide scholarships to more than 200 students from eight surrounding counties through the Bob and Carol Head Local Scholarship Campaign. To purchase an individual ticket, a table or a sponsorship, please visit [yhc.edu/bigprom](http://yhc.edu/bigprom).

Another opportunity to have fun and support student scholarships is the **16th annual Clay Dotson Open on Monday, May 18** at Brasstown Valley Resort. By participating in this highly anticipated golf tournament as a player, sponsor or donor, you ensure deserving students receive the financial support they need to excel at YHC. The cost is \$200 per player. YHC alumni receive a discounted rate of \$150 per player if there are three or more YHC alumni on a team. Our morning and afternoon flights are limited to 112 players each, so sign up early. For more information and to register, please visit [yhc.edu/claydotsonopen](http://yhc.edu/claydotsonopen).

As an ICL member, you know the excitement of learning and the value of education. Our students share your passion for learning, and many of them depend on scholarships to fund their education. I hope you’ll consider participating in The Big Prom and/or The Clay Dotson Open. You’ll be supporting a great cause, and I know you’ll have a lot of fun, too!

For the latest College news, please visit the YHC Press Room at:  
[yhc.edu/about/news-media/press-room](http://yhc.edu/about/news-media/press-room)

To view upcoming events, please visit the YHC Events Calendar at:  
[yhc.edu/about/news-media/events](http://yhc.edu/about/news-media/events)

For up-to-date info on YHC’s athletic teams, please visit:  
[yhcathletics.com](http://yhcathletics.com)



# Meet Your 2020 ICL Board

The ICL Board consists of 4 Executive Officers, Past President, 1 YHC Representative, 4 Committee Chairpersons, 6 Members at Large and 1 Member at Large Emeritus. This year, the Executive Officers remain the same as 2019. We thank the board members who have served their term and welcome new board members Diane Banakas, Anne Bowman and David Fann and Curriculum Chair Cy Sineath.



Steve Demand  
President



Maria Britt  
Vice President



John Scott  
Treasurer



Melinda Bradley  
Secretary



Haley Burch  
YHC Liaison



Diane Frenz  
Past President



Kelsey Bowles  
Finance Chair



Art Frenz  
Promotions &  
Publication Chair



Janet Trlica  
Registration &  
Membership Chair



Don Berry  
Member at Large



Jim Davis  
Member at Large



Marsha Barnes  
Member at Large



John Kay  
Member at Large  
Emeritus

*ICL provides an ongoing forum for mature adults who have mutual interest in intellectual stimulation and cultural enrichment. If you are interested in teaching an ICL class, volunteering or helping to support ICL please send an email to [icl@yhc.edu](mailto:icl@yhc.edu) or call the ICL office at 706-379-5194. We always appreciate the help.*



# Newly Appointed and Elected Board Members for 2020



**Cy Sineath, Curriculum Chair** - Cy has lived here in the mountains since 2017 and became active taking ICL classes soon after his arrival. He spent his productive years in surgical equipment sales, having formed and led his own company covering ten southeastern states. His formal education includes a B.S. in Economics from Auburn University, and an M.B.A. from Georgia State University. He is a veteran of the U. S. Army. He holds an active real estate license, a private pilot's license with instrument rating, and is licensed by the Securities and Exchange Commission as a Registered Representative. For fun, he enjoys teaching and strumming a ukulele, shooting sporting clays, playing Bridge, reading, and Young Harris basketball. Cy

lives in Blairsville with his wife, Jo, and Barney, his Labrador Retriever.

**Diane Banakas, Member at Large** - Diane is a native of Pensacola, FL. She is a graduate of Pensacola Junior College and Troy State University. She worked for the City of Pensacola for 18 years - 5 years in clerical work at the Police Department, and 13 years at the Sanitation Department, first as Secretary to the Department Director, and then as Operations Manager. She and her husband, Stephan, bought their first home in Hayesville in 1998, and did the part-time thing until they moved to Hayesville full time in 2005. She enjoys reading, quilting, hand embroidery, beading, jewelry-making, and pretty much any kind of craft you can think of. She and Stephan live happily with their two cats.













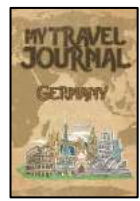







**Anne Bowman, Member at Large** - Anne is a life-long learner, having earned a doctorate of education (ED.D) at the age of 57. As an educator in the field of counseling and school psychology, I found it necessary to keep myself continually abreast of practices that would benefit the students, and I might add, teachers and administrators in the various schools which I served. Over the course of my career, I had the pleasure of working with students from Pre-K to high school in the Pinellas County, Florida School System, as well as college level instruction at Eckerd College (Program for Experienced Learners, a Baccalaureate program) in St. Petersburg, Florida. My husband and I are full-time residents in Murphy.

**David Fann, Member at Large** - David is a fifth generation Floridian who managed an escape to Young Harris in 2009, along with his wife Susie. He has been active in ICL since 2010 as a student, board member, and president. David is a Gator twice over, with two degrees from UF. After earning the BS in technical journalism, he worked 25 years in aerospace (Martin Marietta Corporation), returned to UF for the MS in geography, and then enjoyed 14 years of coastal research (Florida Sea Grant). Now there is time to hike, walk Wes the Golden, photograph, travel, and much more.



# 2020 Spring Calendar - March 30 - May 22

| Monday  | Tuesday  | Wednesday  | Thursday  | Friday   |
|---|--|--|---|--|
|  <p><b>Spring Birding</b><br/>Tom Striker<br/>9:00 am – 11:00 am<br/>3/30 -5/18<br/>(6 sessions - \$20)<br/><b>Class Limit 15</b><br/><b>No Class on May 4 &amp; May 11</b></p>            |  <p><b>Becoming a Better Self</b><br/>Scotty Hargrove<br/>1:00 pm – 3:00 pm<br/>3/31 – 5/5<br/>(6 sessions - \$20)</p>                  |  <p><b>Photographing Spring's Wildflowers</b><br/>Stephan Banakas<br/>1:00 pm – 5:00 pm<br/>4/1 – 5/6<br/>(6 sessions - \$30)<br/><b>Class Limit 10</b></p>   |  <p><b>Tidbits of Towns County History</b><br/>Jerry Taylor<br/>10:00 am – 12:00 pm<br/>4/2 – 4/23<br/>(4 sessions - \$18)</p>                    |  <p><b>Trackrock Gap History &amp; Mysteries</b><br/>John Roberts<br/>3:15 pm – 5:15 pm<br/>5/15 – 5/22<br/>(2 sessions - \$14)</p> |
|  <p><b>Delicious Healthy Desserts</b><br/>Ann Marie Stanczyk<br/>1:00 pm - 3:00 pm<br/>3/3 – 4/20<br/>(4 sessions - \$18)<br/><b>Class Limit 16</b></p>                                    |  <p><b>CIA – Part II</b><br/>Bob Short<br/>3:15 pm – 5:15 pm<br/>3/31 – 5/19<br/>(8 sessions - \$24)</p>                                |  <p><b>Finding Peace and Hope in a Chaotic World</b><br/>Virginia Tinsley<br/>3:15 pm – 5:15 pm<br/>4/1 – 4/8<br/>(2 sessions - \$14)</p>   |  <p><b>Mountain Landscapes in the Spring</b><br/>Julie Sibley<br/>4:00 pm – 6:00 pm<br/>4/9 – 5/14<br/>(6 sessions - \$20)</p>                    |  <p><b>Computer Basics</b><br/>James Pohle<br/>10:00 am – 12:00 pm<br/>4/3 – 5/22<br/>(8 sessions - \$24)</p>                       |
|  <p><b>Beginning Ukulele</b><br/>Cy Sineath<br/>3:15 pm – 5:15 pm<br/>3/30 – 5/18<br/>(8 sessions - \$24)<br/><b>Class Limit 18</b></p>   |  <p><b>Medicinal Healing Herbs II</b><br/>Carolyn Cline-Griffiths<br/>10:00 am – 12:00 pm<br/>4/14 – 5/5<br/><b>Class Limit 15</b></p> |  <p><b>Stories Sung</b><br/>Steve Harvey, Brenda Hull, Jennifer and Don Cordier<br/>1:00 pm – 3:00 pm<br/>4/22 – 4/29<br/>(2 sessions - \$14)</p>  |  <p><b>To Your Health!</b><br/>Union General Hospital Staff<br/>1:00 pm – 3:00 pm<br/>4/30 – 5/21<br/>(4 sessions - \$18)</p>                   |  <p><b>Traveler's German</b><br/>Susan Crooks<br/>4/3 – 5/8<br/>1:00 pm – 3:00 pm<br/>(6 sessions - \$20)</p>                      |
|  <p><b>Spring Wildflower Rambles</b><br/>Elaine Delcuze<br/>3:15 pm – 6:00 pm<br/>3/30 – 5/18<br/>(8 sessions - \$24)<br/><b>Class Limit 20</b><br/><b>Goolsby Building Room 108</b></p> |  |  <p><b>Floral Watercolors</b><br/>Joyce Clair<br/>12:30 pm – 3:30 pm<br/>5/20<br/>(1 session - \$14)<br/><b>Class Limit 8</b></p>   |   |  |
|  <p><b>History We Never Knew</b><br/>Ben Kennedy<br/>1:00 pm – 3:00 pm<br/>5/4 – 5/11<br/>(2 sessions - \$14)</p>  |  |  <p><b>Beginning Yoga Sess. I</b><br/>Heather Devereaux<br/>11:00 am – 12:30 pm<br/>4/1 – 4/22<br/>(4 sessions - \$16)<br/><b>Class Limit 15</b></p> <p><b>Beginning Yoga Sess. II</b><br/>Heather Devereaux<br/>11:00 am – 12:30 pm<br/>4/29 – 5/20<br/>(4 sessions - \$16)<br/><b>Class Limit 15</b><br/><b>Mountain Yoga Blairsville, GA</b></p> |  <p><b>Painted Pendant With Alcohol Ink</b><br/>Joyce Clair<br/>1:00 pm – 3:00 pm<br/>4/23<br/>(1 session – \$12)<br/><b>Class Limit 10</b></p> |  |

You will receive Email announcements and a link to the ICL Bulletin unless this box is checked

| If two people are taking classes please check Name 1 and/or Name 2                     |     | Fee Per Person | Name 1 Initials | Name 2 Initials | Total Fees |
|--|-----|----------------|-----------------|-----------------|------------|
| You must be a member of ICL to register for classes. Dues are \$25 per person for 2020 |     | \$25           |                 |                 |            |
| Spring Birding – Class Limit 15  | SPR | \$20           |                 |                 |            |
| Delicious Healthy Desserts – Class Limit 16  | DEL | \$18           |                 |                 |            |
| Beginning Ukulele – Class Limit 18   | UKU | \$24           |                 |                 |            |
| Spring Wildflower Ramble – Class Limit 20  | RAM | \$24           |                 |                 |            |
| History We Never Knew  | HIS | \$14           |                 |                 |            |
| Be a Better Self   | FEE | \$20           |                 |                 |            |
| CIA – Part II  | CIA | \$24           |                 |                 |            |
| Medicinal Healing Herbs II – Class Limit 15  | MED | \$18           |                 |                 |            |
| Beginning Yoga Session I - Class Limit 15  | BY1 | \$16           |                 |                 |            |
| Beginning Yoga Session II - Class Limit 15   | BY2 | \$16           |                 |                 |            |
| Finding Peace and Hope in a Chaotic World  | FIN | \$14           |                 |                 |            |
| Photographing Spring’s Wildflowers – Class Limit 10                                    | PSW | \$30           |                 |                 |            |
| Stories Sung   | STO | \$14           |                 |                 |            |
| Floral Watercolors – Class Limit 8   | FLO | \$12           |                 |                 |            |
| Tidbits of Towns County History  | TID | \$18           |                 |                 |            |
| Mountain Landscaping in the Spring   | LAN | \$20           |                 |                 |            |
| Painted Pendant with Alcohol Ink – Class Limit 10                                      | PEN | \$12           |                 |                 |            |
| To Your Health!  | UGH | \$18           |                 |                 |            |
| Trackrock Gap’s History & Mysteries  | TRA | \$14           |                 |                 |            |
| Computer Basics  | COM | \$24           |                 |                 |            |
| Traveler’s German  | GER | \$20           |                 |                 |            |
| <b>TOTAL AMOUNT</b>  |     |                |                 |                 | \$         |

**\*\* Required Information – Please Print**

Complete other information if you are a new member.

|                  |  |
|------------------|--|
| **Name 1         |  |
| Email Address    |  |
| Telephone Number |  |
| Name on Name Tag |  |
| Mailing Address  |  |
| City, State, Zip |  |
| **Name 2         |  |
| Email Address    |  |
| Telephone Number |  |
| Name on Name Tag |  |

For security reasons, YHC requires that all vehicles parked on the college campus display a parking permit issued by ICL. If you do not have a decal and receive a ticket ICL is not responsible.

**Provide the automobile information ONLY if you need a decal**

| Automobile 1 | Automobile 2 |
|--------------|--------------|
| Make         | Make         |
| Model        | Model        |
| Year         | Year         |
| Tag #        | Tag #        |
| State        | State        |

**ICL and YHC require that every individual who participates in an ICL activity sign an Agreement to Participate. This form must be submitted to the ICL Registrar as an integral part of the course registration form. \*\*\*For Additional Information See Last Page\*\*\***

**AGREEMENT TO PARTICIPATE**

- I am aware that participating in the activities of the Institute for Continuing Learning (ICL) can be dangerous and involve many risks of injury. I understand the dangers and risks may include serious injury, impairment to parts of my body, general health or well being, or death. Because of the dangers of participating in the activities of ICL, I recognize the importance of following the class leader’s directions regarding techniques and training, and to obey such instructions.
- In consideration of the ICL permitting me to participate and to engage in these activities, I hereby voluntarily assume and understand all risks associated with participation and agree to exonerate and save harmless the ICL, Young Harris College, their agents, servants and employees, and the owner(s) and/or operator(s) of other venues occasionally used by ICL from any and all liability claims, causes of action, or demands of any kind and nature whatsoever which may arise by or in connection with my participation in these activities.
- ICL, including, but not necessarily limited to, its members, officers, executive board, course leaders, classes, seminars, publications, and advertising, does not advocate nor support any political, governmental, religious, or charitable agenda or policy and does not permit such advocacy or support in any ICL sponsored activity.
- ICL reserves the right to deny class admittance and/or cancel membership to any person whose conduct is deemed disruptive.
- ICL is a program of continued learning for mature adults. Since the curriculum is specifically designed for adults, children are not accepted in the program. Guests of a class member, who are 18 years and older, are permitted to attend a single session, provided such is approved by the class coordinator and course leader.
- I certify that I have read, understand, and voluntarily sign this agreement. (If more than one individual is registering for classes, each individual must sign).

Signature \_\_\_\_\_ Date \_\_\_\_\_ Signature \_\_\_\_\_ Date \_\_\_\_\_

ICL@YHC

Young Harris College

Post Office Box 68

Young Harris, GA 30582

AN INTELLECTUAL AND CULTURAL FORUM FOR  
MATURE ADULTS



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ICL 2020 Spring Bulletin

Thank you to the Winter Course Leaders for sharing their time and knowledge with ICL members: Susan Crooks, Brenda Hull, Scotty Hargrove, Cy Sineath, Joyce Clair, Stephan Banakas, Rosemary Royston, Janice Moore, Pat Tomczyk, Bob Short, Norma Berkman, Tom Volk, Ed Kountz, Jacob Williams, Ray Ashurst, Verlee Jones, Mary & Lew Elder, Jennifer Cordier and Michael and Jean Gora.

Thank you to those who volunteered to be a Winter Coordinator: Karleen Hughes, Sheila Rodgers, Carol Rodgers, Cy Sineath, Pat Fuller, Whit Brown, Charlie Krick, Mary Cone, Gina Jobson, Ed Hughes, Bonnie Herman, Art Frenz, Melinda Bradley, Leslie Wagner, Mike Masiello, Anthony Cacioppo, Carol Smucker and Jo Esman. **THANK YOU** to David Fann for coordinating the coordinators.

- ICL reserves the **RIGHT TO CANCEL ANY COURSE** and return the course fee if an insufficient number of students register for a course.
- You must be a member to take ICL classes.
- ICL only notifies you if a class you have signed up for has been canceled or there is some other problem with the class.
- ICL is affiliated with Young Harris College, which provides facility space and general resources for ICL program delivery. Course offerings, instructors, and opinions expressed therein do not reflect the views of Young Harris College.