



# Institute for Continued Learning Digest

## Welcome to the 29th Edition of the ICL Senioritis

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### ICL Update:

The ICL Social Co-Directors (Priscilla Hibbard and Dee Iltis) have proposed an ICL Coffee Event. The first one - with the theme **"Welcoming Autumn"** - will be *tomorrow*, Thursday, **October 8th**, from 10:00 to 11:00 a.m. *Look for an email with more information.*

**Join Zoom:** [ICL Coffee](#) - Meeting ID: 922 1210 4940

**Missing ICL?** Don't forget you can watch recorded presentations on cable channel 21. Here's the [schedule](#). You can also watch on YouTube ([CC:M's YouTube Channel](#)). Here's a [searchable list](#).

**Tip:** *Need to get out of the house? How about exploring Oregon ghost towns? Learn where they are by watching (rewatching) Steve Arndt's presentation from February 2018: "[Oregon Ghost Towns](#)".*

### Willamette Update:

In a message from Karen Woods, WU Chaplain, we learn of the death of Life Trustee and former Congressman from Oregon's 2nd district, Robert "Bob" F. Smith ('53) on Sept. 21. Bob majored in economics at Willamette, earning his B.A. in 1953. He went on to have a successful career in politics serving terms in the Oregon House of Representatives (1960-1972) and U.S. House of Representatives (1980-95, 97-99). He served as president of the Oregon Public Land Commission between 1965 and 1969. In addition to his civic duties, Bob was a successful rancher in Burns for over 30 years. Willamette University honored Bob with an Alumni Citation in 1970 and an honorary Doctor of Laws degree in 1998 for his dedication to public service. Bob has been a member of Willamette's Board of Trustees since 1970.



Bob's friends report that his deep devotion to Willamette developed as a result of the support he received from the Willamette community in the wake of the loss of his parents while he was a student.

A celebration of Bob's life will be held for family only at his ranch in eastern Oregon.

### [Vote 411: Election Information You Need](#)

*Brought to you by the League of Women Voters Education Fund*

- Register to Vote
- Check Your Voter Registration Status
- Find What's on Your Ballot
- Discover Upcoming Debates in Your Area

### Missing ICL Friends?

Join us for...

- Virtual **Happy Hour** on Fridays at 4:30PM. [Zoom in here](#)
- **ICL Coffee:** Oct. 8th at 10:00 AM [Zoom link](#)
- **Zoom Help** - Find tips, FAQ, and other resources available on the ICL Website.

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### The Fall 2020 Schedule... is posted online:

- on the [Google Calendar](#)
- the [full online version](#)
- and the [Schedule Reports](#), also found online.

*These presentations will all be online via [ZOOM](#).*

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### Some days to celebrate in October:

- **October 7:** *Happy Birthday, David Engen!*
- **October 10:** Chess Day
- **October 11:** *Happy Birthday, George Adkins*
- **October 15:** I Love Lucy Day (watch all six seasons on [YouTube](#))
- **October 17:** *Happy Birthday, Kasia Quillinan*
- **October 21:** Reptile Awareness Day
- **October 27:** Black Cat Day
- **October 30:** Frankenstein Friday (best observed by reading your favorite excerpts from the timeless novel subtitled *Or the Modern*)

- [Learn more](#)

## [Salem-Keizer Candidate Forums](#)

### [Foro de candidatos para Salem-Keizer](#)

Organizations of color in Salem and Keizer are uniting to host a series of virtual, local candidate forums for the November 2020 election.

All forums will be hosted by CC Media and broadcast live online in English and Spanish. Media partners KTUP Radio Poder and KМУZ community radio also will air the broadcasts.

The forums will be moderated by local people of color. Questions will be generated by participating organizations.

The online live stream will be on the Capital Community Media YouTube channel (English and Spanish). Salem-Keizer area residents can also watch on television on CC Media Channel 21 (English only).

The NAACP does not endorse candidates. All candidates running in these races were invited to participate in the forums.

### [Event Schedule and more information](#)

Event Partners: Salem-Keizer NAACP, PCUN, Mano a Mano, Latinos Unidos Siempre, Salem Coalition of Churches, Micronesia Islander Community, Sikh Seva Foundation NW, Temple Beth Shalom, Capitol City SURJ, S.O.S (Save Our Selves), Black Joy Oregon

**Media Partners:** CC Media, KTUP Radio Poder, KМУZ Community Radio

**Other Important Links:** [Register to Vote](#) (deadline is Oct. 13), [Check Your Voter Registration](#)

**Oregonians Displaced by Wildfires:** [How to Vote](#)

[Learn Which Candidates Represent You](#)

[Who is running?](#)

## [Where to Enjoy Fall Foliage Near Salem, Oregon](#)

**Fall Color in the Mid-Willamette Valley:** In Oregon’s Mid-Willamette Valley, every season puts on a show, and fall is no exception. Take a walk through a park, visit a wildlife refuge, or sip a glass of wine while taking in fall’s brilliant colors near Salem, Oregon.

- Discover a local park
- See wildlife at a national refuge
- Tour a garden
- Take the scenic route
- Harvest in the valley
- [Learn more](#)

## **U-Pick pumpkin patches and COVID-19**

One of the joys of living in Oregon is getting to visit local farms and pumpkin patches for Halloween activities. You may be wondering if these activities are safe this year. Here are some tips for staying safe at the pumpkin patch this autumn.

*Prometheus* (“If I cannot inspire love, I will cause fear!”) or by watching one of the many, many movies based on it, like [Abbott and Castello Meet Frankenstein](#) or *Young Frankenstein* (available Netflix and Amazon Prime.)

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### **Don’t forget to VOTE!**

- **Oct. 14:** Ballots will be mailed
- **Oct. 27:** Deadline to mail completed ballots
- **Post marks do not count for Oregon ballots**
- **Nov. 3:** Ballots can be delivered to an Elections Office or Official Oregon Ballot Drop Site by 8:00 PM

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[10 popular face masks people keep buying over and over](#)

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As you get older, you’ve got to stay positive. For example, the other day I fell down the stairs. Instead of getting upset, I just thought, “Wow, that’s the fastest I’ve moved in years!”

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**Book Recommendation:**  
**One Long River of Song: Notes on Wonder by Brian Doyle** - When Brian Doyle passed away at the age of sixty after a bout with brain cancer, he left behind a cult-like following of devoted readers who regard his writing as one of the best-kept secrets of the twenty-first century. Doyle writes with a delightful sense of

- Stay home if you're sick or come into contact with someone who's sick.
- Wear a mask if you can't stay physically distant.
- Avoid crowded activities.
- Look for activities that you can do without being too close to others. Some farms may offer hayrides for one household at a time or a corn maze with large aisles that has clearly marked one-way traffic.

**U-Pick pumpkin patches and COVID-19**



Stay home if you're sick or come into contact with someone who's sick.

Wash or sanitize your hands frequently and before touching produce.

6 feet

Avoid touching your face and maintain a distance of at least 6 feet from others. Children should stay with their parents.

Avoid crowded activities like hayrides.

For more information visit [healthoregon.org/coronavirus](http://healthoregon.org/coronavirus) or call 211



### Brain Tip: The Value of Boredom –

We think of boredom as a bad thing and work hard to avoid it. However, new studies indicate that boredom can actually spark productivity and creativity. The core of boredom is the brain's search for neural stimulation. When we can't find it, our brain creates it.

It is believed that the brain's wandering and daydreaming triggers a problem-solving response. Daydreaming provides a little respite from heavy thinking and from the modern tools we've come to 'overuse' like emails, social media and apps; on all of our devices like tv, phones and computers. The constancy of these in our lives is considered to prevent us from being truly entertained. So the next time you find yourself standing in line, killing time in a waiting room, or just sitting around, let your mind wander and see how your brain, mood and performance just might improve.

wonder about the sanctity of everyday things, and about love and connection in all their forms: spiritual love, brotherly love, romantic love, and even the love of a nine-foot sturgeon.

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#### To Watch on Netflix:

#### **The Social Dilemma**

Explores the dangerous human impact of social networking, with tech experts sounding the alarm on their own creations.

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#### VIDEO: Classical pianist brings music to wildfire victims in Gates (Statesman Journal)

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#### **Stunning winners of the 2020 Drone Photography Awards**

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What's your favorite superstition and do you know its origin? **Why we knock on wood** and other superstitions.

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#### Goats take up fire prevention in Oregon.

Goats can eat large amounts of dry undergrowth in a matter of days that fuels big fires, offering a furry approach to fire prevention.

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Time can't be measured in days the way money is measured in pesos and centavos, because all pesos are equal, while every day, perhaps every hour, is different.  
- Jorge Luis Borges

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#### **Questions?**

**Send us a message at ICL Digest**

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#### Newsletter Archives