



Institute for Continued Learning Digest

Welcome to the 35th Edition of the ICL Senioritis

Vol. 35 November 18, 2020

Editors: GwenEllyn Anderson and Dave MacMillan

ICL Update:

*If you haven't already voted for the 2020-2021 ICL Board, please fill out the [online ballot](#). **Ballots are due by Monday, November 23rd.***

Results will be announced during announcements Tuesday morning.

Zoom Meeting problems? If you should encounter problems joining an ICL meeting or need help, please [contact Dave](#) before or during the meetings. GwenEllyn is busy hosting the meeting and may miss your request. Dave also sends out the link the day before each meeting.

Willamette U. Updates:

In light of rapidly-rising positive case counts in the state, Gov. Kate Brown announced today a two-week "freeze," which creates additional statewide COVID-19 restrictions to limit in-person interactions. The restrictions officially take today, Wednesday, Nov. 18, and extend to at least Dec. 2.

The freeze does not apply to or change protocols for K-12 schools and higher education, which allows us to operate under previous guidance issued by the Oregon Health Authority. Willamette continues to prohibit non-students and staff from being on campus.

Executive Order 20-65 addresses the following in detail:

- Limiting at-home and social gatherings, as well as faith institutions
- Limiting the maximum capacity for grocery stores, pharmacies, and retail stores
- Restricting food and drink establishments to take-out only
- Requiring workplaces to mandate work-from-home as much as possible
- Closing certain businesses, including gyms, museums, zoos, and indoor recreation facilities

For more detailed information, go to the [oregon.gov site](#).

Star Trees Lighting Ceremony

If you missed the lighting of the Star Trees at Willamette on Saturday night, [link here](#) to watch the recorded ceremony and to hear the Willamette Choir and Wind Ensemble Holiday Band.

Zoom Thanksgiving Tips

Designate a host – someone who can serve as a sort of emcee, organizer to keep it all moving along.

- **Keep it short** – it is just a time for everyone to check in together
- **Decorate and invite others to dress up** – make it a festive event. Some suggest having a centerpiece contest

Missing ICL Friends?

Join us for...

- Virtual Happy Hour on Fridays at 4:30PM. [Zoom in here](#)
- [Zoom Help](#) - Find tips, FAQ, and other resources on the ICL Website.

The Fall 2020 Schedule is posted online:

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

Link to ICL classes on [ZOOM](#).

[Betty LaDuke reflects on 8 decades of activist art \(video\)](#)

Ashland's Betty LaDuke is one of Oregon's most internationally recognized artists. She's been traveling the world for over 60 year, sketching and painting, telling the stories of people linked to land and community. Some of you may remember a presentations about a year ago by Jonathan Bucci from WU Hallie Ford Museum of Art about Betty LaDuke. (Tip: Be sure to watch the video)

This site will keep you busy - [141 Optical Illusions & Visual Phenomena](#) and explanations.

- **Have a plan and share it** – you might choose to eat together or just swap recipes, cook at the same time, or have someone teach everyone how to cook or bake something, take a table tour of what they are serving, toast a signature cocktail, organize a scavenger hunt to find things in their homes, or watch something together virtually
- **Get the kids involved** by asking them to perform – a skit, a musical production, share jokes or their favorite Thanksgiving food or activity, etc. Adults can play along, too.
- **Take turns sharing** what you are grateful for and remember to **take a family photo** with a screen shot of the gathering.



Around the World: This Year's Finest Fiction in Translation

by Jeremy Garber (from [Powell's City of Books Blog](#))

This year, perhaps especially, it is easy to see just how small and interconnected our world really is. 2020, despite its myriad challenges, dramas, heartaches, tragedies, and hard-won battles, has proven to be one when historically marginalized voices received the wider attention, amplification, and critical ear they have always deserved (and have had to fight so vehemently for). So it is with books, too. Increasingly, readers are turning to tomes written by authors who share backgrounds, perspectives, and stories different from their own.

Research from psychologists has shown a link between reading literary fiction and the deepening of a reader's capacity for empathy, as it allows us to better understand other human beings — as well as what it may be like for them to navigate our shared world.

Though exact figures are not available, it is estimated that less than one percent of all the books published in English in any given year are literary fiction or poetry titles originating in languages other than English. There are currently about 7.5 billion people alive today on this pale blue dot we each call home, yet only about 350 million of us report English as our native language — less than five percent of the world's population.

Literature in translation, however, continues to gain an ever-greater foothold in the reading habits of Americans (though we still have so very far to go!). Over the past decade or so, more and more publishers are offering English-speaking readers a variety of works available in English

[31st Annual Salem Peace Lecture: Unfinished Democracy: Making Good Trouble for Racial Equity](#)

Speaker: Rev. Dr. Emma Jordan-Simpson
 Wed., Nov. 18, 2020 | 6:30 PM
 Via [Zoom](#)

A Word to Know: Quotidian

(kwo-TIH-dee-ən) adjective
 Origin: Latin, 14th century

1. Of or occurring every day; daily.
2. Ordinary or everyday, especially when mundane.

The greatest enemy of knowledge is not ignorance, it is the illusion of knowledge.
 - Daniel J. Boorstin

Netflix: Fans of "The Crown" prepare for Diana.

The face that launched a thousand tabloid stories is taking center stage in the fourth season of the Netflix series, which begins airing Nov. 15. The new season takes us back to the beginning of Diana and Prince Charles's disastrous love story, when the world was thrilled to believe in what seemed like a fairy tale.

The season also introduces us to Gillian Anderson as Prime Minister Margaret Thatcher, the latest in a long line of Thatcher impersonators.

Accuracy was a major focus, the show's creator said. The research team relied heavily on advisers with direct knowledge of the events. "The more I've learned about the intricacies of this marriage and this relationship, the harder it's

translation. Some smaller (and often not-for-profit) publishers devote their seasonal lists entirely to translated fiction. Given the additional steps (and costs) associated with bringing a translated work to the American reading public, it's safe to presume that most of these books are among the finest being published in any given year, in any language — or else they never would have been translated and brought ashore in the first place.

Let our resident expert guide you through 2020's must-read books from around the world. - [Read More](#)

Top Ten 'Happy Songs' to Boost Your Mood

Scientists have determined that 'happy songs' boost moods because they use an average tempo between 140-150 beats per minute; just a couple dozen beats faster than the average pop song. They also tend to be in a major key and were either about positive events (parties or romantic experiences), or they simply "didn't make sense at all." (Jolij, 2016) Originally a list from a survey of English and Irish citizens, Jolij expanded the list and asked Dutch citizens to rate their favorite feel-good songs in a similar fashion. Although not 'hardcore science', their answers reinforced his earlier conclusions about faster tempos and major keys. Consider these top 10 songs on his list and how they make you feel.

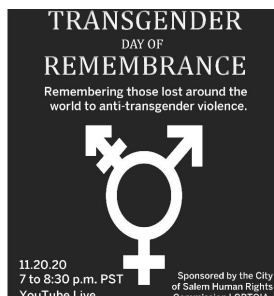
1. [Don't Stop Me Now, Queen](#)
2. [Dancing Queen, Abba](#)
3. [Good Vibrations, The Beach Boys](#)
4. [Uptown Girl, Billy Joel](#)
5. [Eye of the Tiger, Survivor](#)
6. [I'm a Believer, The Monkees](#)
7. [Girls Just Want to Have Fun, Cyndi Lauper](#)
8. [Livin' on a Prayer, Bon Jovi](#)
9. [I Will Survive, Gloria Gaynor](#)
10. [Walking on Sunshine, Katrina and The Waves](#)

Salem Remembers People Killed in Anti-Transgender Violence

The [Salem Human Rights Commission LGBTQIA+ Intersectional Rights Task Force](#) and members of the Salem community will join together Friday, November 20, 2020, to remember those killed in the past year due to anti-transgender violence.

This online event is part of an international movement to honor Transgender Day of Remembrance.

The Salem Human Rights Commission works with survivors and victims of hate crime and bias incidents locally.



been to pick sides,” said Emma Corrin, who plays Diana.

Have an open-minded night.

[1st Prize Short Film Winner in 2016: Three Seconds](#)

#Film4Climate

[Uncomfortable Conversations With A Black Man: Conversation with the Police - Episode 9](#)

Emmanuel Acho sits down with police officers from the Petaluma Police Department in Petaluma, CA. They discuss polarizing topics like defunding the police, Black Lives Matter, and accountability in the police force surrounding the tragic deaths of black civilians. This is not a conversation you want to skip!

[5 Minutes That Will Make You Love the Cello](#)

We asked Yo-Yo Ma, John Williams, Andrew Lloyd Webber and others to pick the music that moves them. [Listen to their choices.](#)

[Carrier pigeon message...](#)

found over a century after being sent by a German soldier.

[Move over Smiley Face! Apple introduces 100 new emojis.](#)

[November's best astronomical events. What to look for in the nights' sky.](#)

Questions?
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