



Institute for Continued Learning Digest

Welcome to the 36th Edition of the ICL Senioritis

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ICL Update:

Note: Senioritis Newsletter Editors are considering taking a break or at least slowing down some over the break. You may not see the newsletter every week like you have for the past 36 weeks. Rest assured that there will be more!

Congratulations to the new ICL Board! The ballots have been counted and there are no contested outcomes! All the board positions have been filled including new board member-elect, Jan Petroski. Jan will start her training for the Finance Director position next semester and will join the board in the Fall of 2021.

Board Meeting Report - November 19, 2020:

- **Social Co-Directors:** Look for a little longer coffee socials next semester
- **Curriculum Committee** is looking forward to a well-deserved break after bringing this semester successfully to a close under extraordinary circumstances! *Thank you!* to Dru Johnson, Judy Gram and the rest of the committee.
- **Information Services:** Changes to the webpage are discussed below.
- **Technical Services:** A huge *Thank you!* to GwenEllyn Anderson who brought each presentation into the safety of our homes or wherever we happened to Zoom from.
- **Executive Director:** Kasia formed an ad hoc **Protocol Committee** to work on protocols and policies for the Zoom presentations - mostly for the audience. She also asked Barbara McReal to form an ad hoc Membership Committee to lay out policies and procedures for membership and waiting list people.

Next Board Meeting will be January 21, 2021.

*A special note of thanks goes to **Eric Reif** for doing an excellent job as Master of Ceremonies for all the presentations this semester! Thank you, Eric! Great job!*

ICL Webpage Changes:

Have you visited [Willamette's web pages](#) lately? They have made some major changes in appearance and menus. Which has also affected ICL pages - but not all of them at this time. They have been busy in the last month or so making the website more appealing to potential students.

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 available 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 **Zoom** classes.



[Virtual Star Trees Lighting \(18':21"\)](#)

If you missed the live, online, virtual Star Tree lighting, you can still see it through the magic of technology.

Willamette Chaplin, **Karen Wood**, is joined by President Steve Thorsett, the **Virtual Chamber Choir** and others.

There are some unrelated changes to the ICL pages. As you know the Membership Directory area requires a password. We needed a secure place to put the recordings of class presentations that presenters have not consented to make public, but are okay with our members viewing them in case they missed any or want to see them again.

So we combined the two sections behind the password protected area. The navigation menu item called "Membership Directory" has been renamed "**ICL Members**", to sound more inclusive of this new material. Clicking on "ICL Members" will take you to the Membership Directory after entering the username and password like before. The Membership Directory will look familiar. To find the links to the recorded presentations click on the pulldown menu in the upper right corner called **ICL Members Menu** (see image). Then click on "CLASS PRESENTATIONS". Then "**All Recordings**". This is a searchable list. Enter the search string in the red box at the top.



New Book Published: Diving and Rising by Lois Rosen

"Reading Lois Rosen's Diving and Rising, immediately I feel the warm presence of the person who has made the poetry. This poet has grown from a self-assertive child to a generous-spirited woman. She has ejected herself from the constricting environment of her parents' one-bedroom Yonkers apartment but, even from across the continent in Oregon, vividly evokes both its dreariness and the delights that burst open its walls. People whom the poet has



admired, students she fondly remembers, friends dear to her, and her mother, whose resisted admonishments she now recalls with understanding—all come alive on the page." – Eleanor Berry, Past President, National Federation of State Poetry Societies, Author of *No Constant Hues and Only So Far*.

"Even the sweetest berries leave stains." Such is the feast of Lois Rosen's poetry. In a lifetime-spanning leap, this collection dives deep into heartbreaks, losses, and injustices and surfaces buoyant with grace. Diving and Rising will stain your fingers with the delicate complexity of witness and wonder. It will stoke your appetite for life.

– Sage Cohen, author of *Writing the Life Poetic*

Book Notes from Don Gallagher:

Robin Beerbower had a couple of books on her nonfiction list that deserve more comment:

[Separating Fact from Myth about Thanksgiving](#)

[Zena Forest Products Virtual Sawmill Tour](#)

Even if you missed the virtual tour on Nov. 18th, you can still watch it (click on link above).

[Zena Forest Products Webinar \(Dec. 16\)](#)

Next month, we'll show you all the things you can make using our local hardwood species. That webinar will be at 10 am on Wednesday, December 16.

[Register now!](#)

[Satisfy Your Wanderlust With These Travel Terms](#)

Without any travel plans on the horizon, it's easy to find yourself dreaming about an exotic getaway or a weekend escape outside town. Even if you can't jump on a plane right now, you can still boost your vocabulary in preparation for your travels.

[Quote from member, Sybil Westenhouse during COVID:](#)

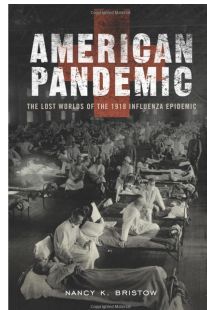
"I feel so fortunate to have a dog that forces me to get out the door."

[7 nuts you should be eating and 7 you shouldn't](#)

[10 garden myths you need to stop believing](#) (Statesman Journal)

[Jaw-dropping visions in the Landscape Photographer of the Year Awards](#)

- **Caste: The Origins of Our Discontent** by Isabel Wilkerson. My copy arrived yesterday and I can't put it down (even if I just open it randomly). I suspect that the following review is right on! “An instant American classic and almost certainly the keynote nonfiction book of the American century thus far.”—Dwight Garner, The New York Times
- **Pandemic Then (and Now): Covid-19 through the Lens of the 1918 Influenza Crisis** by Nancy K. Bristow, and the ICL semester reading that was discussed last week. Nancy Bristow also did a lecture called “**Pandemic Then (and Now): Covid-19 through the Lens of the 1918 Influenza Crisis**”, given at University of Washington on June 2nd. This would be a perfect time to watch as she compares the pandemics. Whether you read American Pandemic or not, this is a most interesting and timely lecture.



BRAIN TIP: The Grateful Brain

Being thankful and expressing appreciation changes the molecular structure of the brain, keeps the gray matter functioning and makes us healthier and happier overall. In a study by UCLA (MARC 2018), where the participants wrote gratitude letters, they reported significantly better mental health four – 12 weeks after the study ended. And you don't even have to send the letter! The process of writing and recalling positive emotions connected with another human seems to be the key ingredient. Writing the letter was distinct from retelling moments of gratitude.

Writing the gratitude letters increased the brain activity in the medial prefrontal cortex – the part that mediates decision-making – and some suggest, is involved in the retrieval of long-term memory. And again, expressing gratitude releases dopamine and serotonin in the brain – crucial neurotransmitters responsible for our emotions and for making us ‘feel good.’ This is one area where the confirmation bias – looking for things that prove what you already believe to be true – works in your favor because the brain sends a rush to the rest of your body and it sends a message back to the brain saying, ‘do that again!’

The regions associated with gratitude are part of the neural networks, including the hypothalamus. The hypothalamus controls a lot of bodily functions like eating, drinking and sleeping. It has a huge influence on your metabolism and stress levels. So simply expressing gratitude helps reduce stress and pain.

Thanksgiving is a good reminder to make note of all we have to be grateful for and to remind ourselves of this every day. Thank you!

HAPPY HOLIDAYS EVERYONE!

HAVE A SAFE, FUN, THANKFUL SEMESTER BREAK EVERYONE!

Take a walk down memory lane with this video [compilation of 1950's memorabilia](#).

[Best Bug Photos of the Year](#)

Take a virtual ride on Busch Garden's [newest roller coaster](#).

[Phenomenal magic](#) through editing videos by Kevin Lustgarten.

All that you touch you Change.
All that you Change Changes you.
The only lasting truth is Change.
- Octavia E. Butler

A Word to Know: Littérateur

(lid-ər-ə-TER) noun

Origin: French, early 19th century

1. A person who is interested in and knowledgeable about literature.

Plan one of these train rides when we can travel safely, again. [The most scenic train rides in America](#).

And if you are into really pampering yourself, choose one of these [five most luxurious train rides](#) in the world.

Three-day timelapse of your [house plants moving](#).

Questions?
Send us a message at
ICL Digest

[Newsletter Archives](#)