



# Institute for Continued Learning Digest

## Welcome to the 77th Edition of the ICL Senioritis

Vol. 77, September 15, 2021

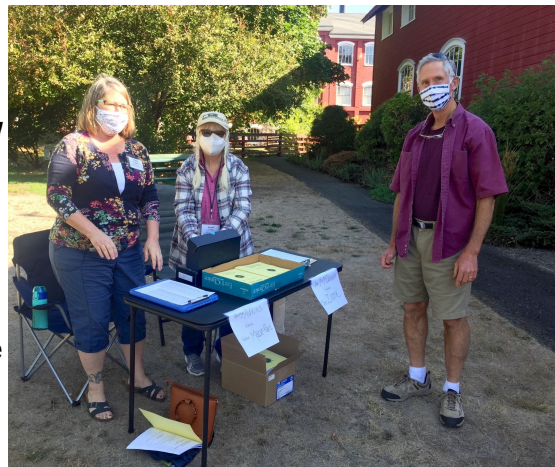
Editors: GwenEllyn Anderson and Dave MacMillan

### Executive Director's Corner:

The Board of Directors, at its meeting on September 16, will discuss the possibility of returning to the Willamette Campus for the spring semester. We will also consider how many hours a week to meet and how to configure the hours (one day, two days, mornings only, etc.) Please feel free to share your thoughts with me, or any other board member, before the meeting.

### ICL Update:

- **Membership Directories:** Thank you Vernelle and Tracy for handing them out! Shown here with new member, Carl Moseley.
- **Membership Directories, Part 2:** Please correct your membership directories in two places, with my sincere apologies for the omission and typo. They will be corrected in the online version (under Members' Area).



- (1) On the ICL BOARD OF DIRECTORS page (page 3), add Joan Robinson's phone number: 503-559-8364
- (2) On the ICL Membership 2021-2022 Contact sheets with all the thumbnail photos, there is a typo in Lois Rosen's name. My apologies, Lois! My wife's name is Lois, too, so I really do know how to spell it.
- **ICL Board Meeting:** Thursday, **September 16th** from 10:00 AM to 12:00 PM. Members are welcome to join via [Zoom](#).
- **Tuesday's musical presentation** was full of wonderful information about Rimsky-Korsakov's "The Golden Cockerel" and a musical performance of Scheherazade, Opus 35 by Sinfónica de Galicia, conducted by Leif Segerstam. As always, Dr. Robert Greenberg educated and entertained us with the history and political situation of the time as well as anecdotes about the music and Rimsky-Korsakov, himself. Solveig also suggested a future stop at the Portland "Quirky, cash-only coffee spot in an old house that also features dessert & occasional nightly live music" café, The Rimsky-Korsakoffee House on 12th Avenue.

### Handy Links:

- Link to [ZOOM](#) classes, Board meetings, Coffees, Happy Hour, etc.
- [Calendar](#): Classes, etc.
- [Schedule Reports](#)
- [Recorded Classes!](#) More recordings are available in the [password protected area](#) for members only. Others are not available at all without permission from the presenter.
- [Zoom Help](#) - Find tips, FAQ, and other resources available on the Website

### Missing ICL Friends?

Join us for...

- **Tuesday morning Coffee Breaks** will not happen again until next Summer.
- [Virtual Happy Hour](#) on Fridays at 4:30 PM.
- [ICL Wine Club](#). Every third Monday at 4:30 PM.

### [STEAMSHIP HISTORICAL SOCIETY OF AMERICA](#)

*(David Engen, this one's for you!)*

Welcome to the World's Leading Organization dedicated to recording, preserving and sharing the history of engine-powered vessels. Discover ship history through PowerShips magazine, the Image Porthole, and more!

- [SSHSA's Virtual Museum](#)
- [SSHSA's YouTube Channel](#)

### [CHEAP vs EXPENSIVE violins - Can you hear the difference?](#)

## Willamette Updates

- [COVID Case Communications](#)
- [Follow the Willamette community on social media](#)
- [Willamette named “best college” by US News and World Report magazine](#)

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### Salem Reads - 2022: [A Tale for the Time Being](#) by Ruth Ozeki...

- Voted as the **One Book, One Community** title for February 2022.

Ozeki’s acclaimed, award-winning 2013 novel tells the stories of two lives that entwine across the Pacific Ocean.

Ruth is a novelist living on a coastal island in Vancouver, BC and struggling with her mother’s illness and writer’s block. She becomes wrapped up in the story of 16-year-old Nao Yasutani of Tokyo after discovering the girl’s diary in a Hello Kitty lunchbox washed ashore following a tsunami in Japan. Ruth becomes absorbed by the drama of Nao’s life and her unknown fate.

[A Tale for the Time Being](#) is available to read or listen to in preparation for **Salem Reads** in February 2022. Print copies can be placed on hold and picked up through [Curbside Service](#). In addition, multiple copies of the eBook and eAudiobook are available to download and enjoy on the [cloudLibrary](#) and [Libby](#) apps.

[Salem Reads](#) is a community-wide reading project that invites the people of Salem to come together in person or virtually through reading, discussion, and programs based on the themes of a common book. The Salem Public Library Foundation funds this effort to foster community and invite people of diverse ages, backgrounds, and viewpoints to come together to discuss compelling topics. [Salem Reads 2022 Webpage](#)

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### [Explore Salem’s Neighborhood History with Kimberli Fitzgerald and Kirsten Straus](#)

Did you know Salem used to have a Chinatown? Or that Herbert Hoover’s boyhood home is right here in Salem? Join the City of Salem’s Historic Preservation staff to learn about some of Salem’s historic neighborhoods and the people who lived there! Through maps and photos Kirsten and Kimberli share interesting facts about Salem’s oldest neighborhoods and historic districts, including Salem’s historic downtown.

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### **BRAIN TIP – Why is Laughter Contagious?**

You’ve heard the phrase “Laugh and the whole world laughs with you” and current research supports the idea that when you see or hear others laugh, you are likely to smile in response. The brain responds to the sound of laughter and prepares the face muscles to join in. We often mirror the behaviors of people we listen to (facial expressions and body language) and now it’s been shown that it applies to laughter as well.

Brain scans measured the brain’s response to sounds like laughter and jubilation and it registered positively. When hearing screaming or retching, the response was negative. All of the sounds triggered responses in the premotor cortical region of the brain that prepares facial muscles to move in a way that corresponds to the sound. The response was much higher for positive sounds, suggesting that those sounds are more contagious than

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### [Korean a cappella group Maytree’s perfect imitation of sounds](#)

(Earphones are helpful!)

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### [Windows Sound Effect \(acapella\)](#)

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### [Explore Oregon Podcast: How Oswald West saved Oregon beaches and best hikes at his namesake park](#)

David Davis

Zach Urness

Salem Statesman Journal

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### **A Word to know:**

#### **Diachronic**

(di-ə-KRAH-nik) adjective  
Greek, mid-19th century

1. Concerned with the way in which something, especially language, has developed and evolved through time.

"The census provides a diachronic set of data."

"If you know a family long enough, you can track diachronic development."

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### [30th Annual Grape Stomping Weekend at Willamette Valley Vineyards!](#)

Limited spots remain for the 30th Annual Oregon Grape Stomp Championship & Harvest Celebration, happening this weekend, September 18th and September 19th, at the Estate in the Salem Hills. Enjoy a relaxing day at the vineyard with wine, food menu, costume contest, grape stomping and live music. General Admission available if

negative sounds – which may explain our involuntary smiles when we hear others laughing.

Some scientists think that laughter in groups may act as a form of social bonding prior to forming language. Studies with autistic individuals who have difficulty processing social and emotional cues have helped to reinforce the value of mirroring behaviors to make important interpersonal connections.

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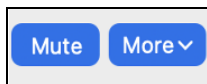
### Tech Tip: Changing Your Name in a Zoom Meeting

To change your name after entering a Zoom meeting, click on the “Participants” button in the Zoom window.



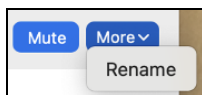
A list of participants will pop up.

Find your name (usually at the top of the list). Then, hover your mouse over your name in the “Participants” list on the right side of the Zoom window and blue Mute and More buttons will pop up.



Click on the down arrow on the More button.

The option to Rename will pop up.



Click on the Rename button and your current name in a box will pop up.



Highlight that area and type in the name you wish to show on the screen. Then, simply click on Rename.

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### Local and Virtual Events!

- **ICL Wine Club:** Monday, **September 20th** at 4:30 pm on [Zoom](#)
- **Gaiety Hollow “Musical Open Gardens”:** Free!
- **Zooming Back to History:** A Community History Speaker Series from Willamette Heritage Center (online)
- **Salem City Club (Zoom Webinar):** Oregon Drought: Water History of the Klamath Basin with Dr. Don Negri, Willamette University History Department (Retired)  
**September 24, 2021** from 12:00 PM to 1:30 PM  
Registration: Members – free; Non-Member – \$5.00
- September is **Hispanic Heritage Month** so tune in to these movies and activities celebrating the traditions, heritage and accomplishments of Latinos.

On Monday nights, enjoy these movies (in English)

*McFarland, USA*, September 20

*Motorcycle Diaries*, September 27

*Cantinflas*, October 5

On Tuesdays, enjoy

Learning how to make Day of the Dead sugar skulls, September 14

Hearing stories from Latino leaders, September 21

How to mix refreshing aguas frescas, September 28

To register for these online events, check [aarp.cvent.com/ldlatinos21](http://aarp.cvent.com/ldlatinos21)

you don't want to get your toes stained.

Never be cool. Never try to be cool. Never worry what the cool people think. Head for the warm people. Life is warm. You'll be cool when you're dead.  
- Matt Haig

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### [World's most spectacular viewpoints and lookouts](#)

Don't look down.

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### In spring 1839, readers of the "Boston Morning Post"

likely noticed two small, obscure letters at the bottom of the paper's second column: "o.k." These letters were the fact-checking team's abbreviation for "all correct." Although it symbolized the team's sign-off for article accuracy, the abbreviation hardly seems accurate in and of itself. That's because it's not. The OK we know, love, and use today actually started as the editorial team's joke. In 1800s newsrooms, young staffers thought deliberately misspelling words in abbreviated slang was funny. They use abbreviations like "KG" to represent "know go" (the misspelling of no-go), and OK was their humorous alternative of "oll korrekt."

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### Questions?

Send us a message at [ICL Digest](#)

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### [Newsletter Archives](#)