



Institute for Continued Learning Digest

Welcome to the 83rd Edition of the ICL Senioritis

Vol. 83, October 27, 2021

Editors: GwenEllyn Anderson and Dave MacMillan

ICL Update:

- **ICL Board Meeting Notes: (Thursday, Oct. 21st, Oct. 25th)**
 - The board planned an additional meeting on Monday, October 25th to discuss the Spring semester and whether or not to live broadcast via Zoom the in-person classes in Kaneko and whether or not to Zoom presenters into the Kaneko auditorium. The meeting was open to all members.
 - The general consensus of the board was to return to in-person classes only in the Spring. Of course, it is still dependent on the current pandemic numbers in January. The board will continue to monitor the situation.
- **Proof of Vaccination form in exchange for Compass Card:**
 - Wednesday, **October 27th** from 2:00-5:00 PM
 - Wednesday, **November 3rd** from 2:00-5:00 PM
 - Thursday, **November 4th** from 2:00-5:00 PM
 - WHERE: Bush Pasture Park North parking lot (along Mission Street)
 - Please print your name in the top right of the page.

[Fill out form online, then print, sign, and bring with you](#)

- **ICL Curriculum Committee:**

Message from Dru: After a delightful phone interview with a new member, I am proud to announce that Ann Boss has joined the Curriculum Committee. She is an active long time learner with multiple interests and an accomplished researcher. She will be giving her first presentation in the Spring as a participant in History Potpourri led by Eric Reif. Welcome aboard Ann Boss!

Follow-up on Tuesday's Class on "Framing our Understanding of Climate Change: Lessons from the past, solutions for the future"

- **The New 2021 Plastics Pollution and Recycling Modernization Act (SB 583)** that passed in September in the new law to further extend produce responsibility around the materials we use on a daily basis in Oregon, along with expanding recycling to more Oregonians. Here is a link to a short video from Oregon DEQ on an [Overview of the New Law and Implementation](#).
- **The Keeling Curve: Latest CO₂ reading** - The Keeling Curve is a daily record of global atmospheric carbon dioxide concentration maintained by Scripps Institution of Oceanography at UC San Diego
- **Global Warming of 1.5 °C (2018)** - An [IPCC special report](#) on the impacts of global warming of 1.5 °C above pre-industrial levels and related global greenhouse gas emission pathways, in the context of strengthening the global response to the threat of climate change, sustainable development, and efforts to eradicate poverty.
- **Documentary: Kiss the Ground** (Netflix) - A revolutionary group of activists, scientists, farmers, and politicians band together in a global movement of "Regenerative Agriculture" that could balance our climate, replenish our vast water supplies, and feed the world. ([IMDB.com](#))

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...

- [Virtual Happy Hour](#) on Fridays at 4:30 PM.
- [ICL Wine Club](#). Every third Monday at 4:30 PM.

This day in history - October

- October 27, 1904 – New York subway opens
- October 28, 1965 – The Gateway Arch in St. Louis, Missouri is completed
- October 30, 1938 "War of the Worlds" Radio Play causes mass hysteria

Website: [The Spruce](#) - Make Your Best Home

We test products so you don't have to.

[The Best Eco-Friendly Laundry Detergent](#)

From [Earth Friendly Tips](#), helping you on your journey toward sustainable living

Podcast: [Kiss the Ground](#) with Ryland Engelhart

Browse the Hubble Telescope's [best images](#).

Today at Willamette (October 27th):

- [Distinguished Artist concert: Anthea Kreston, violin](#)
7:30 PM - 10:00 PM | Rogers - Hudson Concert Hall
- [The Call of Public Service: The Life and Legacy of Mark O. Hatfield](#)
All Day | Hatfield Room
- [HFMA | Virtual Day of the Dead Activity](#)
All Day | Hallie Ford Museum Lobby, Hallie Ford Museum of Art

Library for Visually Impaired

If you want to continue reading and are having difficulty as your sight diminishes for any reason, the State Library of Oregon provides free services to help through their Talking Book and Braille Library. Their mission is to “promote and foster the joy of reading and lifelong learning for Oregonians who are print-disabled.” This includes physical, visual and reading impairments. Located in Salem, the library provides services for readers across the State because the lending is through the mail or downloads. The library generally has the same books and magazines you would find in a public library. They also provide a free audio book player to each reader. They also provide some descriptive videos – regular movies with an additional audio narration that describes the visual aspects of the movie. These are designed to not interfere with the movie’s dialogue or sound effects.

How it works: Once they receive a completed application (see link below), an account is set up for you and some introductory materials, along with the audio book player, are mailed to you. Once you are finished listening to the books, you simply return them in a pre-paid container. Everything is free.

For more information: [Talking Book and Braille Library](#)

To register for the service, [click here to download the application](#).

Salem Art Association Presents: OFRENDA

October 8 – November 13, 2021 | Bush Barn Annex

Community Celebration Friday | October 29th | 6 PM – 9 PM

Ofrenda is a community altar embracing elements of the Día de los Muertos traditions in Mexico. The exhibition explores death as an ever present part of life and creates an atmosphere for all to remember our ancestors and the lives of those loved.

Eddie Caine is building an altar for the community. The community is invited to participate by bringing objects and photographs throughout the exhibition.

Annex Studio is available for the community to create an offering. For more information about studio use please email kathleen@salemart.org.



Use These Old-Fashioned Phrases To Describe the Weather

While there are technical terms a weatherman may use to describe the forecast on TV, English speakers around the globe have adopted their own turns of phrases for what they see outside their windows. The next time

Check out the impressive winners of the Nature Conservancy's [global photo contest](#).

[New York City's newest and dizzying observation deck](#).

It is only when we are very happy that we can bear to gaze merrily upon the vast and limitless expanse of water, rolling on and on with such persistent, irritating monotony, to the accompaniment of our thoughts, whether grave or gay.

- Baroness Orczy

A Word to Know: Craquelure

(KRAH-kə-looər) noun

French, early 20th century

1. A network of fine cracks in the paint or varnish of a painting.

"The painting's craquelure helped preservationists estimate its age."

"Some of the fissures in the canvas were a result of craquelure."

[An Extraordinary 500-Year-Old Shipwreck Is Rewriting the History of the Age of Discovery](#)

by Jo Marchant

(submitted by Wayne Wallace)

In the frigid Baltic Sea, archaeologists probing the surprisingly well-preserved remains of a revolutionary warship are seeing the era in a new way

Dueling proverbs: Silence is golden...but...the squeaky wheel gets the grease.

The year's [best panoramic photos](#).

Lake Superior's Isle Royale has a lake called Lake Siskiwit, which has an island called Ryan Island. Thus, Ryan Island is the

you're making small talk about the climate, here are some classic weather-related expressions to sprinkle into the conversation.

The Dead of Winter - When the days are shortest and the temperatures are coldest, you're right in the dead of winter. In much of the Northern Hemisphere, where winter is a time when the Earth quite literally stops growing, with most vegetation dormant, this expression from the 1600s makes perfect sense. "In the dead of," in general, refers to any time that is silent or still, such as, "In the dead of the night."

Hot as Hades - When the temperature soars, you may describe the weather as "hot as hell," or "hot as fire." Those expressions are evolutions of "hot as Hades," the ancient Greek name for both the god of the underworld and the underworld itself. Eventually, Hades and hell were conflated to mean the same thing, applying a burning heat to the formerly temperature-neutral Hades.

Raining Cats and Dogs - This Victorian-era idiom is used to describe a heavy downpour, but the origin is just as cloudy as the sky before a storm. One possible (but grim) theory relates to poor sewer drainage surfacing deceased animals when water overflowed, giving the impression of pets that had fallen from the sky. If that one makes you shiver, rest assured there are plenty of other theories, including one that suggests it's an evolution of the archaic French word for waterfall, "catadupe."

Blowing Dogs off Chains - A blustery, windy day may be described in this way — the idea being that even a four-legged friend could get swept away with all that gusty air. This term hails from Australia and is still in use among sailors used to dealing with rough winds.

BRAIN TIP: The Brain and Writing it Down by Hand

If you write something by hand, all that complex sensory information increases the chances the knowledge will be stored for later. In short, writing by hand forces your brain to process information in a more detailed way, which helps you successfully load that information into your memory.

Writing something as simple as a 'to do list' can keep your overall memory active – and being able to scratch accomplished items off of that 'to do list' inspires satisfaction and the desire to do more.

Often when taking notes or type notes, we include too many pieces of information. The information typed doesn't stimulate the brain in the same way as writing by hand and has less impact because handwriting takes longer and forces you to think more critically about what's really worth jotting down. This process of critical thinking boosts your memory and hones the brain to focus on the most important aspects of what you want to remember. And, if you want to really make it stick, write it more than once. Neuropsychologists call it the 'generation effect' which means that we remember more material that we've generated ourselves than material we merely read.

Writing creatively keeps our brains young! When we write our brains are thinking, focusing, recalling, connecting present and past, and increasing dexterity. It's a perfect exercise to keep your brain in great mental shape.

largest island in the largest lake on the largest island in the largest freshwater lake in the world.

See the best photos from Germany's incredible [beard Olympics](#).

When Harper Lee originally submitted her manuscript for what would become "To Kill a Mockingbird," the novel bore a different title — "Go Set a Watchman." At that time, Lee described it as "more a series of anecdotes than a fully conceived novel," so it underwent rewrites. Before it was finally published in 1960, Lee considered the title "Atticus" but eventually decided that she didn't want the story to focus so heavily on one character, so she chose "To Kill a Mockingbird" instead.

Best-selling and award-winning Spanish female crime novelist

Carmen Mola was revealed to be three men after they accepted a coveted literary award. [Carmen Mola is a pseudonym](#) of the writers Jorge Diaz, Agustin Martinez and Antonio Mercero.



Halloween Support Group

Questions?
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