



Institute for Continued Learning Digest

Welcome to the 85th Edition of the ICL Senioritis

Vol. 85, November 10, 2021

Editors: GwenEllyn Anderson and Dave MacMillan

Veterans' Day - November 11th **Thank you!**

ICL Update:

- **Announcement (with great sadness): Peter Michael Ronai 1/14/1938 - 11/2/2021** - Born in Hungary to Elizabeth and Ernest Ronai. Emigrated to Sydney, Australia at 2 years old. Graduated first in his class, MD PhD from University of Sydney, with studies at UC Berkeley. Married Dorelle Tod and raised 4 children. Peter became a member of ICL in January 2002. He served on the board as Information Services Director for many years and moved ICL "into the 20th century", making use of computers and the Internet. *At Peter's request there will be no memorial services.* [Obituary \(Virgil T. Golden\)](#)
- **Special Board Meeting:** Tomorrow, **Nov. 11** at 10:00 AM to approve finishing touches to the proposed constitution.
- **Curriculum Committee Meeting:** Tomorrow, **Nov. 11** at 1:00 PM on [Zoom](#); all members are welcome.



The Curriculum Committee is busy doing two things at once: Finishing up the Fall 2021 Zoom semester and planning the Spring 2022 Kaneko Semester. We have finished filling all the presentation slots for Spring and are now engrossed in the paperwork required to get the printed document to our publisher, aka Dave MacMillan before his Turkey Day is ruined with computer work. Our meetings are open to all of our members. We will dot the "i's" and cross the "t's" before the Spring schedule is submitted and start to discuss ideas for the Fall Semester, 2022, thus aiding the new Curriculum co-Directors to get off to a good start for the Fall. Hope you can join us.

- Now that most of us have a Compass Card from Willamette University, we are permitted on campus (masked) and have access to certain amenities: [Mark Hatfield Library](#), [Theatre](#), [Music](#), [Hallie Ford Museum of Art](#) (free), [Goudy Commons Cafe and other Food options](#), [The Bistro](#) (the best cookies in town), campus [WiFi](#) (see recent email), [WU email](#)

Willamette University Update:

- [WU President, Steve Thorsett's opinion piece in the Statesman Journal: Double Up the Pell Grants](#)

[November is National American Indian Heritage Month](#)

The Library of Congress, National Archives and Records Administration, National Endowment for the Humanities, National Gallery of Art, National Park Service, Smithsonian Institution and United States Holocaust Memorial Museum join in paying tribute to the rich ancestry and traditions of Native Americans.

<https://nativeamericanheritagemonth.gov/>

The [Why We Serve](#) exhibition honors the generations of American Indian, Alaska Native, and Native Hawaiian members of the United States Armed

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.

Guest Speaker, Zach Stocks

mentioned supporting Black owned enterprises in your area. Here is the link he spoke of for the Portland area. [Black Food PDX](#).

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

The best of the year's [close-up photography](#).

Indiana city offers "stand-in" grandparents [for new residents](#).

Book: [The Midnight Library](#) by Matt Haig

When the death of her cat proves the final straw, Nora decides to check out on life, and finds herself at the Midnight Library with her book of regrets. Each regret is accompanied by a book that tells the story of what would have happened had she lived out

Forces, and commemorates the National Native American Veterans Memorial, dedicated at the National Museum of the American Indian in Washington, D.C. [Visit the online exhibition...](#)

BRAIN TIP: Veteran's Day and the PTSD Brain

Post-traumatic stress disorder (PTSD) is an anxiety disorder that occurs as a result of an extremely stressful or traumatic event. Although it can result from a vehicle accident or natural disaster, we are most familiar with it from soldiers returning after war experiences. This is now often referred to as Complex PTSD because it comes from repeated trauma – as opposed to a single event. Sights and sounds similar to the traumatic event can trigger a stress response as if the person has returned to the scene of the original trauma. For example, a car backfiring that sounds like a gunshot; crowded events or television shows similar to being in combat.



Simply put, the chemical messengers in the brain warn us of danger and prepare us to defend ourselves, but when there is repeated and too much of this at once or if it goes on for too long, the brain hits overload and those chemicals alter the brain's function and structure. The stress results in acute and chronic changes in neurochemical systems and specific brain regions, which result in long-term changes in brain "circuits," involved in the stress response. Because of this, people with PTSD often have trouble with depression, substance abuse and other physical and mental ailments.

PTSD is characterized by specific symptoms, including intrusive thoughts, hyperarousal, flashbacks, nightmares, and sleep disturbances, changes in memory and concentration, and startle responses. Brain regions that are felt to play an important role in PTSD include the hippocampus, amygdala, and medial prefrontal cortex. Cortisol and norepinephrine are two neurochemical systems that are critical in the stress response. Antidepressant treatments have been shown to block the effects of stress and/or promote neurogenesis. But, medications prescribed to help manage symptoms of PTSD work to differing degrees among patients.

As we honor veterans on November 11, share a special thanks to those who have risked PTSD to defend our country.

The Elsinore Theatre Wednesday Film Series Returns!

Join us this winter and experience a collection of classic and family favorites on the big screen.

Starting Wednesday, November 10, 2021 | 2:00 PM and 7:00 PM

Jurassic Park (1993)

A pragmatic paleontologist touring an almost complete theme park on an island in Central America is tasked with protecting a couple of kids after a power failure causes the park's cloned dinosaurs to run loose. Directed by Steven Spielberg. Written by Michael Crichton(novel) and David Koepp(screenplay). Starring Sam Neill, Laura Dern, Jeff Goldblum and more. PG-13, 2h 7min

[More info, to buy tickets, and to see the series lineup...](#)

- Showtimes: 2 and 7 pm | Doors open 30 minutes prior

that regret. Nora takes many journeys through her parallel lives to discover who she is, how she has impacted others and what she would be leaving behind.

Movie (Hulu): Sweet Land

Drama, Romance

In 1920, Inge, a German national, travels from Norway to rural Minnesota for her arranged marriage to Olaf, a Norwegian farmer; bureaucracy and prejudice cause major complications.

Did you know the historical usage of the word "deadline"?

During the Civil War, "a line was drawn around a prison beyond which prisoners were liable to be shot." – Oxford Dictionary. By the 1920s the word was adopted into journalism jargon and had evolved to mean: "time limit."

SpeakMedia

[Podcast: Black Cowboy](#)

Zaron Burnett's dad didn't want slavery to be his son's only image of Black people in American history. So every night, he filled Zaron's dreams with these incredible stories of Black cowboys. Despite what Hollywood taught us, one-in-four cowboys were Black. Their stories tell a bigger, braver, more honest history of America.

[How Wine Bricks Saved The U.S. Wine Industry During Prohibition](#) (thanks Carmen)

When Prohibition finally went into effect on January 16, 1920, those who owned American vineyards for the sole purpose of turning those grapes into wine faced a dilemma: tear up the vines and plant something else, or try and find a way to still make a profit from the grapes with the hope

- Tickets \$10 each | Kids 12 and younger free with paid adult (limit 2 children per paid ticket)

Library open hours expanded to Tuesdays

Express Service on Tuesdays

Library open 11 a.m.-6 p.m. Tuesdays-Saturdays

Curbside Service available 12-3 p.m. Sundays

Salem Public Library is adding a day to its Express Service open hours. Beginning Tuesday, November 9, the Main Library will be open from 11 a.m.-6 p.m. Tuesday-Saturday. Express Service is available on a walk-in basis for browsing, holds pickup, and limited computer use.

Contactless Curbside Service by appointment will continue to be available from 12-3 p.m. Sundays. The outdoor book return at the Main Library is available 24/7.

Know before you come:

- Masks worn over the mouth and nose are required at all times inside the library
- We will welcome a maximum of 200 visitors in the building at one time
- Visitors are asked to limit their stay to a maximum of one hour
- Public computers are available for a maximum of one hour per day; public WiFi access will be available
- Some services/areas will be temporarily unavailable due to COVID-19, including: in-person programs and storytimes; meeting and study rooms; Discovery Room; Teen Scene Room; the Plaza Level; and the West Salem Branch

Tech TIP: Increasing Text Size on your Smartphone

If you are an iPhone user, open Settings > Display & Brightness > Text Size. All you have to do is drag the slider to increase the text size to a setting that works best for you. You can also use the VoiceOver feature and have content read out loud to you. This setting, as well as Zoom and Magnifier Tools, can be found under Settings > General > Accessibility.

Android phones have similar settings. To increase your phone's font size, go to Settings > Display > Font Size. Adjust your font size to your liking by selecting small, normal, large, or huge. However, the sizing will vary, depending on the phone you have.

Local and Virtual Events!

- [32nd Annual Salem Peace Lecture: Featuring Winona LaDuke](#) "Indigenous Strategies to Address Climate Change" Wednesday, **November 10**, 2021 | 6:30 PM – 7:30 PM | on [Zoom](#)
- The Unitarian Universalist Congregation of Salem presents 2021-2022 [Celebrating Diversity Music Concerts](#). Next show: Friday, **November 12**: Son Huitzilín
- Zooming [Back to History](#): A Community History Speaker Series from Willamette Heritage Center (online) **Next: November 18** with Andréa Kuenzi & Larry Landis, "[Oregon's Century Farm and Ranch Program](#)"
- **Mid-Valley Travel Club**: Thursday, November 11th at 7:00 PM on ZOOM with Ron and Kathy Kelemen "[Morocco - A Land of Beauty, Contrast and History](#)"
- [Elsinore Theatre Wednesday Film Series](#): Every Wednesday at 2pm and 7pm; Tickets are \$10

that ban on booze didn't last very long.[Read how...](#)

Quote: W. H. Auden, poet

"We are here on earth to do good unto others. What the others are here for, I have no idea."

Fun Fact:The line "Elementary, my dear Watson" never appears in any of the Sherlock Holmes books by Arthur Conan Doyle — it was first uttered by the detective in the 1929 film.

Any human anywhere will blossom in a hundred unexpected talents and capacities simply by being given the opportunity to do so.
- Doris Lessing

A Word to Know: Conation

(koh-NAY-SHən) noun

Latin, early 17th century

1. The mental faculty of purpose, desire, or will to perform an action; volition.

"Monica had the conation to complete the Boston Marathon."

"Henry was frustrated that the decision to cancel the event negated his conation."

Fun Fact:

The numbers on opposite sides of a six-sided dice always add up to seven.

The International Cheese Festival names Olavidia -

a soft, goat cheese from Spain - as the [world's best cheese this year](#).

[Meet ugly Doug, possibly the world's biggest potato.](#)

Questions?

Send us a message at ICL Digest

[Newsletter Archives](#)