



Institute for Continued Learning Digest

Welcome to the 89th Edition of the ICL Senioritis

Vol. 89, December 8, 2021

Editors: GwenEllyn Anderson and Dave MacMillan

ICL Update:

- **ICL Board Meeting:** The board is meeting on **December 16th** at 10:00 AM via [Zoom](#). This meeting is open to all members.
- **ICL Curriculum Committee** is *not* meeting in December.
- **Spring Semester Parking:** There are still a few parking permits available in the Willamette Heritage Center parking lot for the Spring semester. Call or email Gary Slangan: garyslangan@msn.com. Put "Parking Permit" in the subject line and just your name in the text.

It is with great sadness to announce the death of Patricia "Pat" Farnsworth (July 10, 1939 - November 27, 2021). Pat was 82. Pat became an ICL member in September 2011. The ICL Social Directors have sent a card on ICL's behalf to the family. The obituary is in today's Statesman Journal or you can view it here: [Obituary \(SJ\)](#), and pg.4.



Willamette Update:

[THE ADVENTURERS: WU Wind Ensemble & University Chamber Orchestra](#) - Qinqing Hilkert, conductor

Wednesday, **December 8, 2021** | 7:30 PM - 9:00 PM

[Hudson Concert Hall, Rogers Music Center](#)

The live concert is back! We may not have gone wherever we intended to go for a very long time, but the adventure never ends. The Willamette Wind Ensemble and University Chamber Orchestra bring you the newest music and the ingenious masterpiece from Mozart.

Admission is free! On-campus patrons only.

Get Your [Salem Reads Book](#) **December 8**

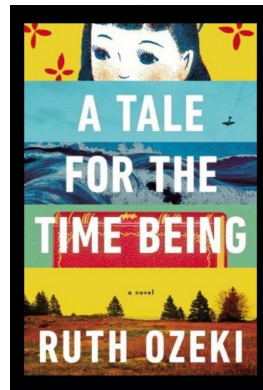
A Tale for the Time Being by Ruth Ozeki was voted as the One Book, One Community title for February 2022.

Get your own free copy of the Salem Reads 2022 book, "A Tale for the Time Being" by Ruth Ozeki!

Salem Reads Book Giveaway begins at 11 a.m. **Wednesday, December 8**, Floor 1 (the main floor) at Salem Public Library, 585 Liberty St. SE

[The Salem Public Library Foundation](#) is preparing for a fantastic month of virtual events and activities in February 2022 exploring the story and themes of this book that explores the unexpected connection of a writer in Vancouver B.C. and a young woman in Tokyo, whose lives intersect through the force of a tsunami.

[Learn more about the Salem Reads book giveaway.](#)



Handy Links:

- [Link to ZOOM classes, Board meetings, Coffees, Happy Hour,...](#) almost all things ICL
- [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.

[THE 19th*](#) (Amendment) -

Is a nonprofit, independent news organization based in Austin, TX. We're an independent, nonprofit newsroom reporting on gender, politics and policy. [Read story](#). "Here's what you won't find at The 19th: Cheap shots or cheerleading. Opinion or false equivalency. Partisanship. Horse-race politics. Turn-of-the-screw stories. Clickbait. (Sorry, not sorry.)"

[OPB's "Think Out Loud" Dec. 6:](#)

"Reading is a temporary surrender of our noisy little ego to great artistry. With reading one takes part in the great conversation."

KFC for Christmas in Japan...

In Japan, eating KFC is a holiday tradition, and December 24 is the chain's busiest day of the year. Back in the 1970s, Japan didn't

MID-VALLEY TRAVEL CLUB

We are an informal group of people who love to learn about our amazing world via travel. We meet via Zoom on the second Thursday, September through May, at 7:00 p.m. There are no fees or obligations.

[THIS MONTH'S PRESENTATION: Italy & Ireland - Inch by Inch and Foot by Foot Virginia Vanderbilt](#)

Thursday, **December 9, 2021** at 7:00 PM on ZOOM

Two of our favorite countries; one of our favorite modes of transportation. Join Virginia and Michael as they explore tiny portions of extraordinary countries on foot. Compare the pros and cons of different walking holidays: Totally independent; partially programmed; and all inclusive. Is a ramble through a foreign destination in your future? Join us to share the experience of very slow travel and to see what the options are.

Virginia Vanderbilt has been a member of ICL since 2017.

[Salem City Club: Celebrating the "New" Salem Public Library Friday, December 10, 2021 | 12:00 PM - 1:30 PM | ZOOM Webinar](#)

On October 1, 2021, the "new" Salem Public Library welcomed patrons after two years of seismic, safety, accessibility, and system improvements. This program will reveal what those improvements mean to users of library services and the greater Salem community. Join us to celebrate this milestone "mission accomplished."

[Registration](#) (Cost: City Club Members Free, Non-Members \$5)

[Salem Progressive Film Series](#), working with Health Care for All Oregon, present an online screening of the powerful new documentary, **Not Going Quietly - Sunday, December 12, 2021 | 6:00 PM**

In celebration of [International Universal Health Coverage Day](#)

This moving film is the story of Ady Barkan's journey as an activist for universal healthcare reform after his ALS diagnosis at age 32. After a confrontation with Senator Jeff Flake on an airplane goes viral, catapulting Ady to national fame, he and a motley crew of activists ignite a once-in-a-generation political movement called "Be a Hero."

Together they barnstorm across the country and empower people to confront their elected officials with emotional, personal stories to demand healthcare justice. Through his journey, Ady discovers that collective action and speaking truth to power offers hope for his family and millions of others.

Continuing today to motivate others to use the time they are given and speak truth to power, Barkan continues to fight for a more just world for his son to inherit. He was featured as one of TIME's top 100 Most influential people of 2020 and has most recently been credited with pressuring President Biden to make the recent decision to waive the COVID-19 vaccine patent.

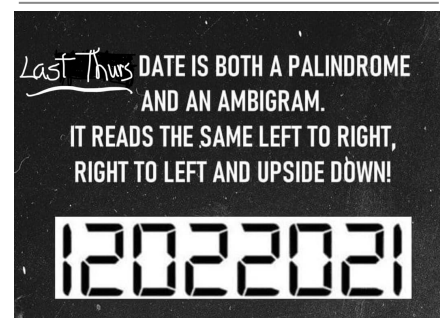
Net proceeds of ticket sales will benefit [Health Care for All Oregon](#)'s work to "educate about and advocate for universal healthcare."

[Not Going Quietly | Official Trailer](#)

[Get tickets by clicking the link on this website.](#)

When you purchase your ticket, you will receive further instructions for the screening.

have many Christmas traditions, as the population is less than 1% Christian, but a "Kentucky for Christmas" marketing campaign changed that. Since then, Japanese people have been buying KFC for Christmas, with lines running out the door at KFCs across the country during the holiday season.



Quote:

Beautiful young people are accidents of nature, but beautiful old people are works of art.
– Eleanor Roosevelt

A Very Special Deck of Cards

During World War II, The United States Playing Card Company joined forces with American and British intelligence agencies to create a very special deck of cards. They distributed them as Christmas gifts, but they also helped allied prisoners of war escape from German POW camps. When wet, individual cards peeled apart to reveal maps of escape routes. Sometimes truth really is stranger than fiction.

People say, 'But Betty, Facebook is a great way to connect with old friends.' Well, at my age, if I want to connect with old friends I need a Ouija board.

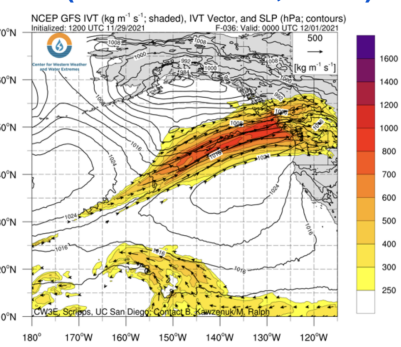
- Betty White

After the film you are invited to stay on for the free 30 minute "Live Broadcast" discussion to reflect on the film with a call to action for the universal healthcare movement. [...for more information...](#)

Reviews: "Not Going Quietly is one of the best documentaries of the year, as well as the sort of film that will inspire you to take action." Awards Radar
"Not Going Quietly uses its subject's remarkable story to offer an uplifting tribute to the way an individual voice can lead to activism and collective change." Rotten Tomatoes

[Bibliography of AR-Focused Publications \(November 23, 2021\)](#)

The [Center for Western Weather and Water Extremes \(CW3E\)](#) recently developed a bibliography of scientific journal articles focused on **atmospheric rivers (ARs)**. This AR bibliography includes 350 journal articles directly focused on ARs from 1991 through 2020. It is developed for use by CW3E, its collaborators, and to share with other interested people. Meanwhile, it provides a resource that allows people new to the AR topic to find key relevant articles and increases the ease of keeping up to date on the growing literature.



Brain Tip for the Holidays - Eat a Nutritious Breakfast

by Tara Swart, Fast Company, 12.2018

You'll probably find that holiday parties can throw off your usual eating routine, which means that you need to put extra effort into what you eat at the beginning of your day.

Late-night celebrations might cause you to skip dinner, or find your usual meal times out of sync. For breakfast, consider filling up on antioxidant-rich berries. In a [2017 trial](#), participants who ate a cup of blueberries (freeze-dried or fresh) showed significantly fewer errors in tests of learning after 90 days than those who received a placebo or didn't change their diets. Add some low GI grains, and try to fit in some lean protein from fish, eggs, or meat to keep you satiated.

Local and Virtual Events!

- [Elsinore Theatre Wednesday Film Series](#): Every Wednesday at 2pm and 7pm; Tickets are \$10
- The Unitarian Universalist Congregation of Salem presents 2021-2022 [Celebrating Diversity Music Concerts](#). Next show: **Tuesday, December 14: Dr. Kit & Stephanie Lynne Smith**
- **Magic at the Mill returns!** The Willamette Heritage Center is excited to bring back [Magic at the Mill](#) between December 19-23.
- **Salem Progressive Film Series**, working with **Health Care for All Oregon**, present an online screening of the powerful new documentary: **Not Going Quietly** - to celebrate [International Universal Health Coverage Day](#); Sunday, December 12, 2021 | 6:00 PM; [...for more information...](#)
- [17th Annual Winter Solstice Illuminata Regatta](#) - Saturday, December 18, 2021 | 5:30 PM – 7:00 PM | Salem Riverfront Park [...more information](#)

A Word to Know: Punctilious

(punk-TIL-ee-uhs) adjective
Latin, early 17th century

1. Concerned with strict adherence to rules and codes of conduct

America is running short on everything, [even Santas](#).

The Discoverer's suggestion for the [Coolest Museum in each State](#).

[2021 Lebanon Ohio Horse Drawn Carriage Parade - 36 minutes](#)

[Time Magazine's All-TIME 100 Nonfiction Books](#)

- [List suitable for printing](#)

Total trivia: The year's most [popular dog names](#).

The goofiest [18th-century self-portraits](#) by Joseph Ducreux.

On the 80th anniversary of its attack, see [historic photos of Pearl Harbor](#).

Chinese rover spots a "mystery hut" [on the moon](#).



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

[Newsletter Archives](#)

Patricia "Pat" Louise Farnsworth**SALEM -**

Patricia Louise Farnsworth, age 82, died November 27, 2021 in Salem, Oregon, where she had resided since 1963. Pat was born on July 10, 1939 to Wayne Taylor and Dorothy (Taylor) Gaskill in New Waterford, Ohio where she was raised. She met Reginald



(Reg) Farnsworth Jr. in 1959 and they married on October 3 of that year in Negley, Ohio.

She moved to Oregon with her husband and lived in the Willamette Valley for 58 years. They bravely moved to the Wild West to start their life a new and raise their family. Pat had a successful career with the Salem-Keizer School District and drove a school bus until her retirement.

She received her Associate of Arts degree from Chemeketa Community College and continued taking classes through Willamette University's Institute for Continued Learning for many years. She wrote a newsletter through Chemeketa's Life Skills program and was an avid reader. She was an integral part of the women's golf league in the Salem area. She was a part of the Sound Waves music group, participating in Sing Outs all around the Willamette Valley area. She loved being an Oregonian, enjoying all that the Pacific Northwest has to offer.

She is survived by her three daughters, Kimberly Scaggs and her husband Steve, Connie Friend, and Kelly Marsden with her husband Stephen. She is survived by 8 grandchildren and 3 great-grandchildren. Pat was preceded in death by her brother Chester. She leaves behind her beloved sister Judy, as well as brothers Raymond and Russell along with their families.

She was preceded in death by her husband, Reg in 2018. At her request disposition is by cremation and no services will be held. A private gathering of the family will celebrate her life. With hope, a remembrance celebration will take place in the Spring, where all her friends can gather.

Her family will forever be thankful, grateful, blessed and influenced by the life of this dynamic woman. She will be greatly missed by her many friends and family members. Arrangements are under the direction of City View Funeral Home, Salem, Oregon.