



Institute for Continued Learning Digest

Welcome to the 90th Edition of the ICL Senioritis

Vol. 90, December 15, 2021

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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.

Willamette Update: Message from Steve Thorsett

I am pleased to announce that Jennifer (Jen) Cole has accepted our offer to become the next dean of the Pacific Northwest College of Art (PNCA), effective March 2022, and delighted that she will hold Willamette's first named deanship, recognizing a generous new gift from Jordan D. Schnitzer.

As the administrative leader for PNCA, Jen will shape strategic initiatives to deepen the connection between art, design, and the liberal arts and sciences as she leads the Northwest's oldest school of art and design in its new chapter as a college of Willamette University.

Jen will be the Jordan Schnitzer Dean of the Pacific Northwest College of Art, in recognition of a gift from Portland business leader and philanthropist Jordan Schnitzer, whose new commitment of \$1.5M will augment another \$2 million gift announced last fall from the late Arlene Schnitzer that created the Arlene and Harold Schnitzer PNCA Dean's Initiative Fund. Together, these two generous gifts will ensure the dean has the resources to seed new initiatives and support collaborative student and faculty work.

We look forward to more formally introducing Jen to the Willamette community when she arrives in March.

The ICL Wine Club will be learning wine tasting during our

meetings, starting at 4:30 on **December 20** (currently on [Zoom](#)).

For December's meeting, try to get a bottle of Erath Oregon Chardonnay 2017 (or 2018). It costs \$18-\$20 and is usually available at Roth's and some Fred Meyer's. If you can't find it, speak to the wine steward (a common position at large grocery stores). They might be able to order a bottle for you, or suggest something similar. Bring the Chardonnay, a paper and pencil, and, if you have time, [download this tasting grid](#) and this list of [wine tasting descriptors](#). See email from 12/8 with the subject "ICL Wine Club" for more info. 'Hope you'll join us! Contact [Sheila Sund](#) for any questions.

[Tuba Christmas is back!](#) Jeff Witt will sing with the Tubas!

Friday, December 24th at 12 Noon

Yes, Jeff Witt will be returning as the featured vocalist with the happiest bass line in the valley! We will get your Christmas Eve off to a bang, or a boom, or at toot (or maybe all of the above.)

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.

[2021 2nd LEGISLATIVE SPECIAL SESSION](#)

The Oregon Legislative Assembly convened December 13th for the 2nd Legislative Special Session. The session is to end on December 17th.

[2021 2nd Special Session](#)
[Browse Bills](#)

The Intercept: [Your Debt is Someone Else's Asset](#) (short film on YouTube)

Student loans, medical bills, credit cards — Americans are drowning in a record-breaking \$15 trillion in debt.

Covering thousands of years in just under seven minutes, "Your Debt Is Someone Else's Asset" ends with a rousing vision of the future: a world after a jubilee, an ancient term for the abolition of debts and rebalancing of power between the rich and the poor.

Great seats are still available to join other families in our massed chorus in singing some of your favorite Christmas Carols. We will provide the words to the verses you may not remember. The random Fa-la-la is also welcome in this crowd.

Jeff will be singing some of your favorite carols and maybe one or two you haven't heard before. The tubas have a few new tunes up their bells too! Take a break from last minute shopping to celebrate the season with your friends and family. The show will be done in about 90 minutes, leaving you hungry for next year's show.

Due to ongoing concerns about COVID-19, all of our performers are required to offer proof of vaccination. *We also ask that all audience members provide proof of vaccination and appropriate identification to attend concerts.* Patrons unable to be vaccinated, including children, will be required to show proof of a *negative validated COVID-19 test* taken within 48 hours prior to event attendance. Properly worn protective masks covering the nose, mouth and chin are required to be worn while in the Elsinore. We also ask that you honor appropriate social distancing to help insure happy holidays for all in attendance.

All tickets are \$10, for which you get prime reserved seating at the magnificent Elsinore Theatre, a ticket to sing and a heaping helping of the joy of the season. We hope you will join us. Our Christmas Eve just won't be the same without you! [See the Elsinore website for more information.](#)

Tickets are available at the Elsinore Theatre Box Office, 170, High St. SE, Salem, Oregon.

Brain Tip: Five ways Christmas affects your brain

Christmas is a blessing for some and a curse for others; and a bit of both for many. It can be a time of relaxation and time away from normal work demands and it can be stressful. Here are some ways that the Christmas experience affects your brain.

The festive spirit: Enjoying the holidays produces that dopamine and serotonin in your brain and creates a sense of happiness and pleasure. It is believed to increase our sense of worth and belonging, too – important for good mental health.

Stress: This stress is more related to what we tell ourselves than any physical stress, however, our expectations create stress that has an impact on our bodies, as well. Stress releases adrenaline and cortisol and the latter has been shown to have a profound effect on the hippocampus which can decrease your memory and ability to multitask. (Goleman 2006)

Giving and receiving gifts: Generosity is linked with the reward circuits in your brain and that, as with feeling festive, releases dopamine and endorphins. It's what researchers call a "helpers' high". These same chemicals can reduce stress and increase your desire to repeat acts of kindness.

Bonding with family and friends: This year, families are very eager to reconnect in person. That emotional connection releases oxytocin –



A collaboration between The Intercept, artist Molly Crabapple and her creative partners, and writer Astra Taylor (Debt Collective, the nation's first debtors' union).

[Life Inside The Multnomah County Library](#)

Think Out Loud (OPB) spends a day talking to people at the Central Branch of the Multnomah County Library with Dave Miller

TedTalk: [We Should All Be Feminists](#)

BBC 100 Women Series:

[Chimamanda Ngozi Adichie](#): 'I want to say what I think'

Encyclopedias of Biographies:

- [Britannica](#) (free accounts)

Cult Movie Screening at Salem Cinema: THE ROOM

"It's not over! Everybody betrayed me! I'm fed up with this world!"

Greg Sestero LIVE! IN PERSON!
OUR SATURDAY SHOWING IS SOLD OUT!

SECOND SHOWING OF THE ROOM ADDED SUNDAY!
DON'T MISS OUT...

THE ROOM with special guest Greg Sestero live in person!

[Listen to interview with Greg Sestero on KMUZ \(12/13/2021\)](#)

[Tickets on sale now!](#)

To Watch (PBS): American Experience

The Murder of Emmett Till
The murder and the trial horrified the nation and the world. Till's death was a spark that helped mobilize the Civil Rights movement. Three months after his body was pulled from the Tallahatchie River, the Montgomery bus boycott began.

[Watch Now](#)

sometimes called the ‘cuddle hormone’ or social attachment. It helps give you that warm, fuzzy feeling when surrounded by those you love and trust.

Overindulging: Yes, it is also a part of the holiday experience – indulging in favorite foods and drinks, especially those attached to the holiday spirit. It activates the pathway linking the hypothalamus to the immune system. But, despite the good feelings it gives you, overeating can be problematic if it happens too much in a short period of time, so pace yourself.

And, don’t worry if you’ve got too much Christmas on the brain because come January, you’ll be back to your usual self and your brain will adjust, too.

Tech Tip: What exactly is ‘the cloud’?

You might have heard ‘it’s in the cloud’ or ‘save it to the cloud’... So what is ‘the cloud’? When the internet was in its infancy the word ‘cloud’ was used as a metaphor to describe how the complex telephone networks connected. Today, it is an umbrella term for a network of servers that store data. Anything you access through the internet and not saved on your computer somewhere is stored in the cloud. It might be a text document or a Netflix account.

Amazon founded the first cloud in 2002 and it became available to the public in 2006 when tech giants like Microsoft followed and created their own cloud service ‘farms’.

The main appeal of the cloud is that you can safely save files there and then access them from anywhere else. Remember how you used to save a file to a floppy disc and then take that with you wherever you might need it? The cloud stores it for you and saves spaces on your hard drive. It also allows for a greater number of large files to be stored. Google Photos, for example, can be set up to automatically upload photos to the cloud so the images won’t be lost, even if you have limited storage on your phone’s drive or if the device gets damaged.

Of course, wherever you are, you need internet access to retrieve something from the cloud. And the risk of damage to the ‘server farm’- the collection of servers - is negligible because of the extensive safety systems in place. So continue to enjoy your movies, your on-demand shows and sharing photos with family and friends...and understand that it is from ‘the cloud’.

Local and Virtual Events!

- **Zooming Back to History: [Women behind the pints: Oregon’s 19th century brewery wives with Tiah Edmunson-Morton from OSU](#) - December 16, 2021 | 7:00 PM | Virtual [...more info...](#)**
- **[Elsinore Theatre Winter Film Series](#): 2pm and 7pm; Tickets: \$10
 - **It’s A Wonderful Life** (1946) - Monday, December 20, 2021
 - **White Christmas** (1954) - Tuesday, December 21, 2021
 - **White Christmas** (1954) - Wednesday, December 22, 2021**
- **Magic at the Mill returns!** The Willamette Heritage Center is excited to bring back [Magic at the Mill](#) between **December 19-23**.
- **[17th Annual Winter Solstice Illuminata Regatta](#) - Saturday, December 18, 2021 | 5:30 PM – 7:00 PM | Salem Riverfront Park [...more information](#)**

[PEW: How Courts Embraced Technology](#)

Met the Pandemic Challenge, and Revolutionized Their Operations

What the changes mean for the millions of people who interact with the civil legal system each year—and what remains to be done.

(Humor) Word: SECRET

Something you tell to one person at a time.

Popular Science:

This newly spotted massive alien planet is confusing astronomers. Everything’s bigger in b Centauri - including one of the most enormous planets ever found.

The annual ranking of the art world’s [100 most influential artists](#).

At some point in life the world’s beauty becomes enough. You don’t need to photograph, paint or even remember it. It is enough.

- Toni Morrison

A Word to Know: Garniture

(GAR-ne-CHer) noun
Origin: French, late 15th century
1: A set of decorative accessories, in particular vases.

The best US cities to visit during Christmas.

The year’s most [mispronounced words](#).

Teenager with a metal detector finds [a Bronze Age ax](#).

**Questions?
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