



# Institute for Continued Learning Digest

## Welcome to the 137th Edition of the ICL Senioritis

Vol. 137, November 16, 2022

Editors: GwenEllyn Anderson and Dave MacMillan

### ICL Update:

- **ICL Autumn Banquet: Thursday, November 17th, noon-1:30 PM at Cat Cavern**, following the morning session in Kaneko.
- **ICL General Meeting: Thursday, November 17th** during or after the banquet; in Cat Cavern.
- **ICL Board Meeting: Thursday, November 17th** at 1:30 PM (or right after the banquet and General Meeting); in Cat Cavern
- **ICL Wine Club Meetings** are *canceled* for November and December due to the holiday hubbub. We will meet again on January 16, 2023. Stay tuned for more information. Cheers! 🍷

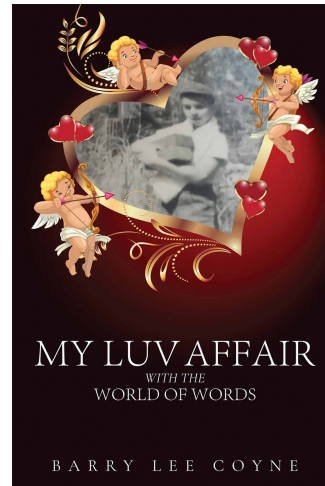
### Congratulations! To ICL member Lee Coyne, author...

Lee has just had his latest book published on the topic of how a vocabulary is built through chance encounters.

**Title:** [My Luv Affair with the World of Words](#)

Copies may be obtained via [Amazon](#) as well as [Barnes and Noble](#).

Barry Lee Coyne is a 1940s product of urban Brooklyn in the days when trolleys sped by his front window and the milkman delivered to the front door metal box. Back then an ice cream cone was only 5 cents. He grew up as the first grandkid living with five grown-ups. Each had their own influence. Words soon became his playthings. As Lee matured, he became a writer and educator.



### Willamette Update:

- **Congratulations to our Concerto winner! Athena Van Dyke** is the winner of Willamette University's 2022-23 Chamber Orchestra Concerto Competition. Athena is a voice student majoring in English with a creative writing concentration. She will perform with the University Chamber Orchestra at their spring concert on Thursday, April 27, 2023.

The University Chamber Orchestra Concerto Competition is an annual competition for full-time Willamette students to have the opportunity to perform their prepared concerto alongside a live orchestra. [...more info...](#)

- **Communications launches new internal e-newsletter**

Today@ bulletin will be restructured at a later date.

Willamette community members will soon receive Knowledge Into Action, a bi-monthly, internal e-newsletter from the Office of Communications.

The newsletter will showcase the best of Willamette and amplify the accomplishments and impact of our students, faculty, alumni, and programs from across the university. We hope you will enjoy reading the newsletter and that you will share story ideas with us via this easy-to-use form.

[...more...](#)

### Handy Links:

- [Link to ZOOM](#) for Board meetings, Happy Hour, etc.
- [Calendar](#): Classes, etc.
- [Schedule Reports](#)
- [Recorded Classes!](#) Currently (Fall 2022), classes are *not* being recorded. Some past classes may be viewed by anyone. More recordings are available only to ICL members in the [password protected area](#). Presenters must give permission to record, and not all do.
- [Zoom Help](#) - Find tips, FAQ, and other resources available on the Website
- [ICL Virtual Happy Hour on Fridays at 4:30 PM.](#)
- [Oregon COVID-19 Update](#)
- [By OR. Health Authority](#)
- [CDC COVID Data Tracker](#)
- [Statesman Journal COVID reports](#)
- [Find COVID19 Vaccines](#)

### [Willamette University Events Calendar](#)

### [Mid-Willamette Valley High](#)

### [Water Watch Gage Map:](#)

-Hover over green dots for gage name

-Click on green dots for graph and more information

### Good News Story:

Neuroscientists identify nerve cells responsible for helping paralyzed patients regain movement in their legs; electrical stimulation delivered to the spinal cord paired with physical therapy helped nine patients walk again in new study ([More](#))

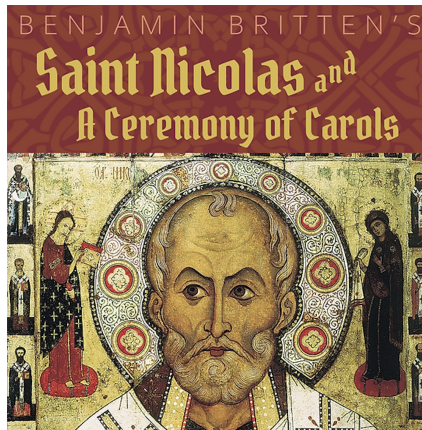
## [Festival Chorale Oregon Presents: Britten's SAINT NICOLAS and A CEREMONY OF CAROLS](#)

Saturday, November 19, 2022 | 4:00 PM | Salem First Presbyterian Church

Saint Nicolas tells the life of the fourth-century Bishop of Myra. The work recounts the saint's many trials and tribulations, his faith and devotion to God, and some of his most celebrated acts and miracles.

A Ceremony of Carols is one of Britten's most performed works. A collection of short poems set to song, the musical imagery is enriched by a harp accompaniment.

Founding Artistic Director (and ICL member) **Dr. Solveig Holmquist** conducts the chorale and orchestra with guest soloists.



## **Marion Polk Food Share Meals on Wheels: VOLUNTEERS NEEDED!**

If you can spare a few hours a week, you can make a real difference in the lives of seniors and adults with disabilities in our community by delivering healthy meals right to their doors.

It's as simple as driving a short route, delivering a meal and saying a quick hello.

Sign up as a Volunteer Driver today to help ensure that local seniors are able to live the full, independent lives they deserve.

For more information and to fill out the application, go to [Become a Driver](#) or call (503) 581-3855.



## **Willamette Art Center Presents: Empty Bowls - Benefit for Marion-Polk Food Share**

Saturday, November 19, 2022 | 9:00 AM - 5:00 PM

Oregon State Fairgrounds | Cascade Hall (Red Gate)

It's that time of year again! Come purchase handcrafted bowls by local artists to help feed the hungry in our community

Join Willamette Art Center, Capitol Woodcarvers & Willamette Valley Woodturners to purchase handcrafted bowls by local artists to help feed the hungry in our community. [For more information](#) [Help needed...](#)

## [Center 50+ Friendship Brigade](#)

Check out the **Friendship Brigade's** many outreach programs & services!

**Friendly Caller** volunteers are matched with older adults for daily wellness checks or one-on-one weekly phone conversations. Volunteers come from the

## **NATIVE AMERICAN HERITAGE MONTH**

### [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. [...more...](#)

### [Café Bon Appétit: Explore the culinary History of Indigenous Peoples](#)

We're learning from historic and contemporary Indigenous practices dedicated to developing resilient farming practices, including the three sisters planting technique. Plus, enjoy recipes developed with O'dham-owned [Ramona Farms](#), a long time Farm to Fork partner in the Arizona and California region.

### [A brain expert shares his 7 'hard rules' for boosting memory and fighting off dementia](#)

### [Ted Radio Hour: How you can grow new brain cells](#)

**Part 3** of the TED Radio Hour episode [Life Stages Of The Brain](#)

Adults don't generate as many new neurons as children or teenagers, but some growth is still happening. Neuroscientist **Sandrine Thuret** explains

Salem/Keizer area and are a part of your community. Callers are matched by gender, interests, and background when possible.

**Friendly Visiting** volunteers develop one-on-one relationships with older adults. They visit once a week both in person and over the phone. They offer companionship and opportunities to connect over a cup of coffee or tea, walks, playing games or listening to music. During COVID, masks are worn, and social distancing is observed.

**Friendly Helpers:** Fix-it Brigade volunteers provide short-term and one-time assistance to low income older adults that have specific household needs or seniors unable to do the work for themselves. Ex: Help changing light bulbs, filters, installing grab bars, some repairs, seasonal yard work. This is a limited service and does not include heavy chores or cleaning.

**Canine Corps:** This friendly dog visitation program brings caring volunteers and their pets to visit older adults living in long-term care facilities and shut-ins living at home alone. Volunteers meet with seniors both individually and in group activities.

**ACT NOW:** Awesome Community Team (ACT) volunteers help with one-time events, pitch in with seasonal service projects, assist neighborhood groups and other local nonprofits, and foster an "Age Friendly" community with intergenerational programming.

### **Minto-Brown Trail Restoration Begins November 16**

Attention walkers and bicyclists: The second phase of the Minto-Brown Island Park trail restoration begins November 16. The Peter Courtney Bridge and the trail just south in the Minto Island Conservation Area will be closed for two days. The closure is required for the scheduled removal of invasive plants along the trail and routine maintenance on the Peter Courtney Bridge.

Signs are posted in Riverfront Park and Minto-Brown Island Park warning users of the temporary closure.

Once complete, the new nature-scape will protect the conservation area, preserve wildlife habitat and enhance the park experience.

### **Scam Focuses on Utility Customers**

We've received reports of scammers calling to scare people into thinking their City utilities are being cut off. Please be aware that the City doesn't call about past-due bills. Here's what we do:

Utility bills are due 25 days after the billed date. If your payment is not received by the 25th day, on the 26th day or the next business day, a past due reminder notice is mailed to the customer providing an additional 7 days to pay the past due balance.

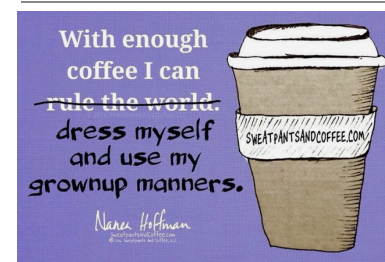
If your payment is not received 7 days after the past due reminder, a past due notice -- pending shutoff or referral to collections -- is mailed to the customer. This notice provides a date on which the payment must be received. If payment is not received by the date on the notice, service will be shut off for nonpayment and/or the past due balance will be referred to a collection agency.

If you are unable to pay your bill by the due date, or need additional time to pay, please contact the Utility Customer Care team at 503-588-6099 to inquire about eligibility for payment arrangements or payment assistance.

### **Local and Virtual Events!**

- [A Bobbie Dolp Lecture Series Presentation: Preservation Horticulture and the National Parks with Susan Dolan, National Parks Service:](#)  
Thurs., Nov. 17, 2022 | 7 – 8:30 PM | Center 50+ | 2615 Portland Road

how we can encourage the production of more nerve cells.



[During the Civil War, a sack of flour was repeatedly auctioned off to raise money for wounded soldiers](#)

[The Best U.S. National Parks to Visit in the Fall](#)

[Spectacular shots of the Blood Moon eclipse.](#)

**Everything we say at funerals should be said at birthday parties instead. We leave so much love unspoken.**

### **Word to Know: Sprechgesang**

[SHPREK-guh-zahng] noun  
German, 20th century

1. A style of dramatic vocalization intermediate between speech and song.

"The singer of the opening band didn't so much sing as engage in sprechgesang, varying between singing and talking over the music."

"My father doesn't care much for sprechgesang, and says he'd prefer singers just sing and not talk."

[Why Do Batteries Lose Charge When You Aren't Using Them?](#)

**Questions?**

**Send us a message at ICL Digest**

**Newsletter Archives**