



Institute for Continued Learning Digest

Welcome to the 5th Edition of the ICL Senioritis

Vol. 5 April 22, 2020

Editors: GwenEllyn Anderson and Dave MacMillan

In the ICL News:

Hanni Scholars Update: The Phil Hanni Scholars have received the \$400 awards from ICL. All six have thanked ICL for this award. They will also receive certificates. The university is interested in featuring the Phil Hanni Student Scholar Award winners' presentations during [Student Scholarship Recognition Day](#), Wednesday, April 22, 2020. This year SSRD will be live on Zoom from 9 AM to 4:30 PM. Click on the link to see the [schedule and register](#) to receive information on how to join the event. I believe it will also be available later on a new platform called [WU Stream](#) - kind of like an internal (to WU) YouTube Channel (explained below). They are also working on recording the student presentations on Zoom which will then be available for viewing by ICL members. Look for more information in emails (before April 30th).

Elections and Voting Timeline:

- April 21: Sent Constitution changes for review of members
- April 23: Deadline for Board nominations
- April 30: Ballots go out for Board vote and constitution changes
- May 7: Deadline for submitting online ballots
- May 10: Deadline for receipt of paper ballots

Interview with Judy Gram

Judy Gram, first year member, Field Trip coordinator, and soon to be Co-Director of Curriculum is interviewed for the newsletter by member, Don Gallagher.



Don: Thank you Judy for agreeing to an interview for our next ICL newsletter. Let's start off having you tell us a bit about your family?

Judy: I have been married to Steve for 48 years and we have two sons. Andrew is married and lives in Salt Lake City with his wife and our 6 year- old granddaughter. He is a software engineer for Zion Bank. Peter is married and lives in Lake Oswego. He is a senior software engineer for Apple's Maps Division and is lucky to be able to work remotely from home.

Don: I understand that you are fairly recent Oregon residents having moved from South Dakota. Can you share your motivation for the move?

Judy: Our motivation to move to Oregon included: climate, recreational opportunities, politics, weather and wine!

Don: Great! How about an overview of your educational background and career?

Ongoing ICL Survey!

We continue to be interested in your feedback and ideas. The survey remains in place, and we ask that you keep sharing your ideas with us about how things are going for you and what you would like to see in the newsletter.

Click [here](#) to provide more information as you think of new suggestions or issues. Thank you!

PLEASE [SEND US YOUR ADVICE](#): What advice did you receive as a younger person that you would want to pass on to younger people today?

COVID19 Scams

We don't want to raise anxiety levels, but we do want our members to remain alert to the potential for scams. At a time when we all feel vulnerable, uncertain, and isolated, we may be more apt to let our guard down.

The Federal Trade Commission reports that the grandparent scammers that have been around for a while have adapted their appeals to the pandemic.

Judy: Education: B.S. Ed., Library Science and English; M.Ed., Curriculum and Instruction

In the 1980's - Director, University of North Dakota College of Nursing's Learning Resources Laboratory in Grand Forks. From 1989-2012 Rapid City Area Schools in South Dakota, I was the Library Media Specialist and Library Coordinator for the school district. During that time, I also taught Children's and Young Adult Literature Courses for teachers to recertify through Augustana College. In my role as school librarian, I worked closely with classroom teachers in all areas to support the curriculum, as well as instruction for the librarian curriculum. So, bottom line, (and I say this with a smile) I have a pretty well-rounded background. Even though I had a minor in English, I have also done a lot of projects and research in science areas.

Don: Of course you realize that your enthusiasm as a new member and willingness to volunteer has been noticed as not quite the usual response of first year members. So I am quite sure everyone would love to hear.....

Judy: Why did this newbie jump into the fire? You are somewhat to blame for this. You told Steve about ICL on one of your Chemeketa hikes. I was excited about ICL being a good life long learning possibility.

Then last year, as waiting list members, we attended class three days which featured the lectures by Peter Ronai. As you know, they were life changing for us with the subsequent purchase of the Tesla and solar panels. We also made other day-to-day changes, and we are constantly learning about the environment and what we can do.

When we got the email saying we got in after a 3-year wait, we were thrilled. And we were fortunate to have Carolyn and Joel Woodman, first as mentors and now as friends, who made us feel so welcome and at home. When the notice came out that a Field Trip position was open, I sent Bill and Dru my qualifications. Steve and I had helped plan and chaperone many trips at home and abroad with high school students. So I felt comfortable with the planning and preparation needed to have a successful trip. The welcome I got from ICL members was warm and enthusiastic. I think I know almost everyone and so it has felt good to be involved.

Don: Thank you Judy. Have a nice summer and thanks in advance for spending at least some of it arranging programs in preparation for our return in the Fall!

Tech Tip:

Even though CCTV has been closed, someone has managed to post a couple more ICL presentations from March 3rd to the [CCTV YouTube Channel for ICL](#). Check them out if you missed them or watch them again!

- [Mark McMullen: "Oregon's Economic Performance and Forecast Business and Economics"](#)
- [Bobby Brewer-Wallin: "From Page to Stage. Costume Design as Storytelling"](#)

This may be a good time to listen to David Brancaccio's 2019 series for American Public Radio's Marketplace Money titled "[Brains and Losses](#)." Brancaccio explores "new research on how the aging brain may become more susceptible to financial scams." The series examines how to protect yourself from scammers and also how to respond to and help those who are targeted.

In any online transaction, **remember to slow down**, no matter how urgent it sounds.

Things to Do:
Punch Through Pandemics with Psych Science

A free course through Oregon State University.

"As the most basic elements of daily life become uncertain amid the COVID-19 pandemic, a team of professors in OSU's School of Psychological Science has put together a new course that helps explain what's happening in our brains and offers some evidence-based coping skills."

Members of the public can enroll for free at [Punch Through Pandemics](#).

Join us for **Virtual Happy Hour** on Fridays at 4:30PM. [Zoom in here](#).

Here are two resources to help you.

- [How to Join a Zoom Meeting](#)
- [Zoom Frequently Asked Questions](#)

What are YouTube Channels?

A YouTube Channel serves as a place to put videos that you created and want to share with others. Anyone can create a YouTube account and have multiple YouTube Channels - for free.

You do not need a YouTube Channel to view videos on YouTube - even those in someone else's YouTube Channel. For example, the [Institute for Continued Learning](#) channel mentioned above. That's just 1 of many channels that CCTV has: from Marion County Commissioners' meetings to sporting events. You can go to their [main channel](#) and peruse the extensive list of other, more specific channels and videos.

How to Create a YouTube Personal Channel

Go to [YouTube.com](#) and click on the "Sign In" button in the upper right. If you use your Google account account it should be quick and easy.

Attempt any action that requires a channel, such as uploading a video. At this point, you are prompted to create a channel if you don't already have one. Some examples would be to create channels for videos of the grandchildren, hobbies, pets...

Review the information that's displayed, including your account name and image, and confirm the information is accurate to create your channel.

YouTube accounts use the same login information as Google accounts, meaning that it's even easier to make a YouTube channel if you already have a Google account. If you use Google's other services like Gmail, Google Calendar, Google Photos, Google Drive, etc., you don't have to make a new Google account to open a YouTube channel

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

Brain Health Tip: Practice self-soothing – Stop throughout the day and take a deep breath, hold it for the count of 5. Then, release it slowly also on the count of 5. Notice how it feels. Stop and appreciate something or someone around you. This practice can help short-circuit worry and stress – two things that undermine healthy brain functioning. Remember that, until you hear otherwise, all is well in the moment.

Poem: How Do You Bring Joy? by Wes Robinson

How do you bring joy to someone confined?
How do you bring joy? It's not an easy task.
Even my neighbor next door, they don't want me to knock on her door.
Can't take someone for a ride, but those with a dog can go for a walk outside.
Those with porches can feel the fresh air.
Those on the south side can look at the gardens, lawns, and the trees up high.
One idea is to clean out a drawer at a time.
But how do you bring joy to someone who can't read?
Call a friend, a loved one; talk and talk; laugh 'til you cry.
How do you bring joy? Read your Bible and pray to the sky.



Incredible face mask designs. People have gotten very creative in their mask-making.

Check out these [Incredible Face Mask Designs](#).

Book Recommendations:

- *A Painted House* by John Grisham (fiction)
- *Poisonwood Bible* by Barbara Kingsolver (fiction)
- *Samurai's Garden* by Gail Tsukiyama (fiction)
- *Stones from the River* by Ursula Hegi (historic fiction)

Netflix Movie

Recommendations:

- The Two Popes
- The Guernsey Literary and Potato Peel Pie Society
- Andhadhun (India)

Watch: [America Reads](#) on OPB: [Heroes episode](#)

People don't need certainty in order to deal with change; they need clarity.

Doubt is not a pleasant condition, but certainty is absurd.
Voltaire, French philosopher

[Newsletter Archives](#)