



Institute for Continued Learning Digest

Welcome to the 31th Edition of the ICL Senioritis

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Editors: GwenEllyn Anderson and Dave MacMillan

ICL Update:

Board Meeting Highlights (Oct. 15, 2020):

The Curriculum Committee is busy working on the Spring 2021 schedule which sounds very interesting with a variety of mostly academic talks. The Curriculum Committee will be meeting each month on the Thursday before the board meetings (the board meets on the third Thursday). The Spring schedule will continue on Tuesdays like this semester but may make use of more Thursday slots as needed.

Social Services is working on a survey to get your feedback on the coffee socials. They are planning another coffee for November. At the first coffee we practiced using Zoom Breakout Rooms and Chat which worked very well for handling discussions with large numbers of folks on Zoom.

The Ad Hoc Constitution Rewrite Committee has been meeting to clean up the constitution, create by-laws, update the policy and procedures, and make revisions to the board job descriptions - a huge job! Thank you to Kasia Quillinan, Bill Foster, Eric Reif, and Jim McDonnald.

Secretary: ICL received a thank you note from the university for ICL's contribution to the Willamette Academy, the Archeology Department, and the Hudson Book Fund.

The Nominating Committee has nominated Jan Petroski to the Financial Director position next year (academic year 2021-2022). Jan has accepted the nomination. Stay tuned for the ICL board election which will again be an electronic form for those with email and a paper ballot for folks without computers. Ballots will go out on or around November 10th.

Reminder from the Board about using Zoom: People are asked to mute themselves and turn off your video during class presentations. You are welcome - and even encouraged - to have them on before the class starts and after the presentation is over so that we can visit and see each other.

(Look for the minutes online in 2 or 3 weeks.)

Social Committee Survey: If you were able to join us for the Coffee Social on October 8 and even if you were not, the Social Committee would like your feedback. Please take a quick minute and complete the [Survey here](#).

Missing ICL Friends?

Join us for...

- Virtual Happy Hour on Fridays at 4:30PM. [Zoom in here](#)
- [Zoom Help](#) - Find tips, FAQ, and other resources available on the ICL Website.

The Fall 2020 Schedule is posted online:

- on the [Google Calendar](#)
- the [full online version](#)
- and the [Schedule Reports](#), also found online.
- [Links to Recorded Presentations!](#)

[Link to ZOOM classes.](#)

Don't forget to VOTE!

- **Oct. 27:** Deadline to mail completed ballots
- **Post marks do not count for Oregon ballots**
- **Nov. 3:** Ballots can be delivered to an Elections Office or Official Oregon Ballot Drop Site by 8:00 PM

[Why the Electoral College Exists \(Video\)](#)

- National Geographic

Funny story about Harry Truman

He used the word "manure" a lot when he spoke as, "all this is a bunch of manure."

Someone asked his wife if she could stop him from using that

**Willamette Update: [University Convocation](#)
Reckoning with Oregon's History: Constitutionalizing Racism & Labor Organizing in Oregon's "Hindu" City. With Johanna Ogden**

Date: October 22 | 11:30am - 12:30pm

The fourth in a series of discussions of the history of race and racism in Oregon (see below for more details). Each session will feature a brief author introduction to the material, communally generated questions for discussion, a facilitated discussion, and a sharing of ideas for institutional change. [For more information including free download and Zoom link.](#)

Willamette's New Website Launches Oct. 26.

[Willamette.edu](#) is getting a brand new look and feel at the end of October. The new site, which is designed with a prospective student in mind, will feature much more dynamic content, vibrant graphics and video, and will have a cleaner, more modern design. You'll find the navigation easier on the new site and will notice many of Willamette's new brand elements infused throughout.

Starting the week of October 26, most of the willamette.edu webpages will transition to the new look and feel. There will be a small handful of sections of the site and applications that, because of their complexity, will migrate to the new look and feel throughout the fall and winter.

As with any launch of a site this size, there will be typos and bugs. We'd like your help to know if something is not working as it should. Within the footer of each page, there is an easy link where you'll be able to provide this feedback.

The need to launch the website quickly, and before the end of October, was driven by the desire to influence this year's incoming class. The new site will have a greater impact on prospective students and will better represent the dynamic and welcoming nature of the institution.

What this means for you: Keep an eye out for big changes to willamette.edu the week of Oct. 26. As a ICL member, the look may change, but your access and use of the pages should not be any different. Updates to the ICL website will not be made until sometime after the transition.

Hallie Ford Update: [A Virtual Tour](#) through the Clifford Gleason and Bonnie Hull Exhibitions with Roger and Bonnie Hull

It's not too late to see the Gleason exhibit at Hallie Ford. It ends October 31st (in the Melvin Henderson-Rubio Gallery). If you were fortunate enough to see Bonnie Hull's exhibit (ended Sat. Oct. 17th) - and even if you missed it - you can get a glimpse of it and hear Bonnie and husband, Roger Hull, talk about both exhibitions in an interview



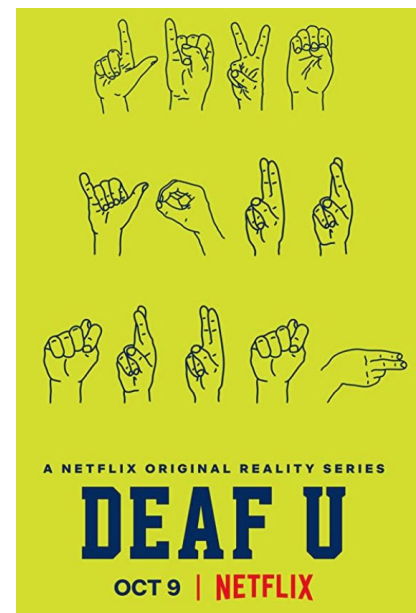
Bonnie Hull, "Pop's Floor," 2019

word so much. Her reply was "You have no idea how long it took me to get him to tone it down to that."

If ICL isn't enough and you are still feeling isolated or know someone who is, contact Audra Marazzani at:

nickim@uniyedwaymwv.org.

She runs a program for seniors 55+ and offers a free 6-month social membership to help combat social isolation.



Netflix Series

Recommendation: Deaf U (Documentary; Reality-TV)

Deaf U follows a group of students attending Gallaudet University, a private college catering to the deaf and hard of hearing. For DiMarco, the goal of the series is to show deaf people as humans, from all walks of life.

Defend against the [coronavirus in style:](#)

Louis Vitton creates a gold studded face shield for luxury buyers.

by Shelby Kloures Radcliffe that took place on October 5th. Professor emeritus and guest curator, Roger Hull, curated the Clifford Gleason show titled "[Clifford Gleason: The Promise of Pain](#)". Bonnie's show was titled "[Bonnie Hull: Memory as Myth](#)". Here's the [interview](#).

Brain TIP - October is World Mental Health Month: Smile

A simple smile goes a long way, so keep on smiling!

When you smile, your brain releases neuropeptides – tiny molecules that allow your neurons to communicate – and that helps fight off stress. All of the ‘feel-good’ neurons (dopamine, endorphins – the body’s natural painkillers - and serotonin) get the message to activate and they get the body’s party started. This process relaxes your whole body and lowers your heart rate and blood pressure.

Did you know that babies smile in the womb and continue to smile after they are born – even in their sleep. And, when you smile, people find you more approachable.

We don't always have control over what happens to us in the world, but smiling more can change your perspective and your health. Oh, and your brain doesn't know the difference between a real smile and a fake one. So put on a happy face and smile!

Tech Tip: Virtual kidnapping scam:

The Salem Police Department has received several reports of residents receiving ransom phone calls from individuals purporting to have kidnapped a family member (usually an adult family member). The caller pressures the victim to remain on the phone while the victim withdraws a sum of money and wires it to Mexico. The phone call includes threats of violence to the supposed kidnapped family member, and some calls have included screaming in the background in an attempt to scare the victim into sending the money.

These virtual kidnapping scams have occurred in other communities across the country, and it seems they have started in our area.

The success of this scheme depends on speed and fear, according to the FBI. The criminals know they have a short time to convince you the scam is a real situation. So, if you receive a call, the best course of action is to hang up. Do not engage the caller. Verify the status of your family member yourself.

If you suspect a real kidnapping, please call the police immediately.

Anyone who has already fallen victim to the scam is asked to report the crime. Do not be embarrassed or afraid. Even if the amount was not a significant financial loss, it is important to file a police report.

Vocabulary: Coruscation

[cor-ə-SKEY-shən] - noun

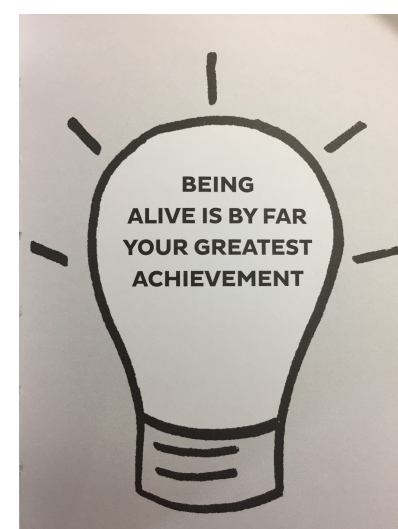
Origin: Latin, 15th century

1. A glittering or sparkling flash of light
2. A striking display of wit

The good life gives no warning. It weathers the climates of despair and appears, on foot, unrecognized, offering nothing, and you are there. - Mark Strand

Q: What do you get if you divide the circumference of a pumpkin by its diameter?

A: Pumpkin π Sorry. I'll see myself out.



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

[Newsletter Archives](#)