



Institute for Continued Learning Digest

Welcome to the 81st Edition of the ICL Senioritis

Vol. 81, October 13, 2021

Editors: GwenEllyn Anderson and Dave MacMillan

ICL Update:

Executive Director's Corner:

Voting on the proposed Constitution will take place on our last day of the semester, November 23. We will vote on the Constitution after we elect Board officers for the 2022-23 academic year. This means that the officers will be elected for one year terms, as provided in the current Constitution. I know some people are disappointed not to have voted on the Constitution earlier, and I am sorry for that. We found a couple of technical glitches we want to fix and we want to write transition provisions to deal with the switch from one-year to two-year terms. Thank you for your patience.

- Joan

• ICL Curriculum Committee Report:

It's a very busy and hectic time for the Curriculum Committee as we schedule for the Spring 2022 semester. The Curriculum Committee will be meeting on Zoom on October 14, 2021 at 1PM. Come join us and participate as we decide programs for our ICL classes. We enjoy hearing your ideas. Our emphasis is on our new members, getting them signed up for presentations. We have been successful in that venture, by asking them to join potpourris, as well as going "solo". You will definitely see new faces on the podium in the Spring.

For those wishing to sign up for a potpourri, you can email the following members of Curriculum:

- Eric Reif: History
<mailto:ericreif10@gmail.com>
- Solveig Holmquist: Music
<mailto:holmqus@wou.edu>
- Rebecca Miller-Moe: Book
<mailto:rmillermoe@gmail.com>

The potpourris are fun to do and a wonderful way to meet your classmates and be guided by a member of the Curriculum Committee. They usually are about 15 minutes at the podium.

For those wishing to do a one hour or two hour presentation, contact Dru Johnson, djohnson3@willamette.edu or Judy Gram, judygram@gmail.com.

• ICL Wine Club: Monday, October 18, 2021 at 4:30 PM via [Zoom](#)

Willamette Update:

- [Check out the latest stories in the Collegian](#): Take a gander around the website, read a couple stories, and subscribe to our newsletter
- [Distinguished Artist Concert: Anthea Kreston](#), (violin) October 27, 2021 at 7:30 PM - Internationally-known violinist Anthea Kreston in a premier concert at WU. [...more info...](#)

Handy Links:

- Link to [ZOOM](#) classes, Board meetings, Coffees, Happy Hour, etc.
- [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.

This day in history - October

- October 15, 1940 – Charlie Chaplin's satirical comedy, "The Great Dictator" opens
- October 19, 1947 – US Minimum wages rises to 40 cents per hour
...continued next week...

[Seven ways indigenous people shaped the nation.](#)

[Lego's New 9,090-Piece Titanic Set](#) is now the largest model ever created.

[The 49 coolest neighborhoods in the world](#)

We polled 27,000 city-dwellers and asked local experts to rank the greatest places for food, fun, culture and community. [...more...](#)

Family Caregiver Seminar: “Caring for your loved one with Alzheimer’s Disease or Dementia”

You have suspected it for months and now your loved one has been diagnosed: Alzheimer’s or another type of dementia. The road ahead is going to be challenging but it is not impossible. Join us at Center50+ for **October’s Family Caregiver Seminar** and learn new techniques for addressing frustrations that will create calm out of chaos. Presenting: Karen Lewis with Willamette Valley Hospice and Palliative Care.

- **Date:** Tuesday October 19, 2021
- **Time:** 12:00 – 2:00 P.M.
- **Cost:** Free
- **Location:** Center50+ **and on Zoom**
2615 Portland Rd NE, Salem, OR 97301

To Register for this class: Call Center50+:503-588-6303

If you are unable to attend this seminar in person you may attend by requesting a zoom link. Contact email: Connect50plus@cityofsalem.net

7 Historic AAPI Sites That Reveal Contributions to America’s Past (submitted by Mako Hayashi-Mayfield)

Parks, monuments, memorials explore Asian American and Pacific Islander heritage and culture by Ellen Lee, [AARP](#), May 11, 2021

From building the first transcontinental railroad to sacrificing their lives during World War II, Asian Americans and Pacific Islanders have long been a part of U.S. history.

Many of these contributions have been overlooked, glossed over or largely forgotten. But there are parks, monuments and memorials all over the country that recognize their contributions and experiences, and those places are worth a visit.

To celebrate Asian American and Pacific Islander (AAPI) Heritage Month, as well as to draw more attention to these landmarks, the U.S. National Park Service has curated an itinerary of national parks and historic places that recognize the important roles that those from the AAPI community have played. From Alaska’s historic canneries to the home of an internationally renowned Japanese American furniture designer in Pennsylvania, these places reflect the rich and diverse history, culture and heritage of Asian Americans and Pacific Islanders — and they make unique destinations to visit and explore.

In addition to the National Park Service’s suggestions, these seven important sites below tell part of the story of Asian Americans and Pacific Islanders’ contributions to our culture and history. Because of COVID-19 safety precautions, some locations are open for limited hours or with restrictions. Be sure to check before visiting. [...continue reading...](#)

What Makes a Humblebrag?

One of the downfalls of text communication and social media is the lack of tone and context. Enter the humblebrag. The word “humblebrag” is an invented word that entered the lexicon in the 2010s. It’s defined as “a seemingly modest, self-critical, or casual statement or reference that is meant to draw attention to one’s admirable or impressive qualities or

On Sweetest Day...

which takes place on **October 16** this year, it’s customary to perform acts of kindness to show your loved ones you care. Be sure to show yourself some kindness, too! Not sure where to start? Perhaps these random facts will bring a smile to your face on Sweetest Day and every day!

- Birds know how to show love. Crows can remember those who share food with them, and they often bring “their” humans “gifts” such as pebbles or seeds in return. The gentoo penguin is also a gift-giver—it offers its mate a pebble as a means of courtship.
- Elephant babies and human babies have something surprising in common, like sucking their thumbs to soothe themselves, except baby elephants often suck on their trunks!
- The real-life voices of Mickey and Minnie Mouse were married. Wayne Allwine, the third-ever voice of Mickey Mouse, fell in love with Russi Taylor, the voice of Minnie Mouse from 1986 to 2019, and they married in 1991. They stayed together until Wayne’s passing in 2009.
- The Netherlands sends its thanks to Canada each year for its stunning tulips and for helping the nation during WWII.
- Cows have best friends—and they’re proven to be markedly happier when they’re in each other’s company,

achievements.” Many of us instinctively know a humblebrag when we read one on social media, or overhear it at a party. It usually blends a complaint, or a self-deprecating comment, with a boast.

Example: It felt like the traffic was never ending, but we FINALLY got to our new beach house.

Despite the fact that the humblebrag has gotten a bad reputation, it’s a common tool for self-presentation. The speaker is aware of the negative connotations of bragging, and they want to soften their delivery. Instead, the next time you feel the instinct to humblebrag, try these tips to share your accomplishments proudly with the world.

TECH TIP – Reminder to check your email Junk (or Spam) mailbox periodically:

Email apps use algorithms to filter incoming emails. The algorithm checks for things like “Is it in a foreign language?”, “Did it originate in another country?”, “Is it going to a large list of people?”, “Are graphics embedded in the email?”, etc. If enough of the tests come back positive, the email is sent to the Junk/Spam mailbox instead of the Inbox.

Mistakes are often made, so it is a good idea to check the Junk/Spam mailbox regularly. “Regularly” can mean at least weekly and maybe more. And it’s always the first place to look if someone says they sent you something, but you haven’t seen it yet.

If you find any emails in the Spam or Junk folder from someone or a business that you know and trust, you can mark them as “not spam” which should move it automatically into your Inbox. Right-click and select “not spam”.

Tip #1: Consider adding wanted email addresses found in Junk/Spam to your Contacts so the algorithm knows that person or business is someone you know.

Tip #2: Mark the Junk/Spam mailbox as a “favorite” so it stays near the top of the mailbox list in the left column to help you remember to check it regularly.

Tip #3: After going through all the emails in the Junk/Spam folder, you can click on “Empty Junk” or “Empty Spam”. That will make it easier to find missing emails and make the process go faster the next time you check.

Local and Virtual Events!

- [Zooming Back to History](#): A Community History Speaker Series from Willamette Heritage Center (online)
- **Curriculum Committee Meeting:** October 14, 2021 | 1:00 PM
- [Mid-Valley Travel Club](#): Papua New Guinea Cross-Cultural Experience - October 14, 2021 | 7:00 PM via Zoom
- **ICL Wine Club:** This coming Monday! Oct 18, 2021 | 4:30 PM
- [Science on Tap: Fuzz - When Nature Breaks the Law](#)
 - Tuesday, October 26, 2021 | 7:00 pm Pacific
 - Location: [Online](#)
 - \$5 for General Admission - FREE tickets also available!
- [Christo’s Pizzeria Jazz Night](#) - Thursday, October 14, 7PM: John Stowell and Anandi. \$12 advance; \$14 at door; The intimate club seats 45, and seating is first come first serve. *So come early!*

much like we humans are around our BFFs.

- A sweet tribute is carved into the moon’s surface. In 1972, astronaut Eugene Cernan carved his daughter Tracy’s initials into the surface of the moon during the Apollo 17 mission.
- Otters keep their loved ones close. As if otters could get any cuter, picture this: to avoid drifting away from one another, sea otters will grip each other’s paws as they sleep. Another fun fact: honeybees do this, too!

King Tut’s sandals were found buried alongside...

him in his tomb. A painting of his enemies on his soles allowed the king to trample on his enemies for all of eternity.

The [science behind Fall foliage](#) and the 3 factors that make leaves change color

Test Your Knowledge: [Five Famous Events in History that Never Actually Happen.](#)

All know that the drop merges into the ocean, but few know that the ocean merges into the drop.
- Kabir

A Word to know: Noctambulate

(nok-TAM-byoo-late) verb
Latin, 1950s

1. To walk about at night.

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

[Newsletter Archives](#)