



# Institute for Continued Learning Digest

## Welcome to the 131th Edition of the ICL Senioritis

Vol. 131, October 5, 2022

Editors: GwenEllyn Anderson and Dave MacMillan

### ICL Update:

- **Elections are coming! For the ICL Board, too. Nominations are OPEN!**  
Our election will be held on November 17 during the luncheon planned for that day. [Article 4](#) (see pg. 4) of the ICL Constitution sets out board positions, terms, and exceptions to the term limits provision. [Article 11](#) (pg. 4) sets out nomination procedures, including provisions for self-nomination. [See Board Directors Job Descriptions](#)  
The following positions do not have an incumbent running for the position again: Co-Director of Curriculum Services (2 positions); Co-Director of Social Services, dealing with event planning (1 position) .  
All other incumbents are interested in running again but that does not prevent the Nominating Committee from suggesting alternatives and does not prevent submission of names to the committee under Article 11.  
Please submit nominations to the Nominating Committee by **October 17th** as per Article 11, Section 3: [Toni Peterson](#) and/or [Jim McDonald](#).
- **Having trouble hearing ICL lectures?** We do have some handheld hearing devices for use by members with hearing challenges. Some will work with hearing aids with the “Loop System” feature. Check with GwenEllyn before class starts to try one out.
- **October Curriculum Committee Meeting: October 13, 2022 at 1:30 pm** on [Zoom](#)

### Willamette Update:

- Each year, Campus Safety submits crime statistics and publishes a report under the Clery Act, which deals with reported crimes on or near our campuses during the prior calendar year. You can view the [2022 Annual Safety and Security Report and Fire Safety Report](#).
- [Come celebrate the Oregon Oak and learn more about its significance in our community.](#)  
The Oregon Oak Festival consists of 3 days of events. It starts off with a kickoff tabling/paneling event from 4:30 - 6:30 p.m. on **Oct. 7th**, where both on-campus and off-campus groups will come talk about their work with the oak.  
The second day will be held within Zenafest and will have crafts, games, growing activities, and some acorn-related foods.  
Our third day event will have two field trips. The first field trip will be at the Confederated Tribes of the Grande Ronde Nursery where we will get a short tour and then volunteer to help with any work that needs to get done. Our second field trip will be to a property owned by the Confederated Tribes Siletz Indians where we will collect acorns for the tribe and share knowledge and exchange stories.

### National Do Something Nice Day, Wednesday, October 5

#### There are scientifically proven benefits to being kind!

It is contagious, teachable, and makes you feel all fuzzy inside. A 2016 study shows a connection between giving or helping and the chemical releases in the brain that mimic a euphoric high. This ‘helpers high’ shows how generosity can

### 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

### Missing ICL Friends?

Join us for...

- [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](#)
- [NEW! Find COVID19 Vaccines](#)

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

### Good News Story:

In 2020, Brian Schwartz mowed his lawn and then decided to help neighbors ‘just to keep myself busy while helping others.’ From that, he started “I Want to Mow Your Lawn”, a volunteer organization (fully funded by donations) that connects landscaping volunteers with seniors, military veterans and people

benefit your overall health as much as those you help. Chemicals like endorphins, dopamine and endocannabinoids – the euphoric high – help relieve stress, which reduces depression and anxiety. People that give of their time volunteering usually get more physical activity and, although the research is newer, people who volunteered regularly had better physical health than those who did not. Both getting up and out of the house and socializing with others played a key role in this.

It also appears to be contagious. Studies suggest that individuals who witness or receive a random act of kindness are much more likely to perform their own act of giving back.

Random acts of kindness can also produce a loop of happiness by increasing extra serotonin in both the giver and receiver. Serotonin aids in mood regulation, social behavior, memory and other brain functions. (APA PsycNet, 2022)

And **World Smile Day** is Friday, **October 7** so grin from ear to ear to get another brain and body boost.

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## **Indigenous Peoples Day October 10, 2022**

(submitted by member, Karen Trucke)

This year Monday, October 10 will be **Indigenous Peoples Day** in Oregon. This will be the second year when the second Monday of October—which formerly would have been Columbus Day—is designated by the state of Oregon as Indigenous Peoples Day.

Oregon has many different Indigenous communities across urban and rural areas, including nine federally recognized tribes: Confederated Tribes of Warm Springs; the Burns Paiute of Harney County; Confederated Tribes of Coos, Lower Umpqua and Siuslaw Indians; Confederated Tribes of Grand Ronde; Confederated Tribes of Siletz Indians; Confederated Tribes of the Umatilla Indian Reservation; Cow Creek Band of Umpqua Indians; Coquille Indian Tribe; and Klamath Tribes.

According to the most recent census, conducted in 2020, there are a little more than 130,000 Oregonians who identify as full or part American Indian and Alaska Native. That is 3.1 percent of the state population.

On Indigenous Peoples Day all non-essential federal offices in the state will be closed.

Oregon last year became the thirteenth state to recognize the second Monday of October as Indigenous Peoples Day, after the Oregon legislature overwhelmingly approved the measure.

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## **Art Harvest Studio Tour of Yamhill County**

**October 7, 8, 9, 2022 | 10:00 AM to 5:00 PM**

The Art Harvest Studio Tour Committee is proud to announce our 49 participating artists including 21 New Artists this year.

An organization of visual artists opened their studios to the public for the first annual Art Harvest Studio Tour in 1993. Since then, thousands of visitors have come to beautiful Yamhill County to meet some of the area's most talented artists. They watch demonstrations, admire creative studios and purchase their work.

Visitors are invited into studios and workshops of nearly 50 Yamhill County artists for self-guided tours. Watch demonstrations, learn the creative process, enjoy viewing and purchasing artwork.

with disabilities to provide free lawn care.

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## **October is Global Diversity Awareness Month**

### **Join Your Neighbors on Community Alerts**

More than 400 new users have joined Marion-Polk Alerts since the Vitae Springs Road Fire. Have you? [Sign up for emergency notifications.](#)

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### **Oregon Humanities**

#### **Magazine: [A Winner Every Time By Sallie Tisdale](#)**

*Sallie Tisdale is the author of several books, including [Advice for Future Corpses](#), [Stepping Westward](#), and the essay collection [Violation](#). Her essays appear in a variety of publications.*

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## **October is Breast Cancer Awareness Month.**

an annual campaign to raise awareness about the impact of breast cancer.

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### **Saturday Market Runs Through October**

[Salem Saturday Market](#) is still in full swing! They are open every Saturday of October from 9 a.m. to 2 p.m. at 865 Marion St NE

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## **Bullseye! NASA's DART Mission Impacts Asteroid Target in World First**

The mission's one-way trip confirmed NASA can successfully navigate a spacecraft to intentionally collide with an asteroid to deflect it, a technique known as kinetic impact.

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### **Netflix Movie: [Don't Look Up](#) (All Star cast!)**

Two low-level astronomers must go on a giant media tour to warn mankind of an approaching comet that will destroy planet Earth.

A \$10 entry button is required and will be available at all studios and select Yamhill County outlets.

## [Portland Open Studios 2022](#)

**October 8, 9, 15, 16, 2022 | 10:00 AM - 5:00 PM**

Portland Open Studios is a 24 year old arts non profit working to bridge the gap between artist and patron.

Portland Open Studios has come a long way since we started in 1998. What began as a gathering of artists who wanted to showcase their work in their communities, quickly blossomed into a vibrant artist ecosystem with as many facets as a diamond. When asked why our artists want to be a part of Portland Open Studios the number one response is the community it builds.

The art studio tour itself has expanded to include 120 studios for 2022 and includes nearly every city neighborhood. The popular tour is visited by thousands of fans on the second and third weekends of each October, all eager to experience art being made right in front of them. Our ethos of "meet the maker" meshes well with the values of this creative, experience driven city.

### **Oktoberfest Tradition:**

Beginning in the third weekend of September and lasting until the first Sunday in October, Oktoberfest has long served as an excuse for revelers to do as the Germans do and wet their whistle at the local beer hall (lederhosen optional). The first Oktoberfest was a wedding reception: On October 12, 1810, the citizens of Munich gathered at the city's gates to celebrate the marriage of Bavarian Crown Prince Ludwig to Princess Therese of Saxony-Hildburghausen. The event (known locally as d'Wiesn) was so popular that it took place again the following year — and the year after that, and so on and so forth until it became the world-famous festival of Bavarian culture that it is today.

## [Oregon Agricultural Trust Launches Cheers to the Land](#)

The Oregon Agricultural Trust (OAT) announces the October launch of **Cheers to the Land**, a campaign in which nine breweries across the state are making new beers with Oregon-sourced ingredients and supporting the work of OAT to permanently protect Oregon's bountiful farm and ranch lands from development. Beginning October 12, participating breweries will release the beers on draft, with six of the nine beers packaged in limited-edition Cheers to the Land 16oz 4-pack cans. OAT will also host special events at each brewery during October and Cheers to the Land Tap Takeovers with all nine beers at Loyal Legion in both Portland and Beaverton.



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

- [Monmouth Hispanic/Latinx Heritage Month](#)  
**September 15 to October 15, 2022**
- [Live at Willamette University: The Immigrant Story Live](#): Tuesday, **October 11, 2022** | 7:00 PM to 9:30 PM | Willamette University | Rogers Music Center | Hudson Hall - *stay tuned for more information...*
- [The West Coast Giant Pumpkin Regatta weekend is happening October 15 & 16, 2022!](#)

## [Traveling Telescope - Meet Your Universe](#)

The **Travelling Telescope** is a social enterprise registered in Kenya in 2014. Our company is dedicated to promoting science and technology using astronomy and astrophysics tools and concepts, encourage imagination and exploration through the stars and planets. Astronomy has the ability to spark a sense of wonder and curiosity in people, and it is an amazing platform from which to encourage people to pursue science, technology and exploration. [Scroll down to watch some YouTube videos](#)

## [Meet the Meteorite Hunters Who Rush In When Space Rocks Crash to Earth](#) by Sarah Durn

For this community of "space cowboys," entrepreneurs, and enthusiasts, a fireball streaming across the sky offers big risks and bigger rewards—and new tech is heating up the competition.

**I meant to write about death, only life came breaking in as usual.**  
- Virginia Woolf

**Word to Know: Dithyramb** (DITH-ə-ram) noun  
Latin from Greek, early 17th century

1: A wild choral hymn of ancient Greece, especially one dedicated to Dionysus.

**A lightning storm and a swirl of star trails were captured together in [one epic picture](#)**

Photo: Marc Sellés Limós.

**Questions?**  
**Email us at [ICL Digest](#)**

**[Newsletter Archives](#)**

## **Article 4 – Board of Directors**

Directors: The ICL Board of Directors is composed of an Executive Director, an Immediate Past Executive Director, and Directors of Curriculum Services, University Support Services, Membership Services, Financial Services, Secretarial Services, Social Services, Information Services, and Technical Services. The terms “Director” and “Directors” may include one or more “Co-Directors” for each service. Where there is more than one director for a service, they share a single vote on any matter coming to a vote of the board.

Terms of Office: Except as otherwise provided in this Article, each director shall be elected for a two year term and may serve a maximum of four consecutive years with two exceptions:

1. The board, by a vote of a majority of its members, may allow a board member who has served four consecutive years to run for election again if that member’s technical skill or ability is critical to the functioning of ICL.
2. If both co-directors of a service are scheduled to leave the board at the same time after 4 consecutive years, one of the co-directors may be allowed by the board to run for a term one additional year.

## **Article 11 – Elections**

1. At least two months prior to the date scheduled for election of board members, the Executive Director shall appoint a Nominating Committee Chair, who shall select one or two committee members from among ICL members who volunteer. Board members may not serve on the Nominating Committee.
2. The Nominating Committee shall conduct a search for ICL members who are willing to serve in a position on the Board of Directors that is scheduled to be filled in the next election. The committee will determine who is most qualified for each open position.
3. An ICL member may nominate themselves or another member to any open position. A member may not nominate more than one person to any one open position. Nominations under this section shall be made by sending names and qualifications to the Nominating Committee at least one month prior to the date of the election. The committee shall determine whether a person nominated under this section is qualified for the position.
4. The committee shall present a report to the board listing the names of people the committee has found under sections 2 and 3 of this Article to be qualified for each position. The board may request that the committee reconsider the choices.
5. The Nominating Committee shall send its report to the full membership at least two full weeks prior to the date of the election. The Chair of the Nominating Committee shall present all nominees for positions on the Board of Directors at the General Membership meeting that is held for elections. The Presiding Officer may call for a voice vote unless there are multiple candidates for any office, in which case the vote shall be by written ballot.
6. Newly elected directors shall assume their duties at the conclusion of the Spring term. Spring semester may be used for the purposes of training newly elected directors.