



# Institute for Continued Learning Digest

Welcome to the 132nd Edition of the ICL Senioritis

Vol. 132, October 12, 2022

Editors: GwenEllyn Anderson and Dave MacMillan

## ICL Update:

- **ICL 30th Anniversary Celebration: Thursday, October 13th** 🎈🥳  
Kaneko Lobby and Auditorium
  - **10:00 am – Coffee, Tea and Conversation:** Bountiful Buffet of sweet and savory goodies provided by members with last names beginning A-L
  - **10:30 am – Welcome by Joan Robinson, ICL Executive Director** followed by a slide presentation created by long-time member **Don Gallagher: Reflections on 30 Years of ICL - appreciative, nostalgic, and pensive**
  - **11:30 am – more social time with Coffee, Tea, and Goodies**
- **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. Please submit nominations to the Nominating Committee by **October 17th**: [Toni Peterson](#) and/or [Jim McDonald](#). [See last week's newsletter for more information.](#)
- **October Curriculum Committee Meeting:** Thursday, **October 13**, 2022 at 1:30 pm on [Zoom](#) - open to all members.
- **October Board Meeting:** Thursday, **October 20**, 2022 at 1:30 PM on [Zoom](#) - open to all members
- **A Note about the Doors.** Willamette is aware of the problem with the locked door to Kaneko Hall and is looking into it. In the meantime, you can use your card to enter via the center doors to TIUA (Kaneko) and out the next set of doors. Outside, in the courtyard, take a left to the doors across from Kaneko Auditorium. The key card access is to the *left* of those doors.

## Willamette Update:

- **Did you know there is a museum ticket in your pocket?**  
It is true! Your WU ID card is your admission ticket to the Hallie Ford Museum of Art! As a Willamette University student, you are invited to show your card at the museum's front desk to enjoy free admission.

## They're back! A Generation of Oregon Potters: 1970's OCE Alumni and Professors return to WOU for an Exhibit of their work

Western Oregon University's Cannon Gallery of Art (345 Monmouth Ave. N, Monmouth)

*The exhibit is open now and runs through **October 28**.*

The exhibit features work by Mary Lou Zeek, Jerrold Martisak, Don Hoskisson, Michael Gwinup, Karl Lundy, Cheryl Guggenheim, Craig Martell, Phil Fishwick, and Jay Stewart. [WOU Calendar](#)

## Mid-Valley Travel Club Meeting: "Wild Wolf Watching in Yellowstone National Park" Presented by Bruce and Kelly Hazen

Thursday October 13, 2022 at 7:00 PM - on [Zoom](#)

Yellowstone National Park is known as the best place in the world to see wolves in the wild. Over the past 16 years, Bruce and Kelly Hazen have watched wolves in Yellowstone during their twice a year visits. Learn the insider

## 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:

[Meet the 86-year-old woman who has fostered 189 children over 40 years.](#)

## [AARP: How to Vote in Oregon's 2022 Elections](#)

## [Bon Appétit: Celebrating Hispanic Heritage Month with Traci Des Jardins](#)

During **National Hispanic Heritage Month** we're partnering with **Traci Des Jardins**, the two-time James Beard award winner,

tips and tricks to making the most of your wolf watching adventure. Topics include: where, when, and how to comfortably observe wild wolf behavior, wolf watching etiquette along with equipment and supply needs. You will learn what to expect during a typical day in the life of a wolf watcher. Also gain insight into lodging and dining options along with additional wildlife viewing opportunities. Hint: Be crepuscular.

[Join Zoom Meeting](#) Meeting ID: 836 0435 9192 Passcode: 005010

### Autumn was once called Harvest

English speakers haven't always used 'autumn' to refer to this time of year. 'Harvest', from the Old English (and ultimately Germanic) haerfest, was used as early as the 10<sup>th</sup> century to refer to summer's end. Referring to it as harvest didn't last. 'Autumn' – from the Latin autumnus and French automopne – emerged around the 1300s and replaced 'harvest.' The term 'Fall' cropped up around the 1500s as part of the 'fall of the leaf' mirroring the popular phrase 'spring of the leaf' used for the vernal equinox. "Autumn" and 'fall' have been used interchangeably ever since. (While Americans favor the word 'fall', the British more commonly use 'autumn' – a vocabulary variation that dates back to the Revolution when colonists attempted to distinguish themselves culturally from the British and modified their speech to do so.)

### Zooming Back to History presents Salem's Dark History: [Murder Most Foul](#) with Jan McComb

October 13, 2022 | 7:00 PM | On Zoom

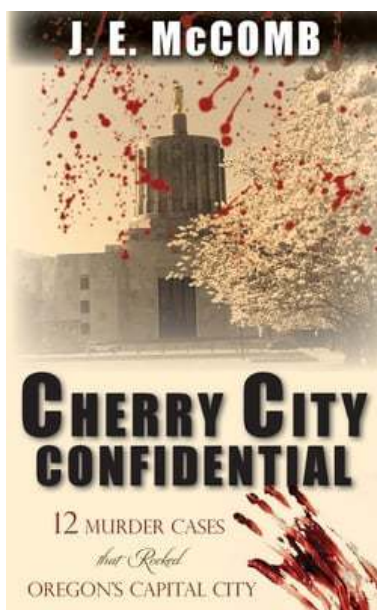
Salem, Oregon: A nice place to raise your family. But every city has its dark side. Home to the state prison, asylum, the seat of state government, Salem is different from other cities. Learn about a dozen of the murders that shocked its citizens from 1910 to 1987, with a deeper dive into the serial killer Jerome Brudos, whose brief reign of terror forever scarred Oregon's capital city.

About the Speaker: Author Jan McComb is a lifelong resident of Salem, Oregon and drives past the city's murder scenes daily. She worked at the Mental Health Division, Dept. of Education, and the Oregon Legislature, where she assisted the Judiciary Committee that investigated whether corruption in his department was behind the murder of Corrections Director Michael Francke. McComb is a graduate of University of Oregon.

This series, a fundraiser for the Willamette Heritage Center, is brought to you by our generous presenting sponsor Oregon State Capitol Foundation. This virtual gathering seeks to share historical perspectives of topics related to the Mid-Willamette Valley and beyond.

Join us on Zoom to learn more about our region's rich history. Each speaker will share about their topic for approximately 45 minutes with time for questions from the audience.

Tickets are available online using the following links for the entire series or individual speakers. [\\$10/speaker](#) or [\\$30/series](#).



philanthropist, and operator of Bon Appétit Management Company restaurants. We explore Traci's upbringing, the alchemy of identity and cuisine, and what her Hispanic heritage means to her. *(recipes at the bottom)*

### Willamette Heritage Center Bottle Give

Looking for something to do with all those cans and bottles that keep piling up? **Willamette Heritage Center** (across Mill Street from Kaneko) will take them as a donation with proceeds going to support WHC programs and projects. Stop by and pick up a **BottleDrop Give Donation bag**, fill the bag(s) at home, and bring the full bag(s) back the next time you go to class. No need to stand at the counting machines. Bag(s) can also be dropped off at your nearest BottleDrop location - with no wait. WHC will get the credit. *Note: bags may be available tomorrow (Oct. 13) in class.*

### [Elderberry Wisdom Farm](#)

Our Native America nonprofit corporation, Elderberry Wisdom Farm, was created to assist Native Americans as they integrate academics, experiential service learning activities and cultural and ecological knowledge while creating their own agricultural and horticultural career pathways.

### [Climate-Forest.org](#)

Our organizations have worked to protect federal forests, wildlife, watersheds, and our climate for decades. We've come together to launch the Climate Forests

## The Brain and Smiling

As previously shared, **last Friday, October 7, was National Smile Day.** A well-placed smile can brighten any day and here's why:

Each time you smile, you throw a little feel-good party in your brain. Smiling activates tiny molecules in your brain that are designed to fend off stress. These molecules, called neuropeptides, allow neurons to communicate in your brain. They facilitate messaging to the whole body when we are happy, sad, angry, depressed, or excited.

When you smile, though, your brain releases dopamine, endorphins and serotonin. These neurotransmitters are associated with lowering your anxiety and increasing feelings of happiness. In fact, serotonin is often the chemical that anti-depressant medications attempt to regulate. This natural, feel-good chemical cocktail that your brain serves up helps you feel happier and more relaxed, and it can even lower your heart rate and blood pressure. Endorphins are also associated with relieving pain. And, a serotonin release also serves as an anti-depressant/mood lifter.

Putting on a smile has also been shown to make one more attractive! A study at Scotland University found that those who smiled and made eye contact were consistently rated higher on the attractiveness scale than those who didn't. A study published in the Journal of Neuropsychologia reported that seeing an attractive, smiling face activated the orbitofrontal cortex – the region in your brain that processes sensory rewards. This suggests that when you see a person smiling, you actually feel rewarded.

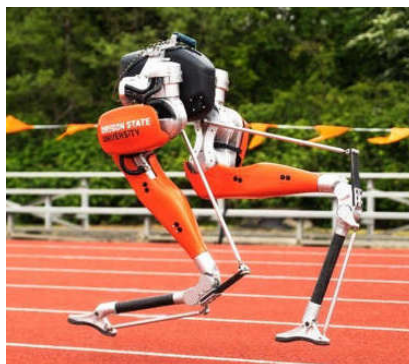
Like random acts of kindness, smiling is also contagious. A Swedish study showed that people unconsciously mimicked a smile when they saw one and that it was difficult to frown as they were asked to do. You can start this change reaction of feeling good by making eye contact and smiling. Go spread it around.

## Robot runs 100 meter in 24 seconds, makes world record

Cassie created a Guinness World Record for the fastest 100-meter run by a bipedal robot.

Cassie, a robot made by the Oregon State University College of Engineering and an OSU spinout company Agility Robotics, created a Guinness World Record for the fastest 100-metre run by a bipedal robot.

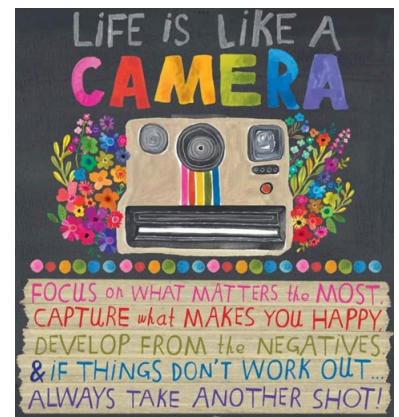
Cassie completed the run in 24.7 seconds on May 11, 2022. While the record was made months ago, the video of Cassie's run was recently shared by the Oregon University on its website on September 23. Soon, the video began circulating across social media platforms. [...continue reading and watch video](#)



## Local and Virtual Events!

- [Monmouth Hispanic/Latinx Heritage Month](#)  
September 15 to October 15, 2022
- [The West Coast Giant Pumpkin Regatta - October 15 & 16, 2022!](#)
- **Save the Date for This Year's Salem Peace Lecture: October 26, 2022** starting at 7:30 pm - In person and live streamed on YouTube.
- [Camerata Musica Salem](#): Free Chamber Music Concerts at the Salem Public Library, Loucks Auditorium (*Note venue has change back to SPL*)

Campaign because conserving our remaining older forests and trees on federal public lands is one of the country's most straightforward, impactful and cost-effective climate solutions.



I'm at that age where  
my back goes out  
more than I do.  
- Phyllis Diller

## Word to Know: Causerie

[koz-ə-REE] noun

Origin: French, 19th century

1. An informal article or talk, typically on a literary subject.

"As we walked, Tom improvised a causerie about the novels of James Baldwin."

"Our dinner discussion turned into a causerie about the "Anne of Green Gables" novels."

## About Causerie:

"Causerie" is based on the French expression "causer," meaning to talk, which itself is based on the Latin "causāri," meaning to debate or dispute.

Questions?  
Send us a message at  
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