



# Institute for Continued Learning Digest

## Welcome to the 138th Edition of the ICL Senioritis

Vol. 138, November 23, 2022

Editors: GwenEllyn Anderson and Dave MacMillan

### ICL Update:

- **ICL Autumn Banquet:** Thank you to all who contributed to the wonderful Autumn Banquet - especially our amazing Social Services team: Dee Iltis and Priscilla Hibbard. Kudos to Bon Appetit for the excellent meal! Joan Robinson did a great job introducing our guests at the head table, the board members, and the Curriculum Committee members. Thanks to GwenEllyn Anderson for always making sure our speakers can be heard. All in all, a great success! 🍷
- **ICL General Meeting Notes (November 17):** Joan also conducted the General Meeting and took care of the business of electing the slate of board nominees put forward by the nominating committee. Congratulations and thank you to all of our board members for next year! 🍷
- **ICL Board Meeting Notes (November 17):** Next board meeting will be **December 15th** at 1:30pm via [Zoom](#)
- **ICL Wine Club Meetings** are *canceled* for November and December due to the holiday hubbub. We will meet again on January 16, 2023. Stay tuned for more information. Cheers! 🍷

### How to submit presentation suggestions to the Curriculum Committee:

On the [ICL Webpage](#), click on the red dot menu in the upper right and select "More about ICL". Scroll down to the "Technical Services" heading and click on "Forms". Then click on [Presentation Suggestion Form](#). Your input will automatically go into a list of suggestions which the Curriculum Committee can use. Feel free to make multiple suggestions. And Thank You!



### [SALEM TUBA HOLIDAY](#)

Saturday, December 24, 2022 | 12:00 PM (doors open at 11:00 AM)

The Historic Elsinore Theatre (170 High St SE, Salem)

Salem Tuba Holiday is an annual tradition of musical merriment featuring players of conical bore instruments: baritone horns, euphoniums, tubas, and Sousaphones. The show includes arrangements of popular Christmas carols and holiday songs performed by musicians from all over the northwest.

\$10 [BUY TICKETS](#) [SEATING & ACCESSIBILITY CHART](#)

### 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
- [ICL 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](#)
- [Find COVID19 Vaccines](#)

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

### [Mid-Willamette Valley High Water Watch Gage Map:](#)

- Hover over green dots for gage name
- Click on green dots for graph and more information

**Good News Story:** The mother of an autistic son starts a monthly dance club for people with disabilities. ([More](#))

**Owls—the [masters of disguise](#)** (good follow-up to the Nov. 15th presentation about raptors!)

## **Downtown Salem is set to be extra festive this holiday season with the return of a long-absent Holiday Parade,**

75,000 lights and a tree-lighting set to feature several special guests.

[On Nov. 26, a holiday parade](#) will wind through downtown streets for the first time in several years.

The free parade will start at **6 p.m.** at the corner of Court and Church streets, and weave its way through downtown, culminating with Santa arriving in an antique fire truck and the lighting of a community tree on top of the Winslow Boutique building on Court Street.

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## **How did a gourd become a popular sweet dessert for Americans on Thanksgiving?**

Early American settlers of the Plymouth Colony in southern New England (1620-1692), may have made pumpkin pies, of sorts, without crusts. They stewed pumpkins or filled a hollowed out pumpkin shell with milk, honey and spices, and then baked it in hot ashes. Northeastern Native American tribes grew squash and pumpkins. They offered pumpkins as gifts to the first settlers and taught them the many uses for pumpkin. This led to serving pumpkin pie at the first Thanksgiving in America about 50 years later.

These early pastries, however, did not resemble modern pumpkin pies. They contained layers of sliced (sometimes fried) pumpkin, combined with sugar, spices, and apple slices.

Francois Pierre la Varenne was a famous French chef and author of one of the most important French cookbooks of the 17th century, *The True French Cook* (translated). This book contained a recipe for a "Tourte of Pumpkin" that included a pastry shell and resembled what we think of as pumpkin pie today. But it was in 1796 that Amelia Simmons published her *American Cookery* with a pumpkin pie recipe that is most similar to our present-day pumpkin pies.

Trivia notes: The name pumpkin originated from the Greek word for large melon: "pepon." The French changed "pepon" to "pompon" and the English termed it "pumpion" or "pompion." And, before Phoenix, AZ was laid out in 1868, it was known as Pumpkinville.

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## **Daily Saving Time Benefits Debatable**

You've probably heard – shifting the clocks to maximize sunlight is controversial – both for maintaining this practice and for its effect on our health. The logic is that adding sunlight to our days is beneficial and one would think that gaining an hour in the fall would help, but...

Some credit Ben Franklin with the idea of saving daylight time when he wrote – satirically – that he was astonished to see the sun rise at the early hour of six in the morning, long before most Parisians ever saw the light of day. He suggested that if they were to rise with the sun, the city could save an "immense sum" from the candles burned in the dark evening hours. He further suggested, in humor, that cannons could be fired in the street to wake people, taxing people for shuttering their windows and restricting candle sales. Note, he never suggested changing the clocks.

George Hudson, an entomologist in New Zealand (in 1895) suggested a two-hour shift to provide him more time for bug hunting. Germany was the first to implement daylight saving time in 1916 to maximize sunlight when resources became scarce during WWI.

## **From member Tracy Ragland who says...**

"This seemed to sum up how so many ICL members approach life and learning!"

## **From Owl! At the Library:**

Rest assured you will never bore me by talking about your special interest. You're an astronomer? I have questions. You draw maps of medieval London? I love you. This world is a banquet of knowledge and each of us has brought a dish to the table. Dig in!



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## **[November is National American Indian Heritage Month](#)**

The Library of Congress, National Archives and Records Administration, National Endowment for the Humanities, National Gallery of Art, National Park Service, Smithsonian Institution and United States Holocaust Memorial Museum join in paying tribute to the rich ancestry and traditions of Native Americans. [...more...](#)

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## **[Southwest Oregon tribe, state forge 'model' agreement to co-manage fish and wildlife](#)**

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## **[The world's largest dam removal will touch many lives in the Klamath River Basin](#)**

A \$450 million project will remove four dams from in Southern Oregon and Northern California and open up hundreds of miles of salmon habitat that's been

But the benefits to our physical health haven't proven worthy. Some studies have identified an increase in heart attacks with springing forward and a slight decrease when falling back (Sandhu 2014). Other studies suggest a link to an increase in fatal car accidents after the time changes. (Smith, Austin, C. 2016) The disruption in sleep patterns remains the most significant problem because that effects most people's daily routine and takes time to reestablish a healthy sleep pattern – essential to basic health.

## Five Crisp Facts About Autumn Leaves

### 1. Deciduous trees change colors, but coniferous trees do not.

Generally speaking, as sunlight decreases and temperatures drop, chlorophyll production in these broadleaf trees ramps up, which in turn gives way to pigments that produce the red, orange, and yellow tones of autumn.

### 2. A leaf's color is determined by the type of tree.

There are three different pigments responsible for the coloration of autumn leaves: chlorophyll, carotenoids, and anthocyanin. Chlorophyll, the most basic pigment that every plant possesses. Varying proportions of pigmentation can be found in the chemical composition of each tree type, leading to colorful contrasts.



### 3. The etymology of the word "Fall" comes from the falling leaves.

Prior to the terms "fall" and "autumn" making their way into the common lexicon, the months of September, October, and November were generally referred to as the harvest season, a time of year for gathering ripened crops.

### 4. American trees produce redder leaves than northern European ones.

While America is home to a wide array of both reddish and yellow autumnal hues, trees in Northern Europe are more universally yellow in color. One theory suggests that during the Pleistocene era, America's north-to-south mountain ranges allowed for animals on either side to migrate south to warmer climates, whereas the east-to-west Alps of Europe trapped many animal species that became extinct as freezing conditions took hold in the north. The result was American trees produced more anthocyanins — and thus a darker red color — to help ward off insects, whereas European trees didn't need to do the same, since extinct insect species no longer posed a threat.

### 5. Tempura-fried maple leaves are a Japanese delicacy.

Legend has it that around 1,300 years ago, a traveler was so taken by the beauty of the autumn maple leaves in the region that he decided to cook them in oil and eat them. Please note: the leaves used are always taken directly from the tree.

## Fall Leaf Haul - Turn in Your Leaves for Free

### Assistance for Senior and Disabled Residents

Senior citizens or those with disabilities in need of assistance hauling bagged leaves and grass to the collection site may call **503-589-2195** or email [cwildman@cityofsalem.net](mailto:cwildman@cityofsalem.net). November 28, 2022, will be the last day to sign up for assistance.

## Local and Virtual Events!

- **Save the Date: Willamette University Star Tree Lighting & Family Holiday Concert: Saturday, December 3, 2022 | 6:30 PM - 7:00 PM**

blocked for more than a century.

**Ref: [Mass killing database The AP/USA TODAY/ Northeastern University database](#)**

## Revealing trends, details and anguish of every US event since 2006

How many mass killings are there in the US? High profile public shootings are only a portion of the nation's mass killings since 2006, analysis shows.

## November 20, 1923: the U.S. Patent Office granted Patent No. 1,475,074

to 46-year-old inventor and newspaperman Garrett Morgan for his **three-position traffic signal**.



Though Morgan's was not the first traffic signal (that one had been installed in London in 1868), it was an important innovation nonetheless: By having a third position besides just "Stop" and "Go," it regulated crossing vehicles more safely than earlier signals had.

**He who is not everyday conquering some fear has not learned the secret of life.**

**- Ralph Waldo Emerson**

## Word to Know: Staccato

(stə-KA-doh) adjective  
Origin: Italian, 1715

- 1: Consisting of a series of sounds that are each sharply separated from the others.
- 2: A series of short, sharply separated sounds or words.

## Questions?

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

**[Newsletter Archives](#)**