



# Institute for Continued Learning Digest

## Welcome to the 12th Edition of the ICL Senioritis

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Editors: GwenEllyn Anderson and Dave MacMillan

### WU Update - Take the 21-day Racial Equity Challenge

As President Thorsett mentioned in his email last week, Willamette University is seeking your partnership in deepening the antiracist work on campus. They've invited us to join their [21-day Racial Equity Habit Building Challenge](#). It focuses on racial Black/White relations, but includes materials related to indigenous, Asian American and Latinx relations, as well. They offer a chart to track what you've chosen each day and a list of numerous resources to read, listen to, watch, notice, reflect on, etc. If you have questions, contact [Jade Aguilar at WU](#).

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### The Coalition of Communities of Color (CCC)...

addresses the socioeconomic disparities, institutional racism and inequity of services experienced by our families, children and communities; and to organize our communities for collective action resulting in social change to obtain self-determination, wellness, justice and prosperity. We encourage you to learn more at [coalitioncommunitiescolor.org](#) and to step up in some way to help secure a safe future for all.

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### Message from Sandra Burnett, Executive Director of the Salem Arts Association

Diverse communities are strong communities, and at [Salem Art Association](#) we work to build strong and diverse communities through the arts. This is supported by the [Americans for the Arts](#) who say that 67% of Americans believe "the arts unify our communities regardless of age, race, and ethnicity" and 62% agree that the arts "help me understand other cultures better"—a perspective observed across all demographic and economic categories.

In addition, a study from the University of Illinois demonstrates that people who engage in the arts, or watch others do so, are more likely to be civically engaged, socially tolerant, and altruistic. Their data analysis found a high correlation between the arts and altruistic actions that place the interests of others over the interests of self.

See the study: [Impact of the Arts on Individual Contributions to U.S. Civil Society](#)

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### City of Salem Seeks input from you on next Police Chief

Salem is starting a search for a new police chief and wants residents to weigh in through an online survey.

Current Police Chief Jerry Moore announced his retirement in November after leading the Salem Police Department for 14 years.

### Missing ICL Friends?

Join us for...

● Virtual **Happy Hour** on Fridays at 4:30PM. [Zoom in here](#)

● Virtual **Coffee Breaks** on Tuesdays at 10 AM *Just for fun, wear a hat!* [Zoom in here](#)

[Zoom Help](#) - Find tips, FAQ, and other resources available on the ICL Website.

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### Anti-Racist Opportunities and Readings

We are a group of life-long learners and this seems like another time for us to dig in and learn more. There is not a better start than Frank Keller's list of places to donate, petitions and advocacy, nonfiction, fiction, movies, and black-owned businesses to support.

[Check them out here.](#)

[12 Books About Racism to Read Right Now](#) - If you're looking for an education on race politics, [these books](#) are all a good place to start.

[The Anti-Racist Reading List](#)

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[Science Friday Podcast: Using Chemistry To Get The Perfect Cup Of Coffee](#)

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Job search firm Ralph Andersen and Associates is starting the recruitment process and will analyze the survey responses. The survey will be available for most of June, said Salem HR Director Mina Hanssen.

**TAKE THE SURVEY**

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**Interview with Kasia Quillinan - Part 1** with Don Gallagher

I have the pleasure of interviewing our new Executive Director Kasia Quillinan. Kasia has been an active member since joining ICL in 2007. From previous discussions I had the impression that Kasia had a unique childhood, but I knew little about her. So I decided to break the interview into two parts. I was not disappointed as unique was certainly not the only word to describe her pre-college years.



**DON:** Kasia, give us a little background from your beginnings?

**KASIA:** I was born in Chicago, the first of four children to a civil engineer father and an architect mother. My dad’s family was southern Irish farmers; my mother was the product of a mercantile/university family from Germany and Ukraine.

My peripatetic wandering started in my middle school years when my father began a job search which took us from coast to coast, north to south, all 6 of us crammed into a first-edition VW bus with all of our household goods, no heat, a 36 horsepower engine lugging over Pike’s Peak, a broken axle in Ensenada, no interstate highways or rest areas, and no fast food joints every twenty miles. It was an adventure every time! One hoped for an uneventful trip... and then there was the time we pushed the car halfway across Texas. We were the modern Joads, rocking chair strapped on top, garden tools on the sides, eating cans of pork and beans warmed up on a camp stove. We crossed the country 7 times one year.

**DON:** Did you eventually settle down and start to plant some roots?

**KASIA:** For a time, we wound up on the Lower East Side of Manhattan. Now it is a chic Bo Ho neighborhood, but then, think West Side Story-gang rumbles in the street, piles of furniture set on fire, garbage everywhere, kids turning on fire hydrants in the summer, the Trinity Holiness Pentecostal Revival Tabernacle (really) blasting away into the night with trumpets, drums, and singing the praises.

Next stop was Cape Canaveral, which provided its own excitement in the days of the early rocket launches. It was quite exciting to watch the rockets from the schoolroom windows; on one occasion a Polaris missile went off course and headed inland. Mission Control blew it up, exploding tens of thousands of gallons of water into the atmosphere in a giant icy fireworks display. But the best place there was the beach!

**DON:** But if I remember right that didn’t last too long as you started bouncing around the world?

**KASIA:** We moved to Ethiopia, East Africa, at the same time as the Ethiopian government was evicting its Italian residents, the Eritreans (Asmara) were trying to break away, Kennedy had just sent in troops to

**AARP Online Trivia Nights**

Test your knowledge and connect with others on two afternoons:

- **Thurs., June 11 at 4:00 pm PST:** Pub Poll — Teams are asked to submit their best guess to the top answers for a survey question.

Choose which game you’d like to join at registration. Games are free, but registration is required in order to receive a link to play via Zoom.

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**A Modern Day Rip Van Winkle?**

Dan Thomas returned from a 75-day self meditation retreat in the remote woods of Vermont. His first question upon his return - *“Did I miss anything?”*

[Read his story here.](#)

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**Students Volunteer to Tell Jokes for Senior Citizens in Lockdown**

A Canadian teacher organized his students to create a hotline for senior citizens to call in for a daily joke.

You have several options: jokes, stories, poems, daily dose of kindness, etc. Check a sample out here when Billy Crystal meets the teacher and adds his own jokes to the mix.

[Jokes for Senior Citizen COVID Hotline](#)

or call:

877-JOY-4ALL  
(877-569-4255)

to choose your own options and to hear the students.

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help Haile Selassie, and there we were at 8000' with altitude sickness. (We got over it eventually.) My mother enrolled all of us in the French School/Lyce. Since it was the best school on the East coast, my classmates included princesses, ambassadors' kids, and sons and daughters of dignitaries from around the world.

Our next stop was Bangkok at the height of the Viet Nam War, American troops on R&R, official versus "un"official Americans. The "clongs" or canals were still in existence and temple rubbings were still permitted. It was the era of custom-made silk dresses and shoes, and weekly hair appointments for 25 cents.

**DON:** So Kasia, I am getting the sense that you are just getting started?

**KASIA:** Following a stint in Guatemala ending with an escape out of the country, over the mountains, in a stripped down Chevy Nova, back to Thailand, back to Illinois where I entered the Rhodes Scholar program early, and finally (to my great relief) to Brasil.

Brasil would be my last stop; the family went on world-wandering for several more years

**DON:** Do you have a few highlights of Brazil to share with us?

**KASIA:** Brasil, despite the military dictatorship of Castello-Branco, was wonderful for me. We had a lovely house on the beach at Boa Viagem, Recife (NE Brasil). I met a group of Brazilian college students at the Alliance Française, and I had a blast: Dancing in clubs, singing in a madrigal choir, running the "curso" during carnival (and getting covered in flour, water and coffee grounds!), travelling with the choir where the guys all vied to sing Italian arias.

When we moved to Rio, I was once again back in the Lycee finishing my last year. We lived in the Santa Teresa district at the end of the "bonde" (cable car) line and just below the statue of Corcovado. From my bedroom window, it looked like the Statue was hovering in the clouds. We survived a huge flood and landslide that missed our building by just a few feet, but caused nearby buildings to collapse.

**DON:** Let me interrupt, as it is clear you were having way too much fun! The party must end eventually?

**KASIA:** All good things must come to an end, I suppose. The family was preparing to relocate to Curitiba (So. Brasil), when my parents decided that it was time to send my brother and me to college in the United States! I really did not want to come back, but this was not the era when one said, "Sorry folks, I don't want to go to college, and I don't want to go back." Not an option, especially not to a University mom. Our only option was to decide which school. Neither my brother nor I wanted to go where it was cold and we were worried about re-integrating as foreign students. We settled on the University of California.

**DON:** Thank you Kasia. I can hardly wait to find out whether or not you had any fun while at Berkeley in the sixties.

*Newsletter readers tune in for Part 2 as the interview continues.*

## **A Clever Comic to Teach [How to Spot Fake News](#)**

The World Health Organization has named it 'infodemic' - their fight against internet trolls and conspiracy theorists about coronavirus. Experts are concerned that the outbreak might be the biggest source of internet misinformation ever. Connie Hansen Jin has created a [clever cartoon](#) to help teach and sharpen your skills of detection.

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## **Fun - maybe useless - information**

The sandwich remains one of the most popular meals for Americans. We eat more than 300 million per day because they are easy to make, open to interpretation and creativity and are portable.

Once it overcame its association with British rule, it shifted to become a symbol of American freedom. The Po'boy - named for a shop who promised to feed anyone down on their luck a free sandwich during the Depression; and the Reuben, named after a regular poker player at a hotel in Nebraska - helped to expand the popularity and inventiveness of the sandwich - which continues today.

## [10 most loved sandwiches in America.](#)

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### **Questions?**

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

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## [Newsletter Archives](#)