



Institute for Continued Learning Digest

Welcome to the 38th Edition of the ICL Senioritis

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ICL Update:

Note: Senioritis Newsletter Editors are slowing down some over the break. You may not see the newsletter every week like you have for the past 36 weeks. Rest assured that there will be more! **Enjoy the break and Happy Holidays!** (pandemic-style)

Salem City Club presents: The Year 2020 in Fewer Words

Salem Area Poets Present Their Work and Inspiration

Friday, December 11, 2020 | Noon

Zoom Webinar: [REGISTER](#)

We'll hear works from seven published poets, many of whom call the Willamette Valley home. The poets are **Marc Janssen, Marilyn Johnston, Ada Molinoff, Jean Kendrick, Mike Strelow, Clem Starck** and **Mike Shuler**.

Cost: Members Free, Non-Members \$5

Salem Public Library Brings you: Snowmanpeople!

A cute, silly, creative, beloved part of the winter experience. But in the mid-Willamette Valley, actual snow can be hard to find. So we are issuing you a uniquely **Salem Snowmanpeople Challenge**. Look around the house and yard and create a No-Snow Snowmanpeople! You can draw it, craft it, shape it, cook it - follow your own creative path. Then, submit it [here](#) - or email it to library@cityofsaalem.net. We will add it to our **Salem No-Snow Snowmanpeople Gallery** for everyone to enjoy!



[Visit the Gallery and see how it grows.](#)

[2020 Right Livelihood Award](#)

"We honour and support courageous people solving global problems."

2020 Right Livelihood Award Presentation

Established in 1980, the Right Livelihood Award aims to nurture the human courage needed to achieve peace, justice and sustainability for all. By recognising the actions of brave visionaries and building impactful connections around the world, the Award aims to boost urgent and long-term social change. 182 Laureates from 72 countries have received the distinction to date.

The Right Livelihood Foundation presenting the Award sees its role as being a megaphone and shield for the Laureates, providing them with long-term support. The Foundation's main aims are to raise the profile

Missing ICL Friends?

Join us for...

- **Virtual Happy Hour** on Fridays at 4:30PM. [Zoom in here](#)
- **Zoom Help** - Find tips, FAQ, and other resources available on the ICL Website.

The Spring 2021 Schedule will be posted online soon!

- [Schedule Reports](#), also found on the ICL webpage.
- [Recorded Presentations!](#)

Magic at the Mill

"Countdown to Magic" will provide opportunities for families to come together nightly from **Dec. 1 – 18** to experience holiday and light-themed history and activities. Every day between December 1 – December 18 they will have a new story/activity/game to share with your family. Celebrate, learn and discover!

At the end of the countdown on **Dec. 19** we will launch a **Live virtual Magic at the Mill** experience with videos, music, lights, and Activities.

[Countdown to Magic here.](#)

[The Taylor Wessing Photographic Portrait Prize 2020](#)

is the leading international competition, open to all, which celebrates and promotes the very best in contemporary portrait photography from around the world.

of the Laureates and their work, provide protection when Laureates' lives and liberty are in danger, and educate people on the innovative solutions presented by Laureates. The Foundation has Special Consultative Status with the UN Economic and Social Council.

A particular feature of the Award is that anyone can nominate individuals and organisations for consideration. An international Jury selects the Laureates after careful investigation by the Foundation's research team.

The 2020 Laureates:

NASRIN SOTOUDEH: IRAN "... for her fearless activism, at great personal risk, to promote political freedoms and human rights in Iran."

BRYAN STEVENSON: USA "... for his inspiring endeavour to reform the US criminal justice system and advance racial reconciliation in the face of historic trauma."

LOTTIE CUNNINGHAM WREN: NICARAGUA "... for her ceaseless dedication to the protection of indigenous lands and communities from exploitation and plunder."

ALES BIALIATSKI / VIASNA: BELARUS "... for their resolute struggle for the realisation of democracy and human rights in Belarus."

Visit 2020.rightlivelivelihoodaward.org for the full programme.

Marion Co - Waste Reduction and Recycling

Thanksgiving is nigh and the tradition of food gatherings is upon us. Thus, I need you to follow me for a moment for this brief thought experiment: Just imagine a typical traditional Thanksgiving spread...piled across a large table. Now, mentally cut the table in half.

Now, take one of those halves and cut it in half again. How much is left? It should be one-quarter of what you started with, which is an important fraction in my little exercise, as it represents the amount of food that ends up in Marion County's garbage every single day. That's right...in Marion County, a little over a quarter of our garbage is food waste. And, because food waste has such a significant environmental impact, [Oregon's Dept. of Environmental Quality](#) has identified food waste prevention to be a top priority.

BRAIN TIP: The Holiday Brain

Did you know that this actually exists? Researchers have identified five interlinked areas of the brain that get activated when you think about or get involved in Christmas-related activities. The researchers have titled this area of the brain "the Christmas Spirit Network." The activity is associated with a sense of spirituality, the recognition of facial emotions, and the somatic senses, like touch, pressure, temperature, motion, etc. Of course, the activity was significantly higher in people who celebrate holiday traditions with positive associations than those who had no traditions.

In an effort to study why employees sometimes felt conflicted around the holiday – wondering whether to get a boss a gift or whether to openly celebrate – they found that employees were most engaged when the activities included philanthropic initiatives like food drives and

Showcasing talented young photographers, gifted amateurs and established professionals, the competition showcases a diverse range of images and tells the often fascinating stories behind the creation of the works, from formal commissioned portraits to more spontaneous and intimate moments capturing friends and family. Until 31 March 2021

From Judy Gram: Something to reflect upon your year and, hopefully, come out glad and proud you've made it this far. "Once the storm is over, you won't remember how you made it through, how you managed to survive. You won't even be sure, whether the storm is really over.

But one thing is certain. When you come out of the storm, you won't be the same person who walked in." - Haruki Murakami

When it's over, I want to say: All my life I was a bride married to amazement.
- Mary Oliver

The most mesmerizing nighttime landscape photos.

A Word to Know: Sapid
(SA-pihd) adjective
Origin: Latin, early 17th century
1. Having a strong, pleasant taste.
2. (of talk or writing) pleasant or interesting.

"Lunch consisted of finger sandwiches and a sapid tea."

opportunities for charitable giving. Focusing on a theme of gratitude also helped open the celebrations to a wider population, regardless of religious affiliation and beliefs at Christmas time.

While more study is in progress, take time this holiday season to enjoy activating your Christmas spirit by enjoying those twinkling lights, decorating a little bit, getting cozy around the fireplace, connecting (even via Zoom) with family and friends, and any other holiday traditions that will make your brain smile.

TECH TIP: Choose a Password that is Difficult to Hack

It may seem like a no-brainer, but many people use simple passwords because they are easy to remember. Of course, that can make them easy to hack, too!

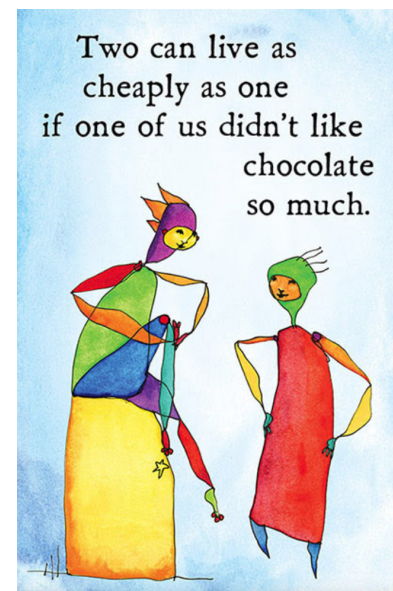
Avoid using a string of numbers or letters (like 123456 and qwerty on the keyboard, or aaaa and 123abc). Under no circumstances should you use anything related to personal information, like birthdates, phone numbers or even your name or the name of someone in your family. Clearly it isn't fun to have multiple passwords and yet, it is essential. Although 8 characters is often the minimum, 12 is a good number to start with. Combine capital and small letters with symbols and numbers. NordPass and other programs will generate a password for you and store it.

"Ashley" was the most popular name used as a password last year (26th place). This year, not only did it drop to the 31st position, but was also beaten by "aaron431" (18th place), which became the most popular name for a password. For a list of the [20 most popular passwords of 2020](#), click here and make sure you didn't make this year's list! You can check the top 200 from this same site.

IF YOU NEED A SMILE

- An invisible man married an invisible woman. The kids were nothing to look at.
- I didn't think the chiropractor would improve my posture. But I stand corrected.
- I took my new girlfriend out on our first date to the ice rink, and entry was half price. She called me a cheap skate.
- Studies show cows produce more milk when the farmer talks to them. It's a case of in one ear and out the udder.
- My cross-eyed wife and I just got a divorce. I found out she was seeing someone on the side.
- My wife claims I'm the cheapest person she's ever met. I'm not buying it.
- Did you know that a raven has 17 rigid feathers called pinions, while a crow only has 16. The difference between a raven and a crow is just a matter of a pinion.
- I told my carpenter I didn't want carpeted steps. He gave me a blank stair.
- What did the surgeon say to the patient who insisted on closing up his own incision? Suture self.

Happy Hanukkah, Saturnalia, Solstice, Festivus, Christmas, Kwanzaa, New Year, or any celebration to you and yours!



See the 25 stunning finalists for [Best Wildlife Photos of 2020](#) and these eye-popping aerial photographs [from around the world](#).

[NPR's Book Concierge](#)

What would you like to read? Mix and match the filters below and the years above to explore nearly 2,500 recommendations from NPR staff and trusted critics.

[Five mega-trends accelerated by the pandemic.](#)

Trivia:

Commonly called "bounce berries," ripe cranberries are firm and have air pockets inside, causing them to bounce. Farmers often use a bounce test to determine if their berries are ready for harvest.

Questions?

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

[Newsletter Archives](#)