



Institute for Continued Learning Digest

Welcome to the 42nd Edition of the ICL Senioritis

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ICL Update:

The [Spring 2021 Schedule](#) is posted online!

And we had a good turnout at the first session yesterday. Thank you to Kasia for getting things started and welcoming us to a new semester - and a new year! Thanks to Judy for a Curriculum Committee overview. After the break, GwenEllyn and Dave provided updates on technology because, in case you haven't noticed, things have changed! In case you missed it, you can find a link to it the [secure area](#) on the webpage.

Next Tuesday, we will hear from Willamette History professor, Professor William Smaldone. Dr. Smaldone will be talking about where his academic pursuits have taken him: Tuesday, January 19th at 10 AM on [Zoom](#).

It's the first ICL Coffee of the new year!

Thursday, January 14th, at 10 a.m Get a FRESH START FOR 2021

Come reconnect with ICL friends and join the conversation in 'small table' groups to share your hopes for the coming year, your good intentions and what you'd like to do after a vaccination.

The program includes special contributions by our poets laureate, Vernelle and Betty.

Join with the regular [ICL Zoom connection](#).



Exploring Together: A Focus on the LGBTQIA+ Community

Tuesday, January 26 | 6-7 PM | On Zoom

Using resources available through the library and the Internet, Salem Public Library invites the community to explore queer political and social history, identities, and the role of allies in supporting the LGBTQIA+ community. In this series of community conversations, staff will act as facilitators and work to establish a respectful and supportive space for everyone to contribute their thoughts, share questions, and

Missing ICL Friends?

Join us for...

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

The Spring 2021 Schedule is posted online:

- on the [Google Calendar](#)
- the [full online version](#)
- and the [Schedule Reports](#),

[Recorded Presentations!](#)

Link to [ZOOM](#) classes.

[Tell your story](#) - The Smithsonian is asking for your 2020 story.

Each State's [most popular resolution](#).

[Architecture: These 1960s megastructures pictured a utopian future](#)

[A Brief History of Peanut Butter](#) (Smithsonian)

The bizarre sanitarium staple that became a spreadable obsession

Need a puppy fix?

Check out all 70 puppies competing in the [2021 Puppy Bowl](#). Same day as the NFL Super Bowl with a Kitty Half-Time Show.

explore the ideas from the readings and videos. Each of the three discussions will have its own focus:

- **Session 1: Today & Yesterday (January 26)**
- **Session 2: Understanding LGBTQIA+ (February 23)**
- **Session 3: Effective Allyship (March 23)**

We ask that you prepare for these discussions by reading or watching at least one entry from the suggested resources list for each month.

Resources for Today and Yesterday - Tuesday, January 26:

Books:

- The Book of Pride: LGBTQ Heroes Who Changed the World by Mason Funk
- Real Queer America: LGBT Stories from Red States by Samantha Allen
- Gay Like Me: A Father Writes to His Son by Richie Jackson
- A Wild and Precious Life: A Memoir by Edie Windsor

Find these resources from Salem Public Library, including downloadable ebooks and audiobooks from [cloudLibrary](#) and [Libby/Library2go](#)

Articles:

- [The Global Divide on Homosexuality Persists by Jacob Poushter and Nicholas Kent \(Pew Research Center\)](#)
- [Milestones in the American Gay Rights Movement \(American Experience website from PBS\)](#)
- [Nearly 1 in 5 Hate Crimes Motivated by Anti-LGBTQ Bias, FBI Finds by Tim Fitzsimmons \(NBC News\)](#)

Visual Media:

- [Before Stonewall \(Kanopy documentary\)](#)
- [A Short History of Trans People’s Long Fight for Equality by Samy Nour Younes \(TED Talk; YouTube\)](#)
- [Tongues Untied: Giving a Voice to Black Gay Men \(Kanopy documentary\)](#)

[Sign up to receive the Zoom login information by email on the morning of the discussion.](#)

Giving Effectively: [Givewell.org](#)

GiveWell is a nonprofit dedicated to finding outstanding giving opportunities and publishing the full details of our analysis to help donors decide where to give.

Unlike charity evaluators that focus solely on financials, assessing administrative or fundraising costs, we conduct in-depth research aiming to determine how much good a given program accomplishes (in terms of lives saved, lives improved, etc.) per dollar spent. Rather than try to rate as many charities as possible, we focus on the few charities that stand out most (by our criteria) in order to find and confidently recommend high-impact giving opportunities (our list of top charities).

[QUICK START GUIDE](#)

A Word to Know:

Hobbledehoy

(HA-bəl-dee-hoy) noun
Origin: Unknown, mid 16th century

1. A clumsy or awkward youth.

"I felt like a real hobbledehoy at my first job."



Have you considered using your Christmas tree in a meal? [Christmas tree needles](#) are used in these recipes!

Fact v. Fiction:

Dr. Sanjay Gupta’s podcasts about Coronavirus-19.

Neurosurgeon Dr. Sanjay Gupta on NPR on how to [“Keep Sharp”](#)...

because it is never too late to create new brain connections.

And in the clever and a bit crazy column:

“No, you can't leash your spouse to [evade lockdown laws](#).”

Tech Tip: Bread Crumbs

Bread crumbs on your computer is a term referring to the pages you most recently visited within a site. They are typically listed at the top of the page and are used for easy navigation back to a former site. They are called bread crumbs because, just like Hansel and Gretel dropped bread crumbs to find their way back home, the bread crumbs on your computer are designed to help you easily find your way back to previous pages. Example:

BRAIN TIP: The Power of Resolutions

Despite the reality that few New Year's Resolutions last beyond 2-3 weeks, research suggests that we should still make them – even if we don't stick to them. The act of making a commitment gets our motivational juices flowing and that stimulates the brain's pleasure centers. The executive function of our brain, a cluster of cognitive abilities has evolved to enable us to set and achieve goals. This brain function sets us apart from other living things who act on instinct rather than planning.

Neuroscientists have learned that one of our most basic emotional reactions is happiness through pursuit. Working towards goals activates the brain's pleasure centers – regardless of outcome. And research suggests that we actually derive more pleasure from working towards the goal than actually achieving it.

Because we are hardwired to automate processes, it is very difficult to change habits. One way to 'trick' the brain to make changes is to break the change into very small steps that can be repeated and habituated more easily. Daily habits will become ingrained the fastest so start there. Adding is also easier than subtracting, so add one extra vegetable rather than remove that cookie you love; watch the last 5 minutes of the show standing by the door with your jacket on because you'll be all set (physically and mentally) to take a short walk. The more you add, the easier it will be to let go of old habits because you'll feel so good about the new habits - and the new ones will be harder to break.

[Oregon Historic Photograph Collections](#) - Salem Public Library

The history of Oregon is preserved in six collections of photographs of people, places, and events that provide snapshots of the state's history from 1840 to more recent times. The collections are statewide but with special emphasis on Salem and other Willamette Valley communities. Included are photographs from numerous sources including the Ben Maxwell estate, the Statesman Journal Newspaper, Oregon State Archives, Marion County Historical Society, the Asahel Bush family, and other contributors.



[Continue reading...](#)

Don't sell your soul to buy peanuts for the monkeys.

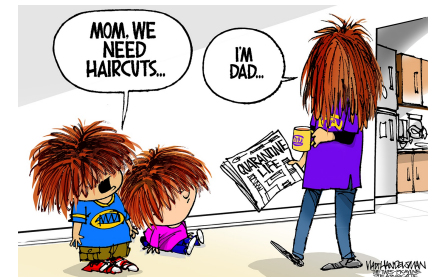
- Dorothy Salisbury Davis

Check [Oregon Health Authority](#)...

for updates on COVID vaccine availability. Forms are available for download, too.

Oregon Fairgrounds off of Sunnyview Road.

The [form](#) can be completed beforehand or, if you have MyChart, you can complete it on your phone prior to entering the Jackman Long building. They also provide forms onsite.



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

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