



Institute for Continued Learning Digest

Welcome to the 54th Edition of the ICL Senioritis

Vol. 54, April 7, 2021

Editors: GwenEllyn Anderson and Dave MacMillan

ICL Update:

- [Thursday, April 8th](#) - Happy Birthday, **Don Gallagher!**
- [Thursday, April 8th](#) - ICL Play Group: **Radio Plays**
- [Tuesday, April 13th](#) - **Zooming Back to History** (see below)
- [Wednesday, April 14th](#) - Deadline for voting to “approve” or “disapprove” the proposed revised ICL Constitution: [View proposed constitution](#) | [Vote](#)

Member Spotlight:

Writer and ICL member **B. Lee Coyne** has donated copies of two of his recently published books to the Hatfield Library. The one on aging is called: [Growing Older and Bolder](#). A collection of original poems is named [Gratitude's Garden](#). Coyne began his writing career in 1962 as a press office intern at the UN Secretariat.

[Zooming Back to History: Kimberly Jensen, Western Oregon University - “Gender and ‘Enemy Alien’ Registration in Oregon during the First World War”](#)

[April 13, 2021 | 7:00 PM](#)

During the First World War, the United States, along with other combatant nations and some neutral nations and colonies, registered, policed, and interned residents who were citizens of enemy nations. This presentation will examine the registration and surveillance of non-citizen “enemies” in Oregon with attention to gender and gender identity. The complexities of this wartime registration were compounded by the Expatriation Act of 1907, federal legislation mandating that U.S. born women who married non-citizen men lost their own citizenship and took the citizenship of their husband. In Oregon, over a quarter of the 1,567 women who registered as non-citizen enemies were born in the United States and had been U.S. citizens before marriage. The case of non-citizen “enemy” registration suggests some important historical foundations for surveillance, citizenship, and civil liberties in subsequent decades and in our own current day.

Kimberly Jensen is Professor of History and Gender Studies at Western Oregon University. She is the author of [Mobilizing Minerva: American Women in the First World War](#) (University of Illinois, 2008) and [Oregon's Doctor to the World: Esther Pohl Lovejoy and a Life in Activism](#) (University



The Spring 2021 Schedule is posted online:

- [Link to ZOOM classes](#).
This is the same link each week.
- on the [Google Calendar](#)
- the [full online version](#)
- and the [Schedule Reports](#)
- [Recorded Presentations!](#)

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.

World Beat cancels event that draws thousands for second year in a row

For the second year, World Beat Festival won't be returning to Riverfront Park with dragon boats, Indian folk dancing, and cuisine from around the globe. [More at Salem Reporter](#)

[Uncomfortable Conversations With A Black Man: Karens & Cancel Culture with Chelsea Handler - Ep.10](#)

Emmanuel Acho sits down with comedian & best selling author, Chelsea Handler, to have an uncomfortable conversation about "Karens,"

of Washington, 2012) and is completing a book manuscript on gender, citizenship, civil liberties and the surveillance state in Oregon 1913-1925. This series, a fundraiser for the Willamette Heritage Center, is brought to you by our generous presenting sponsor Oregon State Capitol Foundation.

This public online gathering seeks to share historical perspectives of topics related to the Mid-Willamette Valley and beyond. Payment options – \$10/speaker or \$30/series. The link and password for each speaker will be sent to you via email.

Hatfield Lecture Series tickets on sale now.

For twenty-three years, the Oregon Historical Society's [Mark O. Hatfield Lecture Series](#) has earned a reputation for hosting America's most prominent historians, biographers, and public officials. The series began at the suggestion of Senator Hatfield, and continues as a tribute to his legacy of public service and as an opportunity to share stories of the people and events that have shaped American history.

Due to the postponement of our 2020 Mark O. Hatfield Lecture Series, our 2021 series line-up will only include two speakers. Read on for additional benefits available to patron and reserved ticket holders attending this virtual series! [Buy Tickets Now](#)

Continued from previous newsletter...

Amanda L. Tyler

Tuesday, April 13, 2021 at 7pm

Amanda L. Tyler is the Shannon Cecil Turner Professor of Law at the University of California, Berkeley School of Law. She is the co-author with Justice Ruth Bader Ginsburg of Justice, Justice Thou Shalt Pursue: A Life's Work Fighting for a More Perfect Union. [Learn More](#)



[April Is National Child Abuse Prevention Month](#)

***** Shouldn't every month be Child Abuse Prevention Month? ******

National Child Abuse Prevention Month recognizes the importance of families and communities working together to strengthen families to prevent child abuse and neglect. Through this collaboration, prevention services and supports help protect children and produce thriving families.

[... Read more...](#)

[Salem City Club presents: The Secret's in the Soil](#)

With **Linda J. Brewer**, Senior Faculty Research Assistant, Oregon State University Department of Horticulture

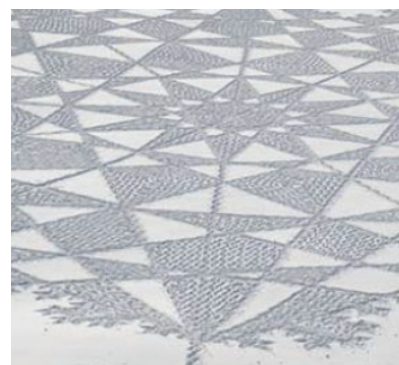
Friday, April 9, 2021 | 12:00 PM | Zoom Webinar

Soils are increasingly in the news. Linda Brewer, certified soil scientist with the Department of Horticulture at Oregon State University and the OSU Extension "Ask an Expert" resource for all things soil, soil fertility and

cancel culture and her own white privilege.

[Explore the World Weather in Real-Time - NOAA](#)

This high-resolution imagery is provided by geostationary weather satellites permanently stationed more than 22,000 miles above the Earth. Use this web map to zoom in on real-time weather patterns developing around the world.



[Simon Beck \(born 1958\)](#)

...is a British snow artist and a former cartographer. Referred to as the world's first snow artist, he is primarily known for his landscape drawings and sculptures created from snow and sand. He has walked more than 50 miles in circles wearing snowshoes to create vast snow drawings in Colorado. [See YouTube](#)

[See how the rest of the world celebrated Easter](#)

[How Being More Productive Starts With Doing Nothing](#)

It's gotten harder to create mental breaks as work and home have blurred. Here are ways to get your brain a rest.

compost, will bring us up to date on the buzz about good soils at home, on the farm, and for the environment.

Research has opened up the amazing and magical work of nature below the surface of the soil. Linda will introduce us to the science of the soil and the role it plays in sustaining life, water management, carbon sequestration, antibiotics, nutrient cycling, and infrastructure support. The program will provide insight into the importance of good soil structure from our home gardens, larger scale agriculture and the broader environment.

Linda Brewer is faculty in the Department of Horticulture at Oregon State University. She is a certified professional soil scientist, and the “expert” for the OSU Extension Ask an Expert widget for any questions referring to soils, soil fertility or compost. She manages major federal grants, and translates research findings into reader-friendly Extension publications. She is an author or co-author on more than 40 publications in the OSU Extension catalogue, many of them on soils, but also crop fertilization, waste management, and entomology. She has an extensive vegetable garden on a 64% clay soil in Benton County. [...to register...](#)

[Guided meditations for community wellness \(Willamette U.\)](#)

RHET 242 students created four free meditations for all Willamette community members.

Here are YouTube links to four meditations ranging from walking meditations to body scans. (*Note: there is no video, just audio*)

- [Mediation for walking](#)
- [Mediation for stress relief](#)
- [Mediation for calmness](#)
- [Meditation for fear](#)

The Hopeful Brain

People are expressing hopefulness as more and more individuals are getting vaccinated.

In a recent study, Chinese psychologists found out that “hope protects the brain against anxiety” and has expanded our understanding of how that may be happening. Because hope is considered a stable personality ‘trait’ (Sichuan University, 2017), they were hoping to pinpoint where hope resides in the brain. Although not able to pinpoint an exact location, they found that the presence of hope lit regions in the brain related to motivation, problem-solving and reward.

They found that the hope trait seemed to work as a ‘mediator’ because, when feeling hopeful, your brain pumps chemicals that block pain and accelerate healing. One of the neuro-chemicals, enkephalin, mimics the effects of morphine. Seeing desired outcomes as attainable and having a way to achieve them is key to hope. (Snyder, 2007) Motivation to attain them is the third component and hope acts as both a catalyst for all three and serves to increase hope further.

[Salem Public Library Construction Photos](#)

We all come from the past, and children ought to know what it was that went into their making, to know that life is a braided cord of humanity stretching up from time long gone, and that it cannot be defined by the span of a single journey from diaper to shroud.

- Russell Baker

Word to Know: Sprachgefühl

(SHPRAK-gə-fool) noun

Origin: German, unknown

1. the essential character of a language
2. Intuitive feeling for the natural idiom of a language.

"All the flashcards in the world won't teach you the Sprachgefühl of a new language."

"He had to study French for ten years to begin to grasp its Sprachgefühl."

Wow! [Iceland: Close-up drone footage of volcanic eruption](#)

Time-lapse of the [Aurora Borealis](#) in the Wisconsin sky

Have some fun and watch these videos of the 20 strangest inventions [of the past 20 years](#).

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

[Newsletter Archives](#)