



Institute for Continued Learning Digest

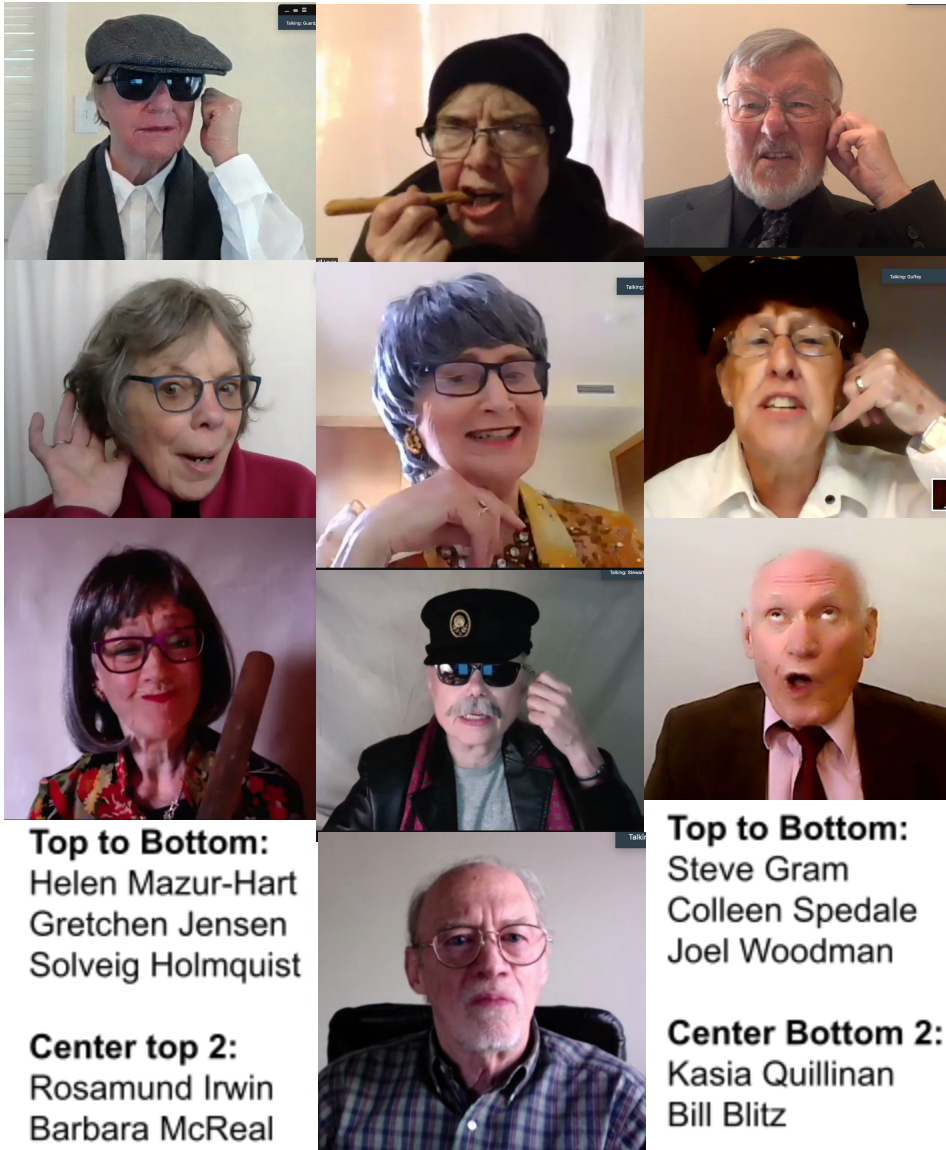
Welcome to the 55th Edition of the ICL Senioritis

Vol. 55, April 14, 2021

Editors: GwenEllyn Anderson and Dave MacMillan

Radio Plays featuring the ICL Play Group

Great job! To everyone involved!



Top to Bottom:
Helen Mazur-Hart
Gretchen Jensen
Solveig Holmquist

Center top 2:
Rosamund Irwin
Barbara McReal

Top to Bottom:
Steve Gram
Colleen Spedale
Joel Woodman

Center Bottom 2:
Kasia Quillinan
Bill Blitz

The plays are in the protected area on the webpage. You can start [here](#) and enter the username and password. Hint: the username and password are not your email name and password but the generic one that we all use.

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?

[Virtual Happy Hour](#) on Fridays at 4:30PM.

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

Show us your mask! [Send us a photo of your favorite COVID mask. Senioritis.](#)

Virtual: Asian and Pacific Islander Day at the Capitol Saturday, April 24, 2021 | 10:00 AM | [Online Event](#)

Free and open to the public Asian and Pacific Islander Day is one of our annual heritage events celebrating the rich diversity of our state.

This year we will be celebrating virtually by offering videos and activities online only. *There will be no live gatherings or live link the day of the event.* **[Videos and activities will just start populating the discussion tab at 10 a.m. on April 24.](#)** [Anyone on or off Facebook](#)

ICL Update:

- **Wednesday, April 14th at midnight: Deadline for submitting vote on the proposed ICL Constitution revisions:** [View proposed constitution](#) | [Vote](#)
- **Thursday, April 15th: Board Meeting (Zoom) at 10:00 AM**
- **Friday, April 16th: Happy Hour (Zoom) at 4:30 PM**
- **Monday, April 19th: ICL Wine Club (Zoom) at 4:30 PM**
- **Tuesday, April 20th: Ken Panck's birthday!**
- **Tuesday, April 20th: 2 presentations 10:00 AM - 12:00 PM**
- **Thursday, April 22: ICL End of the Year Coffee (Zoom) - Theme: Stepping Out!**
- **Note! All of the above virtual events use the same [Zoom link](#).**
- **Note 2: This newsletter is a special 4 page edition!**

Curriculum Committee Report (April 8th):

- **Deborah Ehlers** (member since 2006) has stepped down from the ICL Theatre Liaison Position which is part of the Curriculum Committee. We thank Deborah for her many years of dedication to The Arts and bringing theatre presentations and performances to ICL. Deborah worked closely with members of the Willamette Theatre Department faculty over the years and will be missed. *Thank you, Deborah!*
- The Curriculum Committee welcomed its newest member, **Barbara Sellers-Young** (member since 2019), who will be taking Deborah's place as the Theatre Liaison. Barbara has a wealth of experience teaching theatre and working with theatre groups. Welcome! And thanks to Barbara for stepping up!
- We are looking forward to another 3 weeks of fun and interesting presentations brought to you by your Curriculum Committee!
- It was asked that members be notified of the Curriculum Committee meetings. They will be added to the [Google Calendar](#) on the Class Schedule page and included in newsletters. However, the schedule for Fall is near complete, and the committee will probably not be meeting for a couple months.

LET'S TALK BOOKS: Virtual Book Club! (Salem Public Library)

[Join us](#) for a limited series of virtual book discussions! Copies of the eBooks are available in unlimited quantities on [Library2Go](#) (or the Libby app).* We'll be discussing the following books:

- Noon-1 p.m., Wednesday, April 21: **[Bitter Orange](#)** by Claire Fuller
- Noon-1 p.m., Wednesday, May 19: **[Here Comes the Sun](#)** by Nicole Dennis-Benn
- Noon-1 p.m., Wednesday, June 16: **[Long Flight Home](#)** by Alan Hlad

***OverDrive**, the company behind the Oregon Digital Library Consortium's eBook platform [Library2Go](#), has made some eBook titles available for unlimited checkouts through the middle of **December 2021**. If you're unsure how to download a library eBook through [Library2Go](#), please email library@cityofsalem.net for detailed instructions or call (503) 588-6315 and leave a message for a library staff member to call you back.

[How the new RNA technology is used to create the COVID-19 vaccines](#)

City of Salem: Proposed 2022 Budget April 14th

Learn how the City of Salem proposes to pay for community services for Fiscal Year 2022 at the April 14th Budget Committee meeting starting at 6 p.m.

[Watch the meeting.](#)

[Sign up to comment between 8 am and 2 pm on the 14th.](#)

Remember traveling?

The subject came up at a recent Happy Hour. "Fiji, the most relaxing place in the world," said Tracy Ragland.

Mid-Valley Travel Club:

Also, from the same Happy Hour, we were reminded of the Mid-Valley Travel Club. We think one of the founding members was longtime ICL member, Derek Stables. <http://www.midvalleytravelclub.org/>

Turns out that an octopus dreams like a mammal... and it changes colors while doing so. [Watch here.](#)

[This Butterfly Relies on Transparency to Protect Itself](#)

15 "Swoon-Worthy" Covered Bridges in the USA including the Goodpasture Bridge near Vida, Oregon.

Community Wellness & Recovery Workshop Series: Spring 2021 Schedule! (CCRLS)

- including one put on by ICL member, [GwenEllyn Anderson!](#)

[CCRLS](#) and Chemeketa Community College are teaming up to offer a series of *free* workshops focused on supporting community resilience in the face of COVID-19. Presented by Chemeketa faculty and staff, workshops are an hour long and will be delivered via Zoom.

All workshops are offered *free of charge* and will be delivered online via Zoom. *Pre-registration is required.*

- **Atraer a los empleadores en línea** - Presenter(s): Rebecca Salinas-Oliveros
- **Creative Awakening** *NEW!* - Presenter(s): Lori McLaughlin
- **Drawing: An Art Making Practice for Anyone, Anywhere** *NEW!* - Presenter(s): Laura Mack
- **Exercise Circuits** - Presenter(s): Raschel Larsen
- **Family Fitness: Staying Active Together** - Presenter(s): Raschel Larsen
- **Mind over Mood for Stress Management** *NEW!* - Presenter(s): [GwenEllyn Anderson](#)
- **Plan Your Vegetable Garden** *UPDATED!* - Presenter(s): Chemeketa Agricultural Sciences faculty (various)

[REGISTER](#)

Salem Reads 2022 Book Vote!

Help us choose the **2022 Salem Reads**: One Book, One Community title!

A community committee has narrowed the field to two highly regarded fiction books: *Circe* by Madeline Miller and *A Tale for the Time Being* by Ruth Ozeki. Now, it is up to you, the readers. Should we explore ancient Greece or contemporary Japan together in February 2022?

Everyone is encouraged to [vote](#)! The ballot is open through **April 21**.

Visit the survey for more information about the finalists. Then, mark your calendars for February 2022 as we anticipate this annual program, presented by the [Salem Public Library Foundation](#).

Local and Virtual Events! *** New Feature ***

- [Earth Day Concert Hour with David Roth](#)
Thursday, April 22, 2021 | 7:30 PM
- [Alzheimer's Education Sessions](#)
 - 6-7 p.m. Thursday, April 22 | On Zoom
 - 6-7 p.m. Thursday, April 29 | On Zoom
- [Salem Photo Walk at Bush Park](#):
Sponsored by Focal Point Photography (Dallas): Sunday, April 25 | 3:00 PM to 5:00 PM

[Car choir performs for retirement home in first show off campus](#) (By [Saphara Harrell](#) - [Salem Reporter](#))

The **Chemeketa Car Choir** started earlier this year as a way to have student singers perform safely. On Sunday, they performed for hundreds of residents at **Capital Manor** in a welcome respite following a year of isolation at the retirement home.

When people say that nothing happens in their lives I believe them. But you must understand that everything happens to an artist; time is always redeemed, nothing is lost and wonders never cease.

- Muriel Spark

Word to Know: Sockdolager

[sahk-DOL-e-jər] noun

Origin: American English, mid 19th century

1. An exceptional person or thing.
2. A forceful blow.

"All of the nominees tonight are well-accomplished sockdolagers."

"The car door hit Randy with a sockdolager that knocked the wind out of him."

Archaeologists uncover a [3,400-year-old site believed to be the ancient city of Luxor](#),

just north of the modern-day Luxor, Egypt; artifacts date to

- [Exploring Together: Generational Differences - Part 1: Economic Alternations](#)
6-7 p.m. Tuesday, April 27 | On Zoom
- [Hatfield Lecture Series tickets on sale now!](#)
Jon Meacham: Tuesday, May 11, 2021 at 7pm
- [Hallie Ford Museum of Art Upcoming Exhibition: Tangent: Senior Studio Art Majors 2021](#)
April 17 – May 15, 2021 | Melvin Henderson-Rubio Gallery

the 18th-dynasty pharaoh Amenhotep III.

This month in history...

1860 – The Pony Express Service starts
 1865 – Lincoln is mortally wounded by Booth
 1897 – The Boston marathon runs its race for the first time
 1917 – America enters WWI
 1923 – The first baseball game is played at Yankee Stadium
 1925 – Fitzgerald’s “The Great Gatsby” is published
 1933 – Beer goes on sale again in 19 of 48 States and DC
 1952 – The Diary of Anne Frank is published
 1956 – Elvis Presley has his first number one hit “Heartbreak Hotel”
 1961 – Yuri Gagarin becomes first man in space
 1964 – The Beatles hold an unprecedented record of 12 positions on Billboard Hot 100 singles chart
 1968 – LBJ signs the Civil Rights Act
 1968 – Martin Luther King, Jr. assassinated
 1970 – Apollo 13 explodes
 1970 – Cigarette advertising is banned in US
 1970 – Earth Day is observed for the first time
 1987 – FOX Broadcasting Co makes its prime-time TV debut
 2003 – The Human Genome Project is published

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

[Newsletter Archives](#)

Serendipity!

Tracy Ragland stumbled on this quote (below) today “after spending a delightful 2 hours with ICL’s writers and VIP (very important photographer, Vernelle), plus Andy Goldsworthy and Eric Gill - courtesy of Deanna and Solveig.”

Martha: The Life and Work of Martha Graham by [Agnes De Mille](#)

The greatest thing she ever said to me was in 1943 after the opening of *Oklahoma!*, when I suddenly had unexpected, flamboyant success for a work I thought was only fairly good, after years of neglect for work I thought was fine. I was bewildered and worried that my entire scale of values was untrustworthy. I talked to Martha. I remember the conversation well. It was in a Schrafft’s restaurant over a soda. I confessed that I had a burning desire to be excellent but no faith that I could be. Martha said to me, very quietly, “There is a vitality, a life force, an energy, a quickening that is translated through you into action, and because there is only one of you in all of time, this expression is unique. And if you block it, it will never exist through any other medium and it will be lost. The world will not have it. It is not your business to determine how good it is nor how valuable nor how it compares with other expressions. It is your business to keep it yours clearly and directly, to keep the channel open. You do not even have to believe in yourself or your work. You have to keep yourself open and aware to the urges that motivate you. Keep the channel open. As for you, Agnes, you have a peculiar and unusual gift, and you have so far used about one-third of your talent.”

“But,” I said, “when I see my work I take for granted what other people value in it. I see only its ineptitude, inorganic flaws, and crudities. I am not pleased or satisfied.”

“No artist is pleased.”

“But then there is no satisfaction?”

“No satisfaction whatever at any time,” she cried out passionately. “There is only a queer divine dissatisfaction, a blessed unrest that keeps us marching and makes us more alive than the others.”