



Institute for Continued Learning Digest

Welcome to the 57th Edition of the ICL Senioritis

Vol. 57, April 28, 2021

Editors: GwenEllyn Anderson and Dave MacMillan

ICL Update: **SCHOOL'S OUT FOR SUMMER!**

- **What a great year!** - with extraordinary and challenging circumstances! Many thanks go to all who helped pull this off. A very special **Thank YOU!** to our **Curriculum Committee** team, led by **Dru Johnson** and **Judy Gram**. And to **Eric Reif** for introducing and moderating the classes. And **GwenEllyn Anderson** for hosting the Zoom meetings and the countless hours spent working with every presenter on almost all of the presentations, play, rehearsals, writers' group, poetry, PowerPoints, etc. **THANK YOU ALL! Great Job!**
- **Membership Survey:** Yesterday was the deadline to fill out the online survey that lets Membership know if you plan to return as a member of ICL in the fall. *Thank you to all who have submitted the survey!*
- **End of the Year Survey.** A link to the survey will be sent out soon to get your feedback about your experiences with Zoom and ICL this past year. *Stay tuned!*

[Meet the 2021 candidates for Salem-Keizer School Board](#)

By Natalie Pate of the Salem Statesman Journal

Election day is May 18

Zone 1:

- [Osvaldo Avila](#): Operations and policy analyst for the Oregon Higher Education Coordinating Commission, known as HECC.
- [Richard Riggs](#): Regional director for the Oregon State University Extension Service.
- [Ross Swartzendruber](#): Sheep farmer.
- [Kari Zohner](#): Realtor.

Zone 3:

- [Ashley Carson-Cottingham](#): Deputy agency director for the State of Oregon, Office of the Long-Term Care Ombudsman.
- [Linda Farrington](#): Retired nurse.

Zone 5:

- [Karina Guzmán Ortiz](#): Early childhood system partner engagement specialist for the Oregon Department of Education.
- [Jesse Lippold Peone](#): Real estate broker.
- [Michael Slagle](#): Aerospace inspection manager and sports official, coach.

Zone 7:

- [Liam Collins](#): Vehicle acquisition manager.

The Spring 2021 Schedule is posted online:

- Link to [ZOOM](#) classes.
- on the [Google Calendar](#)
- the [full online version](#)
- and the [Schedule Reports](#)
- **Recorded Classes!** More recordings are available in the [password protected area](#) for members only. Others are not available at all without permission from the presenter.

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.

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



From Barbara McReal

- [Maria Hinojos Pressey](#): Operations director of Pinos y Campesinos Unidos del Noroeste, known as PCUN.

[School Board Map](#)

[...Statesman Journal article...](#)

Check or update your voter registration or track your ballot

Use My Vote to:

- check if you are registered to vote
- view your voter registration information
- update your voter registration
- check the status of your ballot
- find contact information for your county elections office
- find contact information for your elected officials
- find a ballot drop site

[Go to My Vote Now](#)

Cherriots is planning a new transit center site to be a mobility hub in south Salem

The first step is identifying potential sites and then studying how they could best serve the community. We want your input!

Cherriots is conducting a survey to learn about future transit needs in south Salem. Your response will help us plan for new facilities that best serve the community.



Keizer Transit Center

[For more information and to stay up-to-date on the study and opportunities to provide your feedback!](#) (scroll down the website)

[Indigenous Plant Nurseries Look to Revive Landscapes and Cultures \(from Modern Farmer\)](#)

By **Catie Joyce-Bulay**, [modernfarmer.com](#) (APR 16, 2021)

These nurseries are looking to revegetate wildlife habitats with native plants.

The nursery at the **Confederated Tribes of the Umatilla Indian Reservation** (CTUIR) is not your typical nursery.



CTUIR grows only native plants—defined as indigenous species that evolved naturally in an ecosystem—and its sales to landscapers and home gardeners make up only a small portion of its business. The nursery's main mission is to grow native plants that will go towards revegetating natural wildlife habitats in the high desert, upland and wetland areas of eastern Oregon and southeastern Washington.

[Silverton Road Closure Information](#)

Silverton Rd will be closed to through traffic between 60th Avenue and 64th Place on **May 3**, and will reopen by Thanksgiving of 2021. Two well-marked detour routes will be in place as shown on the linked [project website](#). Traffic will be detoured between Cordon Road and Howell Prairie Road via Hazelgreen Road to the north and Sunnyview Road to the south while the construction takes place. Temporary signals will be installed at the major intersections of the detour to ease congestion during construction. The bridge over the tributary of the Little Pudding River between 60th Avenue and 64th Place was built in 1922 and expanded in 1947. [...more](#)

Book Recommendation from Karen Trucke: ["The Book Woman of Troublesome Creek"](#) by Kim Michele Richardson

[Trader Joe's The Great Grilled Cheese Contest Winners!](#)

April is National Grilled Cheese Month! Wow! These look yummy! After looking at these winners, what are you having for lunch today?

Netflix Recommendation: [Concrete Cowboy](#)
Sent to live with his estranged father for the summer, a rebellious teen finds kinship in a tight-knit Philadelphia community of Black cowboys. *Based on a real place:*

Most of the plants the nursery grows from seeds are collected in the wild, then returned there for habitat restoration projects. Plants such as red osier dogwood and common snowberry are used to restore stream habitats in attempts to replenish populations of threatened native salmon species and other endangered fish, such as lampreys.

These fish are not only important to the ecology of this region, they have cultural significance to the tribe in restoring one of their **First Foods**. In the tribe's creation story, foods such as clear cold water, salmon, other meats, roots and berries were gifts from the creator and came with the responsibility of protecting them, says CTUIR manager Gail Redberg.

"It's at the core of who they are—that they're stewards to the land," says Redberg, a retired science teacher, who, although not a member of the tribe, has worked for the nursery for almost a decade. "The land is not just a place you pass through or your little piece of it. It's much bigger. It has shaped them into the kind of people that they are, so it's important to give back to the land."

[...click to continue reading or read on page 4...](#)

The Brain and Happiness

Arthur C. Brooks is a Harvard professor and writer who teaches classes on happiness. With many people grieving and struggling emotionally – even if intermittently – he offers some ideas for building more happiness moments in one's life. Here are 5 scientifically supported suggestions for improving well-being. Not panaceas, they can provide a bit of relief.

- Fight fear with love. Make your love overt and tell someone you love them.
- Try measuring your happiness to improve it.
- Get up and move. "The stillness of pandemic life and our resulting inactivity can help explain some of the dramatic happiness declines during the pandemic."
- Make others happy. The effect is that this will make you happy, too.
- Consider giving something up. Self-sacrifice fosters self-efficacy that, in turn, builds confidence and your ability to control your own behavior.

For more details, read Brooks' articles "[How to Build a Life](#)" in The Atlantic.

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

(click on links to find out more information about these upcoming events)

- **Reminder: [Our Salem Vision Policy Meetings](#)**
 - **Wednesdays at noon and 5:30pm:** [Find out more and get links](#)
- **[Alzheimer's Education Sessions](#)**
 - **6-7 p.m. Thursday, April 29 | 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
- **[Mid-Valley Travel Club:](#)** May 13, 2021 | 7:00 PM

[Fletcher Street Urban Riding Club \(FSURC\)](#)

You will become way less concerned with what other people think of you when you realize how seldom they do.
- David Foster Wallace

A Word to Know: Esculent

[ES-kyəl-ənt] adjective

Origin: Latin, 17th century

1. Fit to be eaten; edible.
2. A thing, especially a vegetable, which is fit to be eaten.

"The puppy sniffed the food to determine whether it was esculent."

"The community garden grew eggplants, stringbeans, and an assortment of other esculents."

The best state park [in every state](#).

[PDX among top five airports with the best food!](#)

Chow down while you wait.

[New World War I Memorial unveiled and dedicated in Washington, DC.](#)

Browse the [Best Art of the Pandemic](#) online at The COVID Art Museum

[Best waterfalls in the United States](#) and guess who tops the charts?

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

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The staff of five grow about 70 plant varieties, which fluctuates depending on the restoration projects on which they are working. Leftovers are available to landscapers and home gardeners interested in introducing more native plants to their yards. And the nursery participates in the tribal summer youth program, teaching any interested youth about its work.

Jeremiah Pinto, a research plant physiologist for the US Forest Service's Rocky Mountain Service Station, estimates that before an organization called the Intertribal Nursery Council was started in 2001, there were around 10 Indigenous plant nurseries in the US. Since then, dozens more have popped up, and there are currently up to around 100 tribal native plant nurseries in operation, says Pinto. Many are small scale and funded by grants, which often means they are in operation for only a short time to fulfill the needs of specific habitat restoration projects, then they may close when funding runs out.

For several years, CTUIR's nursery has been working on an important project to restore sagebrush and bitterbrush to the landscape of eastern Oregon after fires destroyed it. These plants are crucial to the threatened greater sage-grouse in providing protection for the birds' mating grounds, which they return to year after year.

The greater sage-grouse project was also part of a study, headed by Pinto, which looked at different growing techniques to increase these plants' chances of survival when re-planted in the wild. Unlike most nursery plants, which get a lot of post-nursery care either on farms or lawns, native plants that return to the wild face extra growing challenges.

Aside from his research work, Pinto's other role is as a tribal nursery specialist for the Forest Service. Working with tribal native plant nurseries around the United States, he answers questions, offers technical support and runs the annual meetings for the Intertribal Nursery Council. These meetings cover new research and technical topics as well as cultural topics, says Pinto, a registered member of the Navajo Nation, or Diné.

In this role, Pinto stays connected to a variety of native plant nurseries, such as one in Cherokee, North Carolina called the Jessie Owle Dugan Native Plant Greenhouse Facility. Begun in 2014, this nursery's purpose started as growing native and culturally significant plants for habitat restoration and has since expanded into growing crops for Cherokee farmers and seed saving.

Collaborative educational projects are sprouting up all the time, says David Anderson, a horticulture operations supervisor for the nursery, such as hosting Cherokee language lessons in the gardens for elementary school students, in which they can use original names to talk about the traditional plants around them. This month, the nursery is doing a hickory tree planting with the reservation's five stickball teams, giving them hickory trees to plant on their possessory holdings (the equivalent of privately owned land) to help repopulate the declining plant and to harvest the wood to make the traditional stickball sticks. Team members can harvest and share the hickory nuts, a traditional food source, or donate them back to the nursery.

"The goal from my point of view is to provide important plants for wildlife, ecology, traditional foods and artisans," says Anderson, who realized his passion for plants in college and, after working in Wyoming for the federal government, was excited to return to his home for this job four years ago.

The nursery, which has become a community hub, selects what it will grow by surveying the tribal community to see what plants members are having trouble finding. They grow about 30 different species at a time, such as bloodroot and river cane. Both these plants do double duty as essential components in stream restoration projects.

There are less than 100 tribal native plant nurseries around the country involved in similar projects, such as providing plants for forestry and superfund sites at the Confederated Salish and Kootenai Tribal Native Plant Nursery in Pablo, Montana or raising butterflies and conserving critical pollinator habitats in Tulsa, Oklahoma for the Muscogee (Creek) Nation's Natives Raising Natives Project. Pinto, who appreciates being able to have a job that utilizes his forestry knowledge and connects him to his tribe, says that, while each tribal nursery is involved in a diverse range of projects, the goal is all the same—to grow plants that serve a purpose.