



# Institute for Continued Learning Digest

Welcome to the 58th Edition of the ICL Senioritis

Vol. 58, May 5, 2021

Editors: GwenEllyn Anderson and Dave MacMillan

## ICL Update:

### HAPPY CINCO DE MAYO!

- **ICL Coffee Break! Tuesdays at 10am** On [ZOOM](#) We're bringing back the *Coffee Break* now that classes are done for Summer break. The Tuesday lunch group that used to meet at Goudy in the Summer months is still on hiatus during the pandemic. But we can still see each other and chat! Feel free to join us on Tuesdays at 10am using the same link we use for classes - every Tuesday until classes start again.
- **End of the Year Survey:** The Curriculum Committee and Board would like your feedback about your experiences with Zoom and ICL this past year. Please take the time to fill out this survey. *Much appreciated!*
- Check out the new [ICL Board](#) online. A huge **Thank You!** to Ingrid Brandt, Lester Reed, and Barbara McReal for their years of service on the board of directors. **Welcome!** to Vernelle Judy and Jan Petroski!
- **Last class and Annual Meeting:** After a tribute to out-going Financial Directors, Ingrid Brandt and Lester Reed - including poems from our Poet Laureates, Betty Kasoff and Vernelle Judy, Lois Rosen and Deanna White shared their collaborative efforts on Lois' most recent book of poetry: [Diving and Rising](#).

GwenEllyn announced that she will be offering a couple of workshops later this summer on creating PowerPoint and Keynote presentations (more information will be in a future newsletter).

Judy Gram introduced the Fall schedule and answered questions about the Curriculum Committee's process. (See the message below from Judy and Dru.)

The second hour was devoted to the Annual Meeting led by Executive Director, Kasia Quillinan. The focus of the meeting was an outline of the work being done on the Constitution and next steps. Because of some inconsistencies in the edition that the membership voted on, a review committee has been established – headed by Dave MacMillan. Members will have another opportunity to review the proposed revised constitution and have input into its final wording before another vote. Stay tuned! The goal is to have a new constitution in place when ICL starts classes again in September.

## Message from Curriculum Services:

At our last class session for the year on April 27th, many questions came up regarding the Curriculum Committee. How do I become a member? What are their responsibilities in the CC? What are the academic areas listed in the CC handbook? What is a potpourri? Dru and I hope to answer

## 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.

**The King of Spain has been quarantined on his private jet.**



**That means the reign in Spain stays mainly on the plane...**

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

all these questions and more in articles in the ICL Newsletter over the next few months.

Our goal is to provide thought-provoking academic programs in the arts, humanities, social sciences, natural sciences, and applied sciences as well as programs of local, national or worldwide issues. Members do not need to have a degree in these areas, but they do need to have an inquiring mind and be willing to explore ideas for programs to bring to ICL.

We always welcome your ideas and questions concerning curriculum services. This past year has been a BIG learning curve for all of us. We wish we would have been more communicative in the newsletter, but we felt we were voyaging into the new world of zoom and trying to provide programs and speakers that would bring you back to your computers every week. If you have topics you would like us to cover or questions or interest in the Curriculum Committee, please do not hesitate to contact us. [judygram@gmail.com](mailto:judygram@gmail.com) and/or [djohnson3@willamette.edu](mailto:djohnson3@willamette.edu)

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### **[Willamette Heritage Center Presents: Drive Thru Sheep to Shawl](#)**

**May 8, 2021 1pm - 4pm**

On May 8 we welcome you to our 35th Annual Sheep to Shawl festival with a COVID-safe drive-thru celebration. We would love to have you join us!

The event is free for all ages, is family-friendly, and provides fun and exciting activities to enjoy. There will be live animals, entertainment, children's activities to go, fiber arts demonstrations and more!

All visitors must remain in their vehicles while driving through the museum site. Our retail partners and warehouse building will be available for restrooms — facemasks required.

First held in 1985, our Sheep to Shawl festival is a classic family event, offering the opportunity to experience the full spectrum of wool fiber processing, from the shearing of animals—sheep, of course, but also alpacas, llamas, and the occasional rabbit—to the production of beautiful lace at the hands of expert fiber artists. Weaving, spinning, knitting, and rug-hooking are on display, as are blacksmith demonstrations in our operating forge.

You don't want to miss the 2021 Sheep to Shawl! Bring the whole family! [Admission is free for everyone.](#)

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### **[SECOND CHANCE! Untangling the Challenges of Aging: Vital Decisions webinar series!](#)**

*This series was announced in a previous newsletter, but, in case you missed any of the three webinars, they can all be watched on YouTube.*

Panelists said they had great experiences talking with the participants and the participants seemed to find much helpful information from the presentations and Q&A.

**Video Links:** You can access all three of the webinars in the series using these YouTube links:

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### **Book Recommendation from Karen Trucke:**

(Note: *Bookwoman of Troublesome Creek* was actually recommended by Becky Miller-Moe)

Some others Karen thinks the group might like: Hidden Valley Road by Robert Kolker  
The Pull of the Stars by Emma Donoghue

**The end is nothing;  
the road is all.  
- Willa Cather**

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### **A Word to Know:**

#### **Irrefragable**

(ih-REF-rə-gə-bl) adjective  
Origin: Latin, mid 16th century

1. Not able to be refuted or disproved; indisputable.

"As a student, it was Kevin's irrefragable right to play football on school property."

"It was an irrefragable truth that Wren was the best manager that the restaurant had ever employed."

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### **10 "Holidays" to Celebrate in May**

**May 1: Mother Goose Day** – pays tribute to the imagined author of countless children's stories

**May 3: Paranormal Day** – celebrate however the spirit moves you

**May 6: World Password Day** – time to update and change passwords for your security

**May 11: Twilight Zone Day** – Rod Serling fans unite to watch a marathon of episodes

**May 13: Frog-Jumping Day** – thanks to Mark Twain, there

- Day 1 (**Critical Legal Tools as You Age**): <https://youtu.be/Hrx4olUbELE>
- Day 2 (**Oregon's Advance Directive: Why You Need it and How to Complete it**): <https://youtu.be/CMdt1dOcm34>
- Day 3 (**Oregon's POLST & Family Conversations Around Your Wishes**): [https://youtu.be/DuwUyp\\_gi6E](https://youtu.be/DuwUyp_gi6E)

Please contact us at [webinars@wvh.org](mailto:webinars@wvh.org) if you have further questions on any of the topics. We will be sure to find the right resource for you. If you watch any of these, you might also want to fill out the very short, [4-question survey](#) to help improve upcoming events.

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## Understanding Bird Songs - Nature Matters

**May 13 - 7PM - FREE**

Spring is in the air and birds are beginning to sing all around us, but how can we begin to understand the many complex vocalizations that birds make? In this presentation, **David Lukas** will discuss how birds produce their songs and calls, how birds use these vocalizations in different settings, and how we study bird songs. Via Facebook Live on Fort George Brewery's Facebook page. [www.facebook.com/FortGeorgeBrewery/](http://www.facebook.com/FortGeorgeBrewery/)

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## Simple Ways to Make Your Mask More Comfortable

- Avoid foggy glasses by sealing the top of your mask with a Breathe Right Strip or a nose bridge that sticks to the mask fabric and makes it fit tighter across the bridge of your nose.
- Add a mask turtle – a small bracket that keeps the fabric away from your mouth. These are especially good for athletes and people who have trouble breathing while wearing a mask.
- Choose a mask with adjustable straps.
- Use an anti-fog spray on your glasses.




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## 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](#)
- **[Willamette Heritage Center: Sheep to Shawl Drive Thru!](#)**  
Saturday, May 8, 2021 | 1:00 PM – 4:00 PM
- **[Hatfield Lecture Series tickets on sale now!](#)**  
Jon Meacham: Tuesday, May 11, 2021 at 7pm
- **[Zooming Back to History: Kimberli Fitzgerald, City of Salem](#)**  
“Uncovering Salem’s Chinese Shrine”  
May 11, 2021 | 7:00 PM | Zoom
- **[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

are annual frog-jumping contests throughout the US, but notably in Calaveras County, California who has held the event annually since 1928. The record is held by “Rosie the Ribeter”, a bullfrog who jumped a total of 21 feet and 5 ¾ inches in 1986.

**May 16: Barbecue Day** – needs no explanation.

**May 20: Rescue Dog Day** – time to consider a pet, or fostering a dog or just a donation to your humane society.

**May 23: Lucky Penny Day** – despite costing more to make than they are worth, pennies retain some sentimental value. Reminisce about the penny candies you used to be able to get.

**May 28: Road Trip Day** – with light at the end of the COVID tunnel, take a day trip out into the countryside.

**May 30: Creativity Day** – a good excuse to start, continue or even finish a project you’ve been thinking about. Express yourself!

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## Coronavirus Papers:

By 2019, there were 5000 coronavirus papers published each year. Then, 2020 happened and there were 80,000 coronavirus-related articles added to PubMed Central in that year alone – a 1600% increase over 2019.

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## Questions?

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

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## [Newsletter Archives](#)