



# Institute for Continued Learning Digest

Welcome to the 64th Edition of the ICL Senioritis

Vol. 64, June 16, 2021

Editors: GwenEllyn Anderson and Dave MacMillan

## ICL Update:

- **Welcome to new ICL members!** Membership Director, Vernelle Judy, has been busy meeting with new members for orientation and picture taking in the last week or so. New members will start receiving the newsletters soon after orientation. Newsletters were started in March of 2020 after COVID-19 prevented us from meeting in person as a way to keep in touch, informed, entertained, and learning. They typically come out every week on Wednesday.
- **ICL Wine Club Virtual Meeting:** June 21, 2021 at 4:30 PM | [Zoom](#)
- **Board Meeting Highlights (June 10, 2021):**
  - There will be a Board and Curriculum Committee retreat with an outside, paid facilitator on June 29th.



**Message from Steve Thorsett about his dad, Grant** (on Wednesday June 9th): He is doing pretty well - still physically very limited, but his therapist has some goals for the next weeks (months?) that are aimed at getting him discharged home. For now, he is still living in nursing care and going home with my mom daily for the middle part of the day.

## City of Salem Annual Water Quality Report

The [Federal Safe Drinking Water Act \(EPA\)](#) requires the City of Salem to provide an annual report with information about the quality of the community's drinking water.



The annual water quality report includes information about:

- Possible water contaminants
- Salem's sources of drinking water
- Ways to get involved
- Water conservation

"I'm pleased to present the 2021 Annual Water Quality Report for your review. The report contains essential information about your drinking water, including where it comes from, treatment techniques, and what, if any, contaminants it may contain. The Environmental Protection Agency (EPA) mandates many sections of the report; however, the City of Salem prides itself in providing a more comprehensive report that is accessible to all our customers." [See the Report \(PDF\)](#)

## The North Santiam River Watershed

[A Tour of Salem's Drinking Water Source](#)

## Handy Links:

- [Link to ZOOM classes, Board meetings, Coffees, Happy Hour, etc.](#)
- [Calendar](#): Classes, etc.
- [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.
- [Zoom Help](#) - Find tips, FAQ, and other resources available on the ICL Website

## Missing ICL Friends?

Join us for...

- [Tuesday morning Coffee Hour](#): 10 AM every Tuesday.
- [Virtual Happy Hour](#) on Fridays at 4:30 PM.
- [ICL Wine Club](#). Every third Monday at 4:30 PM..

## Podcast: [Lexicon Valley](#) Hosted by linguist John McWhorter.

A podcast about language, from pet peeves to syntax. If you've ever had curious thoughts and questions about the ways we speak, read, and write, Lexicon Valley is the show for you.

When you're not tasty enough for a whale and it spits you out! [A veteran lobster diver gets swallowed and spit out.](#) But others doubt his veracity.

Did you know that 61% of Americans rely on lakes, rivers and streams as a source of drinking water?

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### The Salem Poetry Project continues virtually.

Each week will present a featured reader followed by the Infamous Open Mic: 3 poems or five minutes whichever is first. Featured reader begins at 7:00 and the open mic will directly follow. For more information contact Marc Janssen at the [Salem Poetry Project facebook page](#). (No Facebook account needed.)

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### Tech Tip: Larger Type on Cell Phones

If you have any trouble reading your cell phone or would just like to have larger type, it's an easy change. On an iPhone, open the Settings and go to Display & Brightness. There you will find the Text Size option. Just drag the slide to increase the text size to a setting that you prefer. You can also use the VoiceOver feature to have content read aloud to you. This is also found under Settings, then General and then Accessibility.

Android phones have similar settings. Go to Settings, then Display and Font Size. Adjust your font size to your preference by selecting small, normal, large or huge. Note that the size will vary depending on the phone you have.

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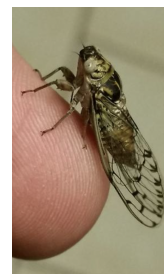
### Brain Tip: "Frustration is the gap between our expectations and reality."— Gustavo Razzetti

Frustration is a part of life. It isn't something that happens to us. It is what we do to ourselves because it comes from our reaction to not getting our way. It isn't necessarily a bad thing and in its best sense, can spark creative ways to get what we want. It is also a good way to recognize what we value because the more upset we get, the more attachment we had to a different result.

When you get upset, you hold your breath – even slightly – and that creates chemicals in the brain that trigger your fight/flight response and you go into defensive mode. It's that amygdala reacting again to old frustrations. The problem is that the brain knows no time so a vicious cycle gets created when more neurons get fired and you relive the old frustration. Each time it happens, the neurons fire faster and you are quicker to get frustrated. This also causes stress on the rest of your body and will result in physical illness within 6-8 months if left unaddressed.

To change this, on a daily basis note what thing made you want to explode. Look for patterns. Track your thoughts about this and your expectation that didn't get met. Also note how and where you experienced the frustration in your body. Remind yourself that all is well (you are just not getting what you want). Then, rewrite the thinking that you should get what you want. What is also true? This will help you balance your expectation and clarify what you want instead. It can also help you be clearer in asking for what you want because often our expectations of others aren't spoken until after there is a miscommunication. Breathe deeply and give grace.

From artists creating jewelry and scientists predicting when the cicadas will arrive en masse, the little insects are flying in and onto your plates. It's the newest rage - cicadas on the menu.



- [Cicada Facts](#)
- [Cicada Recipes](#) (they taste buttery and crispy)

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### A Word to Know: Patulous

(pa-CHə-ləs) adjective  
Latin, early 17th century

1. Open or expanded
2. Spreading out from a center, as the branches of a tree

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### Fun Fact:

Set to open in Japan in 2027, the Chuo Shinkansen train will soon be the fastest train in the world. A technology called magnetic levitation (maglev) will power the train to speeds of up to 374 miles per hour as it links Tokyo to Nagoya — a 177-mile trip that will take just 40 minutes. Tests run in 2016 have already broken speed records.

Every minute of every hour of every day you are making the world, just as you are making yourself, and you might as well do it with generosity and kindness and style.  
- Rebecca Solnit

For more information about this process, Zoom into the Community Wellness program Mind Over Mood, Tuesday evening, June 22 at 5:30PM. To register for this free program: <https://ccrls.org/events/workshops/>

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### **Willamette Theatre 33 8th Summer Season - 3 by 33**

Theater 33 is presenting 3 plays this summer - all filmed on stage (no Zoom squares) and available for viewing with pre-registration.

**June 17-20: Russian Troll by Rich Rubin** - Sasha is a Russian troll. Seriously, it's his job – and a well-paying one at that! But Sasha's life is far from simple. His boss, his mother, and the woman he loves are all unhappy with him, and the foreign candidate he's supposed to trash is far ahead in the polls. With things so messy, how will Sasha ever achieve his life-long dream – moving to America?

**July 15-18: Unbuttoning Virginia by Nora Douglass** - This is a comedy about dying. A woman near the end of her life finds her voice and takes on the machinations of an absurd, indifferent medical bureaucracy with the help of an imaginary friend. But while Virginia readies herself to exit permanently, she discovers her estranged children have other ideas, and must weigh her own wishes against those who love her and whom she loves. Teetering between comic satire and family drama, the play is a journey of discovery, reconnection, and reconciliation for a woman who thought her life was over.

**August 5-8: Merchant of Stratford by Maury Zeff** - In 1600 plague-ridden Stratford, semi-legitimate businessman (and sometime playwright) William Shakespeare struggles to feed his family and finish his "greatest play ever." Each member of Shakespeare's family mourns the death of son Hamnet in their own way. Daughter Judith is haunted by visions of her dead brother. His wife Anne is obsessed with protecting her family. Actor and brother Edmund perceives reality as one endless stage play. And William himself is lost in sheer denial. Against this shattered family backdrop, William must "procure" a wagon of grain, finish his play, and keep the Puritan authorities at bay as they threaten to imprison him and close the theatres for good.

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### **[Scientists Discover New 'Super-Earth'](#)**

There's only one Earth, but scientists that scan the skies for alien planets have found plenty of "super-Earths." In astronomer-speak, super-Earths are bigger than Earth but smaller than Neptune. New research published last week in the journal Science says the discovery of Gliese 486 b could help us better understand our own world.

Trifon Trifonov, a postdoctoral research associate at the Max Planck Institute for Astronomy, led the research team. His team uncovered a planet orbiting a red dwarf star about 26 light-years away, which is close by in the scale of the universe. [Continue reading...](#)

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### **[Local and Virtual Events!](#)**

- [Annual Salem Make Music Day](#): Monday, June 21, 2021

“As the hipsters flock to Portland, the smart travelers and wine lovers pick the capital city of Oregon. Within easy reach of the city are some 700 wineries, all nestled in the picturesque Willamette Valley countryside. To keep Portland on its toes, there's also a burgeoning craft beer culture. Art fanatics should add the [Hallie Ford Museum of Art](#) to their to-do list. Otherwise, go walking and picnicking in Minto-Brown Island Park.”

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### **Gardens to visit in and around Salem:**

- [Bush Pasture Park & Rose Gardens](#)
  - [Deepwood Museum & Gardens](#)
  - [Gaiety Hollow](#)
  - [Schreiner's Iris Gardens](#)
  - [Cecil and Molly Smith Garden](#)
  - [The Oregon Garden](#)
  - [Sebright Gardens](#)
  - [Brooks Gardens](#)
  - [Adelman Peony Gardens](#)
  - [Marion Demonstration Gardens](#)
  - [Delbert Hunter Arboretum and Botanic Garden](#)
  - [Dancing Oaks Garden and Nursery](#)
  - Willamette University has two small gardens: The Sesquicentennial Rose Garden and the Martha Springer Botanical Garden tucked away behind the Sparks Fitness Center.
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### **Questions?**

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

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**[Newsletter Archives](#)**