



Institute for Continued Learning Digest

Welcome to the 94th Edition of the ICL Senioritis

Vol. 94, January 19, 2022

Editors: GwenEllyn Anderson and Dave MacMillan

ICL Update:

- **ICL Board Meeting:** Tomorrow! Jan.. 20, 2022 at 1:00 PM on [Zoom](#)
- **Schedule Changes:** There have been a couple of changes to the current class schedule. Check the [schedule pages](#) regularly.

Share Your Best!

Tell us the best thing that happened to you in 2021 despite all the events of the year. What are you most happy about or grateful for?

Email your responses: icl_digest@googlegroups.com

Willamette University Update:

- Due to the rapid spread and cases caused by the Omicron variant, the **quiet period** originally scheduled from January 10-24 (Salem) and January 17-30 (PNCA) will be extended by one week for the Salem campus. This means that the quiet period for both campuses will be through January 30th. We are hopeful the surge of Omicron cases will have largely subsided by the end of this extension, but if any further extension is warranted we will let you know by Friday, January 21.
- **Keep up on Willamette U. news:** <https://willamette.edu/news/index.html>



The [Grace Goudy Distinguished Artists Series](#) is proud to present: Pulitzer Award winning composer, Caroline Shaw

Wednesday, February 2, 2022 | 7:30 PM

Willamette University's Roger's Music Center, Hudson Hall – AND virtually!

Guest artists: [The Delgani String Quartet](#), cellist [Valdine Mishkin](#), and [The Salem String Quartet](#)

We are both fortunate and proud to announce that in collaboration with New Music at Willamette, we will present a world premiere by the composer, commissioned for our Zeller Chair in Dramatic Vocal Arts, [Katherine Skovira](#). The program surrounding the world premiere will involve many musicians: students, faculty, artist associates, and guest artists [The Delgani String Quartet](#), cellist [Valdine Mishkin](#), pianist

Handy Links:

- *Link to [ZOOM](#) classes, Board meetings, Coffees, Happy Hour,... almost all things ICL*
- [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 Website

Missing ICL Friends?

Join us for...

- [Virtual Happy Hour](#) on Fridays at 4:30 PM.
- [ICL Wine Club](#) on the third Monday each month at 4:30 PM.

[OHSU: COVID-19 Resources for Oregon](#)

[Free at-home COVID-19 tests](#)

Every home in the U.S. can NOW order 4 free at-home COVID-19 tests. The tests will be completely free—there are no shipping costs and you don't need to enter a credit card number.

What time is it? The Official U.S. Time

[\(https://www.time.gov/\)](https://www.time.gov/)

This website is provided by the Time and Frequency Division of the National Institute of Standards and Technology (NIST). The reference for the time shown is UTC(NIST), which is the coordinated universal time scale maintained at NIST. UTC(NIST) serves as a national standard for frequency, time interval and time-of-day for the United States.

[Jean-David Coen](#), and [The Salem String Quartet](#), and will range from solo unaccompanied works to string quartet and Willamette choirs.

[Caroline Shaw](#) is a New York-based musician—vocalist, violinist, composer, and producer—who performs in solo and collaborative projects. She was the youngest recipient of the Pulitzer Prize for Music in 2013 for *Partita for 8 Voices*, written for the Grammy-winning Roomful of Teeth, of which she is a member. Most recently Caroline has been nominated for a Grammy award – a composer’s award – for Best Contemporary Classical Composition, *Narrow Sea* (Dawn Upshaw, Gilbert Kalish & Sō Percussion) which will be announced at the 2022 Grammy Awards show on January 31st.

Visit the links below to hear Caroline’s music, and the article from Atlantic Monthly which speaks to her place in the musical world.

- **Listen:** [Caroline Shaw’s Partita for 8 Singers: No. 1. Allemande \(YouTube\)](#)
- **Watch:** [Attacca Quartet with Caroline Shaw: Lincoln Center Offstage \(YouTube\)](#)
- **Read:** [“Caroline Shaw: Can Classical Music Make a Comeback?.” by Jonathan Gharrarie. Atlantic Monthly](#)

General admission tickets are \$25; Seniors and ICL members, \$5; Willamette University faculty and staff, \$10. Students are admitted free.

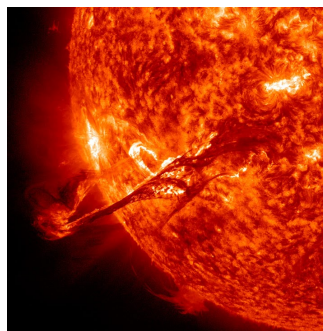
Tickets are available online at [WU-DAS.com](#) and at the box office the night of the performance. Proof of vaccination will be required at the door, as well as masks. Read the University COVID protocol here: <https://willamette.edu/arts/music/disclosures/covid-protocol.html>

The concert will also be live-streamed. Visit our website for the link: [WU-DAS.com](#)

For more information about the series and artists, visit [WU-DAS.com](#) or call the music department at 503-370-6255 on weekdays.

SDO | Solar Dynamics Observatory

SDO: The Solar Dynamics Observatory is the first mission to be launched for NASA's Living With a Star (LWS) Program, a program designed to understand the causes of solar variability and its impacts on Earth. SDO is designed to help us understand the Sun's influence on Earth and Near-Earth space by studying the solar atmosphere on small scales of space and time and in many wavelengths simultaneously.



SDO's goal is to understand, driving towards a predictive capability, the solar variations that influence life on Earth and humanity's technological systems by determining how the Sun's magnetic field is generated and structured

how this stored magnetic energy is converted and released into the heliosphere and geospace in the form of solar wind, energetic particles, and variations in the solar irradiance.



Timberline Lodge Webcams

- [9 Timberline Webcams](#)
- [Timberline Lodge](#)
- [Base Snow Cam](#) (live stream; interactive)
- [Summit Snow Cam](#) (live stream; interactive)

From the Guardian’s 100 Ways to Slightly Improve Your Life Without Really Trying...

(especially during COVID): Keep a bird feeder by a window, ideally the kitchen. It’ll pass the time when you’re washing up.

Don’t miss National Pie Day on January 23!

Not to be confused with National Pi Day, National Pie Day has nothing to do with math and everything to do with that sweet American treat. Created in the 1970s by Charlie Papazian (who conveniently placed the day on his birthday), National Pie Day encourages us all to take a break with America’s favorite dessert.

[SpaceWeather.com: News and information about the Sun-Earth Environment](#)

- [SpaceWeather.com Realtime Image Gallery](#)

The first daily weather forecast was published in “The Times” daily newspaper in Britain in 1861 by Admiral Robert FitzRoy, who may be better known as the captain of the HMS Beagle, Charles Darwin’s research vessel.

Take a look inside some of the world’s [most beautiful libraries.](#)

Launch: SDO launched on **February 11, 2010**, 10:23 am EST on an Atlas V from SLC 41 from Cape Canaveral.

Science: SDO will study how solar activity is created and how Space Weather comes from that activity. Measurements of the interior of the Sun, the Sun's magnetic field, the hot plasma of the solar corona, and the irradiance that creates the ionospheres of the planets are our primary data products. [Read more about SDO Science](#)

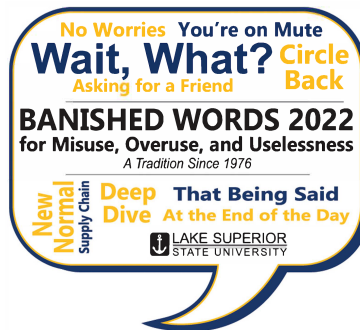
- [SDO Mission Brochure](#): A brochure that outlines mission overview, objectives, and science investigations

2022 Banished Words List

Each year, Lake Superior State University in Michigan accepts submissions for the most misused, overused and useless words of the year. They say they received over 1,250 nominations in 2021.

Here are the top 10 words and phrases people want left behind in the coming year.

10. Supply chain. This one became a buzzword for product shortages and late packages at the end of 2021.
9. You're on mute. Anyone on a Zoom call during the pandemic has probably said or heard this one.
8. New normal. Maybe the "new normal" in 2022 will be using this phrase less.
7. Deep dive. As someone pointed out, you can't really dive into something that isn't deep.
6. Circle back. One grammarian says this is "The most overused phrase in business, government, or other organization since 'synergy'."
5. Asking for a friend. There's no fooling anyone...we all know the friend is you.
4. That being said. Save yourself some time and use "however" or "but" instead.
3. At the end of the day. LSSU says this phrase was banned back in 1999, but it's still being used to this day.
2. No worries. It's used in place of "you're welcome," but you probably shouldn't be doing favors that make you worried.
1. Wait, what? Used in text and on social media, this year's top banned phrase is used to express confusion without doing anything to clear it up.



Local and Virtual Events!

- **Salem City Club:** [Lessons Learned from Local Manufacturers: It Pays to Be Nimble When a Pandemic Strikes](#)
Friday, **January 21**, 2022 | Noon program | via Zoom Webinar
- **Science on Tap:** 7pm, **January 20** - Online: [What Insects Do and Why](#); \$5 for General Admission; FREE tickets also available!
- **CCRLS Community Wellness and Recovery Workshops** - throughout January, February and March. Free with Registration.

Movie: [Diva \(1981\)](#)

On Prime Video (\$3.99) and AppleTV (\$7.99) - Comedy, Crime, Music

Two tapes, two Parisian mob killers, one corrupt policeman, an opera fan, a teenage thief, and the coolest philosopher ever filmed all twist their way through an intricate and stylish French-language thriller.

[Rolling Stones: 22 Movies We Can't Wait to See at Sundance 2022](#) By David Fear

From docs on Princess Di, Kanye and TikTok to Tinder horror and dramas in which A-list stars behave badly — our picks for the best bets at this year's all-virtual Sundance

Meditation is the ultimate mobile device; you can use it anywhere, anytime, unobtrusively.
- Sharon Salzberg

Word to Know: Denouement

(dā- nū- 'mä) noun;

French

1: The resolution of a plot's many threads

Fun Fact:

The eye muscles make around 10,000 coordinate movements during a single hour of reading.

A World War II letter [finally makes it home](#) 76 years after it was mailed.

On the fifth floor of the Supreme Court Building in Washington, D.C.,

is a basketball court aptly named "The Highest Court in the Land."

Questions?

Send us a message at ICL Digest

Newsletter Archives