



Institute for Continued Learning Digest

Welcome to the 96th Edition of the ICL Senioritis

Vol. 96, February 2, 2022

Editors: GwenEllyn Anderson and Dave MacMillan

ICL Update:

- **Reminder:** Classes will still be via Zoom during February. March will be decided later - probably at the February 17th Board meeting.
- **Boosted?** Remember to email a digital photo of your vaccination card showing that you have received the booster shot to vernelle.judy@gmail.com. You will need to do this before attending ICL classes when we are able to meet in person again.

Share Your Best! It's the Month of Valentine's Day! * new topic *

What's the best unexpected romantic gesture you've experienced or witnessed? Email your responses: gwenellyn@gmail.com

Share Your Best: It was the best of times

(It was the worst of times) by Vernelle Judy

The year 2021, steeped in Covid, assured that I would be home rather than out traveling around Oregon. The upside of that was the time I had to make friends with my little back garden, the plants, squirrels, birds and whoever else came by for a visit. Maintaining good health can only be managed to a point. The rest is beyond my power so I am extremely thankful to have been able to remain upright, know who I am, who the president is, and what day it is. Those answers could just as well be out of my purview but so far so good. I am thankful beyond measure for the joy I find under every rock, behind every tree, around every clump of grass. It's all there for me to enjoy.

Willamette University Update:

- The latest update from the COVID Advisory Team: WU's Quiet Period ended on Sunday, January 30th, and in-person classes and activities have resumed on both the Salem and Portland campuses as of Monday, January 31. (ICL is still meeting on Zoom in February)

Halie Ford Museum of Art Current Exhibitions:

- Arvie Smith: Scarecrow | Jan 22 – Mar 26; American, born 1938; Melvin Henderson-Rubio Gallery
- **Depth of Field:** Selections from the Bill Rhoades Collection of NW Photography | Jan 4 – Apr 23; Study Gallery



Happy Willamette Day - February 1 marked the 180th anniversary of the founding of Willamette as the first university in the western United States.

The [Oregon Legislative Assembly](#) convened for the 2022 Legislative Session on Tuesday, February 1st.

Find links to session related information below. End date is March 7th.

- [Quick access to information for the 2022 Legislative Session](#)
- 2022 Regular Session - look up bills on [OLIS](#)

[Salem Reporter: What Salem's legislators want from the 2022 session](#)

Handy Links:

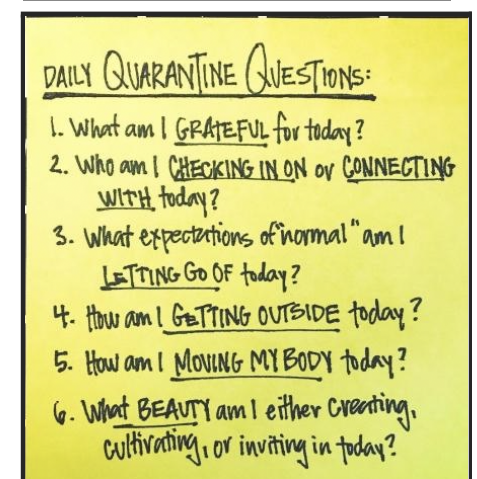
- Link to [ZOOM](#) classes, Board meetings, Coffees, Happy Hour,... almost all things ICL
- [Calendar](#): Classes, etc.
- [Schedule Reports](#)
- [Recorded Classes!](#) More recordings are available in the [password protected area](#) for members only. Others are not available at all without permission 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](#)



Observe Black History Month -

the bookstore way - with a selection of recent titles by Black authors that run the gamut of genre and content, recommended by Black writers and critics.

[The Salem Progressive Film Series and the Silverton Grange bring you: Food Chains - The Revolution In America's Fields](#)

Sunday, February 6, 2022 | 6:00 PM – 8:00 PM | Virtual

Food Chains documents the work and the struggles of farmworkers in the U.S. Much of the film is centered around tomato pickets in Immokalee Florida, organizing to demand that supermarket chains pay a few pennies per pound more for tomatoes to raise the workers' wages. [...more info...](#)

[Affordable Connectivity Program](#)

Our federal government has enacted the ACP to ensure that low income citizens (meaning folks on a fixed income) have access to the internet. The program pays \$30.00 toward such citizen's internet monthly bill. To investigate further, Google [Affordable Connectivity Program](#).

[Salem Reads - 2022: A Tale for the Time Being by Ruth Ozeki was voted as the One Book, One Community title for February 2022.](#)

*All community members are invited to join a variety of free community gatherings (many virtual) in February 2022. Program details (and sign-ups) are in the [Salem Reads 2022](#) brochure and the [Salem Library website](#).

Ozeki's acclaimed, award-winning 2013 novel tells the stories of two lives that entwine across the Pacific Ocean. Ruth is a novelist living on a coastal island in Vancouver, BC and struggling with her mother's illness and writer's block. She becomes wrapped up in the story of 16-year-old Nao Yasutani of Tokyo after discovering the girl's diary in a Hello Kitty lunchbox washed ashore following a tsunami in Japan. Ruth becomes absorbed by the drama of Nao's life and her unknown fate.



[2022 State of the City Address: Salem Mayor Chuck Bennett](#)

Wednesday, February 9, at noon

The **State of the City** is the Mayor's annual report on the City of Salem's accomplishments in the past year and goals for the year to come. This year's event is hosted by the <https://www.salemrotary.com/>, in cooperation with the <https://salemcityclub.com/> and <https://salemchamber.org/>.

If you would like to watch remotely, you can watch live on CC:Media Comcast Cable Channel 21 or on the city [YouTube Channel](#). If this link doesn't work, you can go to [YouTube.com](#) and search for "cityofsalem".

[Salem City Club: Understanding ShakeAlert® -- An Earthquake Early Warning System for the West Coast of the United States](#)

February 4, 2022 | 12:00 PM - 1:30 PM | Zoom Webinar

Join us to hear two Oregon experts on ShakeAlert explain why and how ShakeAlert technology was developed, how it will warn us that an earthquake has begun and that shaking is imminent, and how that warning can save lives, property, and critical infrastructure. **Althea Rizzo** is the Geological Hazards Program Coordinator in the Oregon Office of Emergency Management. **Lucy Walsh** is the Oregon Regional ShakeAlert Coordinator with the Oregon Hazards Lab in the Department of Earth Sciences at the University of Oregon.

Cost: Members Free, Non-Members \$5

[Registration](#)

Of course, we encourage you to celebrate Black history all year long. Check out our favorite essays and interviews by guest authors, book lists and displays by the Powell's staff, and more to celebrate books written by Black authors and centering on Black life. [LET'S READ \(Powell's Bookstore\)](#)

[The 500 Book List Challenge](#)

If You've Read 10% of These Books You're Very Well Read Ten percent? That's only fifty books! You've read at least fifty of these books right? I'm sure you have.

[10 Things You Didn't Know About the U.S. National Parks](#)

With national parks in all 50 states and several U.S. territories, the U.S. National Park Service is expansive. And while everyone knows about Old Faithful in Yellowstone or El Capitan in Yosemite, there is still a lot to discover about the U.S. national parks. From haunted caves to spa-like hot springs, here are 10 things you didn't know about America's national parks. [More...](#)



Word to Know: Smurgle

1. A singularly feline display of affection. The kneading, purring, nuzzling, or salivating that accompanies feline affection toward humans.

[Metropolitan Opera Live! in HD at Regal Santiam Theatre](#)

Saturdays and Wednesdays

The Metropolitan Opera's Emmy and Peabody Award-winning Live in HD series returns to the big screen! All live events take place on **Saturdays** with encore presentations on the following **Wednesdays**. Don't miss the chance to experience incomparable performances live from the stage of the Metropolitan Opera, as well as special interviews and behind-the-scenes features exclusive to the Live in HD series, all from the comfort of your neighborhood Regal cinema!

Matinee & Evening Encores Presentations

Wednesdays at 1:00 PM and 6:30 PM:

The Metropolitan Opera: **Rigoletto Encore**

- **Title:** The Metropolitan Opera: Rigoletto Encore
- **Date:** Wednesday, **February 2nd**, 2022
- **Start Time:** 1:00pm and 6:30pm (local time)
- **Run Time:** approx. 210 minutes

Live Event: The Metropolitan Opera: **Ariadne Auf Naxos**

- **Title:** The Metropolitan Opera: Ariadne Auf Naxos
- **Date:** Saturday, **March 12th**, 2022
- **Start Time:** 9:55 AM PT
- **Run Time:** approx. 185 minutes

For more of the schedule on Saturdays and Wednesday, visit the [Regal Santiam website](#).

Brain Tip: Healthy Humor

Healthy humor relaxes your system and is an aerobic exercise that will help you retain information better and longer. The short-term effects do more than just lighten your mental load, it stimulates your heart, lungs and muscles and increases the release of endorphins by your brain. It activates and relieves your stress response which decreases your heart rate and blood pressure. These stimulate your circulation and aid muscle relaxation. The long-term effects of this is that it improves your overall immune system and that can help relieve pain.

So find a daily funny – comic strips, funny movies, TV shows, a joke or a funny photo. Listen to something humorous or find a joke online. Keep it positive humor rather than sarcastic or humor at someone else's expense. Or, just find a mirror and make faces at yourself. It's all in good fun and good mental and physical health!

Local and Virtual Events!

- Grace [Goudy Distinguished Artists Series: Pulitzer Award winning composer Caroline Shaw](#) - February 2, 2022 | 7:30 PM
- **Mind Over Mood and Stress Management** - February 25, 2022 | 5:30 PM Zoom session and [registration free through Community Wellness & Recovery Workshop Series here](#).
- [CCRLS Community Wellness and Recovery Workshops](#) - throughout January, February and March. Free with Registration.
- The **XXIV Olympic Winter Games – or Winter Olympics** – in Beijing will begin on Friday, **February 4, 2022** and ends Sun., **February 20**.

"I found it difficult to read my magazine while Fluffy persistently smugled my chin."

Oregon makes it twice on the list of [8 Off-the-Grid Escapes in the U.S.](#)

Death comes to all, but great achievements build a monument which shall endure until the sun grows cold.
- Ralph Waldo Emerson

[25 Stunning Photos of US National Parks.](#)

Historic trivia: Our use of the term 'buck' to refer to a dollar comes from frontiersmen and the value of deer hides.

Ten Holidays to Celebrate in February

February 2: World Wetlands Day
February 4: Thank a Mail Carrier Day
February 8: National Kite-Flying Day
February 12: Global Movie Day
February 14: International Book-Giving Day
February 15: World Hippo Day
February 18: The Planet Pluto Day
February 18: Caregivers Day
February 24: Tortilla Chip Day
February 27: Retro Day

Yoga was officially recognized as a competitive sport in India in 2020

Apply to rule over [this English island](#).

[The best restaurant tastings in every State.](#)

Questions?

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

[Newsletter Archives](#)