



Institute for Continued Learning Digest

Welcome to the 110th Edition of the ICL Senioritis

Vol. 110, May 11, 2022

Editors: GwenEllyn Anderson and Dave MacMillan

ICL Update:

- **Curriculum Committee Meeting:** Thursday, **May 12th** at 1:00 PM on [Zoom](#)
- **ICL Wine Club:** Monday, **May 16th** at 4:30 PM at Dave MacMillan's home. See Membership Directory for the address.
- **ICL Tuesday Lunches at Goudy Commons:** Join a group of ICL friends on Tuesdays this summer - about 11:30 AM. Next week we will be discussing alternative venues as Goudy may not be open all summer.
- **ICL End of Year Survey 2021-2022:**
 - [Membership Survey results](#) (G.Docs) or view [PDF with charts](#)

Willamette University Update:

- **Commencement** is on Sunday, **May 15, 2022** : College of Arts & Sciences, College of Law, Early Career / Career Change MBA
- **Honorary Degree Recipient & Commencement Speaker:** [Tjada D'Oyen](#) McKenna, Chief Executive Officer, Mercy Corps - Honorary Doctor of Public Service
- **Honorary Degree Recipient:** [Roger Hull](#) - Honorary Doctor of Fine Arts
- **Student internship in Kenya leads to children's book:** Sydney Wilson '22 wrote a children's book for her senior thesis. Now thousands of her books will be sent to preschools in Kenya to prevent devastating accidents.

Election Day is May 17, 2022

Your ballot must be postmarked by election day or you can use one of the many Oregon official ballot drop boxes.

Questions? Call 503-588-5041. More links and resources in the right column.

Visit the [Marion County Elections Website](#) for additional election information or visit the [Oregon Drop Box Locator](#) to find a ballot drop box near you.

May is Older Americans Month in Marion County

Every year in May, Older American Month is recognized across the nation and honors the growing number of older adults who enrich our communities through their diverse life experiences. Marion County has proclaimed May 2022 as "Older American Month" and urges residents to take the time during the month to recognize older adults and the people who serve them as vital members of our community. [Read the proclamation...](#) (May 4, 2022, County Commission)

[Friends of the Salem Public Library 2022 Spring Book Sale](#)

Are you wondering if The Friends will ever have a Book Sale again? Wonder no more! Save the Dates for the 1st Book Sale since Fall 2019:

May 13 - 15, 2022 and May 20 - 22, 2022

We will be having the Spring Sale over two weekends. As a bonus, not only have we not raised our prices, but each Sunday will be Bag Day.

[Library Foundation Honored as 2022 Library Supporter of the Year](#)

The [Salem Public Library Foundation](#) has been recognized as the 2022 Library Supporter of the Year by the Oregon Library Association.

Handy Links:

- [Link to ZOOM](#) for Board meetings, 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 Website

Missing ICL Friends?

Join us for...

- [Virtual Happy Hour](#) on Fridays at 4:30 PM.
- **Lunch on Tuesdays:** Goudy Commons about 11:30 AM

[Oregon COVID-19 Update By OR. Health Authority](#)

[CDC COVID Data Tracker](#)

[OregonVotes.gov](#)

- **Next Statewide Election: Primary Election on May 17th**
- [Check your registration](#)
- [Candidate Filing Search](#)
- [Vote411.org](#) - Personalized voter information

BALLOT PEDIA

[BallotPedia](#) is a nonprofit and nonpartisan online political encyclopedia that covers federal, state, and local politics, elections, and public policy in the United States.

[Track Wildfires in the West \(NYT\)](#)

This award is given to a person or organization involved in various activities in Oregon on an unpaid basis. This may be as a volunteer, friend, board member, government official, or individual. The recipient has shown commitment to supporting and promoting Oregon libraries.

The Salem Public Library Foundation is recognized for the consistent support of the library's programs, services, staff, and its particularly exceptional work in 2021-2022 to provide support for the library's renovation project. The 50-year-old building was repaired and reimagined beyond the scope of the public Seismic and Safety Bond that provided the base funding.

The Foundation worked tirelessly to support the initial effort to pass a \$18.6 million General Obligation Bond Measure in 2017 to address the building's seismic, safety, and accessibility issues. The Foundation then stepped in to raise money for additional design and construction on the building that went beyond those elemental features, including replacing concrete blocks with windows on the west side of the building, replacing a staircase, expanding the Teen Scene, an enlarged Discovery Room in the Children's Library, and vast improvements to the Library entrance. [...continue reading...](#)

Mid-Valley Travel Club Meeting: Gibraltar, Rock Solid British! Presented by Dick and Jane Groff

Thursday May 12, 2022 | 7:00 PM on Zoom

34,000 Brits clinging to a rock. Dick and Jane will share their day exploring the staunchly British enclave of Gibraltar.

[Join Zoom Meeting](#) Meeting ID: 894 8512 5971 Passcode: 865398

Questions? Email: midvalleytravelclub@gmail.com or call Jane: 503-931-1684

[5 Fun, Fascinating Museums Around Salem and the Mid-Willamette Valley: Learn about Salem's interesting past](#)

As the capital of Oregon, Salem is no stranger to history. The city and surrounding communities host a wide range of commemorative markers, key sites from Oregon's past, and (unsurprisingly) several museums that help visitors understand the regional history.

[Artists feel it, writers feel it, musicians feel it. We all have been "in the zone" on occasions. Learn about 'flow states'...](#)

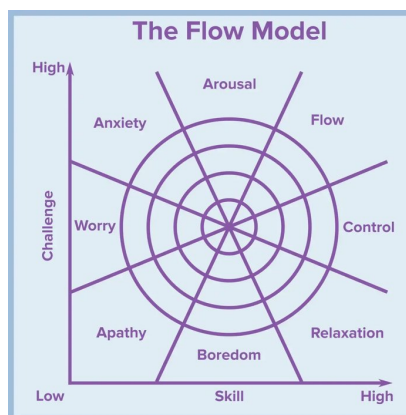
Science Alert: The Science of 'Flow States', Explained by a Cognitive Science Researcher, Richard Huskey

THE CONVERSATION 5 JANUARY 2022

New years often come with new resolutions. Get back in shape. Read more. Make more time for friends and family.

My list of resolutions might not look quite the same as yours, but each of our resolutions represents a plan for something new, or at least a little bit different. As you craft your 2022 resolutions, I hope that you will add one that is also on my list: feel more flow.

Psychologist Mihály Csíkszentmihályi's research on flow started in the 1970s. He has called it the "secret to happiness." Flow is a state of "optimal experience" that each of us can



[May is Asian Americans and Pacific Islanders \(AAPI\) Heritage Month!](#)

The Library of Congress, National Archives and Records Administration, National Endowment for the Humanities, National Gallery of Art, National Park Service, Smithsonian Institution and United States Holocaust Memorial Museum join in paying tribute to the generations of Asian and Pacific Islanders who have enriched America's history and are instrumental in its future success.

Salem, Oregon makes the list of [10 Totally Underrated U.S. Cities](#) (in alpha order.)

[As Cyclone #Asani spins in a counterclockwise direction nearing #India, Tropical Storm #Karim spins clockwise south of the equator.](#)

Located about 20 degrees latitude apart, the mirroring swirls is due to Earth's *coriolis effect*. Always cool to see [via satellite](#).

The national flower of the United States is the rose. President Ronald Reagan signed a proclamation declaring the rose as the national flower on November 20, 1986. Fittingly, the signing was followed by a ceremony at the White House Rose Garden.

[Shopper pays \\$34.99 at Goodwill for a priceless ancient Roman bust](#)

By Jonathan Edwards
Laura Young was treasure-hunting at her local Goodwill in 2018 when she

incorporate into our everyday lives. One characterized by immense joy that makes a life worth living.

In the years since, researchers have gained a vast store of knowledge about what it is like to be in flow and how experiencing it is important for our overall mental health and well-being. In short, we are completely absorbed in a highly rewarding activity – and not in our inner monologues – when we feel flow.

[...Continue reading...](#)

Spring Fever and the Brain

More daylight can help the biological clock ticking in your brain make you more alert during the day and help you sleep better at night. Called ‘spring fever’, we think of it as giving us renewed energy and, indeed it does. When the sun is out and the air is warmer, we want to be outside enjoying it. We are more likely to run into others doing the same thing and we benefit from this casual socialization. Some get busy with gardening, also known to boost mental and physical health (so long as we don’t overdo it).

While spring fever is not a medical diagnosis, the effects of sunlight and warm weather are clear. As Dr. Norman Rosenthal, Clinical Professor of Psychiatry at Georgetown University School of Medicine and renowned seasonal affective disorder expert, “It manifests in different ways. Sometimes it’s a sheer exuberance. People are smiling, laughing and celebrating...it’s a fever in the best sense of the word.”

More light has two basic effects: First, it tells our circadian clock when dawn occurs. Every cell in our body has a clock. This keeps our bodies synched to the earth; Second, it creates an alertness making us better able to process tasks, feel less depressed and to generally have more energy.

More daylight can also boost your mood because the neurons, lacking serotonin in the winter months, now get flooded with this neurotransmitter – known as a key factor in mood regulation. One study published by Innovations in Neuroscience (2013) suggests that serotonin gets stimulated through your skin – another reason why we have an urge to be outside in the nicer weather.

Tech Tip: Don’t share TMI (Too Much Information) on social media

Even if you use privacy settings for your accounts, it is still a good idea to avoid sharing too much personal information on social media. This is especially true if you plan to travel. Save your plans for leaving and share your photos only after you return home. Burglars use social media to know when people are out of town and away from their homes to choose their next victims.

Local and Virtual Events!

- [Salem Art Association presents: BLACK MATTER](#) - May 5 to June 25
A.N. BUSH GALLERY
- [Pole Pedal Paddle](#): Bend Oregon, **May 14, 2022** - It’s Back! Bigger, badder, and better than ever!
- [Pink Martini featuring China Forbes](#) - Benefit Concert: Elsinore Theatre: Wednesday, **May 25, 2022** | 7:30 PM
- [CCRLS Community Wellness and Recovery Workshops](#) - throughout April and May. Free with Registration; [Download current schedule](#).
- [Hallie Ford Museum of Art Exhibition | murmuration: Senior Studio Art Majors 2022](#) | April 16 - May 14 - Melvin Henderson-Rubio Gallery
- [Hallie Ford Museum of Art Exhibition: April Waters: Water-Ice-Sky, Antarctica](#) - May 7 - August 13 | Study Gallery and Print Study Center

spotted it - a white sculpture among the knickknacks and hand-me-downs. Acting on a hunch, she touched the bust to confirm it wasn’t a cheap, plastic knockoff. It was cold, heavy and marble.

An outdoor piano concert [under the Northern Lights](#).

(w/ video - Interview with pianist in French with English subtitles at 1:00:37)

[National Geographic: A rare look at fireflies that blink in unison, in a forest without tourists](#)

Forests are darker and quieter due to coronavirus, giving a photographer and researchers the chance to document a special moment.

[Tracking plastic pollution hot spots: MAP](#)

A new platform could allow for a global crackdown on plastic waste sites, thereby preventing plastic pollution from entering the oceans.

Vulnerability in the face of constant change is what we share, whatever our present condition.
- Sharon Salzberg

Word to Know: **Apronym**

(AP-trə-nim) noun 1920s

1. A person's name that is regarded as amusingly appropriate to their occupation.

e.g. The contractor who did the remodel of our bathroom was Cary Hammer.

Questions?

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

[Newsletter Archives](#)