



Institute for Continued Learning Digest

Welcome to the 113th Edition of the ICL Senioritis

Vol. 113, June 1, 2022

Editors: GwenEllyn Anderson and Dave MacMillan

ICL Update:

Welcome New Members!

- **18 More New Members** were added this past week! **Welcome to ICL!**
 - Check out the online **Membership Directory** (password protected in the **Member Area** under [More about ICL](#)) to see their smiling faces! Stay tuned! There are more new members being added by our Membership Co-Directors. They have been very busy. Thank you, Vernelle and Don!
 - And welcome to the weekly **Senioritis Newsletter** which normally comes out on Wednesdays via email. We try to cover ICL updates and information, some local event opportunities, health and tech tips, interesting factoids and many other rabbit holes - all with a splash of humor and some educational things. If you miss one or want to look back at some of the issues, they can be found in the [archives](#).
 - A group of ICL members meets for lunch on **THURSDAYS** at about **11:30 am** at [Taproot at the Old Mill](#) (1313 Mill St SE - across from Kaneko at TIUA). **All are welcome!** Parking available; Indoor and outdoor seating. 'Hope to see you there! [Menu](#)
 - On Fridays there is an **ICL Happy Hour** on [Zoom](#) starting at **4:30 pm**. Again, all are welcome. **BYOB!** So far, we find the Zoom Happy Hours easier, more inclusive - since some people are not comfortable meeting in person due to COVID, and no one imbibes and then gets behind the wheel of a car. 🍷🍷
 - **Board Meetings** are on the 3rd Thursday at **1:30 pm** on [Zoom](#). *All members are welcome.* The next one is **June 15, 2022**.
 - **Compass Cards** are good until September 1st (the date on them shows yesterday, May 31, 2022, but that is incorrect). Contact [Dave](#) if you have problems checking out a book from Hatfield Library or using the card. *New members will be issued campus ID cards no later than the first ICL class in September.*
- **Sign up for an Introduction to Contemporary Light Microscopy class:** Microscopy is a fundamental technique in biology that allows scientists to 'see the unseen. There will be two separate microscopy classes for ICL members on **June 7th and 8th**. Each session will go from **1:00 PM to 4:00 PM** with two 15 minute breaks and light refreshments available in Olin lobby. Classes are limited to 16 people each day. More days can be added if there is enough interest.

Dr Jason Duncan, Associate Professor in the Biology Department at Willamette University will lead these collaborative laboratory classes and introduce participants to contemporary methods in light microscopy - and provide participants with a practical, hands-on introduction to modern microscopy techniques and optical research tools in the Department of Biology's *new* Microscopy Classroom (Olin Science Center: [Bld 31 on the map](#)). Participants with no prior knowledge of microscopy are especially encouraged to attend - come see the world in a new and exciting way.

Email [George Adkins](mailto:gladkins2000@gmail.com) (gladkins2000@gmail.com) and let him know if you are interested and which day you want to go. There is no cost.

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 Thursdays: Taproot at the Mill** (Willamette Heritage Center) about 11:30 AM

Voting & Elections

- [Track My Ballot](#)
- [Marion County Elections](#)
- [KGW Election News](#)
- [KGW YouTube](#)

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

[CDC COVID Data Tracker](#)

🌿 Get free at-home COVID-19 tests 🌿

Every home in the U.S. is eligible to order a 3rd round of free at-home tests.

[Order Free At-Home Tests](#)

Call 1-800-232-0233

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

The Lincoln Memorial

[turns 100 years old...](#)

and Memorial Day photos [from across the US.](#)

Willamette University Update:

• Willamette Hatfield Library Summer Hours:

- **Sunday** Closed
- **Monday** 9 am - 4:30 pm
- **Tuesday** 9 am - 4:30 pm
- **Wednesday** 9 am - 4:30 pm
- **Thursday** 9 am - 4:30 pm
- **Friday** 9 am - 4:30 pm
- **Saturday** Closed

- **Members** with a valid **Compass Card** (Willamette U. ID card) can check out books and movies (VHS and DVD). *New members will be issued cards no later than the first day of class in September.*

June is Men's Health Month

The month of June focuses on improving the lifestyles of men. All month long, community events and clinics aim to increase awareness of the leading health concerns for men. According to the Centers for Disease Control and Prevention, the leading causes of death among men are heart disease, cancer and accidental death.

Men are encouraged to:

- Make a commitment to have a health checkup
- Make a commitment to improve your health
- Set a simple, reachable goal
- Talk to your physician about the steps to take
- Take a walk with other men
- Cook a healthy meal and make a small change in your daily diet
- Learn more about Men's Health Month and [Wear BLUE Day](#) (June 18)

3rd Annual Lord & Schryver Conservancy Neighborhood Garden Tour

Saturday & Sunday, **June 4 & 5**, 2022 | 10:00 AM - 4:00 PM

What is it? An annual tour of residential gardens, many open to the public for the first time. The tour is the successor to the popular garden tours run by the Gilbert House Children's Museum for 21 years.

Where is it ? The 2022 Neighborhood Garden Tour will be in the Fairmount Hill Neighborhood, south of downtown Salem Oregon.

Why should I attend? A stroll through 12 attractive and unique residential gardens will be a highly enjoyable experience to share with friends or family. The garden tour is also an opportunity to discover new plants and learn new ideas about garden design and tips on maintenance from garden owners and docents. You may even be inspired to reimagine your own yard so that it becomes an outdoor living space that more fully reflects you and your lifestyle!

How much is it? The tour is an annual fundraiser for the Lord & Schryver Conservancy. The ticket price is \$30 per person ages 16 and older and free under age 16.



[June is African-American Music Appreciation Month](#)

Created by President Jimmy Carter in 1979, this month celebrates the African American musical influences that comprise an essential part of our nation's treasured cultural heritage.

The [National Museum of African American Music](#) is finally open!

[Check Out These 10 Fun Things to Do in Salem](#)

Enjoy more summer fun this year as Salem's parks and public spaces host a full slate of activities.

[Minto Island Growers:](#)

This week the Farm Stand transitions to our summer hours and the Food Cart opens for lunch! We are only open for lunch this week. The Week of June 6th, the Wednesday and Friday dinner service will begin.

Farm Stand June Schedule

Thursday-Sunday 9am-5pm

Wednesday & Friday evenings 4pm-8pm beginning June 6th

Call or text 503.931.6840. Or [email](#)

Food Cart Schedule:

June Hours

Thursday-Sunday 11am-3pm

Wednesday & Friday

evenings 4pm-8pm

beginning June 6th

Salem Saturday Market

Schedule: one last

Saturday! June 4, 9am-2pm

Plant starts will remain at the Farm Stand into June

3394 Brown Island Rd S
Salem, Or 97302

Where do I purchase tickets? Tickets will be available online through [Eventbrite](#) in Spring 2022.

Who were Lord and Schryver? Elizabeth Lord and Edith Schryver were landscape architects who designed over 200 gardens in the Northwest. They were the first professionally-trained female landscape architects to own and operate their own business (1929 - 1969) on the West Coast. The Lord & Schryver Conservancy owns Gaiety Hollow, the historic home and garden of Lord & Schryver on Mission Street in Salem. The house and garden are on the National Register of Historic Places. The Lord & Schryver Conservancy also maintains the historic gardens at Deepwood Museum & Gardens, also designed by Lord and Schryver.

www.lordschryver.org • info@lordschryver.org • 971-600-6987 Find us on Facebook, Instagram, and Twitter

[29 Graduating Seniors Earn City Recognition for Volunteerism](#)

Thanks to the 29 graduating high school seniors receiving Service Honors Recognition pins this year, Salem's community is a bit better now than it was before they started high school.

Here's are some ways this Class of 2022 group has made a difference:

- joining in public process for Our Salem and Climate Action plans,
- making Share the Care videos honoring health care workers,
- volunteering at the COUNTRY Financial Kids Relays and the Library,
- collecting and cleaning shoes for One Thousand Soles,
- joining the Police Cadet Program
- volunteering four years running for the USA Softball Nationals,
- planning and presenting the ILEAD Youth Leadership Summit,
- and much more.

[Climate Action Committee Formed to Assess Next Steps Forward](#)

A [Climate Action Plan Committee](#) (CAP) has been established and will begin monthly meetings on Thursday, May 5, 2022. This Committee will review recommended strategies and guide the next steps for the implementation of [Salem's Climate Action Plan](#). This Plan includes 183 separate strategies for reducing greenhouse gas emissions and increasing community resiliency.

The CAP Committee will meet monthly. The first meeting was on May 5, 2022. The meeting will be held virtually and will be recorded. A livestream feed of this and future meetings will be accessible from the [City's Public Meetings YouTube Channel](#). Written comments may be directed to Heather Dimke at hdimke@cityofsalem.net or at 555 Liberty St. SE, Suite 325, Salem, Or, 97301. Salem's CAP is a long-term guide to reducing Salem's greenhouse gas emissions and strengthening the community's ability to respond to climate change-related hazards. The need for this plan was first identified in Salem's 2017 Strategic Plan, and it has been designed to address two Council-set goals for reducing greenhouse gas emissions and becoming carbon neutral in Salem. Committee updates and agendas will be posted online.

Local and Virtual Events!

- [Salem Art Association presents: BLACK MATTER](#) - May 5 to June 25 A.N. Bush Gallery
- **Hallie Ford Museum of Art Exhibition: [April Waters: Water-Ice-Sky, Antarctica](#) - May 7 - August 13** | Study Gallery and Print Study Center

[Powells Books: Celebrate Short Story Month: 7 Recommendations Based on 7 Collections We Love](#)

Maybe you're a short story aficionado or maybe you're new to short stories and looking to dip your toes in beyond the well-knowns. Regardless: we've got you covered. Do you like the unnerving, jangling work of Carmen Maria Machado, the quirky darkness of George Saunders, or the precise canniness of Deborah Eisenberg? Then we've got some recommendations for you.

[5 Tips for How to Talk to Children About School Shootings](#)

**As it is with a play,
so it is with life -
what matters is not
how long the acting
lasts, but how good
it is. - Seneca**

Word to Know: Titivate

(TIH-də-veyt) verb
Origin unknown, early 19th century

1. Make small enhancing alterations to (something).

[Pelican Pub Webcam \(Cape Kiwanda, Pacific City\) - Live](#)

[Hope and Healing Through Jingle Dancing in Oregon](#)

Movement is medicine for Umatilla Tribal dancer and many more.

Questions?

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

[Newsletter Archives](#)