



Institute for Continued Learning Digest

Welcome to the 114th Edition of the ICL Senioritis

Vol. 114, June 8, 2022

Editors: GwenEllyn Anderson and Dave MacMillan

ICL Update:

- The **Curriculum Committee** is in need of some short-term volunteers. As I suggested in May, participating in potpourris is a great way to get used to sharing your knowledge, passion, and/or research. This fall we need people to present about 15 minutes of information in these areas: Math, Art, Music, Books, and Great Decisions. There is a coordinator for each topic to guide you. [GwenEllyn](#) is a marvelous resource if you're concerned about the tech portion. Please contact me for a referral to the appropriate organizer. Truly, this can be an invigorating challenge! Thank you! [Jinx Brandt](#), Curriculum Director

[City of Salem Public Works Day: Jun 17, 2022](#)

Come to Riverfront Park for City of Salem's Public Works Day on June 17, 2022, from 10:30 a.m. to 2 p.m.

Public Works services impact all Salem residents by building and maintaining streets and sidewalks, providing clean drinking water, maintaining parks and recreation activities, planning and engineering services, treating our wastewater, and protecting the environment. To recognize the community, we are hosting our annual family-friendly event.

Enjoy family activities including exhibits from divisions within Public Works:

- Claudia the 29-foot Chinook Salmon
- "Be a Clean Stream Superhero" photo booth and free child-sized hard hats
- Water pipe repair demonstrations
- See and sit in Public Works equipment on display, such as backhoes, plows, and dump trucks
- Learn what the City is doing to protect Salem's drinking water.

Bring your family to learn about what the Public Works Department and its employees do for you. *There is no charge for attending, but canned food or cash donations to Marion-Polk Food Share are appreciated.*

[Indian School Excavation Reveals Thousands of Artifacts!](#)

Archaeologists, students and volunteers uncovered more than 3,500 artifacts during an April excavation of sites connected with the former Oregon Indian Mission Manual Labor School and the school's administration building (later known as the parsonage).

A Preserving Oregon grant awarded to Willamette University from Oregon Heritage is partially funding this project.

The sites are on the grounds of the Willamette Heritage Center (1313 Mill St. SE) and Willamette University (900 State St.). This year's dig focused on the Mill Street site. Curation of the artifacts is still under way.

Project questions center on:

- Pre-contact Native American settlement and use of the area.
- Early Euro-American settlement of Salem and operation of the Methodist Mission. [...continue reading...](#)

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
- [Oregon COVID-19 Update](#)
- [By OR. Health Authority](#)
- [CDC COVID Data Tracker](#)
- [Statesman Journal COVID reports](#)

🌱 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 \(NYT\)](#)

[50 things you can do to help with climate change](#)

Book: [An Indigenous Peoples' History of the United States by Roxanne Dunbar-Ortiz](#)

New York Times Bestseller

Exploring the Origins of Oregon's Black Exclusionary Laws

Zachary Stocks, [Oregon Black Pioneers](#), tells the story of how Salem's Asahel Bush and his weekly newspaper, Oregon Statesman, influenced the state's adoption of Black exclusionary laws.

This presentation was titled "The Statesman and The Freedman" hosted by the Salem Art Association on May 15, 2022 at Bush Barn Art Center, surrounded by the [Black Matter exhibition](#). KMUZ Radio did a live recording of the presentation (audio only) which was broadcast on June 2nd on the Willamette Wakeup Show. [Listen here...](#)

Note: Zachary Stocks gave a presentation to ICL via Zoom on November 9, 2021 titled "Oregon Black History: 450 Years in 45 Minutes". That video recording is available to members in the Member Area of the website.

Monmouth Music in the Park Series

Free concerts are offered every Wednesday from the second week of July through the end of August in the Main Street Park Amphitheater. All concerts begin at 6:30 p.m. The Series features a wide variety of music genres. Food, beer and wine are available in the park. Bring your blanket or lawn chair and enjoy a summer full of music! Please leave your pets at home.

Look for Updates on our [Facebook Page](#). [View the 2022 Schedule](#)



Independence Pop Festival: Sat, June 18 – Sun, June 19

[Riverview Park, Independence, OR](#)

Music Festival featuring artists that have made significant contributions to American Music - Sat, Jun 18, 2022 - Independence, OR [Read more](#)

Albany - River Rhythms 2022

Most Thursdays in July and August. Concerts start at 7 p.m. in Monteith Riverpark (489 Water Ave NW, Albany, Oregon)

- July 7: Sheena Easton
- July 14: Linn County Fair - No concert in the park
- July 21: Blue Öyster Cult
- July 28: Ruthie Foster
- August 4: ARRIVAL from Sweden (The Music of ABBA)
- August 11: Eddie Montgomery of Montgomery Gentry

Oregon Marine Reserves: There's More Beneath the Surface

The spirit of exploration is alive and well in Oregon. Only now, it's underwater. Oregon's five marine reserve sites are areas in the ocean dedicated to conservation and scientific research. In the reserves all ocean development and removal of marine life is prohibited. Management and scientific monitoring of the sites is overseen by the Oregon Department of Fish and Wildlife.

5 Sites: Learn about what a marine reserve is, where they are, and why we have marine reserves. We invite you to explore the [Cape Falcon](#), [Cascade Head](#), [Otter Rock](#), [Cape Perpetua](#), and [Redfish Rocks](#) sites and discover what lies beneath the surface.



Now part of the HBO docuseries "Exterminate All the Brutes," written and directed by Raoul Peck

Recipient of the American Book Award

The first history of the United States told from the perspective of indigenous peoples

New US quarter honors Cherokee Nation's [first female chief](#).

[PBS Video: Secrets of the Surface: The Mathematical Vision of Maryam Mirzakhani](#)

Examine the life and mathematical work of Maryam Mirzakhani, an Iranian immigrant to the United States who became a superstar in her field. In 2014, prior to her untimely death at the age of 40, she became both the first woman and the first Iranian to be awarded the Fields Medal, the most prestigious award in mathematics, often equated in stature with the Nobel Prize.

[Oregon Jewish Museum and Center for Holocaust Education \(OJMCHE\)](#)

The museum's main gallery features rotating exhibitions of national and international stature. Three core exhibits anchor the museum: Discrimination and Resistance; The Holocaust, An Oregon Perspective; and Oregon Jewish Stories. The museum also features a robust series of virtual public programming including film screenings, lectures, and programs in support of exhibitions.

For a state famous for exploration, we've only skimmed the surface of our ocean waters. Join us, as we [study](#) these areas and learn how to best maintain Oregon's nearshore ocean resources. There's a lot more of Oregon to explore.

- [The Reserves](#) (map)
- [Resource Library](#)
- [Monthly "Marine Reserves News" eNewsletter](#)

Brain Tip: Learn a skill – Teach a skill

It's fun to explore an interest and learn a new skill. Research encourages this because it also helps strengthen the connections in your brain. Neural connections shrink and retract their dendrites are subject to deterioration as we age, so strengthening them can help delay this decline. And, it doesn't have to be a major new skill. You can try something simple that you haven't done before – visit a different grocery store, write a limerick, learn a new tune or tune in and listen to a different genre of music. Of course, if you want to tackle a larger skill and learn something you've had on your bucket list, go for it. Just set realistic goals.

If you aren't inspired to learn a new skill, consider teaching a new skill to someone else. Teaching a skill requires you to explain it in terms that will help someone else learn it, to break it down into steps, or to think of the skill from a different perspective. This sharpens your mind and cognitive skills. The interaction also boosts your immunities through the social interaction. And, if you desperately can't find a person interested in what you want to teach – talk it through to your pet or a stuffed animal. They'll appreciate the attention and your brain will, too.



724 NW Davis Street, on the North Park Blocks in downtown Portland

[TURNING INWARD, Judy Chicago \(OJMCHE\)](#)

Drawn from the collection of Jordan D. Schnitzer and his family foundation, the exhibition charts a course through Chicago's career that defines key moments in her personal evolution as an artist and highlights her undeniable influence internationally on the discourse of art, identity, and the construction of gender today.

Space and time are not conditions in which we live, they are modes in which we think.
- Albert Einstein

Local and Virtual Events!

- **"Our Salem: Planning for Growth"**: City Council public hearing
The City Council will hold a public hearing on the [Our Salem project](#) on **June 13 at 6 p.m.** The project includes a proposed update to the [Salem Area Comprehensive Plan](#) and proposed changes to the [Salem Area Comprehensive Plan Map](#), zoning map, and zoning code. *Live on [YouTube](#)*
- **SenateAires: "Voices in Harmony" Featuring: Midtown Quartet**
Saturday, **June 25, 2022** | 7:00 PM | South Salem High School | Rose Auditorium... [more info...](#)
- **Senior Follies in Silverton** - showcasing creative, active and vibrant seniors on June 17 and 18 at 7pm and June 19 at 2pm at Silverton High School. Tickets \$10 available at the door.
- **Mid-Valley Travel Club takes summers off!** next presentation:
Sep 8, 2022 "Monkeys on the Road" - One family's van life adventure driving from the USA to South America Presented by Mary Hollendonner
- **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
- **Salem Art Fair is Back!**: **July 15 – 17, 2022**; *Note: this year the Art Fair is free to Salem Art Association members.*
- **Camerata Musica Salem**: Free Chamber Music Concerts at the Unitarian Universalist (UU) church unless specified, 5090 Center Street (Center Street and Cordon Road NE).

Word to Know:

Derring-Do

(DER-ing-DO) noun
Middle English, late 16th century

1. (Dated, humorous) Action displaying heroic courage.

"The spy novel was filled with instances of derring-do."

"Elizabeth dreamed of being swept off her feet by a suitor's derring-do."

"Don't fight with younger people; they will be writing your obituary,"

Garrison Keillor, [Serenity at 70. Gaiety at 80: Why You Should Keep On Getting Older](#)

Questions?

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

[Newsletter Archives](#)