



Institute for Continued Learning Digest

Welcome to the 115th Edition of the ICL Senioritis

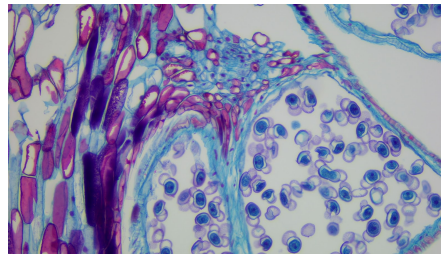
Vol. 115, June 15, 2022

Editors: GwenEllyn Anderson and Dave MacMillan

ICL Update:



Thank you to **Dr. Jason Duncan**, Associate Professor of Biology, for opening up the WU Microscopy Lab for ICL “students” to literally get a glimpse into his world of fascinating “invisible things”. Thanks to ICL member, **George Adkins**, for making this opportunity happen!



- The next **ICL Board Meeting** is tomorrow, Thursday, **June 16, 2022 at 1:30 PM** on [Zoom](#). All members are welcome. [May 19th Board Minutes](#)
- **ICL Wine Club**: Monday, **June 20th** at 4:30 PM. Contact [Dave MacMillan](#) if you are interested in joining us! 🍷
- The **Curriculum Committee** is looking for **art potpourri** presenters for the afternoon of **Oct. 4**. Subjects of choice: favorite art piece, art history, favorite artist - be creative.... about 15 minutes. Contact [Sharon Wright](#).
- **SAVE THE DATE** for the traditional Welcome Back ICL Picnic on Thursday, **August 25th!** Stay tuned for more details...

Willamette Update:

- **Goudy Commons** is closed to the public until classes resume in the Fall. (Our Thursday ICL lunches will continue to meet at **Taproot at the Mill** on Thursdays at 11:30 PM)

[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

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

[South Eugene Gender Diverse Ultimate Frisbee Team is ranked number one in the girl's division](#)

The annual High School National Invite began June 10 in Richmond, Virginia after being canceled the last 2 years due to the pandemic.

- 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.

Just Walk Salem Keizer

Salem History Walk

Thursday, June 16
5:30 pm

Meet at the east end of
Bush Park's Mission Street
parking lot.
Free and open to all!
Look for us in our neon green tees!

Learn about Salem's history as we visit three historic sites in and near Bush's Pasture Park. Our two-mile walk will pause for short presentations at the Deepwood Museum & Gardens, the Bush House Museum, and the Lord & Schryver House at Gaiety Hollow.

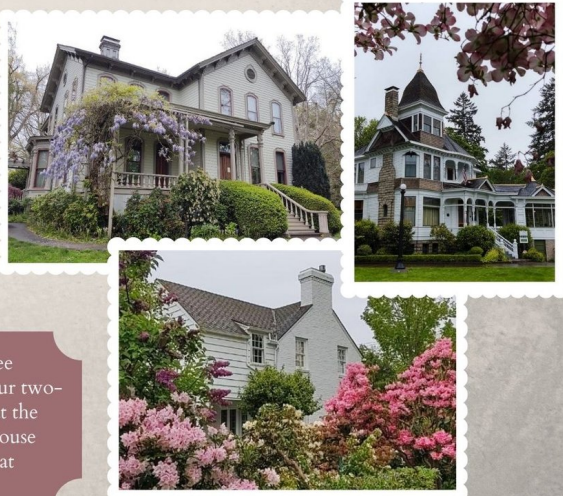


Photo credit: Jennifer Carley

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Meet in the parking lot on the north end of Bush Park along Mission Street.

Look for us in our neon green tees!

Free and open to all!

Now that you've retired...

A six-month trial of a four-day workweek kicked off in the UK this week, the biggest pilot to take place so far. Organized by the UK-based research group, Autonomy and its partners, analysts will track productivity and employee well-being during the pilot. A similar trial with 38 companies in Canada and the US will participate, as well.

A similar trial conducted in Iceland from 2015 to 2019 found an increase in overall well-being while productivity remained the same; 86% of workers in Iceland are now on or transitioning to a four-day schedule. "Microsoft recently implemented a four-day workweek at a subsidiary in Japan, leading to a 40% productivity increase." Read the history of the concept [here](#).

Children of Ash and Elm by Neil Price — A Book Recommendation from Vernelle Judy

For those of you who are curious about ancient history, archeology, and Vikings, I highly recommend "Children of Ash and Elm" written by Neil Price. As a scholar, professor, and archeologist, his focus has been this very subject. He

[People who drink coffee daily live longer, study says](#)

[Oregon utility powers up nation's first large-scale wind, solar and battery facility](#)

Portland General Electric and a partner developer are bringing batteries into the clean energy mix to accelerate the transition from fossil fuels.

[The remarkable brain of a carpet cleaner who speaks 24 languages \(Wash. Post\)](#)

[This Man Has Helped Give 460 Dead Whales a Second Life—As Art](#)

Hori Parata handles dead whales on New Zealand beaches the Maori way: He extracts the bones so they can be carved into jewelry or art. (National Geographic)

[The Met opens exhibition featuring art from security guards and staff.](#)

[The world's smallest park is inside a traffic median in Portland, Oregon.](#)

Only about 2 feet across, Mills Ends has been recognized by the Guinness Book of World Records as the smallest park in the entire world.

[A medical first, a 20-year-old patient in New York successfully received a 3D-printed ear transplant.](#)

Doctors say the structure will regenerate cartilage as it naturally integrates with the body.

[13 Patriotic Spots Americans Should Visit at Least Once](#)

has put forth a lively book which brilliantly puts you firmly in this unusual age filled with unusual people. It has photos, references, index, and will be respected as an academic achievement. Published in 2020, available on Amazon, it is a treasure trove of information. You will not want to put it down.

Famous Quotes NOT Said by Famous People

- “A woman without a man is like a fish without a bicycle” *not* Gloria Steinem
- “Be the change you wish to see in the world” *not* Gandhi
- “Everyone talks about the weather, but nobody does anything about it” *not* Mark Twain
- “Sometimes a cigar is just a cigar” *not* Sigmund Freud
- “Let them eat cake!” *not* Marie Antoinette
- “Give a girl the right shoes and she can conquer the world” *not* Marilyn Monroe
- “I disapprove of what you say, but I will defend to the death your right to say it” *not* Voltaire
- “There’s a sucker born every minute” *not* P.T. Barnum
- “The end justifies the means” *not* Machiavelli

Local and Virtual Events!

- [Eight Ways Space X Changed Space Flight with Donn Anderson](#). Dallas Public Library (950 Main St, Dallas, OR) Saturday, June 18th | 2:00 PM
- Throughout the month of June, The **Willamette Heritage Center** will be **hosting historic woodworking classes** using the wood from one of our centuries-old oak trees and 19th century tools and methods. Class spots are filling up fast! To learn more about the class and to register, please visit our website at [Woodworking Classes – Willamette Heritage Center](#).
- **Theatre 33** presents “More of You”, June 18, 2-4pm, Willamette University. Free. A \$10 donation is suggested. “As Evie mentally recovers from a life event that has shattered her, she discovers unlikely support from an array of colorful characters, all attempting to help her recognize the love she has in her life, in all its forms, has been there all along.”
- [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.
- **Salem Summer Solstice**, June 18, 2am, Minto-Brown Island Park
- [SenateAires: “Voices in Harmony” Featuring: Midtown Quartet](#) Saturday, **June 25**, 2022 | 7:00 PM | South Salem High School | Rose Auditorium... [more info...](#)
- **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).

[The Occupant/Оккупант](#) (YouTube; ENG Subs; 24m 11s): An inside look into a young Russian soldier’s life - captured on Russian soldier’s phone.

[Bhadla Solar Park](#)

Zoom out to see acres and acres of solar panels.

Now through late June is called “kitten season” when a large number of cats are dropped off at local shelters. So, if you are considering a feline friend, this may be a good time to check our local shelter.

Word of the day...

Spuddle: a useful verb from the 17th century that means to work feebly and ineffectively, because your mind is elsewhere or you haven’t quite woken up yet. To be extremely busy whilst achieving absolutely nothing.

Word to Know:

Noumenon

(NOO-mə-nahn) noun
Greek, 18th century

1. (in Kantian philosophy) a thing as it is in itself, as distinct from a thing as it is knowable by the senses through phenomenal attributes.

“The subject of my philosophy dissertation is the Kantian noumenon.”

“Natural elements such as mountains are often used as an example of a “noumenon” in philosophy class.”

You can spell the numbers 1 through 99 without using the letters A, B, C, or D.

Questions?

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

[Newsletter Archives](#)