



Institute for Continued Learning Digest

Welcome to the 123rd Edition of the ICL Senioritis

Vol. 123, August 10, 2022

Editors: GwenEllyn Anderson and Dave MacMillan

Welcome New Members!

- **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! *Thanks to our very busy Membership Co-Directors!*
 - 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](#) except in the summer months.

ICL Update:

With sadness and fond memories, we want to let you know that past member, **Bea Epperson**, died on August 6, 2022 after a lengthy debilitating illness. She was at home and with her family at the end. Her memorial service will be held at Howell Funeral Home on Friday, August 19th. Stay tuned for the time and any more information and/or the obituary when available.



Invitation to any and all ICL members: MUSIC POTPOURRI:

Music Potpourri, presenters each have 15-20 minutes to introduce, describe, and primarily, let us hear a favorite of yours! The sky is absolutely the limit: we've had bluegrass, opera, steel drum, violin virtuosos, barbershop quartets: the possibilities are endless, and variety is one of the charms of this fun and always informative session. Fall term's Music Potpourri will take place on Tuesday, **Oct. 25**, 1:00-3:00 PM. Please contact [Solveig Holmquist](#) or (503) 851-4509. Looking for 5 presenters; technical assistance will be provided if needed.

ICL Welcome Picnic - Come one and all to meet new members and great old friends!

Thursday, August 25th, 12:00 noon, at Minto-Brown Island Park gazebo ([Location on map](#))

- Fabulous potluck: bring a salad or dessert (or bring your own lunch if you prefer)
- ICL will provide kosher hotdogs and condiments, plus ice cold beverages and water



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](#)

Track Wildfires in the West (NYT) 🔥

New! Wildfire Tracker for Oregon and beyond. 🔥

Good News Story:

A British family was shocked when their beloved beagle went missing - and then returned home later that day with a [third place dog show ribbon](#).

8 Walking Tours Inspired by Movies and TV Shows

If you're a devoted cinephile, exploring a new city is a great way to bring your favorite movies and TV

- Seating: picnic tables under the gazebo, or bring a chair to sit out on the lawn
- Masks: optional, but may be useful when going through the potluck line
- Name tags: YES, get yours out of storage and wear it!

Dates to Remember:

- **ICL Wine Club** meets on **August 15th** at 4:30 PM. Please contact [Dave MacMillan](#) if you are interested in attending. It will be in person at one of our member's home.
- **1st Day of Classes: September 6, 2022** from 10:00 AM - 12:00 PM

[What are your thoughts on Salem's downtown? Take the Statesman Journal's survey.](#)

What are your thoughts on Salem's downtown? What do you like and how could it be better? Tell The Statesman Journal about it through [this reader survey](#).

[Englewood Forest Festival](#)

August 13, 2022 | 10:00 AM – 4:00 PM

Englewood Park (1260 19th ST NE, Salem, OR)

After a two-year hiatus due to Covid, the Englewood Forest Festival will roll out once again – a free, family-friendly event with an array of offerings for everyone.



Paradise of Samoa Polynesian Dance Troupe

The Englewood Forest Festival returns for a lively and magical summer day of art, music, dance, fun, environmental workshops, and a chance to reconnect in a beautiful setting.

Festival offerings: Festival-goers will find 36 art vendors and 29 nonprofits and community service organizations on hand during the day, plus 6 hours of entertainment on two different stages.

The 7-acre Englewood Park is a major highlight of the festival. Developed by the renown Lord & Schryver design team, Salem's oldest park is a historic and hidden gem.

Merriment, music and dance, learning how to make repairs and take care of trees, birds and streams – plus loads of art and environmental activities for all members of the family – are on tap.

Live music and dance performances will take place on two stages and feature the local Ty Curtis Band, the Classical guitar and cello duo of Isaac Engel & Leah Burleson, ENLACE Cross-Cultural Ballet Folklorico Guelagueta, Paradise of Samoa Polynesian Dance Troupe and Bollywood East Indian dance, among others. Russian concert pianist Asya Gulua, who performs internationally, will play as a benefit for a local Ukrainian refugee family.

Many resources from the Xerces Society, Marion County Master Gardeners, Marion Soil & Water Conservation District, and Audubon Society will be available to show how to attract and support pollinators and birds. People will learn how small changes in yards or even apartment decks can make a difference.

Festival attendees can park in the east parking lot at Salem First Church of the Nazarene, 1550 Market St NE. The Evergreen Church has also approved parking in their parking lot at 1110 17th St. NE

shows to life. There are walking tours all over the world that highlight famous filming locations and landmarks, from the real-life "Cheers" bar to the steps featured in "Mary Poppins." These tours let you step into the shoes of beloved characters as you visit their old haunts and, in some cases, even try their favorite foods, cocktails, and coffee.

[Librarian collects all the things left in books—from love letters to photos.](#)

[Earth just had its shortest day since the 1960s.](#)

[The best \(so far\) of the Comedy Wildlife Photography Awards.](#)

Word to Know:

Contradistinction

(kan-trə-de-STINK-shən)
noun; English, 17th century

1. Distinction made by contrasting the different qualities of two things.

"Porpoises and dolphins are so similar they sometimes require contradistinction to highlight the differences between them."

"On St-Jean Baptiste day, we ate poutine and other Quebec foods in contradistinction to our usual meals."

[There's a rose plant in Hildesheim, Germany, that's survived for more than 1,200 years. Known today as the "Thousand-Year Rose," the plant first took root in 815 CE and grows along the wall of the town's cathedral.](#)

[All-female team makes history after rowing from California to Hawaii.](#)

[10 Destinations that have banned cars.](#)

The annual festival began in 2017 when residents living around Englewood Park came together and organized an event to celebrate the talents in Northeast Salem, and to hold a community celebration where people could connect in a beautiful setting.

Festival goals are to build community, culture and foster environmental education and connection with nature.

More information about the Englewood Forest Festival can be found at <https://www.EnglewoodForestFestival.org/>.

The Brain and Napping

Spain is known for incorporating midday siestas, meaning naps, into residents' daily schedules. But the age-old practice, which dates back to ancient Rome and keeps people resting during the hottest part of the day, could become an important tool around the world as intense heat waves continue throughout Europe and beyond. In addition to keeping you inside when it's warmest, taking a post-lunch nap can help you catch up on sleep lost during hot nights and leave you feeling more refreshed and ready to take on the rest of the day (Fortune, 7.22, Mui).

Scientists have found that people who napped for 30 to 90 minutes had better word recall – which is a sign of good memory – than people who did not nap or who napped for longer than 90 minutes. People who napped for that golden 30 to 90 minutes were also better at figure drawing, another sign of good cognition. (Johns Hopkins)

The ideal siesta length is 15-25 minutes. With the exceptionally high heat this summer, try it out.

[Truth In Labeling: Final Report and Recommendations Submitted to the Oregon Legislature \(PDF\)](#)

As a part of Recycling Modernization, a task force convened to discuss the “chasing arrows” and other indicators of recyclability in Oregon. Check out their findings here <https://www.oregon.gov/deq/recycling/Documents/TIL-Report.pdf>

- [Night of 1,000 Stars Teen Talent Showcase](#): **August 11, 2022 6:30 PM - 8:00 PM** at Loucks Auditorium at Salem Public Library - Everyone is invited to watch and cheer for teen musicians, singers, dancers, and other performers. This annual talent showcase offers a variety of entertainment and endless excitement for everyone involved. *Seating is free on a first-come, first-seated basis.*
- [Monmouth Music in the Park Series](#): Free concerts are offered every Wednesday (July and August) starting at 6:30 PM | **Main Street Park Amphitheater, Monmouth, OR**
- [Albany River Rhythms 2022](#): Most **Thursdays in July and August | starting at 7:00 PM | Monteith Riverpark** (489 Water Ave NW, Albany)
- [River's Edge Summer Series](#): Movies on Thursdays at 9:30 PM | Concerts on Fridays at 6:00 PM | Downtown Independence Oregon | Riverview Park | Independence Amphitheater
- [Second Annual Oregon Senior Games](#) will be held **August 11-14 and 18-21**. Athletes of all skill levels age 50 and better are welcome in multiple events at the event hosted in Corvallis. <https://oregonseniorgames.com/>
- **24th Annual Elephant Garlic Festival in Portland - [Funstinks](#), August 12-14**
- [Camerata Musica Salem](#): Free Chamber Music Concerts at the Salem Public Library, Loucks Auditorium (*Note venue has change back to SPL*)

In old nautical slang, a “large” wind tended to come directly from behind and give a powerful push. Conversely, sailing “by the wind” meant having the ship move at a close angle against the breeze. Therefore, a ship that was handled well in any situation was said to be good “by and large,” a term that’s come to mean “generally” or “on the whole.”



Time and beauty reveal the physics of human perceptions

by Duke University
Adrian Bejan, the J.A. Jones Distinguished Professor of Mechanical Engineering at Duke University, has published a new book titled "Time and Beauty: Why Time Flies and Beauty Never Dies." [Read more...](#)

Notre Dame Cathedral's \$865M restoration is set to [reopen in 2024](#).

[These 7 Museums Are Modern Architectural Marvels](#)

[Before time zones were established in 1883, North America had over 144 local times.](#)

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

[Newsletter Archives](#)