



Institute for Continued Learning Digest

Welcome to the 124th Edition of the ICL Senioritis

Vol. 124, August 17, 2022

Editors: GwenEllyn Anderson and Dave MacMillan

ICL Update:

- **The Fall Schedule is now available and posted online!** Updates and additions are still being made to our class schedule, but you can see what it is coming up here (3 different ways to view):
 - [Google Calendar](#) (scroll down a little to see the calendar; change month using arrows at the top, left; click on the entries to see more details)
 - From the [main schedule page](#), click on CLASS SCHEDULES MENU ☰ in the upper right to select **Fall 2022 CLASS SCHEDULE** at the top; then go back to the red dot to select the month schedules.
 - [Schedule Report](#): Google spreadsheet file with tabs at the bottom to see many different reports displaying the data in different formats. Some reports are interactive so you can peruse other years and information.

Check back as the schedule is still in development - especially Tuesday afternoons because the board just recently decided to include 1 afternoon per week in the fall schedule.

Thank you, to the Curriculum Committee, and especially Director, Jinx Brandt, for all your work!

🎵 Invitation to any and all ICL members: MUSIC POTPOURRI 🎵

Solveig is still looking for presenters for the **Music Potpourri** on Oct. 25th (1-3pm). Presenters have 15-20 minutes to introduce, describe, and 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. Variety is one of the charms of this fun and always informative session.

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](#))

- ICL will provide kosher hotdogs and condiments, plus ice cold beverages and water
- **Potluck**: bring a salad or dessert (or bring your own lunch if you prefer)
- **Seating**: some picnic tables under the gazebo - or bring your own chair
- **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:

- **1st Day of Classes: September 6, 2022** from 10:00 AM - 12:00 PM

50th Anniversary of Salem Neighborhood Associations

How do you get your neighborhood news?

In an effort to best plan for ongoing communication efforts and learn how we can meet neighbors' communication preference and changing needs, check out our survey here and submit your answers to our ["Connecting with the City of Salem" survey](#).



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:

[Salem Couple Wins \\$8 after dogs eat their lottery tickets.](#)

[Willamette University Events Calendar](#)

[How a Book is Made \(NYT\)](#)

[Four cities' landfills emit as much methane as 2 million cars](#) - by Zack Budryk

Please take the eight question survey and then share the link with your neighbors. *The deadline for this survey is September 19th.*

Want to learn how you can get involved in your neighborhood association or learn about community projects? Contact your Neighborhood Program Coordinator Irma at icoleman@cityofsalem.net to learn more.

Fun for All Ages: Celebrate Salem Civic Center's 50th Anniversary

Thursday, August 18, 2022 | 3 PM - 7 PM

The City of Salem, in collaboration with community partners, has created a unique afternoon and evening full of fun for all ages in celebration of the Salem Civic Center's 50th Anniversary.



Featured activities will include live entertainment, architecture tours, art tours, youth activities, geocaching, art and history exhibits, a resource fair, and more.

Events and activities will be featured throughout the Civic Center campus. Check in at the Peace Plaza (the plaza between the Salem Public Library and the Salem Civic Center) to get a program of scheduled events and a map.

The City of Salem's Civic Center, a unique [New Brutalist architectural design](#), located at 555 Liberty St. SE, was completed in August 1972.

[For additional information...](#)

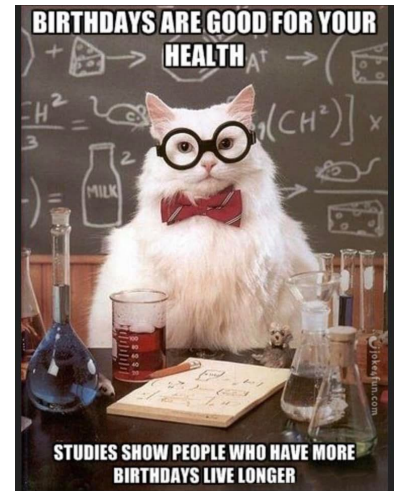
[It's about Time — Learn More About a 'Jiffy,' a 'Shake,' and a 'Whale of a Time'](#)

Whether it's the calendar, the clock, the tides, or the rising and setting of the sun, most of our lives are structured around the passing of time. So it makes sense that the concept of time is woven into many idioms and phrases across virtually every language. In English, we reference time in expressions like "in a jiffy" and "once in a blue moon." But how much time do these phrases refer to? We say, "it's about time" to learn more about these sayings.



In A Jiffy: To do something "in a jiffy," is generally understood to be very fast. But this figurative idiom is rooted in the sciences, where a "jiffy" is a concrete, [measurable unit](#). It's used by scientists in different ways to denote a very, very tiny amount of time. For physicists, it indicates how long it takes for light to travel one femtometer (a millionth of a millionth of a millimeter). A "jiffy" is also used by electrical engineers to measure the length of a single cycle of alternating current where it [equals](#) 17 milliseconds. In computer science, it's variable; a jiffy equals one to 10 milliseconds.

In the Nick of Time: Something happening at the very last possible moment is a good way to describe this idiom. The saying goes back to the [16th century](#) when the Tudors reigned in England. A "nick" was a small notch or cut used to portray extreme precision at the time (typically on measuring sticks or in tally marks). So, something happening in a "nick" would mean it happened very close to the beginning. Before the 16th century, the phrase "pudding time" was used instead of "in the nick" because pudding (a savory dish of meat) was the first portion served during Medieval meals. Eventually, pudding (in Great Britain



There is a specific plane to transport racehorses to events like the Kentucky Derby. Believe it or not, it is called [Air Horse One](#).

[Best books of 2022](#), so far - according to Book Depository.

[History of Flood Events](#)

Historical flood information provides a summary of major flood events in the Salem area during the previous 150 years.

Not all countries use the Gregorian calendar.

Ethiopia, most notably, uses its own. They're both 365 days long (with a leap year), but Ethiopia's calendar has an extra month and its new year is celebrated on September 11. Depending on the time of the year, it is 7-8 years behind our calendar. While the two calendars use Jesus' birth as the starting date, they differ on that date. The Ethiopian calendar begins around 7BCE – thus the 7 year difference.

An area near the city of Lebanon, Kansas, is the exact geographic center of the contiguous United States.

at least) came to connote sweet dishes served last (dessert), so the saying was changed to “in the nick.”

A Whale of a Time: Having a “whale of a time” suggests that someone is greatly enjoying themselves. This saying doesn't refer to a specific unit of time, but rather explains the quality of time. The [origins](#) of this idiom are murky, but it's been around for a few centuries. It likely came from seafaring whalers, who began using the term to describe anything unusual or grand (referencing the lore surrounding whales). The idiom began popping up at the end of the 19th century to describe someone exceptionally skilled or brilliant, as in, “She's a whale in chemistry.” It was also used to describe something very large, as in, “a whale of a crowd,” or finally, something very cheery — “a whale of a time.”

...to be continued next newsletter...

Featured image credit: [akinbostanci/](#)

New Information about The Brain and Music: Keep Listening!

A recent study found that music can be used as a tool for restoring function in the aging brain (Scientific Reports, July 2022). The study from Northeastern University — which is among “the first to document neurological changes from extended exposure to music-based intervention,” according to a press release — focused on a group of older adults aged 54-89. Participants listened to a personalized playlist for an hour every day for eight weeks and journaled about their experiences, and the researchers scanned their brains before and after.

The team found that music bridged the gap between the brain's auditory system and its reward system, which is one of the areas to lose its activity and functional connectivity in aging adults – especially in people with dementia.

In addition to activating the reward system, the experience of music engages multiple other brain systems and stimulates listener's knowledge, autobiographical memories, and understanding of the intentions of the composer and the performer, through its structure and performance. These combine to keep the brain active and the memory sharp.

Local and Virtual Events!

- [Capitol Jam Community Music Festival is Coming to Salem](#)
 - **Saturday, August 27, 2022 | 11:00 AM - 10:30 PM**
 - **Riverfront Park | Gerry Frank Amphitheater**
A fun day of music and community at Riverfront Park
- [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
- [Camerata Musica Salem:](#) Free Chamber Music Concerts at the Salem Public Library, Loucks Auditorium (*Note venue has change back to SPL*)
- [The West Coast Giant Pumpkin Regatta weekend is happening October 15 & 16, 2022!](#)
- **Roger Budke Memorial:** An informal gathering on **August 28, from 1-3pm**, at the pavilion at Riverfront Park. A time to greet the family and share stories, maybe have a cold drink and a cookie, look at some old photos, remember good times.

As people who want to live a good, full, unrestricted, adventurous, real kind of life, there is concrete instruction we can follow: see what is.
- Pema Chodron

Word to Know: Deracinate

(dē-rasə-nāt) verb
French, 16th century
1: To uproot

[15 Most Beautiful Places in the U.S.](#)

[Netflix: Fantastic Fungi](#)

is a descriptive time-lapse journey about the magical, mysterious and medicinal world of fungi and their power to heal, sustain and contribute to the regeneration of life on Earth that began 3.5 billion years ago.

What are you putting on your pancakes?

Unless the bottle reads ‘real maple syrup’ it is likely that there is no maple in your syrup. Most syrups in the breakfast aisle contain saccharine flavor, high-fructose corn syrup, cellulose gum, sorbitol or sucralose and caramel color. Real maple syrup is made from maple sap that has been boiled down until it reaches a syrupy consistency so it will only have that ingredient listed. It can be called Maple Syrup with as little as 2% maple syrup in it. Log Cabin, for example, no longer uses any maple in their syrup.

Questions?

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