



Institute for Continued Learning Digest

Welcome to the 140th Edition of the ICL Senioritis

Vol. 140, December 7, 2022

Editors: GwenEllyn Anderson and Dave MacMillan

ICL Update:

- **ICL Wine Club Meetings** are *canceled* for November and December due to the holiday hubbub. We will meet again on January 16, 2023. Stay tuned for more information. Cheers! 🍷

Willamette Update:

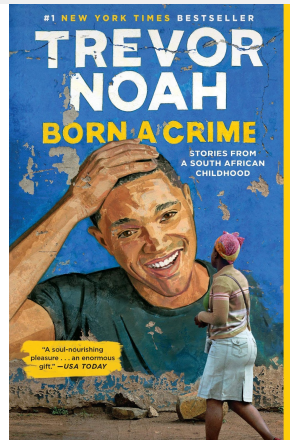
- **Flu season has arrived:** [Here are some tips for navigating cold and flu season:](#) As we enjoy this wonderful fall day, we regret to inform you that flu season has definitely arrived in force. The Oregon Health Authority is reporting an increase in influenza cases state wide, and Willamette is no exception. And of course, we are also navigating COVID and cold season as well, so we're writing to remind everyone of a few things. [continue reading...](#)
- **Theatre 33 Presents an Original Comedy! *A Christmas Carol*, A 1940's Radio Show. December 8-10 and 14-16 at 7:00 PM. Matinee on the 11th at 2:00 PM.** This is an original Theatre 33 adaptation by local actor Thomas Nauban. It's a comedy and has several twists.

Book chosen for 2023 Salem Reads: One Book, One Community

After a rigorous selection process and a vote by many readers, our community has selected Born a Crime: Stories from a South African Childhood, a best-selling memoir by comedian Trevor Noah as the 2023 Salem Reads book.

Trevor Noah, popular comedian and host of The Daily Show since 2015, began life with a criminal act - being born. Trevor is the child of a white Swiss father and a black Xhosa mother, born in South Africa during the waning days of apartheid. Such a union was, at that time, punishable by five years in prison. In this memoir, Noah tells stories of his life as a spirited young boy and restless young man in a world of poverty, violence, and overt racism, eventually leading to his life-changing move to the United States. The book also has a young readers' edition under the title *It's Trevor Noah: Born a Crime* and a Spanish translation, *Prohibido Nacer*.

Born a Crime, *It's Trevor Noah*, and *Prohibido Nacer* are available to read or listen to in preparation for Salem Reads in February 2023. Print, audiobook on CD, and Spanish copies are available to borrow from the library. In addition, the eBooks are available to download and enjoy on the cloudLibrary and Libby apps.



Salem Reads 2023 Book Giveaway - TODAY!

Beginning at 10 a.m. Wednesday, December 7
Art Hallway, Floor 1 | Main Library, 585 Liberty St. SE

Beginning at 12 p.m. Wednesday, December 7
West Salem Branch | 395 Glen Creek Rd. NW

Handy Links:

- [Link to ZOOM](#) for Board meetings, Happy Hour, etc.
- [Calendar](#): Classes, etc.
- [Schedule Reports](#)
- [Recorded Classes!](#) Currently (Fall 2022), classes are *not* being recorded. Some past classes may be viewed by anyone. More recordings are available only to ICL members in the [password protected area](#). Presenters must give permission to record, and not all do.
- [Zoom Help](#) - Find tips, FAQ, and other resources available on the Website
- [ICL Virtual Happy Hour on Fridays at 4:30 PM.](#)
- [Oregon COVID-19 Update](#)
- [By OR. Health Authority](#)
- [CDC COVID Data Tracker](#)
- [Statesman Journal COVID reports](#)
- [Find COVID19 Vaccines](#)

Willamette University Events Calendar

Mid-Willamette Valley High Water Watch Gage Map:

- Hover over green dots for gage name
- Click on green dots for graph and more information

Good News Story:

Chicago high school athletes donate 1,000 sweatshirts to students experiencing homelessness. ([More](#))

Check out the [2022 National Book Award winners](#) and [Powell's Best Fiction of the Year](#).

[Salem Public Library Gallery of Gratitude:](#)

Salem Public Library invites the community to share what they are thankful for through a display in the library and an online gallery that will grow throughout the month of November. To share what you are thankful for, fill out this [form](#).

[Salem Public Library: Best Books 2022 - Nominate your favorites!](#)

Help us build our Best Books of 2022 list! Submit your nominations by filling out our form. We are looking for books published in 2022 only. The titles nominated will help library staff create the annual Best Books live event and brochure. Thank you for your contributions! [Nominate books...](#)

[Salem City Club: THE TRUTH – an endangered American species?](#)

Providing a neutral civic space for the Salem/Keizer Community

Friday, December 9, 2022 | Willamette Heritage Center Dye House

Venue opens at 11:30 a.m., program begins at noon

Nationally-known Oregon journalists Dick Hughes and Les Zaitz will explore their profession's faults and challenges—and how citizens can have a say in seeing the First Amendment still serves them.



According to the veteran newsmen, “The evolution of social media and the pressure on journalists to keep up has left many citizens wondering if they can trust the information they get from the press.”

Dick Hughes was the longtime editorial page editor at the Statesman Journal, where, as explained by Hughes, “I worked for 34.96 years before the corporate ax fell.” A freelance journalist, Hughes currently writes the weekly “Capital Chatter” and “Oregon insiders: Who’s who” columns for Oregon Capital Insider and occasionally writes newspaper editorials on contract. He lives in West Salem.

Les Zaitz is a founder and editor of the Salem Reporter and also is editor and publisher of the Malheur Enterprise in Vale. He works remotely from a small horse ranch in eastern Oregon. Professionally, he has been a journalist in Oregon for 50 years, best known for his in-depth investigative work. He also has served on numerous civic boards.

Lunch will work a little differently this year. We are having lunch delivered by **Little Lois Cafe!**

If you would like to order a takeout lunch from **Taproot Old Mill Cafe** please be aware that you should order early as they get busy at the noon hour.

If you want to bring your own lunch—or no lunch at all—you may do so.

[18th Annual Winter Solstice Illuminata Regatta](#)

Saturday, December 17, 2022 | 6:00 PM | [Riverfront Park](#)

Put Holiday lights on your kayak or canoe and light up the Riverfront slough! Launch from the park dock, parade down to the Peter Courtney pedestrian bridge and back.

Parade starts at 6pm. Personal Flotation Device (PFD), whistle,



Mentioned during ICL Happy Hour: [Fisherman Has Caught World's Biggest Goldfish in France](#)

Merriam-Webster's word of the year: [gaslighting](#).

[Shortage' dominates Swiss Words of the Year](#)

Strommangelage (energy shortage), **boycotter** (to boycott), **penuria** (shortage) and **mancanza** (shortage) are the Words of the Year for 2022 in Switzerland's four national languages.

If you've ever read a recipe that requires a “dash of salt” or a “pinch of sugar,” you might be surprised that there are actual

measurements attached to those phrases. A dash, tad, pinch, and smidgen are all portions of a teaspoon. A tad is the largest, at one-fourth of a teaspoon. The others, in order from large to small, are a dash (1/8 teaspoon), a pinch (1/16 teaspoon), and a smidgen (1/32 teaspoon).

Strandbeesten: [Fascinating, lifelike, wind-powered creatures.](#)

[In-The-Sky.org: Guides to the night sky](#)

Good News Story: Soccer captain invites waterboy with Down syndrome to celebrate team win. ([More](#))

[The Oregon Coast is one of the best places to surf. Yes, that's right.](#) (SJ video)

[PBS Video: The Living New Deal](#)

Digital database documents vital infrastructure created by the New Deal.

Blind New Mexico woman pilots a plane [across the US](#).

watercraft permit and appropriate clothing a must!

This is an informal community gathering event. Spectators welcome!

SALEM TUBA HOLIDAY

Saturday, December 24, 2022 | 12:00 PM (doors open at 11:00 AM)

Elsinore Theatre at 170 High St SE, Salem

Salem Tuba Holiday is an annual tradition of musical merriment featuring players of conical bore instruments: baritone horns, euphoniums, tubas, and Sousaphones. The show includes arrangements of popular Christmas carols and holiday songs performed by musicians from all over the northwest. \$10

Myths Corrected about Your Christmas Tree - From the OSU Extension Services –

Q. How do I know a tree is fresh when I purchase it?

A. Choose a tree that looks green and healthy with needles that snap like a fresh carrot. Shake it a few times to get rid of old needles. Once you're home, place the tree in water if you do not plan to put it up immediately. Check the water level daily; trees will be very thirsty the first few days inside a heated home.

Q. Do I need to recut the stem after I get my tree home?

A. Yes, if more than 24 hours has elapsed since the stem was last cut. The fresh cut helps water uptake and the sooner you can get the tree into water, the fresher it will be.

Q. Do I need to cut two inches off the tree base for it to take up water in the stand?

A. No, cutting a 1/4-inch slice off the base is plenty for water uptake. However, clearing the ceiling is another question.

Q. Do I need to cut the base of the trees at an angle, drill holes in the base or install plastic tubes so the tree can get water?

A. No. Water begins the path up the tree via microscopic tubes called "tracheids" in the wood just beneath the bark. The wood near the outer part of the stem is very efficient in conducting water and becomes less so towards the center.

Q. Do I need to add something to the water to help the tree stay fresher?

A. People have added all kinds of things to water, including vodka, 7-Up, bleach, aspirin, and sugar. However, clean, cold water is all that is needed. Some additives actually can cause your tree to shed needles or dry out more rapidly.

Q. Will any tree stand work, as long as it holds the tree up?

A. No. A stand should hold a quart of water for every inch of stem diameter. Very few stands have the capacity for today's large trees. Consider purchasing a new stand, or a smaller tree, if the water capacity is not adequate.

Q. If my decorated tree runs out of water, do I need to take it down and recut the base?

A. No. If you refill the water stand within 24 hours of going dry, most trees (Douglas-fir, noble, Nordmann, Fraser) should re-hydrate just fine. For grand fir, 12 hours may be the limit. Of course, it is best if the tree does not run out of water, so check it every day.

Local and Virtual Events!

- [**Zooming Back to History: The Law and the LGBTQ+ Community in Oregon with Robin Will**](#) December 8, 2022 | 7:00 PM | On Zoom

[**The smartest dog in the world | 60 Minutes Archive**](#)

[**Christmas spirit comes to life in Sumpter, Oregon**](#)

If you're looking for a storybook Christmas experience, you can't get much closer than the Sumpter Valley Railroad's Christmas train.

[**Researchers at Nottingham Trent University have created a new type of fabric**](#)

that can charge simple electronic devices via solar energy: an "e-textile" that can harness enough solar power to charge small items like a mobile phone or a smartwatch.

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

He who is not everyday conquering some fear has not learned the secret of life.

- Ralph Waldo Emerson

Word to Know: Palmary

[PAL-mə-ree] adjective
Latin, 17th century

1. Worthy of the palm; preeminent; superior
2. Principal; chief.

"Madison's palmary performance during the spelling bee won her the grand prize."

"As a teacher, her palmary role was educational, but she considered the emotional development of her students to be equally important."

Questions?
Send a message at
ICL Digest

Newsletter Archives