



# Institute for Continued Learning Digest

Welcome to the 143rd Edition of the ICL Senioritis

Vol. 143, January 4, 2023

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## ICL Update:



- [ICL 30th Anniversary Celebration](#): A [PDF](#) of Don Gallagher's great presentation is now posted on the website. It doesn't do Don's presentation justice; we're working on coming up with something better.
- **ICL Board Meeting: Monday, January 9, 2023 at 1:00 PM** on [Zoom](#) - *Note the change in day of the week.*
  - [December 15, 2022 Board Minutes - DRAFT](#) (pending approval)
- **Save the date! 1st day of ICL classes: Tuesday, January 17, 2023 10 AM**  
We will be meeting on Tuesdays and Thursdays from 10am to 12pm and 1pm to 3pm starting on Jan. 17th.
- Anyone wanting to borrow a copy of the book that ICL is reading for Spring semester - "All That She Carried" by Tiya Miles - can email [Becky Miller-Moe](mailto:Becky.Miller-Moe@gmail.com) at [rmillermoe@gmail.com](mailto:rmillermoe@gmail.com). Please email Becky again when you're finished reading so that she can pass it on.
- **Share your favorite books of 2022!** Will all you readers out there share your favorite books that you read in 2022 (*not* limited to books published in 2022)? Submit your top 1 to 3 titles and authors to [Dave](#).
- Join us for **Happy Hour** every Friday at 4:30 PM on [Zoom](#)

## Hanni Estate Sale!

January 5, 6, 7 (Thursday/Friday/Saturday) | 9:00 AM to 5:00 PM  
1314 Fir Street South, Salem

**Sale will include:** Household items, kitchenware, artwork, books, clothes, furniture, lots of miscellaneous items.

## About the [ICL DVD Library](#) - from Wayne Wallace:

My long term goal when I was in college was to take as many science courses as possible since I was paying for school. After retirement I learned of the arts and social sciences. In between I would earn a living, raise a family with my wife, canoe, hike, and spend as much time as I could camping and being in the wilderness. **ICL** and **Great Courses** have been major components of that last stage.

[Great Courses](#) is a major source of college level lectures on DVDs and streaming. As such, it has been a major part of ICL in the recent past and makes up a large part of the ICL Library.

However, most of the library DVDs have production dates prior to 2012. **Great Courses** is currently being streamed through [Wondrium](#) as a bundle with Wondrium, Kino Lorber, Magellan, plus a few others that change every few months. **Wondrium** tends to offer less academic type lectures but are still, for the most part, good quality. It does have a good 6 hour selection on beer. Kino Lorber and Magellan have short documentaries, but some of their biographies are of excellent quality. I also have [Intelligencesquared](#): Oxford-style debates.

The prices for **Wondrium** steaming services are generally about \$20 per month, \$45 per quarter, \$150 per year. Generally they come with a free trial

## Handy Links:

- Link to [ZOOM](#) for Board meetings, Happy Hour, etc.
- [Calendar](#): Classes, etc.
- [Schedule Reports](#)
- [Recorded Classes!](#)
- [More recordings](#) are available to members (password protected)
- [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](#)
- [WU: Tips for navigating cold and flu season](#)

## [Willamette University Events Calendar](#)

**Good news story:** Good news from the past year you [might have missed](#).

## [6 Strange Things U.S. Cities Drop on New Year's Eve](#)

## [Whales in Oregon!](#)

Oregon State Parks celebrates the migration twice per year during Whale Watch Weeks in late December and late March. The Whale Watching Spoken Here® program places volunteers at 17 whale watching sites, ready to help visitors see and learn about migrating and resident Gray whales. [Learn more...](#)

membership of 2 weeks to one month. There are frequent sales and currently they are offering two years for the price of one. You can find them online at [Wondrium.com](http://Wondrium.com) or phone at 844-330-4495. Calling them will help assure that you get the best price.

[ICL DVD Library List](#)



# BEST BOOKS 2022

Saturday, January 7, 2023 | 1:00 PM - 2:30 PM | Anderson A & B

Three SPL librarians share the best books of 2022 as voted on by library staff, library patrons, and critics in a fun and dynamic presentation!

Copies of many of the titles will be available to check out. This program is free and seating is on a first-come, first-served basis. ASL interpretation will be provided. [Salem Library Calendar](#)

## Center 50+: LADIES' POOL TIME

*This special billiard time is for ladies only.*

Open to all levels of expertise and perfect for a beginner. You will be surprised how much you can learn from each other; some gals have played for many years. All equipment will be furnished.

Every Thursday, starting January 5th Class time: 1-3pm

Class fee: 1- Center 50+ \$ buck card per session.

Purchase buck cards at Connection Center

*First session is complimentary*



## Center 50+: Coffee, Coloring, and Conversation Group

1st & 3rd Saturday of each month 10am.-Noon | Center 50+ Lobby

### Benefits of Adult Coloring:

- Relaxes Your Brain and improves brain function
- Improves motor skills
- Improves focus
- Reduces Anxiety
- Relieves stress

Bring your own supplies Or use supplies from the crafter's box.

Bring a friend, sit by the fireplace, chat away, and enjoy the art of Adult Coloring

FREE! See you Saturday, January 7th! RSVP appreciated 503-588-6303



## [Atlas Obscura: The definitive guide to the world's hidden wonders](#)

## [Salem Reporter: TOP PHOTOS: Ron Cooper's picks, from Ironman to a birthday surprise](#)

## [The Best Way to Comfort Someone When They're Sad \(NY Times\)](#)

A limited yet growing body of research suggests that one of the most powerful ways to support someone is also the simplest: Start a conversation.

## [The New York Times: The Year in Pictures 2022 by Joseph Kahn, Executive Editor](#)

The images from the earliest moments of the Ukraine conflict revealed sheer terror and disbelief. War had reached a major European capital, Kyiv, and its immediate outskirts. Refugees shoved their way onto a train headed west, pushing past a woman who shut her eyes and screamed.

## [Lizzo plays James Madison's crystal flute at Library of Congress:](#)

First she performed with it at the Library of Congress (at the library's request). Then she tooted it briefly onstage at her D.C. concert in front of thousands of fans. Lizzo, a classically trained flutist, instantly reminded us of the magic of in-person events and the treasures of U.S. history.

## [Scuba diving Santa makes waves in Florida](#)

## [6 Amazing Facts About Elves](#)

## [8 Dazzling Facts About the Sun](#)

## Social Security Scam

Scammers frequently target the older and other more vulnerable members of our communities. They pretend they are from Social Security or another government agency to steal your money or personal information.

Caller ID, texts, or documents sent by email may look official, but they are not. Fraudsters are calling to verify information about the 2023 cost-of-living adjustment for people who get benefits. **Remember, this adjustment is automatic and a beneficiary does not need to verify anything.** Social Security won't ask you to provide information or money to get your benefit increase. Social Security may email or text you about programs and services, but they will never ask for personal information via email or text.

## January 1: National Hangover Day (for future reference)

Hangovers are caused by an excess of acetaldehyde in the liver. Your liver metabolizes alcohol (a poison) by breaking it down into acetaldehyde; too much alcohol means acetaldehyde can accumulate in toxic amounts, causing hangover symptoms. "Hair of the dog" (more alcohol), coffee, and pain relievers only delay these symptoms; they aren't actual remedies. What does work is rehydration, rest, and eating a meal high in potassium, complex carbohydrates, and a bit of fat. Try a whole wheat tortilla, an egg, and some avocado with your glass of water.

## Say What?

Growing up Catholic with Latin masses, the end of the Sunday ceremony ended with the congregation responding to the priest's comments 'emercenis'. I was quite a bit older when I learned that the response was actually in English and the congregation was saying, "Have mercy on us."

There is a word for this kind of mishearing of something said or sung. It is called 'mondegreen' – coined in 1954 by American writer Sylvia Wright who misheard a poem line as "laid him on the green", but she heard "Lady Mondegreen". Of course, the most common mondegreen is maybe "José can you see" for the first words in our National Anthem.

Here are some classics. (The correct version is in parenthesis):

- The girl with colitis goes by (The girl with kaleidoscope eyes – "Lucy in the Sky with Diamonds" The Beatles)
- 'Scuse me while I kiss this guy ('Scuse me while I kiss the sky – "Purple Haze" Jimi Hendrix)
- There's a bathroom on the right (There's a bad moon on the rise - "Bad Moon Rising" Creedence Clearwater Revival)
- Here we are now, in containers (Here we are now, entertain us – "Smells Like Teen Spirit" Nirvana)
- I'm farting carrots, I'm farting carrots (I'm on my 14 carats, I'm 14 carat – "Good for You" Selena Gomez)

Got any mondegreens you'd like to share? Send them on to: [gwenellyn@gmail.com](mailto:gwenellyn@gmail.com)

## Local and Virtual Events!

- Join Chemeketa Cellars in 2023 for one of their fun new [community education classes](#). Learn painting techniques while sipping Chemeketa Cellars wine, make a Mother's Day flower arrangement under the tutelage of a Chemeketa Horticulture instructor or expand your knowledge of Italian wines with their Wines of Italy wine appreciation series.

[The Guardian: Shifting gears: why US cities are falling out of love with the parking lot](#)

[5 Fascinating Facts \(and Myths\) About Spiders](#)

**Word to Know: Eventuate**

[ih-VEN-choo-eyt] verb  
Latin, 17th century

1. Occur as a result.
2. (Eventuate in) lead to as a result.

"The arrival of many new guests to the party eventuated a second trip to the supermarket for more drinks and snacks."

"A quick review of study skills ahead of midterms can eventuate in better grades for students."

[Looking back on the hottest food trends in 2022.](#)

[The weirdest Guinness World Records set in 2022.](#)

[Designers rank the year's best book covers, 2022.](#)

**Band-Aids were invented in the 1920s after a Johnson & Johnson employee witnessed his young wife with cuts and burns after preparing dinner.** Given how cumbersome gauze and tape were to apply, the employee eventually pitched the idea of a readymade adhesive bandage — saving his wife's fingers and millions more over the decades to come.

[The top toy from the year you were born.](#)

[8 Snowy Adventures to Try This Winter](#)

**Questions?**  
**Send a message at**  
**ICL Digest**

**[Newsletter Archives](#)**