



Institute for Continued Learning Digest

Welcome to the 144th Edition of the ICL Senioritis

Vol. 144, January 11, 2023

Editors: GwenEllyn Anderson and Dave MacMillan

ICL Update: **CLASSES START NEXT TUESDAY!**

- **SPRING 2023 SCHEDULE:** *Mark your calendars!*
 - 1st Day: Tuesday, January 17, 2023
 - Spring Break: March 27 – 31, 2023; No Classes March 28th or 30th
 - Last Day: Thursday, April 27, 2023

Morning Classes (Tuesdays and Thursdays) from 10:00 AM to 12:00 PM

Afternoon Classes (Tuesdays and Thursdays) from 1:00 PM to 3:00 PM

- Masking is recommended. 🤧
- The schedule for January is posted: [Webpage](#) and [Reports](#)

Opening Day Schedule, January 17th:

9:15am-10am: ICL Come Back Coffee in the Kaneko Lobby

Come early next Tuesday to celebrate the return of ICL classes!

10am-12pm: “Some Idiocies and Oddities of the English Language” Calvin Steck

1pm-3pm: “Salem Public Library’s Best Books 2022” Alice MacGougan, Emily Byers, Shandra Smith

- **ICL Board Meeting Notes** (January 9, 2023):
 - The board accepted the resignation of Jinx Brandt from the board position of Curriculum Director effective Feb 1, 2023 Thank you, Jinx, for all of your work and service as Curriculum Director for the past year! 🙌
 - The board voted to appoint Brenda Kidder to the board position of Curriculum Co-Director effective Feb. 1, 2023 ([ICL Constitution Article 4](#)).
 - **New compass cards** will be distributed on the first few days of classes. They will not work in the card readers until the card readers are replaced with new ones.
- 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) at rmillermoe@gmail.com. Please email Becky again when you’re finished reading so that she can pass it on.
- Join us for **Happy Hour** every Friday at 4:30 PM on [Zoom](#)

Note to membership from Vernelle Judy, Membership Co-Director:

Spring Term is just around the corner. I’m offering a challenge to all members. Use ICL for its intended purpose: To CONTINUE to learn!

Rather than peruse the schedule to see if you are “interested enough” to propel yourself out of your comfort zone and show up for a class, I challenge you to show up for all classes, both morning and afternoon. Set Tuesdays and Thursdays aside for your brain. Schedule appointments for the other days in the week. Let ICL be the tacks in your rut. Get out of that comfort zone. Find out about ideas you may think you are not interested in.

Once you are met with a passionate, knowledgeable presenter with new ways

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](#)

[Mid-Willamette Valley High Water Watch Gage Map:](#)

[NOAA: River Information and Forecast for the Willamette River at Salem](#)

[Willamette University Events Calendar](#)

Good news story:

[A man broke into a high school to shelter dozens from Buffalo blizzard](#)

[LegiScan: OR Legislation 2023 | Regular Session](#)

[See how China's engineers complete the incredible task of building high speed railway bridges](#)

[The Webb Telescope Is Just Getting Started](#)

The first scientific results are coming in, and the \$10 billion instrument is working even

to keep your synapses firing on all cylinders you will say, "I had no idea trumpets (or whatever) could be so fascinating!!"

Bring your lunch. Sit at a table in the Kaneko Lunch Room with folks you do not know. Get to know them by sharing ideas. Lunchtime can provide excellent opportunities to expand your experience. We have a large number of new members. Seasoned members and new members have a chance to trade stories.

Please don't miss out on the chance to enhance your days. A good idea is better than a jolt of strong coffee, and it's there for YOU! Drink it in!

That's my challenge to you all, both seasoned and new members alike: Come learn.

Mondegreens from you:

Karen Trucke sent us this: You all know the song, "My Bonnie lies over the ocean", well now sing it as my 3 yr old daughter did many years ago by filling in 'Bonnie' with 'Body' and have a good laugh!

Dave MacMillan shared that, when singing the Alphabet Song to learn the alphabet, L-M-N-O was sung so fast and run together, he thought 'elemeno' was a single letter.

Eunice Porter wrote: I am always reminded of when I was a little girl and for a time attended Sunday school at a neighborhood church. We would sing a gospel song called "Bringing in the Sheaves." Our neighbor girl unknowingly sang "Bringing in the Sheets." Back then there were no home clothes dryers and people hung their laundry on clotheslines, so a person gets where she was coming from.

And a few favorites:

- The ants here, my friend, are blowing in the wind... (*The answer, my friend*)
- I left my brains down in Africa... (*bless the rains*)
- Sweet dreams are made of cheese... (*made of these*)

Willamette Update: Students Returning from Japan to Kaneko!

After a close to a three-year hiatus due to the pandemic, the students from **Tokyo International University** will be joining our Willamette community for the spring semester.

The group of 23 students will be accompanied by Mr. Hiroshi Takahashi, the president of TIUA, and Mr. Toshiki Fujii, the Willamette study abroad coordinator for TIU. The group is arriving *today* and the students will be here for the entire semester.

Pacific Northwest College of Art (part of Willamette U.) presents a virtual "Meet the Dean" - Jen Cole, Jordan Schnitzer Dean, PNCA

Tuesday, January 17, 2023 | 5:30 PM (PST)

Our deep connections are fundamental to creating and maintaining a vibrant culture that supports our students and welcomes in the broader community, During the live events, you'll have the chance to ask questions about what's happening at PNCA, including my vision for the school and the future of creative professional education, and we'll get to know each other better.

East Coast Session – 6 p.m. (EST): [REGISTER \(EAST COAST\)](#)

West Coast Session – 5:30 p.m. (PST): [REGISTER \(WEST COAST\)](#)

Please submit your questions in advance by replying to this email, so we can

better than astronomers had dared to hope.

7 Little-Known Historical Figures Who Made a Big Impact

Powell's at the Movies: Books Paired With 2022 Movies

We've got the list for you: a book to pair with your favorite movie from this last year. Go ahead, pop a bag of popcorn, put your favorite soundtrack on, and settle in.

The Stories Behind 8 Iconic Brand Mascots

The most successful mascots transcend marketing plans, becoming not just lasting corporate symbols but pop culture icons. From the freezer aisle to the great outdoors, these memorable mascots are here to stay.

Study links habitual high-intensity aerobic exercise to a more than 70% decrease in the risk of developing metastatic cancer; authors point to more efficient glucose consumption by organs ([More](#))

6 Interesting Facts About Judy Garland

Judy Garland, sometimes billed as "the world's greatest entertainer," accomplished a lot during her short and storied life. These six facts about her will have you strolling down a yellow brick memory lane.

If you are unable to find the truth right where you are, where else do you expect to find it?
~ Dōgen Zenji

2022's [100 best songs.](#)

cover them as part of the Q&A.

If you're not able to join either session, recordings will be available at a later date, once they've been captioned for accessibility.

Salem Public Library: [New Year, New Friendships - Speed Friending](#)

Wednesday, January 18, 2023 | 5:30 PM – 7:00 PM

You've heard of "Speed Dating". This is "Speed Friending". Meeting people is hard. "Peopling" can be hard. Making friends as an adult, even trickier. Hence, friendship speed-dating! Find people with similar interests in a unique interactive way. Proximity is partly what keeps friendships going. Join us at your library to build new relationships in a fun way. Our first Friend Request theme is "The Future". If you choose, come dressed for the future.

The entertainment will be created and refreshments provided.

585 Liberty St SE, Salem, OR 97301-3513

Public: Anyone on or off Facebook

Mid-Valley Travel Club: "The Basque Country and Adventures by Rail in the Swiss Alps" Presented by Eric Schuman

Thursday January 12, 2023 at 7:00 PM on [Zoom](#)

Join Eric Schuman on a Rick Steves tour of Spain and France. Then travel through the Swiss Alps on a Road Scholar trip, traversing 800 miles of spectacular mountains, glaciers and lovely Swiss cities.

Learn about an almost Covid adventure and a near disaster at 40,000 feet.

[Join Zoom Meeting](#) | Meeting ID: 853 2593 5505 | Passcode: 095254

[Salem-Keizer NAACP invites you to the Martin Luther King Jr. Day Celebration](#)

Monday, January 16, 2023 | 1:00 PM - 4:00 PM

Salem Public Library | Loucks Auditorium

Speakers - Booths - Student Talents Honoring Dr. King

You won't want to miss this year's Martin Luther King Day Celebration. It will be a time to educate ourselves about Dr. King's legacy and to hear from the community and students of his impact today.

Several students will showcase their art and skills through music, song and word.

At 4pm, we will conclude the event with a car march down our newly named MLK Parkway, ending at the Kroc Center.

If you are interested in having a booth at the event or you are a student interested in performing or showcasing your work, please contact Melanie at melbelle57@gmail.com.

Local and Virtual Events!

- **Community [Health Speaker Series: Childhood, Adulthood, Elderhood - Featuring Dr. Louise Aronson](#): Thursday, February 9th, 2023 | 7:00 PM at Willamette U. | Rogers Music Center | Hudson Hall | [Webpage](#)**
- 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.

Word to Know: Pied

[pihyd] adjective

Latin and Middle English, 14th century

1. Having two or more different colors

"The horse had a pied coat even though his mother's coat was a solid brown."

"The pied scarf contained all the colors of the rainbow."

About Pied: Pied is a Middle English term that combines the Latin pica with the Old English suffix -ede, used to turn nouns into adjectives.

[Mount Everest isn't the Earth's tallest mountain](#)

The world's tallest mountain technically is not Mount Everest.

Mount Everest is the tallest mountain above sea level, but if we're talking sheer height here, base to summit, then the tallest mountain is Mauna Kea on the island of Hawaii. [...read more...](#)

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

[6 Fascinating Facts About Frank Sinatra](#)

People who wonder whether the glass is half full or half empty are missing the point - the glass is refillable.

I got myself a senior's GPS

Not only does it tell me my destination, it tells me why I wanted to go there.

[Jonathan the tortoise celebrates 190th birthday.](#)

Questions?

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

[Newsletter Archives](#)