



# Institute for Continued Learning Digest

Welcome to the 145th Edition of the ICL Senioritis

Vol. 145, January 18, 2023

Editors: GwenEllyn Anderson and Dave MacMillan

## ICL Update:

- **Thank you to all involved for a wonderful start to the new semester!** 🍪
- **Welcome new ICL member, Mark Olson!** Mark gets ICL back up to the magic number of 160 total members. Be sure to welcome him and any new faces you see in classes. Mark shared a short bio on the **New Members' BIOS** page in the password protected [Member Area](#) (scroll to the bottom).
- **Lost and Found for ICL:** When we find items left behind after class, we try to keep them in the storage area. If you've left something, please check with GwenEllyn when you return to Kaneko Hall. A very nice scarf was left yesterday, Jan. 17th (found on the right side of the auditorium).
- 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](#) at [rmillermoe@gmail.com](mailto:rmillermoe@gmail.com). Please email Becky again when you're finished reading so that she can pass the book on. Discussion will be in class on April 25th.
- Follow-up on the mondegreens in the [last newsletter](#) from Don Beckman:  
The article on mondegreens reminded me of an autobiographical book titled "A Monk Swimming" by Malachy McCourt, brother of Frank McCourt (who wrote [Angela's Ashes](#), ['Tis](#), and [Teacher Man](#)). The title is a mondegreen in that it comes from Malachy as a boy hearing "hail Marys" as "Hail Mary, full of grace, blessed are thee A MONK SWIMMING."
- **Join us for Happy Hour every Friday at 4:30 PM on Zoom**

## [Café Bon Appétit at Goudy Commons Cafe:](#)

Scroll down for today's menu. Scroll down further to *subscribe to get the menu every day in your email.*

## From Yesterday's Presentation: "Salem Public Library's Best Books 2022" by Alice MacGougan and Emily Byers, Shandra Smith

- [Best Books of 2022 Brochure](#) (PDF)
- **West Salem Library Branch is OPEN again!** Tues.-Thurs. From 12pm to 5pm; Sat. from 1pm to 5pm
- [Get Library Email Notifications](#) - Sign up to receive notices of upcoming events and library news
- **Looking for ideas about what to read?** [access book lists online](#), or [get customized reading suggestions](#) from our **Book Match** service!
- **Not able to get to the library?** Consider applying for [Operation Bookshelf](#), a home delivery service available in cooperation with the Assistance League of Salem.
- [Online Resources](#) are available 24/7: Library cardholders can use resources from their own device from home or elsewhere or a library computer. (requires library card number and password): e.g. [Kanopy](#), [cloudLibrary](#), [Library2Go \(Libby\)](#), and [more](#).
- **Local Newspaper Archives:** [Statesman Journal \(1999-current\)](#)
- [Consumer Report](#): Trustworthy product reviews and ratings.

## 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](#)

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

## Oregon: [How to Find a Bill or Vote Information](#)

**OLIS: 2023 Regular Session: To find a bill,** Click on the Bills icon in the upper right

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

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

Forty-foot sperm whale washes [ashore in Oregon](#) (w/video).

## ☔ [California's devastating storm in maps and charts](#)

## Book Recommendations from ICL members (read in 2022):

### Fiction:

- [Horse](#) by Geraldine Brooks (Karen Trucke, Tom Hibbard)
- [The Sentence](#) by Louise Erdrich (Karen Trucke)
- [A Gentleman in Moscow](#) by Amor Towles (Dave MacMillan)
- [The Lincoln Highway](#) by Amor Towles (Dave MacMillan)
- [Simon the Fiddler](#) by Paulette Jiles (Dave MacMillan)
- [This is Happiness](#) by Niall Williams (Tom Hibbard)
- [The Night Watchman](#) by Louise Erdrich (Tom Hibbard)
- [The Elegance of the Hedgehog](#) by Muriel Barbery (Solveig Holmquist)

### Nonfiction:

- [Crying in H Mart](#) by Michelle Zauner (Karen Trucke)
- [Code Breaker](#) by Walter Isaacson (Maureen Caudill)
- [The Book Woman of Troublesome Creek](#) by Kim Michele Richardson (Maureen Caudill)
- [American Prometheus: The Triumph and Tragedy of J. Robert Oppenheimer](#) by Kai Bird and Martin J. Sherwin (Solveig Holmquist)
- [Venice](#) by Jan Morris (Solveig Holmquist)

---

## Brain Tip: Reading Helps Memory

Reading continues to be a popular hobby and it's understandable – it is both engaging and relaxing; it can be done alone or with friends, as in book clubs. A team of researchers at the Beckman Institute for Advanced Science and Technology has uncovered yet another reason to love reading: it may help preserve memory skills as people—and their brains—grow older. (Frontiers in Psychology, 2021)

Leisure reading helps build mental abilities like episodic memory (memory of events) and working memory (the capacity to hold things in our minds while we engage in other mental processes.) While reading, episodic memory allows us to remember what happened in previous chapters and working memory helps us keep track of things that happened in recent paragraphs. While these two types of memory tend to decline as we age, habitual readers routinely practice these skills and keep that ability in better condition.

It isn't clear if reading helps improve memory or if strong working memory maintains reading comprehension skills. More research is being done. For now, however, the message is clear: to stay mentally sharp as we age - read a book.

---

## Willamette University presents the 2023 MLK Commemoration - Food Justice: At the Intersection of Food, Politics, Poverty, Public Health and the Environment

- [Convo: Book Discussion with author Bryant Terry](#) - Thursday, January 19, 2023 - 11:30 AM to 12:30 PM - Waller Hall | Cone Chapel (950 State St)
- [Atkinson Lecture Series event features award-winning chef, food justice activist, and conceptual artist, Bryant Terry](#). - Friday, January 20, 2023 - 7:00 PM - Rogers Music Center | Hudson Hall

---

## 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,

## Good news story:

This grandmother's 80-year-old sketches from fashion school were brought to life by her granddaughter, who created some [stunning dresses](#) from the designs.

---

## [Volunteer & Get Involved in Salem](#)

No matter your interest, ability, or age or how much time you have to give, there is a way for you to make a difference in Salem. Volunteers provide a powerhouse of skills, time, talent, and energy. They work together with appointed officials, paid staff, and elected representatives on issues that matter. Volunteers make Salem a home.

---

## [Statesman Journal: Mid-Valley events commemorate Martin Luther King Jr. Day 2023](#)

---

## [Ranking the most expensive appliances on your electricity bill.](#)

Includes ideas for saving money.

---

## [Why do we get our best ideas in the shower?](#)

The science of shower thoughts teaches us the importance of mind-wandering for creativity

---

## [Ice bath business meetings are now a thing.](#)

Aren't you glad you retired?

---

## [Need an excuse to eat more cheese?](#)

Scientists dug deeper into its nutritional value, and found [some surprising health benefits](#).

---

## [10 Coolest Museums in the U.S.](#)

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

## [Salem City Club presents: Does Salem Have a Crime Problem? Perceptions and Realities](#)

**Friday, January 20, 2023 | Opens at 11:30 AM; program at noon**  
**In-person at the Willamette Heritage Center, Dye House, Salem**

During this past election cycle, Oregonians heard from many candidates and individuals and read and heard media reports commenting on the rise of crime in our country. Recently, the FBI published their 2021 crime statistics for the nation. It showed overall crime has decreased slightly with violent crimes climbing and property crimes dropping.

Salem City Club's January 20 program features Salem Police Chief **Trevor Womack** and Neighborhood Association chairs **Lynn Takata**, Northeast Neighbors (NEN) and **Cory Poole**, Southeast Mill Creek Association (SEMCA) as they examine Salem's crime problems, actual and perceived.

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

*If you would like to order lunch from Little Lois Cafe please do so at the link:*

1. Click: [MyBagLunch.com](https://www.mybaglunch.com)
2. Enter Group Order Number for January 20: # **39253**
3. Order Your Lunch! - You are required to pay for your lunch
4. Make sure to order by the cutoff time: 01/20/22 @ 10:15 AM



*Your lunch will be waiting for you when you get to the Dye House.*

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.

And of course, if you want to bring your own lunch—or no lunch at all—you may do so.

## **Local and Virtual Events!**

- [Hidden Histories: Ancient Art from the Permanent Collections](#)  
January 3 - April 22, 2023 | **Hallie Ford Museum of Art** | Study Gallery
- 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.
- [Adult Board Game Night at Salem Public Library:](#)  
**Wednesday, January 25, 2023** | 5:30-7:00 PM | Anderson Rooms A&B | Salem Main Library, 585 Liberty St SE
- [HATTITUDE: Hats from the Hatboxes of Willie Richardson](#)  
**January 6 – February 26, 2023** | **Bush Barn Art Center** | **A.N. BUSH GALLERY**

## [Benton County butterfly exits endangered species list](#)

### **Beer History**

A Babylonian clay tablet dating back to 4300 BCE was found with a beer recipe on it.

## [BBC Breakfast: Forty years of early morning bloopers](#)

### **NASA releases stunning new images of Jupiter.**

**Engineers** develop stickers that can [see inside the body](#).

**Age is something that doesn't matter unless you are a cheese.**  
— Luis Buñuel,  
Spanish filmmaker

### **Word to Know:**

#### **bildungsroman**

[beel-doongks-raw-mah-nuh]  
Noun; German

1. a type of novel concerned with the education, development, and maturing of a young protagonist.

Example: [The Last Chairlift](#) by John Irving

## **Aerial photos of India's annual [flamingo migration](#).**

## [10 Stories Behind the Names of Famous U.S. Landmarks](#)

### **Batman co-creator Bill Finger stole the name**

Gotham from a telephone book listing for a jeweler and used it for Batman's home city.

### **Questions?**

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

### **[Newsletter Archives](#)**