



# Institute for Continued Learning Digest

Welcome to the 148th Edition of the ICL Senioritis

Vol. 148, February 8, 2023

Editors: GwenEllyn Anderson and Dave MacMillan

## ICL Update:

- **ICL Board Meeting:** Monday, February 13, 2023 at 1:00 PM via [Zoom](#) - open to all members
- **ICL Curriculum Committee Meeting:** Thursday, February 16, 2023 at 3:00 PM in Kaneko Auditorium - open to all members

## Willamette University WITS:

WITS has again extended the **password change deadline** to a date you'll love....February 14th! 🐱 (See [last week's newsletter](#) for details.)

To change the WU network password or if you have forgotten it: [willamette.edu/go/password](http://willamette.edu/go/password)

**My memory is so terrible that I had to change my password to "incorrect." Now I get a reminder "Your Password is incorrect" every time I enter it wrong!**

*(Note: the above is humor - please do not try this at home.)*

## Film Screening: [BUFFALO SOLDIERS: FIGHTING ON TWO FRONTS](#)

February 9, 2023 AT 7:00 PM | Willamette University | Ford Hall Theatre

In recognition of **Black History Month**, a one-hour documentary film, "Buffalo Soldiers: Fighting on Two Fronts," directed by **Dru Holley** of Vancouver, Washington, will be shown at Willamette University at 7:00 pm on Thursday, February 9th in the Ford Theater. **Holley** will be at the event to answer questions after the presentation, along with **Zachary Stocks** (ICL 11/9/2021), Executive Director of the [Oregon Black Pioneers](#).

*The screening is free and open the public.*

The Buffalo Soldiers — an African American regiment in the United States Army in the 19th century — fought military conflicts abroad and civil rights struggles at home. The film examines the profound and often-contradictory roles played in American history by The Buffalo Soldiers. [...read more...](#)

The screening is sponsored by Xfinity and the Salem Arts Association.

[Here is a one-minute trailer for the film.](#)

"Buffalo Soldiers: Fighting on Two Fronts" was recently named **Pacific Northwest Best Documentary** at the Tacoma Film Festival, winning the Audience Choice Award.

## AIA Archaeology Lecture Series: [Hidden Histories - Artifacts of Daily Life in the Ancient World from the Fred W. Neumann Collection](#)

Thursday, February 9, 2023 | 7:30 PM - 8:30 PM

Willamette University: Law 201 - John C. Paulus Lecture Hall

In this talk, Professor and Faculty Curator, Ann M. Nicgorski, will introduce the "Hidden Histories" exhibition, which is taking place at the Hallie Ford Museum of Art from January 3 to April 22, 2023. This exhibition features 90 artworks and artifacts of daily life from ancient and medieval Europe, Cyprus, Egypt, and the

## 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](#)
- [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](#)

[OLIS: 2023 Regular Session: To find a bill,](#) Click on the Bills icon in the upper right

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

**Oregon is rolling out bee-themed license plates** that will help [support research on the state's native buzzers.](#)

**Good News Story:** When a homeless mom left her family's dog with a note about not being able to care for the pup any longer, a local animal shelter worked to bring them back together

Middle East. Most of these objects are from the collection of Mr. Fred W. Neumann, who donated 249 pieces to the museum in 2020. Mr. Neumann assembled this amazing collection between 1967 and 1973, while he was living in Cairo and working for Trans World Airlines (TWA). [...more...](#)

and offer the woman support. [See a photo of their heartwarming reunion.](#)

**Community Health Impact**

*Community Health Speaker Series*

Presented by the Salem Health Foundation

**Childhood, Adulthood, Elderhood.**  
*Learn from expert Dr. Louise Aronson how to be your own advocate through the life stage of Elderhood.*



**FEB. 9, 2023  
7 P.M.**

Dr. Louise Aronson, is the author of the New York Times Bestseller, *Elderhood*. Dr. Aronson will illuminate how we look at aging and how we think and feel about medicine, and what it means to be a human being across the lifespan.

Hudson Hall, Rogers Music Center Willamette University, 900 State Street, Salem, OR 97301  
Please reserve your free ticket for this event at [communityhealthspeaker.eventbrite.com](http://communityhealthspeaker.eventbrite.com)  
Questions? 503-814-1990

**BON APPÉTIT  
CELEBRATES BLACK  
HISTORY MONTH**

We're partnering with Dietitians Jessica Jones and Wendy Lopez to explore plant-based Black cuisine past, present, and future. Get to know the dietitians, explore a selection of their recipes from Jessica and Wendy's cookbook, 28 Day Plant Powered Health Reboot, and dig into Black plant-based food history — and its future!

**Book: [The Three Mothers: How the Mothers of Martin Luther King, Jr., Malcolm X, and James Baldwin Shaped a Nation](#)**

Much has been written about Berdis Baldwin's son James, about Alberta King's son Martin Luther, and Louise Little's son Malcolm. But virtually nothing has been said about the extraordinary women who raised them. In her groundbreaking and essential debut *The Three Mothers*, scholar Anna Malaika Tubbs celebrates Black motherhood by telling the story of the three women who raised and shaped some of America's most pivotal heroes... **OR listen to the story (see next).**

**TedRadio Hour: [The forgotten mothers of civil rights history](#)**

MLK Jr., Malcolm X and James Baldwin are household names, but what about their mothers? This hour, author Anna Malaika Tubbs explores how these

**[Community Health Speaker Series: Childhood, Adulthood, Elderhood - Featuring Dr. Louise Aronson](#)**

**Thursday, February 9th, 2023 | 7:00 PM**

**Willamette U. | Rogers Music Center | Hudson Hall**

Dr. Louise Aronson, author of *Elderhood*, will be talking about aging, what we think about medicine, and the general human experience.

The talk is free, but you must register at:

[Webpage and to Reserve Ticket](#)

Hosted by the Salem Health Foundation.

More about Dr. Aronson at her website: <https://louisearonson.com/>

**Salem Reads Event: Adult Writing Workshop - Childhood Memoir  
February 18, 2023 | Saturday, 10:30 AM - 12:30 PM  
Anderson Rooms, Plaza Level | Salem Main Library,  
585 Liberty St SE**

Work with local author Emily Prado (*Funeral for Flaca*) in a free writing workshop focused on recreating your childhood memories. This program is for adults. Seating is limited, registration is required.

Emily Prado is an award-winning writer and community organizer based in Portland, Oregon. Her debut essay collection, *Funeral for Flaca*, has been called, "Utterly vulnerable, bold, and unique," by Ms. Magazine and is a winner of the 2022 Pacific Northwest Book Award, amongst other prizes. She moonlights as DJ Mami Miami with Noche Libre, the Latinx DJ collective she co-founded in 2017.

This workshop is part of the 2023 Salem Reads: One Book, One Community supported by the Salem Public Library Foundation. [REGISTER](#)



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## Mid-Valley Travel Club Meeting: “Athens to Normandy: a Voyage Through Art and History” Presented by Sandra Gangle

Thursday February 9, 2023 at 7:00 PM on [Zoom](#)

Sandra and Gene Gangle traveled the Mediterranean and Atlantic coasts in a small ship, the Aegean Odyssey, in early summer 2022. They visited Greek, Roman and Venetian historic sites, as well as art museums and cultural centers in Spain, France and Portugal. Sandra painted many of the architectural sites she viewed during the trip.

[Join Zoom Meeting](#) Meeting ID: 828 5649 3846 Passcode: 359080

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## Willamette Heritage Center: OPEN STUDIOS

Saturday, February 11, 2023 | 1:00 PM - 4:00 PM

1313 Mill St SE, Salem, OR

A Salem artist collective, located on the second floor of the old Wool Warehouse (building in front, above Pendleton; stairs out the back door to the left and then up the stairs to the right) at the Willamette Heritage Center. Meet the artists and see their studios and latest projects.



OPEN STUDIOS  
Saturday  
February 11, 2023, 1-4pm

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## '15 years in the making': \$3.5M nature center at Ankeny Wildlife Refuge open!

The long-awaited nature center at Ankeny National Wildlife Refuge opened its gates this past weekend, showcasing new hiking trails, a nature play area and buildings all intended to become an outdoor education hub 10 miles south of Salem. The Center is hosting a week of events introducing everything the 25-acre center area will offer.



“Designed to help learners of all ages, the Nature Center helps visitors connect with nature in meaningful ways through its accessible trails, interpretive signage and a new overlook with spectacular views of the Refuge,” a news release said. “February is a wonderful time for viewing the large migratory flocks of geese, ducks, and other birds that use the area for nesting. And the abundant wildflowers will soon be blooming.”

Volunteers will be on site from 10 a.m. to 4 p.m. on Saturday, Sunday and Feb. 12. During the week, volunteers will staff the site 11 a.m. to 2 p.m. from Feb. 7 to 11. [...read more...](#)

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### 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.
  - [HATTITUDE: Hats from the Hatboxes of Willie Richardson](#)  
January 6 – February 26, 2023 | **Bush Barn Art Center** | A.N. BUSH GALLERY
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three women shaped American history.

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## [Salem on the Edge Fine Art Gallery Presents “Erotica: An Exhibition to Arouse”](#)

February 1 - 25, 2023

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## [Check out the winners of this year's International Snow Sculpture Championships](#)

Super Bowl LVII will include some history-making moments:

The first time [two Black starting quarterbacks will face off against each other](#) and the first time [brothers will be playing against each other](#) in the championship game.

The winners are in for the 2022 Ocean Art Contest — [see the “dazzling” photos..](#)

Getting old is like climbing a mountain; you get a little out of breath, but the view is much better. — Ingrid Bergman

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**Word to Know: vexillology**  
[ vek-suh-lol-uh-jee ] noun  
1955–60 | Latin

1. the study and collection of information about flags

**Note: Learn more about vexillology and flags in class on Feb. 14th 1-3 pm.**

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**On the fifth floor of the Supreme Court Building** in Washington, D.C., is a basketball court aptly named “The Highest Court in the Land.”

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## [What's My Line with Carol Burnett, Buddy Hackett](#)

Questions?  
Send a message at  
[ICL Digest](#)

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[Newsletter Archive](#)