



Institute for Continued Learning Digest

Welcome to the 151st Edition of the ICL Senioritis

Vol. 151, March 1, 2023

Editors: GwenEllyn Anderson and Dave MacMillan

ICL Update:

- Follow-up on creating a WU Network account:
 - Don't have an account? [Create a new network account](#)
 - Can't log into your account? Reset the password here: willamette.edu/go/password.
 - Still having trouble? Contact [Dave MacMillan](#)

Willamette Update:

- [FÊTE DES FEMMES](#) - March 8, 2023 • 7:30 pm Hudson Hall
A musical celebration of International Women's Day — Performances by Willamette's award-winning music faculty and special guests.
Willamette faculty and friends present a festival of music in honor of International Women's Day. Celebrate the compositions of the notable female composers and musicians whose unique voices have paved the path for future women artists!

Ask a Techie:

Q: How do I find out if someone has already presented at ICL and when?

A: From the ICL webpage, under "More about ICL" (red dot menu) scroll down to "Technical Services" and then click on [Class Schedule Reports](#). Go to the "Filter: Presenter/Sponsor" tab at the bottom and enter all or part of the presenter's name.

Follow-up to Lacy Campbell's presentation "Raptor History and Hazards" - November 15, 2022:

- [Raptor History and Hazards](#) (PDF)
- Extra! [Impressive Owl Camouflage on Display. Can You Spot Them?](#)

[The Invention of Nature, Alexander von Humboldt's New World" - Andrea Wulf \(YouTube\)](#)

Alexander von Humboldt (1769-1859) was the most famous scientist of his age, a visionary German naturalist and polymath whose discoveries forever changed the way we understand the natural world. Among his most revolutionary ideas was a radical conception of nature as a complex and interconnected global force that does not exist for the use of humankind alone. In North America, Humboldt's name still graces towns, counties, parks, bays, lakes, mountains, and a river. And yet the man has been all but forgotten.

In this illuminating biography, Andrea Wulf brings Humboldt's extraordinary life back into focus: his prediction of human-induced climate change; his daring expeditions to the highest peaks of South America and to the anthrax-infected steppes of Siberia; his relationships with iconic figures, including Simón Bolívar and Thomas Jefferson; and the lasting influence of his writings on Darwin, Wordsworth, Goethe, Muir, Thoreau, and many others. Brilliantly researched and stunningly written, *The Invention of Nature* reveals the myriad ways in which Humboldt's ideas form the foundation of modern environmentalism—and reminds us why they are as prescient and vital as ever. Source: [Goodreads](#)

Handy Links:

- Link to [ZOOM](#) for Board meetings, Happy Hour, etc.
- [Calendar](#): Classes, etc.
- [Presentation Suggestion Form](#)
- [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](#)

Good News: Nine-year-old Jasmine was surrounded by her "village" for her official adoption day, as her entire second grade class and teachers [joined her and her family at the courthouse](#) for the special moment.

[Starbucks launches olive oil in coffee drinks in Italy.](#)

[Willamette Heritage Center Exhibit: Finding Salem's Chinatown\(s\)](#)

November 11, 2022 – May 6, 2023

Individuals of Chinese heritage have been a part of Salem's community since at least 1860. Despite this long presence, it has been harder to trace their experiences in the written historical record and built landscape. Several collaborative research projects over the last five years have given us a better understanding of Salem's historical Chinatown and Chinese-American Community.

Exhibit entrance is included in museum admission. WHC members are free.

Salem Public Libraries Closed March 2nd for All-Staff Training Day

Library locations will be closed to the public during this all-staff training day. This includes the Main Library and the West Salem Branch, 395 Glen Creek Rd. NW. The libraries will resume regular operations on Friday, March 3.

[Salem Public Library: Craft & Chat for Adults](#)

Friday, March 3, 2023 | 11:00 AM - 1:00 PM

Collaboration Studio | Salem Main Library, 585 Liberty St SE

Crafting is for grown-ups too, not just kids! Adults, you are invited to a series of casual crafty meetups. Connect, create, and relax with other people in an easygoing environment. All supplies for simple crafts will be provided - you just need to bring the conversation!

Salem Public Library: Adult Party Game Night

Wednesday, March 8, 2023 | 6:00 PM - 8:00 PM

SPL: Anderson Rooms A&B | 585 Liberty St SE

Come to the library for an evening of classic party games. We'll have snacks, we'll play games, and it will be a great time!

Center 50+: Family Caregiver Seminar - Caring for Someone with a Serious Illness

Mon., March 20, 2023 | 2:00 PM - 4:00 PM | 2615 Portland Rd NE, Salem

Your loved one has been diagnosed with a serious illness and now the symptoms are appearing. You know you need some resources for the increased care needs, but you don't know where to start. What questions do you need to ask? What kinds of things do you need in place? What types of programs and resources are available for free? What might be covered by insurance or Medicare? This is a new chapter we all could use a little help with. Join Melissa Lindley, Community Outreach Coordinator, and Karen Lewis, Business Development Specialist from Willamette Vital Health. Both women bring a unique perspective having navigated long-term care with their own families. Together they have a combined 30+ years of experience in the senior, palliative, and hospice care industries. Bring your questions and plan for a lively discussion.

Free

[Center 50+ Presents: Generations Over Dinner...](#)

is a [National Initiative](#) that encourages generations to gather around the dinner table in an effort to better understand one another and unite to address bigger community needs. Interested in joining a dinner table? Limited to 10 people per dinner event. RSVP to connect50plus@cityofsalem.net. or call 503-588-6303. **March 2nd at 6p.m. @ Center 50+ (last day)**

[Center 50+ Lecture Series: COVIDOLOGY Book Tour](#)

March 10, 2023 | 12:00pm–1:30pm | Center 50+ (2615 Portland Rd. NE)

Mental Health: [How did we get in aid and assist](#)

[crisis?](#) Sydney Wyatt (As mentioned in a recent Happy Hour; thanks Sharon!) Salem **Statesman Journal** USA TODAY NETWORK Record numbers mean not enough resources... [continue reading...](#)

[Live! Big Bear Bald Eagle Live Nest: Jackie and Shadow - Cam 1 - Cam2](#)

Next time it snows, get inspired by these 200 icy igloos from the [Siberian igloo festival](#).

Artist creates stunning outdoor [frozen flower sculptures](#).

[A promising new Alzheimer's treatment is expected to gain full FDA approval in the summer, meaning it could soon be accessible through Medicare.](#)

[Oregon's culinary Superabundance is rooted in soils that formed over billions of years](#)

Feeling old?

- The Wizard of Oz is 82 years old.
- The Corvette turned 68 this year.
- Bonanza premiered 62 years ago
- Tabatha from Bewitched is 57.
- The Mustang is 57.
- Laugh-In premiered nearly 54 years ago.
- Mickey Mantle retired 53 years ago.
- The Beatles split 52 years ago.
- The Brady Bunch premiered 52 years ago.
- The triplets on My Three Sons are 52.
- Jimi Hendrix and Janis Joplin die 51 years ago.
- The Ed Sullivan Show ended 49 years ago.
- Saturday Night Fever is 44 years old.
- Elvis has been dead for 44 years He'd be 84 today.

Our older adult authors and poets will read excerpts from their recently published short stories about pandemic resilience. We will be on hand to sign books. Join us for informal conversations and connections hosted by City of Salem's Center 50+. *This is an in-person, free event.* Contact: 503-577-5750

[NORD/matsushima DUO: An Evening of Improv movement & dance!](#) Musician [Mike Nord](#) and dancer [Makoto Matsushima](#)

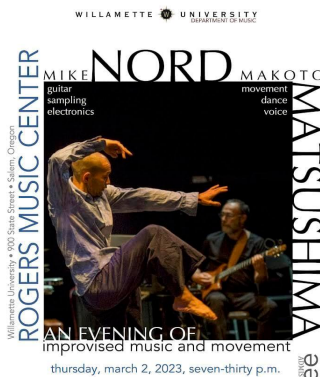
Thursday, March 2, 2023 | 7:30 PM

Willamette University Campus | Rogers Rehearsal Hall at the Rogers Music Center

This is an evening not to be missed. Seating is limited, so be sure to arrive early to guarantee a spot.

Join the Willamette University Department of Music for a special evening of improvised sound and movement by dancer/vocalist Makoto Matsushima (Japan) and guitarist/sound artist Mike Nord (USA). Nord's otherworldly guitar-triggered samplers and synthesizers blend with the natural sound of his instrument to create a sound world like no other as Matsushima's broad strokes of interpretive movement (nowhere in the hall is off-limits) dance through and around the music.

Each piece is created on the spot by these two visionary improvisers, with each story having unlimited possibilities in the moment. **Admission is free!**



Beware of Text and Phone Call Scams Impersonating Financial Institutions

Here's a video from Jim Stickley from MaPS's Security Center about the [current impersonation scam](#) that is making the rounds. Your financial institution will never ask for account numbers, passwords, or PINs. If you get a suspicious request, do not respond to that caller, message, or number. Instead, call your bank or credit union directly.

Joy-Snacking

They call it "joy snacking" and it could be a way to increase your happiness. Although it has nothing to do with noshing on your favorite treats. Per The Washington Post, the practice involves being more tuned in to the small moments in life - like sipping your favorite beverage in the morning, enjoying the feeling of sunshine on your face, or cuddling with your pet, in addition to the big, more obvious joyous occasions such as weddings and graduations. Part of accessing and appreciating the little joys is cultivating gratitude and taking time to note the pleasure you are getting from these fine moments.

Local and Virtual Events!

- [Hidden Histories: Ancient Art from the Permanent Collections](#)
January 3 - April 22, 2023 | Hallie Ford Museum of Art | Study Gallery
- [Brush Creek Theatre](#) is launching its 2023 season with the return of one of our favorite shows, ***The Further MISAdventures of the Seven Dwarfs***. This crowd-pleaser brings back the seven dwarfs for a romp through the collected tales of the Brothers Grimm. **Friday, February 24 through Sunday, March 12.** 7 pm on Fridays and Saturdays; 2 pm matinee Sun.
- **Save the date: Deepwood Museum and Gardens Plant Sale**
Friday, March 17 & Saturday, March 18, 2023 | 9:00 AM - 3:00 PM

- John Lennon died 41 years ago.
- The video Thriller is 38 years old.
- Back to the Future is 37 years old

[Haircuts and cheese curds: 10 hours at the world's largest truck stop](#)

Iowa 80 is "Trucker's Disneyland," complete with a dentist, barber shop and museum. One reporter set out to see it all.

"Wind chill" was coined in 1939 by explorer Paul Siple, who helped create a formula that would measure how the temperature really feels, taking the wind and other factors into account, per a recent report from [National Geographic](#).

A 95-year-old artist from Glasgow, Scotland, didn't start painting until he retired — now, he **[wants the world to see his art](#)** before he dies".

Every US president [as a Pixar character](#).

The whole future lies in uncertainty: live immediately.
~ Seneca

Word to Know: Liability
(lə-BIL-ə-dee) adjective
Middle French, 14th century
1: Liability to change; ease of alteration.

Life is like a camera:

- Focus on what's important.
- Capture the good times.
- Develop from the negatives.
- And if things don't work out ... take another shot.

Ziad K. Abdelnour

Questions?
Send us a message at
ICL Digest

[Newsletter Archives](#)