



# Institute for Continued Learning Digest

## Welcome to the 153rd Edition of the ICL Senioritis

Vol. 153, March 15, 2023

Editors: GwenEllyn Anderson and Dave MacMillan

### Senioritis Newsletter Changes:

This is the last issue in this format. Stay tuned for more **ICL Digests** on Mondays from now on. (see [Vol. 152](#) for more info)

*A special shoutout to Lois Stark for suggestions/contributions to this newsletter of events in and around Salem for the last 3 years. Thank you, Lois! <3*

### ICL Update:

- If you haven't taken the [Spring 2023 Questionnaire](#), please do... Responses are anonymous. Results will be shared with members.
- **The schedule has changed!** Keep checking back to see the schedule on the [webpage](#) or the [Schedule Reports](#) as things have had to be switched around due to weather and other factors.

### “Glomart, Gaia, and Garden Guilds” by Tom Ellis

Here is a link to a short form of my recent (Feb. 21) presentation that I published on Medium.com. It takes the form of a simple "catechism" to quickly get through all the gloomy stuff, but then goes into more detail on the Garden Guild concept. <https://medium.com/p/97c0203b4046>

### Deepwood Museum and Gardens Plant Sale

Friday, March 17 & Saturday, March 18, 2023 | 9:00 AM - 3:00 PM

Our annual Plant Sale is happening on Friday, March 17th, and Saturday, March 18th, from 9am to 3pm both days! Shop for hard-to-find native and companion plants, yard decor, pottery, and more!

There will be free guided tours of our Nature Trails at 10am and Noon both days of the sale. This is a great chance to see the beautiful Erythronium (Fawn Lilies) throughout the trails!

There will also be free guided tours of our Formal Gardens at 11am and 1pm both days of the sale.

A portion of all proceeds benefit Deepwood's preservation and programs. This event is made possible through City of Salem TOT funding.

1116 Mission ST SE, Salem, OR 97302 | 503-363-1825

### Spring 2023 Hallie Ford Literary Series: A reading by novelist, Omar El Akkad, author of American War and What Strange Paradise, two-time winner of the Oregon Book Award.

Wednesday, March 22, 2023 | 4:30 PM – 6:00 PM

Willamette University campus | [Eaton Hall 209](#)

Omar El Akkad (born 1982) is an Egyptian-Canadian novelist and journalist, whose novel [What Strange Paradise](#) was the winner of the 2021 [Giller Prize](#).<sup>[1]</sup>



He is the author of [American War](#) and [What Strange Paradise](#) and two-time winner of the Oregon Book Award.

**Free and open to all community members**

### 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](#)

### [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

### [Science Health Monty Python's Silly 'Teabag' Walk May Have Actual Health Benefits: Study](#)

### [US presidents rock mullets in hilarious AI images](#)

A cheeky artist has reimagined US presidents rocking mullets with the help of AI software. ([if the above Twitter link doesn't work](#))

### [8 of the World's Most Unusual Modes of Transportation](#)

Both books will be on sale before the Reading.

Sponsored by the Hallie Ford Chair in Writing and the Department of English

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### **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*

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### **[Don't forget about the Salem Public Market: The Oldest Farmers' Market in Oregon - INDOORS!](#)**

**History:** In 1943, Salem homemakers had an enjoyable and long-established custom of driving to farms and orchards in Marion and Polk counties during midsummer and Autumn to buy fresh fruits and vegetables for preserving, making jelly and freezing. The inconvenience of tight gasoline rationing was keenly felt in Salem. A Salem native, who was familiar with 'Saturday Tailgate Markets' in California and knew that farm-truck owners had more liberal gasoline rationing than city dwellers, went to a meeting of the Salem City Council and asked them to authorize the holding of the tailgate market on Saturdays at the south end of Marion Square and on the street alongside.

Wind and rain made continuing the outdoor enterprise impractical. Then the suppliers sought out some means of selling their produce within some type of shelter. Through a trustee, they rented vacant land at the northeast corner of High and Union Streets. Two of the enthusiastic farmers bought the property. The whole group put together a building using lumber, windows and other material from Camp Adair, where dismantling of the old buildings was in progress. Salem Public Market was incorporated as a non-profit on April 19, 1944.

In 1946 members of the corporation bought and paid for the present market site at 1240 Rural Ave SE. There were no buyers for the building at High and Union Street. So market members took down that building and rebuilt it at Rural St. Much of the labor was volunteer, as it is today.

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### **[Tech Tip: Apple launches Freeform](#),...**

a powerful new app designed for creative brainstorming and collaboration. Freeform for iPhone, iPad, and Mac makes visual collaboration easier than ever.

Freeform is an all-new app available starting today, included in the latest versions of iOS, iPadOS, and macOS. Freeform helps users organize and visually lay out content on a flexible canvas, giving them the ability to see, share, and collaborate all in one place without worrying about layouts or page

### **[Want to live a longer life? Try eating like a centenarian.](#)**

You can't change your genes, but improving your diet will make you healthier and could make a difference in life expectancy.

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### **[5 Things People Still Get Wrong About Slavery](#)**

Vox asked historians to debunk slavery's greatest myths.

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### **2023 Salem Reads**

#### **[Participant Survey: Trevor Noah's Born a Crime](#)**

*Open for responses through Friday, March 17*

Give feedback to the Salem Public Library Foundation as planning begins for Salem Reads 2024. [Complete the Survey!](#)

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### **[RETREAT IN RODANTHE](#)**

Along three blocks in a North Carolina beach town, severe erosion is upending life, forcing hard choices and offering a glimpse of the dilemmas other coastal communities will face

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### **YouTube: [A River Reborn](#)**

As the Little Conemaugh River winds through the Allegheny Mountains of Pennsylvania, it forms the backbone of a region with a legacy of industrial might. And like a scribe, the river carries the weight of that history - mile after mile devoid of life, poisoned by toxic pollution from countless abandoned coal mines. Generations of residents and neighbors have turned their back on the river, believing the damage to be irreversible and scolding their children for playing in its orange

sizes. Users can add a wide range of files and preview them inline without ever leaving the board. Designed for collaboration, Freeform makes it easier than ever to invite others to work on a board together. Users can even collaborate with others while on a FaceTime call. Freeform boards are stored in iCloud, so users can stay in sync across devices.

### NY Times: [Those Window Stickers to Prevent Bird Strikes? There's a Catch](#)

Every year, hundreds of millions of birds die in the United States from flying into glass. New research shows how to prevent some of those deaths.

A thump on the window, if you're around to hear it. A dead songbird below. Many people seek to prevent this sorrowful scenario by warning birds away with decals or film applied to windows of homes and office buildings. But there's a big catch, a new study suggests: These products only work if affixed to the outside of the glass.

"People who are buying decals and putting them on the windows, they want to do good, they want to do right by the birds," said John Swaddle, a professor of biology at the College of William & Mary and an author of the study, [published Thursday in the research journal PeerJ](#). "You do have to take the extra step of putting it on the outside of the window."

Every year, [hundreds of millions of birds die](#) in the United States from flying into glass. Combined with other pressures such as habitat lost to development, climate change and hunting by cats, birds have suffered staggering losses in net population. Since 1970, nearly three billion birds have disappeared from the United States and Canada, [scientists have found](#). [...continue reading...](#)

### 5 Amazing Facts about the Human Heart from AARP

1. **The blood vessels in your heart are the most likely to clog.** Blood flows in two directions in many arteries making it easier for plaque to set in.
2. **Nearly half of all heart attacks have no symptoms.**
3. **The best food for your heart might be bananas.** While all produce helps, people who ate the most fruit and vegetables had less cardiovascular disease. Bananas were associated with the lowest risk.
4. **Spare parts for your heart may come from outer space.** NASA has blasted cardia stem cells into space to find out whether they would become beating heart-muscle cells faster in zero-gravity conditions – and they did – in just three weeks.
5. **The best sports for your heart are racket sports** with swimming and aerobics next.

### [Dictionary.com has added 313 new words. Here are a few:](#)

- cakeage – like corkage, it is the fee charged by a restaurant for bringing in a cake from the outside
- digital nomad – a person who works remotely while traveling for leisure, especially if they have no fixed, permanent address
- nearlywed – a person who lives with another as a partner with no planned wedding and often without the intent to ever marry
- hellscape – a place or time that is hopeless or irredeemable (not a new word, but used a lot in the last few years)
- antifragile – becoming more robust when exposed to stressors or uncertainty
- liminal space – a place characterized by being transitional or dreamlike

waters. But a decade-long effort from a coalition of local groups has begun to reveal a different future for the Little Conemaugh and for other rivers in Pennsylvania and beyond. A River Reborn tells the story of the rebirth of the Little Conemaugh, and what it says about our ability to fix what might have been lost forever.

It's paradoxical that the idea of living a long life appeals to everyone, but the idea of getting old doesn't appeal to anyone.  
— Andy Rooney

### Word to Know: Rifacimento

[ri-fah-chi-MEN-toh] noun  
Italian, 18th century

1. A literary work or musical composition recast to adapt it to a change in the circumstances of the time.

"Both the 1964 musical "My Fair Lady" and the 1999 teen comedy "She's All That" are rifacimentos of George Bernard Shaw's 1913 play "Pygmalion."

"James Joyce's 1922 novel "Ulysses" is a rifacimento of "The Odyssey," set among the regular people of Dublin."

### About Rifacimento

"Rifacimento" is taken from the same word in Italian. It combines "rifare," meaning "re-do" or "re-make" with the suffix "-mento" (like "-ment" in English), making a noun of the action of redoing.

Questions?  
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