



Institute for Continued Learning Digest

Welcome to the 43rd Edition of the ICL Senioritis

Vol. 43 January 20, 2021

Editors: GwenEllyn Anderson and Dave MacMillan

ICL Update:

The [Spring 2021 Schedule](#) is posted online!

Notice: There is a Board meeting tomorrow, January 21st at 10 AM. All are welcome. Here is the [Zoom link](#) (Mtg ID: 938 9845 5534).

Note: Last week's newsletter (Vol. 42) had 2 extra pages in the PDF. It has been fixed. Here is the [3 page version](#).

Curriculum Committee Meeting update (Jan. 14, 2021):

The committee expressed appreciation for Eric Reif's great job of being the emcee of our classes. Thank you, Eric! 🙌

Over the break, an ad hoc subcommittee worked on updating the Curriculum Committee operations procedures to accommodate Zoom presentations. This document was discussed in detail with the Curriculum Committee.

The Committee is now busy lining up presentations for the Fall 2021 semester - which is expected to be via Zoom at this time.

COVID Information:

- [What's open in my county](#) (Governor's website)
- [How many COVID-19 vaccines have been distributed and taken?](#)
- [COVID-19 Testing in Oregon](#)
- [Five things about COVID-19 to start 2021](#)
- [US Coronavirus Cases and Deaths](#) - Track COVID-19 data daily by state and county
- [COVID-19 Testing in Oregon](#) (Governor's website)

Book Recommendations from ICL Members:

Note: this list came out of last week's Coffee Social.

- [The Forest Unseen](#) by biologist, David George Haskell (Vernelle Judy)
- [The Song of the Trees](#) by biologist, David George Haskell (Vernelle Judy)
- [Gained a Daughter but Nearly Lost My Mind](#) by Marlene Kearns Fischer -- mentioned after several people shared about family engagements and upcoming weddings
- [The following books comprise Leonard Pitts Jr.'s #TheYearOfReadingWomen reading list \(Solveig\):](#)
 - Click on link for the list (left column or at bottom)
 - OR look at page 4 of this newsletter
- [There There](#) by Tommy Orange (Becky Miller-Moe): Set in Oakland, CA and won several awards. Really great debut novel.

Missing ICL Friends?

Join us for...

- [Virtual Happy Hour](#) on Fridays at 4:30PM.
- [Zoom Help](#) - Find tips, FAQ, and other resources available on the ICL Website.

The Spring 2021 Schedule is posted online:

- on the [Google Calendar](#)
- the [full online version](#)
- and the [Schedule Reports](#),

[Recorded Presentations!](#)

Link to [ZOOM](#) classes.

[Tell your story](#) - The Smithsonian is asking for your 2020 story.

Regarding your "A Word to Know" (from Karen Trucke)-Hobbledehoy in last week's newsletter: I have known this word since I was around ten as follows:

Sit with knees bent, place the little child facing you (i.e. like riding a horse) on your lap/legs above knee.

1. Sway child gently side to side while gleefully chanting, "this is the way the Lady rides, a cantor, a cantor, a cantor, a cantor"
2. Bounce child with up-and-down enthusiasm while gleefully chanting, "this is the way the gentleman rides, a gallup-a-trot, a gallup-a-trot, a gallup-a-trot"
3. Bounce child with wild bouncy abandonment while gleefully

- **Homegoing** by Yaa Gyasi (Dave MacMillan) - Eighteenth century Ghana: two half sisters are born into different villages, each unaware of the other.
- **The Case of D.B. Cooper's Parachute** by William L. Sullivan, the Oregon hiking books writer (Kasia Quillinan)
- **Code Girls** by Lisa Mundy. TV version in production. (GwenEllyn)



Salem City Club: Wildfire, Water and Salem: What's Coming Downstream?

Zoom Webinar | Friday, January 22, 2021 | 12:00 PM - 1:30 PM

We are all well aware of what extreme wildfires are doing to our homes, forests and air quality. What's less clear is how wildfires pollute and alter the water coming out of our watersheds.

Join us to hear both what engineers have learned about this problem and what Salem is doing to protect the water we drink.

Cost: Members Free, Non-Members \$5

This program is proudly sponsored by the North Santiam Water Council.

[**REGISTER**](#)

Salem Public Library Looking Forward to Green Future

[Renovation](#) of the 50-year-old [Salem Public Library](#) will give the building at least another 50 years of life, and that life will be more energy-efficient and sustainable.

We're striving for the LEED (Leadership in Energy and Environmental Design) Silver level for sustainability and energy efficiency.

Primary goals of the Library renovation now underway are to make the Library safer in an earthquake, improve accessibility inside and around the exterior of the building, and make other critical improvements including replacement of Library shelving. These upgrades are being paid for by a bond approved by voters in November 2017, and with the additional support of the Salem Public Library Foundation. We expect the building to re-open in the summer of 2021.

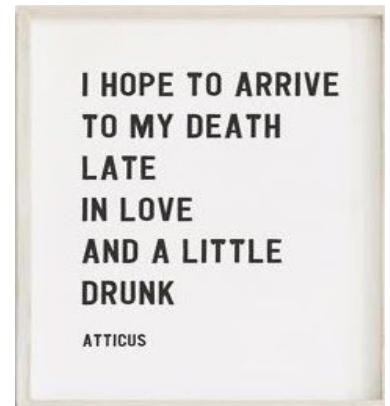


chanting, "this is the way the farmer rides, "a hobbledehoy, a hobbledehoy, a hobbledehoy" *Funny how old things pop up!* *****

Movie Recommendation on Prime Video:

[**One Night in Miami...**](#)

is a fictional account of one incredible night where icons Muhammad Ali, Malcolm X, Sam Cooke, and Jim Brown gathered discussing their roles in the civil rights movement and cultural upheaval of the 60s. *****



[**Redemption Song**](#)

From John Hancock to MacGyver, 9 Words Named After People

Sure, some people have buildings or bridges named after them, but what about actual words? This ultimate honor is known as an "eponym" — a noun named after a person. You might be familiar with eponyms when referring to a restaurant named after a famous chef, or a gymnastics move named after the athlete who first performed it. Here are nine commonly used eponyms and the famous folks behind the words.

[**Read More**](#)

Solar panels were installed this month on the Salem Public Library roof building at Civic Center and will contribute to the building's energy efficiency. [Learn More...](#)

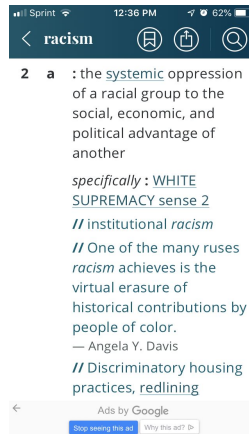
How A College Graduate Prompted Merriam-Webster Dictionary To Update Definition Of Racism

Recent college grad Kennedy Mitchum wasn't satisfied with Merriam-Webster dictionary's definition of "racism." In May, she emailed the editors about revising its definition.

[Here & Now's Tonya Mosley revisits her conversation with Mitchum about the word and its meaning.](#)

This segment aired on December 28, 2020.

[For the full article.](#)



Giving Effectively: [Givewell.org](#)

GiveWell is a nonprofit dedicated to finding outstanding giving opportunities and publishing the full details of our analysis to help donors decide where to give.

Unlike charity evaluators that focus solely on financials, assessing administrative or fundraising costs, we conduct in-depth research aiming to determine how much good a given program accomplishes (in terms of lives saved, lives improved, etc.) per dollar spent. Rather than try to rate as many charities as possible, we focus on the few charities that stand out most (by our criteria) in order to find and confidently recommend high-impact giving opportunities (our list of top charities).

[QUICK START GUIDE](#)

Brain Tip: Use Routines to Keep Healthy

The circadian rhythm system in our brain is a 'master clock' that synchronizes the biological clocks found in most organs. It changes the hormone levels in response to light and darkness, sleep, diet and exercise. When the rhythms get off, the brain's wake/sleep schedule can get off. You may experience this by being tired during the day and waking in the middle of the night. This disruption further throws off your digestion, which creates imbalance in your thinking, which causes irritability, which creates emotional distress, which makes it difficult to sleep... and the cycle goes on – off kilter.

Add to this, COVID isolation, and it is easy to get mild forms of depression – irritability, lethargy, melancholy and withdrawal - similar to Seasonal Affective Disorder (SAD) or what's called "winter depression."

Take extra time to create a regular schedule of waking, eating, exercising and sleeping. The more routine these activities are, the healthier your brain and body will be and better able to respond to the added demands of stress during COVID.

[ICYMI: Spacing out and a famous frozen waterfall](#)

In our weekly In Case You Missed It (ICYMI) round-up video, we bring you a selection of stories that might have passed you by during the preceding seven days.

This time we check out a fitness-obsessed sausage dog, catch a glimpse of a 2D map of the universe, and a famous waterfall that's frozen over.

[Nepali climbers make history with winter summit of K2 mountain](#)

[Mount Semeru: Erupting volcano spews ash above Indonesia's Java island](#)

Look straight ahead.
What's there
If you see it as it is
You will never err.
- Bassui Tokusho

A Word to Know: Tohubohu

(toh-hoo-BOH-hoo) noun

Origin: Hebrew, unknown

1. A state of chaos; utter confusion.

"The mayor's unexpected announcement left the press in a tohubohu."

Mesmerizing and relaxing footage of [sea lions riding the waves.](#)

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

[Newsletter Archives](#)

**The following books comprise Leonard Pitts Jr.'s
#TheYearOfReadingWomen reading list (Solveig):**

- "The Bluest Eye" by Toni Morrison.
- "Sworn To Silence" by Linda Castillo.
- "A Very Stable Genius" by Philip Rucker and Carol Leonnig.
- "American Dirt" by Jeanine Cummins.
- "Pachinko" by Min Jin Lee.
- "March" by Geraldine Brooks.
- "Home" by Marilynne Robinson.
- "The Dutch House" by Ann Patchett.
- "The Things We Cannot Say" by Kelly Rimmer.
- "To Joy My Freedom" by Tera W. Hunter.
- "Parable of the Sowers" by Octavia E. Butler.
- "Valentine" by Elizabeth Wetmore.
- "America For Americans" by Erika Lee.
- "Blood Colony" by Tananarive Due.
- "Wuthering Heights" by Emily Bronte.
- "The Murrow Boys" by Stanley Cloud and Lynne Olson.
- "A Spark of Light" by Jodi Picoult.
- "White Fragility" by Robin DiAngelo.
- "Cover Her Face" by P.D. James.
- "Too Much and Never Enough" by Mary L. Trump.
- "The Daughters of Erietown" by Connie Schultz.
- "The Women of the Copper Country" by Mary Doria Russell.
- "10 Minutes 38 Seconds in This Strange World" by Elif Shafak.
- "The Round House" by Louise Erdrich.
- "Caste" by Isabel Wilkerson.
- "Barracoon" by Zora Neale Hurston.
- "The Library Book" by Susan Orlean.
- "The Book of Lost Friends" by Lisa Wingate.
- "Remember the Ladies" by Angela P. Dodson.
- "Salvage the Bones" by Jesmyn Ward.
- "The Vanishing Half" by Brit Bennett.
- "Pride and Prejudice" by Jane Austen.
- "One True Thing" by Anna Quindlen.
- "My Sister the Serial Killer" by Oyinkan Braithwaite.
- "One for the Money" by Janet Evanovich.
- "This Little Light of Mine" by Kay Mills.
- "The Child on Platform One" by Gill Thompson.
- "Long Bright River" by Liz Moore.
- "How Much of These Hills Is Gold" by C. Pam Zhang.