



Institute for Continued Learning Digest


Welcome to the 93rd Edition of the ICL Senioritis

Vol. 93, January 12, 2022

Editors: GwenEllyn Anderson and Dave MacMillan

ICL Update:

 ***Happy Birthday to Grant Hagedstedt!*** 

- On January 7th, Dru Johnson and Judy Gram resigned as Co-Directors of the Curriculum Committee. We thank them both for their hard work and service on that committee and on the ICL Board. As we start the Spring semester we will continue to benefit from all of their work. ***Thank you!***
- **Congratulations to the newly appointed Curriculum Committee Director, Jinx Brandt!** Jinx has been a member of ICL since January of 2010 and was voted in as Director-elect of the CC at the November 23, 2021 General Meeting. On Monday, Jan. 10th, at a special board meeting, the board voted to appoint Jinx to fill out the vacated term of office ([ICL Constitution](#) Article 4, under Vacancies). ***Thank you for stepping up, Jinx!***
- **Important News!** Also at yesterday's special board meeting, due to the increase in COVID-19 numbers and the threat of the Omicron variant, it was decided to have all classes in February virtually and not in person as previously planned. So far, all classes in January and February will be live, on Zoom. March will be decided sometime in February when there is more current information available.
- **Curriculum Committee Meeting: January 13, 2022 at 1:00 PM** on [Zoom](#). All committee members and wannabe committee members are asked to attend. All ICL members are welcome.
-  **ICL Wine Club - January 17th at 4:30 PM** on [Zoom](#). We will be tasting the **Whitehaven Marlborough Sauvignon Blanc 2020** (or 2021). Fred Meyer should carry it. We can't meet in person, but we can still taste the same wine and learn what to look for while tasting. Best chilled...
- **Print the Spring Schedule:** There's a new button on the Class Schedule page for Spring semester to print a concise list of Spring presentations. ***Check it out!*** (*Click on the red box at the bottom*)

Share Your Best!

Tell us the best thing that happened to you in 2021 despite all the events of the year. What are you most happy about or grateful for?

Email your responses: icl_digest@googlegroups.com

Willamette University Update:

- In response to emerging public health guidance related to the rapid spread of the Omicron Variant, [Willamette University is requiring the COVID-19 booster](#) for all students, faculty, staff and on-campus partners by February 1st, 2021. The only exceptions are community members who either: 1) have an approved COVID vaccination exemption on file with Bishop Wellness Center, or 2) are not yet eligible for a booster shot based on the timing of their previous vaccination.
- Information about booster shots, including how to locate a booster shot provider, is available for Oregon residents on the [Oregon Health Authority](#) webpage, and is available for others on the [CDC website](#).

Handy Links:

- **Link to [ZOOM](#) classes, Board meetings, Coffees, Happy Hour,...** almost all things ICL
- **[Calendar](#):** Classes, etc.
- **[Schedule Reports](#)**
- **[Recorded Classes!](#)** More recordings are available in the [password protected area](#) for members only. Others are not available at all without permission from the presenter.
- **[Zoom Help](#)** - Find tips, FAQ, and other resources available on the Website

Missing ICL Friends?

Join us for...

- **[Virtual Happy Hour](#)** on Fridays at 4:30 PM.
- **[ICL Wine Club](#)** on the third Monday each month at 4:30 PM.

[Completion of The Long Beach Container Terminal \(LBCT\)](#)

(Video Courtesy of The Port of Long Beach) - You've heard about the troubles unloading ships at the Long Beach shipping terminal; this give you an idea of how it all works - when it's working. - (YouTube)

Podcast: [The Detour](#)

(from [Oregon Humanities](#): connecting people and communities through conversation, storytelling, and participatory programs to inspire understanding and collaborative change.) Listen to **The Detour** from your favorite Podcast app or from their [webpage](#).

Oregon Center for Public Policy: [Top 5 highlights of 2021](#)

Dazzling photos [of the northern lights](#).

[Willamette University Academic Commons:](#)

The [Academic Commons](#) is a clearinghouse of over 100 digital collections, videos and exhibits from student work, faculty research, the Willamette University Archives, Hallie Ford Museum of Art, and Salem community partners.

[BROWSE COLLECTIONS](#)

Oregon Health Authority: Get Vaccinated Oregon

- [COVID-19 vaccines are now available to everyone age 5 and older](#)

Mayo Clinic: COVID-19 Vaccine Information

- [U.S. COVID-19 map: What do the trends mean for you?](#) Maps and charts
- [Oregon COVID-19 map: What do the trends mean for you?](#)
- [COVID-19 vaccine guidance](#)

[Salem-area lawmakers lay out proposals for 2022 legislative session](#)

Salem-area lawmakers are finalizing the bills they will introduce during the 2022 session of the Oregon Legislature, addressing issues from paying college athletes to granting the Legislature the power to impeach a sitting governor.

The session begins Feb. 1 and will last no longer than 35 days per constitutional requirements.

All legislation will be available to read at olis.oregonlegislature.gov in mid-to-late January.

Oregon's even-year "short" legislative sessions officially began in 2012 after voters approved annual sessions by referral. It was initially intended for emergency legislation and budget rebalancing, but has been used for all manner of policy bills and proposals.

[Heating Safety Tips from Oregon Fire Marshall Webpage:](#)

All Heating Types

- Use heating equipment that has the label of a recognized testing laboratory.
- Keep things that burn such as paper, curtains, bedding, or furniture, at least three feet away from all heating equipment, including fireplaces, wood stoves, and pellet stoves.
- Keep a three foot "kid and pet free zone" around all heating equipment.

Heaters

- Use newer, portable space heaters with an automatic shut-off so if they're tipped over, they will shut off.
- Clean them each year before using and check for product recalls.
- Unplug portable space heaters when not in use, before going to bed, or when leaving the room.
- Make sure fuel-burning heaters are designed for indoor use, and are properly ventilated.

Wood and Pellet Burning Heating Equipment (fireplaces, wood stoves, pellet stoves)

- Maintain heating equipment and chimneys by having them cleaned and inspected at least once a year by a qualified professional.

"Ant Man" Edward O. Wilson, (Jun. 10, 1929 - Dec. 26, 2021) Wilson has spent most of his life studying ants and other insects, and has written a number of books on the subject. He co-authored the critically-acclaimed "The Ants," with Bert Holldobler. The pair have just published a sequel to that work, "Journey to the Ants." Wilson has also written a memoir, called "Naturalist."

[Listen to a Fresh Air interview from 1994.](#)

An in-depth look at [San Francisco's skyline.](#)

Explore [the Museum of the World.](#) (Best on desktop)

[A new report recommends a national strategy to reduce plastic waste](#) By Allison Frost
The U.S. generates more plastic waste than the rest of the globe. Updated Jan. 07, 2022 19:01 pm
Nearly 9 million tons of plastic waste pollutes the ocean each year, according to a new report. Nearly 9 million tons of plastic waste pollutes the ocean each year, according to a new report. ...read more...

Americans saved 60 million commute hours in 2020.

[BMW introduces the Flow:](#)

a car that can change its color with the press of a button.

Missing the snow?

Entertain yourself and [generate your own snowflakes.](#)

Play [Prediction BINGO](#) by tracking what the experts see coming in 2022.

Quote: Malala Yousafzai

"We realize the importance of our voices only when we are silenced."

[8 Common Professions](#) that no longer exist.

- In wood stoves and fireplaces, burn only dry, seasoned wood. In pellet stoves, burn only dry, seasoned pellets.
- Make sure the fireplace has a sturdy screen to stop sparks from escaping.
- Place ashes in a metal container, soak with water, and keep them at least 10 feet away from the home or anything that can burn. Dispose of the ash only after it is cool.

Tech Tip: Google Maps has a new layer: COVID-19

A new tool that shows critical information about COVID-19 cases in an area, right from Google Maps.

How it works (from an article by Sujoy Banerjee: [“Introducing the COVID layer, a new tool that shows critical information about COVID-19 cases in an area, right from Google Maps”](#))

When you open Google Maps, tap on the layers button on the top right hand corner of your screen and click on “COVID-19 info”. You’ll then see a seven-day average of new COVID cases per 100,000 people for the area of the map you’re looking at, and a label that indicates whether the cases are trending up or down. Color coding also helps you easily distinguish the density of new cases in an area. Trending case data is visible at the country level for all 220 countries and territories that Google Maps supports, along with state or province, county, and city-level data where available.

1. Turn on the COVID-19 layer
2. You can view COVID-19 related information as a layer in Google Maps.

On your mobile device, open Google Maps.

At the top, tap Layers Layers and then COVID-19 info.

The COVID-19 layer displays the 7-day average for the number of new cases per 100,000 people. It also indicates whether cases are increasing or decreasing. The layer’s colors indicate:

- | | |
|---------------------------|----------------------------|
| • Grey: Fewer than 1 case | • Dark orange: 20-30 cases |
| • Yellow: 1-10 cases | • Red: 30-40 cases |
| • Orange: 10-20 cases | • Dark red: 40+ cases |

Tip: Zoom out to see numbers for countries; zoom in for states, counties, and city numbers.

Local and Virtual Events!

- [Mid-Valley Travel Club](#): Britain’s South Hams with Cherie and Chuck Bennett (Salem Mayor) - **Thursday, January 13, 2022** (click link on date; scroll down for more info) at **7:00 PM** on **ZOOM**
- **OMSI Goes Under Water** - from South Africa to Southern Alabama: Connecting History and Archaeology. **Rescheduled for April 21, 2022.**
- **Science on Tap:** 7pm, January 20 - Online: [What Insects Do and Why](#); \$5 for General Admission; FREE tickets also available!
- [CCRLS Community Wellness and Recovery Workshops](#) - throughout January, February and March. Free with Registration.
- [Grace Goudy Distinguished Artists Series: Pulitzer Award winning composer Caroline Shaw](#) - February 2, 2022

[This tree has stood here for 500 years. Will it be sold for \\$17,500?](#) By Juliet Eilperin
Photos/video by Salwan Georges
Very cool photography!

Rome, Italy; Lisbon, Portugal; and Cincinnati, Ohio:

all claim the nickname "The City of Seven Hills."

Meditation is the ultimate mobile device; you can use it anywhere, anytime, unobtrusively.
- Sharon Salzberg



Word to Know: Telos

(TEL-ahs) noun
Greek, 300 BCE

1. An ultimate object or aim.

"Helen’s telos was to earn her Ph.D in chemistry."

"At this early stage, the nonprofit doesn’t seem to have a telos."

Quote: Daniel Boone

"I have never been lost. I will admit that I have been confused for two weeks or so."

The old tv show, Paladin

was one of the first to film outside a studio. Among the sites were what is now known as Paladin Estates between Bend and Sisters, Oregon and Abbott Ranch.

[The most ornate buildings in the world.](#)

Questions?
Send us a message at
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