



Institute for Continued Learning Digest

Welcome to the 97th Edition of the ICL Senioritis

Vol. 97, February 9 2022

Editors: GwenEllyn Anderson and Dave MacMillan

ICL Update:

- **Special Board Meeting (2/7/2022):**
 - The board decided to continue on ZOOM at least until Spring Break (March 21-25). The last week of March and April classes will be decided at a later date.
 - Members are asked to fill out a very quick form having to do with how often to meet for in-person classes in the Fall and for how long. Responses are due in 1 week (Noon on Feb. 16th). Please select your favorite 2 choices. 1 response per member. Thank you!
Please fill out this survey: [MEMBERSHIP SURVEY 2022](#)
- **Curriculum Committee Meeting:** Tomorrow, **February 10** at 1:00 pm - open to all members; on [Zoom](#)
- **Boosted?** Remember to email a digital photo of your vaccination card showing that you have received the booster shot to vernelle.judy@gmail.com. You will need to do this before attending ICL classes when we are able to meet in person again.

Share Your Best! It's the Month of Valentine's Day!

What's the best unexpected romantic gesture you've experienced or witnessed? *Email your responses: gwenellyn@gmail.com*

Share Your Best: "It was the best of times" - from Sally Shriver

This Christmas, 2021, was one of the best celebrations with my family and the worst. My whole family was there except for my eldest daughter and eldest grandson as they had COVID and were unable to join us except by Facetime. My son, his wife, and 4 children were in CA from VA, hosted by my daughter and her husband. My former husband and I were also there. I think the first time my son and his wife came for Christmas was when their only child was about 6 months old. Now with 4. It had been too long! We had lots of presents and wonderful food and good stories. I will always remember this Christmas.

Willamette University Update:

Upcoming theatre show gets a huge upgrade. Due to COVID restrictions, Willamette's first theatre production of 2022 will be a stage-to-film broadcast rather than in-person. Improving on our previous online work, this broadcast features: Made-for-film staging (think Great Performances), better sound and lighting. closer views of all the action. closed captions. Improved online security.

Wayfinding, by Whitney Rowland - Directed by Lava Alapai

Premieres on Friday, Feb. 11 at 7:30 pm. Runs through March 27th.

A fantastical, poignant comedy about Jane, an emotionally-numbed new widow, and Harrison, an inattentive, self-sabotaging fiancé. In seeking escape, these two strangers collide – both literally and figuratively – tangling their life lines and setting them on a time-bending journey involving an intercontinental plane crash, a magical forest, and a choice that leads them both to an unexpected destination.

[More info and ticketing](#)

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.

February 9 is National Pizza Day and National Chocolate Day

[OHSU: COVID-19 Resources for Oregon](#)

[CDC: OVID-19 Mortality Overview](#)

[WU COVID-19 Dashboard](#)

State of the State Address:

Oregon Governor, Kate Brown, delivered the State of the State address at noon last Thursday, Feb. 3, 2022. [Watch on YouTube \(starts at 13:34 on the recording\)](#)

Trees, chickens, duplexes: How Salem code changes could impact you

(Statesman Journal) Changes to Salem's code, which the City Council moved forward this month, will impact issues from backyard chicken tending to tree preservation. [..continue reading..](#)

[2021 Ice Storm Tree Damage](#) (from 1 year ago) - *Check this out!*

On **February 12, 2021** City of Salem experienced an unusual ice event which devastated trees around the city.

Following the storm, the City of Salem Public Works Department dispatch office received almost two thousand calls within days of the storm. With debris from the storm creating hazardous situations throughout the city, the city needed a way to collect and distribute key information in order to prioritize and respond to calls efficiently.

The City of Salem GIS department put together this **StoryMap** of what happened and how the city responded. Check out the story, timeline, and photos, and maps. Some photos and maps are interactive: click on map markers to see photos of that location and get more of the story (StoryMap!); slide arrows on the photos to get more of the picture.

Note the tabs at the top for "Background" "Response & Recovery" "Visualizing the Damage" and "Moving Ahead".

[Keep scrolling down and - Have Fun!](#)

The [Oregon Legislative Assembly](#) convened for the **2022 Legislative Session on Tuesday, February 1st.**

Find links to session related information below. End date is March 7th.

- [Quick access to information for the 2022 Legislative Session](#)
- 2022 Regular Session - look up bills on [OLIS](#)

ANNOUNCING SPEECH TREK 2022

What: Speech Trek (a contest) sponsored by [AAUW Salem Branch](#)

Top prizes are cash: \$500, \$300, \$200.

Who: Contestants are 10th or 11th grade girls in all Marion/Polk Co. schools.

When: March 5, 2022, 9:30 a.m.

Where: Chemeketa Community College, 4000 Lancaster Dr. NE, Salem, OR

Why: To commemorate [Women's History Month](#), the Speech Contest Theme is: **Women's Progress in Equity.**

How: Students complete an online application form at [salem-or.aauw.net](#). Deadline for submitting an application is **February 19, 2022** at 11:59 pm.

First 20 applications will be processed.

Please contact Joyce Zook (joycezook43@gmail.com) for more information. We are interested in spreading the word to 10th and 11th grade girls so we can achieve the full number of registrants by **Feb. 19**

Currently there are eleven registrants representing eight different Salem area schools. The public is invited to this contest, and **Christy Perry**, Salem-Keizer Superintendent, will welcome the contestants.

Mid-Valley Travel Club Meeting: "Tantalizing Tasmania" presented by Dick and Jane Groff

Thursday February 10, 2022 at 7:00 PM | on [ZOOM](#)

We will share our driving exploration of Australia's own "down under", the island state of Tasmania. About the size of Ireland, Tasmania is a laid-back

[On OPB Nature: "Penguins: Meet the Family"](#)

Airing: Wednesday, February 9 at 8 PM (Expires March 9, 2022)

A celebration of one of Earth's most iconic and beloved birds, featuring all 18 species of penguins for the first time, from New Zealand, Cape Town, the Galapagos Islands and Antarctica. *(A great follow-up to the ICL class on penguins Nov. 23, 2021 by Judy Gram)*

[Black History Month at Willamette University:](#)

- [Honor and learn this Black History Month by Adrienne Gaffney](#)
- [28 Days of Black History:](#) Sign up via email for a virtual exhibition of 28 works that celebrate Black legacy in the U.S.
- [The Public Broadcasting System \(PBS\)](#) shares a host of documentaries and digital shorts that highlight the richness of the Black experience in American history. Preview films premiering this month on PBS, as well as a dozen films you can stream to celebrate Black history. Included is a link that spotlights 28 Black history makers.
- [20 books that are essential reading for Black History Month:](#) February is Black History Month, and if you're looking for a way to educate yourself and expand your knowledge about the accomplishments and contributions of Black people in American history, as well as reflect on the inequalities and injustices that have been done against them, we've rounded up 20 books by some of the most brilliant Black authors

island and mostly uncrowded - on one 6-hour drive we encountered only 2 other cars but 6 wallabies! Highlights included meeting one of the (in)famous Tasmanian devils, seeing Cradle Mountain, and exciting, scenic boat tours on the island's east coast among the tallest sea cliffs in the Southern Hemisphere.

Salem Reads - 2022: [A Tale for the Time Being](#) by [Ruth Ozeki](#)

- **Salem Reads Art Exhibit 2021:** These works of local professional artists are on display in the Main Salem Public Library's Art Hall (1st Floor) from Feb. 1st through Feb 26th, then travels to regional libraries
- **Connecting with Your Past, Willamette Valley Genealogical Society Workshop:** Wednesday, February 9 | 10:30-11:30am

Live on Zoom; [Sign up to receive Zoom access](#) information on the day of the event.

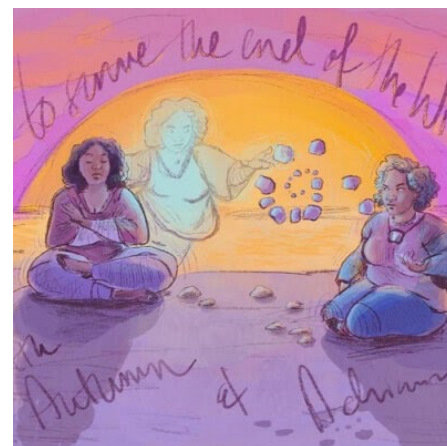
A Tale for the Time Being involves four generations of one family. Let's get started on the basics of your genealogical research, including using Ancestry.com, Library Edition. We will also show you how to find records of your ancestors in a country other than the United States.

- **From Ordinary to Magical: A Magical Realism Writing Workshop for Adults:** Saturday, February 12 | 10:15am-1:15pm Live on Zoom; The workshop is *free*. Space is limited. [Sign up to receive Zoom access](#) information on the day of the event.
- See more events in the [Salem Reads 2022 brochure](#).



and historical figures to read throughout the month and beyond.

- [Five ways you can celebrate Black History Month virtually](#)
- [Black-owned restaurants and businesses in the Salem area](#)



Podcast: [How to Survive the End of the World - From the Brown sisters](#)

Learning from the apocalypse with grace, rigor and curiosity.

[Snowboarding Uphill with a Helicopter](#)

Word to Know: Xeriscaping
xer-i-scaping ('ziər ɪ, skeɪ pɪŋ)
noun

1. environmental design of residential and park land using various methods for minimizing the need for water use.

If the doors of perception were cleansed, everything would appear to man as it is, infinite.
- William Blake

Heard recently:

"Growing older gracefully is getting harder to do."

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

[Newsletter Archives](#)

The Brain and Breathing Breaks

Whenever you feel stressed or overwhelmed, it is likely that you are also holding your breath – even slightly. This sends a message to the brain to be on alert. So, taking a deep breath to relax your entire system. Deep breathing slows your heartbeat, stabilizes your blood pressure and lowers your stress alert response. It has also been shown to support immunity because breathing through the nose has been shown to increase the concentration of nitric oxide which helps to reduce the ability of certain viruses to replicate.

To practice breathing on a regular basis, take a moment each day to use the 4-7-8 breathing technique:

Find a comfortable place to sit and close your eyes.

1. Breathe in through your nose to the slow count of four.
2. Hold your breath to the count of seven.
3. Exhale through your mouth to the count of eight.
4. Repeat this four of five times.

(If keeping track is too much, just do each to the slow count of 5.)

Local and Virtual Events!

- **Mind Over Mood and Stress Management - February 15, 2022 | 5:30 PM** Zoom session and [registration free through Community Wellness & Recovery Workshop Series here](#).
- **CCRLS Community Wellness and Recovery Workshops** - throughout January, February and March. Free with Registration.