



# Institute for Continued Learning Digest

## Welcome to the 101st Edition of the ICL Senioritis

Vol. 101, March 9, 2022

Editors: GwenEllyn Anderson and Dave MacMillan

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### ICL Update:

- **Thank you!** For all of the appreciation we received after posting the 100th issue of this newsletter. You all are why we keep doing this. ❤️
  - **Curriculum Committee Meeting:** Thursday, **March 10** at 1:00 PM
  - **Board Meeting:** Tuesday, **March 15** at 1:00 PM (moved 2 days earlier from March 17); on the agenda will be a decision about meeting in person or on Zoom after Spring Break.
  - Please note that Goudy Commons cafeteria is now open to ICL members who have Compass Cards.
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### Willamette University Update:

- Because Governor Brown has lifted the mask mandate, proof of COVID vaccination status and/or a negative COVID test will no longer be required to gain entry to campus - including both outdoor and indoor Willamette events - beginning March 12.
  - [Spring 2022 Rogers Gallery Visiting Artist Exhibition:](#) Artist **Tammy Jo Wilson's** exhibition *Figure Ground* on display in the **Roger W. Rogers Gallery** (housed within the **Rogers Music Center**) from Monday, January 24 - Sunday, May 15, 2022.
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### MID-VALLEY TRAVEL CLUB: March 10, 2022

#### [Royal Inca Empire in Peru: Cuzco to Machu Picchu - Pritam Rohila](#)

Located at the height of 7,710 feet, deep in the Peruvian Andes, Machu Picchu is perhaps the most important archaeological site on the South American continent. It was a fortified royal retreat along the extensive Inca foot highway, lost to the outside world until its discovery by Hiram Bingham in 1911. Flying from Lima in a small plane between mountain peaks and over narrow valleys; experiencing altitude sickness at Cusco; and waiting for clearance of the landslide blocking the train track to Machu Picchu; getting there for us was an adventure. But encountering picturesque stepped agricultural terraces of Machu Picchu, along with its stone dwellings, its Temple of the Sun, and Hitching Post of the Sun, made it all very worthwhile.

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#### [Chachalu Is Now Open](#)

The [Confederated Tribes of Grand Ronde](#) announced recently that the [Chachalu Museum](#) is now open to the public.

“The museum and cultural center run by the Confederated Tribes of Grand Ronde sits in a renovated school building on a piece of the tribe’s scattered reservation lands in the town of Grand Ronde, just off Oregon 18. First opened in 2016, the center closed for two years due to the COVID-19 pandemic, but as of Friday has reopened to the public.” - By Jamie Hale | The Oregonian/OregonLive

[Continue reading on OregonLive.org...](#)

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#### [2022 Paralympic Winter Games:](#)

The [2022 Paralympic Winter Games](#) take place on Friday, March 4 through Sunday, March 13 in Beijing, China. NBC Universal will provide

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

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

#### [WU COVID-19 Dashboard](#)

#### [Say YES! COVID TEST](#)

Get your FREE at-home test kits! We are offering free, rapid, at-home COVID-19 test kits to residents of eligible communities.

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#### [The World According to Sound](#)

A live audio show, online listening series, and miniature podcast.

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#### [New lightweight material is stronger than steel](#)

Anne Trafton | **MIT News** Office

The new substance is the result of a feat thought to be impossible: polymerizing a material in two dimensions. *(Thanks, Carmen!)*

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over 230 hours of Paralympic programming across NBC, [Peacock](#), USA Network, Olympic Channel, [NBCOlympics.com](#), and the NBC Sports App. See below for a day-by-day viewing guide to the Beijing Winter Paralympics.

**RELATED:** [What to know about the 2022 Paralympic Winter Games](#)

The 2022 Winter Paralympics will feature approximately 564 athletes competing across six sports (78 total medal events). Here are just a few of the U.S. stars to watch by sport. In Alpine Skiing, **Laurie Stephens** (Wenham, MA) is the second most decorated winter sport athlete on the team with seven Paralympic medals in alpine skiing: two golds, two silvers and three bronzes. Two-time Paralympic medalist **Andrew Kurka** (Palmer, AK) also returns to competition. Kurka became the first Alaskan Paralympic medalist when he won a gold medal in downhill and a silver medal in super-G in 2018. Five-time Paralympian and 10-time Paralympic medalist **Oksana Masters** (Louisville, KY)—the most decorated athlete on the U.S. roster—returns to compete in cross-country skiing and biathlon. For Masters, it’s been just six months since she competed at the Summer Paralympics in Tokyo, taking home road cycling gold medals in time trial and road race. [...continue reading...](#)



**City of Salem:** [My Neighborhood](#)

Strong communities are built on strong neighborhoods where people work and live together. Neighborhood partnerships bring businesses and residents together to create a more livable community with activities designed to meet the unique character of the neighborhood. Neighborhood associations provide a voice for you to participate in government decisions.

Salem’s neighborhood associations give you a voice in your local neighborhood and the city as a whole. Although Salem neighborhood associations are recognized by and receive staff support from the City, they are self-directed. Each association sets its own agenda and determines its own course of action. Neighborhood associations have legal standing in all land use matters within their boundaries and are asked by the City and other jurisdictions to comment on a variety of matters important to the community.

Neighborhood association volunteers make a difference by:

- Providing information to decision makers
- Working on neighborhood projects
- Promoting the livability of the neighborhood
- Acting as a communication link between the City and other citizens

The City assists neighborhood associations with their goals through the help of Neighborhood Services staff.

**Find your neighborhood association**

Click on the link below and type your address (e.g. 555 Liberty Street SE,

[Powwow dancing meets yoga in the life and artistry of Acosia Red Elk](#)

**Test your history knowledge with this trivia game.** Drag and drop the events according to when they occurred.

[Is Your Brain Foggy? Here Are Five Ways to Clear It](#)

By Jill Suttie | March 4, 2022  
Studies are finding that isolation, stress, and uncertainty can cause forgetfulness and disorganization. Here’s what to do about it.

**Book Recommendation:**  
*We Need to Talk: A Memoir About Wealth* by Jennifer Risher is her personal story of growing up middle class with fiscally conservative parents and its impact on her recognizing her own wealth as a shareholder/employee of Microsoft as the company’s stock options and her fortune grew.

Her story explores the often awkward position of having money and learning how to be wealthy and to accept that she was now ‘one of those people’. Her title references the common taboo subject of money and how our personal finances can identify us to others and how it makes a difference to our sense of ourself, as well.

**Audio:** [Reading recommendations for deeper understanding of Russia and Ukraine](#)

Adrian Florido talks with Santa Barbara librarian Molly Wetta about what to read for a better understanding of Russia, Ukraine and the Soviet Bloc.

**Text:** [Read these 6 books about Ukraine](#) story: Rina Torchinsky

**US rents** [continue to rise.](#)

Salem, OR, 97301) into the search box in the upper right. Press the <Enter> key or click the magnifying glass icon in the Search field.

Click the property address on the map to display the neighborhood association information.

Or find your area on the map. Click in the neighborhood to get info about that neighborhood association.

[View a full-screen version of this map](#)

**Statesman Journal Article:** [Salem neighborhood associations fight to stay afloat during pandemic, seek new members.](#)

- [Find Your Ward \(Map\)](#)

### [Ankeny Hill Nature Center is now open!](#)

- Gates are open from dawn to dusk every day.
- Something For Every Visitor

The [Ankeny Hill Nature Center](#) has multiple ways to explore the wildlife and native habitats of the Willamette Valley. From hikes to hands-on discovery spaces, The Center is designed so visitors of any age, interest, or ability can find ways to interpret nature.



The Nature Center is in the NW corner of [Ankeny National Wildlife Refuge](#).

### Local and Virtual Events!

- **Spring Forward: March 13, 2022.** Set your clocks forward 1 hour.
- **Equal Pay Day: Tuesday, March 15, 2022** - This date symbolizes how far into the year women must work to earn what men earned in the previous year.
- **March 14-20 - Brain Awareness Week** is the global campaign to foster public enthusiasm and support for brain science. Every March, partners host imaginative activities in their communities that share the wonders of the brain and the impact brain science has on our everyday lives. The [Dana Foundation](#) supports research and offers many resources and fact sheets.
- **Spirit of "LOVE" Spring Concert by Confluence: Willamette Valley LGBT Chorus** March 11, 2022 in Salem (also in Portland & Corvallis)
- **MUSIC: At Christo's Lounge** - from Solveig Holmquist
- **CCRLS Community Wellness and Recovery Workshops** - throughout January, February and March. Free with Registration.
- **WU Theatre: Wayfinding**, by Whitney Rowland - Directed by Lava Alapai; Runs through March 27th. Made-for-film staging (think Great Performances) [More info and ticketing](#)
- **Camerata Musica Salem:** Free Chamber Music Concerts at the Unitarian Universalist (UU) church unless specified, 5090 Center Street (Center Street and Cordon Road NE). *COVID protocols for all the concerts at the UU church include proof of vaccination, masks, and a contact tracing log.*

The truth is we never stop being children, terrible children covered in sores and knotty veins and tumors and age spots, but ultimately children, in other words we never stop clinging to life because we are life.

- Roberto Bolano

### Word to Know: Polyhistor

(pah-lee-HIS-tər) noun

Greek, 16th century

1. Another term for polymath (a person of wide-ranging knowledge or learning.)

"Looking at the bookshelf stacked with tomes on dozens of wide-ranging subjects, I sensed the AirBnB owner was a polyhistor."

"My nephew is a polyhistor who always impresses me with the range of subjects he brings up for discussion."

### [Schools will have new nutrition rules this fall.](#)

The updated rules from the US Department of Agriculture for the upcoming school year include flavored low-fat milk and more whole grain-rich foods.

**In 1821, Thomas Jennings** became the first African American to receive a patent. It was for a dry-cleaning process called "dry scouring."

### [Press 3 for a pep talk from kindergartners](#)

A new hotline gives you options for joy. So the next time you need a little boost, dial Peptoc at 707-998-8410.

### Questions?

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

[Newsletter Archives](#)