



# Institute for Continued Learning Digest

## Welcome to the 106th Edition of the ICL Senioritis

Vol. 106, April 13, 2022

Editors: GwenEllyn Anderson and Dave MacMillan

### ICL Update:

- **Please remember to silence your phones during classes!**
- **Curriculum Committee Meeting:** Tomorrow, **April 14th** at 1:00 PM; the meeting will be on [Zoom](#). CC meetings are open to members.
- **Wine Club: April 18** - tax day; wine could help! 🍷 Thank you to Sheila Sund for leading wine club classes for the last several months. Unfortunately, Sheila will no longer be doing these informative - and tasty - sessions.  
Join us on Monday - **IN PERSON!** GwenEllyn has offered to host this first ever in-person meeting of the Wine Club. Check the membership directory for the address. Bring a bottle of wine to share; red or white; take home what doesn't get drunk. We will taste wine and discuss the future of the wine club.
- **The Salem String Quartet** performed on Tuesday and spoke of their website and YouTube videos. Here are the links: [Salem String Quartet](#) and their [YouTube videos](#)
- **Thursday's ICL Presentation (April 14):** "Oral Traditions in China: Folk and Fairy Tales" with Juwen Zhang from Willamette University
- **Next Tuesday's ICL Presentation (April 19):** "Conquering Columbus: Dismantling the Doctrine of Discovery" with Karen Trucke and Jeanette Flaming, ICL members
- *If you bring a guest to an in-person ICL presentation you must make sure the guest shows proof of complete vaccination and one booster to Don Bexckman (or his designee) before entering the auditorium. You must also provide Don with a phone number for each guest. Please let Don know beforehand that you are bringing a guest.* [dbeckman@willamette.edu](mailto:dbeckman@willamette.edu)
- **Note to membership:** Tuition is due on or before **April 26th**. Checks can be made payable to WU-ICI for **\$165**. Please mail checks to either Vernelle Judy or Don Beckman - **OR** hand them to Don at class.
- **Vaccinated?** If you haven't done so yet, please email a digital photo of your vaccination card showing that you have received the COVID-19 vaccination and booster shot to [Vernelle Judy](#) or [Don Beckman](#). You will need to do this before attending ICL classes.

### Willamette University Update:

- **April 13** all day - [Student Scholarship Recognition Day](#); click on the room to see the schedule for that room. The **Zoom** link is at the top.
- **April 16** - 2:00-8:00pm - [Musicália: Community, Music & Arts Festival](#); in The Quad, WU Campus

### [Mid-Valley Travel Club](#): Hiking in Switzerland by Jim Brown (ICL Member) - Apr. 14, 2022

7:00 PM via [Zoom](#) (ID: 845 8709 2231 | Passcode: 999639 )

Jim's hike of the "Alpine Pass Route" from Sargans to Morges can be hiked in about 15 days, but Jim chose to make it 50 days! With several detours along the way, highlights included Loèche-les-Bains and

### Handy Links:

- [Link to ZOOM](#) for Board meetings, Happy Hour, etc.
- [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.

### [OregonVotes.gov](#)

- **Next Statewide Election: Primary Election on May 17, 2022**
- [Register to vote](#)
- [Check your registration](#)
- [Candidate Filing Search](#)

### Tele-poem hotline offers

#### Oregon listeners cool escape

April is [National Poetry Month](#) and those who want to hear some pithy poems won't have to go far. In fact, they are only a phone call away.

Every day for the entire month callers can listen to recordings from current Oregon Poet Laureate [Anis Mojgani](#), and past Laureates [Paulann Petersen](#), [Kim Stafford](#), and [Elizabeth Woody](#) reciting their favorite poems.

For more information, read the [OPB article](#) or visit Mojgani's [Instagram](#), and to hear some

Grindelwald, Ticino and the Chestnut Festival (la fête de la châtaigne) which takes place near Locarno on Lago Maggiore.

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### [Oregon Historical Society Digital Collections](#)

The [Oregon Historical Society](#) is committed to providing broad access to our collections for teaching, learning, and research. Our websites, catalog records, finding aids, and digital images enhance scholarship and promote use of both digital and physical objects. A critical component of our mission is to “inspire curiosity about all the people, places, and events that have shaped Oregon,” and providing free and open access to our collections is key to executing that mission.

*Example:* [Oral history interview with Tom McCall \[Sound Recording 1 of 2\]](#)

[Research and Library](#): Explore Oregon’s History

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### [Salem Police Transparency Portal](#)

Welcome to the Salem Police Department Transparency Portal. The page is one of several initiatives to increase trust and legitimacy with the community we serve. By openly sharing data, policies, reports, and other information that directly impacts the public, we strive to engage residents in knowledge-sharing, while demonstrating openness and accountability.

The transparency portal is an in-progress project, and as such, will have more information added as the platform develops. [Please check back.](#)

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### **Science we can do together:**

[SciStarter](#) is a globally acclaimed, online citizen science hub where more than 3,000 projects, searchable by location, topic, age level, etc, have been registered by individual project leaders or imported through partnerships with federal governments, NGOs, and universities. As a research affiliate of NCSU and ASU, and a popular citizen science portal, SciStarter hosts an active community of close to 100,000 registered citizen scientists and millions of additional site visitors. Hundreds of citizen science projects use SciStarter’s NSF-supported APIs to help citizen scientists earn credit for their participation in their SciStarter dashboard, across projects and platforms. These features enable SciStarter’s partners (libraries, schools, museums, Girl Scouts and more) to catalyze customized citizen science pathways and track and support the progress of their communities through SciStarter. SciStarter also supports researchers in managing projects, including best practices for engaging participant partners.

Learn more about [citizen science](#) and check out these [Ten Principles of Citizen Science](#).

[Science Near Me](#) is a free resource to help you quickly find opportunities to engage in all types of science, technology, engineering, math, (STEM) events, projects, and programs near you, in person and online. Enter your search preferences and Science Near Me will scan our partners’ opportunities and present a list of options for you in seconds. Search by location, topic, audience, and more to find the experience that is right for you.

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poems, call **(503) 928-7008**. Other events celebrating National Poetry Month around the state can be found on the Oregon Poets Association [website](#).

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**For National Poetry Month:** [Oregon Poet Laureate Anis Mojgani shares his thoughts](#) about and a poem written for the state park centennial. Here he considers the connection between people and Oregon’s special places, and between all the people who have called these lands home.

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### [Lots of Snow!!! Timberline Lodge Webcams](#)

Scroll down to click on the camera feeds.

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**Coquille Nation Potlatch**  
The Coquille Indian Nation has been part of Oregon’s fabric since time immemorial. One of their honored traditions is the potlatch. [Watch the video](#) to learn more!

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[The first place winner of this year’s “Why I Love Oregon” Essay Contest is Natalie Dillon](#) from Schirle Elementary School in the Salem-Keizer Public School District. Enjoy her recital of her essay, “It’s Easy to Love Oregon.”

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### [TED Radio Hour: How can we reimagine elder care around human connection? With Yvonne van Amerongen](#)

April 8, 2022

In a small village, residents enjoy time at the pub, the theater, and the park—all while living with dementia. Yvonne van Amerongen ([Ted.com](#)) shares how we can reimagine dementia care with a social approach.

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### [World’s Strangest City: Ashgabat, capital of Turkmenistan \(YouTube\)](#)

Today, modern Ashgabat is jokingly called the “city of the

## The Brain, Nostalgia and Pain

Nostalgia – generally defined as that wistful and sentimental longing for some positive past experience – turns out to be helpful in reducing physical pain. A current fMRI study shared in *The Journal of Neuroscience* (JNeurosci, March 2022) showed that both male and female participants had decreased brain activity in pain-related regions when looking at nostalgic photos of things like old cartoons, childhood toys and candy – compared to more modern images of these same items.

Although the reason for how nostalgia reduces the perception of physical pain is not yet clear, the study found that the thalamus plays a key role suggesting that there is some modulatory mechanism connected to creating nostalgia and reducing pain. The thalamus (Greek for inner chamber) transmits 98% of our sensory information (vision, taste, touch and balance) to the cerebral cortex. (Smell does not travel this route.) The thalamus also regulates consciousness, sleep, alertness and wakefulness.

Because nostalgia includes a feeling of connectedness, the greater the nostalgic feeling experienced by the participants, the greater reduction in their perception of pain. The researchers plan to use different age groups in future research and to look into the impact of more personal nostalgic cues rather than generic nostalgia. While not expected to be a blanket solution to pain, they do expect a much stronger pain-relieving effect if participants observe personal scenarios, according to one of the researchers. So, the next time you feel achiness and soreness in those joints, you might try skipping the pain reliever and looking at those old photos, movies, childhood toys and music posters.

## Whole Foods Gets an Amazon Makeover

When Amazon bought Whole Foods in 2017, they made very few changes, but they have recently changed that policy and gone high tech at a test-store in Washington, D.C. The “Amazonification” of Whole Foods includes an option to shop by “scanning the QR code in your Amazon app” or scanning your hand at a kiosk that links your palm to your Amazon account. To pay, you scan your hand at the check out. Your receipt shows up in an email later. Considered a bit “Orwellian” by some, it is anticipated that this is the future of shopping.

## Local and Virtual Events!

- [Mission Street Park Conservancy](#) presents: **Spring Plant Sale**
  - Friday, **April 15**, 2022 | 10:00 AM – 6:00 PM
  - Saturday, **April 16**, 2022 | 10:00 AM – 3:00 PM
  - **Location:** Soapbox Derby Track, Bush’s Pasture Park
- **Willamette U.** presents the **Annual Rumpakis Lecture:** [IceAge Seafarers? Geoarchaeology and the Search for the Aegean Palaeolithic](#) with Justin A. Holcomb, PhD - Thurs. **April 21st** at 7:30 PM in Kaneko Auditorium and on Xfinity Channel 21.
- **CCRLS** [Community Wellness and Recovery Workshops](#) - throughout January, February and March. Free with Registration; [Download the current schedule](#)
- **Camerata Musica Salem:** Free Chamber Music Concerts at the Unitarian Universalist (UU) church unless specified, 5090 Center Street (Center Street and Cordon Road NE).

dead”, because it is almost impossible to see people in the new districts of white marble. The city holds the Guinness Book of Records title for most white marble on Earth.

80% of the buildings are made of white marble and only white cars are allowed in the city. It was listed as the second most expensive city in the world overall by the 2020 Mercer Cost of Living Survey. Turkmenistan gained independence from the Soviet Union in 1991 and now is one of the richest countries in the world. Turkmenistan is to the north of Iran and east of the Caspian Sea.

You shall know the truth and the truth shall make you odd.  
- Flannery O'Connor

## Word to Know: Tittup

(TID-əp) verb

British, late 18th century

1. Move with jerky or exaggerated movements.

"The horse will tittup to his stall even after a long ride."

"Jim Carrey has tittupped his way through some of his most famous movie roles."

## DID YOU KNOW? Oregon has eleven lighthouses.

There are 9 original lighthouses, and 2 privately built lighthouses. Some of them are still working to this day. They are all different, each serving a purpose for their location and terrain.

## [These 7 Museums Are Modern Architectural Marvels](#)

### Questions?

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

### [Newsletter Archives](#)