



Institute for Continued Learning Digest

Welcome to the 112th Edition of the ICL Senioritis

Vol. 112, May 25, 2022

Editors: GwenEllyn Anderson and Dave MacMillan

ICL Update:

Welcome New Members!

- **9 New Members** were added this past week! **Welcome to ICL!** This newsletter comes out weekly on Wednesdays, usually in the morning - via email. We try to cover ICL updates and information, local events, health and tech tips, interesting factoids and many other rabbit holes - all with a splash of humor and some educational things. If you miss one or want to look back at some of the issues, they can be found in the [archives](#). *Stay tuned!* There will be a lot more new members added in the weeks to come.
- **Obituary: Roger James Budke - April 28, 1945-May 14, 2022**
- **Board Meeting Notes (May 19th):**
 - The next **board meeting** is **June 16, 2022 at 1:30 PM** - via [Zoom](#). *Note the time change: from 10:00 AM to 1:30 PM.*
 - Voted to increase the amount of honorarium that ICL pays to presenters..
- **ICL THURSDAY Lunches CHANGED:** Before COVID, during the summer months when we don't have classes, some members liked to stay connected by meeting on Tuesdays at Goudy Commons. This summer, Goudy seems to be closed. So we are changing the summer lunches to [Taproot at the Mill](#) (1313 Mill St SE - across from Kaneko at TIUA) and changing the day to **Thursdays** (Taproot is closed on Tuesdays) - at **11:30 AM**. Parking available; Indoor and outdoor seating. 'Hope to see you there!' [Menu](#)
- **Survey Responses:** One of the questions on the recent survey asked if members had any questions for the board. [Here are the responses.](#)
- **Compass Cards** are good until September 1st (the date on them shows 5/31/2022, but that is incorrect)
- **Sign up for an Introduction to Contemporary Light Microscopy class:** Microscopy is a fundamental technique in biology that allows scientists to 'see the unseen. There will be two separate microscopy classes for ICL members on **June 7th and 8th**. Each session will go from **1:00 PM to 4:00 PM** with two 15 minute breaks and light refreshments available in Olin lobby. Classes are limited to 16 people each day. More days can be added if there is enough interest.

Dr Jason Duncan, Associate Professor in the Biology Department at Willamette University will lead these collaborative laboratory classes and introduce participants to contemporary methods in light microscopy - and provide participants with a practical, hands-on introduction to modern microscopy techniques and optical research tools in the Department of Biology's *new* Microscopy Classroom (Olin Science Center: [Bld 31 on the map](#)). Participants with no prior knowledge of microscopy are especially encouraged to attend - come see the world in a new and exciting way. Email [George Adkins](mailto:gladkins2000@gmail.com) (gladkins2000@gmail.com) and let him know if you are interested and which day you want to go. There is no cost.

Willamette University Update:

- [Willamette Quad WebCam](#)
- [WU Jackson Plaza WebCam](#)

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.
- **Lunch on Thursdays: Taproot at the Mill** (Willamette Heritage Center) about 11:30 AM

[Voting & Elections](#)

- [Track My Ballot](#)
- [Marion County Elections](#)
- [KGW Election News](#)
- [KGW YouTube](#)

[Oregon COVID-19 Update By OR. Health Authority](#)

[CDC COVID Data Tracker](#)

[Track Wildfires in the West \(NYT\)](#)

[Princeton Gerrymandering Project](#)

We bridge the gap between mathematics and the law to achieve fair representation through redistricting reform.

The self-checkout machine was invented by David R. Humble, who was inspired after standing in a long grocery checkout line in

Memorial Day Notes



Memorial Day, also known as Decoration Day, was declared a National Holiday by Congress in 1971. At this same time, the official day was also placed on the last Monday in May.

But, three years after the Civil War ended, the Grand Army of the Republic (GAR) – an organization of Union veterans – established Decoration Day as a day for the nation to decorate the graves of the war dead with flowers. May 30th was declared the official day by Major General John A. Logan. It's believed that this day was chosen because flowers would be in bloom on this day across most of the country.

Columbus, Mississippi was declared by Congress in 1966 to be the official birthplace of Memorial Day, although this remains controversial. Some Southern States observe Confederate Day on various dates to remember the rebel soldiers who died in the Civil War.

In 2000, President Clinton signed the National Moment of Remembrance Act into law as a unifying way of commemorating “our history and the struggle to protect our freedoms.” At 3:00 PM local time, Americans around the world are asked to pause for a minute of silence to remember and honor those who have died in service to the nation.

Six Slimy Slugs Slid Slowly Seaward by Vernelle Judy

Dry chilly morning sun just awakening
Venus lurks behind thin rising curtain of
Drifting silk-thin glowing cloud reflecting
Sun's early light as scarf-skiff scuttles to
Secrete Venus while she flees day

I could use that soft silky smoothness to
Veil my aging chicken-skin neck
This neck hinting at shelf-life length
As I peer into the mist coated mirror while
Clinging to shelf slicker than any silky cloud



Get free at-home COVID-19 tests

Every home in the U.S. is eligible to order a 3rd round of free at-home tests.

[Order Free At-Home Tests](#)

Need help placing an order for your at-home tests?

Call 1-800-232-0233 (TTY 1-888-720-7489).

June Garden Calendar

Timely advice on garden chores, fertilizing, pest control, and more from OSU Extension.

Planning

- Construct trellises for tomatoes, cucumbers, pole beans and vines.

Maintenance and cleanup

- Prune lilacs, forsythia, rhododendrons and azaleas after bloom.
- Fertilize vegetable garden one month after plants emerge by applying a side dressing alongside rows.
- Harvest thinnings from new plantings of lettuce, onion and chard.

Florida in 1984.

[Archaeologists in Egypt Unearth 4,300-Year-Old Tomb of Man Who Handled His Pharaoh's 'Secret Documents'](#)

Artisans likely didn't get a chance to finish decorating Mehtjetju's final resting place, researchers say

Documentary: Three Identical Strangers (2018)

In 1980 New York, three young men who were all adopted meet each other and find out they're triplets who were separated at birth. But their quest to find out why turns into a bizarre and sinister mystery. (thanks, Janet!)

[Water Powered Passenger Elevator](#)

Matthew Lloyd of Mathew Lloyd Architects in collaboration with the Royal Engineers, Architecture Inside Out and the RIBA had created the working prototype of an elevator powered by water (and solar).

[Paralysed man with severed spine walks thanks to implant](#)

By Pallab Ghosh
A British man who had his spinal cord severed following a vehicle accident five years ago has regained the ability to walk due to a ground-breaking new implant, researchers reported yesterday. It marks the first time a patient with such an injury—which involves loss of motor and sensory function—has recuperated to the point where they may walk. Two other patients saw similar results. [Read more...](#)

- Pick ripe strawberries regularly to avoid fruit-rotting diseases.
- Use organic mulches to conserve soil moisture in ornamental beds. An inch or two of sawdust, bark dust or composted leaves will minimize loss of water through evaporation.
- After normal fruit drop of apples, pears and peaches in June, consider thinning the remainder to produce a crop of larger fruit.
- Make sure raised beds receive enough water for plants to avoid drought stress.

Planting and propagation

- Plant dahlias and gladioli.

Indoor Gardening

- Move houseplants outdoors for cleaning, grooming, repotting and summer growth.



Local and Virtual Events!

- Salem Art Association: [LUNCH & LEARN | JEREMY OKAI DAVIS](#): Wednesday, May 25, 2022 | 1:00 PM | [RSVP for the link](#)
- [Salem Art Association presents: BLACK MATTER](#) - May 5 to June 25 A.N. Bush Gallery
- [Pink Martini featuring China Forbes](#) - Benefit Concert: Elsinore Theatre: Wednesday, **May 25**, 2022 | 7:30 PM
- [Hallie Ford Museum of Art Exhibition: April Waters: Water-Ice-Sky, Antarctica](#) - May 7 - August 13 | Study Gallery and Print Study Center
- [Oregon Country Fair](#): Veneta, Oregon | **July 8, 9 & 10**, 2022 | 11:00 am - 7:00 pm
- [Salem Art Fair is Back!](#): **July 15 – 17**, 2022; *Note: this year the Art Fair is free to Salem Art Association members.*
- [CCRLS Community Wellness and Recovery Workshops](#) - throughout April and May. *Free with Registration; [Download current schedule.](#)*

[Linda Ronstadt on Preserving Her Culture By Michele Wojciechowski](#)

In an exclusive interview, she talks about helping Mexican youth discover their roots.

During her four-decade-long career, singer Linda Ronstadt seems to have covered it all: country, rock and roll, pop, jazz, opera, Broadway standards, big band and songs influenced by Mexican and Afro-Cuban Cultures. She was awarded 10 Grammys as well as the National Medal of Arts, and membership in the Rock & Roll Hall of Fame.

Life is very short and what we have to do must be done in the now. - Audre Lorde

Word to Know:

Hippocrene

(HIP-ə-kreen) noun
Greek, early 17th century

1. Used to refer to poetic or literary inspiration.
- "Charles wrote poetry in the morning, using the early light as his hippocrene."

"Full of hippocrene, Vanmala sat down to write what she hoped was a masterpiece."

A handy infographic [on monkeypox.](#)

Spectacular shots of the [super flower blood moon.](#)

[Meet the man who has eaten a Big Mac a day for 50 years](#)

Questions?

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

[Newsletter Archives](#)