



Institute for Continued Learning Digest

Welcome to the 116th Edition of the ICL Senioritis

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ICL Update: **Welcome New Members!**

- **More New Members** were added this past week! **Welcome to ICL!**
 - Check out the online **Membership Directory** (password protected in the **Member Area** under [More about ICL](#)) to see their smiling faces! Stay tuned! *Thanks to our very busy Membership Co-Directors!*
 - And welcome to the weekly **Senioritis Newsletter** which normally comes out on Wednesdays via email. We try to cover ICL updates and information, some local event opportunities, 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](#).
 - A group of ICL members meets for lunch on **THURSDAYS** at about **11:30 am** at [Taproot at the Old Mill](#) (1313 Mill St SE - across from Kaneko at TIUA). **All are welcome!** Parking available; Indoor and outdoor seating. 'Hope to see you there! [Menu](#)
 - On Fridays there is an **ICL Happy Hour** on [Zoom](#) starting at **4:30 pm**. Again, all are welcome. *BYOB!* So far, we find the Zoom Happy Hours easier, more inclusive - since some people are not comfortable meeting in person due to COVID, and no one imbibes and then gets behind the wheel of a car. 🍷 🍺
 - **Board Meetings** are on the 3rd Thursday at **1:30 pm** on [Zoom](#).
 - **SAVE THE DATE** for the traditional **Welcome Back ICL Picnic Lunch on Thursday, August 25th!** Stay tuned for more details...
- **ICL Board Meeting Note (June 16th):**
 - The board made some updates and other changes to the ICL [Membership Policy and Procedures](#) found on the ICL webpage. The revised version will be posted soon. Click link for the old version.
 - The next board meeting will be Thursday, July 21, 2022 at 1:30 pm, via Zoom. *All members are welcome.*
- The **Curriculum Committee** is looking for **art potpourri** presenters for the afternoon of **Oct. 4**. Subjects of choice: favorite art piece, art history, favorite artist - be creative.... about 15 minutes. Contact [Sharon Wright](#).

[America Walks: Mobility for All](#)

America Walks is a leading national nonprofit that advances safe, equitable, accessible, and enjoyable places to walk and move by giving people and communities the resources to effectively advocate for change.

We are a national voice on walking and walkable communities and work to increase the visibility and demand for public places that allow all people to move and walk in ways that are safe and make the most sense for them. At the regional, statewide, and neighborhood levels, we provide critical strategic support, training, and technical assistance to partner organizations and individuals, and serve as the convener of a large network of grassroots advocates.

[AMERICA WALKS BLOG](#)



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
- [Oregon COVID-19 Update](#)
- [By OR. Health Authority](#)
- [CDC COVID Data Tracker](#)
- [Statesman Journal COVID reports](#)

🌿 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](#)

Call 1-800-232-0233

Good News articles:

[Phoenix gas station owner sells gas at a loss to help others.](#)

YouTube Video: [Don't sleep on Salem: How to spend a day exploring Oregon's capital](#)

America's most beautiful small towns.

[WELCOME TO WORLD BEAT 2022! We're Back, so - LET'S DANCE!](#)

Friday, June 24, 2022 | 5:00 PM - 10:00 PM

Saturday, June 25, 2022 | 10:00 AM - 11:00 PM

Sunday, June 26, 2022 | 11:00 AM - 6:00 PM

Join us in **Riverfront Park** where you can experience the music, dance, food and traditions of over 70 nations and cultures. World Beat turns 25 this year and we are hoping for an in-person festival.

Things kick off with a **Children's Parade** at 9:45 am on **Saturday**.

[2022 World Beat Dragon Boat Races:](#)

Saturday, **June 25**, 2022 | Riverfront Park

Beer Garden

Friday: 5pm-9:30pm

Saturday: 12pm-10:00pm

Sunday: 12pm-6:00pm

Admission:

Friday: \$5/person

Saturday & Sunday:

\$5/person

Children 14 & under free

[Buy Tickets Here!](#) [World Beat Festival website for more information...](#)

[Race to Alaska](#)

The inside passage to Alaska has been paddled by native canoes since time immemorial, sailing craft for centuries, and after someone found gold in the Klondike the route was jammed with steamboats full of prospectors elbowing each other out of the way for the promise of fortune.

It's in the spirit of tradition, exploration, and the lawless self-reliance of the gold rush that Race to Alaska was born. R2AK is the first of its kind and North America's longest human and wind powered race, and currently the largest cash prize for a race of its kind.

This isn't for everyone. It's like the Iditarod, on a boat, with a chance of drowning, being run down by a freighter, or eaten by a grizzly bear. There are squalls, killer whales, tidal currents that run upwards of 20 miles an hour, and some of the most beautiful scenery on earth.

R2AK is based on the hardest kind of simplicity. You, a boat, a starting gun. \$10,000 if you finish first, a set of steak knives if you're second. Cathartic elation if you can simply complete the course. R2AK is a self-supported race with no supply drops and no safety net. Any boat without an engine can enter.

In 2019, 45 teams were accepted and 25 finished.

Stage 1 Race start: June 13, 2022, 5:00 AM, Port Townsend, Washington

Stage 2 Race start: June 16, 2022, High Noon, Victoria, BC

[More about the R2AK](#)

[Race tracker](#)

Get 'carded' ICE – In Case of Emergency

An In Case of Emergency card keeps your social group informed should you experience an emergency.

On the front of a 3x5 card, print your name and city of residence. This is important if you can't communicate or become disoriented. You might want to include medical conditions and medications that you take or shouldn't be given, along with your primary care giver's information.



[Elderberry Wisdom Farm:](#)

Our Native America nonprofit corporation, **Elderberry Wisdom Farm**, was created to assist Native Americans as they integrate academics, experiential service learning activities and cultural and ecological knowledge while creating their own agricultural and horticultural career pathways.

[LOCAL HISTORY: A chronicle of Oregon's famous strawberries](#)

Strawberries have long grown wild in Oregon, but their commercial cultivation started in the late 1800s near Hood River and soon spread to other areas of the state, including the Willamette Valley. [...more](#) (might require subscription)

[How cherry blossoms came to the United States](#)

The Japanese sakura trees made their way to America's capital with help from a few unlikely adventurers and advocates.

A good tip for pruning shrubs and vines is to do this right after they have finished flowering. This allows the plant enough time to grow and form next year's blooms and you won't have to deadhead every faded blossom.

[At 80, Paul McCartney Shows Us How to Age Gracefully](#)

A new OPB science series: All Science. No Fiction Scientists in the Pacific Northwest are changing how the world thinks. "All Science. No Fiction" uses whimsy, curiosity and fun to place a spotlight on this work

On the back, list the names and numbers of your primary contacts and their phone numbers. It's a good idea to list more than one person in case another cannot be reached. It's also good to include people who might be contacted to take care of other matters like pet care, checking your home, stopping your mail, alerting your neighbors, etc. You might also want to put these numbers into your phone with ICE before their names for quick searching.

Be sure to share the contacts with each other, along with their phone numbers, too. Ask that they connect with each other in the event of your emergency.

Lastly, keep your card with you whenever you leave your house.

Brain Tip: The Brain and Travel

It's long been known that our brains continue changing throughout our lifetime. This process is called 'neuroplasticity' and it is our brain's ability to "modify, change and adapt both structure and function" in response to our experiences. Travel is a perfect stimulant to this process because it requires that we break our normal routines and embrace new experiences. Travel often takes us out of our comfort zones and into new environments. These experiences 'wake up' the brain. We can't rely on autopilot so the brain has to fire new neurons.

Vacations also help us minimize stress and anxiety. We leave the stress behind and the normal demands on our time. This break from routine and expectations also stimulate creativity. A study by the Columbia Business School (May 2014) showed that you don't need to venture too far to heighten creativity. Any travel demands that the brain be flexible and this is a key aspect of creativity.

Even planning to travel can make you happy because the anticipation releases the neurotransmitter dopamine. So, whether you are planning to travel far or near, getting away can make a significant impact on your ability to strengthen your neurological connections and give your brain a massive boost that you will feel in other areas of your life. Bon voyage!

Local and Virtual Events!

- [The Dirt on Soil - A two-part online event series on Regenerative Farming and Healthy Soil](#): Join us Thursday, **June 23, 2022** at 11:00 AM Pacific Time for the second part of our online event series. [Register](#)
- Throughout the month of June, The **Willamette Heritage Center** will be **hosting historic woodworking classes** using the wood from one of our centuries-old oak trees and 19th century tools and methods. Class spots are filling up fast! To learn more about the class and to register, please visit our website at [Woodworking Classes – Willamette Heritage Center](#).
- [SenateAires: "Voices in Harmony" Featuring: Midtown Quartet](#) Saturday, **June 25, 2022** | 7:00 PM | South Salem High School | Rose Auditorium... [more info...](#)
- [Salem Art Association presents: BLACK MATTER](#) - May 5 to June 25 A.N. Bush Gallery
- **Hallie Ford Museum of Art Exhibition: [April Waters: Water-Ice-Sky, Antarctica](#) - May 7 - August 13** | Study Gallery and Print Study Center
- [Salem Art Fair is Back!](#): **July 15 – 17, 2022**; *Note: this year the Art Fair is free to Salem Art Association members.*
- [Camerata Musica Salem](#): Free Chamber Music Concerts at the Unitarian Universalist (UU) church unless specified, 5090 Center Street (Center Street and Cordon Road NE).
- [Oregon Country Fair](#): Veneta, OR | **July 8, 9 & 10, 2022** | 11:00 am - 7:00 pm

and the people doing it. These stories are about new marvels of technology, cutting edge solutions and inventions and grand ideas that pass the HCTC (Holy Crap That's Cool!) test. On [YouTube](#) [On OPB](#)

Remember to look up at the stars and not down at your feet. Try to make sense of what you see and wonder about what makes the universe exist. Be curious. And however difficult life may seem, there is always something you can do and succeed at. It matters that you don't just give up.
- Stephen Hawking

Word to Know:

Recherché

(rə-sheer-SHAY) adjective
French, 17th century
1: Rare, exotic, or obscure.

[Environmental Artist Martin Hill Creates Stunning Reflective Circle Sculptures](#)

Internationally renowned designer, photographer and environmental artist Martin Hill creates stunning reflective circle sculptures.

Happy Birthday, George Jetson!

The patriarch of the futuristic cartoon family will be born soon. George was 40 when *The Jetsons* cartoon, set in 2062, premiered. That puts his birth in the summer of 2022.



Can you spot the queen in [this brainteaser](#)?

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

[Newsletter Archives](#)