



Institute for Continued Learning Digest

Vol. 206, April 29, 2024

LAST WEEK of the SPRING SEMESTER!

Thursday Deadline! Checks for next academic year are due by the end of this semester:

Please make your check payable to "Willamette ICL" in the amount of **\$165** and include the student ID number found on your Compass Card in the check memo line. Bring your check to class by the last day of classes (May 2nd) and give it to Chris Duval or Don Beckman. If you prefer to snail mail the check, send it to Don Beckman (see Membership Directory). *Thank you!* We hope to see everyone return in the fall.

Rides to the Spring Luncheon available! Thursday, May 2nd at 12:00 pm

If you want a ride from Kaneko to the Spring Luncheon at Cat Cavern in Putnam Hall, please contact Dee Iltis in class on Tuesday or by email at: iltis@willamette.edu

Special Notice to members NOT returning in the Fall:

If you have decided to not return as a member of ICL, but would still like to know what is going on with ICL and want to continue to get the newsletter, as well as some other communications that might be of interest (e.g. death announcements, etc), we do have an option for that. We can use a code ("O") that will keep you in the loop but not bother you with emails about classes, etc., that only pertain to current members. To sign up for this "service" let our Membership Directors know: [Chris Duval](#) or [Don Beckman](#).

This Week's Schedule (Check [online schedule](#) or [ICL Schedule Reports](#) as it is subject to change)

	Date	Start	End	Presenter	Representing	Title	Place
Tuesday	4/30/2024	10:00 AM	12:00 PM	Dr. Sean Degn	Outside	The Science of Aging From a Physical Therapist Perspective	Kaneko
Tuesday	4/30/2024	1:00 PM	3:00 PM	Rebecca Miller Moe	WUICL	The ICL Spring Book Read: "Trust" by Hernan Diaz - Fiction	Kaneko
Thursday	5/2/2024	10:00 AM	11:15 AM	Roseann and Mark Kendall, Debbie Robinson, Solveig Holmquist	WUICL	Getting to Know You Better	Kaneko
Thursday	5/2/2024	11:15 AM	11:45 AM	Joan Robinson	WUICL	Annual Meeting	Kaneko
Thursday	5/2/2024	12:15 PM	1:30 PM		WUICL	ICL Spring Luncheon	Cat Cavern

Follow-up on last week's presentation: Why You Need to Know about the Counter Cult World with Lisa Kendall (4/23/2024)

- [Counter Cult Coalition](#) (Facebook)
- Steven Hassan's [BITE Model™ of Authoritarian Control](#)
- [An Expert Explains the BITE Model with Steven Hassan, PhD](#) (YouTube)
- Book: [Educated: A Memoir](#) by Tara Westover (**NOTE:** [Audio book](#) narrated by [Julia Whelan](#), daughter of ICL member, Lillian Bladine) - this was an ICL book: Spring 2019
- Book: [The Last Strawberry](#) by Rita Swan
- Book: [Do As I Say: How Cults Control, Why We Join Them, and What They Teach Us About Bullying, Abuse and Coercion](#) by Sarah Steel
- [Podcast: Let's Talk About Sects with Sarah Steel](#)
- [Podcast: Project Hope Podcast with Debby Schriver](#)
- Book: [Whispering in the Daylight: The Children of Tony Alamo Christian Ministries and Their Journey to Freedom](#) by Debby Schriver
- Book: [Uncultured](#) by Daniella Mestyanek Young
- Book: [Tears of the Silenced: An Amish True Crime Memoir of Childhood Sexual Abuse, Brutal Betrayal, and Ultimate Survival](#) by Misty Griffin
- Book: [From Plain to Plane: My Mennonite Childhood, A National Scandal, and an Unconventional Soar to Freedom](#) by Patty Bear
- X (Twitter): [Invisible Children](#) #INVISIBLE
- Reality TV: [Escaping Polygamy](#)
- Film: [Women Talking](#)

Follow-up on last week's presentation: Environmental Health Hazards and Threats: community engaged research with Nicole Iroz-Elardo, Melinda Butterworth (4/25/2024)

- [Climate Central](#) is an independent group of scientists and communicators who research and report the facts about our changing climate and how it affects people's lives. We are a policy-neutral 501(c)(3) nonprofit.
- [EPA: Wildfires and Indoor Air Quality \(IAQ\)](#)
- [EPA: Indoor Air Quality \(IAQ\) Frequently Asked Questions](#)
- [EPA: DIY Air Cleaner to Reduce Wildfire Smoke Indoors Infographics](#)

Follow-up on last week's presentation: Great Decisions: Understanding Indonesia with Mark Kendall (4/25/2024)

- [PowerPoint Presentation \(in PDF format\)](#)

Goudy Schedule:

*Breakfast on **May 9th** will be the last meal Goudy will be open this semester.*

Workshop: Computational Thinking for Adult Life-long Learners

If you are interested in participating in the summer workshop *Computational Thinking for Adult Life-long Learners*, here is the link to give your input into scheduling and format. **Dr. Fred Agbo** and his student **Connor** will be facilitating the workshop. [Here is your chance to work in 3-D using Virtual Reality glasses!](#)

Buy Local: [Salem Community Markets](#)

- **Salem Saturday Market** is open on Saturdays from 9 am-2 pm; 865 Marion St NE
- and on Wednesdays at Chemeketa Community College from 3pm-7pm.
- **MONDAY Hospital Market:** Mondays, May 6th thru Sep 30th, 2024 from 9:30 am to 1:30 pm at Salem Hospital Campus between Building A & C; 875 Oak Street, Salem
- **WEDNESDAY Chemeketa Market:** Wednesdays, May 1st thru Sep 25th, 2024 from 3:00 pm to 7:00 pm at Chemeketa Community College Agricultural Hub (On the corner of 45th and Fire Protection Way)
- **THURSDAY W. Salem Farmers Market:** Thursdays, May 2nd thru Sept 12th, 2024 from 10:30 am to 2:30 pm (NEW HOURS); 1260 Edgewater St NW, Salem, OR (Greenway between Gerth St & Kingwood Ave)
- [Salem Public Market](#) is Oregon's oldest farmers market since 1943. We are open year round every Saturday 8:30 am - 2:00 pm. We are located at 1240 Rural Ave. SE in Salem

Fall Book Potpourri - Consider sharing a favorite book with everyone in a short presentation this Fall. For more information, contact GwenEllyn at ganderson@willamette.edu if you are interested.

Dates to remember (see [Google Calendar](#)):

- **ICL Board Meetings:** 2nd Thursday each month at **1:00 PM** on [Zoom](#). All members are welcome.
- **Curriculum Committee Meetings:** 3rd Thursday of each month at 12:00 PM, usually in Kaneko.
- **Wine Club:** 3rd Monday each month at 4:30 PM. Contact [Dave MacMillan](#) for details or to get on the mailing list.
- **Friday Virtual Happy Hours** on [Zoom](#) at **4:30 PM**. Open to all *past* members, *current* members, and *new* members! We'd love to see you and chat. *BYOB*