Institute for Continued Learning Digest

Welcome to the 22th Edition of the ICL Senioritis
Vol. 22 August 20, 2020
Editors: GwenEllyn Anderson and Dave MacMillan

Help us out!

ICL Board is trying to reach all members to confirm current contact information and especially email. Email is important to allow the Board to communicate things such as last minute schedule changes, and to allow members to access our programs via Zoom (computer). We know there are some members who do not have ready access to email or use of a computer. However, despite our best efforts, we are still unable to identify those members.

If you, as a member, know of any other member who is not receiving ICL emails and information, please encourage him or her to contact Dave MacMillan or GwenEllyn Anderson immediately.

If you have already confirmed your contact information with Dave or GwenEllyn, there is no need to do so again. We are only looking for those members who don't have access to email or who have changed addresses or phone numbers.

Don't forget that classes start in three weeks (**September 8th**)!

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ICL Updates: Board Meeting Summary - Aug. 18th

Curriculum: The Fall Schedule is now complete and online. Those without computer access will receive a paper copy with this newsletter. Thank you to Dru Johnson, Judy Gram, and the rest of the Curriculum Committee for their hard work on the schedule.

Eric Reif will be doing our morning announcements (more below).

Reminder! Even those without computers can "call into" the Zoom classes and be able to hear everything. Contact GwenEllyn or Dave for details and a practice run.

Membership: Since we are not accepting new members this semester, there are currently a total 120 people on the Waiting List. The 7 members on leave will be invited to join all of the online classes this Fall semester. Hopefully, the Zoom presentations will make it easier for them to attend.

Information Services: The Membership Directory is almost ready to send out! You will receive a separate email with a link to the PDF file. Feel free to download the PDF document so you have it handy on your computer. Members who are on leave are included in this directory. The Board decided not to print the Membership Directory this semester since we are not meeting in person. However, printed copies will be supplied to those without computers.

Missing ICL Friends?
Join us for…
- Virtual **Happy Hour** on Fridays at 4:30PM.
  Zoom in here

- Virtual **Coffee Breaks** on Tuesdays at 10 AM
  Zoom in here

Zoom Help - Find tips, FAQ, and other resources available on the ICL Website.

One-on-One Zoom Practice Sessions Still available:
Link to the Sign-Up Sheet Here.

If these times do not work for you, contact us and we can set up a time that works for you.

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The Fall 2020 Schedule is posted online:
- on the Google Calendar
- the full online version
- and the Schedule Reports, also found online.

These presentations will all be online via ZOOM. You will receive an invitation for the classes.

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Willamette U. Hallie Ford Museum of Art is reopening tomorrow, August 20th!
-- for more information

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*Salem Public Library Construction - Chapter 2:
Shear Walls Will Help Library Withstand Earthquakes

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The ICL Coffee Breaks (normally on Tuesday mornings) will be moved to another day or be reserved for special occasions like our traditional Coffee Socials events. Happy Hours will remain on Fridays at 4:30 PM.

Executive Director: Board meetings (traditionally before class on the 3rd Tuesdays) will now be on the third Thursday of each month from 10:00 AM to 11:30 AM (or noon, if needed).

An ad hoc committee has been appointed to review the ICL Constitution and Policy and Procedures and make recommendations for updates and changes to those documents and consider adding By-Laws.

A nominating committee (or person) will be appointed in September to begin the work of identifying and filling expected openings for next year (2021-2022). Those nominated will be voted on by the general membership at the end of November (last class of the semester). This new procedure, approved by membership as a change to the constitution at the end of last year, will give these new people time to shadow their predecessor(s) and learn the jobs.

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Fall Semester ICL is going to Zoom!

Starting September 8, ICL will be returning with a robust schedule of presentations. Members will be joining the presentations via Zoom.

Presentations:
- The program will begin at 10:00AM (rather than our usual 10:30 AM start).
- We will begin with announcements. Please send any announcements to [Eric Reif](#) who has agreed to be our Emcee.
- Programs will run between 10:00 AM and Noon, depending on the presenter's use of time. There will be breaks, as usual, for longer presentations.

Protocols: All members will be **Muted** during the presentation and we ask that you maintain that so as not to cause any interference.

As with our usual presentations, **questions** will be held until the end of the presentation. If you have a question for the presenter, type it into the CHAT area of your screen. (The CHAT option is an icon at the base of the Zoom window. You may have to tap your screen to find this icon on an iPad or phone.) A monitor will review the questions and pose them to the presenter during the Q&A portion of the program.

You can use the Gallery View or the Speaker View during the presentation. The **Speaker View** is recommended. This means that only the speaker will show up large on your screen and you won't be distracted by others in the 'room'.

If you would prefer not to be seen during the program, you can Stop Video by clicking on the video icon at the base of your computer Zoom window. (Again, it may require that you tap the screen to see this option on your iPad or phone.)

It is recommended that you **not use a Virtual Background** during the programs – again so as not to distract others from the program.

For more information about **[Joining a Zoom meeting](#)**, please review the help files at the [ICL website](#).

Music: [John Adams: Short Ride in a Fast Machine – BBC Proms 2014](#)

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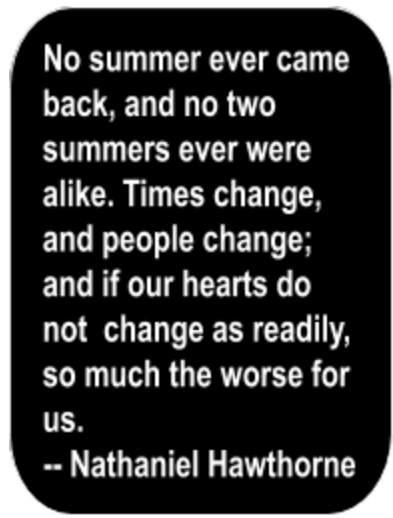**[2020 AARP Livable Communities Transportation Workshop](#)**
Sign Up Today!
The 2020 AARP Livable Communities Transportation Workshop is a virtual gathering of AARP staff, volunteers, community partners and livability practitioners.
This national workshop will explore transportation options that improve health; support vibrant neighborhoods; and connect people to economic, social and civic opportunities in their communities.

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Watch on Netflix: [Crip Camp](#)
Executive produced by President Barack Obama and Michelle Obama
Down the road from Woodstock, a revolution blossomed at a ramshackle summer camp for teenagers with disabilities, transforming their lives and igniting a landmark movement.

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No summer ever came back, and no two summers ever were alike. Times change, and people change; and if our hearts do not change as readily, so much the worse for us.
-- Nathaniel Hawthorne

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There are **practice sessions for everyone** on **September 1 and 3 starting at 10AM**. Link here to join the practice session.

Our sessions will be held at this link:

https://willametteuniversity.zoom.us/j/92212104940

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Tech Tip: QR Codes

A QR code (Quick Response code) is a type of matrix barcode (or two-dimensional barcode) first designed in 1994 for the automotive industry in Japan. The Quick Response system became popular outside the automotive industry due to its fast readability and much greater storage capacity compared to standard UPC barcodes.

A QR code consists of black squares arranged in a square grid on a white background, which can be read by an imaging device such as the camera on a smartphone or tablet.

While QR codes didn't turn out to be as popular as most people thought they were going to be, quite a few shops, websites and locations use them as a way to communicate or store information. Ticket websites, coupon codes, website links, maps, and contact information are often stored using QR codes.

How to scan a QR code on iPhone and iPad

First, open up the camera app on your iPhone or iPad (see Newsletter Vol. 20). Now, hold the device's camera up to the QR code. *No need to hit the shutter button*; your iOS device will automatically recognize the QR code and provide you with an on-screen notification.

Note: Make sure you have a mobile signal or you're connected to Wi-Fi, otherwise this won't work.

Tap the notification to be taken to the destination of your QR code.

Almost every **Android** phone comes with the Google Lens. You can download the QR code app, do a Google search for QR code reader or go directly to Google Play and download it for free.

The application has a built-in scanning tool. It helps you identify objects, landmarks, text, and numbers you see in the real world, but is also capable of processing QR and barcodes.

Try scanning this QR code and see what you get!

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Brain Tip: Step Out of Your Comfort Zone

Uncertainty is a normal part of trying something new, but your brain can easily interpret uncertainty as a threat and activate your stress response. Since our brains are basically lazy, they will take the easy path, avoiding the challenge. Routines, which are good for us, are run by our basal ganglia that doesn't require much energy to do what needs to get done. So, new stuff requires more work for the brain. But that is exactly how the brain grows and maintains good health – being challenged. So, try something new – goal oriented? Take time off. Less goal oriented? Reach a small goal. Your brain and body will be happy. Need an idea? Learn to Zoom!

Exercising at Home

We should all know the value of exercising even just 30 minutes a day. Many of us are enjoying daily walks, either with human or animal companions, practicing appropriate social distancing and wearing a mask. Some of us may be looking for something a little more as we miss the discipline of going to the gym or to a fitness class. This series of At Home Workouts for Seniors may provide you with the kind of variety that will help you stay on track.

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Irish Fisherman

The rain was pouring down outside O'Connor's Irish Pub.

There standing in front of a big puddle outside the pub was an old Irishman, drenched, holding a stick, with a piece of string dangling in the water.

A passer-by stopped and asked him, "What are you doing?

"Fishing", replied the old man.

Feeling sorry for the old man, the gent says, "Come in out of the rain and have a drink with me".

In the warm ambiance of the pub, as they sip their whiskies, the gentleman, being a bit of a superior smart ass, cannot resist asking, "So, how many fish have you caught today?"

"You're the 8th", replied the old man.

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Questions?
Send us a message at
ICL Digest

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Newsletter Archives