



# Institute for Continued Learning Digest

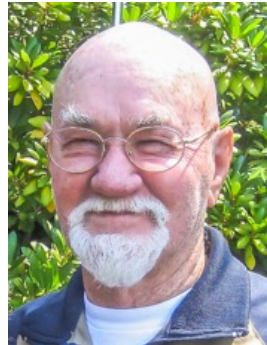
## Welcome to the 65th Edition of the ICL Senioritis

Vol. 65, June 23, 2021

Editors: GwenEllyn Anderson and Dave MacMillan

### ICL Update:

- **Welcome to new ICL members!** Membership Director, Vernelle Judy, has been busy meeting with new members for orientation and picture taking in the last week or so. New members will start receiving the newsletters soon after orientation. Newsletters were started in March of 2020 after COVID-19 prevented us from meeting in person as a way to keep in touch, informed, entertained, and learning. They typically come out every week on Wednesday.
- **Very sad news:** Long time member, Marion Dearman, died on June 17th at age 94. Marion has been a member of ICL since February of 1995 and was an Emeritus member. He contributed greatly to ICL over the years by giving presentations and potpourris, acting in plays, serving on many committees including the Curriculum Committee, and helping with annual summer picnics. Marion's wealth of knowledge came out when he would have a comment, additional information, or questions for presenters and was always willing to answer questions for WU students doing research. He will be missed.
- **Save the date!** ICL is planning on having a summer picnic this year. We missed it last year due to COVID. It will be limited to vaccinated people only. The location will be at the usual place: the gazebo near parking lot #3 at Minto-Brown Island Park. At this time City Parks is limiting the size to 50 people, but that could change as we get closer. The date is **Wednesday, September 1st**. Stay tuned!



### Handy Links:

- Link to [ZOOM](#) classes, Board meetings, Coffees, 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 ICL Website

### Missing ICL Friends?

Join us for...

- [Tuesday morning Coffee Hour](#): 10 AM every Tuesday.
- [Virtual Happy Hour](#) on Fridays at 4:30 PM.
- [ICL Wine Club](#). Every third Monday at 4:30 PM..

### Learn PowerPoint Basics with GwenEllyn:

- **Thursday, July 1 at 1:00 PM** — Introduction to PowerPoint Mac users
- **Thursday, July 1 at 2:00PM** — Introduction to PowerPoint PC users
- **Thursday, July 8 at 1:00 PM** — Follow up and PowerPoint Tips for all

*If interested, contact*

[gwenellyn@gmail.com](mailto:gwenellyn@gmail.com)

Go inside the [tomb of Ramses IX](#). (via TikTok)

### Willamette Update from Carol Long re: Masks on Campus

Dear Campus Community:

With COVID-19 case counts falling thanks in large part to growing numbers of people getting vaccinated, federal and state guidance regarding coronavirus restrictions have been changing and most will be lifted in Oregon once the state reaches its goal of 70% of adults vaccinated.

We write with an updated campus policy regarding face coverings and social distancing. Effective today, Willamette University students and employees are not required to wear face coverings indoors or socially distance while on campus provided the following conditions are met:

1. The student or employee has been fully-vaccinated. "Fully-vaccinated" means you have received both doses of an FDA-approved two-dose COVID-19 vaccine or one dose of an FDA-approved single-dose vaccine and at least 14 days have passed since your final dose; and,

2. The student or employee has provided their vaccination information through either Bishop Wellness Center's patient portal for students or Workday for employees.

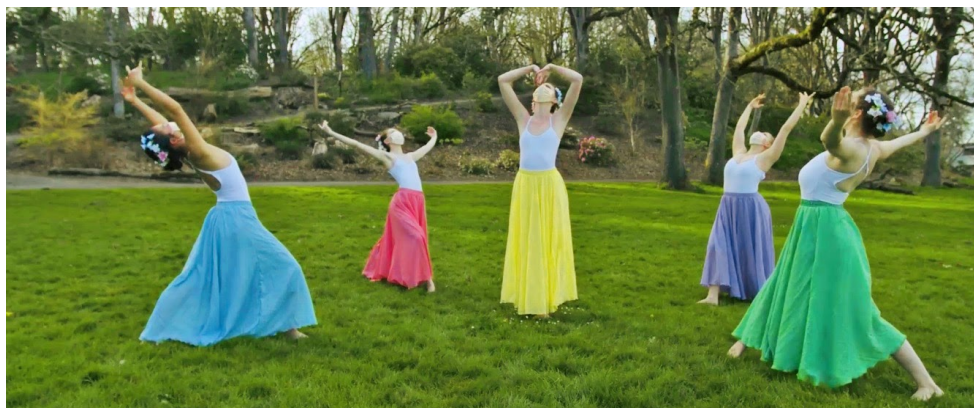
If the above requirements are not met, students and employees must continue to wear face coverings and practice social distancing.

This policy change will apply to visitors to campus who show proof of full vaccination. Visitors should be directed to the Service Center (7:30 a.m. to 3:30 p.m., M-F) to get their vaccination status verified. Once they are verified, they will receive a wristband to wear for the duration of their time on campus. If visitors do not show proof of full vaccination, they should continue to wear face coverings when indoors while they are on campus.

Instructions on providing vaccine information to the university can be found on [Willamette's Vaccine Policy](#) webpage. As a reminder, all employees and students must provide proof of vaccination by July 19 and July 22, respectively, unless an exemption has been approved.

This modification of our face-covering guidance is the latest indicator that a return to full in-person operations in the fall is well within our reach. We thank you for your continued support and dedication.

Sincerely, Carol Long, Senior Vice President and Provost



## Theatre at Willamette is Announcing their 2021-22 Season!

• THEATRE • DANCE • MUSIC

**A performing arts series serving our whole community. From Willamette students to the Salem community, welcome to the M. Lee Pelton Theatre!**

Willamette University Theatre produces three or four main stage plays, one dance concert, and various student projects each season. Each season is a journey through the timeline of world drama – classics, contemporary, everything in between. We join the Music department in a series of performing arts events *open to all the public*.

Willamette University's Department of Theatre has consistently received recognition as one of the nation's top college theater programs.

*Ticket sales begin on Tuesday, June 22, 2021.*

[CLICK HERE FOR DETAILS](#)

### Humor:

"A Roman walks into a bar."

"He holds up two fingers and says, 'Five beers, please!'"

For those who need a visual interpretation, throw up your pointer and middle fingers to make the Roman numeral five (V).

### Science on Tap:

As The Crow Flies Part II: Corvid Intelligence, Culture, and Communication  
Thursday, June 24, 7PM; \$15  
Zoom session

### Sunday marked America's busiest travel day [since the pandemic began](#)

TSA screened 2,100,761 people at airport security checkpoints on Sunday, June 20, continuing the trend for Sundays as the busiest days for travel. Sunday also marked the highest checkpoint volume since the start of the pandemic.



### A Word to know: Festoon (feh-stōon) verb

French, 17th century

1. To decorate, embellish, or ornament

### Cannon Beach, Oregon...

made the cut on The Discoverer's [Most Beautiful Places in the USA](#).

## Explore Salem's Neighborhood History

Wednesday, June 23 | 6:00 - 7:00 PM | *On Zoom*

Did you know Salem used to have a Chinatown? Or that Herbert Hoover's boyhood home is right here in Salem? Join the City of Salem's Historic Preservation staff to learn about some of Salem's historic neighborhoods and the people who lived there! Through maps and photos, Kirsten and Kimberli will share interesting facts about Salem's oldest neighborhoods and historic districts including Salem's historic downtown.

Sign up here to receive the Zoom link the day before the event:  
<http://bit.ly/SPLneighbors>

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## PORTLAND ARTS & LECTURES: 2021-22 SEASON SUBSCRIPTIONS ON SALE

Our mission is to engage readers, support writers, and inspire the next generation with great literature.

Join us for another five-part season of engaging talks from some of the world's best writers and thinkers! Read more about this season's authors here. Renew early to take advantage of a 20% discount!

[SUBSCRIBE NOW](#)

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## Brain Tip: Reach Out to Friends and Family - especially now that you can!

Having a strong social life helps protect your brain as we age. Having close ties to family and friends, as well as participating in meaningful social activities helps to keep your mind agile and your memories strong which improves cognitive functioning. (National Institute on Aging, 2021) It also helps you to feel less isolated and prevents depression. It is further suggested that participating in social activities may lower the risk for health problems in general. Of course, the quality and purpose of these engagements affect your brain functions, too. How this works in the brain is not fully understood, but it is suggested that healthy social interactions may "provide a buffer against the harmful effects of stress on the brain." (Center on the Developing Child, 2015)

Of course, connecting with grandchildren and your own family members is great. If you are already socially active, diversify and consider adding an activity that connects you to a new group of people or interest. The variety and learning will help grow your brain. Reach out to others if you need assistance with ideas, transportation or just getting started.

"Two things are necessary, the development of individuality and the participation of the individual in a truly social life." Maria Montessori

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## Local and Virtual Events!

- [Monmouth Music in the park](#): July and August at Monmouth Main Street Park starting at 6:30 PM

And yet, if you look at a society that sings and dances as a regular thing, it's not that it has an effect on their life -- it *is* their life.  
- Gary Snyder

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**Fun Fact:** Starbucks Coffee is named after a character in the classic whaling novel "Moby Dick." There's barely any mention of coffee in the novel, but one of the founders believed that "St" names were successful. Enter: Starbuck, the first mate in the Herman Melville novel.



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## [Lake Tahoe In Depth 2D Movie](#)

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## Too late for the retirees among us...

[New study](#) says that you should only work five hours per day. It improves productivity and well-being.

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## Questions?

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

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[Newsletter Archives](#)