



Institute for Continued Learning Digest

Welcome to the 69th Edition of the ICL Senioritis

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ICL Update:

- **Welcome to the 26 new ICL members!** There are more new members than usual this year because we did not add any new members last year. Thank you to Membership Director, Vernelle Judy, who has been very busy this summer contacting 38 people who came off the waiting list and providing orientation to the 26 people who accepted membership. Be sure to welcome them if you see new members at the Coffee Breaks or Happy Hour Zoom meetings and at the Summer Picnic (more below). You can go to the online [Membership Directory](#) (password protected area) to see the new faces. *Contact [GwenEllyn](#) or [Dave](#) if you don't have the password.*
- **BREAKING NEWS: ICL PICNIC RETURNS** for our in-person ICL Picnic gathering at Minto Island Park! Mark your calendar and save the date: **Wednesday, September 1st, at noon**; Stay tuned for all the details coming your way next month.
- **Board Meeting:** The ICL Board of Directors had a very productive meeting July 15th. Highlights:
 - The Board approved the new proposed constitution. It will now be shared with the membership and voted on adoption on September 7th at our first day of classes.
 - The Board asked the constitution review committee to reconvene to review the bylaws and make them compatible with the proposed constitution. The committee is made up of Joan Robinson, Karen Konick, and Dave MacMillan.
 - **ICL Picnic:** Minto-Brown Island Park at the gazebo near parking lot 3 on September 1st starting at 12:00 PM. Currently, there is no longer a limit on the number of people allowed to meet in the park.
 - The Board will meet again on **July 22nd** at 10:00 AM to review the revised Board member job descriptions. This is not a business meeting, but members are welcome to join via [Zoom](#).
 - There will be an August Board business meeting on **August 12th** at 10:00 AM. Board meetings are open to members. [Zoom](#)
 - You can find more information about this and other board meetings by going to the [Board minutes online](#). A draft version of the minutes will be posted when ready.

Tours are back at the Elsinore Theatre!

Every Tuesday at 1pm. 45 minute tour from the top floor to the dressing rooms--a bit of history as well as some theatre trivia--followed by 45 minutes with Rick Parks on the Mighty Wurlitzer. \$10. Call 503-375-3574 (There is no elevator, so stairs are involved)

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 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..

The Wheatland Ferry is closed beginning Tuesday July 20, 2021 for landing ramp repairs. Closure is expected to last through the end of August.

While the online [Dictionary.com](#) does not include the word *gullible*, it now shares the meaning of 300 new words like *virtual signaling* and *media literacy*.

Stunning! [Virtual Sistine Chapel](#)

Here is an amazing bit of technology that you would

Saturday, **September 18, 8pm**: Grammy Award winner Dwight Yoakum
\$59 to \$129

Virtual Salem Art Fair & Festival

July 16 – 25, 2021

NAVIGATE WITH THE INTERACTIVE MAP TO FIND ARTISTS, ENTERTAINMENT, AND SOME HIDDEN FESTIVAL SECRETS. IF YOU KNOW EXACTLY WHERE YOU WANT TO BE UTILIZE THE FESTIVAL INDEX BELOW.

[START EXPLORING](#)



Thank you for supporting the arts by attending the Salem Art Fair & Festival!

[Oregon Wildfire Response and Recovery Overview](#)

Stay safe, stay informed and access resources before, during and after wildfires.

- [Current Conditions: Hazard Situation Overview \(Dashboard\)](#)
Working directly with each jurisdiction, agencies and partners involved with Oregon's 2021 wildfire response, OEM has created the Response Dashboard. We continue to integrate data systems to provide consistent and verified information to help tell the story and inform efforts. This dashboard will continue to evolve as we transition from response to Oregon's recovery efforts.
- [Fire and Smoke Map](#)

[National Integrated Drought Information System: Drought.gov](#)

Drought in the West Impacts Water Supply, Wildfire Risk
As of July 13, 89% of the Western U.S. is in drought, with far-reaching impacts on water supply and wildfire potential. And drought conditions are expected to continue through the summer. Learn more in this July 15 drought status update.

Brain Tip: Soak up that sun!

Sunlight triggers the release of hormones in your brain and exposure to the sun is thought to increase your serotonin levels. Serotonin is associated with several benefits:

- Increased Vitamin D which reduces inflammation and modulates cell growth. Sunlight is a natural source of this vitamin which is hard to get through food, alone.
- Improved mood. It turns out that sunlight has a greater effect on mood than rain, temperature or any other environmental factor.
- Higher quality sleep. Serotonin works in tandem with melatonin that promotes sleep. Regular sleep patterns help these two work together.
- Lower blood pressure. When sunlight hits your skin, your body releases nitric oxide into your blood which lowers blood pressure and increases heart health.

never see in person, as you would never be alone in the room. It is always very crowded and of course you can't see Michelangelo's artwork close up as you can here. This is especially spectacular if you have a large high-definition screen! Too many details to view on an iPhone.

To view every part of Michelangelo's masterpiece, just click and drag your arrow in the direction you wish to see.

In the lower left, click on the plus (+) to move closer, on the minus (-) to move away. Choir is thrown in free. Move the arrow and you will see every part of the chapel.

This virtual tour of the Sistine Chapel is incredible. Apparently done by Villanova at the request of the Vatican.

[MOVE THE MOUSE AROUND AND SEE WHAT HAPPENS](#)

Letting go gives us freedom, and freedom is the only condition for happiness.
- Thich Nhat Hanh

A Word to know: Percipient

(pər-SIP-ee-ənt) adjective
Latin, mid-17th century

1. Having a good understanding of things; perceptive.

"Ethan was a quiet, but percipient, kind of guy."

Use precautions if you will be in the sun longer than 15 minutes and do take advantage of these sunny days to help your sunny disposition inside and out.

[City of Salem's New Crime Statistics Page](#)

Crime statistics are one tool in helping residents and police understand the types of crime reported in the community. While the statistics help law enforcement make decisions to best direct resources and effectively address serious criminal issues, the data and information can also help residents understand the overall crime trends in the community. The data also depicts the types of calls for service handled daily by the police department.

Providing the data directly to the public emphasizes the Salem Police Department's commitment to maintaining public trust and transparency.

How to use the LexisNexis system

The [map](#) below provides residents the ability to search for reported crimes in the city of Salem. The community crime map is a user-friendly system which accepts queries based on a specific address. The menu on the left side of the box allows users to select their search based on a date range or an event type. The system also includes features such as a search for registered sex offenders.

Once your selection is complete, icons depicting the various reported crimes appear on the map. Simply click on the icon to view the case number, crime type, hundred block and street name. Exact addresses are not listed by the system.

Under the Agency Layers drop down menu, users can also add geographical layers to show Salem's neighborhood association areas and police districts.

At the top of the map box, users can pick through several tabs which provide additional information based on the date and event parameters selected. The Data Grid tab shows the list of calls, while the Analytics tab provides graphical detail on the crime categories chosen, such as time and day of the week. [View a full screen version of the crime map](#)

Local and Virtual Events!

- [Gaiety Hollow Musical Open Gardens](#): Free!
- [Monmouth Music in the park](#): July and August at Monmouth Main Street Park starting at 6:30 PM
- [River Rhythms is back!](#) Thursdays starting July 22nd in Monteith Riverpark (489 Water Ave NW, Albany, Oregon); Outdoor concerts start at 7 p.m.
- **Hayloft Concerts.** Sat. July 24. Fellow Pynins, a husband/wife duo with vocals and banjo/guitar accompaniment. Contact [Sharon Moore](#) for details and to get on the mailing list for concerts this summer.
- **Memorial Service for Marion Dearman:** Saturday, July 31, 2021 at 11:00 a.m. at the Unitarian Universalist Congregation of Salem ([5090 Center Street NE, Salem](#)). See *obituary on page 4*.

"The percipient expression on her face showed her understanding."

Fun with technology:

[Seven Amazing Digitally Reconstructed Palaces](#) from around the world. You can travel back in time to see seven grand palaces as they would have been in their prime.

The International Banana Museum in Mecca, CA, has over 25,000 banana-related items, including banana artwork, home decor, toys, and antiques. The museum set a Guinness World Record in 1999 as the largest museum devoted to a single fruit.

Dolley Madison, wife of...

President James Madison, helped popularize ice cream in America. Tastes in the treat, however, would be considered questionable today: chestnut, asparagus, and parmesan were all on the menu. Dolley's favorite flavor was ... oyster.

Portland, Oregon continues to make the top 10 list of [Best Places to Live](#). It ranks 64th in Best Places to Retire.

[MIT's newest robot](#) can help elderly people get dressed. For now, it is just one sleeve, but they are working on it.

Questions?

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