



Institute for Continued Learning Digest

Welcome to the 76th Edition of the ICL Senioritis

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Editors: GwenEllyn Anderson and Dave MacMillan

ICL Update:

- **Pick up Membership Directory:** You can still pick up a Membership Directory and save us from mailing it. Vernelle will have another drive-by pickup on Thursday, **September 9th from 3:00 PM until 5:00 PM at the Bush Pasture Park** parking lot (East end, near Deepwood) that runs along Mission street. There will be signs; watch for them. She will have her dark gray dusty Toyota Van.
- **New Proposed Constitution:** The vote on the proposed constitution has been delayed due to a full schedule on the first day of classes yesterday. Stay tuned!
 - [Revised Proposed Constitution \(PDF\)](#)
Accompanying documents: [Explanations](#) | [Showing edits](#)
- **An Invitation from the Curriculum Co-Directors:** The Curriculum Committee will be meeting on **September 9th**, at 1:00 PM. The meeting will be held on [Zoom](#), using our standard link. We will be discussing the Spring Semester Schedule, 2022. Also, we will be sharing ideas for presentations. All members can attend and we wish to extend our invitation to join us. This is a good way to interact with old friends and to meet new members. Our meetings usually last 2 hours, but you are free to sign off at any time. The Curriculum Committee faces many challenges in this COVID environment. Join us to explore the “new normal” and the adaptations needed for ICL to thrive.
- We opened our semester with a successful Zoom session on Tuesday morning. Steve Gram, our emcee for the morning, introduced Joan Robinson, Executive Director, who welcomed us all and thanked the many people who make ICL programs work. Tom Hibbard introduced Carol Long, Senior VP for Academic and Student Affairs. She shared a very positive outlook for Willamette and for ICL returning to the campus in the future. We closed the morning with tributes to members we lost this year - Anne Bowden, Marion Dearman, and one of the founders of ICL, Kathy Fletcher.
- Carol Long mentioned MOOCs in her presentation. **Massive Open Online Courses (MOOCs)** are free online courses for everyone. The options are numerous and varied and include professional development courses as well as personal growth courses. Use these links for more [general information](#) and [a choice of classes from many universities](#).

Willamette Updates

- [Willamette ranks high for LGBTQ-inclusive efforts](#)
- [Willamette updates pronoun and gender identity options](#)
- [COVID Case Communications](#)

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 Breaks** will not happen again until next Summer.
- [Virtual Happy Hour](#) on Fridays at 4:30 PM.
- [ICL Wine Club](#). Every third Monday at 4:30 PM.

[Mid-Willamette Valley bucket list: 20 things to do:](#)

The Willamette Valley has some cool festivals, places and hidden gems. See how many you've visited? Or plan a visit. (Statesman Journal)

Movie (Netflix): Worth

An attorney in Washington D.C. battles against cynicism, bureaucracy and politics to help the victims of 9/11. Michael Keaton, Amy Ryan

Feeling limber? [Try Limbo Roller Skating!](#)

- [Follow the Willamette community on social media](#)
- TIUA students are expected to return in the Fall of 2022

[Zooming Back to History: A Community History Speaker Series](#)

The Willamette Heritage Center is pleased to announce the return of our very successful **Zooming Back to History** online speaker series.

Our fall season is scheduled for the third Thursday of the month starting on September 16 and will run through December 2021.

This series, a fundraiser for the Willamette Heritage Center, is brought to you by our generous presenting sponsor Oregon State Capitol Foundation. This virtual gathering seeks to share historical perspectives of topics related to the Mid-Willamette Valley and beyond.

Join us on Zoom on Thursday night to learn more about our region’s rich history. Each speaker will share about their topic for approximately 45 minutes with time for questions from the audience.

I hope you will join us again this fall on Zoom as we “Connect Generations” through four tremendously interesting speakers.

Tickets can be purchased online at [Zooming Back to History – Willamette Heritage Center](#). \$10/speaker or \$30/series. Speaker begins at 7:00 PM

Powells Book Store: [50 Books | 50 Years](#)

Which books have foretold the present, lit our paths, warned us back, egged us on? What books stand with us now, reflecting the present?

Read why we picked each of these remarkable volumes of fiction, nonfiction, poetry, and comics for our anniversary list — and share your favorites with us using the hashtag #50Books50Years.

BRAIN TIP – Explaining Déjà vu

The phenomenon of ‘déjà vu’ (a French expression meaning ‘already seen’) has been under scrutiny for many years. Most recently, neuroscientists have determined that it is the sign of a healthy brain attempting to correct an inaccurate memory. According to Dr Akira O’Connor, senior psychology lecturer at the University of St Andrews, “Déjà vu is basically a conflict between the sensation of familiarity and the awareness that the familiarity is incorrect. And it’s the awareness that you’re being tricked that makes déjà vu so unique compared to other memory events.”

It happens primarily in the temporal lobes that sit behind the ears and play an important role in processing emotions, language and certain aspects of visual perception. Long-term memories, events and facts are stored in the temporal lobes that are also integral for recalling familiarity and recognition of events.

The phenomenon is related to an epileptic-like electrical charge in the brain that creates such a strong sensation you seem to have already experienced the event. It is believed that because of the strong charge, the new experience neurological connection bypasses the short-term memory

Suggested reading list from Carol Long’s Willamette U presentation and update:

- Joshua Kim and Edward J. Maloney. [Learning Innovation and the Future of Higher Education](#). (2020)
- Susan R. Pierce and Stephen Trachtenberg. [Governance Reconsidered: How Boards, Presidents, Administrators, and Faculty Can Help Their Colleges Thrive](#). (2014)
- Bryan Alexander. [Academia Next](#). (2020)
- Jeffrey J. Selingo. [College \(Un\)bound: The Future of Higher Education and What it Means for Students](#). (2015)
- Freeman A. Hrabowski III, et al. [The Empowered University: Shared Leadership, Culture Change, and Academic Success](#). (2019)

The past, present, and future walk into a bar. It was tense.

A Word to know:

Widdershins

(wid-der-shins) adverb
 This is another way to say something is moving counterclockwise or something is moving in the wrong direction. It is a much more fun way to say counterclockwise and is most likely something you heard one of your grandparents or great-grandparents say.

[Best photos from the Paralympics in Tokyo this year.](#)

and goes straight to the long-term memory for storage and that creates the sense that you've been there before.

You are more likely to experience déjà vu when you are tired or stressed because these can cloud your short- and long-term memory.

Robocall alert

As a general rule, a call from a disconnected number is a robocall. Automated phone systems frequently use caller ID spoofing to place telephone calls from out-of-service numbers to prevent callbacks. Use your caller ID to identify people you know and don't answer numbers you don't recognize.

Tech Tip: Simple shortcuts on your computers

For Windows

- Ctrl + Home moves the cursor to the beginning of the document
- Ctrl + End moves the cursor to the end of a document
- Ctrl + Backspace will delete entire words at time instead of one letter at-a-time
- Ctrl + L locks the page (Helpful if you are sharing a document and don't want it edited.)
- Ctrl + Shift + V pastes everything you have copied without formatting as plain text

For Mac

- Command + Up arrow to get to the beginning
- Command + Down arrow to get to the end of a document or text
- Command + W closes everything
- Command + Space opens up Spotlight to Search
- Command + F opens Find to search within a document
- Command + Shift +] or Command + Shift + [cycles between your tabs when you have several open in your browser
- Command + + key to increase size of font on screen and Command + - key to decrease font size

Universal

- Alt/Command + Tab to cycle between open programs

Local and Virtual Events!

- **Science on Tap:** Treepedia - A Brief Compendium of Arboreal Lore, Thursday, September 9 at 7:30PM. [Register here](#) for Zoom session. Joan Maloof is the scientist and author of [Treepedia](#), which spans tree ecology and conservation to the role of trees in religion, literature, art, and movies. During her talk she will describe some of the most exceptional trees, forests, and advocates on the planet.
- [Gaiety Hollow "Musical Open Gardens"](#): Free!
- **Hayloft Concerts.** Contact [Sharon Moore](#) for details and to get on the mailing list for concerts this summer.
- [Zooming Back to History](#): A Community History Speaker Series from Willamette Heritage Center (online)

[The ParaOlympics closing ceremonies in pictures.](#)

Ancient Egypt once had a city named Crocodilopolis, where the crocodile god Sobek was worshipped, and crocodiles were displayed as tourist attractions.

Travel should be for everyone regardless of our limitations.

Luckily, there are plenty of places that are equally accessible for the fully able as for those with disabilities. What's more, plenty of destinations are making changes to their infrastructure to open their doors to more people. Here are [the top five most accessible destinations around the world](#)

Uncle Sam was first used as a nickname for the US on September 7, 1813.



See [what the internet news looked like ten years ago on September 7, 2011.](#)

The great thing about getting older is that you don't lose all the other ages you've been.
- Madeleine L'Engle

[Miami Beach's First Underwater Sculpture Park](#)

is 7 Miles Long and Will Open Later This Year.

Questions?
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