



Institute for Continued Learning Digest

Welcome to the 19th Edition of the ICL Senioritis

Vol. 19 July 30, 2020

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ICL - Curriculum Committee Update

The Curriculum Committee met again this week and they will be sharing the Fall schedule soon. There is a nice range of presentations by our members and a couple of additional presentations from outside presenters. Stay tuned and keep Tuesday mornings open in the Fall.

Reminder! Check and ask for your Compass Card refund

If you still have money on your Compass Card, please contact the University to receive your refund. They would like to close these accounts.

There are two ways to do this.

1. Email safety@willamette.edu
2. Call 503-370-6000 during office hours

They will want your **name, address and telephone number** in case they need to get in touch with you. Checks will be mailed to your home. If you have questions, you can call or email them.

To see what your Compass Cash balance is,

- Log into the Willamette Compass Card website <https://willamette.edu/offices/compasscard/index.html>
- Scroll down slightly to the link to **Access My Account**
- This will take you to a page that asks you to log in using your **User Name** and **Password**, then it will take you directly to a page that shows your account and the amount of money remaining on your Compass Cash Card.

One-on-One Zoom Practice Sessions Still available:

If you are interested in learning to Zoom or want to practice before our classes this Fall, Dave and GwenEllyn are offering 1-1 sessions via Zoom. Link to this sign up sheet and we will send you a confirmation with directions to get you started. On the date and time you select, you'll come to a Zoom session and we will walk you through the next steps.

Link to the [Sign-Up Sheet Here](#). Note there are two pages. If these times do not work for you, contact us and we can set up a time that works for you.

If you have any questions or any trouble signing up, email: gwenellyn@gmail.com or dmacmill@willamette.edu

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.

[Uncomfortable Conversations with a Black Man - Episode 5:](#)

Interracial couple and gold medalists, Lindsey Vonn & P.K Subban, join Rachel Lindsay (the first black bachelorette) & her husband Bryan Abasolo to have an Uncomfortable Conversation about interracial dating and the backlash that has come with it. Lindsey Vonn speaks about fighting for acceptance from black women, as Rachel confesses to formerly being that ignorant judgmental woman.

[Rose Festival Fleet Week in Portland goes online!](#)

July 29 - August 2 • 8AM-6PM

Cruise upriver from Portland to Astoria and take virtual tours of the Coast Guard Cutters. Check out the USS Oregon submarine and listen to the Navy Band in concert.

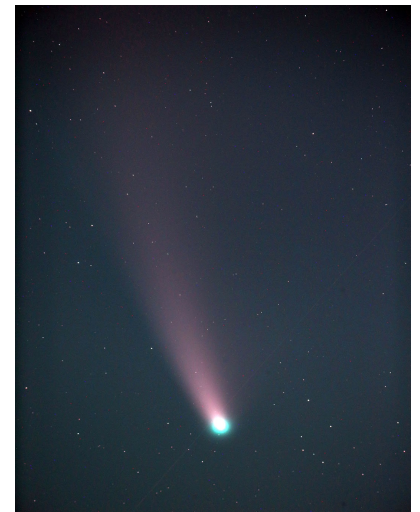


Photo of Comet C/2020 F3 (NEOWISE) by Nick Liepins, amateur astronomer and retired Willamette University Computer Science Department faculty. Nick has given a couple of presentations to ICL.

This picture of the comet was taken through a 5" diameter telescope — one of several in Nick's observatory. NEOWISE is best seen with binoculars around 10:30pm, at 20 degrees altitude in the NW direction. An aid in locating it is the Big Dipper above it another 20 degrees. Catch it now because it has peaked and is descending.

[How to view it.](#)

Feeling the Need to Get Away?

Take a trip along the [Most Beautiful Drives](#) according to long-haul truckers.

Crazed sports fans in Poland take watching their teams and [social distancing to new heights](#) by renting cranes. The seating in the stadium was limited to coronavirus, but that didn't stop fans from showing up. They pooled their resources and rented 21

Tech Tip: Computer Shortcuts Everyone Can Use

Condensed and edited from Trivia Genius, 29 July 2020

We all want to be as efficient as we can and our computer keyboard skills are no exception.

Keyboard shortcuts are invaluable to computer users who seek faster and better functionality. With just a couple of quick keyboard combos, you could save numerous trips to your computer's menu bar.

Here are a few of the most helpful keyboard shortcuts you could start using today.

Copy, paste, and delete text

A few easy-to-use shortcuts that will speed up your workflow are for copying, pasting, and deleting text.

- Select some text on-screen (either in a word processing program or a browser window) and use the keyboard shortcut Control + C

(Command + C on a Mac) to copy and then Control + V (Command + V on a Mac) to paste that text.

- Use Control + X (Command + X on a Mac) to delete selected text.

The combination of these three helpful keyboard shortcuts makes it easy to copy, move, and format text quickly.

New window, document or tab

- Another quick and easy keyboard shortcut you should be using is Control + N (Command + N on a Mac) to open new windows and documents. Use this shortcut to quickly pull up a new Word or Pages document or to open a new browser window.
- Additionally, Mac users can use Command + T to open new tabs in most internet browser windows (Control + T for Windows). This even works in the Finder, which makes it easy to move files between folders without opening multiple free-floating windows.

The spacebar doesn't seem like much of a keyboard shortcut, but using it when browsing files on your Mac computer makes a world of difference when you're in a hurry.

- Use the spacebar to preview files as a Mac keyboard shortcut. Click on a file in the Finder window, but don't open it (single click; double clicking will open the file). Press the spacebar with the file highlighted, and you should see a preview immediately pop up.

This helpful keyboard shortcut is useful when you're trying to find a document or photo on your computer but don't want to open each individually, which takes time. Instead, click and spacebar through a number of files to see quick previews without actually opening a program. This works for images and even complex files like Adobe Photoshop or Illustrator projects.

Search your computer, word processor and browser window

Searching is a simple function that helps users find programs and files with ease. You can speed up the search process with a few simple keyboard shortcuts.

- Control + F (Command + F on a Mac): Opens the search bar in most word processor programs (Word, Pages) and internet browsers (Safari, Chrome, Internet Explorer).
- Command + spacebar: Opens the Spotlight Search function on a Mac. Use this to search your computer's files, folders, programs, and more.

It's that simple! Practice and have some fun. Soon you'll be wondering how you ever spent time scrolling through the menu bar for commands.

Questions?
Send us a message at
ICL Digest

cranes to watch a speedway race from on high.

[Workers' favorite snacks by each State](#). Before you check, can you guess the favorite snack of Oregonian's?

This Day in History

July 30, 1935: The Medicare program, providing hospital and medical insurance for Americans age 65 or older, was signed into law as an amendment to the Social Security Act of 1935.

Quickie Brain Tip:

When the world's situations seem overwhelming, reframe that thinking by focusing on something small and tangible over which you have control.

Keep a daily journal or write a letter to a loved one with memories of what makes them special to you.

- What experiences have given you great pleasure?
- What were moments of pure serendipity?
- How have others influenced who you are today?

Bringing forward fond memories will ease the anxiety you are feeling and will help to balance your mood.

Worth Repeating:

FREE virtual [Abbey Bach Festival Concert](#) series July 29 - 31, 2020 • 7PM each night. Plus a special bonus concert Saturday, August 1

[Newsletter Archives](#)