



Institute for Continued Learning Digest

Welcome to the 73rd Edition of the ICL Senioritis

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ICL Update:

- **New Proposed Constitution:** The board has approved a couple of changes to the **Proposed ICL Constitution:**
 - Article 1 - Name: changed “hereafter: ICL” to “hereinafter: ICL”
 - Article 4 - Board of Directors: changed “The ICL Board of Directors is comprised of...” to “The ICL Board of Directors is composed of...”
 - [Revised Proposed Constitution \(PDF\)](#)
Accompanying documents: [Explanations](#) | [Showing edits](#)
- **Board meeting Notes** (from August 12):
 - **The Summer Picnic is canceled due to the worsening Delta variant. We will miss seeing members in person and meeting some of our newest members.**
 - We had hoped to hand out Membership Directories and possibly Compass Cards and name tags for new members at the picnic. The new plan is to set up a table at Willamette Heritage Center for that purpose. Date and time to be determined. Stay tuned!
 - There have been some changes to the Fall Schedule. Presentations were switched between Oct. 12th and Nov. 9th.

Willamette University Update:

Gov. Brown announced that Oregon will require masks in indoor public spaces starting this Friday, August 13 due to a significant rise in new cases and transmission rates of COVID-19 in the state. This order will apply to everyone five years and older.

This order supersedes Willamette’s previously released guidance for all of our campuses. Effective this Friday, face coverings are required indoors in all of Willamette’s facilities, regardless of vaccination status. Private offices and residence hall rooms or university apartments are not considered public spaces. However, if you are meeting with someone in your office, it is required that everyone in the office wear a mask, regardless of vaccination status. Face coverings can be removed when alone in a private office, or residence hall room or university apartment, or in an area designed for eating and drinking.

Physical distancing is not required, however, individuals are encouraged to maintain distance when possible, especially when eating or if not fully vaccinated.

We appreciate your patience and understanding as we work to keep our community safe from the continued impacts of COVID-19.

Brain Tip: Extreme Heat and the Brain

There is a growing body of research that demonstrates how environmental conditions — and heat in particular — can affect mental performance.

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 Tuesdays.
- [Virtual Happy Hour](#) on Fridays at 4:30 PM.
- [ICL Wine Club.](#) Every third Monday at 4:30 PM.

[Hidden Treasures: Discover Three New Artists](#)

[Hazard Mapping System: Fire and Smoke Map](#)

Fire data is updated hourly based upon input from incident intelligence sources, GPS data, infrared (IR) imagery from fixed wing and satellite platforms. Scroll down for report on reported fires from NWCG and CAL FIRE.

[COVID Variants explained \(Wall Street Journal video\)](#)

(Seppänen, Fisk, Lei, 2006). While the research looked specifically at office workers and productivity, a decline in mental function isn't unique to employees. Being unable to think straight or concentrate when it is extremely hot is not uncommon. Many people experience brain fog when temperatures rise and the heat continues over several days.

With exposure to extreme heat, blood flow and oxygen to the brain are affected. The blood-brain barrier begins to break down and unwanted proteins and ions build up in the brain. This causes inflammation and messes up our normal brain function. (Varshney)

The hypothalamus – in the region that regulates internal body temperature - sends signals to the sweat glands to produce sweat to cool the body off. But this means that you can lose more water than normal. If the loss of water through sweat is not matched by adequate hydration, more serious brain dysfunction can occur.

Hydration before, during and after is key. Simply drinking regularly and eating foods with high water content is an easy and effective way to combat this possibility. Using fans and/or air conditioning are optimal for keeping the brain and body in good working condition during heat waves. Avoiding direct sunlight by keeping curtains closed can be helpful, too.

[Lampreys of Oregon](#)

Don't judge a book by its cover - lampreys may simultaneously be Oregon's most misunderstood and most important fish species! If you look beyond their boneless bodies and slightly terrifying disc mouth, you'll find there's a lot to respect. These fish (yes, they are fish!) are some of the Columbia River Basin's most ancient inhabitants, with origins dating back several hundred million years. That means they pre-date dinosaurs! This webinar features lampreys, their habitat and the historical relationship between the Nez Perce and the species. [👉 Watch Webinar 👈](#)

Renovated Main Library to Reopen September 1

Salem Public Library is on the move - again. As we enter the final stages of moving back to the renovated Main Library, here are key dates you need to know:

- **Tuesday, August 17** - Final day of service at the temporary location, Salem Public Library at Broadway, 1400 Broadway St. NE
- **Wednesday, August 18 - Tuesday, August 31** - All Salem library locations closed to complete move back to the Main Library. Only downloadable eBooks and eAudiobooks and other virtual library services will be available.
- **Wednesday, September 1** - Doors open at the Main Library, 585 Liberty St. SE; service resumes at the West Salem Branch, 395 Glen Creek Rd NW.
- **Saturday, September 25** - Grand opening celebration at the Main Library

Library staff is excited to welcome the community back to the Main Library following an 18-month seismic and safety upgrade approved by Salem's voters in 2017. [Continue Reading...](#)

Movie Recommendation: CODA (Apple TV)

As a CODA (Child of Deaf Adults) Ruby is the only hearing person in her deaf family. When the family's fishing business is threatened, Ruby finds herself torn between pursuing her love of music and her fear of abandoning her parents.

[JustWatch.com](#)

Connecting movie fans with their favorite content worldwide.

Just enter a title and this webpage will show you where you can legally watch movies and TV shows that you love. You are kept up to date with what is new on Netflix, Amazon Prime, Apple TV and many other streaming platforms. Our simple filter system allows you to see only what is important to you.

Best Ever Senior Citizen Joke:

A little silver-haired lady calls her neighbor and says "Please come over here and help me. I have a killer jigsaw puzzle, and I can't figure out how to get started." Her neighbor asks, "What is it supposed to be when it's finished?" The little silver-haired lady says, "According to the picture on the box, it's a rooster." Her neighbor decides to go over and help with the puzzle. She lets him in and shows him where she has the puzzle spread all over the table. He studies the pieces for a moment, then looks at the

New Bush Barn Art Center Exhibit: [ALEX BURON | RESISTANCE WITHOUT BORDERS](#)

August 5 – September 25 | Camas Gallery

Reception: August, 27 from 5-9

Alex Buron is a self-taught multi-media artist who grew up in Salem, Oregon and comes from a first generation-working-class family. As seen through his photographs, Alex captures resistance to capitalism and colonization manifested through survival, spirituality, radical grassroots movements, pre-colonial economies, culture and art.

Alex uses his deep knowledge of systemic racism to highlight the raw beauty of the people and places most affected by it.

Contribution from Karen Trucke: Eggcorn

A word or phrase that results from a mishearing or misinterpretation of another, an element of the original being substituted for one that sounds very similar or identical (e.g. tow the line instead of toe the line). Johnson wrote about eggcorns solecisms that can “make more sense than the phrases they replace” (July 17th). One of the most pervasive eggcorns appears in the “The Twelve Days of Christmas”, where “four colly birds” has become “four calling birds” (though what are calling birds?) - Henry Ploegstra

(Per internet, the original 'colly bird' was the European Blackbird (*Turdus merula*) as 'colly' meant 'black' ...)

My favourite (and the writer's) eggcorn is 'duct'tape. The cloth tape with an adhesive backing was originally called 'duck' tape. The cloth tape with an adhesive backing was originally called 'duck' tape. It was developed to seal ammunition boxes on naval vessels and made from sturdy canvas duck, from the Dutch doek, also known as ducking. Duct tape is more appropriate, given the identical pronunciation and the tape's use in air ducts. - Jack Aubert

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 in Monteith Riverpark (489 Water Ave NW, Albany, Oregon); Outdoor concerts start at 7 p.m.
- **Hayloft Concerts.** Contact [Sharon Moore](#) for details and to get on the mailing list for concerts this summer.
- [A Celebration of the Life of Local Artist James Kirk](#): August 5, 2021 - September 5, 2021 at River Gallery in Independence.
- [Silverton Art Festival: August 21 & 22](#) | Silverton's historic Coolidge-McClaine Park - Celebrating the talents of our finest local and regional artists; All work will be juried
- [FREE ONLINE MUSIC FESTIVAL: FOR GOODNESS SAKE](#) - Saturday, August 21, 2021 starting at 11:00 AM (PDT)
- **Corrine Woodman Gallery Artists' Reception (Deanna White):** Thursday, **August 19, 2021** | 5:30 PM - 7:30 PM

box, then turns to her and says, “First of all, no matter what we do, we’re not going to be able to assemble these pieces into anything resembling a rooster.” He takes her hand and says, “Secondly, I want you to relax. Let’s have a nice cup of tea, and then,” he said with a deep sigh... “Let’s put all the Corn Flakes back in the box.”

[Opinion: Field of Dreams game was more than unbelievable. It was perfect](#)

Seeing double?

[15 sets of twins](#) ready to start school in one Scottish council!

What I regret most in my life are failures of kindness.
- George Saunders

A Word to know: Avatar

(AV-ə-tahr) noun
Sanskrit, late 18th century

1. An icon or figure representing a particular person in video games, internet forums, etc.
2. A manifestation of a deity or released soul in bodily form on earth; an incarnate divine teacher (mainly in Hinduism).

"Derek's avatar on the text thread is a cartoon."

"Meghan chose the fox as her avatar in the video game."

Questions?

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

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