



Institute for Continued Learning Digest

Welcome to the 74th Edition of the ICL Senioritis

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ICL Update:

- **Announcement!** The nominating committee presented their nomination for Executive Director of ICL to the board on Thursday, August 19th in a board work session. The board voted unanimously for **Joan Robinson**. The board thanks the nominating committee for their work and professional presentation to the board. We all thank Joan for stepping up to fill the remainder of Kasia Quillinan's term as Executive Director. The term ends at the end of Spring Semester 2022, but all board members will be asked this Fall if they want to continue in their board positions in the 2022-2023 academic year. *A special thank you to **Sally Schriver** for filling in as Executive Director this Summer!*
- **New Proposed Constitution:**
 - [Revised Proposed Constitution \(PDF\)](#)
Accompanying documents: [Explanations](#) | [Showing edits](#)
- **Technical Class for new members** (and anyone else!): **September 2nd** at 10:00 AM on [Zoom](#). Practice Zooming, explore the Willamette and ICL websites, learn where to find things online, and much more!

Willamette Updates

- [Willamette updates pronoun and gender identity options](#)
- [International student arrival and study abroad moving forward](#)
- **Opening Day** (College of Arts and Sciences): August 25th

OUR SALEM: View Proposed Changes to Neighborhood Hubs

We have made changes to proposed neighborhood hubs based on community input and analysis. Those changes include:

- Reducing the number of proposed neighborhood hubs by nearly two-thirds
- Adding restrictions to the types of uses allowed in proposed hubs and adding additional standards

You can see a [preliminary map of the proposed location changes](#) and a [revised overview of the proposed neighborhood hub zone](#) on the Our Salem project website.

The proposed neighborhood hub changes will be incorporated into the revisions we are making to the proposed zoning map. We expect to have a revised zoning map available by late August or early September.

After the revised map is complete, the proposed zoning changes will still not be final. Changes will not be final until they go through the formal adoption process, which is expected at the end of this year. That process will include public hearings in which you can participate.

[Preliminary Map of Proposed Neighborhood Hub Changes](#)

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.

Stressed? Release your thoughts with this [public meditative diary](#).

It's important to lock your car doors especially now. Your friends and neighbors and even strangers will put free Zucchini in your car.

Women were first admitted to Olympic competition at the Paris 1900 games.

Twenty-two female athletes competed across five events:

Researchers rediscover coffee plant that could thrive in a warmer world

The species was once commonly grown in West Africa.

There are more than a hundred species of coffee plants. But nearly all the coffee we drink comes from just two: Arabica and robusta. Yet it's getting harder to grow them as the climate warms.

"The main issues are drought and increasing temperatures," says Aaron Davis, head of coffee research at the Kew Royal Botanic Gardens in the U.K.

He's been working to identify other coffee species that taste as good as Arabica but can better grow in a warmer climate.

One promising candidate is stenophylla, a species that was once widely farmed in West Africa.

"We were in contact with people that had a memory from their childhood of this coffee and said it was absolutely wonderful. But when we went out and spoke to farmers ... nobody had any knowledge of it," Davis says.

But with the help of local experts, Davis's team searched for and found stenophylla growing in a forest in Sierra Leone. They roasted a small sample.

"The aroma and the fragrance of the coffee was wonderful," he says. "It actually tasted like Arabica coffee."

But it can grow in temperatures up to 12 degrees warmer. So with cultivation and breeding, stenophylla could give coffee farmers a more climate-resilient crop. [Listen to a short report...](#)

[Cherriots Bus Service Begins Sunday Service!](#)

Every four months – January, May, and September – Cherriots implements service changes based on input from customers, drivers, other Cherriots employees, and performance monitoring results. The next service change on Sept. 5, 2021 will bring *Sunday service* to the Salem-Keizer area for the *first time in Cherriots history!* We'll also be making some minor changes to some Cherriots Local routes and adding trips and stops to Cherriots Regional routes.

Most Cherriots Local routes will offer 60-minute service on Sundays, and we're making some other minor changes to a number of routes.

- Cherriots Local weekday and Saturday service levels will remain the same for all routes.
- Sunday service begins Sunday, Sept. 5 on Cherriots Local routes. Most routes will be operating and offering 60-minute service between 8 a.m. and 8 p.m.

Read our [FAQs](#).

TECH TIP: Creating Strong Passwords

Strong passwords are important. Hackers look for patterns that are easy to break, so you want to think of something that isn't easily attached to you or your identity. No single technique is magic so a combination works well.

tennis, sailing, croquet, equestrian, and golf.

In this year's Tokyo Olympics, American women won 66 medals - the most ever for any nation. Women's medals made up 58.4% of Team USA's total of 113 overall, which topped the medal count at the Olympics. The U.S. women won 23 gold medals to fuel the U.S. gold total of 39.

[Giant Panda Xiao Qi Ji Celebrated First Birthday at the Smithsonian's National Zoo](#)

Drama is very important in life: You have to come on with a bang. You never want to go out with a whimper.
- Julia Child

A Word to know: Hygge

[HOO-gah] noun

Origin: Danish, 1960

1. A general mood of coziness
2. A lifestyle culture adopted from Scandinavia, emphasizing comfort and contentment

"Light a fire, grab a cup of cocoa, and settle in for a night of hygge."

"Winter is the perfect time to embrace hygge and fill your life with warm sweaters and candles."

About Hygge

Get comfortable with this Danish word for coziness. Elements of hygge include

Here are some ideas:

- Use a mixture of upper- and lowercase because passwords are case sensitive.
- Use symbols if the system allows
- Avoid spaces because some applications will trim them away
- Use a combination of letters and numbers, or a phrase like “many colors” using only the consonants, e.g., mnYc0l0rz or a misspelled phrase, e.g., 2HotPeetzas or ItzAGurl .

For example: Pick something obscure:

- An odd character in an otherwise familiar term, such as phnybon instead of funnybone
- A combination of two unrelated words like cementhat (cement hat)
- An acronym for an easy to remember quote or phrase like YCTaODNT (You Can’t Teach an Old Dog New Tricks)
- A deliberately misspelled term, e.g., Wdn-G8 (Wooden Gate) or HersL00kn@U (Here’s looking at you).
- Replace a letter with another letter, symbol or combination, but don’t be too obvious about it. Replacing o with 0 or a with 2 or i with 1 is something that hackers just expect. It is definitely better than nothing, but replacing 0 with () would be stronger as it makes your password longer and is not as obvious
- An easily phonetically pronounceable nonsense word, like RooB-Red or good-eits.
- Two words separated by a non-alphabetic, non-numeric, or punctuation character, like PC%Kat or dog,~1#

Do not use...

- Any form of your name or that of relatives or pets – forward, backward, nickname or initials
- Any ID number or user ID or any part of them. This includes license plates and social security numbers
- Any common name
- Fewer than eight characters (The shorter the password, the easier it is to hack)
- Your phone number, address, birthday or anniversary (These are too easy to find)
- Names in popular culture like Harry_Potter or GameofThrones
- Any word that exactly matches a word in the dictionary

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.

sweaters, couches piled with blankets, candlelight, a warm pastry ... basically anything involved with a cozy winter day.

Did you Know?

Hygge started out as a Scandinavian way of life — embracing comfort and small pleasures. It’s grown far beyond that, even starring in a song written for the Broadway version of “Frozen.”

Portland makes top of list - 5 Cities with the best parks.

[Spectacular Footage Records Seven Moths as They Take Flight in Stunningly Slow Motion](#)

Avocados traveled from Africa to the American continents as far back as 16,000 BCE.

It’s believed avocados were used as tributes to royalty in ancient Mesoamerica.

[10 Greatest Live Guitar Solos on video.](#)

[Twenty-three funny tombstones that actually exist.](#)

Strong winds force a Hawaii waterfall [to flow upward.](#)

In 2013, scientists discovered a fossilized voice box that suggests dinosaurs quacked or honked like geese, instead of roaring.

Questions?
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