



# Institute for Continued Learning Digest

Welcome to the 117th Edition of the ICL Senioritis

Vol. 117, June 29, 2022

Editors: GwenEllyn Anderson and Dave MacMillan

## ICL Update:

- The **Curriculum Committee** is still looking for art potpourri presenters for the afternoon of Oct. 4. Subjects of choice: favorite art piece, art history, favorite artist - be creative.... about 15 minutes. Contact [Sharon Wright](#).
- The fall schedule is filling up! You can see what's coming up using the interactive [Schedule Report](#). Check back for more as they get added. *Note the tabs at the bottom that provide different views and formats of the data.*
- **Reminder!** The ICL Picnic is on **August 25...** stay tuned.

## Willamette University Updates:

- [Willamette Academy Summer Camp 2022](#) kicked off for 8th to 12th grade students on June 21st.
- ['A new day for sculpture': Quantum artist reflects on career](#)

## [Salem Art Association \(SAA\): BUSH'S PASTURE PARK'S OREGON WHITE OAK LEGACY](#)

July 1 – August 27, 2022 | Camas Gallery

Reception July 8, 2022 | 5:30 P.M. – 7:30 P.M.

The Bush Barn Art Center (600 Mission St. SE)

The ancestral lands of the Kalapuya that are now known as Bush's Pasture Park have been the home of Oregon White Oak trees for centuries. While providing an important habitat for insects, birds and small animals, these trees also preserve natural and cultural history in their inner tree rings. Enjoy the beauty and majesty of these heritage trees through Carolyn Lehl's Monday Morning Walks in the Park drawings and paintings.



Complementing her artwork is the [Willamette Oak Salvage Project](#), which is working to "salvage data from some of the hundreds of old Oregon oaks that have been damaged in the February 2021 ice storm." Willamette University Professors **Karen Arabas**, **Joe Bowersox**, and **David Craig** (all have presented at ICL) are working with students to collect, process and analyze slices of fallen Oregon White Oak trees, known as "cookies". This exhibition shares their explorations into "dendrochronology", which examines patterns in the tree rings to reveal climate history as well as ecosystem and forest health. Their work underscores the significance and importance of these local Oregon White Oak trees and encourages each of us to help preserve and steward this irreplaceable natural legacy for future generations.

## Retrospective: June 23rd was the 50th anniversary of Title IX

*(Thank you to Joyce Zook for providing the bulk of this article.)*

**Title IX** is a landmark federal law prohibiting sex discrimination in education; it affects everything from admissions and athletics to STEM training and sexual-harassment policies.

On June 23, 1972, **Title IX** of the education amendments of 1972 was enacted into law. **Title IX** prohibits federally funded educational institutions from discriminating against students or employees based on sex. It begins: "No

## Handy Links:

- Link to [ZOOM](#) for Board meetings, 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...

- [Virtual Happy Hour](#) on Fridays at 4:30 PM.
- [Lunch on Thursdays: Taproot at the Mill \(Willamette Heritage Center\)](#) about 11:30 AM
- [Oregon COVID-19 Update](#)
- [By OR. Health Authority](#)
- [CDC COVID Data Tracker](#)
- [Statesman Journal COVID reports](#)

**Good News article: [A high school senior overcomes a car-accident injury to walk at graduation.](#)**

**This Day in History: U.S. space shuttle docks with Russian space station**

On June 29, 1995, the American space shuttle Atlantis docks with the Russian space station Mir to form the largest man-made satellite ever to orbit the Earth.

**Track nightly bird migration patterns [where you live.](#)**

person in the United States shall, on the basis of sex, be excluded from participation in, be denied the benefits of, or be subjected to discrimination under any education program or activity receiving Federal financial assistance.” As a result of **Title IX**, any school that receives any federal money from the elementary to university level—in short, nearly all schools—must provide fair and equal treatment of the sexes in all areas, including athletics.

The American Association of University Women ([AAUW](#)) began working on equity for women/girls in schools/colleges in 1945, however legislatively it took until 1972 to pass **Title IX**, which addressed equity issues of all kinds in public education. It was implemented in 1975. Most noted is the equity for accessibility to sports programs. In 1974 a Portland girl (and excellent basketball player) at Wilson High School, Lucy Jane Bledsoe, challenged the school system. She wrote a book, NO STOPPING US NOW (A Girl. A Game. A Goal). It is available in the Salem library, and is a fascinating true story, but written with a change of character names (so called "fiction").

June 23 is the 50th Anniversary of this legislation. AAUW continues to monitor implementation/enforcement of this law, and has faced many challenges. AAUW was successful a couple of years ago in the effort to increase FTEs of **Title IX** management in the Oregon Department of Education, from 0.5 to 2.0. We had data to prove that the oversight of **Title IX** was suffering due to the lack of supervision.

---

[Lane County Historical Society Museum Exhibit: Racing To Change](#)  
[Racing to Change](#) tells the story of Black experiences in Oregon highlighting those right here in Lane County. The original exhibit was created by the Oregon Black Pioneers with added content by the Museum of Natural and Cultural History. New content added by the Lane County History Museum includes historic photographs and videos, oral history, and an interactive poetry wall  
*The museum is free while this exhibit is there. 740 W. 13th Ave., Eugene, OR*

---

### [Artificial neural networks are making strides towards consciousness... according to Blaise Agüera y Arcas](#)

The Google engineer explains why...

*Editor's note (June 13th 2022): Since this article, by a Google vice-president, was published an engineer at the company, Blake Lemoine, has reportedly been placed on leave after claiming in an [interview with the Washington Post](#) that LaMDA, Google's chatbot, had become "sentient".*

In 2013 I joined Google Research to work on artificial intelligence (ai). Following decades of slow progress, neural networks were developing at speed. In the years since, my team has used them to help develop features on Pixel phones for specific "narrow ai" functions, such as face unlocking, image recognition, speech recognition and language translation. More recent developments, though, seem qualitatively different. This suggests that ai is entering a new era.

---

### [Undo list : a tool to break \(bad\) habits](#) by THE MINIMAL PLAN

Stop snacking all day long, reduce the time spent on Netflix, stop scrolling social media as soon as you jump out of bed... Who doesn't have "bad" habits that could be changed for the better ones?

But habits are hard to break! It's not easy to get rid of behavior that has been part of our daily lives for years...

The undo list is a tool that allows you to change your bad habits and replace them with ones that bring you more joy. One small step at a time.

---

### [Time-lapse video: 2013 restoration of Elsinore's "Theatrical Heartscape" mural](#)

---

### [Take a look inside 'The Cheech':](#)

*This new Chicano art museum could be the largest of its kind.*

An influential and rare permanent space dedicated to prolific Chicano art and culture –possibly the nation's first and largest permanent collection of Mexican American Art, museum officials say – opened Saturday in Riverside, CA.

---

### [The Cheech Marin Center for Chicano Art & Culture,](#)

or 'The Cheech' as it's called, houses nearly 500 paintings, drawings, and sculptures donated from comedian, actor and art collector Cheech Marin, one half of the legendary comedy duo **Cheech and Chong**.

---

### [Traveling this summer? Here are book picks for all 50 states \(and then some\)](#)

As the summer travel season kicks off, many of us look forward to exploring new places on trips away from home. To help with this, NPR asked poets laureate, state librarians, bookstore owners and other literary luminaries from all 50 states — plus the District of Columbia and Puerto Rico — to recommend quintessential reads that illuminate where they live.

---

### [7 Must-See Bubble Dome Accommodations Around the World](#)

There's been a lot of talk of bubbles this year, but did you know that you can vacation inside of a literal

## What is an undo list?

When we think about our goals, and how to move towards more fulfillment and happiness, we will naturally try to answer the question: "what would I have to do to achieve this more fulfilled and happier life?"

As a result, we end up with a "to-do list".

But more rarely do we ask ourselves, "What would I need to stop doing to achieve a more fulfilled and happier life?"

Which is the question that brings the idea of the undo list: a list of things we want to stop doing, for many different reasons. It's the list of habits you want to change, the list of patterns you keep repeating.

The purpose of creating an undo list is to identify the habits you have that are ingrained and that hold you back on your path to a more fulfilling life

[...continue reading...](#)

---

## Brain Tip: Bigger Brains in Warmer Months

Are you feeling heavy headed? Did you know that your brain swells to its largest size during the warmest months of the year? Scientists from Hartford Hospital's Olin Neuropsychiatry Research Center studied the brain scans of more than 3,000 healthy people from the northern hemisphere over a 15-year period. (May 2021) The researchers found that the size of the brains were consistently larger in the warm summer months and smaller during the colder winter months. The subcortical gray matter volume of the subjects decreased between January and August and increased between August and December. Their left- and right-cerebellum cortex sizes, however, increased in volume between January and July and decreased between July and December.

Scientists aren't sure why this happens. Because headache sufferers relate that they experience greater headaches in number and pain when barometric pressure drops, researchers theorize a connection between the two. They have also suggested that blood oxygen could be another contributing factor. When scientists have tested the effects of weather and season on the human body in the past, they've found links between those factors and the incidence or severity of disease.

---

## Local and Virtual Events!

- **Englewood Forest Festival:** Saturday, **Aug. 13th** | 10:00 AM to 4:00 PM  
Free! Art vendors, 6 hours of music, family-friendly workshops, food trucks
- Throughout the month of June, The **Willamette Heritage Center** will be **hosting historic woodworking classes** using the wood from one of our centuries-old oak trees and 19<sup>th</sup> century tools and methods. Class spots are filling up fast! To learn more about the class and to register, please visit our website at [Woodworking Classes – Willamette Heritage Center](#).
- **Hallie Ford Museum of Art Exhibition: [April Waters: Water-Ice-Sky, Antarctica](#) - May 7 - August 13** | Study Gallery and Print Study Center
- **[Salem Art Fair is Back!](#): July 15 – 17, 2022; Note: this year the Art Fair is free to Salem Art Association members.**
- **[Oregon Country Fair](#):** Veneta, OR | **July 8, 9 & 10, 2022** | 11:00 am - 7:00 pm
- **[Camerata Musica Salem](#):** Free Chamber Music Concerts at the Unitarian Universalist (UU) church unless specified, 5090 Center Street (Center Street and Cordon Road NE).
- **[Second](#) annual Oregon Senior Games will be held August 11-14 and 18-21.** Athletes of all skill levels age 50 and better are welcome in multiple events at the event hosted in Corvallis. <https://oregonseniorgames.com/>

bubble? These see-through domes are taking glamping to new levels of style and popping up in breathtaking destinations. You get all the luxuries of glamping tents and cabins but with the addition of unobstructed views of scenic countrysides and starlit night skies. From the isolation of Iceland to the mystical sandstone landscapes of Jordan's Wadi Rum, here's seven of the best bubble dome accommodations to check out.

---

**Johann Sebastian Bach...** wrote an entire musical piece about coffee. "Coffee Cantata" was a mini-opera about a daughter who loved coffee too much.

**What do we live for, if it is not to make life less difficult for each other? - George Eliot**

---

## Word to Know: Plangent

(PLAN-jənt) adjective  
Latin, mid-17th century

1. (Mainly literary) (of a sound) loud, reverberating, and often melancholy.

"The gong provided a plangent accompaniment to the meditation."

"The music producer chose plangent instrumentation for the somber scenes."

---

## [10 Stunning Volcanic Beaches Around the World](#)

Billions of fireflies coordinate to light up [an Indian nature reserve](#).

Can you spot the queen in [this brainteaser](#)?

---

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

---

**[Newsletter Archives](#)**