



Institute for Continued Learning Digest

Welcome to the 128th Edition of the ICL Senioritis

Vol. 128, September 14, 2022

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ICL Update:

- **Board Meeting: Thursday, September 15, 2022** from 1:30 pm to 3:30 pm. On [Zoom](#). All members are welcome.
- Be sure to keep checking the [Class Schedules](#) online as things are still being added. The Google Calendar on that page has been updated.
- The online Membership Directory has been updated in several places. Nothing majorly significant, but if you downloaded the PDF to any of your devices, you might want to download it again with the corrected version. The link to the PDF can be found in the **Members Area (password protected)** on the ICL website under [More about ICL](#) → **Members**.
- Note that **Compass Cash** is going to go away. Balances on cards right now will be transferred to our new cards (expected tomorrow). However, you will not be able to add more cash to the cards. People can also request refunds of any remaining balance they have.
- **If you get locked out of Kaneko** for whatever reason, there's a few things you can do: 1.) Call Dave MacMillan using the number in the membership directory. *Tip: add name and number to your Contacts on your phone.* 2.) Try to follow someone in the doors in the middle of the building; go through another set of doors into the courtyard and take the walkway to the left; then bang on the windows. 3.) Call Campus Safety (503-370-6911); they'll drive one of those carts over and let you in; *Tip: add name and number to the Contacts on your phone.*
- **In case of an emergency or someone needing medical attention:** *If serious, call 911.* If it does not appear to be an emergency but further evaluation seems prudent, call Campus Safety (503-370-6911). *There is a poster on the inside of both doors going into Kaneko Auditorium with more detailed instructions. Here's a PDF of the [ICL Emergency Procedures](#).*

[Willamette Update: U.S. News and World Report names WU on 'best college' list](#)

Willamette University is among the best arts and science institutions in the nation for 2022-23, according to [U.S. News and World Report's annual rankings](#).

For the fourth consecutive year, the university is one of the top three liberal arts colleges in the Pacific Northwest — and the first or second-highest rated institution in Oregon — on the “Best Colleges” list. The university received an overall national ranking of 76.

Message from Willamette on Security:

As always, another wave of email scams and phishing attempts have targeted universities, Willamette included, and the latest one managed to scam one of our unsuspecting students out of over \$2000.

Please, DO NOT give away your personal information or make any kind of payment to anyone who has asked you to do so via email. This includes requests from "Willamette employees" for gift cards, direct payment to individuals, or use of any anonymous online payment or donation platform.

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.](#)
- [Oregon COVID-19 Update](#)
- [By OR. Health Authority](#)
- [CDC COVID Data Tracker](#)
- [Statesman Journal COVID reports](#)
- [NEW! Find COVID19 Vaccines](#)

NEW! Air Quality Apps: For planning daily activities and protecting your health

- [OregonAir](#): The data displayed in this application was acquired from air quality monitoring stations operated by Or. Dept. of Environmental quality.
- [EPA AIRNow](#) mobile app provides a simple interface for quickly checking current and forecast air quality. Download apps to your phone from the App Store.

[Track Wildfires in the West \(NYT\)](#) 🔥

This is also true for random "warnings" on your computer telling you to call Microsoft, Apple, or any other major company for "remote support" of your "infected" computer. These are extortion scams and not only can you lose everything on your computer in seconds, these scammers can also access any website for which you have saved passwords including your bank and credit card sites.

Bottom line: THINK and QUESTION any email that tries to lure you into what could possibly be a trap.

And yes, this is another reason we're implementing Google 2-Step Verification...if someone tricks you into giving away your email address and password, they won't be able to use it.

So please set up 2-Step Verification ASAP if you haven't already done so! (See email with more information about the 2-Step Verification including the instructions.) This only applies to those with Willamette U accounts. New ICL members without Compass Cards (WU Student ID cards) do not have accounts setup yet, so don't need to do anything. But stay tuned!

"Salem for ALL" is looking for poets to be on the air!

The non-profit organization [Salem for All](#) now has a weekly radio program Sunday mornings on [KMWV Community Radio 98.3](#), a station operated by [Capital Community Media](#) (CCM).

Host Jonathan Graf interviews people active in the community, especially in arts and culture. Graf and Salem for All founder Michael Mann would like to make five-minute poetry reading segments a regular feature of the program.

Graf would record these in advance via Zoom. This is an opportunity to share poetry with a wider local audience.

If you'd be interested in doing one of these five-minute poetry readings, please email Michael Mann <michael@salemforall.org>.

Salem Public Library presents: [Music of Hate, Music for Healing - Paired Stories from the Hate Music Industry and the Profession of Music Therapy](#)

Saturday, September 17, 2022 | 1:00 PM - 2:00 PM

Salem Main Library | Anderson A, Anderson B

A look at music and the way it negatively and positively influences culture and individuals.

Join music therapist, Ted Ficken PhD., for a discussion on music and the way it negatively and positively influences culture and individuals. Learn about what Hate Music is and its impact on the music industry.

Artists Activation Sustainability - Hardcover coming out October 11, 2022 - *Congratulations Barbara Sellers-Young!*

Oregon is known for its unique landscape that moves from the high deserts of eastern Oregon through the former volcanoes of the Cascade Range, the breadth of the Willamette River Valley, Coast Range and finally the Pacific coast from Astoria to Brookings. Oregon has a long history of environmental planning. In 1899, the Oregon legislature declared 30 miles of Oregon beach as a public highway from the Columbia River to the south line of Clatsop County. In 1913, they declared the entire coast a public highway. Throughout the 20th century, the Oregon legislature and communities throughout Oregon have placed an emphasis on land use from the role of the timber, fishing and mining industries to the planning necessary for cities and towns.

[New! Wildfire Tracker for Oregon and beyond.](#) 🔥

[Willamette University Events Calendar](#)

Good News Story:

[A Son Grows Hair to Make His Mother a Wig Amid Her Cancer Battle](#)

Science Friday: [Why Are Dead Fish Piling Up Across The San Francisco Bay?](#)

Thousands of dead fish are piling up across the Bay Area.

[Story Map: Salem Public Art Collection](#)

Encompassing a wide variety of media, styles and regional history, Salem's Public Art can be found in the Downtown area, Civic Center Building, Convention Center Building and Library. This app has been created to assist viewers in conducting self-guided tours of Salem's art collection, and to help convey its importance towards community enrichment and historical significance to the city.

Washington Post: [Charles III is the third King Charles. The first two had a pretty hard time.](#) By Gillian Brockell

Washington Post: [During a pandemic, Isaac Newton had to work from home, too. He used the time wisely.](#) By Gillian Brockell

Isaac Newton was in his early 20s when the Great Plague of London hit. He wasn't a "Sir" yet, didn't have that big formal wig. He was just another college student at Trinity College, Cambridge.

Artists Activating Sustainability: The Oregon Story considers the combination of people and social cultural ethos that were influential in the development of specific literary, visual and performing arts groups across Oregon's diverse landscape. Artists Activating Sustainability examines the way in which the arts within specific communities, against the background of landscape and history, reveal concepts of sustainability that help us broaden our knowledge of what is needed to create a sustainable world. As such, each chapter considers the themes of participation, agency and empowerment through the lens of land, history and individual initiative. *Author: our own Barbara Sellers-Young, Phd.*

Salem Folklore Community and "Community Dance"

The Salem Folklore Community (which you probably did not know even existed) is experimenting with a monthly "community dance" to be held the first Thursday of the month, starting on Oct. 6th, at the VFW Hall (630 Hood St. NE) in Salem. They will have a LIVE band and someone to help "teach" the dances: (contradances, square dances and circle dances). No partner is necessary and the cost will only be \$5 to help with the rental cost. Please mark it on your calendar now and save the date. The dance will go from 6:30 to 9:30 p.m. and will be a lot of fun for everyone from "9 to 99". If you are unsure about the dancing part, you can always come listen to the live music. The only thing better than listening to live music is *dancing* to it.

City of Salem at Your Service: Sign-Up

Find ways to get City notifications and participate in a variety of activities from the links below:

NOTIFICATIONS:

- [Get Community Alerts](#)
- [Get Library Email Notifications](#)
- [Sign up for your Neighborhood Association Meeting Reminders](#)
- [Sign-up for Weekly e-Newsletter](#)
- [Get Weekly Homelessness Email Updates](#)

The Brain and Déjà Vu?

The term "déjà vu" is French, and the literal translation means "already seen." But in everyday life, déjà vu refers to the weird feeling you get when you're in a situation that feels like you've already lived it and are somehow living it again.

Although directly related to seizures, plenty of people who don't have seizures experience déjà vu. Research suggests that it is caused by a memory mismatch – a new experience is stored in long-term memory and completely bypasses the short-term memory – so that you have the weird sensation that you've had the experience before. In reality, it's just your brain's memory system taking a bounce.

Another reason offered is that déjà vu occurs more commonly when you are overly distracted. Sleep deprivation can add to this. The theory is that you feel like you are reliving an experience when you are really just too tired to distinguish reality from dreams.

Whatever the reason, just enjoy the fun experience of déjà-vu.

Local and Virtual Events!

- [Salmon Watch Field Trip](#): September 20, 2022 | 8:30 am – 2:00 pm
- [Camerata Musica Salem](#): Free Chamber Music Concerts at the Salem Public Library, Loucks Auditorium (*Note venue has change back to SPL*)
- [The West Coast Giant Pumpkin Regatta weekend is happening October 15 & 16, 2022!](#)

[Why are people freaking out about the sound of a Black Hole?](#)

"In space no one can hear you scream," the [famous tagline](#) from outer space horror classic "Alien," might not be true based on a recent viral audio clip from NASA.

[What to look for in the night sky this month.](#)

[The best artwork from this year's Burning Man.](#)

Archaeologists revealed yesterday evidence of a [complex amputation](#) carried out roughly 31,000 years ago, a find that predates what was formerly believed to be the earliest such operation by about 24,000 years. Researchers say the discovery may help rewrite the history of medical innovation in prehistoric communities.

[The winners of the 2022 iPhone photography awards.](#)

The trick comes in planning next summer's vacation while knowing that next summer is not promised to anyone. This impermanence is the key to our pain and our joy.
- Sallie Tisdale

Word to Know: Soigné (swan-YAY) adjective
Origin: French, 19th century
1: Dressed very elegantly; well groomed.

[You can now buy hot-dog-flavored ice cream.](#)

Questions?
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[Newsletter Archives](#)