



Institute for Continued Learning Digest

Welcome to the 53rd Edition of the ICL Senioritis

Vol. 53, March 31, 2021

Editors: GwenEllyn Anderson and Dave MacMillan

ICL Update:

- Sad to report that long time ICL member **Sharon Ehlers** died this past week. She was 90 years old. See the obituary from the Statesman Journal on page 4 of this newsletter.
- The Board met on Monday to accept the resignation of Barbara McReal as Membership Director and to appoint Vernelle Judy to complete the term through next year (end of Spring 2022).
- **VOTE!** You should have received a copy of the [revised ICL Constitution](#). A committee made up of Kasia Quillinan, Eric Reif, Bill Foster, and Jim McDonald have worked hard to bring the ICL set of ruling documents up to date. After reading the [revised constitution](#), you can vote to approve or not approve by filling out this one question Google poll here: <https://forms.gle/ez16mf2tdiMhv5HL7> *The deadline for voting is April 14th.*
- **Reminder!** Please come to Zoom classes with your camera and microphone turned off -- especially if arriving late and you missed Eric's instructions at the beginning.

The Spring 2021 Schedule is posted online:

- Link to [ZOOM](#) classes. *This is the same link each week.*
- on the [Google Calendar](#)
- the [full online version](#)
- and the [Schedule Reports](#)
- [Recorded Presentations!](#)

Missing ICL Friends?

Join us for...

- [Virtual Happy Hour](#) on Fridays at 4:30PM.
- [Zoom Help](#) - Find tips, FAQ, and other resources available on the ICL Website.



[Welcome to Our Online Tour of Geron Island and the Construction of our New Ozone Treatment Facility](#)

This tour takes you through highlights of the significant water quality improvements we're making on Geron Island including construction of our new state-of-the art ozone treatment facility and other strategic investments to ensure Salem's drinking water is safe today and for generations to come. *(click on link above and scroll down for the tour)*

AARP Shares 10 Things the Fully Vaccinated Need to Know:

1. You still need to wear a mask. COVID is still circulating in the US with variants.



[Salem Public Library Construction Chapters 3, The Youth Areas \(YouTube\)](#)

2. You could still catch COVID-19. The vaccine helps prevent death; not illness.
3. You could infect someone else. It is unlikely, but the research is still being studied.
4. You can visit unvaccinated friends and family. Avoid combining two unvaccinated households.
5. You don't have to quarantine after exposure.
6. You should keep your vaccine record card handy as proof and to confirm which vaccine you received should you need a booster.
7. Travel is still discouraged. A surge in travel has always resulted in a surge of cases.
8. It's a good time to go to the doctor or dentist and to have elective surgery.
9. You may need a booster shot in the future. The immunity can wear off naturally and the virus can change. So far, so good.
10. A return to 'normal' hinges on herd immunity. Estimates are that this will be reached in the summer of 2022 depending on whether people are willing to get it, how soon children can get it and how well the vaccines work against more contagious variants.

[Read more here.](#)

Fortune's One Year Later: 15 ways life has changed since the onset of the COVID pandemic

- Work from home: Considered the most transforming shift for the future of business with an impact that ranges from no longer needing a physical building to vanished traffic jams.
- A distorted sense of time: The passage of time blurs without time demarcations like work and school schedules
- The way we work out: Unable to go to gyms and outdoor facilities, home workout spaces became the norm
- Renewed gratitude for essential workers: Put the focus on how much we depend on them and how much we take for granted about their lives
- A chronology of pandemic-fueled shortages: Consumers learned about one shortage after another and delays in shipping
- The many, many considerations working parents juggle: Weighing whether day care is a health risk to homeschooling online and juggling all the responsibilities before COVID and making time for work and school and playtime at home
- A change of appetite: Where food is available, healthy is in. Shining a light on inequality: Women, minorities, and the poor have suffered disproportionately, as the pandemic exposed and exacerbated pre-existing gaps in health, economic security, and well-being
- Remote learning: Clearly not replacing the face-to-face classroom experience, questions arise as to how to bridge the learning gap when students return
- A renewed relationship with nature: We turned to the outdoors for refuge from quarantining and mental health – taking walks in the neighborhood, flocking to parks and public lands

TODAY! The last day of Women's History Month: Event by Salem-Keizer: NAACP

March 31st | 7 PM – 8 PM

Online: [via Zoom](#) - Free

Open to the Public · Anyone on or off Facebook

A conversation with some of Salem's most inspiring women.

[Here is a detailed picture of vaccination across the country \(Washington Post\):](#)

See where your county stands.

Children's ideas for getting the [Suez Canal unstuck.](#)

For you Mathematicians: [How to Free the Ever Given—Using Buoyancy Force!](#)

Sure, you could dig the massive ship out from the Suez Canal. Or you could calculate how many containers you'd have to remove to make it light enough to float again.

[Earth Optimism is happening in conjunction with the Cambridge Festival](#)

Between 26 March and 4 April 2021 - Given the crisis facing nature, it is all too easy to give up hope. Yet around the globe we are winning the fight to protect the natural world. Wetlands are being rebuilt. In some places, deforestation is slowing down. Numbers of some of our rarest creatures are on the rise. People are making this change happen. In these unprecedented and difficult times, we need

- The decimation of women in the workplace: COVID closed businesses that rely heavily on female workers and erased more than three decades of progress for America's working women
- A mental health crisis: Isolation, loss of the normal routines, lack of physical touch and the growing awareness that it will last longer than anticipated created a surge in seeking psychiatric and counseling services
- A diminished college experience: Significant college experiences have to do with social connectedness through extracurricular activities and living experiences canceled and absent now
- TikTok's big moment: The most downloaded app has provided missing connections through short videos from the sublime to the ridiculous
- The COVID class markers: The haves and the have-nots became defined with even greater extremes

[Read the details here.](#)

[Oregon Black Pioneers](#)

Oregon Black Pioneers is Oregon's only historical society dedicated to preserving and presenting the experiences of African Americans statewide. Since 1993, our organization has illuminated the seldom-told history of people of African descent in Oregon. We are inspired by the tenacity of Black Oregonians who have faced discrimination and hardship to make a life for themselves here over the past 400 years. We honor their sacrifices by remembering their stories and by sharing them to the public.

Our vision is to become the preeminent resource for the study of Oregon's African American history and culture. We work to achieve this vision through our illuminating exhibitions, our public programs, our original publications, and historical research. Additionally, we partner with local organizations to plan, interpret, and advocate for the preservation and commemoration of sites with African American historical significance.

Oregon Black Pioneers is a 501c3 nonprofit organization.

[Continue to the webpage...](#)

Tips to avoid foggy glasses when wearing a mask:

- Wear a snug mask that can be tightened across the bridge of your nose to prevent your breath from escaping.
- Place a folded tissue between your mouth and the mask. The tissue absorbs the moist air and prevents it from reaching your glasses. The top of the mask should be tight and the bottom looser so that the breath you exhale is directed away from your eyes.
- Wash your glasses with a bit of soapy water; shake off the excess and air dry. This is a common practice for scuba gear because it leaves a slight film on the glass that prevents it from misting when you breathe on it.
- Treat your lenses with over-the-counter anti-fog sprays. This acts like wax on your car, so every time you wipe your lens, you will be wiping off some of the coating.

optimism more than ever - to uplift us, inspire us, and help us build a new path forward. The #EarthOptimism movement brings people together to talk about what's working to protect the future of our planet. Through Earth Optimism, we invite you to learn what is working in conservation and why. Discover how every one of us can become more involved in the fight to protect the natural world. Join hands with people around the world in a global movement of #EarthOptimis

What makes [some rabbits do handstands?](#)

One of the deepest habitual patterns that we have is the feeling that the present moment is not good enough.
- Pema Chodron

A Word to Know:

Aloneliness

The mirror image of loneliness; the desire for more time with yourself when you aren't getting it. A current complaint of families living through COVID.

A [Timeline of the COVID Pandemic](#) - one year in.

Impressive images of how people from the past [imagined the future.](#)

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

[Newsletter Archives](#)

Sharon Ehlers Obituary:

Sharon Ehlers

KEIZER - Sharon Ehlers passed away peacefully Sunday March 21, 2021 in Salem Oregon surrounded by her children. She was 90 years old.

Born Aug 24, 1930 in Everett WA to Allan and Ruth Anderson. She graduated from Western Washington State College now Western Washing-



ton University, in 1952 with a teaching degree.

She married Martin Earl Ehlers on June 21, 1952 in Stanwood WA. They met while members of the university jazz band.

She was a long-time member of the Institute of Continued Learning at Willamette University.

While living in San Jose, CA, she was a volunteer at Santa Teresa Community Hospital as well as Senior Coordinator and President of Volunteer Services for the CAHHS (California Association of Hospital and Health Systems)

She is survived by brother Dennis Anderson, and sister Marilyn Gilbertson of Stanwood, WA, daughters Sheri Lynne Martin of Keizer, OR, Diane Martin-Taff of Lake Oswego, OR, sons Greg Ehlers of Kennewick, WA and Jeff Ehlers of San Jose, CA; four grandchildren and 7 great grandchildren, as well as numerous other relatives.

Throughout her life, she enjoyed international travel to such countries as Panama, Hong Kong, the Balkans, Russia, Puerto Rico, Italy and China.

She enjoyed singing contemporary music in a women's group, sewing clothes for her children, and a vase of fresh cut roses in the house whenever they were in bloom.

A celebration of life will be held for family and friends in the near future.
