



# Institute for Continued Learning Digest

## Welcome to the 95th Edition of the ICL Senioritis

Vol. 95, January 26, 2022

Editors: GwenEllyn Anderson and Dave MacMillan

### ICL Update:

- **ICL Board Meeting (Jan 20th) Notes:**
  - The board welcomed **Jinx Brandt** to her first board meeting as Curriculum Director. Thank you for stepping up, Jinx!
  - The board appointed (Constitution Article 4) **Don Beckman** to be the new Membership Co-Director, a board position. Thank you, Don!
- **ICL in the Omicron Era:** Willamette University is requiring all people who enter campus, students, employees, professors, all must have received a Covid Booster for their previous Covid vaccinations. So, if ICL begins classes face to face come March 1st, we would have to provide Willamette Campus Safety the same assurance of Booster as we did for Covid vaccinations. In order to do so, we will change the procedure a bit since you will not be exchanging your vaccination form for your Compass Card.

#### Please do the following:

- Using your smartphone or digital camera, snap a photo of your vaccination card indicating your Booster.
- Email that photo to: [vernelle.judy@gmail.com](mailto:vernelle.judy@gmail.com). This file will be deleted when the contents are no longer needed.

Names of people who submit booster photos will be indicated on a master list of ICL members which will be checked at the door when we meet in person again. People who have not submitted a card photo will not be admitted.

Booster cards cannot be presented at the classroom door as proof. They must be emailed prior to the date to be determined.

A final date for receiving Booster emails will be sent out closer to the time this process will be facilitated.

When your email is received, you will get a “thank you” memo back to let you know it has been received. If you don’t get such a memo within two days, please resend it. If you do not get the “thank you” in two more days send it to [robinson.joan@comcast.net](mailto:robinson.joan@comcast.net). She will forward it to Vernelle.

You will not be asked if you received your Booster. It is up to each member to follow this procedure.

Please do NOT call. Please use email: [vernelle.judy@gmail.com](mailto:vernelle.judy@gmail.com)

Thanks, and be SAFE!

### Share Your Best!

Tell us the best thing that happened to you in 2021 despite all the events of the year. What are you most happy about or grateful for?

Email your responses: [gwenellyn@gmail.com](mailto:gwenellyn@gmail.com)

#### Share Your Best - from GwenEllyn:

Before COVID, my siblings and I had regular contact with my

### Handy Links:

- Link to [ZOOM](#) classes, Board meetings, Coffees, Happy Hour,... almost all things ICL
- [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.
- [ICL Wine Club](#) on the third Monday each month at 4:30 PM.

### [OHSU: COVID-19 Resources for Oregon](#)

#### [Free at-home COVID-19 tests](#)

*Every home in the U.S. can NOW order 4 free at-home COVID-19 tests. The tests will be completely free—there are no shipping costs and you don’t need to enter a credit card number.*

### [Tonga volcano eruption created puzzling ripples in Earth’s atmosphere](#)

### NATURE (PBS): [Animals with Cameras](#)

As one of the most watched documentary film series on public television, NATURE delivers the best in original natural history films to audiences nationwide. Celebrating its 40th Season in Fall 2021, [Find episodes...](#)

98½-year-old mother through emails. Phone calls were more difficult because of her hearing problem. However, because of COVID, she's learned to FaceTime so talks with a different child each day and she can adjust the sound to meet her hearing needs. I hope she lives well beyond COVID so we can continue this regular, virtual connection.

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## LOOKING FOR GREAT VOCAL JAZZ IN SALEM?

(message from Solveig Holmquist)

This might be the perfect Valentine gift: "Zsofia and Friends" will be performing at **Christo's** on **February 17**, at 7:30. You may remember that married duo Zsofia and Attila Tsikos-Tardy performed for ICL in Kaneko a few years back, and brought the house down. They are immigrants from Hungary, now proud US citizens and very busy teaching and performing in the Portland jazz scene. Since they're making their first appearance at Christo's, Zsofia asked me to invite "all the professors" (that's you!) to come out to hear them again. Great Italian food, hot jazz: sounds like a perfect night out!

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## COVID UPDATE: A few things to think about with N95s

(from Sheila Sund as a follow-up to her January 18th presentation)

Look for disposable N95 respirators, not N95 masks - respirator is the official term.

There are several styles of approved N95s, including molded cup, envelope and duckbill. All of them work, but some people find one style fits better or is more comfortable than other styles.

Surgical N95s aren't better than construction or general use N95s. They just have extra protection for fluid splashes from outside (blood, vomit, etc).

Do not use N95s with any type of valve for Covid or other infections! Valves release air from behind the mask into the atmosphere. If you have Covid - even if asymptomatic - valves will spread it.

Purchase directly from the manufacturer site if possible (see NIOSH list below). It's more work and maybe a bit more expensive, but you don't have to worry about counterfeits.

If purchased from other sites, compare the label on the actual mask to the manufacturer site. If different or blurry, it may be counterfeit.

### Helpful links:

- 1) [NIOSH approved N95 Respirator list](#) Check manufacturer name and model number against the list
- 2) [CDC information site about masks and respirators](#)
- 3) [NIOSH official labeling](#)

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## Community Education at Clackamas Community College Environmental Learning Center

We invite everyone in the community to join in the fun at the Environmental Learning Center!

Whether you want to learn how to attract wildlife to your garden, practice yoga in a Zen-like setting, or gaze at the stars with Rose City Astronomers, we offer a variety of events and classes that bring the

## Death Announcement: Meat Loaf

Michael Lee Aday (born Marvin Lee Aday; September 27, 1947 – January 20, 2022), better known as **Meat Loaf**, was an American singer and actor. He was noted for his powerful, wide-ranging voice and theatrical live shows. His ***Bat Out of Hell*** trilogy has sold more than 65 million albums worldwide.

More than four decades after its release, the first album still sells an estimated 200,000 copies annually and stayed on the charts for over nine years, making it one of the best-selling albums in history. Meat Loaf died on the evening of January 20, 2022, at the age of 74. No official cause of death was stated. He had contracted COVID days earlier. He died in the presence of his wife, Deborah, daughters Pearl and Amanda, and close friends. (source: [Wikipedia](#))

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### Warning! Dad Joke:

What's worse than raining cats and dogs? (Hailing taxis)

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### US Postal Service unveils [its stamps for 2022](#)

Rare optical illusion brings a false iceberg [to British Columbia](#)

[Patriotic Spots Americans Should Visit at Least Once](#)

[Some of the most beautiful forests in the world.](#)

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Where to find the [world's perfect pint](#)

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Travelers Choice Awards for the [Best Destinations in the United States.](#)

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### Word to Know: Frabjous

(FRAB-jəs) adjective

Origin: Author Lewis Carroll, 1871

1. Delightful; joyous.

community together to enjoy what the Environmental Learning Center has to offer.

**Our current offerings:**

**WILDLIFE & WATER FRIENDLY GARDENS SERIES**

The Environmental Learning Center presents a free workshop series for anyone interested in home gardening for wildlife and water quality.

**THEME: SUCCESSFUL GARDENING IN TIMES OF CLIMATE CHANGE**

Learn to adapt your gardening practices to meet the challenge of changing climate conditions.

**When:** Fridays, Jan. 21-March 4, 2022

**Time:** Noon-12:45 p.m.

**Cost:** Free

**Where:** Zoom - Sign up for one or all of the below sessions!

Each week, professional landscapers and water quality experts will share their expertise with you! There will be plenty of time for discussion, so come prepared with your garden questions.

**SCHEDULE OF PROGRAMS:**

- Jan 21: Garden with Less Water
- Jan. 28: Birds in Your Garden
- Feb. 4: Healthy Trees
- Feb. 11: Non-chemical Pest Control
- Feb. 18: Scrumptious Soil for Watershed Wellness
- Feb. 25: Permeable Hardscapes
- March 4: Non-chemical Weed Control

[Webpage and to register](#)

**[Salem Public Library's Best Books of 2021](#)**

Salem Public Library's annual Best Books list celebrates the best books of the year as chosen by SPL patrons, library staff, and critics. This year, the list includes over 100 highly appealing fiction and nonfiction titles. Pick up a print copy of the list at the Main Library or [download a copy online](#). Books are available at the library, and most titles are also available to download from [cloudLibrary](#) or [Library2Go](#) (Phone App is called "Libby").

**Local and Virtual Events!**

- **Grace [Goudy Distinguished Artists Series: Pulitzer Award winning composer Caroline Shaw](#) - February 2, 2022 | 7:30 PM**
- **Mind Over Mood and Stress Management - February 25, 2022 | 5:30 PM** Zoom session and [registration free through Community Wellness & Recovery Workshop Series here](#).
- **[CCRLS Community Wellness and Recovery Workshops](#)** - throughout January, February and March. Free with Registration.
- **The XXIV Olympic Winter Games – or Winter Olympics** – in Beijing will begin on Friday, **February 4, 2022** and ends on Sunday, **February 20**; The games will air live on NBC and Peacock at 6:30 a.m ET. Competition in some events will begin two days earlier. Primetime begins each night at 8 p.m. ET, except for Sundays NBC's primetime coverage starts Feb. 3 with figure skating and men's and women's moguls. The closing ceremony is Feb. 20.

Meditation is the ultimate mobile device; you can use it anywhere, anytime, unobtrusively.  
- Sharon Salzberg

**"Lawrence of Arabia" (1962)** featured real soldiers as extras. King Hussein of Jordan lent the production an entire brigade of his Arab Legion for the movie's epic battle scenes.

**Hoping to drive home the moral** that people should not trust "wolves" no matter how sweet and charming they may be, the first printed "Little Red Riding Hood" ends with the wolf gobbling up the titular girl. While this proved very popular, later authors softened the tale by adding a huntsman that happens to wander by in time to extract Red and Granny whole from the wolf's tummy.

**This Month in History**

- 1920: Prohibition takes effect
- 1933: The 24th Amendment is ratified prohibiting both Congress and the states from conditioning the right to vote in federal elections on payment of a poll tax or other types of tax.
- 1942: United Nations is established
- 1954: Elvis Presley recorded his first demo album
- 1964: The Beatles got their first number one with "I Want To Hold Your Hand" on the Billboard Hot 100 chart.
- 1967: The first Super Bowl was played.
- 1977: Apple Computer incorporated

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

**[Newsletter Archives](#)**