



Institute for Continued Learning Digest

Welcome to the 103rd Edition of the ICL Senioritis

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ICL Update:

- **BACK TO IN PERSON!** ICL will be meeting in person after the current spring break: **Tuesday, March 29, 2022** in **Kaneko Auditorium** at Kaneko Commons on the Tokyo International University of America (TIUA) campus (1300 Mill Street SE; across from Willamette Heritage Center/WHC). **Compass Cards** are required. Masks are encouraged. Parking is available at WHC by contacting **GARY Slangan**. Street parking is also available but watch out for the permitted parking closer in (they do check this area regularly). For more information see the email sent on March 17th from Joan Robinson (sent out by Dave).
- **Coffee Social** ☕ 🍰 🍩 🍪: There will be coffee and other treats available in Kaneko starting at **9:30 AM** on **March 29th** to celebrate seeing each other in person again and welcoming our new members face to face (or mask to mask). *Class starts at 10:00 AM.*
- **Printable Salem Campus Map:** An illustrated map of our Salem campus, complete with building key, is available in PDF format for viewing, downloading, and printing.
- **WU Virtual Tour Of Salem Campus** - Explore our Salem campus on a self-guided virtual tour of Willamette University.
- **Boosted?** If you haven't done so yet, please email a digital photo of your vaccination card showing that you have received the COVID-19 vaccination and booster shot to [Vernelle Judy](#) or [Don Beckman](#). You will need to do this before attending ICL classes after Spring Break (March 21-25).
- **Note to membership:** Tuition is due on or before **April 26th**. Checks can be made payable to WU-ICI for **\$165**. Please mail checks to either Vernelle Judy or Don Beckman - **OR** hand them to Don when classes start in person after Spring Break (but before the end of class on 4/26).

The Brain and Re-entry Shock

Re-entry shock is normally associated with returning to one's home culture after a long time in another culture, but people will experience that same sort of stress as we move from COVID isolation into socializing in-person, again. The American Psychological Association reports that Americans are experiencing the highest levels of stress since April 2020 and that half of the surveyed adults are uneasy about returning to in-person interactions. (APA, May 2021) It's more popularly known as 'cave syndrome'. It's not surprising. The more we get used to a new routine, the harder it is to 're-enter' the old one – even if we really want to.

The experts agree on several ways to handle any anxiety around returning to in-person events:

- **Recognize** that everyone will have different experiences and readiness, so give grace.
- **Start Small:** Evaluate and adjust your comfort levels one encounter at-a-time – one event at-a-time. If you can, try being with friends for

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.
- [ICL Wine Club](#) on the third Monday each month at 4:30 PM.

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

[CDC: OVID-19 Mortality Overview](#)

[WU COVID-19 Dashboard](#)

[Get Community Alerts with Marion Polk Alerts:](#)

Salem's Emergency Community Notification System is getting a critical update and joining Marion Polk Alerts. We're combining the resources of the City of Salem, Marion and Polk counties, the National Weather Service, and the State of Oregon to create a new alert system that will serve Salem and the Mid-Willamette Valley.

[SHE'S SPEAKING \(YouTube\)](#)

Songs about women, by women, for everyone

She's Speaking began the minds of Beth Wood, Bre Gregg, and

20-30 minutes to start and work your way up to a more normal amount of time.

- **Start Soon:** Confront the anxiety sooner than later because the longer you wait, the worse your anxiety becomes.
- **Buddy up:** Get support from others who are at your same level of comfort.
- **Look at the Big Picture:** What really makes you happy and focus on returning to that first. Family? Friends? A hobby with others? These can motivate you to return to a more normal public comfort level.
- **Communicate:** Let people know when and where you are comfortable to help them understand your plans and pressures.

Re-entry gives you an opportunity to use your resiliency skills. You know you have them – just give yourself time to use them and to adjust to another ‘new normal’.

A Shark Solution to COVID-19

Anti-body-like proteins derived from the immune systems of sharks can prevent the virus that causes COVID-19, its variants, and related coronaviruses from infecting human cells, according to a UW-Madison study.

The proteins - known as VNARs - will not be immediately available as a treatment in people, but they can help prepare for future coronavirus outbreaks. The shark VNARs were able to neutralize coronavirus WIV1-CoV, a coronavirus that is capable of infecting human cells but currently circulates only in bats. Developing treatments for such animal-borne viruses ahead of time can prove useful if those viruses make the jump to people. One-tenth the size of human antibodies, the shark VNARs can bind to infectious proteins in unique ways that bolster their ability to avert infection. Future therapies would likely include a cocktail of multiple shark VNARs to maximize their effectiveness against diverse and mutating viruses. This new class of drug is cheaper and easier to manufacture than human antibodies but has yet to be tested in humans. (Hamilton, *On Wisconsin*, 2022.)

How to Reuse Disposable Masks

The CDC has updated its mask recommendations to officially recommend the use of N95s/KN95s and other respirator masks over cloth masks. Did you know that you do not need to throw away your N95s and other respirator masks after one use? The CDC has provided a [simple strategy](#) that involves rotating used masks in brown paper bags. Since COVID has an expected survival time of about 72 hours, placing a used mask in a paper bag and waiting five to seven days is enough time for it to be inactivated and free of COVID particles, thus making it safe for reuse.

Please note that you should not wash or clean a used disposable mask with bleach, alcohol, hydrogen peroxide, or other chemicals. Treating disposable masks with alcohol in particular reduces their integrity and filtration efficiency, and using bleach or other disinfectants is dangerous and can lead to serious health issues if trace amounts of disinfectant remain on the mask and are then breathed in.

It is still recommended that if you have plentiful replacement masks available, you should throw a mask away if you've been in a location that has experienced high levels of exposure to the COVID virus.

Kristen Grainger, who put out the call to female songwriters they admire, asking them to write songs about inspirational women. Subscribe to the [YouTube Channel](#). [Facebook](#) [Learn more in their own words](#)

[Salem Reporter: Tucked into Oregon rural infrastructure package, \\$4 million to save a staircase](#)

From Jinx Brant:

As a follow up to my presentation on the color blue last fall (4/6/2021), here's an update:

The synthetic indigo dye used in coloring denim creates toxic runoff. Biotechnology company Huue has engineered a bacteria to replicate the dye by using natural sugars to mimic the enzymes in plants to create colors. Jeans without guilt!

(Time Magazine Nov 29, 2021)

Follow-up: Prof. Watkins presentation “Measuring Distances to Galaxies”
(Thanks Wayne!)

The astronomer that made the measurements showing the speed of rotation of the outer stars of galaxies was much faster than predicted and led to the discovery of dark matter was Vera Rubin. She was a force in the battle to allow females into the sciences. [Five Things to Know About Boundary-Breaking Astronomer Vera Rubin](#)

[Garden Time TV \(Nov 27, 2019\): OSP Healing Garden \(YouTube\)](#)

We pay a visit to see the new Japanese healing garden at the Oregon State Prison in Salem. This garden is changing the lives of prisoners, staff, and the visiting public.

The world's [longest car](#).

[New Tree Code Took Effect March 16](#)

If you are considering removing a tree from your property, you should know that the rules on the subject will change on March 16. Under the tree code adopted earlier this year, we've expanded what constitutes a "significant tree" that requires a permit for removal.

None of the following trees may be removed without a permit:

- Oregon White Oak of 20 inches or greater in diameter at breast height
- Other trees with a diameter at breast height of 30 inches or greater

Species excluded from the permit requirement are:

- Tree of heaven (*Ailanthus altissima*)
- Empress tree (*Paulownia tomentosa*)
- Black cottonwood (*Populus trichocarpa*)
- Black locust (*Robinia pseudoacacia*)

[Find more details of the changes on March 16](#)

[Mission Street Parks Conservancy](#)

Welcome to the parks around Mission Street!

Our community's historic parks are anything but old-fashioned. In fact, public parks such as [Bush's Pasture Park](#) and Pringle Park are more relevant today than ever.

Their trees, flowers, and flowing water improve our health, ease our anxieties, and serve as the stage for family reunions, weddings, and just plain fun. Parks and green spaces also clean our air, cool our hot summer days, and provide refuge for birds and animals. Most importantly, parks are the places where distinctions of race and ethnicity, wealth and class, fall away and people come together as a community.

Mission Street Parks Conservancy exists to foster community. We believe public parks play a critical role in the health and happiness of our community, and we're committed to preserving and caring for them today and for the future. If you enjoy our parks, please support our work by becoming a member today.

[AAUW Salem Speech Trek 2022:](#)

A speech competition for 10th and 11th grade girls was held on Saturday, March 5, 2022 at Chemeketa Community College. The Contest Theme: **Women's Progress in Equity**. Speeches can be seen on CC:M (cable channels). [...more info...](#)

Local and Virtual Events!

- [Festival Chorale Oregon](#) makes their joyous return to singing after a two-year hiatus, performing **Schubert's Mass No. 6 in E flat major**. **April 10, 2022**, 4:00 pm at the Elsinore Theatre [...more info...](#)
- **MUSIC: At Christo's Lounge** - from Solveig Holmquist
- [CCRLS Community Wellness and Recovery Workshops](#) - throughout January, February and March. Free with Registration.
- **WU Theatre: Wayfinding**, by Whitney Rowland - Directed by Lava Alapai; Runs through March 27th. Made-for-film staging (think Great Performances) [More info and ticketing](#)
- [Camerata Musica Salem](#): Free Chamber Music Concerts at the Unitarian Universalist (UU) church unless specified, 5090 Center Street (Center Street and Cordon Road NE).

[Guinness World Records started out as a Guinness Brewery promotion intended to help settle bar bets.](#)

[10 Botanic Gardens You Can't Miss in the U.S.](#)

Whether you're trying to beat the summer heat beneath the leafy shade or escape the winter cold inside tropical greenhouses, botanical gardens are a popular year-round destination for locals and visitors alike. Here are our picks for 10 botanic gardens you can't miss in the U.S.

Book Recommendation: [All the Light We Cannot See](#) by Anthony Doerr

** Winner of the Pulitzer Prize **
From the highly acclaimed, multiple award-winning Anthony Doerr, the beautiful, stunningly ambitious instant New York Times bestseller about a blind French girl and a German boy whose paths collide in occupied France as both try to survive the devastation of World War II.

All interest in disease and death is only another expression of interest in life.
- Thomas Mann

Word to Know: Pleach

(pleeCH) verb
Late Middle English, 15th century
1. Entwine or interlace (tree branches) to form a hedge or provide cover for an outdoor walkway.

Gregg Segal's photography exhibit compares [what people eat around the world](#). (tap on the right side to advance to next)

Questions?
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