



**AAUW Pendleton Branch Newsletter**  
**January 2023**

**AAUW Pendleton Branch**  
**January Membership Meeting**

Professor Brigit Farley, “Russia”



Thursday, January 5  
7:00 p.m., Zoom

You will receive an email from Dianne and Bruce Barnes  
with the link to join the Zoom meeting.

**February Membership Meeting**  
**Thursday, February 2, 7:00 p.m., Zoom**  
**Program: “Reporting on Indigenous Culture and Issues”**

**AAUW Pendleton Branch  
Leadership Team 2022–2023**

President  
Susan Doyle 969-7660

Communications Vice President  
Joan Deroko 310-9175

Co-Finance Vice Presidents  
Marlene Krout 276-7596  
Dues, Kate Mace 276-1006

Co-Membership Vice Presidents  
Kate Ely 278-1997  
Sue Petersen 276-4569

Co-Program Vice-Presidents  
Barbara Lund-Jones 969-9123  
Harriet Isom 278-8046

Co-Recording Secretaries  
Kathy Ward 276-0308  
Jill Heffner 278-4791

**Appointed Leaders:**

BMCC Liaison  
Marie Hall 379-5250

AAUW Funds  
Jill Heffner 278-4791

Grapefruit  
Karen King 278-2151

Newsletter & Directory Editor  
Susan Doyle 969-7660

Public Policy  
Regina Braker 663-6148

STEM  
Miriam Munck 278-5805

Website  
Marty King 276-8210

**AAUW Association website**  
[aauw.org](http://aauw.org)

**AAUW of Oregon website**  
[aauw-or.aauw.net](http://aauw-or.aauw.net)

**AAUW Pendleton website**  
[pendleton-or.aauw.net](http://pendleton-or.aauw.net)

# President's Corner for January

By Susan Doyle

As the New Year begins, I hope the weather will continue to be milder after the severe storm we recently lived through. Over the past many years, we've held our membership meetings during these winter months at Prodigal Son, but this year we will hold our meetings on Zoom at least through February.

Karen King reported the 2022 Grapefruit Sale was a success. This year we made \$3,740 on the sale, which is more than we made last year. On behalf of our branch, I thank Karen King for coordinating the sale, Kathy Ward for working on the seller lists with Karen on pickup day, and all the members who worked on selling and on pickup day. Thanks to our group effort, the sale funds our annual BMCC scholarship, contributions to AAUW Funds, and branch activities.

I will be working with Mary Davis to include articles on climate and other pertinent topics in our branch newsletter. In this issue I have included articles on the current "triple-demic" of flu, RSV, and Covid-19 and recycling issues.

I wish you all health and happiness in the New Year.

## Notes & Announcements

**January Lunch Bunch:** Thursday, January 19, 11:45 a.m., the Oregon Grain Growers Distillery.

**January Board Meeting:** Thursday, January 19, 7:00 p.m., Zoom. All members are welcome to attend. If you wish to receive the link to the meeting, please notify Dianne Barnes.



### Services for Helping Homeless People in Need

This information was provided after the November program on homelessness in Pendleton:

CAPECO Homeless Outreach Specialist is Dave, 541-969-7011.  
Promise Inn, 205 SE Dorian  
Warming Station, 715 SE Court Ave. (Across from Til Taylor Park.)



**Best wishes for the New Year**

# Updated Information on Covid-19, Flu, and RSV

## Pandemic Death Rate

More than 300 people are still dying each day on average from covid-19, most of them 65 or older, according to data from the Centers for Disease Control and Prevention. While that's much lower than the 2,000 daily toll at the peak of the delta wave, it is still roughly two to three times the rate at which people die of the flu.

The 65-plus age group accounted for nearly 90 percent of covid deaths in the United States despite making up only 16 percent of the population. Today, nearly 9 in 10 covid deaths are in people 65 or older — the highest rate ever, according to a *Washington Post* analysis of CDC data and an especially large share given that 94 percent of American seniors are vaccinated.

In the first year, from March 2020 to March 2021, the United States experienced about 500,000 deaths. The toll was about the same the following year. In the third year, the nation is on track to lower that count significantly, to 150,000 to 175,000 deaths. That means coronavirus is likely to rank third as a cause of death this year. By comparison, heart disease and cancer kill roughly 600,000 people each year; accidents, 170,000; stroke, 150,000; and Alzheimer's, 120,000. Flu, in contrast, kills 12,000 to 52,000.

Knowing your risk and taking all measures you can to mediate in the continuing pandemic environment is still a major concern for those of us over 65.

## Latest CDC Guidance on Masks

Masks are back, and, this time, they're not just for Covid-19. A "triple-demic" of the coronavirus, influenza, and respiratory syncytial virus, known as RSV, sweeping through the United States has prompted several cities and counties, including New York City and Los Angeles County, to encourage people to wear a mask in indoor public spaces once again.

Nationwide, Covid-19 case rates have spiked by 58 percent since the end of November. The Centers for Disease Control and Prevention estimates that there have already been 15 million illnesses and 9,300 deaths from flu this season, and those numbers are expected to rise in the coming months. And while R.S.V. finally appears to be on the decline, infection rates are still high across much of the country.

Dr. Helen Chu, an associate professor of allergy and infectious diseases at UW Medicine in Seattle, recommends everyone mask while infection and hospitalization rates are so high. Dr. William Schaffner, professor of preventive medicine at the Vanderbilt University School of Medicine urges anyone who lives in a high-risk household to wear a mask when in public spaces. High-risk households would include those with adults over the age of 65 and people with a pre-existing condition such as heart disease, diabetes, lung disease, or anyone who is immune compromised.

# Recycling Glossy Paper

From <https://www.conserve-energy-future.com/can-you-recycle-glossy-paper.php>

Glossy papers are a special kind of paper. Though they also come from tree pulp, they have a shining texture. This texture makes them separate from other types of papers.

Glossy papers can be recycled. Glossy papers are merely papers that have shiny surfaces due to some additives. For many glossy papers, the additives are natural, which is fine clay (kaolin) or other minerals applied to the surface. In the recycling process, recycling companies only need to employ a unique method to wash off the clay. This way, the papers would become fit to be recycled.

However, there is still a note of caution. Not all glossy papers are recyclable. The reason for this is because not all glossy papers have natural additives like fine clay. Many glossy papers have plastic coatings.

Where glossy paper has plastic coating, it is not recyclable. This is because the process of recycling paper requires that the paper be soaked until it breaks down. It is when it breaks down that it would then be recycled. For papers that have plastic coatings, the plastic would prevent it from breaking down. And if it does not break down; recyclers can't recycle it.

## **There are simple tests for determining the type of coating:**

Try to tear the glossy paper. If you can easily tear it, then you can recycle it. If you can't, it is because it has been coated with plastic.

Another test is for you to try to crumple the paper. If the glossy paper stays crumpled, it means that you can recycle it. If it immediately straightens back, it means that it is most likely coated with plastic.

There is yet another test. This test is soaking a piece of glossy paper in water. Cut out a piece of the paper with scissors and put it in a bowl of water. Leave it for some hours and then check it. If the papers are beginning to fall apart or have fallen apart, they can be recycled. If the paper remains the way you put it in water, it has most likely been coated with plastic.

## **Is Glossy Cardboard Recyclable?**

Glossy cardboard is also paper material. The difference is that they contain thicker paper fiber. Glossy cardboard is recyclable if it is coated with clay but not if it is coated with plastic or wax.

Use the above methods to determine the type of coating, with the added test of scraping the surface to see if any wax coating comes off.

## **Conclusions:**

- Determine the type of coating on paper and cardboard before recycling.
- Never recycle paper or cardboard that is stained or has food residue on it.
- Glossy paper that fits the above criteria can be composted and is biodegradable in 4 to 8 weeks.

This chart was printed in a past newsletter but is worth another look:

