



# Fall 2017

## Class Descriptions

Updated information online at  
[www.encorelearn.org](http://www.encorelearn.org)



**Clatsop  
Community  
College**

### Field Trip to Wasco County, Oregon

**Dates:** September 28 and 29 (two full days, before start of fall term classes). Max. enrollment 30.

**Course Outline:** This field trip departs Astoria at 8:30 AM and stops at The Dalles to visit the Columbia Gorge Discovery Center (lunch at the Center's Basalt Rock Café). Then by way of White River Falls, Sherars Bridge on to Maupin, and Madras for overnight stay. Presentation by novelist Jane Kirkpatrick on the Warm Springs Indian Tribe at 7:00 PM.

Next day we'll visit the Museum At Warm Springs, lunch at the Casino. Return to Astoria.

For more information call Erhard Gross, Trip Director (503 468-0752)

### DENDROLOGY

Instructor - Erhard Gross, 503-468-0752, [unighorn@charter.net](mailto:unighorn@charter.net)

Coordinator - Elfi Gross, 503- 468-0752, [unighorn@charter.net](mailto:unighorn@charter.net)

Day/Time – Monday **9:30 am to 3:30 pm**; 1 session

Date - Monday October 2

Location - Astoria Senior Center, 1111 Exchange Street, Astoria, and field trip

We will meet for 2 hours indoors, where Erhard will go into systematic criteria in tree identification by showing samples of twigs and seeds of different leaf and needle trees. After lunch at the Senior Center or nearby eateries, we will proceed to fieldwork by driving to various locations in or near town where we will visit the actual trees and observe their shapes, bark, crowns and trunks. We will also discuss forestry practices, dendrochronology and uses of wood.



### STRETCHYO (YOGA)

Instructor - Stephanie Reibold

Coordinator – Dave Zunkel, 503-861-8539, [davezunkel@gmail.com](mailto:davezunkel@gmail.com)

Day/Time – Monday **9:45 - 10:45 am**; 6 sessions

Dates - October 9 - November 13

Location - Astoria Senior Center, 1111 Exchange Street, Astoria

This is a regular class offered by the Senior Center. It is open to all ENCORE members, as well as all Senior Center members, every week -- not just during our term. You are welcome to start attending any time you choose!

This class is particularly good for seniors. The description of StretchYo from the RiverZen website is:

Gentle Yoga Stretch (StretchYo) is about feeling great all over. Simple movement that opens and strengthens your body while calming your mind. You'll create a healthy balance between strength and flexibility, stability and mobility.

It's not about hard or easy poses. It's about learning how to connect your breath and move with ease. It's about listening to your own body and giving it exactly what it is looking for at a particular time.

StretchYo combines the Ease of Strala Yoga, The Strength and Flexibility of Ki-Hara and the Functional Alignment of Strong Posture Exercises ... with our own personal touch for optimum results.



## **BOOK REVIEW: *RUNNING EAGLE the Warrior Girl***

Instructor - Sue Zerangue, 503-338-0313, [zerangue@hotmail.com](mailto:zerangue@hotmail.com)

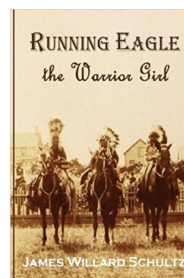
Coordinator - Sue Zerangue, 503-338-0313, [zerangue@hotmail.com](mailto:zerangue@hotmail.com)

Day/Time – Tuesday 1:30 - 3:30 pm; 7 sessions

Dates – October 3 – November 14

Location – Jane Borg's condominium, 445 Ave. G #301, Seaside. (Elevator equipped)

Please call Jane Borg (503-717-5282) or Sue Zerangue (503-338-0313) for directions.



You are invited to our Tuesday afternoon StoryTime, in Jane Borg's lovely Seaside condominium (elevator equipped building). We'll listen to the historical legend of Otaki, her girlhood name, later known as Running Eagle, indicating warrior status, unique among the women of her Blackfeet tribe. Her story, as told by an old frontiersman, James Willard Schultz, is a stark, enchanting tale of a girl who was "different" from other young women. She demanded the duties and privileges of boys. Her father, Chief White Plume, made sure they were hers, though many tribal customs were ignored along the way. Generously larded with anthropological insight from a tribal perspective - Schultz being a "squaw-man" most of his adult life - we are given much to mull over in our discussion at the end of each class. Additional handouts provided.

Sue says: "I've read 19 of Schultz's 30-something volumes, all that Kindle provides... originally written for the youth market of the early 1900s, modern publishing methods have now resurrected them for a wider audience. I've enjoyed every one of these tribal stories, but Otaki impressed me greatly with her Jane Eyre humility and virtue, yet she also possessed Joan of Arc's passion and courage. We can imagine together what life might have been like in the long ago... when buffalo roamed."

Sue expects to have some copies of this book available on the first day of class. She thinks each is printed separately: there's no pagination, table of contents, or printing on the back & spine, but a good-sized font makes reading easy. \$10 each if you get one from Sue; if you order yours from Amazon it will be \$15; or purchase it for \$1.99 on your Kindle.

## **SCIENCE EXCHANGE**

Facilitators – Kit Ketcham, 503-717-5027, [lilyloosy4@gmail.com](mailto:lilyloosy4@gmail.com)

Mike Kinney, 503-994-2080, [wooferwalker@yahoo.com](mailto:wooferwalker@yahoo.com)

Coordinator - Sue Zerangue, 503-338-0313, [zerangue@hotmail.com](mailto:zerangue@hotmail.com)

Day/Time – Wednesday **10:30 am - noon**; 7 sessions

Dates – October 4, 11, 18, 25, November 1, 8, 15.

Location - Astoria Senior Center, 1111 Exchange Street, Astoria.



Science Exchange, a staple and long-standing favorite class among ENCOREites, continues in its Wednesday morning time slot this term, starting at 10:30 a.m, meeting at the Astoria Senior Center's classroom. Facilitators Kit Ketcham and Mike Kinney look forward to hosting a lively class addressing a variety of interesting topics selected from the full range of science categories. Featuring videos, member-supplied topics and perhaps some brain teasers.

## **WALKING TRACK**

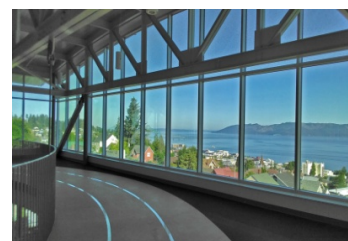
Instructor - Leslie Morgan, 503-803-5931, [Leslie\\_Mor@msn.com](mailto:Leslie_Mor@msn.com)

Coordinator - Ellen Norris, 503-440-5667, [ellendnorris@gmail.com](mailto:ellendnorris@gmail.com)

Day/Time – Wednesday; **1:30 - 2:30 pm**; 7 sessions

Dates - October 4 - November 15

Location - [CCC Patriot Hall](#), 1651 Lexington Ave.; 3rd floor, accessible



Come join your friends in an active walking group INSIDE on the beautiful indoor walking track at the Community College. We will walk together, but at your own pace. Our leader, Leslie Morgan, will guide us through the "steps".

She will also bring information on walking tips & benefits gathered from such programs as "Walk with Ease" & Silver Sneakers. Don't forget to bring your water bottles (water provided) and comfortable gym shoes. A healthy snack will be provided after each session and a "prize" for completing this course.

Participants may want to review the Arthritis Foundation's "[Walk With Ease](#)" program. Anyone interested can sign up for the on-line classes (either before or during the ENCORE class) and then walk with this group at the same time. Participants who sign up for the Arthritis Foundation program receive the [Walk with Ease Guidebook](#), which gives a lot of information.

All levels of walking ability welcome! Please check with your physician before starting any exercise class if you have concerns about your activity level.

### **OBJECT DRAWING**

Instructor - Tod Lundy, 503-325-1810, [todlundy@gmail.com](mailto:todlundy@gmail.com)  
Coordinator - Carole Elder, 503-325-1810, [eldercarole@gmail.com](mailto:eldercarole@gmail.com)  
Day/Time - Thursday **10 to 11:30 am**; 5 sessions  
Dates - October 5, 12, 26, November 2, 9  
Location - Astoria Senior Center, 1111 Exchange Street, Astoria



This is a class for those who are uncomfortable with drawing. It is a very basic series of drawing exercises. If you have ever said "I can't draw", you need to take this class.

Equipment needed: You may choose to bring your own drawing implements and paper. However, Tod will provide pencils and paper.

### **POP-UP SERIES**

Instructor - varies  
Coordinator - Tish Tarver, 503-325-4140, [tishatwork@yahoo.com](mailto:tishatwork@yahoo.com)  
Day/Time - Thursday 1:30 - 3:30 pm; 7 sessions  
Dates - October 5 - November 16  
Location - Astoria City Hall council chambers (elevator equipped)  
1095 Duane St, Astoria



This is a continuation of our popular series where different people talk about different topics each week. Some are from the "Where in the World have you Been?" series, some are topics of local interest, some continue Bernie Thomas's "decades" series.

#### **October 5: PATAGONIA by Doug & Cecilia Balcomb**

This slide presentation chronicles Balcomb's 2013 trip from Ushuaia, Argentina to Punta Arenas, Chile with a side trip to the fantastic crags of Patagonia. The venture started on a small ocean liner winding through the labyrinthine passages of Tierra del Fuego, passing through the Beagle Channel and the Straits of Magellan past calving glaciers and waterfalls. They then continued on a bus to the Torres del Paine National Park, encountering rarely seen wildlife including condors and guanaco. The presentation will include historical references to Darwin and Magellan and current issues.

#### **October 12: NORTHERN ARGENTINA by Anne Gant**

The sights, sounds, and tastes of Northern Argentina, including Salta, Jujuy, and parts of Tucuman Provinces, are unique in comparison to other regions in Argentina. Frommer's lists Salta Province as one of the 1000 most beautiful places in the world to visit before you die. Native Argentines flock to the region at every holiday. Traditional dances, asadas, and spiritual observances

continue as they have for centuries.

This class will present an opportunity to assemble and sample that most essential Argentine guilty pleasure, the alfajore. Mate will be brewed and tasted, as the ritual of the drink is explained.

This session presents a picture of one small village, Cafayate, and its introduction to the 21st Century over a brief span of six years. Significant changes in ordinary lives of families have occurred since a major influx of wine-growers from France, the U. S., Germany, and Mendoza, Argentina, entered this 200-year old wine-growing area. Seemingly overnight, they began to build huge bodegas and plant new vineyards using 21st century methods for growing the vines and making the wines. Their goal: to develop the next Napa Valley.

October 19: **TWO WEEKS IN NEWFOUNDLAND / LABRADOR** by **Rose Power**

This presentation covers a recent trip to Newfoundland and Labrador, during July 2017.

The first week was spent on the eastern side of Newfoundland, beginning in St John's and visiting whale and bird viewing sites on the Avalon and Bonavista peninsulas. It also included archaeological sites from the early 1600s, along with museums and wildlife preserves.

The second week began on the west side of Newfoundland, taking in UNESCO geological sites at Green Bay and the Tablelands. We also toured L'anse Aux Meadows, the 11th century viking site. In Labrador we visited a 15th century Basque whaling site and several museums displaying examples of marine archaeology and whaling.

October 26: **Joanne Rideout** from **KMUN** and **The Ship Report**

Here in our local community is a unique media organization: a community radio station. Joanne Rideout, manager of Coast Community Radio (KMUN Astoria 91.9 FM), along with staff and volunteers from the station, will host a personal discussion about what community radio is, why it matters in our crazy world, and how you can get involved in ways that are fun and creative, and that foster unity in a time of global division.

November 2: **Pick Your Decade: 1930, Bernie Thomas**

November 9: **Pick Your Decade: 1940, Bernie Thomas**

November 16: **Pick Your Decade: 1950, Bernie Thomas**

**PICK YOUR DECADE:**

- ❖ Each week we will take a walk down memory lane.
- ❖ Relive those fabulous days of yesteryear.
- ❖ We will take a turn back in time when we visit the 1930s, 1940s, and 1950s.
- ❖ Fashions, music, films, automobiles, major events and famous people.
- ❖ This is a lighthearted look back at times gone by. You are encouraged to bring memorabilia to share with others.

Please join us at CITY HALL beginning November 2nd at 1:30- 3:30. You'll be glad you did!

## WRITING EXCHANGE

Instructor - Eric Anderson, 503-561-5725. [mickdmouse@aol.com](mailto:mickdmouse@aol.com)

Coordinator - Sue Zerangue, 503-338-0313, [zerangue@hotmail.com](mailto:zerangue@hotmail.com)

Day/Time – Friday 10 am to noon; 7 sessions

Dates - October 6 - November 17

Location - Astoria Senior Center, 1111 Exchange Street, Astoria



Are you writing something: an article, poem, or non-fiction? Or perhaps a short story or novel? Would you like some constructive feedback? Are you interested in discussing plot, character, and other key aspects of writing? Then consider visiting Encore's Writing Exchange class!

Each week, we briefly discuss a different component of writing. Then, class members (optionally) read from works in progress and solicit constructive feedback. We very much encourage your free and artistic expression, subject to community standards! Come join us!

*Images from OpenClipArt.com. Book cover from Amazon.com. Photos from Kay Limbird & Ellen Norris.*

Dear Members of ENCORE,

Your Curriculum committee is trying to put together programs and courses that appeal to a broad audience. Whereas some of these offerings may be as tame as crocheting, others can be controversial. And where we encourage our instructors, old and new, to give our members a fair advance notice of the contents of their presentations, under the principle of Academic Freedom, we neither require an absolutely unbiased presentation nor censure our instructors and facilitators.

If you are exposed to subject matter and instructors whose bias you can't share, you have the option of leaving. Short of that, we request that you respect the opinions of others just as you would expect others to respect yours.

For the Curriculum committee,  
Reta Lindstrom, Chairperson, October 19, 2015