



**Clatsop  
Community  
College**

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*Volume 15 No 3  
September,  
October,  
November 2016*

**Greetings From The President:**

First, I want to thank all of you for electing me, at June's General Membership meeting, to be your President for the second year. I am joined by a great group of officers that help me to move ENCORE on to greater things. Reelected as Vice President is Gerrie Penny; Lorraine "Lorri" Bradley is our new Secretary, taking over from Anne Gant - Thanks, Anne; and returning as our Treasurer is Ellen Norris, who is our fifth Treasurer in three years (after Michael, Meg, Frank, Gail, and Frank again). Ellen has done an outstanding job in getting our books straight and updating our website, *encorelearn.org*, so that the latest news and future meetings and classes are shown. Tod Lundy remains in the Past President's chair.

Second, one of my wishes from last spring came true. I wanted a class titled, "*Where in the World Have You Been?*", about members who lived and worked overseas and traveled extensively around the world to come forward to speak for just one day. They did, so much so that we are able to fill out all 8-weeks of classes. They include: Erhard Gross growing up in Communist East Germany; yours truly being an Advisor for two years to Liberia, West Africa, which was settled by freed American slaves; and Past Presidents Tod Lundy, Margie Spence, and myself living and working in Saudi Arabia, the Heart of Islam, for many years. Additionally, there will be speakers on Israel, Burma, Australia, Norway, and Iceland. Complete details of all of the speakers are in the attached list of classes for the Fall Term. Congratulations to the Curriculum Committee, chaired by Reta Lindstrom, for coming up with another group of nine classes to, hopefully, attract nearly everyone. Of course, we would like to hear from you about some class or function that you would like us to undertake.

(Cont'd on P 2)

(Cont'd from P 1) A Special Farewell to member Drew Herzig who taught our Folk Dancing class for over a decade and who will be moving out of state shortly. Thanks, Drew, for all you've done for ENCORE. Safe journey.

This is a loaded Newsletter with the complete Fall class schedule included and additional informational articles and notices. Dues renewal notices will be going out shortly from the college.

Frank Spence

[frspence@bellsouth.net](mailto:frspence@bellsouth.net)

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### THE CONFERENCE ON EXTRAORDINARY LIVING.....

is just around the corner and this year plans to be even more informative and entertaining than ever.

"Live Life to the Fullest", a conference for people 50+, is

**Saturday, September 10, 2016**

**8:30 am to 4:00 pm**

**Columbia Hall, Clatsop Community College**

**Lunch provided from North Coast Food Web**

**Flu Shots are available.**

**Everything is free**

**(a donation of \$10 is suggested.)**

A number of new breakout sessions have been added to the popular ones from past years. They are: "Advocating for Your Own Health" with Angela Sidlo; "Estate Planning" with Larry Popkin, Attorney; "Frauds & Scams" & a lively conversation on "Disrupt Aging" with

AARP; "Mindfulness & Life Coaching" with Benaz Shidfar; "Your Posture Analysis & Yoga" with RiversZen; and "Seniors on the Move" with travel experts Rex & Nancy Anderson and Alan & Nancy Lee Batchelder.

Plan now to attend. **Please register by September 1<sup>st</sup>** so we know how many lunches to prepare. Contact Evy at [503-338-2566](tel:503-338-2566) or [eberger@clatsopcc.edu](mailto:eberger@clatsopcc.edu).

For further information check the attached flyer or go to the ENCORE website at [encorelearn.org](http://encorelearn.org) under the Bulletin Board. Full descriptions of all the breakout sessions are on the website.

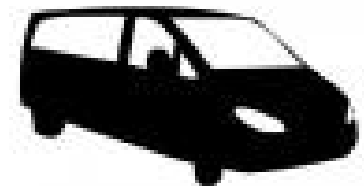
Thank you & we will look forward to having you attend the conference,

Leslie Morgan

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### THE ENCORE TRIP COMMITTEE – Fresh Faces and Trips in Our Plans by Art Limbird, Chair

The ENCORE Trip Committee has undergone some changes in recent months. First, we want to recognize and thank Reta Lindstrom and Erhard Gross for their faithful and steady contributions to the committee over the past several years. They both have resigned from the committee due to other ENCORE commitments.



Second, we want to recognize and thank the four new members of the committee who have volunteered after the chairperson's 'plea for members'. Please welcome Tess Chedsey, Gheri Fouts, Sue Gallagher, and Kathleen Hudson to the committee.

Coming up is the ENCORE trip to the Oregon Garden in Silverton and the Oktoberfest in (Cont'd on P. 3)

(**Trip Committee** Cont'd from P. 2) Mt. Angel on September 14 and 15. Eighteen members are traveling by van and staying overnight at the Oregon Garden Resort. The overnight accommodations include free entry to the Garden on both the 14th and the 15th. We will enjoy 'Senior's Day' at the Oktoberfest in the afternoon of the 15th before returning to Astoria.

We are preparing for several exciting and interesting trips to be announced to the ENCORE membership when they are ready for 'signing up': 1) taking the Point bus to Portland to visit the Portland Art Museum during the time the Auguste Rodin Sculpture exhibit is there. Since the Oregon Historical Society Museum is across the street from the Art Museum, we are trying to arrange guided tours of both venues; 2) a 'carpool' driving trip to Portland to see one or more of the 'Live Casts' of the New York Metropolitan Opera regular season that begins in the fall and runs thru the winter. 3) We are in the planning stages of a trip to Ashland for the Shakespeare Festival there, looking at a 4 day 3 night trip. We have the help of Mary Kemhus in connecting CCC with Southern Oregon University for accommodations during the 'spring break' period in 2017.

## HISTORY OF THE ENGLISH LANGUAGE

By Erhard Gross

Is language important? I answer that question in the affirmative, printed in bold and underlined! The spoken and written words, including body language, constitute one of the highest expressions of human civilization. This is true for all languages, and especially for a world language like English. The more we know about our language, the better we can use it and the more intelligently we can discuss the subject. Most of us have had some formal instruction in English but very few know anything about its history and development.

Whenever our Curriculum Committee conducts a survey on what courses we should teach, the history of English ranks high on the list of desired topics. It's for that reason that I am offering the History of the English Language for a third time. Just in the middle of this month I ran across an abomination where the writer of a letter to the editor condemned someone's use of "fowl language" without referring to the Malheur occupation.

In a conversation with me last year, a college graduate asserted that English is a Romance language. My question was immediately what

are the criteria for that classification? The answer was that English contains a lot of French vocabulary. That observation is certainly true. German, too, features thousands of French words, but it still is a Germanic language and so is English.

Another misconception is the relative difficulty of English when compared with other tongues. Yet, English is far simpler than German. Take the gender of nouns for instance. Once you have the "natural" gender of bull and cow, ram and ewe, rooster and hen, and a few others, out of the way, almost everything else is "the" and "it." In German you have to contend with learning the "grammatical" gender – the "der, die, das" of each noun. Then you have to master the pluralization of the same nouns. It really gets hairy when you have to learn the endings for articles, nouns and adjectives in the four grammatical cases: nominative, genitive, dative and accusative. English has far more vocabulary than German. Spelling English is far more difficult than spelling German, but the former is still a lot easier to learn than the latter. Believe it or not, kids of the same age know about the same amount of their native language whether they grow up with English or German, or Chinese, for that matter. (Cont'd on P 4, Col 1)

(Cont'd from P 3, Col 2) **History of the English Language**  
 I confess I love the English language. It lends itself well for creating consternation and hilarity. And whether you go to Italy, Norway or the Czech Republic, you find surprisingly many people who can communicate in English. Worldwide, English has about a billion native speakers, but because of its international significance, even more people internationally, whose mother tongue is not English, are learning English. This phenomenon is not all positive because foreign language education in the U.S. -- K through 12 schools -- is woefully neglected. Since the 1960s, higher education enrollment in foreign language education has declined nationally. It may not be obvious to most of us, but Americans, perhaps tacitly, hold the attitude that if you want to talk to me, learn English.

How did the English language acquire such international prominence when it did not even exist in the British Isles until about the 5th Century of the Common Era? It certainly did not start with the Romans or the French. Once it did get started, it was very slow to take hold in some areas of present-day England. It was

brought in mainly by Anglo-Saxon invaders. Their territorial conquest also conquered the Celtic that was spoken in England at the time. We're going to look closely at what shaped the instrument that is so basic and crucial to our communication as a civilized society. We'll learn why we speak English rather than Celtic, or Vulgar Latin, or Norwegian, or German; why English underwent continued inflectional simplification, why its orthography is such a challenge.

Even though this course deals primarily with history, we must not fail to present the present situation. Ponder this matter and don't object to the object of my class because we'll have to subject my subject to a number of close examinations.

Join us in exploring how it all started and developed to where it now stands.

**The class meets for five two-hour sessions every Thursday at 1:30 PM, from September 29; October 6, 13, 20, 27; at the Astoria City Hall.**

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### THE PARTS OF SPEECH

(from Seniors Sunset Times)

Every name is called a NOUN, as field and fountain, street and town;  
 In place of noun the PRONOUN stands, as he and she can clap their hands.  
 The ADJECTIVE describes a thing, as magic wand and bridal ring.  
 The VERB means action, something done – to read, to write, to jump, to run.  
 How things are done, the ADVERBS tell, as quickly, slowly, badly, well.  
 The PREPOSITION shows relation, as in the street or at the station.  
 CONJUNCTIONS join, in many ways, sentences, words, or phrase and phrase.  
 The INTERJECTION cries out, "Hark! I need an exclamation mark!"  
 Through Poetry, we learn how each of these make up THE PARTS OF SPEECH.

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**BERNIE SAYS THANKS!**

*A huge thank you for the special recognition award that I received at the annual meeting this year. My words of thanks include surprised, humbled, and honored. ENCORE has become an important part of my life for the last several years. I should be thanking all of its members for all that you do, share and give to make our group so beneficial to so many. So pleased to be a part of ENCORE.* Bernie Thomas

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**"WHERE IN THE WORLD CLASS" Will Take Us To Fascinating Places!**

By Art Limbird

The "Where in the World?" Class for Fall promises to be interesting and worth attending for each of the 8 sessions! Be sure to mark 10 AM Wednesday mornings at the Astoria Senior Center on your calendar and we will look forward to seeing you there.

The first two sessions [September 28 and October 5] will be presented by Sunni Bell taking us to Israel. Sunni has made numerous trips to Israel and has shared her experiences with ENCORE in classes including teaching us some Hebrew words and Hebrew alphabet. This time, she will have just returned from her latest trip fresh with new experiences and stories to tell!

The next session [October 12] will be presented by Frank Spence taking us to Liberia, West Africa, a country that was settled by freed American slaves. Frank will share his experience of living and working there in the 1960's under President Tubman before the revolution, and he will display artifacts that he brought back.

The fourth session [October 19] will be presented by Art Limbird and Erhard Gross as they share comments and photos of a summer 2015 trip with highlights of places visited including: Erhard's childhood village, day trips to Dresden, Karlsbad, Ulm, and Augsburg; fiords and mountains in Norway; and volcanic landscapes, waterfalls, and beaches in Iceland.

The fifth session [October 26] will be presented by Karen Elder and Art Limbird as they 'travel' from area to area around Australia. Both Karen and Art have made several trips to Australia, so they will focus their photos and comments on favorite places including ones in Western Australia, Northern Territory, Queensland, and Tasmania.

The sixth session [November 2] will be presented by Erhard Gross on East Germany. Erhard lived behind the Iron Curtain until his defection to the West at age 17. His narrative will start with 1945 when American and Soviet forces occupied his village, and will end with glimpses of East Germany when he visited relatives as late as 1986.

The seventh session [November 9] will be presented by John Markham [a real world traveler!] who will describe his trip to Burma. The trip in November 2015, to what is now called Myanmar, was at the time of the historic election that brought Aung San Suu Kyi's party to power. The trip will start in Rangoon [also called Yangon] and include a cruise up the Irrawaddy River. (Cont'd on P 6)

(Cont'd from P 5) **"Where in the World Class"**

The final session [November 16] will be like the icing on the cake! Frank Spence, Marjorie Spence, and Tod Lundy will share their experiences of having lived and worked in Saudi Arabia – a country almost impossible to enter as 'outsiders'! In the 'Heart of Islam' as the country is often called, Frank was a hospital administrator of the King Faisal Specialist Hospital in Riyadh for 3 years; Marjorie had to live in 'Islamic style' during this same time and will share some experiences of the 'woman's role' there; Tod taught Architecture at the King Faisal University in Dammam on the Gulf Coast for 6 years.

This class is guaranteed to be fascinating and will hopefully encourage some of the other members of ENCORE to step forward to share their traveling and living abroad experiences in subsequent versions of the 'Where in the World?' class.

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## Health Insurance Options for Seniors

By Erhard Gross, Program Organizer

For the fall term of 2016, our Curriculum Committee is offering a program on health insurance for seniors. It addresses the problem of the ever more limited number of health insurers available to senior citizens of Clatsop and Pacific counties. At this point, there are no so called "advantage" plans available in Pacific county (the latter may change in October when the annual open enrollment period starts).

When my wife and I still lived in the Portland area, we were members of Kaiser Permanente. We maintained that membership our first few years in Astoria and went to Longview for service until we were told that Kaiser did not take patients from Clatsop county. Why not? After all, we were the ones who drove there and not vice versa. It seemed no skin off Kaiser's nose. So the shopping began. Finding an insurer was one thing -- having a local physician accept us is quite another. We've been with several insurers since. This year, Regence Blue Cross/Blue Shield quit our county. We're certainly not the only ones in this predicament.

At times, companies stop offering coverage in a state or a county, which forces the individual to sign up with another company. At times, the individual may want to change companies for financial or other reasons. When Regence pulled out of Clatsop County this year, some of our seniors were confronted with tough choices: What did the few remaining insurers offer and could the individual afford the plan? To allow persons to change, federal law provides a period of time at the end of every year, during which a person may change insurance companies called Medicare Open Enrollment Period.

Right now our area has the following Medicare Advantage programs: CareOregon Advantage, Moda, Family Care, and a Medicare Supplemental Plan offered through AARP, United Health Care. The complexity of these programs, plus the need to understand all of this in conjunction with Medicare and Medicaid, Part D and perhaps dental care, will tax most of us.

It is for these reasons that we'll invite Medicare and representatives from these companies to come and present their programs. Attendees of this event will have an opportunity to ask questions and each company will speak about plan specific premiums and benefits. If you feel a plan is the right fit for your situation, representatives will be available afterwards to assist individuals who wish to enroll. Simultaneously we have arranged a flu shot clinic offered through CareOregon Advantage and Rite Aid. It will be held October 12. Membership in CareOregon Advantage is not required. All that's needed is your current insurance ID card.

**The program is open to the public and will be held from 6:00 to 7:30 PM Wednesdays, starting September 28; October 5, 12, 19 and 26; at the Astoria Senior Center. More information tba.**



**BRAIN TEASERS**

How does this make sense?  
 1 was a race horse  
 2 was 12  
 111 race  
 2112

Can you find a word that can go in front of each of these words to make a new word?  
 color          cress          fall  
 Proof          shed          way

(Answers elsewhere in this newsletter)

**LOOKING FORWARD:**

All Fall **Term** class information will be enclosed with this newsletter – TAKE A CLASS OR TWO!



**LOOKING BACK:**

**Ferry Memories**

By Bob Cook

The Astoria ferry boat brings back some fond memories of yesteryear. In 1939 and 1940, my parents would put my brother and me on a ferry boat in Portland and send us to Astoria during the summer (no adult chaperone).

In Astoria, Aunt Wilma, Uncle Lee and cousin Gregory would meet us, and we would stay with them at their church, which is now a bed and breakfast next to the Masonic Temple.

At least two times each year (or was it once?), we were given 10 cents each, told to walk down to the ferry landing, get on board and ride over to the Washington side two times, then get off and walk back home. Seems amazing that children were allowed to get around like that, but we even walked down to the cannery where my aunt filleted fish, and she would give us an eyeball to play with.

I guess we must have been a handful, because we were eventually sent out to the Schulback farm, where my grandma was busy raising a family whose mother had passed away. We wound up helping peel chitterm bark and milking cows.

Mr. Schulback took us to the steam baths in Uniontown, and that was a culture shock for a couple of kids, since nobody wore clothes.

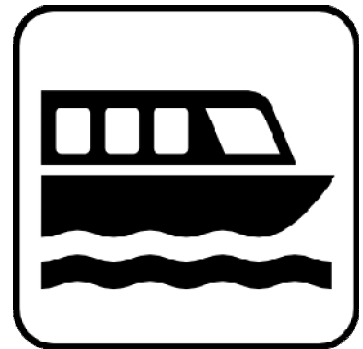
I can imagine how Joe, August and Adolph felt about babysitting two kids, ages 6 and 7, but we were put on a bus and sent back to Reedville, and later on to Vanport.

(Editor's note: Watch for Bob's article on skydiving in the next issue!)

**JULY LUNCH BUNCH: A "BIG" MEAL AT "BIG FOOT"! July 1, 2016**

By Lorri Bradley

Well, the traffic was a bit dicey, since it was the Friday of the 4th of July weekend, but once you got past that . . . what a delightful time we had! (Cont'd on P 8)



(Cont'd from P 7)

“A “BIG” MEAL” First of all, we had 19 people that enjoyed all the festivities (and they are: Reta Leithner, Ellen Norris, Frank Spence, Marjie Spence, Lynne Ryan, Rachael Wolford {guest}, Nellie Hutchison, Jane Borg, Lorri Bradley, Hazel Sealy, Doug Balcomb, Cecilia Balcomb, Linda Brandon, Anne Gant, Bernie Thomas, Carol Sigurdson, Gerrie Penny, Bob Westerberg & Aletha Westerberg), not to mention the fantastic food and the great waitress we had to handle such a large group (sorry, I didn't get her name, but she surely deserves honorable mention!).

And then: Bob & Aletha Westerberg shared some great information and stories about their experiences as operators & conductors for the Astoria Trolley. They were so vocal about how much fun they have doing it that I'm sure there might be a few of us that volunteer to try this out ourselves in the near future. They gave lots of details about all manner of what's involved just in the training to be able to drive this huge mode of transportation, and then told some good stories of people and their reactions to being on the trolley. It was a brilliant presentation, and we thank you so much, Westerbergs!

As we stuffed our faces with all the varieties of how one can eat beef, or anything else that might have whetted your appetite, we

all waited with eager anticipation as the raffle ticket numbers were called out . . . and not one of us was disappointed! The following four people won fantastic prizes, all related to the upcoming July 4<sup>th</sup> holiday: Bob Westerberg (probably more for Aletha!) / a bright, sparkly necklace; Lorri Bradley / a Red- White- &- Blue cloth- flowered lei (NOW I had something appropriate to wear on the fourth!); Hazel Sealy / 2 American Flags (perfect for her garden or flower arrangement); and Anne Gant / a patriotic, matching necklace & bracelet (sounds like she was all set to “dress” for this annual celebration!).

I'm not sure where the Lunch Bunch will meet next month, but I DO know you won't want to miss it! A good time is always had by all, food- wise and people- wise ... so I recommend that you DON'T MISS IT!!

Brain Teaser answers: One was a racehorse; two was one too, one won one race, two won one too. (Say the individual digits)

Water is “the word”: watercolour, watercress, waterfall, waterproof, watershed, waterway.



### San Francisco Walking Tours

By Lynne Ryan

I was in the Bay Area in June for my 50<sup>th</sup> high school reunion and had a free Saturday morning and a Clipper transit pass so decided to spend some time in San Francisco. I found a series of walking tours provided by the volunteers of San Francisco City Guides and decided on the Chinatown tour including the opium dens, brothels, gambling dens, etc.



San Francisco City Guides was founded in 1978, though a librarian, Gladys Hansen, had started training volunteers to give tours of City Hall in 1976. In 1980, the City Guides became a program of the San Francisco City Library and in 1984, Mayor Diane Feinstein declared the City Guides the official docents of the City of San Francisco. Their mission is to preserve and perpetuate the history and folklore of San Francisco and to celebrate its rich history of cultural diversity. The nearly 100 tours are free of charge (though donations to the program, not the guides, are accepted) and no reservations are required.

So, on a sunny Saturday morning, I joined about 30 other walkers in (Cont'd on P 9)



(Cont'd from P 8) **San Francisco Walking Tours**

Portsmouth Square where we were split into 2 walking groups for our tour. The guide for our tour is an engineer for Boeing when not indulging her love of San Francisco history. Portsmouth Square, like Portland's Pioneer Courthouse Square, is the living room of Chinatown. About 90% of the apartments in the surrounding buildings are SRO (single room occupancy) with a shared kitchen and bathroom on each floor. So the park is the social center of the neighborhood. In 1846 during the Mexican American War, Captain Montgomery of the USS Portsmouth was ordered to seize Yerba Buena and on July 9, 1846 the first American flag was raised on the plaza which would become Portsmouth Square.

The first Chinese in California were merchants from Canton. In 1849 there were 50 Chinese registered in California, but by 1876 there were 115,000. In 1850, the California legislature passed the Foreign Miners Tax of \$20/month on each foreigner engaged in mining. This was later repealed, except in the case of the Chinese who were also forbidden to own land. So, the Chinese banded together in Chinatown and engaged in fishing where the fish was dried and shipped to China; laundry services, even though the City charged a 'pole' tax for hand carried laundry; kitchen gardens providing vegetables for local restaurants; and the garment industry where the Chinese earned 90 cents per week versus the \$3 per week for white workers. When the transcontinental railroad was being built the Chinese 'Celestial Workers' did much of the dangerous work through the Sierras and were often lowered in baskets over the sides of cliffs to set explosive charges to blast the tunnels. Once the railroad was complete, the Chinese were not allowed to ride the railroad back to California. In the 1880's the Chinese Exclusion Act meant that only Chinese diplomats, teachers and merchants could bring their families, so the bulk of the Chinese in San Francisco were single men.

After our history lesson, we visited the entertainment areas for the single men including Duncombe Alley aka Opium Den Alley, St. Louis Alley where the brothels were located with women smuggled in and subject to indentured servitude with a life expectancy of 7 years and Ross Alley aka Gamblers Alley where there were gambling dens on the lower floors and brothels upstairs. At the end of Gamblers Alley was the Wah Cheung Jewelry Store with an upstairs window facing on the alley. In the old days, a rope and basket hung from the window and if a gambler needed some cash, he would place an item of value in the basket, tug on the rope and the basket would go up to the window and come back down with some cash. The next day, assuming the gambler was successful, he would go to the jewelry store and ask to see something like what he 'sold' the night before.... An anonymous pawn system. Our tour also checked out a Chinese Opera house, an herbalist, incense shops, dim sum take outs a fortune cookie factory and watched a funeral procession with brass band.

Our final tour stop was on Waverly Alley, originally called the 15 cent haircut alley with haircuts that preserved the traditional queue, at the Tin How Temple located up 4 flights of stairs in a small flat with shrines to Buddhist and Daoist deities. Originally founded in 1852 in Union Square and destroyed in the 1906 earthquake it was moved to Waverly Place in 1910.

So, if you are visiting San Francisco and have a couple of free hours, check out [sfcityguides.org](http://sfcityguides.org) and see where the tours are heading that day.

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PHOTOS FROM MAY ANNUAL MEETING By Kay Limbird



## FOR YOUR HEALTH!

By Shigemi Tajiri

It is said that our sufferings are mental, physical and materialistic. And, for releasing our attachments to those sufferings, one of the best ways is to practice meditation.

There are different methods to make meditation. The most widely known is Yoga, from India, and the Japanese Zen. An informal version of the latter, skipping the traditional rituals, would be recommendable. Keep yourself seated in a chair, with the spine straight, relax your muscles from the shoulders through all extremities and use a slow abdominal breathing technique. Trying to reach the spiritual state of "Mu" or "nothingness," we will slowly be able to connect our mind and body, and start thinking positively.

It is then when we start to use our capability of autosuggestion. And little by little we will learn to control our anger, depression, and anxiety, which alter our immune system enormously.

Everything in our body is well balanced, as it is the universe we are living in. As in the animal world, there is a balance between preys and predators; in our bodies the negative and positive - plus and minus - factors have to be also in constant balance. When the autonomic nerve and the parasympathetic nerve are well balanced, most of the things go well.

In Japan, there is the expression Yamai-wa-ki-kara, which stands for "Sickness comes from one's spirit" or "Physical illness is often the sign of troubled mind." Positive thinking makes our body work in balance with our mind.

We all have our likes and dislikes. And many of us think that by taking supplements our body will be fine. Others have preconceived ideas about health. Hiromi Shinya, a physician who spends a semester working in the U.S.A. and the rest in Tokyo, found that Americans drinking a liter of milk every day were suffering much more osteoporosis than the Japanese. The notion that calcium is obtained from milk has not been actually true. Japanese consume sardines, dark leaf greens like spinach, raisin, nuts, onion, soybeans and other kinds of grains, as calcium sources.

Consuming a wide variety of foods makes our intestines get more enzymes. It is said that in the world of microorganisms, 10 percent are good, 10 percent bad, and the remainder 80 percent are "opportunists," which adhere to the stronger ones.

Thus, if we have something we do not like, let's think about its beneficial aspects and just eat it. The "placebo effect" works.

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## Justice and Violence - Broken Treaties and Promises – Part 2

By Rose Power

The final class of this series dealt with the battle at Wounded Knee, South Dakota, in 1890. After ongoing abuse of treaties in the Black Hills and injustices inflicted upon the Indians, the Ghost Dance grew in popularity. Indians, it gave hope to the desperate people. Kicking Bera promised that if the dance were performed properly, it would make shirts bullet proof.

In 1877, Sitting Bull was invited to the reservation in South Dakota, from Canada. The local Indian agent sent troops to the place where he was being held, and they

from 1870 onwards. Based on the theory that it would cause the whites to disappear and the buffalo to return, along with the ghosts of dead

shot him. Crazy Horse was bayoneted to death. The remaining Indians - mainly women and children, were herded to the desolate Wounded Knee, surrounded by troops with Gatling guns, and massacred. A few escaped the initial onslaught but were tracked for miles through the bitter winter and killed. Later, 20 of the military

(Cont'd on P 11 Col 1)

### Justice and Violence - Broken Treaties and Promises (Cont'd from P 10)

participants of the massacre were awarded Medals of Honor by Congress, and their commanding officer reinstated.

The second part of the class focused on the Nez Perce. During Lewis and Clark's expedition west, this tribe gave them sustenance and horses, which greatly aided their survival and success. Until the 1850s, there was no conflict with the whites, until in 3 months commissioners claimed the Nez Perce had no title to their land, and pressures them into giving it away. Rapidly, they lost 90% of their ancestral lands - a total of 7 million acres. Chief Joseph gathered a band of followers and began a trek through the mountains, intending to go north and settle in Canada, away from the reach of the government. The army followed. On October 5th, 1877, Col Nelson Miles, brought with reinforcements from the east, surrounded and captured Chief Joseph, who made his timeless speech - "Tell General Howard I know his heart - we are all dead, our children are freezing. I am tired and heartsick. I will fight no more forever" He was never able to return to his

home in the Wallawas. He died in 1904 and is buried in Nespelin.

Meanwhile, missionaries Dr and Mrs Whitman, had come from the east and settled near Walla Walla. Their initial attempts to Christianize the Indians were successful, but after a while the people lost interest and drifted away. The Whitmans turned to minister to the whites coming through on the wagon trains. An epidemic of illness broke out, and while the Whitmans cared for Indians as well as the settlers, it was the Indians, without immunity from white diseases, who died. Whites survived. Convinced they had been poisoned, the Indians attacked the mission, killing the Whitmans and 14 others.

In retaliation, the Indians were sent to Ft Leavenworth Kansas, then Oklahoma. The climate of the area was brutal on the mountain people, and eventually they were allowed to return to the Northwest.

This ended the sad and shameful story, though the injustices continue to the present day.

### CONTINUING THE STUDY OF NORTHWEST NATIVES

Field Trip to Umatilla OR and Lapwai ID.

Submitted by Rose Power

On Monday May 23rd 2016, 18 members of the class - 16 in 3 rented vans and 2 in a private car - headed east up the Columbia to begin the field trip that was the final part of the class. Going through Portland and following I84, we reached Biggs Junction in time for lunch, and a welcome break. Resuming the drive through Pendleton, we soon arrived to the Umatilla Indian reservation, and the Wildhorse Casino, our destination for the day.

First stop was the excellent tribal museum that offered a wealth of static displays, enhanced by movies, videos and photos. These documented the history of the tribe, along with the advent of missionaries, Indian schools, and tribal stories of Coyote. The recorded voices of the elders gave insight into their personal experiences of these times. I spoke at length with the clerk in the well-stocked gift store in the museum. She told me that the usual custom of the Umatilla is to

(Cont'd on P 12)



(Cont'd from P 11) **CONTINUING THE STUDY OF NORTHWEST NATIVES**

destroy all possessions and evidence of a tribal member upon their death, but in this instance, all but one of the elders had given written permission for their photos and spoken words to be kept for the museum. One elder declined, and all of his material was respectfully destroyed when he died.



Leaving the museum, we checked into the casino hotel and spent a comfortable evening, enjoying an excellent meal and the good company of our fellow travelers.

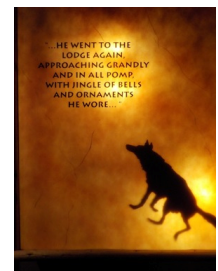
On Tuesday May 24th, after a light breakfast, we set out again, heading north back into Washington, through rolling farmland and wheat fields, dotted with small farming towns along the Clearwater River. We lunched at the Clearwater Casino on the Snake River, and proceeded to the Park Service museum of the Nez Perce at Lapwai.. This was a smaller facility, but excellently done, with life-sized human and horse figures, decked in the intricately beaded regalia of the Nez Perce that were donated by tribal members. High point of the tour was a presentation by one of the park rangers. a young Nez Perce member named Jenny Hawken, a descendent of Chief Joseph. She shared her own story and experiences and explained the hereditary class of "Dreamers", of which she is one. The main aim of the Nez Perce is to restore their language and skills, and to preserve their resources without commercializing them.

Following the viewing of a very good movie about the country and customs of the Nez Perce, we drove back down the river. reaching our motel in Walla Walla in time for a pleasant dinner at a nearby restaurant.

Wednesday May 25th found us driving to the nearby mission site formerly occupied by the Whitmans. It is now administered by the Parks Department, and along with interesting educational display, we were given a fair and balanced presentation about the Whitmans, their work in the area, and their relationship with the local Indians. After that, we had time to walk around the grounds, and climb to the monument at the top of a nearby steep hill. The view from the top gave a real feel for local geography, the river and flood plain below.

Finally it was time to head back across the Columbia into Oregon once more, and make our way back to Astoria, rounding out a most enjoyable and informative three day trip.

Thanks to Erhard for his well-researched presentation on a difficult but important subject. It is something we all feel better informed on now. (Bob Westerberg photos)





## ENCORE SUMMER PICNIC

On Friday August 19<sup>th</sup> 37 ENCORE members and 4 guests celebrated the potentially hottest day of Astoria's 2016 summer by getting together at Cullaby Lake for the annual summer picnic. ENCORE provided hotdogs, and the members provided side dishes and desserts. We had a short presentation by guest Kurt Koivu about badminton; did you know that it is the most popular sport word-wide? We also had a few bingo games, and lots of time to visit. If you attended the picnic and are missing a hat, contact Art Limbird!



*Lunch Bunch*

*Friday September 2*

*12-12:30 arrival*

*El Compadre Mexican Restaurant*

*119 S. Main St, Warrenton*

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**VOTE! VOTE! VOTE! GENERAL ELECTION, TUESDAY, NOVEMBER 8**

**Last Day to REGISTER TO VOTE in Oregon:**

**Tuesday, October 18, 2016**

**Last Day to REGISTER TO VOTE in person Washington: October 31, 2016**

**Last Day to REGISTER TO VOTE on line or by mail in Washington:**

**October 10, 2016**

**Last Day to REQUEST ABSENTEE BALLOT from Oregon:**

**Wednesday, October 19, 2016**

**Last Day to REQUEST ABSENTEE BALLOT from Washington: Election Day**

**Washington Absentee ballots must be returned within 20 days after general election**