



## GREETINGS ENCORE MEMBERS!

This is my first message to you as your new president. Some of you may wonder who I am. For that I refer you to my autobiographical sketch elsewhere in this newsletter.



First I want to recognize and thank my predecessor, Frank Spence, for his service as your president for two years. Frank left ENCORE in a strong position for my term of office. We wish Frank well as he assumes another presidency: that of the Port of Astoria Board. You just can't keep a good president down! I am honored to inherit a strong

Board and Committee Chairs who all agreed to continue their work. A special shout-out goes to Ellen Norris who not only serves as ENCORE treasurer but also as Web Master (or should it be Web Mistress) and we welcome Michael Kinney as new vice-president. Already he has shown knowledge and expertise that will serve ENCORE well. As a volunteer organization, there are many others who also make ENCORE successful and I hope to recognize them in future messages.

This fall promises to be a good and busy one for ENCORE. I'll highlight just a few upcoming events:

- \* Membership Renewals are due by October 15. Please remember that your dues are the main source of ENCORE's financial well-being.
- Membership Recruitment is on going. Feel free to invite non-members, friends, and acquaintances to give ENCORE a try. An introductory information packet entitles a person to attend two classes for free.
- Special ENCORE Presentation on Antarctica by Dr Scott Borg at the Astoria Senior Center at 6 PM on Sunday, August 27, 2017. Arrive early to secure the best seats for what should be an interesting talk.
- Extraordinary Living Conference at Clatsop Community College on Saturday, September 16, 2017. Sign up on time for this "extra ordinary" conference,
- Field Trip to The Dalles/Maupin/Warm Springs on September 28 & 29, 2017 under the direction of Erhard Gross.
- Fall Classes start October 2 through November 17, 2017. Remember: no tests, no grades, no kidding!!
- November 2 (my 70<sup>th</sup> birthday – please hold off on fancy cards and gifts, as my Kathleen and I will be celebrating in Cuba).
- Annual Holiday Bash will be Friday, December 15

There you have it – the Fall ENCORE Season 2017. Enjoy!

Dave Zunkel

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## LOOKING AHEAD!

**Antarctica - An Interesting Place but Why Should We Care?**

Submitted by Erhard Gross

Scientists have calculated that sea levels would rise at least 60 meters (196.85 feet) if the South Polar ice sheet were to melt. That would inundate downtown Astoria, including the Senior Center. It is for this and other reasons that ENCORE is sponsoring a program at the Senior Center while it is still above water.

Dr. Scott G. Borg, Head, Antarctic Sciences Section at the National Science Foundation and chief scientist at the U.S. Antarctic research stations will present a program titled: "Antarctica - An Interesting Place but Why Should We Care?" Specific topics include: an overview of the Antarctic continent with emphasis on its history; geopolitics, e.g. the Antarctic Treaty (who owns Antarctica?); a brief introduction to the US Antarctic Program and the kinds of science it supports.

In 2014 Dr. Borg received a Samuel J. Heyman Presidential Award from President Obama. The citation states: Dr. Borg has helped turn the U.S. Antarctic science program into the largest and most prestigious research effort on the continent. Specifically: the National Science Foundation's Antarctic research program has become one of the most esteemed and comprehensive on the continent. Today, Dr. Borg plays a critical role in guiding the U.S. Antarctic science program that

supports cutting-edge research across a range of topics, including climate change, the origins and nature of the universe, the discovery of new species of extinct dinosaurs, and collecting a 15-million-year-old water sample trapped half a mile below the surface of Antarctica.

Dr. Borg's presentation will start at 6:00 pm, Sunday, August 27, at the Astoria Senior Center, 1111 Exchange Street, Astoria. It is FREE and OPEN TO THE PUBLIC.

ENCORE is pleased and proud to have a person of Dr. Borg's achievements make a presentation to our organization and communities. We consider this program to be one of the highlights of the upcoming academic year.

As the national debate on global warming continues, we'll have the opportunity to ask a scientist with over 20 years of South Pole experience for his observations. Dr. Borg will provide plenty of opportunity to answer questions from the audience.

Keeping in mind the potential for flooding in Astoria, ENCORE is sponsoring this program at the Senior Center while we can still reach it on foot.

Consult [ENCORElearn.org](http://ENCORElearn.org) for additional information.

**4TH ANNUAL CONFERENCE ON EXTRAORDINARY LIVING**Submitted by Mary Kemhus 503-338-2408 [mkemhus@clatsopcc.edu](mailto:mkemhus@clatsopcc.edu)

**It's coming right up! Saturday, September 16**, is the 4th Annual Conference on Extraordinary Living; the premier event for seniors in the area. Sponsored in part by ENCORE, it is a day of fun, information, food and activities that begins at 9:00 am with registration (coffee and rolls provided) in the new Patriot Hall. Then we all gather at 9:30 on the main floor for our keynote speaker, Dr. Chris Breitmeyer, Clatsop Community College President. He will be highlighting our theme this year ***Making Fitness Fun*** and the opening of the Patriot Health & Wellness Center.

There will be three breakout sessions with four topics in each session. Choose from senior technology, alternative medicine, genealogy to a presentation on local trails and more! There's something for everyone. Check out the Wildlife Center room with live rescued birds and the Service Animal room to meet the animals who make lives better. Free flu shots are back as well.

Information tables will be spread throughout the Conference venues in Patriot and Towler Hall. For example - Take this opportunity to talk with a Columbia Memorial Hospital pharmacist (Cont'd on P 3)

(Cont'd from P 2) **4th Annual Conference on Extraordinary Living...**

about your medications, check your blood pressure or have a fall assessment done. CMH will also have nurses and social workers available to give you information about advanced directives and POLST (Provider Orders for Life-Sustaining Treatment). Other tables will provide valuable materials you will want to look into.

A Cannabis Discussion talking about medical marijuana at 3:00 pm will finish the day. Listen to our panel of experts; you'll have a chance to ask questions. Stay for a fun farewell with a special appearance by The Out-takes.

Lunch is provided and there is a suggested \$10 donation to help cover costs. To view the program and to register, go to [clatsopcc.edu/communityed](http://clatsopcc.edu/communityed) or call 503-338-2566. See you at the Conference!

Sponsored by ENCORE, Clatsop Community College, Columbia Memorial Hospital, Providence Hospital Seaside, NW Senior & Disability Services, and FamilyCare Health.



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|  | <p>The ENCORE Trip Committee is planning a trip to Portland on October 14th to visit the Oregon Museum of Science and Industry (OMSI) to see the POMPEII EXHIBITION. Details of transportation, tickets for the exhibition, times of departure and return, and costs will be sent to all members via email and the ENCORE website.</p> |
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**AUTOBIOGRAPHICAL SKETCH of ENCORE's New President, David Zunkel...**

You may have wondered who is this new ENCORE president? For those of you who were not at the June Annual Meeting, here's a synopsis. Feel free to skip this part if you have sleep apnea or may suffer from terminal boredom.

In short, I was born in a log cabin in Illinois in 1947 and was finally elected president (of ENCORE) in 2017. Well, there were a few intervening events – and the log cabin story is just alternative fact! But I was born and raised in a small farming community in Illinois. My parents valued hard work and education, so I spent 25 years of my early life obtaining that education, emerging debt free. I originally intended to become an architect, but soon realized I was unlikely to be another Frank Lloyd Wright. So I decided to become a physician. My education took me to the University of Illinois, Champaign (4 years), medical school at the University of Colorado (4 years), medical internship

(1 year), diagnostic radiology residency in the Navy in San Diego (3 years), and finally a fellowship in CT and ultrasound in Denver (1 year). That takes us up to 1980. Whew!!

I then joined a 5-man radiology practice in Everett WA in 1980 after becoming board certified in diagnostic radiology, practicing there until 2013. My small group grew to become the largest in the northwest. I was privileged to work in my specialty of CT/ultrasound and teach a little at the University of Washington School of Medicine and Seattle University. In 1995 I became a Fellow in the American College of Radiology. Besides regular practice I served as president of the hospital medical staff, the Washington State Radiological Society, and my Rotary Club. After retiring from radiology in 2013, I worked briefly in New Zealand in 2014 and finally retired (for good) in 2014. Hooray! (Cont'd on P 4)

(Cont'd from P 3) AUTOBIOGRAPHICAL SKETCH...

I did have a life outside of medicine. My first marriage was blessed by daughter Erica, a practicing lawyer in federal public defender work and an assistant professor at University of Chicago Law School. Son Mark lives and works in Nuremburg, Germany, doing craft brewing for fun and working for the largest hops company in the world for money. Each of these children and their spouses blessed us with granddaughters in 2016.

My spouse, Kathleen, and I married in 2005 and moved to Warrenton in 2013, where we live on

a lake near de Laura Beach. Kathleen is co-director of CREATE – Columbia River Estuary Action Team and a staunch environmental activist. I keep busy jogging, landscaping and reading. Currently I serve as a docent at the Maritime Museum, Hospice volunteer, board member of Clatsop Community College Foundation, and volunteer with North Coast Land Conservancy.

That all said – I quit the autobiographical stuff. Yeah!!

## JANE WOOD BORG, ENCORE Member since 2011

Tisha Tarver, Reporter

One of the highlights of the ENCORE year 2017 is the lecture to be given Sunday, August 27, 2017 at the Astoria Senior Center by Dr. Scott Borg, Section Head, Antarctic Infrastructure and Logistics, Office of Polar Program, Geosciences Directorate at the National Science Foundation. What brings such a distinguished person to Astoria is the fact that Scott's wife and mother reside in Seaside full-time, and Scott is planning to retire within the next five years to join them.

His mother, **Jane Wood Borg**, moved to Seaside and joined ENCORE in 2011. Since then she has thoroughly enjoyed classes taught by Roger Williams, Donna Wright, and other fellow ENCORE members.

Jane was born in San Francisco and lived there with her mother and father for seven years. Then her father, who had completed his medical education in San Francisco, becoming an Orthopedist, moved the family 100 miles south to Watsonville, and Jane attended Watsonville Elementary. World War II found Dr. Wood, now in the military, transferred to southern California, where Jane attended middle school. Back to Watsonville, Jane graduated from Joint Union High School there in 1948. She earned her bachelor's degree at UC Berkeley in Public Health in 1953, where she met and married Gerry Borg in

1952, and she earned her Master of Arts in Teaching at George Washington University in Washington, DC.

Gerry Borg served in the military for 30 years, retiring with the rank of Lieutenant Colonel. As a military wife, Jane went everywhere Gerry was assigned (with the exception of the year he served in Vietnam). They were in Germany twice, spent three years in Bolivia, twice at Ft. Sam Houston in Texas, and once at the Presidio in San Francisco. Their four sons were born in this period—Axel was born in Frankfurt, Germany, and is currently a Librarian at UC-Davis; Scott, too, was born in Frankfurt and is currently at Antarctica with the National Science Foundation; Eric was born at Ft. Sam Houston and is currently a missile engineer for Raytheon and living in Tucson, Arizona; and Lane was born in San Francisco and is currently Director of the Portland (OR) Public Defenders with an office in Hillsboro and a second home in Seaside.

Not only was Jane a military wife and mother, she was busy working in a great many of those assigned locations, like Montgomery County MD Office of Education, Title I programs for three years; Dept. of Defense, Germany, teaching elementary grades for three years; Madonna del Sasso School, Salinas, one year, PVUSD Freedom School, Resource Teacher, (To P 5)

(Cont'd from P 4) INTRODUCING JANE WOOD BORG

eight years; PVUSD, E.A. Hall School, one year.

After Gerry retired, he and Jane came back to Watsonville, CA, where Jane was a volunteer at Pajaro Valley Historical Association for 20 years and was a member of the Watsonville Women's Club Foundation. The list of names of organizations of

which she's been a member is too long to enumerate here.

After 57 years of marriage, Gerry Borg passed to the Other Side in March, 2011, and Jane arrived in Seaside not long after to be near family. There are 11 family members nearby and Jane is enjoying almost weekly reunions.

IN MEMORIAM

Charles Blight

Died May 8, 2017

Chuck was a regular at Science Exchange for several years and had a prodigious knowledge of the scientific world as well as a great intellect. With Rick Soller, he led the class during several terms.

Marilyn Simantel

September 29, 1939 – June 16, 2017

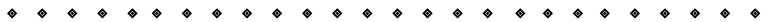
Several members of the Ukulele Group that was started through ENCORE in about 2005 were honored to play a few selections for Marilyn just two days before she passed away. She was a music lover and owned a cigar box ukulele.

ENCORE MEMBERS VOLUNTEER.....(Note: The editor requested articles from members about their varied volunteer experiences and received these eye-opening responses.)

Jeff Hall was the first to respond - Thanks! He says it is "nothing too glamorous" but he finds it worthwhile.

"For the last few years, every Thursday morning at 9 a.m. I go to the Astoria Rescue Mission and pick up three gentlemen of the House Manager's choosing. I hand out grabbers and buckets. The four of us walk a pre-set route through downtown Astoria picking up trash. Midway through the route we stop and have breakfast and then continue our rounds. I didn't know what to expect from these guys or even if I would be able to relate to what are primarily homeless alcoholics. What I discovered were respectful

individuals who work hard, never miss a gum wrapper, are personable and intelligent. They are required to stay sober and clean at the Mission and in this condition they're no different than anyone else. They are trying to improve their lives and it shows. It has been a rewarding and humbling experience for me. Most people we see out and about divert their eyes but many smile and thank us and are truly grateful for our service. There are no award ceremonies or banquet dinners. "



A VOLUNTEER is someone who gives time, effort and talent to a need or cause without profiting monetarily.

And we are thankful for each and every Volunteer in any capacity!



Then Laura Rogers wrote about the North Coast Wildlife Center:



One of the most exciting things about retiring out here in Astoria is exploring the many ways of volunteering in this community. The Daily Astorian provides a page of volunteer opportunities every Friday. So when I saw need for volunteers to learn about our local bird population and how to help injured birds, that was just the most intriguing activity I could join. Last January, after an orientation and basic training in procedures and safety with the Director, Josh Saranpaa and Lindsey Nicolas, I was set to go. The center is a busy place and every day brings new challenges and new things to learn: for example, how to hold an eagle so they can safely receive eye drops, or how to bathe an auklet, or how to feed baby barn

swallows (above)! If you have ever seen a rehabilitated eagle take to the skies you know these folks are providing a vital service to our beautiful coast community. If you watch for announcements in the paper, you will see when the next orientation will take place. Check it out.



### And Lynne Ryan wrote about Seaside Museum and Historical Society

As we all know, the north coast could not function without all its volunteers whether it be in the schools, hospitals, libraries, civic organizations or myriad other activities. I got 'hooked in' to the Seaside Museum and Historical Society because my neighbor was the board president at the time and convinced me that I should volunteer as a museum docent... that was in the fall of 2002.



Since then I've been a docent, volunteered at museum events (4<sup>th</sup> of July Old Fashioned Social, Gingerbread Teas during December and at the Lewis and Clark Saltmaker events on the beach in the summer) and served a few terms as the treasurer on the board. My current volunteer time is primarily related to soliciting donations for and organizing the annual Silent Auction that is the museum's primary fund-raiser and part of the 4<sup>th</sup> of July Social. I start sending letters and donation applications in January followed by lots of phone calls and visits over the following few months with the result being donations of items and gift certificates from more than 100 businesses and individuals in the area and region. I then have some wonderful volunteers that help create gift baskets, set up the tables and work on the day of the auction... crazy, but fun.



### How Volunteering Can Keep You Alive

Submitted by Anne Gant

One common medical issue among retirees arises from feelings of loneliness and isolation, leading to elevation of stress hormones and to depression. Two new studies out of Brigham Young University present statistics that show a 50% increase in early death; loneliness literally can make you sick. The vicious cycle escalates as anti-depressive medications are prescribed and can lead quickly to addiction for about half of people who escalate to dependence on opioids. It is a national crisis of the first order.

Research done at the University of Chicago shows that feelings of loneliness also contribute to heart disease, diabetes, and Alzheimer's through the stress that raises cortisol levels and increases inflammation. And if you feel immune from loneliness, keep in mind that two-thirds of people who report feeling lonely are still married and living with their spouse or partner. But there is a way to interrupt this cycle, reduce stress, and regain one's health. The answer is to get social. Take a college class, volunteer at one

(Cont'd on P 7)

(Cont'd from P 6) **HOW VOLUNTEERING CAN KEEP YOU ALIVE**  
of your favorite places to visit, join ENCORE, participate in playing pinochle or exercise activities at the Senior Center, or develop a keen interest in a favorite hobby and join a group of others who enjoy that activity.

My favorite volunteer activity is simply being on the volunteer list at the Chamber of

Commerce. In the last year, I volunteered at the Seafood and Wine Festival, the Great Columbia Crossing, and the Scandinavian Festival, all by signing up online in response to a few of the invitations received from the Chamber. And I didn't have to let anyone down when I was traveling for 4 months.



**"Volunteering is so much more rewarding than a paid job"** Kathleen Hudson says. Here are ways she currently volunteers or has volunteered since she retired in 2003:

AAUW SEASIDE, sunshine coordinator - Send notes of cheer to members. Help with fund-raising for scholarships to be awarded to girls.

ANGORA HIKING CLUB - Lead hikes and arrange for experts like Washington Park Rangers to lead hikes there and Staff at NOAA to describe their work.

CRUISE SHIP VOLUNTEER - Meet and greet visitors when the many Cruise ships stop at the Port of Astoria in the Spring and Fall. I have taken some passengers to the column when the bus had stopped running. Also, help find specialty items visitors occasionally need. There is always a challenge when they speak a foreign language.

ENCORE - Trip committee currently. Have served on the Membership committee, prepared the first Membership Directory in 2003, introduced member nametags, prepared publicity items to go in the local newspapers.

St. Francis de Sales Mission Catholic Church in Hammond - Eucharist Minister and greet parishioners and visitors (many campers from Fort Stevens and KOA).

St. Vincent de Paul Food Bank – handing out food and personal supplies to anyone who comes for help. Sometimes they are homeless so we give them food in flip top containers or even gift certificates to McDonalds. They are the most grateful of all the folks I have been privileged to help.

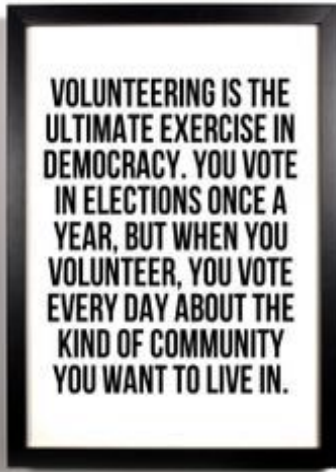
Warrenton Senior Lunches - When I have an open Monday, I help serve the meals. There are about 60 people served on a regular basis by 5 or 6 volunteers. The other volunteers compliment me when I carry 3 meals at once (learned that when waitressing while going to College).

Warrenton Warming Center - Prepare supper for 8-10 guests. The center opens only when the temperature falls to 36 degrees or lower . The guests eat almost anything served and many times have seconds. They, too, are most appreciative. They have sad stories to tell about mistakes they made along their life journey.



VOLUNTEERING FOR FUN AND SERVICE

Submitted by Frank Spence



Since I moved to Astoria a little over four years ago I have joined numerous organizations. For me, it wasn't a first time activity; it was a continuation of my life style where I previously lived. I've had a lifetime of public service in local government that boiled over into many aspects of community service. I care deeply about my community and will do everything I can to make it a better place for my family, my neighbors and myself. The personal satisfaction of accomplishing something productive is exhilarating!

So, I joined Kiwanis - "Serving the Children of the World" - this group raises funds for scholarships and hosts a Christmas Dinner and Party for Foster Children and their parents. Appointments to the Astoria Planning Commission and the Port of Astoria Budget Committee, utilized my previous government experience, and that

led to my being elected President of the Port of Astoria Board of Commissioners. I like to sing so I joined the North Coast Chorale. I am a frequent cruiser so I became one of the Astoria Cruise Hosts who greet passengers from the 22 cruise ships that dock here. (Flash: Disney Cruise Lines will begin stopping here next year.) Of course, being a senior, I became involved in the Senior Center and also with ENCORE. And since I am a veteran, I joined the American Legion.

Volunteers are the life-blood of this community. Most agencies and organizations could not survive without volunteers. One only has to look at the list of 40 some organizations seeking help in The Daily Astorian each week.

I urge everyone to get involved with some group. It's good for the heart and mind and stimulates both as well as providing the opportunity to meet lots of new people. You will be offering a valuable service to your community. Most do not require any special skills or any financial contribution. And you can pick your days and times to suit your schedule. The larger events like Regatta, Pacific NW Brew Cup, and the Chamber's Wine and Seafood Festival, need literally hundreds of volunteers. And the benefits are great: you get in free to enjoy the event when not working; free snacks, t-shirts, and even a beer.

If you are not ambulatory or cannot stand long, there are numerous jobs that can be done while sitting, like selling or taking tickets or checking ID's or working an information booth.

You, too, can be of service to your community. Get out and get involved! You'll be happier and healthier for it. Have fun. Enjoy life. Help someone out. You will feel great satisfaction and peace of mind for having done so.



**FRIDAY, SEPTEMBER 1<sup>ST</sup> LUNCH BUNCH – 12:30 PM**  
 Silver Salmon Restaurant  
 11<sup>th</sup> & Commercial Streets, Astoria  
 Speaker will be  
 Peggy Stevens from RiversZen Yoga Studio  
 Members and guests welcome



## LOOKING BACK – – “The Fun Lunch Bunches”

**No lunch bunch was held in June** since the Annual Meeting was held Thursday, June 1<sup>st</sup>.

**LUNCH BUNCH FOR JULY** at the Baked Alaska was very well attended, so much so it was impossible to keep count, as people were turned away. It was evident that just lunching with friends was not the primary reason so many were in attendance! It just might have been what we were going to talk about: the many ways of using marijuana with or without THC or CBD for the relief of pain. Our speakers were Charles Weaver and Nicholas Palazzo of The Pharmacy, the first medical marijuana store in Astoria. Surprisingly, a number of our members were quite knowledgeable about the subject. Items seen were: a vaping pen, topicals, edibles, gelatin capsules, tinctures and flowers. One important thing learned was any ingestion, whether through the lungs or stomach, can possibly interfere with other medications, i.e. high blood pressure meds, etc. The only way it doesn't interfere is when it is used on the skin. If in doubt, consult a doctor. Submitted by Gerrie Penny

**No lunch bunch was held in August** since the ENCORE picnic will have been held on August 11th.

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### #PETROL PUMP WISDOM

(This was an email the editor received and thinks it is worth sharing. Hope you do, too.)

*A Johannesburg, South Africa, filling station has become quite a landmark in Gauteng with its daily #Petrol Pump Wisdom – uplifting quotes written on a chalkboard. Some motorists say they deliberately travel this route just to read the quote to brightens their day. The lady behind this wonderful initiative at Hutton Hyde Park is Alison Billett. Ms Billett commented: “We inherited the board from the previous owner when we bought the filling station almost 20 years ago. We continued the tradition and it has become a landmark – more so now that it’s on social media. We use a variety of quotations – some are topical, some are funny, some are inspirational, some even reflect what is going on in my life that day! Different things appeal to different people. The boards have been pictured in newspapers & magazines and talked about on radio all over the world.*

Here are a few of the messages:

Stop trying to make everybody happy – you’re not tequila.

It’s better to walk alone than with a crowd going in the wrong direction.

Be who you needed when you were younger.

In a world where you can be anything, BE KIND!

When you make a commitment, you build hope. When you keep it, you build trust.

May your choices reflect your hopes not your fears. – Nelson Mandela

If you have to choose between drinking wine every day or being skinny, which would you choose? Red or white?

When you forgive, you heal. When you let go, you grow.

Forgiveness does not change the past but it does enlarge the future.

The best time to plant a tree was 20 years ago; the second best time is now.

*And this editor thinks this is the best one.....*

***Why do we only rest in peace?***

***Why don't we LIVE in peace?***

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FALL CLASS SCHEDULE AND INFORMATION  
ARE ENCLOSED WITH THIS NEWSLETTER  
CHECK IT OUT! HOPE TO SEE YOU IN CLASS!

**TRAVELS SHARED.....****Lunch in Czechoslovakia**

By Erhard Gross

During the 1970s I organized several summer study trips for students of South Dakota State University. These trips focused on German language countries and always included a visit behind the Iron Curtain.

One of these trips consisted of 110 persons. I chartered an entire passenger jet which came from Chicago to pick us up in Sioux Falls, South Dakota, and from there to Frankfurt, Germany. For land transportation in Europe I had hired three large tour buses. As was my normal procedure, whenever we needed to cross an international boundary, I had the students hold up their passports.

The morning of our departure from Vienna for Prague, Czechoslovakia, one of the students reported his passport missing. This was potentially problematical, as we were supposed to travel through Czechoslovakia, and from there on through East Germany and into West Berlin. Although we were always exposed to the seemingly institutional chicaneries by the East German border and customs officials, we were willing to take our chances. Rather than traveling by himself back to Frankfurt, the student without American passport elected to risk going with us on the bus.

Since crossing from Austria into Czechoslovakia was temporarily prohibited due to hoof- and-mouth disease, we proceeded to the border crossing at the three-corner city of Passau, Germany, in order to cross from there into Czechoslovakia. The Czech officer in charge of the frontier crossing told me that he was not in a position to authorize us to proceed because his commanding officer, a colonel, was off duty on this Sunday morning. At the

captain's request, the colonel came to the border crossing and issued a temporary visa for my student, saying, however, that he could not guaranty that the East Germans would honor this transit visa. Reckoning the options was not simple because the East Germans could be unpredictable.

I took what I thought was a calculated risk and off we were en route to Prague. The buses made good progress. Since it was past noon by now, I decided to stop the convoy at the next village to see whether we might not be able to eat somewhere. We were lucky. The owner of the only restaurant in town told us that he was actually closed and that he did not have enough supplies to feed 110 persons. He'd be honored to serve us, he added, if he could get the local butcher and baker to sell him enough food for our group. I also told him that we did not have any Czech money with which to pay him. No problem, he said, you don't have to pay at all.

Rarely have I seen more cooperation and good will. Within an hour, he and his crew were serving all of us a substantial meal. I passed the hat around for donations. In the end, we had collected over 500 units of US dollars, West German marks, Swiss francs and Austrian shillings. The owner was smiling.

My group loved Prague. At the border crossing into East Germany I showed my passport and a typed list of participants. We were allowed to stay on the bus. The officials walked through and didn't even notice that one of us did not have a passport. It was a good Sunday for all of us.

**THE MAGIC BANK ACCOUNT (This fits right in with the "Volunteer Theme" of this issue.)**

(Author unknown. Submitted by Marlene Colendich and she borrowed it from the Chamber Works Newsletter! It was found in the billfold of coach Paul "Bear" Bryant of Alabama fame after his death in 1982.)

Imagine that you had won the following "prize" in a contest: Each morning, your bank would deposit \$86,400 in your private account for your use. However, this prize has rules. The rules are as follows:

- 1 Everything you did not spend during each day would be taken from you.
- 2 You may not simply transfer money into another account. (Cont'd on P 11)

(Cont'd from P 10) **THE MAGIC BANK ACCOUNT**

- 3 You may only spend it.
- 4 Each morning upon awakening, the bank opens your account with another \$86,400 for that day.
- 5 The bank can end the game, without warning. At any time it can say "Game Over". It can close the account, and you will not receive a new one.

What would you personally do? You would buy anything and everything you ever wanted, right? Not only for your self, but for all the people you care about and love. Even for people you don't know, because you couldn't possibly spend it all on yourself, right? You would try to spend every penny, and use it all, because you knew it would be replenished in the morning, right?

Actually, this game is real. Shocked? Yes! Each of us is already a winner of this "prize". We just can't seem to see it. The "prize" is time.

- 1 Each morning, we awaken to receive 86,400 seconds as a gift of life.
- 2 And when we go to sleep at night, any remaining time is NOT credited to us.
- 3 What we haven't used up that day is forever lost.
- 4 Yesterday is forever gone.
- 5 Each morning the account is refilled, but the bank can dissolve your account at any time without warning.

So, what will you do with your 86,400 seconds today? Those seconds are worth so much more than the same amount in dollars. Think about it, and remember to enjoy every second of your life, because time races by so much quicker than you think. Take care of yourself, be happy, love deeply, laugh often and enjoy life to the fullest.

Start "spending". Don't complain about getting older. Some of the nicest people each of us has known didn't get that privilege!

PHOTOS FROM THE ENCORE ANNUAL MEETING June 1, 2017



Mary Kemhus  
CCC Liason



Dave Zunkel, 2017-2018 President  
Frank Spence, Past President



Reta Lindstrom  
Curriculum Chair



Mmm-mm-m  
Strawberry

**ENCORE/CLATSOP COMMUNITY COLLEGE**  
 “Exploring New Concepts of Retirement Education”  
 1651 Lexington Avenue  
 Astoria OR 97103

www.encorelearn.org

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