

CLASS ACT



MESSAGE FROM THE PRESIDENT

Greetings to Encore Members!

As your newly elected president, I thank you for this opportunity. I look forward to meeting you and gaining a good understanding of what you would like the future of Encore to look like.

I am most fortunate in having experienced and enthusiastic fellow board members. Dave Zunkel continues on the board as Past President. Craig Holt is our Vice President and Webmaster. Also continuing on the board is Donn Kettner as Treasurer, Karen Elder as Secretary, Reta Lindstrom as Curriculum Chair, and Rollie Lindstrom as Membership Chair. Tess Chedsey continues as the Newsletter Editor. As you interact with these individuals, please be sure to thank them for their service to this organization.

We are seeking a Chair for the Trip Committee. There is increasing interest in resuming outside activities and we have received a number of ideas for these events. We just need someone to step up and lead the team!

The pandemic is in the rear-view mirror! We are excited to start this new season with many classes – some are returning favorites as well as a few surprises! Keep an eye out for the Autumn class schedule. If you have ideas related to new classes and instructors, please contact Reta Lindstrom at rlindstrom35@gmail.com. Even better, if you would like to plan and coordinate a class and/or become an instructor let her know. The mission of our organization is to provide opportunities for lifelong learning to our members. Many of you have experience, skills and knowledge in a wide variety of fields. I hope you will consider sharing your knowledge and wisdom.

For this new season, I ask each of you to think about RECRUITMENT. The more members we have, the more interesting and vital an organization we become. Think of all the people you know who are over fifty who share a love of learning. Tell them about Encore and the benefits available to them:

- A variety of classes available - all included in the cost of membership
- No tests! No grades!
- Opportunity to meet and connect with others who also enjoy learning
- Opportunity to attend social events
- Share knowledge by becoming a volunteer instructor (comes with a free one-year membership!)
- Use of the Clatsop Community College Library
- Help shape the future of the organization by joining a committee or the Board

The annual membership is just \$50.00. Newcomers may audit up to two classes prior to joining. Additionally, we have some scholarships for individuals who have financial limitations.

Membership forms are available at the Senior Center or from the Membership Chair. You may reach Rollie at rrlindstrom35@gmail.com.

Lastly, come join us for the summer picnic on August 25! The picnic will be at Cullaby Lake at the South Shelter in Warrenton. It is from noon to 4pm and I've heard a rumor that we might just be able to participate in BINGO as well as meet up with old and new friends.

I am looking forward to seeing you there!

Elizabeth

YEAR IN REVIEW...

April Lunch Bunch

Eight Lunch Bunchers met at the Uptown Cafe in Warrenton for their April gathering. Rosa Mann, Norm and Jean Hooge, Lynne Ryan, Aletha Westerberg, Gerrie Penny, and Kit and Bernie, organizers. We hope to meet at the Ship Out open-air restaurant in Lewis and Clark for our May gathering on May 5. Stay tuned!

Kit

May Lunch Bunch

On a chilly May 5 day, five faithful ENCORE members and one new potential member met at the Ship Out eatery in the Lewis and Clark area. We lunched bountifully on delicious seafood and enjoyed the atmosphere of this rustic spot, protected from rain by an enormous "tent" and warmed by outdoor heaters. Attendees were Charlotte Thuringer, Maureen Balaam, Bernie Thomas, Rosa Mann, Aletha Westerberg, and Kit Ketcham.

Kit

June Lunch Bunch

We had a great turnout! The following ENCORE-ites attended: Aletha Westerberg, Doug and Cecilia Balcomb, Lynne Ryan, Craig Holt, Rosa Mann, Bernie Thomas, Dory Lukas, Maureen Balaam, Norm and Jean Hooge, Charlotte Thuringer, Frank Spence, Eric Anderson, and Gerrie Penny, at the Golden Star restaurant in Astoria! Jean Hooge has agreed to help Bernie as co-leader of Lunch Bunch after I move away.

Kit

July Lunch Bunch

Encore Lunch Bunch had their July 7th meeting at Geno's Pizza and Burgers. We had a delicious lunch and fantastic company. Several members had stories about their interesting vacations. Members attending were new person, Ann Gaddy from Nahcotta, WA. "2nd timer": Mo Balcomb, and Lynne Ryan, Rose Power, Cecilia & Doug Balcomb, Bernnie Thomas, Gerrie Penny, Aletha Westerberg, and

Jean & Norm Hooge.



Kit

In Memoriam...

Sue Zerangue

Greatly loved, deeply missed.

On February 28, 2023 our ENCORE friend Sue Zerangue was freed from years of cancerous pain. She was a fighter to the end, as brave as she was a dynamo in her long membership in our organization. Sue had the distinction of being the member with the longest active membership, for over 21 years. Except for her final years, she was a dynamo who worked hard and with alacrity on any tasks she was asked to perform. But she also took the initiative. She taught classes and solicited persons to teach. For years she was a member of our Curriculum Committee and

rendered essential help with its functions. The latter was facilitated because Sue knew lots of people and befriended them easily. Her unpretentious humanity and engaging nature were not in vain. She will always be remembered by all who knew her.

Erhard Gross

UNEXPECTED TRAVEL Russia – Land of Contrasts

In 2001, my husband and I flew to Moscow to join a 10-person tour that would begin in Moscow, where we spent four days exploring that fascinating city and then down the Volga on a “cruise ship” to St Petersburg where we stayed for three days exploring the wonders of that city.

The architecture in Moscow ranges from the iconic St. Basil's Cathedral in Red Square to the vast array of concrete boxes that house many Muscovites. Stalin tried to dress the boxes up a bit by putting some concrete ornamental accents on the exterior – referred to in Moscow as Stalin's Wedding Cakes.

Our Volga cruise took us along a landscape dotted with silvery birch forests and tons of heavy, rusted out industrial machinery. We stopped at several small villages along its banks. Our ship was definitely on the primitive side, but it was sturdy, and the wine was free as long as you could handle Russian made wine. I could – the red was drinkable, the white was not. The ship was the Sergei Kirov, named after one of Stalin's best buddies.

These stops along the banks showed us what rural Russia looked like and how people live in these small villages today. Not all of them are inhabited. Some have ancient monasteries and nothing else. Exploring the villages was like living history and viewing contemporary rural life at the same time. Many of the monasteries are museums now. However, at least one of them is currently a home to monks, giving us a taste of monastic life as it is now and as it was centuries before.

At one of the stops, the din of helicopters, planes, trucks and a loudspeaker rudely interrupted my daily Russian language class telling us to get off the ship immediately and line up as the crew instructed us. Of course, we did.

This was a lovely village, with trees and gardens. It was also where Vladimir Putin had a dacha. Mr. Putin, with his military entourage and his wife, was visiting his dacha that day and that's what the fuss was all about. The crew and passengers lined up on either side of a wide pathway. Soon, we saw Putin strolling down the path, greeting all of us with very good English and stopping to converse with some of the passengers and crew. He and his posse then left to spend some downtime at the family dacha.

We shook that experience off and wandered around the lovely little village very much in awe of what just happened.

Next stop, St. Petersburg. One wonders how a single country can contain two such different cities as Moscow and St. Petersburg. There is no wedding cake architecture in St. Petersburg. There are European influenced palaces, gardens, museums and river boating on the Neva. The feeling here is light and airy as opposed to the dark, moody ambience in Moscow.

After two weeks of adventuring in this phenomenal country, we returned home 10 days before 9/11.
Tess Chedsey

THE BOOK NOOK

Hillbilly Elegy: A Memoir of a Family and Culture in Crisis, J.D. Vance

This is truly an authentic account of a life among a culture not known to the majority of Americans. Vance's story takes place in the hollers of the Kentucky Appalachians amidst a small number of Scots-Irish inhabitants. Their way of life and customs are intriguing because they are so different from the typical rural or urban American way of life.

In the 1950s, the steel mills in nearby Ohio beckoned them and they seized the opportunity and migrated there to overcome their perpetual state of poverty. That migration discloses what misfits they are and consequently, their low status in mainstream America.

The author removed himself from this culture thanks to a grandmother who heavily encouraged him to go to school. He was wildly successful as a student, graduated from Yale Law and is currently the junior U.S. senator from Ohio.

This is an important and well-written book.
Tess Chedsey

FROM ERIC C. ANDERSON'S WRITING EXCHANGE CLASS

STICKY FINGERS

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The time was early September 1990. The setting was our newly built home on four acres located northwest of Cochrane, Alberta. It had two levels – the main floor and a lower level of the same size with a walkout to a patio. The main floor had three bedrooms, a living room, a dining room, a large kitchen with solid Quebec maple cabinets, and two full bathrooms; one of which was an ensuite for the master bedroom. The lower floor had a large recreation room with a pool table and lounge-type furniture, two bedrooms, an office, and a full bathroom. All windows on both levels that face west had unobstructed views of the Rocky Mountains. There was a three-car attached garage and ample space in the driveway for other cars to park when there were guests or family visiting.

In order to keep costs lower, we opted to install all our own interior floor coverings except for carpet. I had finished laying tile in the upstairs hallways and the kitchen. I also had finished laying parquet wood flooring that came in packages of 12 inch by 12-inch squares in both the lower level bedrooms. One bedroom was a lighter colored oak and the other bedroom was a dark colored walnut. I worked to glue the flooring down onto the cement floor and had completed all the laying and fitting of the flooring except for one closet in the walnut bedroom.

The work I was engaged in on this particular day involved very detailed and intricate cutting and fitting of the flooring around the edge of the closet and especially surrounding the base plate hinge of the swinging closet door. In order to fit the edges and corners precisely I was using an Xacto knife with a very sharp and pointed thin blade to cut the small pieces of wood.

I must interject that I was in a hurry to finish because I had a special meeting at the University of Calgary where I was one of three faculty members in the Department of Geography set to interview a candidate for a vacant teaching position in our department. Stephen Franklin was coming from McMaster University in Ontario. One of the other faculty members on the interview committee would pick Stephen up at the Calgary airport and bring him to the main department office. We all were to be there at 4:00 pm.

I was concentrating on my special fitting work and looked at my watch. It was 3:00 pm; just enough time to complete the fitting and drive to the University. This was when the sharp knife slipped and nearly sliced off the tip of my right little or 'pinky' finger! There was only a small bit of skin keeping the flapping finger end from

coming completely off. Instinct kicked in and I quickly pressed my thumb down over the flap to keep it in place and stem the flow of blood. Now came the Oh-oh! Moment. My thumb and the tip of my finger both were covered in the glue-like fixative I was using to secure the flooring. They were fused together and if I tried to pry them

apart more blood flowed out. I went to our bathroom, found a box of gauze, unrolled some of it, and wrapped it around my finger and the end of my thumb.

By this time, I needed to drive to the campus for the meeting. I reached the Earth Sciences Building at about 3:55 pm and rode the elevator up to the Geography Department on the third floor. The third member of the interview committee was there already in the hall outside the main office. I arrived with my hastily bandaged right pinky finger and the glued-on thumb holding the skin flap. The elevator door opened and our candidate Stephen emerged, smiled politely, and reached out his hand to shake my right hand. The most awkward moment in my life transpired. First, he tried to shake the wounded hand that I was holding back so as not to gross him out. Then, he reached out with his left hand to shake my left hand. This wasn't much better because I stubbed his fingers with the rapid thrust of my hand toward him. Nervous laughs ensued as I tried to explain my situation.

We retired to one of the class rooms where Stephen and we three interviewers relaxed into conversations and questions related to his experience, expectations in teaching and research. We determined he was an excellent candidate and recommended him unanimously. He accepted the offer and taught for seven years before becoming department head. However, I wondered every time I saw him in that hallway – what was his first impression of me with the bloody bandage, sticky fingers, and awkward handshake. He never mentioned it at all!

AND MORE...

Creative Driving Lessons by Lynne Ryan

I arrived in Puerto Rico 3 days early for a recent family vacation with the intent of getting acclimated and acquainted with the local area. My first night was spent near the San Juan airport, so not much driving was required. In reading the local tourist magazine that evening, I came across the phrase 'creative driving' as a warning of what to expect. And during the next couple of days, I had my Puerto Rican creative driving lessons: Left turns can be made from the left lane, or maybe the right lane, if you so choose. Similar rule applies when exiting the freeway, any lane works. The major roads have been mostly repaired following Hurricane Maria in 2017, but street signs are mostly lacking. WAZE was a necessity to get to any destination.

- In addition to missing signs with street names, there were no signs to indicate when a lane was about to disappear.
- Lane lines were also a rarity, especially on smaller roads. This was especially exciting when there were, presumably, three lanes in each direction, with maybe a center line separating the different directions.
- Potholes are common and blamed on the climate conditions. But, I'm accustomed to that situation in Oregon!
- On the highways, there is no encouragement for slower traffic to keep right, but that's ok, since drivers were happy to go around or create a lane in the middle to get around.

- Frontage roads, called a 'marginal', are common along major roads and are generally one way... but you
-
- can go the other way, if you need to get back to a particular street and other drivers will even stop to allow you to make a turn.
- 'Playing chicken' in smaller towns is encouraged with narrow main streets, cars parked on either side and two way traffic... you take turns going and ducking into spaces to allow on-coming traffic to proceed. But you have to be brave and hold your ground sometimes or you won't get out of there!
- Sometimes you will encounter children on horses... even when there doesn't appear to be a farm or ranch in the area... like near the harbor in Fajardo.
- Gasoline is sold in liters, distances are measured in kilometers BUT speed limits are in miles per hour!

So, when my family arrived, I was an accomplished creative driver, turning left from either lane, using the marginal to get back to the street I wanted, navigating livestock in unexpected places and mostly just paying attention and going with the flow.

*Editor's note: I failed to attribute the admirable article published in the Spring 23 issue of **Class Act** to the author, Lynne Ryan. The article was titled "The Spanish Civil War in Barcelona." The editor regrets the omission.*

Good Spirits in Teeth

By Erhard Gross

At a walk on the beach, Elfi and I were witness to a beautiful sunset over Mount Tetakawi. The dorsal fins of a pod of dolphins enlivened the surface of the Sea of Cortez in the waning light. Like dive bombers, hundreds of pelicans kept crashing into the water for fish. It was a fitting display of Mother Nature, and one of the last before our departure for Oregon. Once again, we had enjoyed the hospitality of the Pilar resort, the colorful seashells along the beach, and the fine seafood of Alejandro.

Most of all, we were getting to the end of our visits to the dentist in San Carlos. This afternoon, he had attached our temporary crowns, bridges and caps. With a degree of pride, we were flashing and admiring the new teeth we'd have permanently affixed over the final days. Elfi remarked with a big chuckle that she could finally see my teeth. She did not know that, perhaps by accident, all five of my new temporary front teeth had come off when the dentist's assistant, Cecilia, had slipped with her dental excavator. Four of the teeth fell slightly forward but one went to my throat. Only vigorous coughing kept me from swallowing it.

Art and Kay had prepared barbequed shrimp and delectable crab cakes. Elfi's pre-dinner margaritas contributed to the happy conversation as we compared what we had experienced at the dental office of Dr. Hiram Martinez. We agreed that he seemed an affable chap and his assistant, Cecilia, a friendly person. And even as he had gone to work on us with firm motions and rapid commands, such as "open, bite, left, right, rinse" etc. (I actually once bit his finger) during extractions and hours of grinding.

Now we were seated and ready for a survivors' feast. I put the first shrimp into my mouth and immediately noticed something hard on my tongue. I reached in and took the foreign object out of the semi-masticated food. One of the two temporary bridges installed earlier in the day had detached. About the same time, Art and Kay started spitting, as their temporary dental fixtures had also come loose. Had the dentist used white Elmer's glue?

Actually, I did not find the matter very funny, my mouth nearly paralyzed from a dozen shots of Novocain since early afternoon. But Elfi, who had her permanent crowns installed one day earlier, laughed as if all had been lots of fun. She found it hilarious to see the three of us suddenly digging around in our mouths searching for dental hardware.

Finally, all four of us filled the room with spirited laughter and cooled our gums with another one of Elfi's slush margaritas. Viva la San Carlos!

FALL 2023 CLASS SCHEDULE

Notice: When you attend an Encore class or event, you will be entering a place where photography, video and audio recordings may occur.

Humanist Discussion Class

Humanist Discussions is an ongoing conversation which occurs every **Monday** from 10:00 to Noon. We try to focus on issues related to human existence. Naturally with such a broad topic category, our discussions topics range widely. Classes are all online from September 25 to November 13. You may join in by contacting TodLundy@gmail.com

Nutrition Class

Nutrition classes will be held **Mondays** for six weeks from **1 - 2:30 pm** in the senior center classroom starting **October 2** and ending November 6. The instructor is Erin Fredericks MScN, a nutritionist and health educator.

ENCORE is working with Larry at the senior center to present these nutrition classes.

Discover how your body works and the rainbow of foods and nutrients which help your body to function at its best. These six classes focus on the needs of older adults and how Food can affect the aging experience. Each week for 6 weeks we will look at common health conditions and concerns with a food plan that supports our well-being. We will learn to improve digestion, strengthen muscles and bones, protect our brain and heart, quiet chronic inflammation, care for gallbladder, liver, and kidneys, and understand our lymphatic system.

Come learn with FAMILIAR foods – and feel more confident about your eating choices.
www.thrivewithfamiliarfoods.com

ENCORE Fall 2023 Online Writing Short Course

Awaken the Writer Within You!

3 Reasons in 8 Sessions to Become the Writer You Were Born to Be

- 1. Experience the Joy of Writing**
- 2. Share Your Writing** with Others, **Get Constructive Feedback, & Improve**
- 3. Find Fame & Fortune***

*Note: Additional Coursework, Perseverance, & Luck May Be Required

This Short Course Offers 3 Types of Constructive Feedback to Help You Improve:

- 1. Real-Time** (in class)
- 2. Recorded Audio** (emailed mp4 file)
- 3. Recorded Video** (viewable/downloadable)

ENCORE Fall 2023's *Writing Exchange* Online Short Course begins Tuesday, September 26, (and runs just 8 weeks till Tuesday, November 14) from 9:45 to 11:45 A.M. **For More Information:** please email the instructor, Eric Anderson, at EricCander@aol.com or call (503) 325-3131.

Oceanography

Learn about the oceans that make up most of the world we live in. The dynamic Ed Joyce will be teaching this exciting and enlightening course on **Wednesdays** at 10:45 -12:45 in the classroom at the Senior Center beginning September 27 and ending November 15. For more information, please email the instructor at edjoyce1590@gmail.com.

Exploring Science

Michael Kinney with Karen Elder 503-994 2080

Beginning fall term on **Thursday** September 28 in the Sorenson Room, classes will be held weekly from 10:30 – 12:00 until November 16. The first class topics will be chosen from among the hundreds of PBS Nova series, but there will be other sources we use to meet the expectations of class members. The goal is to make discovering a wide variety of science topics a more enjoyable and rewarding experience which is sure to attract more members to science.

Friday Day Trips

The Curriculum Committee is looking into several fun and educational options for day trips on Fridays for the fall term and beyond. Please remember to check the ENCORE website for upcoming announcements regarding Fun Friday Field Trips.

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