

CLASS ACT



MESSAGE FROM THE PRESIDENT

Greetings fellow ENCORE members!

Here it is Spring of 2025! I am cheered by the return of the Robins and my sunny daffodils. And I am inspired by the work your Board of Directors and Committees are doing to bring you value, and interesting classes and programs, their dedication is unsurpassed.

The Board started the year with a facilitated planning session led by an individual with deep experience with Boards, community outreach, offering value to members, and more. He left us with many insights and ideas to keep ENCORE relevant and valuable to our senior community, and at our last Board meeting we set actions plans based on our planning session work.

We will continue working to offer more in-person classes, and to develop regular day trips and the fun social activities you enjoy. ENCORE serves people who are over age 50, so we must appeal to three generations, The Silent Generation (ages 79 and older), Baby Boomers (ages 61 to 78), and Gen X (age 41 to 60).

This means we need to promote ENCORE in various formats, including social media, as well as keep our website interesting, and implement technology that our younger markets use. As you can imagine, rethinking things is keeping us very busy!

I am delighted to report that we are enjoying ENCORE membership growth. Special thanks to the Astoria Senior Center for sharing information about ENCORE, many new members heard about us from their emails. And a huge thanks to you, our loyal members!

Good old-fashioned word-of-mouth has brought many new members, please keep telling your friends, neighbors, family, and colleagues about ENCORE. Bring a guest to class, too, they can attend two sessions for free before joining.

Plus, we are running a promotion where guests and the ENCORE members who brought them to

class have an opportunity to win a free one-year membership.

Have you considered volunteering on a committee or as a Board member, or helping with a project? Please do! We have vacancies on the Board, and both the Membership Committee and the Curriculum Committee could use some extra help.

Those wonderful suggestions and ideas that come to them require lots of people working together to actually make them happen. Please reach out to learn how you can help and watch for more details about vacant positions and volunteer options.

Speaking of reaching out, ENCORE now has a specific email address through the college, Enclorelearn@clatsopcc.edu as well as our own phone number 503-338-2599. If you email or call, a Board member will get back to you as soon as possible. Or you can check your ENCORE Directory for direct emails and phone numbers to contact us directly.

In closing, thank you for all your support, I hope to see you one day soon. And be sure to check out Spring Term class details listed in this newsletter, it's a great lineup!
Sharon Borgardt

THE BOOK NOOK

I have read a lot of books lately (the weather?). But I will select one by my favorite author, Doris Kearns Goodwin, "An Unfinished Love Story." It contains a great deal about her husband, who she does not usually write about. He worked with a few presidents and helped write their speeches. Doris Kearns Goodwin worked with President Johnson so they had a lot in common to share. You will not regret putting your time into this wonderful story.

Jean Hooge

Dark Star Safari by Paul Theroux

In the early 2000's, approaching his 60th birthday, Paul Theroux embarks on an overland journey from Cairo to Cape Town. Instead of the typical African tourist transportation of airplane to distant airport and air conditioned tourist buses, he's going by land and travelling by car when he can hire a driver heading his direction, by local buses (sometimes called 'chicken buses' since passengers bring their chickens to market) or by truck (sometimes traveling on top with others when the truck is full of cargo and cab is full of passengers) through desolate and potentially dangerous territory.

Despite (or maybe because of?) having been a Peace Corps volunteer in Africa in his 20's, he is quite disparaging of the various international aid agencies and their failure to make a difference in the lives of the average African.

But, the reason I'm sharing this book with you is the following quote which I think applies to us ENCORE members:

“What all older people know, what had taken me almost sixty years to learn, is that an aged face is misleading. I did not want to be the classic bore, the reminiscing geezer, yet I now knew: the old are not as frail as you think, and they are insulted to be regarded as feeble. They are full of ideas, hidden powers, even sexual energy. Don’t be fooled by the thin hair and battered features and skepticism.

The older traveler knows it best: in our hearts we are youthful, and we are insulted to be treated as old men and burdens, for we have come to know that the years have made us more powerful and streetwise. Years are not an affliction. Old age is strength.”

And I dedicate that sentiment to 85 year old Eva from Miami whom I met on my trip to South Africa last fall. She was on her 47th trip with this travel company and her 7th trip to Africa and raring to go on each day’s adventures!

Jean Hooge

Opera Sisters by Marianne Munson

Marianne Munson is a local north coast author. The book from 2022 is historical fiction based on two ordinary, real people, sisters in London, in the 1930’s who do extraordinary things to save some of the Jewish people caught in the web on Germany’s conquest of Europe.

Sisters, Louise and Ida, work in clerical, government jobs in London and in 1934 have saved some money to purchase a gramophone and 10 records... it’s their introduction to opera and they are smitten.

By 1936, they have become Covent Garden regulars where they meet the Italian singer, Ezio Pinza and his young daughter. They invite him to their home for one of their ‘gramophone parties’ and he comes! He invites them to attend the Salzburg festival where they meet more singers, conductors and others connected to the opera world.

Little by little they start to learn of the fears of these Jewish artists for themselves and their families, despite the general British opinion that Hitler isn’t really so bad.

Over the coming years, until full war erupts between Germany and England, Ida and Louise risk their lives and freedom traveling to Europe to smuggle jewelry and furs out of Germany for Jewish families as they also work to obtain English sponsors for individuals and families along with visas from the governments to get people out before it is too late.

It’s inspiring to see what can inspire individuals to risk their lives and money to help strangers in a scary and changing world.

Lynne Ryan

FROM ERIC ANDERSON'S WRITING EXCHANGE CLASS

One Day with Gene

We shot across the rapids of Turkey Creek—alighted on the opposite shore with our bare feet only a bit damp. Perhaps not rapids, but at least a trickle of the dwindling stream that wound through the back side

of my Uncle Leroy's farm, then grew in size as it crossed into the back of my Grandpa's place. On warm summer days, my cousin Gene, and I, played in the woods around that creek, maybe dangled a fishing pole into dark pools to catch a sunfish or a catfish.

Our prize find was an opossum lying still on the ground, its "stomach" undulating with life. We examined it and found four tiny, hairless opossums tucked away safely in the mother's pouch. We decided the mother was dead, not just playing possum, and removed the little gray beings, their tiny claws grasping for purchase on our fingers. The old mother cat who lived in the barn had recently given birth to kittens. We were able to foster the four now orphans onto the cat, to suckle along with her own kittens.

No one in our family smoked, although it was the "cool" thing to do then. Gene found an old corncob pipe

which we stuffed with shavings spirited away from the pencil sharpener, struck it up with a match, and settled down along the side of the house to enjoy an illicit smoke on that warm summer afternoon.

(Historical context: Although lead was never used in pencils, the paint in pencils contained lead until it was banned in 1978.)

Marilyn deFreese

Unknown

You cannot see

what lies within me,

the spark that

dazzles my brain,

the burst of energy

although I walk weary.

You cannot hear
ringing in my head,
music in my fingers,
the flute I once played,
nor the drumbeat
of my marching band.

You cannot imagine
where I have been,
love I have felt,
sadness of my moments,
trauma in my life,
joy each new morning.

You cannot know
I'm like a flower,
pale petals outside,
a blossom still in bud,
waiting to show myself
in the blaze of a sunbeam.

Marilyn deFreese

AND MORE...

How to Live in Times of Distress

Every Century has its own list of distressing situations. Is one century easier than another? Probably not. If you are like the many people I have talked with recently, you may be asking yourself this very question: how do I live when things seem so bad all around me? When

we ask this question somehow, we know that there is no one easy answer, but we wonder anyway.

We wonder because we want a good quality of life for our loved ones and ourselves, it is not selfish to want a good life. In all of history there are people who discovered things, found their way in times of war, learned enough to earn degrees, wrote books etc., all during difficult times. Still, we want to know – how do we do it now if our hearts are heavy and sudden change is all around us?

Bob Dylan said “the Answer is Blowing in the Wind” and he may be correct. The wind has great power to cleanse all around us. Our recent big winds in the PNW reminded me of that. Winds change surroundings and we may actually wake up to our world looking and feeling different. OK, so what can we do? We can do a lot to feel different about the experience.

Make Health a priority by eating the most healthy way you can, regular exercise, connect with others by socializing.

Creative outlets regulate emotions. Make time to create or learn a new way to be creative.

Reflect or Meditate or Give Thanks. Make time for this daily.

Contribute Time like a volunteer activity that supports your values and contributes to the world. Phone calls or writing or gathering with others.

Spend Time in Nature. Walk, talk to the birds, feel the wind against your cheeks, grow vegetables or flowers.

Utilizing just one of these might help. However, we need attention in all

of these areas to live completely. And if you make an effort to touch all of them, you will be very busy, you will be focusing on important aspects of yourself and your life. We are multidimensional creatures and need attention in all of these areas. Keep track each day to see if you have touched each one.

Maureen F Balaam M.S.

Instructor Encore Learn

Important Information from the Federal Trade Commission

Report fraud and learn more: www.ftc.gov or call 1-877-382-4357

Elder Fraud Hotline (Department of Justice)

Report scams targeting seniors: 1-833-372-8311

AARP Fraud Watch Network

Stay informed on the latest scams: www.aarp.org/fraudwatchnetwork or call 1-877-908-3360

Better Business Bureau Scam Tracker

Report and research local scams: www.bbb.org/scamtracker

Social Security Administration Fraud Hotline

Report: Social Security fraud: 1-800-269-0271

This information was provided to Encore members who attended the Fraud Free & Fabulous: Workshop for Wise Seniors at Wauna Credit Union in Warrenton.
Elizabeth Hayes

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

SPRING 2025 CLASS SCHEDULE

MONDAY – Humanist Discussion Class. Instructor: Tod Lundy. Humanist Discussions is an ongoing conversation which occurs every Monday from 10:00 AM to Noon. We try to focus on

issues related to human existence. Naturally, with such a broad topic category, our discussion topics range widely. Classes are all online from March 31. You may join in by contacting todlundy@gmail.com.

History of the English Language

Think about the simple vocalizations of the common crow. It is said to communicate multiple different verbal signals, such as anger (at raptors in its domain), hunger, invitation to join, etc. Most animals communicate. Scientists know that Neanderthal man had the anatomical prerequisites for speech communication similar to that of modern man.

In three caves in Spain, scientists found paintings of animals, dots, and geometric signs that are over 64,000 years old. These paintings were made before modern humans arrived in Europe. They constitute communication. We don't know exactly what Adam and Eve said to each other, but, according to the Bible, it was convincing.

In addition to cave art and sound, there is writing. Think of Mesopotamian cuneiform writing or Egyptian hieroglyphs chiseled into the walls of stone caves going back over 5000 years. Writing is always preceded by speaking.

Since that time, speech has proliferated. We see speech in its multiple emanations going back over 5000 years. English gradually came to the table less than 2000 years ago.

My ENCORE presentation of the History of the English Language gives an overview of how our language developed from its halting starts to what we hear and see now. For details on its history, please join me for four two-hour classes **Mondays** at 10:000 am, starting April 7, at the Astoria Senior Center.

Erhard Gross

20th Century Troubadours: Poets who are Singers

Lynne Ryan on Mondays 2-4 at the Astoria Senior Center, Classroom.

We will discuss the biographies and lyrics of some of the most influential poet/singers of the 20th Century

March 31, Class 1: Woody Guthrie

April 7, Class 2: Pete Seeger / Joan Baez

April 14, Class 3: Bob Dylan

April 21, Class 4: Judy Collins

April 28, Class 5: Leonard Cohen

TUESDAY – ENCORE Writing Exchange Short Course

This 8-session Zoom online short course aims to Awaken the Writer Within You!

Share your memoir, short story, poem or novel chapter and receive kind, constructive feedback.

If you prefer, sharing of your writing and its constructive feedback can be recorded into audio and/or video format for later review by you.

The Zoom short course meets on Tuesdays from 9:45 to 11:45 from April 1 to May 20.

For more information, please email the instructor, Eric Anderson at ericcander@aol.com or call (503) 325 3131

Please note: The Monday and Tuesday online classes run year-round including the summer months.

FRIDAY – Earthquakes and Tsunamis: How to Prepare and Survive

Instructor: Karen Elder. 10 am to noon. April 4 through May 23. Astoria Senior Center.

Learn what to do before, during and after an earthquake or tsunami. Gain tips to stay safe in your home, what supplies to keep on hand, and how to prepare to ride out and survive extreme weather conditions.

Encore Learn
 c/o Clatsop Community College
 1651 Lexington Ave
 Astoria, OR 97103
www.encorelearn.net

TABLE OF CONTENTS

Article	Page	Article	Page
Message From the President	1-2	Spring 25 Class Schedule	7-9
Book Nook	2-3		
From Eric Anderson’s Writing Exchange Class	4-5		
And More...	5-7		

Encore’s “Class Act” is published quarterly except summers – December, January & February; March April & May; September, October & November by Encore Learn (Exploring New Concepts of Retirement Education). Tess Chedsey, Editor 503 861 4375, tesschedsey@gmail.com, Jessica Newhall, CCC liaison, email: jnewhall@clatsopcc.edu, 503 338 2343. Next “Class Act” deadline is Friday, August 15, 2025.