



Clatsop Community College

President Tod's Note to Members:

Dear ENCORE Friends:

We have had a good year. The year started out a little roughly. There was confusion about how to handle the web site and difficulty getting up to speed with managing our finances. While it was not all smooth sailing, we (your board of directors) worked through these rough spots and the last three quarters of the year have gone smoothly. As I write, it is unknown if the slate of candidates the Nominating Committee, chaired by Sue Zerangue, selected for this coming year will be elected. But I am confident that next year will go smoothly. The recommended changes to the ENCORE bylaws, by the Bylaws Review Committee, chaired by Erhard Gross, would be a positive step towards our becoming a mature, well-structured organization.

It is my opinion that there is one more aspect of our bylaws that needs to change eventually. At this time we have competent leadership of our three committees. The Membership Committee, chaired by Rollie Lindstrom, has organized three enjoyable and educational social events this past year. The Trip Committee, chaired by Art Limbird, has provided coordination for several very successful trips. Most of all, the past year's success can be attributed to the Curriculum Committee, chaired by Reta Lindstrom, which has put together a series of courses that were nothing short of terrific. Now the catch: were we to have a chairperson who was not as competent as our current ones, it would be difficult, given the current structure of the organization, to replace him or her. I believe the committee leadership, like the rest of the board, needs to serve limited terms. At the bare minimum, these chairs must serve only with the consent of the board of directors. In this way, if things were not going well with a committee, the board could replace the leadership.

Once again, I feel the current chairs are doing a good job. There is no need to change now. But when the (Cont'd on P 2)

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(Cont'd from P 1) current committee chairs step down, this organization should authorize the board to have greater control of committee leadership.

It has been a pleasure to serve such a valuable institution as our ENCORE. I was especially dependent on the advice and assistance of our secretary, Kit Ketcham; and we would never have made it through our financial problems as expeditiously as we did had it not been for Frank Spence stepping in as treasurer. I wish to thank you all, the board and members, for making my tenure as president, go as well as it did.

Tod Lundy, Immediate Past President
todlundy@gmail.com

Inside the Coast Guard: The Process of Class Preparation

Written the afternoon of March 20, 2015 by Erhard Gross

Until about three hours ago I had no intention of writing this article. It is my experience of today which prompted me to sit down and share my experiences with my fellow members of ENCORE. Today I was the lunch guest of Commander John Bitterman, captain of the Coast Guard Cutter *Steadfast*.

Several weeks ago I had requested to be allowed to familiarize myself with the physical surroundings of all the venues included in our Spring term program about the Coast Guard. Today, once again, I was actually **inside**—for no less than three hours. The lunch in the wardroom featured lobster tail and an incredible amount of most interesting information. Skipper Bitterman had assigned Lt. David Kent, his "First Lieutenant," to coordinate with me the visit of our members to "El Tiburon Blanco" The White Shark, better known as the *Steadfast*.

Dave conducted me to the skipper's semi-private reception room where we delved into a review of what we had jointly planned for the public's visit on April 7. The thoroughness of the proposal the captain and his first lieutenant had planned was impressive and would provide a rich experience for all visitors. We visited the five stations where presenters were to be explaining the importance of their features and take questions from the public.

How do 72 professionals, including two lady officers, live in close quarters and perform the multiple functions required of them in carrying out the missions for their country. As a U.S. Army veteran

I'm not unacquainted with the military, but today I learned more about what we have right in our back yard than what meets the eye.

My visit to the *Steadfast* came just a few days after I had visited the Cutter *Fir* for the same reason. There too I was well received. Lt. Collin Sykes had been designated my contact and collaborator. In addition to the ship itself, we needed to address the logistics. The *Fir* is moored at Tongue Point which could present a problem for a large bus. Our large school bus exceeds the weight capacity of the west half of the cutter's pier.

There, too, I was invited to have lunch with the officers. What better opportunity to learn about a ship that has a basically different mission than the two cutters we see moored at the Maritime Museum? Among the diverse duties of this ship is the placement of all buoys in the sector. It requires a steady hand by the ship's driver to position a buoy in rough seas. Yet it's far more demanding to corral a buoy that has broken from its anchor and is bobbing in the waves. Collin showed me the controls he must manipulate to get the crane's rope threaded through the small hole in order to lift the wayward object. The only way the cordiality of the folks might have been improved is if I had met the lady captain of this vessel. None of what I have said should be construed as suggesting that the seaborne units have a corner on public relations. I know better because I have experienced it. As I reported in a previous article, (Cont'd on P 3)

(Cont'd from P 2) I first approached the commander of Sector Columbia River, Captain Daniel Travers, at a Change of Command ceremony in Seattle in July of 2014. He was new to Astoria at that time. He could not have known about ENCORE or the person who approached him with the question of whether he might be interested in endorsing and supporting a program that would feature the cooperation of the Coast Guard, our communities and ENCORE.

Most of all, he knew nothing about me. Were my intentions honorable? Might I disgrace the venerable USCG? Would I create lots of work for people already very busy? In early fall of 2014 the Sector's Deputy Commander, Capt. Sean McKenzie, informed me that one of the Air Station's officers had been assigned to work with me on the program. By November, Lieutenant Commander Joshua Nelson contacted me to say that he was that man.

From the beginning, Josh was cooperative and enthusiastic. We talked, emailed, compared notes and I visited the Air Station. I developed multiple sheets of potential questions the Coast Guard presenters might anticipate. Josh Nelson, a decorated helicopter pilot, took on the task of enlisting the cooperation of the *Fir* and the National Life Boat School, Cape Disappointment (I had already spoken with John Bitterman). My meeting with the commander of Cape D., Lt, McGrew, will come a little later. I am gratified by what I have experienced so far.

The ENCORE group responsible for our educational program, the Curriculum committee, endeavors to present innovative programs. Opening our courses to the public is designed to foster understanding and to recruit and retain members of ENCORE. We know that The Chinese in Astoria class drew big crowds. Judging by enthusiasm of the local Coast Guard units, we should have an impressive turnout. Astoria is a "Coast Guard City." But no one knows for certain how many persons will show up for the five sessions.

"Thank you crewmen"
(Kay Limbird photo)



Inside the Coast Guard: A class review by Madeline Gobel

We've witnessed ENCORE at its best this spring term. ENCORE's Erhard Gross was instrumental in putting together a program called "Inside the Coast Guard" - a five class series that offered in depth knowledge of the ships, the crew, and the facilities - as complete a working knowledge for laymen as possible.

Of course, living in the Astoria area, we all witness our Coast Guard on a daily basis, but this gave us an inside look at our young and enthusiastic guardsmen. The respect of their personnel and high standards was evident in their talks with us. Their knowledge of the ships, weather, buoys, and their importance to our safety was truly remarkable.

The highlight for me, personally, was evidence of the equal opportunities for women, as experienced on the ship *FIR* where we met the Captain, a young woman with incredible knowledge and personality whose presence brought this fact to our attention.

Among the crewmen we met with were the chef and his kitchen personnel, and then technicians who explained maintenance of ships, buoys, electronics and engines. The sophistication in delivery of these varied subjects was outstanding.

This five-week course offered by ENCORE was also opened to the public, and we had quite a few people join us for this extra ordinary class. We all enjoyed the school bus rides to the various locations involved. This program was very special and many thanks go to Erhard and the Coast Guard for their cooperation and consideration.

Inside the Coast Guard: The Organizer's Perspective (After the Class)

By Erhard Gross

Seldom have I experienced greater audience enthusiasm for a class or program. But it's not only our people who came up to me after each session to say it was: great, informative, enlightening, well organized, etc. After each session, several persons asked me whether we'll repeat the program next year. We know that Astoria's mayor, Arline LaMear, has attended all sessions and favors doing it again. This article is intended to present my perspective of our Coast Guard program.

Some people told me that I did a great job. One member speculated that it must have been the most difficult program to organize. As the originator and organizer of "Inside the Coast Guard," I certainly appreciated those sentiments. But the way I see it, it is the Coast Guard participants who made ENCORE and myself look good.

Frankly, from the start, without the interest and support from Sector Commander Capt. Daniel Travers, there would not have been a program at all. It was in Seattle in July 2014, when I first approached the newly arrived sector CO. He did not know me. I suspect he asked his deputy, Capt. Sean MacKenzie, my next-door neighbor, whether ENCORE and I were on the level. The next step was one of implementation. Here we were lucky again.

A talented young man stepped up to the plate. He is Lt. Commander Josh Nelson. It was he who contacted the other components of Sector Columbia River re their participation. Josh was a pleasure to work with. It is to his credit that I could connect with Lt. j.g. Collin Sykes of Cutter *Fir*, and Lt. Scott McGrew of Coast Guard Station Cape Disappointment. Josh arranged for me to visit with the appropriate officers to become familiar with the venues, plan and review each program. Mr. Nelson was the principal speaker at the opening session of our class at the Air Station. He did an impressive job with his strictly-from-memory presentation.

Also in Seattle when I first approached Capt. Travers, I had asked Commander John Bitterman, captain of Cutter *Steadfast*, whether he would organize one session on his ship. With his First Lieutenant, Dave Kent, he devised a valuable program for us. *Steadfast's* various mission components and sophisticated gear were an eye opener for almost every one of us. Several persons came up to me after the session to say they didn't know Commander Bitterman was such an accomplished public speaker. His presenters did a very professional job, explaining the complex vessel to us.

The day after the session on the *Fir*, Josh told me the executive officer of *Fir*, Lt. Ben Krebs, had called him to say his crew had fun having our ENCORE group to his ship. We felt the same way about them. I want each of us to know that the captain of *Fir*, Lt. Commander Kristen Serumgard, had the large concrete blocks removed from the access to her pier to allow our bus to park directly in front of the gangway of her ship. She also had a tent erected on the buoy deck to keep us dry in the event of rain. No one will forget the cordial reception by the *Fir's* captain who shook everyone's hand as they boarded her vessel.

Josh Nelson's second talk, our fourth session, was even better than his first one. Here he gave us some of his personal nail-biter experiences in rescue operations. The audience was spellbound. For the second hour he presented one of his helicopters, while one half of the class went to the rescue swimmers. ASTs (Aviation Survival Technician) Brad Simmons and Brian Rodriguez talked about their extensive and rigorous training, dangerous rescues and showed their gear. The audience was awed.

(Bob Westerberg photos) (Article cont'd on P 5)



(Cont'd from P 4) The final session took place at CG Station Cape Disappointment. Its commanding officer, Lt. Scott McGrew, had no trouble getting the 39 member audience's attention when he showed the video with the towering waves crashing over his boat and crew. "Awesome," I heard people say. He explained the history and mission of his station and the Motor Lifeboat School. Luck was with us on the walk up to Cape D. lighthouse (Scott provided transportation for persons who needed it), as the threatened rain did not come. From the top of the cape, we could better follow his explanations of his unit's activities in fulfilling their missions. Back down, he and his men gave us a close look at the 29 and 47 foot boats his people use in the performance of their frequently harrowing rescue missions. Our people loved Scott's program. Several of the ladies allowed that they'd be glad to jump into the water if they could be rescued by one of those "good looking" Coasties.

Curriculum Chair Reta Lindstrom and I are now asking ourselves whether to advocate repeating a Coast Guard program? Also, might it be conducted after hours to allow more members of the public to attend? I asked Josh Nelson and John Bitterman these questions. They responded in the affirmative to both questions. I also asked Capt. Sean MacKenzie for his opinion on the subject. He concurred with Nelson and Bitterman. Will the next sector commander be interested in supporting a similar program in the future, I asked? Capt. MacKenzie thinks it would be hard for the next CO to turn down such an opportunity for free publicity.

I would be remiss if I didn't mention the Astoria school district's ready willingness to let us rent one of their large buses. Last but not least, I need to mention Clatsop Community College whose ENCORE liaison, Mary Kemhus, is the graphic artist who volunteered to design the attractive poster for our program.

I defer to others to judge whether "Inside the Coast Guard" achieved its objectives: namely, to promote relations between Coast Guard and local communities, provide tax payers an opportunity to evaluate the vital importance of the United States Coast Guard, to offer interesting classes to our membership, and to enhance the public's perception of ENCORE. (Left: Bob Westerberg photo Right: Kay Limbird photo)



LUNCH BUNCH TALES

March 3rd ENCORE Lunch Bunch was held at Riley's in Seaside. It was a beautiful Seaside day. March definitely came in like a lamb.

The theme for the luncheon was Women: precisely, Women's Suffrage, which was granted by the 19th Amendment in 1920 (95 years ago). Someone asked who was president at the time but no one seemed to know for sure. I have since determined it was Warren Harding, President 1920-1923. Hazel Sealy gave us a presentation on the activities in the Women's Suffrage Movement. The conversation around the table was at times hilarious, but in the interest of privacy I will not try to relate it. You had to be there..... (Cont'd on P 6)

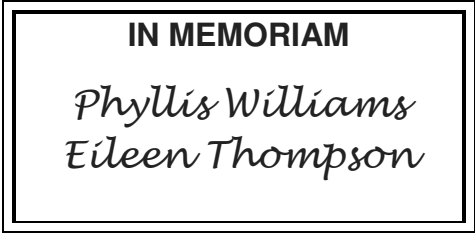
(Cont'd from P 5) The members in attendance were: Rita Leithner, Bob Cook, Kit Ketcham, Nellie Hutchison, Bernie Thomas, Carol Sigurdson, Lorri Bradley, Hazel Sealy, Sherri Bean-Crawford, Jennie Ulbrecht, and Charlotte Thiringer.
Submitted by Nellie E. Hutchison

April's ENCORE Lunch Bunch met on the 7th at the "new" restaurant at Camp Rilea, The Pilot House Restaurant. Our scheduled program for entertainment was pre-empted by the owner's answers to our questions about her previous career that covered the world and years as Chief Steward on Merchant Marine ships. The mementos she has displayed also had stories attached. We laughed a lot and ooohhhhd a few times and all enjoyed the time spent. We had good food and the price was very reasonable.eg; I had a patty melt, large Pepsi, French fries and dessert all for \$6.25. We showed our I.D. (driver's license) to the guard at the gate and he directed us to the restaurant. Attending were Bob Cook, Nellie Hutchison, Gail Sunderland, Marlene Colendich, Madeline & Rodger Gobel, Bernie Thomas, Rex & Nancy Anderson, Anne Gant, Lorri Bradley, Mary Ann Ylipelto, and Reta Leithner.
Submitted by Reta Leithner

(Editor's Note: **No May Lunch Bunch** was held because of the Cinco de Mayo event and the ENCORE Annual Meeting set for May 29, 2015.)

JUNE LUNCH BUNCH will be held at 12:30 PM on Tuesday, June 2 at Pig 'n Pancake, 146 West Bond, Astoria. Subjects: Father's Day and National Doughnut Day

HELP WANTED Reta Leithner would like someone to help her with planning the Lunch Bunch programs and locations. Lynne Ryan, who has been her co-planner, is caring for her parents in the Portland area. It is lots of fun – and not too much work. Reta says one benefit you get is to try out all these venues to see if they're "good enough" (and big enough) for our group! Please call her (503-717-2297) if you want to help and/or have questions about this desirable job!



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A poem and words written for the Poetry Group as a Memorium for Melissa Yowell.

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Some say when you die it is because it was your time to go or everything happens for a reason. And perhaps believing in fate brings some comfort.

But when two lives collide in a certain year, month, day, and moment, who knows how many decisions and indecisions over how many years brought them to this intersection.

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I don't believe that every step of that journey was programmed and that it was her time to go. She still had poets to discover and share. And we could still have profited from her perspective.

But life does not give us choices in all things and so we will honor her by researching the poet as well as the poetry and give each our respectful attention.

by Nellie E. Hutchison



CINCO DE MAYO CELEBRATION, Columbia Hall, May 8, 2015

Presenters: Eileen Purcell, Director of Clatsop Community College Literacy Program, and Jorge Gutierrez, Executive Director of the Hispanic Council

Delicious Mexican Food catered by "Bravo Taqueria" of Seaside.

In 1861, Benito Juarez (1806-1872) became president of Mexico. At the time, Mexico was in financial distress, which forced Juarez to default on his indebtedness to European governments. This so angered France, Britain and Spain that they sent their navies to Veracruz, Mexico to demand payment. Juarez was able to negotiate with Spain and Britain and those two countries withdrew their troops. France, under Napoleon III at this time, decided to use this opportunity to carve out an independent French state of the Mexican territory.

In late 1861, a robust French fleet invaded Veracruz, driving Juarez and his troops into retreat. The French with 6000 troops were sure that success would quickly be theirs and set out to attack Puebla, a small town in east-central Mexico. Juarez rounded up 2000 loyal, rag-tag troops, mostly indigenous and mixed indigenous folks and sent them to Puebla. The troops were led by General Ignacio Zaragoza.

On May 5, 1862, French General Lorencez sent his army to Puebla. This battle lasted one day. The French retreated after losing 500 men. Mexico lost fewer than 100.

Cinco de Mayo is mainly celebrated in the state of Puebla, where Zaragoza was victorious. There are parades, fireworks, music, dancing in the street and much food and drink throughout the state. It is also celebrated in the United States as an appreciation of Mexican culture and heritage and all it means to this country. The festivities began in the 1960s in areas with substantial Mexican-American populations.

Ms. Purcell gave the large audience a clear and fascinating picture of Mexico in the 19th century, including a little-known fact that Puebla, Mexico is home to an Aztec temple, Cholula, which is the largest man-made structure in the world. This amazing structure is buried underground with a Spanish church set on top.

Submitted by Tess Chedsey



REFLECTIONS ON CINCO DE MAYO

Submitted by Shegemi Tajiri

For someone who had visited Mexico many times and quite extensively, the ENCORE's "Cinco de Mayo" celebration, held on May 8th at Columbia Hall of CCC, was a nostalgic journey to the active years during my youth.

Through the movies of the Old West, which I liked so much, the West Side Story musical, and the Narcorelated large screen stories, the Latino people have many times been described in a negative way. In our daily life we sometimes unconsciously embrace the image that they are lazy, enjoy "Fiestas" rather than working or do not care about familial responsibilities.

Everyone has different standards in making value judgments. However, we have to be careful of not being moved by generalities, widely spread by the media. In contrast with South Bronx of New York, Los Angeles or Miami, where many felons are no other than the "Marielitos" released by Fidel Castro from the jails and hidden among the rescued boat people, the (Cont'd on P 8)

(Cont'd from P 7) Latino community in our North Coast are of a different generation. Many emigrated here to work under better conditions than in their homeland and are working hard to raise their families.

Although North Coast police reports indicate that some intoxicated Latinos have caused traffic accidents, abuses and other troubles, they aren't the only ones. Poverty is not simply a matter of values. Many problems are the result of inequality and lack of opportunity. To be better qualified to become good citizens and have better opportunities, the best alternative is the combination of discipline and education.

According to The Daily Astorian, among Clatsop Community College's 2014~15 representatives, José Sosa has been chosen. He is a Mexican immigrant honored in the Oregon Capitol, along with students of 17 other community colleges of Oregon. In describing his goals, Sosa said, "I want to reach out to others who have had a tough life and show them that there's a way out."

The Outreach Literacy Coordinators and the Hispanic Council members of Astoria are contributing, from behind the scenes, invaluable roles for this large community of immigrants.

When talking about diversity matters, we have to avoid using generalities. In Spanish there is the expression "fulano" (so and so) without specifying names or gender. It is better saying "fulano" is a good man, unreliable, or hard worker, than Latinos are "something." Between the white and black extremes of the drawing scale, there are many different tones of grey.

INTRODUCING ELLEN STONER, Candidate for Treasurer of ENCORE

Ellen Stoner
1704 7th ST, Astoria
503 440 5667 (home phone)

BIOGRAPHY:

Ellen is a retired Optician and Opticianry Instructor. In 2008 she retired from teaching Opticianry at Durham Technical Community College in Durham, NC. Before that she lived primarily in New York and Connecticut where she was, at various times, a computer programmer, systems analyst, statistician, nature photographer, and Licensed Optician. After retiring from teaching, she was Director for the Commission on Opticianry Accreditation, which included keeping the commission's financial records, recording the minutes of the biannual accreditation meetings, and scheduling accreditation visits.

Ellen earned a Bachelor's degree in Mathematics

from Drew University in New Jersey, an AAS in Opticianry from Worcester Institute of Technology in Massachusetts, and an MALS in Sciences from Wesleyan University in Connecticut.

In 2011 Ellen moved to the central coast of California, where she was a docent with the Friends of the Elephant Seal and a volunteer guide at the Piedras Blancas Light Station. For the last two years she was also docent coordinator with the Friends, which included scheduling about 100 docents and editing a monthly docent newsletter. Ellen substituted for the recording secretary at the monthly Board meetings when needed.

Ellen says: "Counting Oregon, I have now lived in 10 of these wonderful United States. I am enjoying getting to know this area and the people in it, and I hope that Astoria will be my home for many years!"

UNSUNG ENCORE HEROES Submitted by Marjorie Spence

I have often thought how fortunate we are to have so many hard working folks who give their time and talents to make ENCORE the unique and wonderful organization it is. I am so grateful for the wonderful members we meet and become friends with through

our ENCORE activities. Once I started thinking about an award for unsung heroes that might be given at the annual membership meeting, I was amazed by how many people are deserving (Cont'd on P 9)

(Cont'd from P 8) of such a designation. Of course we all are grateful to the instructors who provide our classes, but in addition to them, who already receive well earned recognition once a year, I am thankful for the folks with hearts of gold who willingly do all the behind the scenes work critical to our organization. Some of their efforts may be known, but in addition to what you know, they deserve our appreciation for all you

never hear about.

Here are my choices for those who always go above and beyond the norm in all their accomplishments for ENCORE: Erhard and Elfi Gross, Bob and Aletha Westerberg, Rollie and Reta Lindstrom, Art and Kay Limbird, Sue Zerangue.

WELL DONE and THANK YOU!

LOOKING BACK: QUIDNUNCS..A Class Review - Submitted by Bernie Thomas, Coordinator

Sue Zerangue, instructor, has the capability of presenting classes that are informative and interesting. She has a long history of capturing the imagination of many through her classes. Her latest offering has been a hit and had class members returning week after week.

Cole Porter once wrote a great song 'Anything Goes' - Well, Sue took this seriously, as that is the definition of the word QUIDNUNCS.

Each week she brought diverse subjects for group discussion. Also encouraging class members to do the same. Being adults, of course we minded our Ps and Qs. But such amazing topics arose from those in the class. This class was enlightening and fun - a bit of therapy, if you will. People always left the end of class looking forward to the next one. If you missed it this time, be sure to check it out when Sue does this again.

LOOKING FORWARD: A CLASS OFFERING FOR FALL TERM

Indians of the Washington Coast By Erhard Gross

Scientists generally accept that West Coast Indians have been around for at least 14,000 years. They crossed from Asia by way of Beringia and followed the glacier free corridors to the south. One such corridor paralleled the West Coast. The ready availability of year-round food accounts for early and permanent settlements there.

Unlike the large number of Oregon Coastal tribes, those of the Washington Coast are relatively few. The Confederated Tribes of the Siletz Indians alone comprises more than four times the number of tribes than were found along the Washington Coast at the time of the arrival of Lewis and Clark at the mouth of the Columbia in 1805. What might be the reason(s) for this phenomenon?

One major reason undoubtedly was the presence of the Columbia and Willamette Rivers. They held great commercial promise. And with the opening of the Oregon Trail, a flood of emigrants arrived in the Willamette valley. All needed land for their permanent settlements and farming. Another reason was the discovery of gold in southern Oregon; it created the first substantial influx of whites there. They too needed land. Governments, mostly with the aid of treaties, took the land from the Indians and gave it to the white settlers.

Relatively few settlers invaded the Washington Coast at that time. Although in time their historic lands were greatly reduced, the tribes still found there today remain largely where they always resided. By and large, they are the **Chinook, Shoalwater Bay, Quinault, Hoh, Quileute and Makah** tribes.

Except for the tragic denial of federal recognition to the Chinook, all the above tribes have the benefits of federal recognition. Foremost among these benefits is the cohesiveness created by self-government and ultimate economic development.

This fall, ENCORE will offer a course of study of the Indians of the Washington Coast. We will learn their characteristics, brief history and current economic status. I will place particular emphasis (Cont'd on P 10)

(Cont'd from P 10) on the excavation site of the ancient Makah village of Ozette. This village was covered by a major mudslide several hundred years ago and rediscovered after coastal erosion starting in 1969-70 revealed several buildings and archeologists ultimately recovered more than 50,000 Makah artifacts.

After the in-class sessions, we will take a three-day field trip in order to visit all the tribal reservations. Our northernmost destination is Neah Bay. This is the location of the Makah's Museum. In this venerable cultural institution repose several hundred Makah artifacts that were excavated at Ozette.

The dates of the course are: 10/1 and 10/8; the field trip is scheduled for 10/11 to 10/13. Trip details will be announced later.

Rose Power answered the editor's call for articles – THANKS!

Members, enjoy.....

POMPEII EXHIBIT DRAWS ENCORE MEMBERS (The exhibit runs only until May 25, 2015)

In mid-March, Gerri Penny and I drove to Seattle to visit the Pompeii exhibit at the Science Museum. We left at noon on Monday March 16th and arrived at the Space Needle at 3.30pm after a surprisingly easy trip, with light traffic.

Gerri had made advance arrangements, so we were booked into the Best Western motel, just a few blocks from the Museum complex close to the Space Needle. Having arrived in plenty of time, I took the opportunity to walk to and go through the Chihuly Museum of Glass. The successive rooms of glasswork were well displayed on dark mirrored surfaces, and truly impressive, from the 'garden' of exotic flower forms in bright colors, to the actual boats, loaded with varying sizes of floats and flowers. The visit included a walk through the glasshouse, hung with gigantic orange flowers, and into the garden, where brightly colored installations were paired with matching flower plantings in similar shades. It was a wonderful introduction to my first visit to Seattle.

The following day, we walked down to the Science Museum for the long-awaited Pompeii exhibit. Again, Gerri had purchased tickets in advance, so we avoided the waiting lines and were able to get quick access to the exhibit area. There were many groups of school children and tourists, but we had plenty of time to walk through the exhibit area. There were life-

sized photographs of wall frescos of everyday life in Pompeii, along with marble furniture, exquisitely carved statues, and sections of mosaic floors. A bronze bathtub was remarkable, as well as clay and stone art objects, and some lovely examples of glass vessels and elaborate armor worn by gladiators. I was most impressed by the carefully made tools, from gardening and kitchen utensils to detailed scientific and medical instruments.

They gave a deep insight into the high level of culture the Pompeians had achieved.

There was a short but powerful movie, enacting what the last day of Pompeii must have been like dawning clear, and then gradually pebbles falling, with succeeding showers of ash and falling rocks, until finally the pyroclastic flow obliterated the city.

Most moving of all was the final room, displaying the body casts of ordinary people who had been overwhelmed by the ash, leaving a permanent imprint of their bodies as the ash hardened.

It was sobering to see the men, women and children, caught in their final moments, and understand what they had experienced. It will stay with me for a long time.

Rose Power

And Larry Allen chimed in with a fun article. Thanks, from the Editor Members: Laugh, laugh, laugh!

LAUGHTER, The Best Medicine Submitted by Larry Allen

It's a wonderful thing about laughter being such a unique and universal human experience. It can be an endearing quality that some people are remembered for; "he was so funny" or "she was always laughing".

Growing up in a small, rural area in the mid-west in the early 1940s, I remember so vividly the times when the grownups would be sitting around after a hard day's work, enjoying the company of friends and family, because there was no radio, television or electronic devices to occupy their attention. The men folk would sit on the porch, mostly, smoking pipes or spittin' tobacco and bragging about their huntin' dogs, not really commenting much other than, "yep" or "you bettcha".

But the women folk, well, there was always laughter. My grandma was the center of conversation and had the most beautiful, laugh out loud, quality to her voice. Sitting in her low backed, wooden rocker, she was very much at command central; "Velma Lee, fetch me my shawl; Emmy Sue, go see if Pa needs his jacket". All the while, between orders to "fetch" and "go git", there was gossip and stories that included lots of humor.

Grandma loved to be surrounded by her children, daughters-in-law and neighbor women and talk and laugh, non-stop. I used to sit on the floor where I could look out the screen door and see my grandpa and uncles on the porch but I always wanted to be near the women folk listening to all that chatter and cackling. This was a time and place when news was shared and passed on verbally because there was no home delivery of newspapers. If you wanted to hear a radio, use a telephone or read the once weekly newspaper you had to go into town and go to the general store where all of these conveniences were available; then you could go back home and share all that knowledge, and perhaps, add a little color to spice up the news.

What I remember most about those days was that stories and laughter had great healing qualities. You always felt good when you were in the company of lively and humorous conversations. I do believe it was an inherent way of taking away the aches and pains of the day's back breaking labor. It was like a tonic that could help you go to bed and sleep well so you could rise up early and start your chores.

To paraphrase something Will Rogers once said

"You can stay healthy in two ways. Avoid getting sick or hang around a bunch of funny relatives"

So, here's something to laugh at!

Punography...

This girl said she recognized me from the vegetarian club, but I'd never met herbivore.

I used to think I was indecisive – but now I'm not so sure.

Jokes about German sausage are the wurst.

What does a clock do when it gets hungry? It goes back four seconds.

I wondered why the baseball was getting bigger. Then it hit me.

I haven't done the hokey pokey in years. As you get older, you just forget what it's all about.

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

ENCORE’S ANNUAL MEETING

Friday, May 29, 2015 1:00 to 4:00 PM OSU Seafood Lab, 2001 Marine Drive, Coho Room

By-laws Changes to be voted on
Election of New Officers

Refreshments!

ENCORE LUNCH BUNCH IS JUNE 2, 2015, 12:30 PM at Pig ‘n Pancake Restaurant,
Astoria, 146 W Bond St.

Subjects: Father’s Day and National Doughnut Day

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