



## MESSAGE FROM THE PRESIDENT

As we enter the winter season, we find ourselves spending more time inside. How can we make this time richer and more rewarding? May I suggest that you take advantage of your Encore membership and deepen your knowledge and understanding of various topics?

As we moved from Summer to Fall, I enrolled in the oceanography class offered by Encore. Living on the coast has stimulated my interest in how the ocean works and the effect it has on our daily lives. As with his previous geology class, the instructor Ed Joyce has not disappointed! His depth and breadth of this subject makes for a supremely interesting class. I have learned so much and have a greater appreciation for the wonders of the ocean.

I also attended the Nutrition class for seniors. This class was jointly attended by Encore and Senior Center members. When I started the class, I was thinking rather smugly that I would pick up a few tips. Wrong! I realized how much new and emerging research is being conducted in this field. I was so surprised at just how much I learned in this class. Erin Fredricks, the instructor, presented fast paced and fascinating lectures complete with a notebook, handouts, recipes, and links to additional information. My head is spinning with ideas to improve my health in these senior years.

These are just two of the classes that were offered in the Fall term. Be on the lookout for our upcoming Winter term classes! We continue to offer classes at the senior center as well as Zoom classes for those who don't want to venture out on winter days!

Have you completed your holiday shopping?

Consider giving an **Encore membership** to loved ones on your list that are 50 or older and live in our area. This is a gift of learning and fellowship! Contact our Membership Chair Rollie Lindstrom at [rlindstrom35@gmail.com](mailto:rlindstrom35@gmail.com) or stop by the senior center and pick up an application. As you know, the annual membership is just \$50.00!

Post-Covid, we are slowly building our membership back up. Recruitment is a priority for the Executive Board and we need your help. We are employing existing and new marketing tools, but the very best way to build membership is through personal one-on-one conversations! I am asking you to talk with at least one person you know in the next seven days about Encore and the various benefits:

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

Lifelong learning is not just fun, it helps keep the brain active. Participating in our classes enables us to make new discoveries and join in interesting conversations. It provides us the opportunity to make and keep connections with others

– again, something so important to our well-being. The more members we have, the more robust the organization can become. Let's make this happen together.

In closing, I am very grateful for the members who serve as board members, committee members and those who take on special projects. It is the work of these individuals that sustain our organization. Thank you to each one of you for joining Encore and participating in our classes and events.

Happy Holidays to All and let's look forward to 2024!

Elizabeth Hayes, President

### IN REVIEW...

#### October Lunch Bunch

On a beautiful day, October 6th, we sat outside with a view of the bay at La Cabana De Raya. It is a family owned restaurant serving delicious Mexican food. Attending were Charlotte Thiringer, Rose Power, Rosa & Greg Mann, Dave Zunkel, Bernie Thomas, and Norm & Jean Hooge. They were all fun people and we enjoyed great conversation.

#### Encore's First Fun Friday Function: Cranberry Farm Museum and Gift Shop Long Beach, WA

What a great way to spend a few hours! The four of us toured the inside and outside of this fascinating place with an actual cranberry farmer as our guide. Inside the museum, we saw the implements both past and present that are used in the fields. Since there are only 800 cranberry farms in the US, the majority of the tools used to plant, harvest, reap and irrigate the berries were invented and made by the farmers themselves. The innovation goes on today as new technologies emerge.

The museum is part of Pacific Coast Cranberry Research Foundation Farm. The foundation began as a research facility by Washington State College in 1923. It closed in 1993 due to budget constraints, and the west coast cranberry growers formed a non-profit to purchase the farm and buildings including the museum and gift shop. WSU continues to support research on the site. A group of volunteers manages and runs the farm.

Some quick fun facts are the farm hires thousands of bees to pollenate their crops every year, and perches on poles are placed about the bog for hawks and owls to land. These raptors help control small rodents that do extensive damage to the cranberry vines. Growers encourage the presence of bats and swallows by hanging nests to attract them. They help control the insect population.

Finally, we all went outside and spent some time among the bogs watching the farming operations while learning a great deal about cranberry farming and the business of cranberry farming. We were so glad we went.



Photos by Lynne Ryan

## UNEXPECTED TRAVEL

### Surprise Visit to Karlsbad

By Erhard W. Gross

Have you ever had a Budweiser? I'm talking a real one, brewed in Budweis, Czech Republic, for over 700 years and unadulterated by U.S. importation requirements. Art Limbird and I tested this venerable libation during our 2015 visit to Karlsbad (Karlovy Vary), Czech Republic

We had left my hometown, the little village of Garnsdorf, Saxony, without a declared destination, and were now heading south toward the Erzgebirge (Ore Mountains). Narrow two-lane roads wind through dense spruce forests along scenic little rivers in this region. This region produces lots of decorative wood products. Smartly painted wooden nutcrackers and the Christmas pyramids driven by rising candle heat with hand-carved sheep and angels on the various levels filled the display windows of the lone home outside of an attractive village. Elfi needed to see all of it in detail. I checked to see if any of the figures were Made in China, as I had encountered in American shops.

As we drove south while gaining elevation, I noticed a sign indicating that we were nearing the Czech border and the historic city of Joachimsthal (Jachimov). I had not visited this region since my early teens and, frankly, did not become aware of its historic significance until I immigrated to the United States. High grade silver deposits in the valley (Thal) of Saint Joachim, Kingdom of Bohemia, were minted there and gained wide usage in the early 16<sup>th</sup> Century in most of Europe. The Joachimsthaler –“er” shows place of origin the same way as a person from New York is a New Yorker. With the availability of cheaper silver in Mexico and minting in Spain, the term Thaler gained traction in Europe and ultimately in Spanish North America, where it became the mighty “dollar.”

Not far from Joachimsthal lies Karlsbad. We came here as a total surprise, arranged by our German friends, Manfred and Petra Riedel, who wanted to take us to a place we had never seen before. Karlsbad was the watering hole for the European aristocracy for several centuries, and it has not lost any of its luster as hangout for the rich and superrich of our time. We noticed this even before we could find parking for Riedels' brand-new VW van. To figure out the reason for the hubbub in town, I talked to three local policemen, hoping to get their assistance in finding a parking space. They were happy to practice their English and thanked me for praising them for their linguistic skills. It turned out that the city was hosting a triathlon the morning of our arrival there.

Everything seemed topnotch from the appearance of the palatial estates to the facades of the houses along the beautiful streets. The businesses were distinctly international in name as well as their merchandise. One business name that particularly caught our attention was the “Astoria Sanatorium.” We took a few photos of their façade and respectfully withdrew, lest we become interned for having escaped the sanatorium.

The sidewalks were crammed full with speakers of diverse foreign languages. In addition to Czech, there were buses from Holland, Germany, France, Russia and various countries south of the Alps.

Although Karlsbad is a relatively small city at just over 50,000 inhabitants, this place is stunningly beautiful. As a city it is first mentioned in the 10<sup>th</sup> century; the medically beneficial properties of its hot water springs gained international attention in the early 16<sup>th</sup> century. Czar Peter the Great's repeated visits in the early 18<sup>th</sup> century did not hurt Karlsbad's reputation. The German literary genius, Goethe, hinted at the restorative powers of the city's hot springs when he, at 80 years of age, fell in love with an 18-year-old lady.

Kay Limbird said that Karlsbad “looked like a painting” to her. Art called the city “a beautiful place for us to see, but for the rich to partake in.” None of us disagreed with the expression of highest praise for this gem of international tourism. We judged the visit to Karlsbad our most exciting day (August 23, 2015) in Europe so far.

The six of us had agreed to meet for a late lunch at a cozy little restaurant next to the river that flows through the center of town. Elfi and I were about to enter, when one of the men sitting at an outside table surprisingly called my name. He turned out to be the husband of my late cousin Eva-Maria. He had attended the family gathering in honor of my sister's 85<sup>th</sup> birthday just the day before in Zwoenitz, Germany, the city of my birth.

All this breathtaking sightseeing required some rest and recuperation -- in a cozy pub. This is where we finally tested the original Budweiser. Art and I pronounced it as passing our most critical tests. I am obligated to pay homage to a beverage which seems widely known in the United States but whose history and tradition are virtually unknown. The story of Budweiser in America is one of convoluted litigation since 1860 when Eberhard Anheuser named the Bohemian "Beer of Kings" the "King of Beers" in his newly founded brewery in St Louis, Mo.

The Czech originators of Budweiser, according to the folks in Budweis, their local beer had been known as Budweiser for several hundred years. During the decade-long legal battles between the two parties, the Bohemian/Czech followers even pointed out that according to the German *Reinheitsgebot* (Beer Purity Regulations), dating back to 1516 strictly forbids the use of rice in brewing beer which the American Bud is alleged to use.

Even though we did not bathe in the healing waters of Karlsbad, we drank the Bohemian water. And none of us are likely to forget anytime soon our surprise visit to Karlovy Vary and the generosity of Petra and Manfred who took us there.

### THE BOOK NOOK

I think most of us are at that age where we remember Humphrey Bogart with fascination. I feel sure you will enjoy "Tough Without A Gun." The Life and Extraordinary Afterlife of Humphrey Bogart by Stefan Kanfer.  
Jean Hooge

### FROM ERIC ANDERSON'S WRITING EXCHANGE CLASS

**The Undertoad** – by Mary Kemhus

"Grammie! Look! It's a sea monster!"

Grammie's long gray braid swung against her navy-blue jacket looking for the creature as she scanned the beach and the rocky cove ahead.

"I don't see it, Cloe. Where is it?"

"There! There, up on the rocks," Cloe shouted and then whispered, "I think it's the Undertoad."

"The Undertoad? I don't think I've heard of the Undertoad."

"Oh, Grammie. It's one of the most dangerous sea monsters there is,"

"Well, what can you tell me about it? Why is it so dangerous?"

Cloe began, her eyes wide, "It lies at the bottom of the ocean just under the waves, but it has long arms and fingers that reach almost to the beach. Sometimes it's farther out and you don't have to worry but it's always there and can get you any time you go in too deep. Especially if the tide is going out. That's why you never go into the ocean any deeper than your knees," Choe continued with a knowing look reciting the well-known safety rule.

"Wow," Grammie said. "What does it look like?"

"Oh, it's kind of blue-green like the water but I think it can change so sometimes it's see-through. It has a kind of round body with bumpy skin and big yellow eyes that stick up. It has really strong arms with tentacle fingers that grab you by the ankles and pull you out to sea where it eats you!"

"I can certainly understand why you would need to watch out for something like that. And you see it up ahead on the beach?"

“No, it’s on the rocks above the beach,” Cloe answered and then hesitated. “Is it dead? It’s all brown and white.

“Oh, I think I see what you’re looking at. Should we go closer, and see?”

Cloe took Grammie’s hand and answered in a small voice, “Okay, if you think we should.”

Grammie smiled down at the top of Cloe’s head covered in pretty brown curls and knelt to look into her wide, anxious eyes.

“I think it might be a good idea to see if it is the Undertoad. What do you think??

“I guess it would be okay as long as you’re here,” Cloe answered and then smiled, showing her two new front teeth. She continued, “Is this an adventure?”

“I would say it is.”

Cloe and Grammie walked down the beach toward the rocky cove scattered with driftwood washed in from the last storm. The sun was weak in the cool early fall.

“Grammie is that really a sea monster or is it…” Cloe’s voice faded away. “Oooh, it’s a piece of driftwood.”

“Yes, I think so too now that we are closer” Grammie answered, “but it still kind of looks like a monster from here. See, there is the body, sort of round and lumpy and those bare branches behind the log certainly look like long arms with tentacle fingers.”

“So, it’s not the Undertoad,” Cloe shouted relieved.

“No, it’s not but you were absolutely right about being careful not go into the ocean above your knees. Because you still must be careful of the Undertoad or as some call it, an undertow, because either one can carry you out to sea and we wouldn’t want that to happen, now, would we?” Grammie laughed as she scooped Cloe up and gave her a big hug.

The End



**A Poem from My Spirit Guide**

By Jean McGonigle

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Skinny, Winnie, Jeanie, Teeny,  
You're as thin as a sapling,  
Yes, a very young tree.

You don't want to cook,  
Like you did before,  
It's as if you just chose,  
To lock up that door.

But it's not really like that,  
I suppose,  
And it's not that you covet,  
Fancy new clothes.

You've become very quiet,  
Though you always were,  
The truth now is clear,  
Your life's been a blur!

Caregiving and grief,  
Attorneys cope with my stock,  
Cause in you quite a panic,  
An unappetizing shock.

So for now, enjoy bagels and lox,  
With Pinot Gris that delights,  
Please relax with a good book,  
Feet up, cozy chair in the night.

For who knows what comes next?  
(At least at this point, not quite,)  
Breathe deeply, be clear:  
For your inner vision is bright.

You know you have enough wealth,  
Please reflect and understand,  
That slowly and surely,  
You are regaining good health.

## AND MORE..

### **Importance of Offshore Wind**

As the impacts of a warming planet become increasingly evident, it is critical that society develops alternative sources of energy. Warming ocean waters are already impacting marine life and Oregon is uniquely positioned to exploit wind power as a means of reducing the use of fossil fuels. The proposed floating wind turbine sites off Oregon's south coast are in deep waters, far from shore, and have some of the highest wind power generating potential in the world.

Without question, local environmental disturbances will occur due to implementation of this technology. Wind turbines are big structures and there could be negative consequences for migratory birds, marine mammals, and benthic habitats. Cables will cross beaches and the creation of onshore infrastructure may occur. The fisheries industry has been vocal in their opposition because they argue offshore wind structures will shut down oceanic upwelling and destroy the fishing industry, which is preposterous. Two recent scientific papers suggest that upwelling could increase proximal to the windmills.

Any potential disruptions to the coastal environment must be mitigated before moving forward. However, these very local disturbances must be weighed against the worldwide disruptions resulting from a warming planet. Local environmental disturbances pale in comparison to the devastation being wrought by a warming planet. The East Coast has committed to doing its share while California and Hawaii are moving toward licensing. Oregon must step up and do its part in addressing climate change.

This is an all-hands-on deck call and society must wake up to this imminent, global, catastrophe before it's too late.  
Ed Joyce

## WINTER 2023 – 2024 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.*

### **MONDAYS -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 January 15 to March 4. You may join in by contacting [TodLundy@gmail.com](mailto:TodLundy@gmail.com).

### **Geology. Instructor: Ed Joyce**

Geology is a study of the natural world all around us. Learning about geology offers skill in observing and interpreting what we see every day, everywhere. Geology is at the cutting edge of climate change, natural hazards, energy, water, earthquakes, and volcanoes; it is a record of time. Come join us to explore in geology class this winter term! 10:30 -12:00 Classroom, Senior Center. Class begins Monday, January 15 and runs to March 4.

### **Secret Societies in Astoria, Instructor: Eric Wheeler**

"Secret Societies in Astoria" is a class that highlights the historic role of fraternal organizations here in our town. This Encore course is 4 sessions, each 90 minutes long. The first session is a classroom introduction and overview. The next 3 sessions are visits to the nearby Masonic Lodge, the Elks Lodge, and the Odd Fellows Hall. The 4 classes begin the week of January 15 and are on-going for 4 weeks. The first class will be in the classroom at the Senior Center from 1PM to 2:30.

**TUESDAYS - ENCORE Winter 2024 Online Writing Short Course. Instructor: Eric Anderson****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 Winter 2024's *Writing Exchange* Online Short Course begins Tuesday, January 16**, (and runs just 8 weeks till Tuesday, March 5) from 9:45 to 11:45 A.M.

**For More Information:** please email the instructor, Eric Anderson, at [EricCander@aol.com](mailto:EricCander@aol.com) or call (503) 325-3131.

**THURSDAYS - Exploring Science. Instructors: Michael Kinney with Karen Elder 503-994-2080**

Beginning Winter term on **Thursday, January 18** in the Sorensen Room at the Senior Center. Classes will be held weekly from 10:30 – 12:00 from January 25 until March 7. 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.

**FRIDAYS - EARLY MODERN POLITICAL THEORY (from Machiavelli to Mill). Instructor: Seth Tichenor**

This course will look at the philosophical foundations and early development of modern western political theory - a period running roughly from the beginning of the 16th century to the 19th century. We will begin exploring the emergence of such seminal concepts as “republicanism”, “natural rights”, “the contract theory of government”, “liberty”, & “revolution”, among others. We will look at the philosophical strengths, challenges, and shortcomings of each of these positions, as well as the historical and intellectual settings that they were placed within. We will also look at the place these concepts and thinkers might have in our current political situation and insights they may offer us to deal with the situation. The class will run from Friday January 19 to March 8 in the Sorensen at the Senior Center, 10 AM to Noon.

WEEK 1 - (Jan 19) Political Theory in the early modern era

WEEK 2 - (Jan 26) Machiavelli

WEEK 3 - (Feb 2) Hobbes

WEEK 4 - (Feb 9) Locke

WEEK 5 - (Feb 16) Montesquieu



WEEK 6 - (Feb 23) Rousseau

WEEK 7 - (Mar 1) American Founding Fathers (Jefferson, Hamilton, Madison, Adams)

WEEK 8 - (Mar 8) J.S. Mill

**SPECIAL CLASS NOTE:**

Shakespeare expert, Ray Utterback, will be treating us to two sessions in February from 2 – 4 pm in the Senior Center. His topic will be *the 400<sup>th</sup> Anniversary of Shakespeare's First Folio*. Stay tuned for exact dates.

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