

CLASS ACT



A MESSAGE FROM YOUR PRESIDENT

Greetings fellow ENCORE members!

I am humbled and honored to serve as your President for the remainder of the 2023-2024. ENCORE is such an enriching organization! I look forward to meeting and visiting with each of you soon, please let me know your hopes for ENCORE in the coming year and beyond.

I am so impressed with ENCORE and its volunteer leaders! Your Board of Directors and committee members are all extremely dedicated and work diligently to bring you interesting programs and activities year after year. I appreciate the outstanding leadership of Elizabeth Hayes (Past President), Eric Anderson (Treasurer), Reta Lindstrom (Curriculum Committee Chair), Rollie Lindstrom (Membership Committee Chair), Karen Elder (Trip Committee Chair), Craig Holt (our Webmaster), Tess Chedsey (newsletter Editor), all our current committee members, and countless past volunteers, who collectively help ENCORE remain vibrant and successful. Please do let them know you appreciate all they do for this fine organization.

I look forward to having a Board planning session at the beginning of the year, with the intention of determining both current and future needs and identifying any shifts we could make to improve your experience as ENCORE members. We will also consider how to attract and engage new members. Our future members have different expectations and experiences that will enrich ENCORE, let's welcome new perspectives, ideas, and programs and learn from those joining us, just as we learn from those already amongst us.

Please consider serving as an ENCORE volunteer in the future; it is important and gratifying work. Committees can always use our help, and there are many ways to become involved. Reach out to myself or any member of the Board to learn more.

About me, I joined the Membership Committee toward the end of our fiscal year and have served on several other Boards since 1998, including as President. I am a founding member of a local chapter of the Society for Human Resources Management (Lower Columbia SHRM). My professional career was Human Resources, and I held leadership roles for 35 years working in the Credit Union industry.

Enough about me! I have a special and important request for YOU! Our research tells us that most people hear about ENCORE through word of mouth. That means you can help ENCORE expand its membership! Please tell your friends and family over age 50 (yes, all of them!) about the benefits of belonging to ENCORE. With more members, we become more vibrant and diverse, gain more opportunities to grow and learn, and our lights shine even more brightly. For just \$50 a year members get:

- A variety of interesting classes, events, and field trips
- The joy of learning something new and interesting
- No need to register, no tests, no grades, and homework is optional!
- Special activities and social opportunities that make it easy to meet new friends
- Use of the Clatsop Community College Library
- Opportunities to teach a class or lead an activity
- Opportunities to help shape our future as board or committee members

- Don't forget to tell potential members they can attend 2 sessions for free!
- Go to www.encorelearn.net to learn more

Speaking of interesting classes, our Fall term classes did not disappoint! Heartfelt thanks to all our instructors, Elizabeth Hayes, Maureen Balaam, Karen Elder, Eric Anderson, Tod Lundy, Wauna Credit Union, and Natural Grocers for their time and expertise. If you couldn't join us these past few months, please join us for more outstanding programs when classes reconvene in January, the curriculum looks amazing!

In closing, please join us for our 2024 Holiday Bash on Sunday, December 8 at the Astoria Senior Center from 1:00 pm to 4:00 pm. Good food, good company, a little entertainment, and a lot of laughter will make for a cheerful evening! I hope to see you there!

Sharon Borgardt

IN REVIEW...

Field Trip to Astoria Trolley Barn

Thank you to Karen Elder for arranging the first of our new ENCORE field trips to explore both sides of the river in our local area. The October trip was to the Astoria Trolley and participants were Tess Chedsey, Karen Elder, Elfie Gross, John Markham and Lynne Ryan. We started out in the Trolley Barn learning about the newest acquisition, a yellow trolley, originally from Australia that came to Astoria by way of Portland and Willits, CA. We then embarked on a round trip trolley tour between the barn and Pier 39 with volunteers Jennifer Reading as motorman and Mark Stover as 'motormouth' (his words, not mine!). Jennifer showed us the challenges of driving along the busy riverwalk area, with cars parked just barely away from the trolley path (and no, the trolley can't 'swerve' into or away from obstacles!). Mark regaled us with facts and stories of Astoria as we passed from one end of town to the other.... A great way for visitors and locals to learn a bit more about the area. And, the Astoria Trolley is always looking for volunteers...contact them directly or check with Karen Elder or Aletha Westerberg if you'd like to learn more.



Photo and text by Lynne Ryan

Preparing for the Big Shake and Massive Wave

I attended Karen Elder's 8-week class on Earthquake and Tsunami Preparedness and Survival and learned so many important tips to prepare for a major weather emergency, including what supplies to have on hand, how to pack multi-use items in a "go bag" so I am prepared during a disaster, what to do during "the big shake" and where to go afterward. I gained a solid understanding of how to survive without the comfort of my home, and without utilities and services that may not be available for an extended time. I brought some neighbors as guests, so Karen provided additional information on how neighborhoods can band together during times of emergency. I encourage you to attend next time she teaches this class (planned for spring 2025), it is well worth your time.

And special thanks to Karen for also for partnering with Clatsop County Emergency Management (CCEM) to conduct a similar, but condensed version of her class for our November 16 Signature Event, our first such event since 2019. The event was open to the public and we were delighted to have 33 people attend, from as far away as Raymond, WA.

Karen, a geologist and retired teacher, opened the program by explaining plate tectonics, subduction earthquakes, how tsunamis happen, and their impact. Then the CCEM team presented information on what to do during and after an earthquake or tsunami, survival tips, and what emergency services will be available. They also busted a few weather-related emergency myths, such as NOT to depend on 911 because they will be overloaded with calls and have insufficient first responders to call upon. Instead, we need to be prepared to tend to our own needs and team up with neighbors to look out for each other. Attendees were advised to have a backpack full of emergency supplies ready to go at any time and got tips on what items to pack. Copies of "Living on Shaky Ground: How to Survive Earthquakes and Tsunamis in Oregon" booklets, local inundation maps, and a pocket planner for creating a family emergency plan were provided. If you did not attend the event, reach out to Clatsop County to get these materials, then plan some time to prepare your own family safety plan.

Submitted by Sharon Borgardt

THE BOOK NOOK

***Last Exit to Brooklyn* by Hubert Selby, Jr. 1964**

I read this as a college student. It was my first entre into a gritty, unfamiliar world of the homeless, jobless, drug addicted denizens of America's large inner cities. Yes, it is a novel, but it is based on true experiences as observed by the author.

It was an eye-opener for this California 19-year-old college junior surfer girl who had just spent the summer and fall bumming around New York City. It strongly motivated me to get back to college and graduate. I still remember vividly the overall ambience of the book, its characters and the harsh circumstances of some people's lives that are no different today.

Tess Chedsey

UNEXPECTED TRAVEL

Missed the Boat

About ten years ago, my husband and I were looking forward to a leisurely cruise to Central America. As luck would have it, our flight from Portland to San Diego was delayed and the ship left without us. We have

all-expenses-paid travel insurance for just such inconveniences and upon the agent's advice spent a night in San Diego and boarded a plane early the next morning for Cabo San Lucas.

Booking a last minute room in San Diego is no small feat. We finally got an impossible room in a seedy motel that was undergoing much-needed renovation. It looked like a bomb hit it. To get out of there we called up some friends and went out to a very long dinner at a fine seafood restaurant.

Once at Cabo, our travel insurance agent put us up at an all-inclusive resort on the beach in Cabo, where we stayed for two nights before meeting our ship. Bingo! It was lovely, the food was great, the wine was free and the scenery fantastic. We vowed we would come back and do it all over again sometime in the future. We did and bought a time share. We have been going to Cabo at least once every two years for over ten years now.

The remainder of our cruise went smoothly and we had a wonderful time without incident. We have become true believers in travel insurance.

Tess Chedsey

FROM ERIC ANDERSON'S WRITING EXCHANGE CLASS

METRONOME OF HEARTS

HEART, A FIVE LETTER WORD SPELLED H-E-A-R-T,
SOUNDS LIKE "HEAR IT" --
THAT IS IF YOU HAVE NEVER LEARNED,
THE CORRECT WAY TO PRONOUNCE IT.

"HEAR IT," "HEAR IT," THAT IS YOUR HEART BEAT,
THE ONE THAT SPEEDS UP,
FOR YOUR BIG HEARTED "LOGGER LOVER."
YOU KNOW, THE ONE THAT HOLDS, YOUR
HEART IN HIS HAND.

OR PERHAPS, HE IS THAT COMMON THIEF,
OF A LOVER, "A REAL HEARTBREAKER."

CONSIDER YOUR "HEART OF HEARTS,"
AS A BOX OF CHOCOLATE CARAMELS,
EACH INDIVIDUALLY WRAPPED,
IN ROSE COLORED CELLOPHANE, SET IN A SMALL
CHOCOLATE COLORED PAPER CUP. EACH BITE MAY
LEAD TO CARDIAC ARREST.

NONETHELESS, A SINGLE CANDY VALENTINE,
MAY SIMPLY QUIET YOUR NERVOUS HEART,
WITH ITS TINY STENCILED WORDS: "BE MINE."

"HEAR IT," "HEAR IT," THIS MOMENT,
WHEN YOUR PULSE OF LIFE IS KNOWN,
IN THE AWAKENING OF SOUND,

AS IN A BEETHOVEN PIANO SONATA, OR
COULD IT BE A JAZZ CRAWL, OF MONK OR
ARMSTRONG?

THE DEAF CHILD KNOWS THE PULSE OF HER HEART,
IN THE SUBTLE "FLEX" OF BLOOD FLOW,
VISIBLE IN HER FRAIL WRIST--FEELS THAT UNIQUE THRILL,
OF AN ADRENALIZED HEART IN HER CHEST, WHEN SHE
IS THE FIRST TO CROSS THE FINISH LINE, IN ANY OF
LIFE'S RACES.

YOUR HEART AT REST, OR YOUR PASSIONATE HEART--,
EITHER WAY, IN THIS LIFE, HERE YOU ARE,
BEAT BY BEAT, AN UNFINISHED SYMPHONY.

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WINTER 2024-2025 CLASS SCHEDULE

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 6 to March 21. You may join in by contacting TodLundy@gmail.com.

Mondays 2:30 - 3:30pm 3 weeks (2-3, 2-10, 2-17) Astoria Senior Center

Overview of Oregon Coastal Geology, Oceanography and Columbia River Estuary - Lectures by Ed Joyce

Week 1 - An introduction to Oregon coastal geology, plate tectonics and the major tectonic events impacting the Oregon coast.

Week 2 - A look at Oregon coastal geomorphology and oceanography. Topics covered will include: oceanographic impacts on beach geometry, sediment transport, beach stabilization effort and offshore wind technology.

Week 3 - An overview of the Columbia River Estuary focusing on interactions with the open ocean and the impact of logging, flood plain removal and upriver dams on the health of the estuary.

PLEASE EMAIL THE INSTRUCTOR IF YOU PLAN TO ATTEND THIS LECTURE

SERIES: edjoyce1590@gmail.com

TUESDAYS - 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.

This Zoom short course meets on Tuesdays from 9:45 to 11:45 AM from January 7 to March 18. For more information: please email the instructor, Eric Anderson, at EricCander@aol.com or call (503) 325-3131.

FRIDAYS - The Story of European Medieval Philosophy by Seth Tichenor

Fridays 10-12pm for 8 weeks (1-10, 1-17, 1-24, 1-31, 2-7, 2-14, 2-21, 2-28) Astoria Senior Center
This course will examine the origins, ideas, evolution, and legacy of philosophy in Europe during the middle ages (approx 400AD -1500AD)

Week 1 - The origins of the medieval mind and medieval world view (Plato, Aristotle, Plotinus and others)

Week 2 - Augustine & the emerging Christian cosmology of late antiquity (Augustine, Hypatia, Proclus)

Week 3 - The Western Dark Ages (Boethius, Eriugena, Anselm)

Week 4 - The Rise & Influence of Islamic philosophy & commentary (Avicenna, Al-Ghazzali, Averroes. Also there is one Jewish thinker - Maimonides)

Week 5 - The High Middle Ages (Realism & Nominalism)

Week 6 - The aims of Scholastic Thought (Thomas, Scotus, Ockham)

Week 7 - Mysticism in the late Middle Ages (Hildegard of Bingen, Nicolas Cusanus, Meister Eckhart)

Week 8 - The legacy of medieval thought

Fridays 2-4pm for 4 weeks (1-10, 1-17, 1-24, 1-31) Astoria Senior Center

History and Culture of Unrecognized Astorians by Maureen Balaam with honored guests

Guest speakers will share the history and culture of the population they represent and the contributions made to our area that we may not understand or recognize. The last class will pull these contributions and benefits together and allow participants to acknowledge this learning.

Week 1 - Representative of the Chinook Nation to discuss history of recognition, language preservation and the meaning of Chinook art.

Week 2 - Ron Craig will present on York, the Black slave who accompanied Lewis and Clark to the PNW and other local Black history.

Week 3 - OFFSITE CLASS REQUIRES PRE-REGISTRATION (moetta@[gmail.com](mailto:moetta@gmail.com)). Meeting off-site at the Heritage Museum where Liisa Penner and staff will discuss the following populations who were - treated harshly in the early days: East Indians, Chinese and the Paupers. Viewing of the museum included at no charge. Instruction about using the Museum as a resource also included.

Week 4 - Discussion about the cultures above and how we understand them now? How have they influenced and benefited our lives? How can we be accepting of others and learn from them/share with them?

IF YOU ARE INTERESTED IN THIS CLASS, PLEASE EMAIL THE INSTRUCTOR: moetta@gmail.com

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

THURSDAYS- NOTE: The **Emergency Preparedness class** is **NOT** an Encore class. It is taught at the Astoria Senior Center by an Encore member.

The above title is a class taught by Karen Elder, which meets every Thursday at 11:00 AM at the Senior Center. I have taken her class a second time and am still learning new things. She hands out lots of material, as well as some supplies to have on hand when the BIG ONE hits.

I strongly recommend that everyone take this class and be prepared for the coming emergency.

Submitted by Elfi Gross

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