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Fall 2016 Class Descriptions



SCIENCE EXCHANGE

Facilitator/Coordinator - Sue Zerangue (503-338-0313) zerangue@hotmail.com

Day/Time – Monday 10 am - noon; 8 sessions

Dates – September 26; October 3, 10, 17, 24, 31; November 7, 14

Location - Astoria Senior Center 1111 Exchange Street, Astoria.



In our round-robin facilitating of perennial class, Science Exchange, I find it my turn to host our fellow science nerds in the weekly sharing of science & technology news. We often take turns during the year in accepting this honor, but our format stays much the same. Students are encouraged to bring in a science article or video clip that they will be prepared to succinctly summarize for the class, followed by a brief group discussion on the topic. Our goal is to portion our time so all who have information to offer, will get the chance to tell us about it, we'll mull it a bit, then return to it at a later time, if further interest warrants. Presenting news is not required. All are welcome to listen and/or join the discussion.

We try to cover a wide range of disciplines and issues, from esoteric physics debates (Has a 5th Force been discovered?), to the latest on Otzi, iceman of the Alps. Climate change, clean energy, ocean acidification, gut bacteria, mitochondria, epigenetics, how space works, and forestry issues are just some of our favorites.

If any of this appeals to you, please join us in our new time & place, Monday mornings at the Astoria Senior Center. Eager to see you there!

ALL ABOUT MAKING PIES

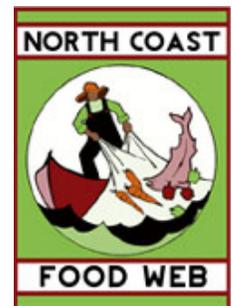
Instructor - Merianne Myers (503-791-2602) meriannemyers@gmail.com

Coordinator - Sue Zerangue (503-338-0313) zerangue@hotmail.com

Day/Time – Monday 4 pm – 6 pm; 3 sessions

Dates – October 10, 17, 24.

Location - North Coast Food Web building, 577 18th Street, Astoria



Merianne Myers will teach us all to take the challenge out of pie crust with a little knowledge, a few handling instructions and quality ingredients. Learn the key to making tender, flaky pie crust by hand that is simple to roll out. Each student will make pastries to take home and bake. All materials and ingredients are supplied.

Week 1: We will make and taste a wonderful Summer fruit pie with basic pastry and learn clever uses for leftover dough. We'll have time to discuss savory filling options and troubleshoot your pie problems.

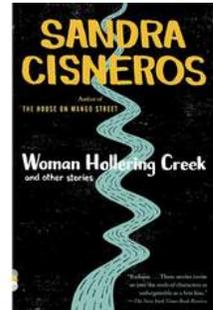
Week 2: We will make a fruit tart using the best market fruit and fresh made pastry cream!

Week 3: We will make and taste a delicious Northwest savory mushroom pie and perhaps a quiche! We will also discuss options for fillings and crust additions.

The fee for this class is \$50. *Please register online at northcoastfoodweb.org.* Look for ENCORE cooking class (on the October page of their calendar -- click the >> symbol to get there). Click on the blue text "ENCORE MEMBERS ONLY!" on the October 10 class to register. (The other sessions won't let you register.) Scroll down to the Registration section. You may use PayPal to cover the cost of the class, or contact the Food Web directly for other payment options. **This class is limited to 10 students only, so sign up soon! Please note: this is an early evening class. Contact Sue or the Food Web (503 468 0921) with any further questions.**

SHORT FICTION BY SANDRA CISNEROS; "WOMAN HOLLERING CREEK"

Instructor - Donna Wright (503-298-3931)
Coordinator - Sue Zerangue (503-338-0313) zerangue@hotmail.com
Day/Time - Tuesdays; 10 am to Noon; 8 sessions
Dates - Sept. 27; Oct. 4, 11, 18, 25; Nov. 1, 8, 15
Location - CCC South County Center, 1455 N. Roosevelt, Seaside



As "the bard of the Mexican border," Sandra Cisneros, in remarkable, lyrical, and straightforward prose, tells stories of border lands and people in her fresh and loving voice. The words are in English, but the author's heart beats in borderland Spanish. We will read, discuss, write, and share our responses.

This vivid collection of intimate, original stories in "Woman Hollering Creek," first published in 1991, can be obtained through Amazon, or local bookstores and libraries. Sue Zerangue has one copy left. To help in ordering your own, the ISBN # is: 978-0-679-73856-5. Amazon sells them for \$8.75, and the Kindle version is \$9.99. This book is an unforgettable reading experience.

WHAT'S IN THE NEWS?

Instructor - Bernie Thomas (503-861-2695) berniet@q.com
Coordinator - Sue Zerangue (503-338-0313) zerangue@hotmail.com
Day/Time - Tuesdays; 1:30 to 3:30 pm; 6 sessions
Dates - Sept. 27; Oct. 4, 11, 18, 25; Nov. 1
Location - CCC South County Center, 1455 N. Roosevelt, Seaside



Returning, by popular demand, Bernie Thomas's current events class. We knew last winter that fall 2016 would find us at the culmination of a long election cycle, ready to vote for a new president, and the Olympics would just be concluding in Brazil. We could not have imagined how strange this process would become! We have all that and much more to discuss, digest, and share in this interactive, participant class.

Bernie begins each session with a look back in history, recapping famous events that occurred on that day in years past. This gives us a better perspective to analyze the news of the moment in wide-ranging, no-holds-barred discussion that still remains civil and friendly. Please bring your news items, questions, opinions, open mind, and respect for each other as we both look back in history and also track important situations developing over the course of our class. Guaranteed to be engaging. Eager to see you there!

WHERE IN THE WORLD HAVE YOU BEEN?

Presenters - vary with each session
Facilitators - Frank Spence (503-325-2365) frspence@bellsouth.net
Art Limbird (503-738-0257) artlimbird@yahoo.com



Coordinator - Frank Spence

Day/Time - Wednesdays; 10 am to Noon; 8 sessions

Dates - Sept. 28, Oct. 5, 12, 19, 26; Nov. 2, 9, 16

Location - Astoria Senior Center, 1111 Exchange St., Astoria

This class highlights the experiences of our various members who have lived and worked and traveled all over the world. So much so that we are able to fill out 8 full weeks of wonderful stories. They include Saudi Arabia, the Heart of Islam; Liberia, settled by freed American slaves; Communist East Germany; and travels to Israel, Norway, Iceland, Burma, Australia, and New Zealand, to name a few.

Listed below are the presenters, their subjects, and the date of each session. Further details about the presentations are available on our website, encorelearn.org, on the page for this class. Also, to help us keep our dates and speakers straight, Evy Berger will be sending weekly reminders, for both this class and the Pop-Ups, of who, when, where, and what is on the current agenda. We do hope you'll be able to attend many, if not all, of these fascinating travel tales from our members who have roamed the world and want to tell us of their adventures.

9/28/16 and 10/5/16: **Sunnie Bell** - Israel

10/12/16: **Frank Spence** - Liberia, West Africa

10/19/16: **Art Limbird** and **Erhard Gross** - Germany, Norway, and Iceland

10/26/16: **Karen Elder** and **Art Limbird** - Australia

11/2/16: **Erhard Gross** - East Germany

11/9/16: **John Markham** - Burma (Myanmar)

11/16/16: **Marjorie Spence, Frank Spence** and **Tod Lundy** - Saudi Arabia

HEALTH INSURANCE OPTIONS FOR SENIORS

Program Organizer - Erhard Gross (503-468-0752) uniqhorn@charter.net

Presenters - vary with each session

Coordinator - Elfi Gross (503-468-0752) elf.gross1@gmail.com

Day/Time - Wednesdays; 6:00 pm to 7:30 pm; 5 sessions

Dates - September 28; October 5, 12, 19, 26

Location - Astoria Senior Center, 1111 Exchange St., Astoria



These sessions are open to the public, sponsored by ENCORE.

Special Note: For the end of every year, the law provides for a period of time during which a person may elect to change insurance companies. At times, companies stop offering coverage in a state or county, which forces the individual to sign up with another company. At times, the individual may want to change companies for financial or other reasons.

This program brings together representatives of several health insurance providers that offer coverage to the senior citizens of our area. Each 90-minute session will feature one or two representatives of insurance companies who offer supplemental insurance and Part D coverage. They will outline details and provide written program information and sign-up assistance.

There will be flu shots available on October 12th. Bring your medical insurance card.

POP-UP POTPOURRI

Facilitator/Coordinator - Ellen Norris (503-440-5667) ellendnorris@gmail.com

Presenters - vary with each session

Day/time - Thursdays; 10 am to Noon; 4 sessions

Dates - September 29; October 6, 13, 27

Location - Astoria Senior Center, 1111 Exchange St., Astoria

Once again ENCORE is offering a series of stand-alone presentations on a variety of subjects. The presenters and their topics are listed below.

September 29 and October 6: Jane Francis, Clatsop College instructor, has promised to return in her previous capacity as smart phone guru, and help us make the most of our technology. Bring your mobile devices (Apple or Android) to our workshop. We will explore a variety of photo features such as taking a screenshot, setting a time delay, editing a photo, selecting more than one photo at a time, and sending a photo through email. You'll discover how to download apps, delete apps, and rearrange them on your screen for easy access. If you request other topics during the first class, the instructor will cover them in the second class. Your questions will be answered.

October 13: Ellen Norris was a Docent for the Friends of the Elephant Seal for several years while residing on the central coast of California. In this class we will learn about the lifestyle and biology of this remarkable marine mammal. The Elephant Seal population that uses the coast of California and Oregon for birthing and breeding is a fascinating and in many ways unique animal that we will benefit by knowing more about.

October 27: Ned Heavenrich Oregon/Costa Rica Partners of the Americas is an organization that has been promoting cultural exchanges for over fifty years. Curious about traveling to Costa Rica or hosting a visiting Costa Rican in your home? Info, stories, photos, and music to share with you!

HISTORY OF THE ENGLISH LANGUAGE

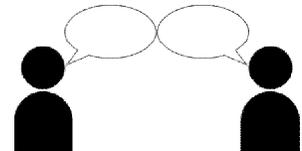
Instructor - Erhard Gross (503-468-0752) uniqhorn@charter.net

Coordinator - Elfi Gross (503-468-0752) elf.gross1@gmail.com

Day/Time - Thursdays; 1:30 pm to 3:30 pm; 5 sessions

Dates - September 29; October 6, 13, 20, 27

Location - Astoria City Hall Council Chambers,
2nd floor (elevator equipped),
1095 Duane St., Astoria



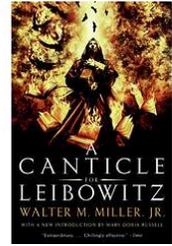
After a look at the definition and development of human speech, we'll concentrate on the origin and historic development of English. The course deals with etymology, lexicography and dialects. It traces the impact of major writers, printing, commerce, sciences, mass communication and foreign tongues on the development of one of the major languages of the world. We'll also look at the status of English language learning and the future of our principal method of human communication.

BOOK DISCUSSION: "A CANTICLE FOR LEIBOWITZ" by Walter M. Miller Jr.

Instructor - Steve Berk (503-791-0120) peace1@wwestsky.net

Coordinator - Frank Spence (503-325-2365) frspence@bellsouth.net

Day/Time - Fridays; 10 am to Noon; 6 sessions
Dates - September 30; October 7, 14, 21, 28; November 4
Location - Astoria Senior Center, 1111 Exchange St., Astoria



This book, originally published in 1959, is a post-Apocalyptic novel in the science fiction genre. Many literary publications and experts rate it one of the great novels of the second half of the twentieth century. Its unifying locus is a monastery in Southwestern United States over a period of thousands of years. The theme is the age old one of humankind's recurring capacity for self and planetary destruction through the acquisition of knowledge and technological prowess without accompanying wisdom. The means of recurrent destruction in this case is nuclear war, which has again become a real possibility with the Union of Concerned Scientists having just reset their Doomsday Clock at three minutes to midnight. Miller reexamines themes of the Judeo-Christian legend of the fall, the Greek legend of Prometheus and Goethe's "Faust."

You may obtain this book online through Amazon or local bookstores and libraries. Harper Collins has a 2006 paperback edition available online; ISBN-13: 978-0-06-089299-9. Sue Zerangue (503-338-0313, zerangue@hotmail.com) has 3 copies left - \$12 each. Please call to reserve yours. Read as far into the book as you are able before the first class. We will spend two weeks discussing each of the three chapters. See you there!

AQUANASTICS

Instructor - Kathleen Hudson (503-861-2802) khudson12g@gmail.com
Coordinator - Gina Kytr (503-325-0278) ginaguth3@gmail.com
Day/Time - Tuesdays & Thursdays, 9 to 10:30 am, 4 sessions
Dates - December 1, 6, 8, 13
Location - KOA Pool, 1100 Ridge Road, Hammond, 503-861-2606
Across from the entrance to Ft. Stevens State Park



Kathleen Hudson, a certified water safety and arthritis water exercise instructor, gives classes at the heated KOA pool near Ft. Stevens. This is gentle water exercise that's lots of fun! The exercises are designed to increase range of motion, flexibility and cardiovascular fitness. Swimming skills are not required. Students are given health and safety tips, plus, beach balls and 'noodles' are provided free for class enjoyment. Please arrive with swimsuits on and bring your own towel. Shampoo, conditioner and shower gel are available. Students need to check in at the KOA office for a parking pass before going to the pool. There is no charge for use of the pool, hot tub or showers.

Please register with Evy Berger (503-338-2566) or Mary Kemhus (503-338-2408) at Clatsop Community College. This class is limited to 12 students.

Dear Members of ENCORE,

Your Curriculum committee is trying to put together programs and courses that appeal to a broad audience. Whereas some of these offerings may be as tame as crocheting, others can be controversial. And where we encourage our instructors, old and new, to give our members a fair advance notice of the contents of their presentations, under the principle of Academic Freedom, we neither require an absolutely unbiased presentation nor censure our instructors and facilitators.

If you are exposed to subject matter and instructors whose bias you can't share, you have the option of leaving. Short of that, we request that you respect the opinions of others just as you would expect others to respect yours.

For the Curriculum committee,

Reta Lindstrom, Chairperson, October 19, 2015