



**Clatsop
Community
College**

ENCORE'S CLASS ACT

DECEMBER
2016
JANUARY-
FEBRUARY
2017

VOLUME 15
No 4

GREETINGS FROM YOUR PRESIDENT:

Wow! We just concluded another successful season of classes that included some new and some old familiar subjects. One of the most successful and interesting new classes was the one entitled "Where in the World Have You Been?" So many of our members are world travelers who have lived, worked, and traveled all over the world. This class was so popular that we already have half of the speakers lined up for another eight-week session for the spring term. Those of you out there who haven't responded yet, but have some great experiences to share, please contact Reta Lindstrom, Chair of the Curriculum Committee.

Speaking of classes, the Winter Term class offerings are included in this Newsletter. Classes will begin January 16th. Because of the limited availability of classroom time and space at the Senior Center plus the fact that many of our members live in Warrenton and Seaside, we have scheduled Tuesday afternoon classes at the South County Branch of Clatsop Community College in Seaside. We are also looking into holding additional classes, like the cooking class and a Genealogy Class, at outside sites, such as the LDS Center on Niagara Street. If you have ideas for subjects that you would like to see offered, please let Reta know. They are working on the Spring program already.

Now is the time to get into the Holiday Spirit, to enjoy family and friends, and be thankful for what we have. In that spirit we will be holding our Annual Holiday party on Friday, December 16th at the Elks Club this year. The Elks Club is located between the Astoria City Hall on 11th Street between Duane and Exchange Streets and the Senior Center. Reservations are required. Full information is included elsewhere in this Newsletter.

Please remember to use our Website, encorelearn.org, for all of the latest information dealing with ENCORE activities as well as items that might be of interest to our members. A special thanks to Ellen Norris, our Treasurer, who is also the Webmaster, for maintaining it and keeping it up to date.

Wishing you and yours a most Joyous Holiday Season.

Frank Spence

On the membership form for this year there were three check-off boxes for newsletter delivery.

- If you checked off “send by email” then you will not get a paper copy of this newsletter in the mail.
- If you checked off anything else and have an email address you are getting it both ways.

If you get this in the mail and by email, and decide that you don't need the paper copy in the mail in the future, email Ellen at webmaster@encorelearn.org.

COLLECTOR'S CORNER

MY COLLECTION

By Reta Leithner

We all have so much “stuff” that we've collected throughout our lives and we have classified much of it as a collection. There are stamp, car, doll, bottle, button, orchid and chess set collectors to name just a few. I've never been able to maintain a large collection of vases or glass paperweights; just enough of them to collect dust. When Aletha requested we share our collections in a short article, I flippantly admitted the only collection I'm really proud of is my eclectic mixture of outstanding and accomplished people as friends I have met and kept over the years.

One such friend stands out as clearly as a beacon on a dark night. I met Carolyn as a young Navy wife in 1961. I met several families from different parts of our country who each shared glimpses of their culture that were different from my NW upbringing. It was such a fun and educational experience. Carolyn, one of the Southern ladies, visited me right after I arrived home with our newborn son. I was TOTALLY UNPREPARED as I had never even baby sat with a child young enough to need diapers!

I recall this dear new friend waltzed into our apartment, picked up the screaming, mad baby boy and within a few moments her magic had quieted him. She then put him down and said she was leaving for a few minutes but when she came back she would guarantee my baby would be quiet for a few HOURS(!). As she quickly left, I wondered what the name of this magic drug would be. She returned and he was screaming again. Again, I was bewildered as to how to help him. She picked him up and said in her beautiful melodic and lyrical sounding Southern accent: “Why Reta, this chile' is ‘hon—gry!” She had purchased baby's first cereal and made it into a thin gruel and fed him. That child was so exhausted from the days of hunger that when I awoke 8 hours later from UNINTERRUPTED SLEEP I determined he hadn't stirred much at all and was still “out”. I became alarmed and wondered if I had killed him. I called Carolyn and she just giggled at my inexperience. Because our husbands were on the same (Cont'd on P 3)

(Cont'd from P 2) ship and in a rather specialized field we stayed together through many moves. The next ten years were interspersed with experiences of much love, laughter and some shared incredible historic events. When we finally had to part company it felt much like the equivalent wrench of leaving home for the first time. It was hard to be away from the friendship(s) that had enveloped me and helped me to grow as a person who could handle many months as a lone wife and mother.

This talented friend went ahead to become an accomplished nurse by attending night school and classes while her boys were in school. This left an indelible impression on me: That this beautiful Navy wife and mother could become more with every breath and still have a funny sense of humor while maintaining her gentele Southern manners serves as a bright example. When I returned to Seaside, site of my childhood, I met and became part of numerous peoples' lives through my real estate agent's life. I am grateful for every one of them. I am looking forward to the many more bright individuals with the willingness to share glimpses of their views and backgrounds who I am currently meeting. ENCORE is really quite a nice place to be for a true collector! ☺ ☺

Editor's Note: If you are a collector of something and want to share information about your collection – I'm looking for your story! Next Newsletter deadline for getting articles to me is February 13 – so send it anytime before then to westysr@gmail.com. Thanks, Aletha

Although the election is over, this is definitely too good not to share:

LEFT AND RIGHT

Submitted by Nellie Hutchison

by Nellie Hutchison

Words are flying left and right not sure if they are landing; perhaps it is just too windy in the year of the election.

The rich keep getting richer...the poor getting poorer, jobs have gone south and the middle class is shrinking.

Our infrastructure is crumbling. But how to repair? We could raise taxes but on who or from where?

The weather is changing but whose fault is that? Should we opt for green energy? Or continue to frack?

Is free trade the answer for imports and exports? Or should we be protective and raise all our tariffs?

Immigration is bad, we must lock all our doors- batten the hatches- keep out the hoards.

Or maybe diversity is in our best interest; after all this country was built on immigration.

So what about health care? Will Obama care prevail? Is single payer the answer or is it bound to fail?

Our Supreme Court...one justice is lacking. The president appoints, but the senate is blocking.

They will not consent in the year of election hoping their party will win but they may be rejected. (Cont'd on P 4)

(Cont'd from P 3)

Foreign relations are fraught with great danger. Is a military solution or diplomacy the answer?

When the election is over and a president selected- whatever is done we will be disapproving.

For no human can meet our high expectations. Though words fly, they are cheap and actions expensive.

But in four years we return to do it again with all of our angst, our hopes and our fears.

It is the American way. Happy voting.



MY BUCKET LIST

Submitted by Bob Cook

After examining my bucket list, I decided it was time to check something off or kick it – and nobody wants to kick the bucket. Since the elder George Bush did it at the age of 85, why couldn't I at the young age of 82?! I thought of a lot of reasons I couldn't or shouldn't, but there was nobody to tell me how dumb it was, so I called the club at the Molino Airport and

made arrangements to go sky diving on my 82nd birthday.

The first thing I was told was that it should be a tandem jump (student tied to the instructor) and the main reason is that an older person's memory and reflexes are not as good as they used to be – and I can attest to that. After a lot of instructions and reminders of safety items, etc., we started the l-o-n-g w-a-l-k. During this time I was reminded that just because I'd paid my way didn't mean I had to go.

Upon close examination of the airplane, I noticed there was not a seat for me or a parachute. I was immediately reminded of the briefing I had just received. During our take off I sat on the floor and half way to 14,000 feet the instructor got behind me and secured us together to the point where all of my movements were controlled by him.

When the moment of truth arrived, the exit door was opened and locked into position. I was moved to the door and positioned so that I had no choice. It was a l-o-n-g way down so I thought it best to just not look. At this moment the thought occurred to me that "this is a young man's game and that is why God made young men." I was thankful He did because I had no intention of jumping again. Once we left the airplane there was no stopping us but we did slow down when the chute was deployed. A few maneuvers caused us to spin and to go to our (Cont'd on P 5)

(Cont'd from P 4) right or left which caused a bit of vertigo. Fortunately I had no control so consequently we landed in a sitting down position within 50 feet of our designated point.

I was apprehensive at first but since my will was already made out that meant there was only one thing left to do: I wrote my obituary and left it on my counter top. When I returned home I tore it up!



PARATROOPER

Submitted By Erhard Gross

In the 2016 summer edition of our newsletter, the editor announced: "Watch for Bob's [Cook] article on skydiving in the next issue!". That alert gave me the idea for this little reminiscence, for I have some firsthand experience with the subject.

Skydivers and paratroopers both are volunteers. They also have in common their descent through the air, suspended from a parachute. Beyond that there are lots of differences. Skydivers generally jump from planes at higher altitudes than paratroopers do. As suggested by the word "divers," they free-fall for a time and then open their chute. Theirs is a sport, while the paratrooper is a member of the military and normally jumps from low flying airplanes, generally 1100 to 1400 feet. His chute is deployed when the static line (fastened to the interior of the plane) rips the chute open. With feet down and body in vertical position and falling at nearly 160 mph, the jumper counts 1001, 1002, 1003, 1004 and hopes the chute is wide open. If not, he pulls the ripcord on his spare chute. Since the military jump from large transport planes, one might see several hundred soldiers come from any single aircraft flying in formation,

skydivers jump in far lower numbers, often just two to 10 persons.

The trooper's chute of the early 1960s was very difficult to steer, while the skydiver can guide his chute for precision landings. Paratroopers carry lots of equipment such as field gear, rifles, mortar parts, etc. and jump in most any weather, while skydivers tend to avoid inclement weather. The latter engage in a pretty expensive sport, the former collect hazardous duty pay: in my time, officers got \$110 monthly, enlisted - less valuable - received \$55.

Paratroops are somewhat of an anachronism. Their last reasonably effective use occurred during the invasion of Normandy toward the end of WWII. It's no fun to hang in midair while powerful search lights make the GI a helpless target descending toward the enemy who uses him for target practice. The 101st Airborne Division "Screaming Eagles" have been replaced by Air Cavalry.

I was a paratrooper with the 101st Airborne Division, Fort Campbell, Kentucky, from December (Cont'd on P 6)

(Cont'd from P 5)

1960 until my discharge from the US Army in December 1964. I made just 24 jumps; many senior persons had several hundred. Jumping from a plane is easy; it's the landing that can be rough.

Here, too, I have some firsthand experience. I was on temporary duty in Salt Lake City and urgently needed a jump to continue my eligibility for jump pay. An Army Reserve unit north of the city was willing to provide a four-seater plane and the parachutes for the purpose. We took off and soon the plane leveled off over the desert west of Dugway Proving Grounds. I put on the two chutes and my steel helmet, anchored the static line and slid out the door.

At the count of 1004, my chute opened and I was silently gliding toward the ground. A stiff breeze from the north-northwest was blowing me almost parallel to a barbed wire fence line. Problem was, I landed west of the fence; my chute on the east side. The wind kept the chute inflated,

dragging me over the barbed wire. Good thing I was wearing my helmet, for I bent - head first -- the first steel post almost flat to the ground, having stripped all four strands of wire off the post. The second one was bent at 45 degrees, the third slightly. The fourth had only the top wire detached from the post. My steel helmet had a deep crease.

What had happened? The desert wind was too strong to allow the chute to collapse when I hit the ground. It had dragged me for about 35 feet over the wires, with my head plowing down the steel fence posts. I came away with a stiff neck and barb-inflicted gashes down the entire length of my left leg.

Maybe the major who brought the plane was right when he defined the three weeks of paratroop training: In the first week, the men are separated from the boys; during the second week, the boys are separated from the idiots; in the third week, the idiots jump.

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A POEM by a prospective ENCORE member after she attended the picnic in August

Once you have decided to retire,
What to do? To what will you aspire?

When you know, get to work, to work!
Perspire, perspire, and perspire!

"With ENCORE you'll go higher and higher,
friendships, dancing, trips, and good food
nearly everything your little heart might desire!

By Juanita Smith

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LOOKING BACK: LUNCH BUNCH GATHERINGS

SEPTEMBER Submitted by Ellen Norris

On Friday September 2, 18 ENCORE members gathered for lunch at El Compadre in Warrenton. Deputy Stephen Hildreth of the Clatsop County Animal Control/Shelter joined us to talk about the animal shelter on S.E. 19th street (off Ensign Road near Costco) in Warrenton. He told us about the difference between the types of animal shelters, gave us some interesting information about ours, and answered questions. There is a lot of good information about the shelter and the animals currently available for adaption at www.co.clatsop.or.us/animalcontrol. Present at the lunch were: Reta Leithner, Hazel Sealy, Lorri Bradley, Cecilia and Doug Balcomb, Bernie Thomas, Linda Brandon, Kathleen and Jim Hudson, Carol Sigurdson, Bob and Aletha Westerberg, Sue Zerangue, Elaine Horsak, Marion Olmsted, and yours truly Ellen Norris, plus NEW MEMBERS Jean and Norm Hooge. The door prizes were won by Hazel, Aletha, Lorri, and Marion.

Lunch Bunch is every first Friday of the month. Come anytime between 12 and 12:30 (to allow those who are taking the Friday morning class to get there) and order when you arrive. We have a short, always interesting program of some type at every meeting.

OCTOBER

Those who missed this Lunch Bunch (and many did – there were only six people and one of those had to leave early) missed Reta dressed “to the nines” for Halloween! Lunch was held at Uptown Café, and Reta had Halloween decorations all around – little pumpkins and cauldrons filled with candy corn. The subject was Trick or Treat stories. Small crowd but big fun!



NOVEMBER Submitted by Bob Westerberg

Nineteen ENCORE members and guests gathered for Lunch Bunch on November 4th at Baked Alaska Restaurant on Pier 12. The incredible meal was topped only by the camaraderie and very interesting informal talk by executive chef and owner, Chris Holen.

Our group was among the first to learn of Chef Holen's new adventure on the national culinary scene, the forming of "Chef Out of Water".... a new program and television series. Chef Holen will work with international chefs from Australia to Iceland. Some TV production may happen right here in Astoria... details "pending." (Cont'd on P 8)

(Cont'd from P 7) Upon concluding our meal, Gerrie Penny had us "in stitches" hearing about her recent travel adventures in Venice, Italy. Certainly a fun time was had by all!

ENCORE Lunch Bunch gathers each month throughout the year, now on the first Friday of the month, at various local venues providing a fun dine out experience.

In December our Lunch Bunch will be the annual CHRISTMAS PARTY, Friday, Dec 16th. (no first Friday gathering) Plan to join the fun beginning again on Friday, January 6, 2017. Location to be announced.

Those attending were Reta Leithner, Hazel Sealy, Bob Cook, Aletha Westerberg, Ellen Norris, Erin Anderson, Laura Rogers, Debra Morgan, Di Stuppy, Lynn Ryan, Kit Ketcham, Gerrie Penny, Norman Hooge, Jean Hooge, Bob Westerberg, Charlotte Thiringer, Nellie E. Hutchison, Marion Olmsted, and Bernie Thomas.

The winner of the door prize – a pretty Thanksgiving decoration – also “won” the honor of writing this article. A new “tradition”?!!



FRANZISKA VALENTINE – A LONGTIME FRIEND

Submitted by Erhard Gross

ENCORE member Franziska Valentine's life has been filled with many and diverse experiences. If not all she undertook was equally successful, one thing is undeniable: she worked hard. Her family and all of her many friends are unanimous: whether it was to make a living or to volunteer, hers has been a life of total dedication.

Franziska was born in Stein am Rhein, Switzerland, in 1927 into a modest farm family. At age 23, she followed her betrothed, Willi Siegrist, who had immigrated to Canada two years earlier. Siegrist was a Switzerland-trained journeyman baker. In fall of 1951 they moved to Sidney, Nova Scotia, to work in a hotel and open a bakery.

In 1965 they moved with their three children to Yakima, Washington, and then to Longview, WA. Ultimately, she and her second husband, John Valentine, wound up in Ilwaco, WA, where, in 1967, they purchased the 26-room Heidi Motel. Many persons would have been discouraged by the poor condition of the lodging but not Franziska. With typical vigor she and John renovated the place from top to bottom and made it the place where the students of the Coast Guard Motor Lifeboat School found a home away from home.

It is during that time they moved the surplus Coast Guard building to her property above the Megler Quarantine Station (as reported recently by John Goodenberger in The Daily Astorian). The acreage features a great view of the Columbia River and Astoria, as well as a beautiful fish pond, with ducks, geese, herons and an occasional river otter. In spite of deer and elk in her backyard, she maintains a beautiful flower and vegetable garden. Her son, Ralph Siegrist, dispatcher for the Columbia River bar pilots, who lives in Longview, stays with (Cont'd on P 9)

(Cont'd from P 8) her one half of each month and helps his mom with some of the more physically demanding tasks around the house.

My wife and I met Franziska years ago at a Coast Guard open house because as a member of the USCG Auxiliary, she was actively involved with that organization for many years. Although she is no longer as vigorous as just two years ago, she takes considerable pride in her independence. Elfi and I continue to enjoy her friendship and hospitality.

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MOUNT ANGEL OKTOBERFEST

By Elfi Gross

We left Astoria in three vans at 12:30 pm, Wednesday, September 14, 2016 - a sunny, warm day, and arrived at the Oregon Garden Resort in Silverton at 3:30 pm. Met some of our group at 6:00 pm for happy hour, where I had some delicious coconut shrimp.

After the complimentary breakfast the next morning, several of us took walks at the Oregon Garden. I recommend it very highly -- it is worth seeing. The Garden occupies about 80 acres with beautiful trees and shrubs and also a children's garden to play in.

We left for Mt. Angel at 10:30. Knowing that folks would scatter in different directions, and that some wanted to see the abbey, we decided to assemble and leave for Astoria at 5 pm.

Erhard and I stopped at a building where we heard beautiful music that invited us to go in. We enjoyed it very much and Erhard actually danced with me twice. We also watched a couple dancing every dance and complimented them. Erhard asked the man's age. Guess what -- you would not have believed it -- 84. He and his partner said they had been folk-dancing for 30 years, and go to all the functions where there is dancing.



We wanted to see more activity outside and were on our way out, when an elderly gentleman grabbed me to dance. We had also observed him dancing all the time with different partners. His granddaughter danced with Erhard. Erhard asked his age too -- 90 years young. Well, all of you out there, it shows again that dancing is good for you to stay agile. Let's start a dance evening in ENCORE.

Got back to Astoria around 9 pm -- whole and in good spirits. Thanks, Art for organizing the trip!
(Elfi Gross photo)

To Elephant Seals and Our Members

By Erhard Gross

What do you want?

Concerned about decreasing class attendance, ENCORE's Curriculum Committee, in cooperation with web-mistress Ellen Norris, began in early October to email information on upcoming classes to our membership. Simultaneously, Ellen posted the same information on our website: encorelearn.org. These previews apply particularly to those courses that feature multiple subjects and instructors.

Were our efforts adequate? The October 13, 2016, presentation in the Pop-Up Potpourri series was well advertised and offered in a very good venue – the Astoria Senior Center. The subject, Elephant Seals, was presented by Ellen Norris. Ellen gave one of the best class presentations I have had the pleasure to attend in my 14 years with ENCORE. Her thoroughly organized, scientifically oriented review of the life cycle of the Northern Elephant Seal, *Mirounga angustirostris*, kept her audience riveted. She covered this mammal from birth through weaning (after one month) to puberty, sexual maturity, annual feeding migrations and back to molting and breeding. She also explained the hormone regulated delay of gestation in inseminated females.

She showed the mode of establishment of primacy among the bulls of the rookery, the battles among the senior bulls, the beta males and the play fighting among the juvenile males.

For those of us not well versed in the difference between this and other pinniped species, we learned their morphological differences as well as the composition of their blubber, blood and stupendous diving ability.

Every one of her listeners was impressed with this most interesting program. Because of the Internet outage, Ellen could not present her entire program and has pledged to do so later. On behalf of the persons in her class, I want to thank her for a job very well done. She must not be discouraged by the fact that her extensive preparation was attended by only eight persons.

Your Curriculum Committee does not always hit the nail on the head with its course offerings. In the case of Ellen's presentation, we were right on. But there are times when we get individual requests for courses and the requesting person does not attend. **Has your Curriculum Committee lost touch or is ENCORE reaching the end of its life cycle? Let us know what you want.**

IN MEMORIAM

Edward Morgan

AND LAST BUT NOT LEAST: AQUANASTICS - LAST CLASSES FOR 2016!

Submitted by Kathleen Hudson

Get your body ready for all the Holiday events with this excellent water work out!

December 1, 6, 8 and 13 - Thursday's and Tuesday's at KOA ([503 861-2606](tel:5038612606)) heated pool. No fee, just register your attendance before classes at the Office, 1100 Ridge Road, Hammond across from Ft. Steve's State Park. Classes are from 9:00 to 10:30 AM.

Swimming skills NOT required. Pool is heated and there's a great hot tub; showers are available with shower gel, shampoo and conditioner furnished. Bring your own towel. Recommend wearing your swim suit to class. This is a water exercise to increase your flexibility, range of motion, balance and cardio fitness. Pool toys are provided by KOA for use during all classes.

Please register with Evy at Clatsop College: [503 338-2566](tel:5033382566) or Mary [503 338-2408](tel:5033382408).

RSVP with payment **BY DECEMBER 9!!!** to ENCORE, P O Box 324, Astoria OR 97103: \$15 for ENCORE members \$20 for guests. Must indicate with RSVP if you want Spinach Quiche, the vegetarian option, and also note any food allergies.



You're Invited!

ENCORE'S
SIXTH ANNUAL
HOLIDAY BASH!
Noon to 4 PM

Friday, December 16, 2016 Elks Lodge 2nd Floor

§ NO HOST BAR §

Entrées: Roast Beef and Parmesan Chicken
OR Spinach Quiche, the vegetarian option

Side Dishes: Pasta Salad w/chicken, Green Beans, Rolls and Beverages included

Cost: \$15.00 for ENCORE members \$20.00 for non-members and guests

Photo Op with Santa - Music - Door Prizes

HAPPY HOLIDAYS HAPPY HOLIDAYS HAPPY HOLIDAYS HAPPY HOLIDAYS

ENCORE/CLATSOP COMMUNITY COLLEGE
“Exploring New Concepts of Retirement Education”
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www.encorelearn.org

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Next “Class Act” deadline is Monday, FEBRUARY 13, 2017