



CLASS ACT

Vol. 10 no. 2

Director's Chair, Bernie Thomas

WINTER 2011 CLASS SCHEDULE EDITION

See this Newsletter in
color at
www.encorelearn.org

Special Dates

- **January 4-Lunch Bunch TBA**
- **January 17-Winter Classes Begin**
- **February 1-Lunch Bunch TBA**
- **March 1-Lunch Bunch TBA**

Want to contribute to the next Newsletter? Would you like to be the next Editor! Contact Kitty 325-0342 or paino2060@charter.net

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Clatsop Community College



Another year is ending and plans have already been made for excitement and knowledge for the coming year. What a great combination!

Being selected as the director of ENCORE is an honor and privilege. As director, I hope to be the eyes and ears; to listen to what is wanted, and assist all who wish to participate and contribute to our programs, classes, trips, social gatherings etc.

Our Membership and Promotion committee has been very active planning special events and carrying the ENCORE banner. Rollie Lindstrom is the new chairperson. He is starting things off with a bang! Or should I say "BASH!". Our first annual Holiday Bash. You should have received your invitation and hope you are planning on attending.

Sue Zerangue has led the curriculum committee through 3 years of juggling, planning, preparing all the wonderful classes that keep our membership growing. Classes start the 3rd week of January.

This year we added a Trip Committee. Bob Westerberg is leading the way and his committee is being very creative.

So come, learn, laugh, and just have a good time. Bring your comments and suggestions to lunch or join us at our board meeting. ENCORE is your group. It would not be here without you. . . Bernadine (Bernie) Thomas

Hello New Members!

Please welcome our newest members!

Tisha Tarver
Donna Wright
Hazel Sealy
Darlene Shepard
Eleanor Green
Stephen Kemp
Marie Vandewater
Cynthia Verno
Walt Wollenbecker
Nellie Hutchison
Rita Leithner
Wayne McVey

If you are new and not on this list, please call Jean Wingate 503-325-6959

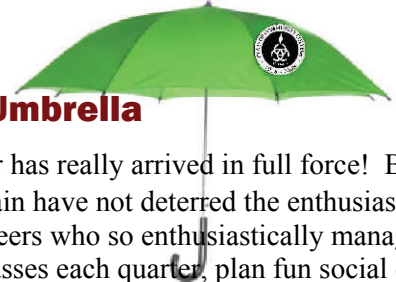
Under the Umbrella

Well, winter has really arrived in full force! But the gray skies and rain have not deterred the enthusiasm of the many volunteers who so enthusiastically manage to provide great classes each quarter, plan fun social events and informational trips, publish the Newsletter, put together the member directory, prepare the Treasury reports, and recruit new members. LaRee and I feel so privileged to be able to work with such an active and vibrant group of people and we always appreciate and are humbled by the glowing recognition you give us at your meetings.

Your Board of Directors is always mindful of the needs and wishes of the members of ENCORE and continually strive to provide new opportunities for Learning in Retirement. So we look forward to the rest of the Holiday Season and the New Year with anticipation for another fantastic ENCORE year! **Paula Duncan, Coordinator, Clatsop Community College Education for Life**

Membership, Rollie Lindstrom

Membership Chair Rollie Lindstrom reports an exciting year is ahead for members. If you know someone who would like to join, have them call 503.338.2408 to receive a packet of information. They may also download a membership form at www.encorelearn.org.



WINTER 2010 CLASS SCHEDULE

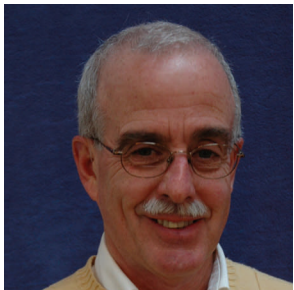


Drew Herzig



Steve Berk

I, Rigoberta Menchu;
cost- \$15, call Sue
Zerangue for a copy



Art Limbird



Rick Soller

Folk Dancing for Fun & Fitness

Instructor: Drew Herzig;
Coordinator: Charles Schweigert
503-325-1895; schweigertstudio@yahoo.com
Venue: Astoria Senior Center; 1111 Exchange, Astoria **Time:** 10 am to noon
Dates: Mondays, January 17-March 7, 8 sessions

Back by popular demand! Stimulate your mind and body! Enjoy traditional dances from around the world! Get your exercise painlessly, as you and your dance-floor friends move through the pleasantly challenging patterns of dances from Greece, England, Finland, Russia, Israel, Bolivia, and beyond! A sociable, gentle workout for the whole person, from head to foot. The class will also include core muscle / balance awareness training and exercises. No experience is needed, no partner required.

History Through Literature

Instructor: Steve Berk
Coordinator: Marjorie Spence; marjspence@msn.com; 503-325-4233
Venue: Arts & Cultural Exchange, 120 10th St. Astoria **Time:** 10 am to noon. **Dates:** Tuesdays January 18-March 8, 8 sessions

The discussions will focus on "I, Rigoberta Menchu: An Indian Woman in Guatemala." Rigoberta Menchu was given the Nobel Peace Prize in 1992. The book tells the story of the terrible oppression of Guatemala's native peoples by "ladino" dictators and juntas. This followed the CIA backed coup that removed a reformist president in 1954. Rigoberta describes Indian life and customs and tells the story of how land owners, backed by the Guatemalan government, continually seized Indian land, reducing native peoples to slavery-like peonage. Rigoberta's family became leaders in the movement to unionize field workers and obtain rights for Indian peoples. She lost her parents and teenage brother to brutal torture and death. Yet she continued the movement, which ultimately drew international recognition and a modicum of success.

World Water Crisis

Instructor: Art Limbird
Coordinator: Rita Lindstrom 360-777-8750
Venue: SETD Transit Center, 900 Marine Dr, Astoria **Time:** 1:30 to 3:30 pm; 4 classes and a day trip **Dates:** Tuesdays January 18-March 8, 6 sessions (No class Feb 1 or March 1)

What are we leaving our grandchildren? Will they inherit a livable world, or a toxin-soaked planet of our own design? This class will help us try to answer these questions. We will cover the true aspects of how much water is 'fresh'; where it is found; what are the natural controls to the distribution and availability of 'fresh' water; what are we doing to 'screw-up' what we have and where we have it; and what needs to be done to try to provide for the future, especially considering the potential impacts of climate change and looming scarcity? We'll work together to find some positives among the doom and gloom, as we use a 'controlled discussion' approach in class rather than merely lecture. Please join our efforts.

Living Well With Chronic Conditions

Instructor: CMH Staff
Coordinator: Sue Zerangue; zerangue@hotmail.com; 503-338-0313
Venue: Astoria Senior Center; 1111 Exchange St. **Time:** 9:30 am to noon;
Dates: Wednesdays January 19-February 23, 6 sessions

Unlike anything we've offered before, ENCORE and Columbia Memorial Hospital will present a six week workshop that provides tools for living a healthy life with chronic health conditions, including diabetes, arthritis, asthma, and heart disease. Developed at Stanford University, these classes will be taught to us by trained instructors, Alissa Dorman and Starla Niemann, under the auspices of CMH. The classes are designed to be fun and interactive, using resources, skills, and action planning to give us a greater sense of control in our lives. Participants share their successes and build a common source of support. For those who live with chronic health conditions, or know someone who does, we urge you to attend these classes.

Science Exchange

Instructor: Rick Soller
Coordinator: Charles Blight, 360-665-4180; cblight@centurytel.net **Venue:** Astoria Senior Center; 1111 Exchange St. **Time:** 1:30pm to 3pm; **Dates:** Wednesdays, January 19-February 16, 5 classes

Science Exchange returns this winter with Rick Soller and Charles Blight as co-moderators in our weekly forum of sharing science news in always lively, roundtable discussions. Students are encouraged to

bring any articles, stories, books, or film clips of current scientific events to present to the class, & all will have a chance to do so. In addition to sharing the latest science news, we'll also focus part of our class time on...TIME. Specifically, we'll take a detailed look at Steven Hawking's book, *A Brief History of Time*, and view a film from the mid-90's about his life and theories. We'll also compare Einstein's formative concepts to Hawking's in a "time-line" from ancient cultures to modern physics. We expect this to be a very stimulating class that you won't want to miss.

Computer Lab for Seniors

Instructor: Kitty Paino

Coordinator: Tod Lundy 503-281-4123; tod@pacifier.com **Venue:** CCC South County Center 1455 Highway 101

Time: 1:30-3:00pm **Dates:** Wednesdays, February 23-March 9, 3 sessions

When you hear the words hard drive, firewall, jpgs, USB, CD-RW, MP3, or Spyware, do some of the terms seem confusing? Do they ALL seem confusing? Does looking at them give you a dull pain between your ears? Join us for a 6 hr tutorial designed to meet member needs. The first session will focus on how to search the web, safe browsing, safer shopping, selling stuff, email issues, social media, and how to get free anti-virus and firewall software. Future sessions will be designed around member's needs from a questionnaire filled out at the first class.

Biographies

Facilitator/Coordinator: Sue Zerangue; zerangue@hotmail.com; 503-338-0313

Venue: Seaside Library's Community Room; 1131 Broadway St. **Time:** 10:00 pm to noon

Dates: January 20-March 10, 8 sessions

The format is simple; ENCORE members will give one or two hour presentations on the life story of someone they've found fascinating...living or dead, modern or ancient, famous or obscure, real or imaginary, saint or villain. Mixed media materials are encouraged; books, film clips, articles, photos...whatever will help us understand who these people are/were and why we find them so interesting. Queen Victoria, Will & Ariel Durant, Ayn Rand, Margaret Sanger, and Darwin have all been spoken for; however, we still have a number of open spots in our schedule, so please call Helen McDaniel or Sue Zerangue if you'd like to participate, though all ENCORE members are welcome to enjoy the class.

Reading Aloud

Facilitator: Mary Ann Ylipelto 503-458-6864 maryanny@pacifier.com. **Coordinator:** Trudy Enke 503-861-2400.

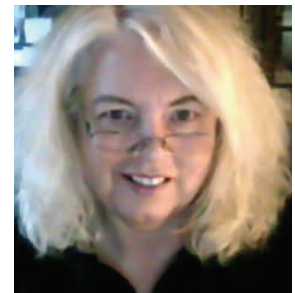
Venue: Seaside Library's Community Room; 1131 Broadway St. **Time:** 1:30-3pm **Dates:** January 20-March 10, 8 sessions

Students bring selections to class that they've chosen to share by taking turns reading aloud. Part of the pleasure of this class is making your weekly choice of what to read, and never knowing what you'll hear when you get there. Your own works, writings of family or friends, published stories, jokes, and poems, anecdotes, short selections from books...anything that can be read in roughly five minutes, and brief discussion to follow each selection. This term may involve "topic days", such as humor, poetry, animal stories...exercises in Reader's Theater...or any other reading experiment the students might like to try. Warning: this is a class that can take you from laughter to tears & back again in the space of an afternoon. Please join us.

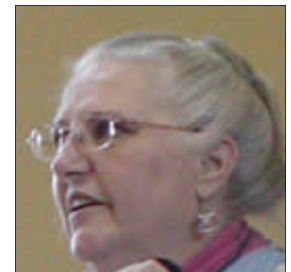
Book Group: Astoria and Empire

Facilitator/Coordinator: Roger Williams; rognpliss@aol.com, 503-861-2766 **Venue:** Josie Peper Center, 16th & Franklin, Astoria **Time:** 10 am to noon **Dates:** Friday January 21-March 11, 8 sessions.

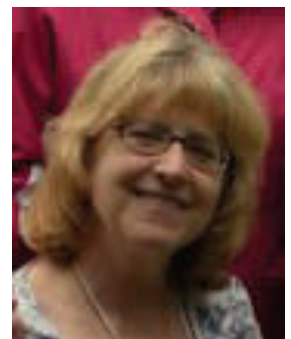
The ENCORE Book Group has decided to continue reading about Astoria's history for Winter term for the upcoming bicentennial. We have chosen two books. The first is *Eminent Astorians* by Karen Kertley which consists of 9 biographical essays about Astorians who have loomed large in our history beginning with Chief Comcomly, Captain George Flavel, and many others. The second book is a novel by Jane Kirkpatrick entitled *A Name of Her Own*. Marie Dorian was the second woman, after Sacagawea, to accompany American explorers and trappers to the Columbia river. She suffered many trials and tribulations, but survived them all. Both books are available in hard cover and paperback, from local bookstores, online, or can be borrowed from local libraries. Read more about Marie Dorian and an exciting opportunity to get your book signed on page 5.



Kitty Paino



Sue Zerangue



Mary Ann Ylipelto



Roger Williams

MEMBER PROFILE-STEPHEN BERK, by Tisha Tarver

Clatsop County is blessed in many ways, and one of those is its people. Whether they are native or new to the County, whether young or old, whether of employable age or "retired," many, many contribute their time and talents to this community. Stephen Berk, who along with his wife Mollie, and their family, is one such person.

In 2004 he purchased a home in Olney near the Olney saloon known as The Big 'O.' Since then, he has also purchased a home near Fifth Avenue on the south side of Astoria, where he uses the house for meetings, like the Clatsop College Board retreat this past summer and his most recent ENCORE class. His son Adam and his fiancé are its prime occupants at the moment. He still lives primarily at his home in Olney. (See October, 2010 *Hippfish*, "Of Trojan Horses" by Stephen Berk.)

While Mollie stays pretty close to their Olney home because she is caring for her 94-year-old mother, Steve has been very active in this community. He is serving on the Board of Directors of Clatsop Community

College (appointed in 2008; elected in 2009 for a four-year term), he has taught courses there, he teaches short courses to fellow ENCORE members, he writes monthly articles for *Hippfish*, he works part-time for "We Drive Sales" giving out samples of goods at Costco, and one to two mornings a week he volunteers his services to the Christ Room food pantry at Grace Episcopal Church, where he is also an active member.

Steve was not always an Episcopalian. Born in January, 1944, he grew up in Newton, Massachusetts, a suburb of Boston. His family was Jewish, but they didn't go to Temple regularly. They were Reformed Jews of that time, liberal, and the services were similar to Congregational and Unitarian services. He did have the traditional Bar Mitzvah at age 13 and read from the Torah. He experienced a spiritual epiphany on October 9, 1973 at an Assembly of God Pentecostal Church and was baptized in the Holy

Spirit within two weeks. In the past he has also very much enjoyed being a member of Catholic churches, but he feels that the last and current Popes have taken the Catholic Church back in time in philosophy to the Middle Ages. He enjoys the Episcopal Church because the services are oriented in the Eucharist and for the breadth of belief it tolerates. Steve is a progressive in politics and religion, his belief system is broad and tolerant; he has a great affinity for the more mystical elements in all the world's religions, and he feels that our souls are eternal.



Steve graduated from the Lehigh University (Bethlehem, PA) in 1965 with a bachelor's degree in U.S. History. He received his master's degree in U.S. history in 1967 at the University of Massachusetts, and earned his Ph.D. at the University of Iowa in 1971. One of his professors, Sidney Mead, inspired his interest in the history of religion and was the originator of the study of religion in America. Steve also studied European intellectual history. Steve, himself, taught U.S. history of all kinds from 1970 to 2004 at California State University in Long Beach. While there he became a California licensed marriage and family therapist in 1982 and practiced that and continued teaching from 1983 to 2004.

Steve and Mollie were married in 1976, a second marriage for them both. Mollie brought two children into the marriage, Arek, age 47, who presently lives in Oceanside, CA, a systems engineer, and Elise, age 45, who has a law degree, lives in Appleton, WI, and has five children. They have one son together, Adam, who was born in 1978. Adam has a masters degree in creative writing from USC, lives at 253 South Street (Steve's in-town Astoria home), and is working at McMenamins Sand Trap in Gearhart doing everything from cooking to bartending to waiting tables. That might be a good place for the next ENCORE lunch-bunch to meet!

Help Needed:

Mentors for high school students. You can make a difference. "It takes a community to help raise a child." Commit to eight hours per month to listen and motivate! Call Laura Parker, "CADY" (Caring Adults Developing Youth) monitoring program. 503-325-8601 x1609 or Dan Strite ENCORE member and concerned citizen 503-738-7528. (This is not an ENCORE sponsored activity)

Tisha Tarver is a new member to ENCORE. She works part time in Astoria at Seaside Temps and is active in most phases of Grace Episcopal Church. Tisha is also the treasurer of the Clatsop Care Center Auxiliary.

A Merry Greeting To You, Sue Zerangue

Dearest Friends of ENCORE,

Merry we meet again in our *Class Act* newsletter. Last time, balmy summer was fading, and fall classes were about to start. The Curriculum Committee hopes that you enjoyed your classes, even when we had to move some of them from place to place as venue circumstances changed. The ENCORE Board and Committees, courtesy of Drew Herzig, have adopted a new watchword -- **Flexibility**. We needed to invoke it many times this term, for buildings...and beyond. It certainly helped us branch out into classes and places we've never been before.



Steve Berk had his class at his house. That was fun. The College gave us several beautiful rooms, but parking was *still* an issue, as was our brief attempt to shuttle students from the PAC to the campus. Thank you, Rodger Gobel...anyway. The Senior Center had several scheduling hiccups, the worst being its week-long closure recently, for "structural repair". That made us appreciate it all the more, but also forced us to either cancel classes or find new venues.

Just in time, the Bus Station/Transit Center, 10th & Marine, offered us their Board Room. Seth Tichenor taught his last Greek Philosophy class there; 20 students fit comfortably in its spacious configuration. Art Limbird's Tuesday afternoon class, The World Water Crisis, will be held there this winter. Check it out.

And right across 10th Street is Julia Carter's lovely studio/gallery, The Arts & Cultural Exchange. She graciously allowed us to transplant Drew's Folk Dancing class, in the midst of a raging squall, into her comforting space. Standing under her big skylight as the wind and rain were at their most fierce, and the sink began to burp, was an experience *I'll* not soon forget. Thank you, Julia. Steve Berk's class on Guatemalan Nobel Prize-winner, Rigoberta Menchu, will be held there on Tuesday mornings.

We can always count on the Seaside Library to show us the utmost in hospitality...and then some. They, like many institutions, were closed on Veteran's Day; we had Donna Wright's Mark Twain class & Reading Aloud scheduled for that Thursday. No problem: they allowed John Markham to pick up a key on his way back to Arch Cape, then return the next morning to open up the Community Room for both our classes. Very considerate, I'd say. Biographies (AM), and yet *another* lively term of Reading Aloud (PM) will be held there on Thursdays this winter. Helen McDaniel will help me with the morning class, while Maryann Ylipelto & Trudy Enke are teaming up to bring you the second.

Science Exchange & A Study of Time, with Rick Soller & Charles Blight, will stir up our brain cells on Wednesday afternoons at the Senior Center. Wednesday mornings, also at the ASC, will be the Living Well with Chronic Conditions class, our first partnering venture with Columbia Memorial Hospital...and our first 2.5 hr. sessions. There is a class size limit of

20 students, so please call me (503-338-0313) to register. Also, *big bonus*, Kitty Paino and Tod Lundy will present several weeks of Computer Lab for Seniors at the South County Campus in Seaside on Wednesday afternoons, following Science Exchange. Drew Herzig's Folk Dancing for Fun & Fitness will lead off the week on Monday mornings at the Senior Center. Such a great exercise & bonding experience had to continue. Then, closing the week, as always, is Roger William's Book Group, Friday mornings at the Josie Peper Center. In honor of Astoria's Bicentennial, they are reading *two* more books on local history. Check the Schedule for details.

Our winter term will start on January 17th and end on March 11th. Please join us for lots of laughter and learning. Happy Holidays!!
Sue Zerangue, Curriculum Chair

A Name of Her Own, Erhard Gross

One of the two books chosen for the ENCORE Book Discussion group for Winter Term is the historical novel *A Name of Her Own*. Its author, Jane Kirkpatrick, gives us an insight into the life of Marie Dorion, who accompanied the John Jacob Astor expedition to the mouth of the Columbia River together with her husband and their two little boys. She was the wife of Pierre Dorion Jr. who was hired by Astor's Wilson Price Hunt overland party as a linguist for the trek.

After reading James P. Ronda's *Astoria and Empire*, the class will now experience the arduous trip through the eyes of a most courageous lady. After meeting Sacagawea on the way up the Missouri River, Marie Dorion is the second explorer-woman destined to arrive in our area from the Midwest. She gives birth to a third child during the trek.

After her husband is killed by Indians near present-day Boise, Idaho, Marie leaves her boys in a snow cave atop the Blue Mountains of Eastern Oregon and proceeds alone to find rescuers among the Umatilla Indians.

Her memorial in St. Louis, Oregon, states that Marie Dorion was the first woman to give birth to a white child in Oregon Territory. This is particularly interesting since she was a full-blooded Ioway Indian.

Jane Kirkpatrick, who will be a speaker at Astoria's bicentennial, will autograph the books for all members of the class.

Erhard Gross

Annual Meeting



[www. encorelearn.org](http://www.encorelearn.org)



ENCORE

Exploring New Concepts of Retirement Education

Clatsop Community College

1653 Jerome Avenue

Astoria, OR 97103