

Looking for a wild ride?

If your ideal pastime involves driving the scenic Oregon Coast without the burden of small talk, the Wildlife Center of the North Coast has the perfect volunteer opportunity for you.

The non-profit wildlife hospital, located in Astoria, is seeking volunteers to join its transportation network, driving sick, injured and orphaned patients on the Central and north Oregon Coast. The need is particularly dire in Lincoln and Tillamook counties from Newport to Manzanita.

Transport volunteers are part of a network, delivering patients to and from pick-up and drop-off sites, ensuring their quick and safe delivery to the wildlife hospital. Volunteers who feel comfortable are occasionally needed to assist in the rescue of wildlife within their preferred



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network area. Ideal transport volunteers will have flexible schedules and occasionally will be called upon at short notice. There is no minimum distance requirement for transport volunteers and the need is ongoing. The wildlife hospital has several drop-off sites, so any distance volunteers are able to transport is greatly appreciated. Training and supplies are provided.

For more information, contact Volunteer Coordinator Reva Lipe at volunteer@coastwildlife.org or call 503-338-0331.

Another peace of your wellness plan

The Newport 60+ Activity Center is hosting a new season of Moveable Peace classes aimed at helping people of all abilities get moving in order to improve physical and mental health.

Moveable Peace combines qigong, tai chi, brain gym, meditation and other movement practices to allow participants to move in a way that is gentle, supportive and engaging.

The classes are led by Barbara Lee Turrill, a nationally registered dance and movement therapist.

Class One is based on the idea that moving creatively, no matter how gently, helps with reducing stress, anxiety and in

some cases, pain. This basic class will meet on Wednesdays from 11:15 am to 12:15 pm, starting on November 6.

Class Two is aimed at people who are very comfortable moving and are interested in learning a qigong form called Dayang Qigong (Wild Goose Qigong). The class includes a warm up and a meditation, as well as information on the meaning and benefits of the form itself. This class meets on Wednesdays from 4 to 5 pm.

For more information, or to reserve a spot, stop by the Newport 60+ Activity Center, located at 20 SE 2nd Street, or call 541-265-9617.

More than your garden-variety classes

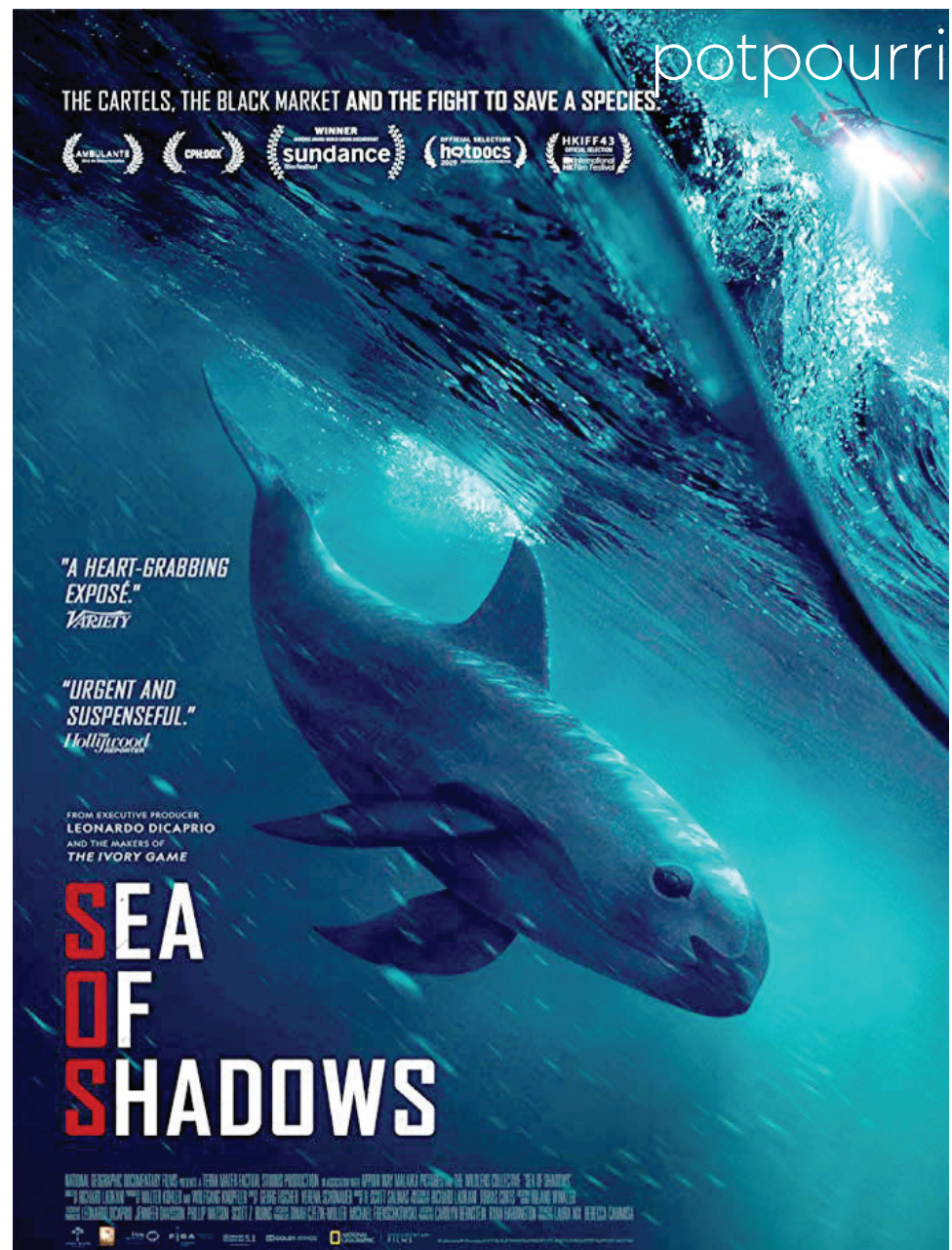
Tillamook's OSU Extension Service will host a one-day session of Fall Home & Garden Classes this Saturday, Oct. 26, offering expert instruction from Master Gardener volunteers.

The day will begin at 9 am with a keynote address from extension forester Dan Stark on "Ecology of North Coast Oregon Trees." After Stark's address, guests will have a choice of topics for both the morning and afternoon classes — "Learning at Home"

or "Culinary Oils & Flavored Vinegars" from 10:30 am to noon; and "Chalkboard Plant ID Markers" or "Kilchis Point Reserve Guided Hike" from 1 to 2:30 pm.

Classes are \$5 apiece, with proceeds helping fund further Master Gardener educational projects. Students can pay by cash or check on the day.

Registration begins at 8:30 am at 4506 Third Street, Tillamook. For more information, call 503-842-3433.



See 'Sea' for free

The award-winning documentary "Sea of Shadows" is coming to Newport on Saturday, Nov. 2, with free tickets now available courtesy of the Oregon Chapter of the American Cetacean Society.

This documentary chronicles the fight to save the vaquita porpoise from extinction. In Mexico's Sea of Cortez, a group of scientists, high-tech activists, investigative journalists and undercover agents attempt to rescue the most endangered and elusive whale on Earth while battling drug cartels and traffickers whose destructive poaching methods are

threatening the region's marine life. Less than a dozen vaquitas remain and their only habitat is the Sea of Cortez.

The Nov. 2 screening will start at 10 am at Newport Public Library, 35 NW Nye Street. The film is rated PG-13.

To book a ticket, go to <https://story-spaces.com/signup?redirectUrl=/events/sea-of-shadows-eddlqc/tickets>, or by clicking the link on the Oregon Chapter of the American Cetacean Society Facebook page.

For more information, contact Joy Primrose at marine_lover4ever@yahoo.com or 541-517-8754.