

High turnout for Heart Health Hike

By The Daily Astorian

Nearly 100 people came out for the first "Heart Health Hike," hosted by the Lewis and Clark National Historical Park. The free, 2-mile hike, was led by Cardiologist Robert Morse and Interpretive Park Ranger Sally Freeman.

The two talked with the 97 participants about risk factors of cardiovascular disease. Almost all of the participants made the entire 2-mile hike. Some made it halfway and waited for a ride back, but still achieved their goal of getting out into the park.

"Overall it was a resounding success," LCNHP Superintendent Scott Tucker said. "The partnership between Providence Seaside Hospital and the NPS is now solidified and we are already talking about additional activities in the coming months."



Submitted

Become a Columbia River Maritime Museum docent

The Columbia River Maritime Museum is recruiting volunteers to lead gallery tours for school and adult visitors. Join the docent corps and experience the excitement that comes from inspiring visitors with enthusiasm and curiosity about the maritime traditions of the Columbia River and the Pacific Northwest, and make new friends with people who have similar interests.

Training is offered on seven consecutive Thursday afternoons from 1 to 4 p.m.: March 19, 26, and April 2, 9, 16, 23 and 30. Training covers the maritime history of

the Columbia River and the Pacific Northwest, and volunteers are instructed in touring techniques that engage audiences in an exciting gallery experience. The course are led by museum staff, assisted by experienced docents.

No prior experience is necessary, just enthusiasm for learning about what the maritime history of the region offers and an eagerness to share it.

Those interested in becoming a docent at the museum, can call the Volunteer Coordinator at 503-325-2323 or email volunteer@crmm.org



Submitted

ODFW seeks candidates for Fish Screening Task Force

SALEM — The Oregon Department of Fish and Wildlife is looking for candidates to represent fishing and/or fish conservation interests on the Fish Screening Task Force. Applications are due March 10.

The ODFW Fish Screening Program helps water users install and maintain fish screens to prevent fish from entering water diversions. The task force advises ODFW on program development, implementation, monitoring, technology, funding and reporting.

"Having task force members who represent a variety of groups and interests, creates a program that's responsive to both fish and human needs," said Pete Baki, ODFW fish screening coordinator.

Members have an opportunity to help direct funding, especially on larger projects, and to visit several parts of the state to learn more about screening and passage issues, Baki said. The task force meets three times a year at various locations and meetings may include a local field trip to project sites in the area.

The seven members of the task force are appointed by the Oregon Fish and Wildlife Commission. Three members represent agricultural interests, three members represent fishing or fish conservation interests, and one member represents the public at large. Members serve two-year terms and may be re-appointed.

Individuals interested in serving on the task force can contact Pete Baki, ODFW Fish Screening Coordinator, at 503-947-6217 or pete.a.baki@state.or.us



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