MORE NOTES

Continued from Page 1B

Line Dancing for Seniors -1:30 to 2:30 p.m., Astoria Senior Center, temporarily located at 1555 W. Marine Drive in the old Astoria Yacht Club. For information, call 503-325-3231.

Warrenton Alzheimer's Sup port Group — 2 to 3:30 p.m., 2002 S.E. Chokeberry Ave., Warren-ton. Support and information about Alzheimer's disease. For information, call Grace Bruseth 503-738-6412

Spinning Circle — 3 to 5 p.m. Astoria Fiber Arts Academy, 1296 Duane St. Bring a spinning wheel. For information, call 503-325-5598 or go to http://astoriafiberarts.com

Seaside Rebounders Stroke Support Group — 4:30 to 6 p.m., Providence Seaside Hospital Education Center, 725 S Wahanna Road, Seaside. Stroke survivors, their caregivers and family members welcome. For information, call 503-717-7781.

North Coast Chapter, Oregon Equestrian Trails — 5:30 p.m., El Compadre Restaurant, 119 S. Main Ave., Warrenton. Business meeting starts at 7 p.m. All are welcome. For information, call Linda Brim at 503-325-1562 days.

WEDNESDAY

Angora Hiking Club — 9 a.m., Sixth Street parking lot. Fort

Stevens Volkswalk hike. For information, call Arline LaMear at 503-338-6883

Open Sewing Gathering -10:30 a.m. to 4:30 p.m., Homespun Quilts. 108 10th St. For information, call 503-325-3300 or 800-298-3177 or go to http://homespunquilt.com

Astoria Chapter Daughters of the American Revolution -11 a.m., Astoria Golf and Country Club, 33445 Sunset Beach Lane, Warrenton Program on Godey Ladies presented by Deb Quimby. For information and reservations contact Sue Glen at 503-861-0574.

Wickiup Senior Lunches -11:30 a.m., Wickiup Grange Hall, 92683 Svensen Market Road. Free for those older than 60 (\$3 suggested donation), \$6.75 for those younger than age 60. For information, call Michelle Lewis at 503-861-4200

Senior Lunch — 11:30 a.m., Bob Chisholm Senior Center, 1225 Avenue A, Seaside. Suggested donation of \$3 for those older than 60; \$6.75 for those younger than 60. For information, call Michelle Lewis at 503-861-4200.

Columbia Senior Diners — 11:30 a.m., Peace Lutheran Church (lower level), 565 12th St. The cost is \$5. For information, or to have a meal delivered, call 503-325-9693.

Blood Pressure Checks noon to 2 p.m., Astoria Senior

Center, temporarily located at 1555 W. Marine Drive in the old Astoria Yacht Club. For information, call 503-325-3231

North Coast Multiple Sclerosis Care and Share Help Group noon, Clatsop Retirement Village, 947 Olney Ave. For information, call 503-325-7898

Ukulele Players - 1:30 p.m., Warrenton Masonic Lodge, 66 S.W. Fourth St., Warrenton. All are welcome, including beginners. Loaner ukuleles available. For information, call Roger Williams at 503-717-5645

Northwest Tea Party — 6:30 p.m., Uptown Cafe, 1639 S.E. Ensign Lane, Warrenton. For information, call 503-325-7220.

WomenHeart of North Oregon Coast — 6:30 p.m., Columbia Memorial Hospital Health and Wellness Pavilion, third floor conference room, 2165 Exchange St. Peer support group for women living with, or at risk of heart disease. For information, email Michele Abrahams at WH-NorthOregonCoast@ womenheart.org

U.S. Coast Guard Auxiliary, Buoy 10 Flotilla 64 Astoria — 7 p.m., USCG Tongue Point Swimmers Building No. 1. Open to the public. For information, go to www. cgaux.org

Seaside Elks Lodge No. 1748 7:30 p.m., 324 Avenue A, Seaside. For information, call 503-738-6651 or email seasideelks@yahoo. com

Maple Chapter No. 95, Order of the Eastern Star — 7:30 p.m., Masonic Lodge Hall, 201 N. Holladay Drive, Šeaside. For informa-tion, call 503-717-0808.

THURSDAY

La Leche League of Astoria 11 a.m. to 12:30 p.m., 320 South St. Topic is: "Improving Family Nutrition." Group is for those interested in breastfeeding; mothers, babies and toddlers welcome. For information, call Megan Oien at 503-440-4942 or Janet Weidman at 503-741-0345.

Wickiup Senior Lunches — 11:30 a.m., Wickiup Grange Hall, 92683 Svensen Market Road. Free for those older than 60 (\$3 suggested donation), \$6.75 for those younger than age 60. For information, call Michelle Lewis at 503-861-4200

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Columbia Senior Diners -11:30 a.m., Peace Lutheran Church (lower level), 565 12th St. The cost is \$5. For information, or to have a meal delivered, call 503-325-9693.

Warrenton Senior Lunch Program - noon, Warrenton Community Center, 170 S.W. Third St. Suggested donation of \$5 for seniors and \$7 for those younger than 60. For information, or to volunteer, call 503-861-3502 Monday or Thursday.

Seaside Rotary Club - noon, Shilo Inn, 20 N. Prom, Seaside. For information, go to http://seasiderotary.com

Columbia River Meditation Group — 6 to 7:30 p.m., Room 306, Towler Hall, Clatsop Community College. Class format, registration required. Drop-ins welcome. For information, call Ron Maxted at 503-338-9153

Parents, Families and Friends of Lesbians and Gays (PFLAG) Oregon North Coast — 6:30 to 8 p.m., First Lutheran Church, 725 3rd St. For information, contact Drew Herzig at drewherzig@yahoo.

Veterans of Foreign Wars, Fort Stevens Post 10580 - 7 p.m., Warrenton Christian Church, 1376 Anchor St., Warrenton. For information, call Mel Jasmin at 503-861-2030.

Lower Columbia Classic Car Club — 7 p.m., Steve Jordan's shop building, 35232 Helligso Lane. New members welcome. For information or directions, call Steve Jordan at 503-325-1807

Rainland Fly Casters p.m., First Presbyterian Church Annex, 11th Street and Harrison Avenue. For information, call Tom Scoggins at 503-325-6358, or Walt Weber at 360-777-8295, or go to www.rainlandflycasters.com

FRIDAY

AAUW Walking Group - 9:30 a.m. Seaside Branch of American Association of University Women weekly low-impact group walk, followed by coffee and fellowship. For information, call 503-738-7751

Senior Lunch — 11:30 a.m., Bob Chisholm Senior Center, 1225 Avenue A, Seaside. Suggested donation of \$3 for those older than 60; \$6.75 for those younger than 60. For information, call Michelle Lewis at 503-861-4200

Columbia Senior Diners - 11:30 a.m., Peace Lutheran Church (lower level), 565 12th St. The cost is \$5. For information, or to have a meal delivered, call 503-325-9693.

Open Skating — 5 to 9 p.m., Astoria Armory, 1650 Exchange St. Admission \$2. Limited roller skate rentals available for \$3; bring own skates if possible.

OTHER

U.S. Coast Guard Cutter Yocona (168) Sailors — Reunion of shipmates being planned in 2015 for anyone stationed on the cutter Yocona. For information, contact Ken Pearson at 503-741-0860 or kenpearson@centurytel.net

Poetry, songs on tap at Redmen Hall

SKAMOKAWA, Wash. — The Friends of Skamokawa are presenting their March Second Sunday Concert from 2 to 4 p.m. Sunday at Redmen Hall, 394 State Route 4 in Skamokawa. The featured performers are David Densmore, fisherman poet, and singer songwriter Alexa Wiley.

Their poetry and songs represent lives spent on the Columbia River, in the local fishing communities and in Alaska. Both have been active in the Fisher Poets events in Oregon. The duo will have their CDs available Sunday, and Densmore is bringing his books of poetry to sell, as well.

Representatives of the Columbia Riverkeepers group will also be there to discuss some of their current projects.

The admission is \$10 for adults and \$5 for children age 12 and younger. Refreshments will be served.

For information, call Redmen Hall at 360-795-3007.

GRADUATES

The following students have graduated from their respective colleges:

Western Governors University Salt Lake City Astoria: Katherine Breiddegree, enich, master's

teaching and mathematics; Nadine Campbell-Davis, bachelor's degree, nursing; Celeste Petersen, master's degree, mathematics education.

Seaside: Claire Stewart, master's degree, management and strategy.

GROUPS

Seaside TOPS (Take Off Pounds Sensibly) 8 to 8:45 a.m. weigh-in, 9 to 10 a.m. meeting Tuesday, North Coast Family Fellowship Church, 2245 Thursday, Crossroads Community Church, 40618 Old Highway 30, Svensen. For information, call 503-458-6929

U.S. Coast Guard volunteers assisted with the cleanup at the Fort Stevens Columbia River Mega Sink April 3.

Coast Guard assists in microplastic cleanup

unteers from the U.S. Coast Guard Sector Columbia River assisted with informational lecture by Marc W. Ward of the Sea Turtles Forever Blue Wave on research completed, and tactics developed for marine microplastic removal, the team converged at the Mega Sink and worked to clear a highly contaminated area of more

WARRENTON - On April 3, vol- than 236 pounds of marine microplastics in 2.5 hours.

Coast Guard volunteers included the cleanup at the Fort Stevens Co- men and women from as far north as lumbia River Mega Sink. After an Grays Harbor, Wash., and south to Newport, including Jim Kroon, Greg

and gave the men and women a heads up as to the level of contamination we are facing and how we can respond and put out an effort to control the microplastic landfall and maintain our coast line," Ward said. "Every pound of microplastic we remove is one pound that will not be ingested by marine life. All marine life is presently ingesting this marine microplastic and it has the potential to seriously disrupt our marine food web."

Submitted photo

N. Wahanna Road, Seaside. For infor mation, call 503-861-2904.

Astoria TOPS - 5 p.m. weighin, 5:30 p.m. meeting Tuesday, First Lutheran Church, 725 33rd St. For information, call Trisha Hayrynen at 503-325-4114

Warrenton TOPS - 9 to 9:45 a.m. weigh-in, 10 a.m. meeting Wednesday, First Baptist Church, 30 N.E. First St., Warrenton. For information, call Marilyn Barnard 503-861-2918 or Jeannie Pike 503-861-1404.

Alcoholics Anonymous - To find a meeting, call 503-861-5526 or go to www.aa-oregon.org

Kick Butts Group Meets (Nico-tine Anonymous) — 6:30 to 7:30 p.m. Wednesday, Seaside Public Library, 1131 Broadway.

Al-Anon Family Groups information line for Clatsop and Tillamook counties, 503-338-5688. Oregon Area Al-Anon website, oregonal-anon.org

Astoria Al-Anon — 7 p.m. Tues-day. The Harbor, 1361 Duane St. For information, call 503-861-1703; noon Wednesday, First United Methodist Church, 1076 Franklin Ave. For information, call 503-325-1087; 7 p.m.

Nehalem Al-Anon — 7 p.m. Monday, Riverbend Room, North County Recreation District, 36155 Ninth St, Nehalem. For information, call 503-368-8255

Seaside Al-Anon — 7:30 p.m. Tuesday, Seaside Public Library, 1131 Broadway, Seaside, call 503-810-5196 for information

Tillamook Al-Anon — 7:30 p.m. Wednesday, St. Albans Episcopal Church, 2102 Sixth St., Tillamook. For information, call 503-842-5094.

Warrenton Al-Anon - noon Friday, United Methodist Church, 679 S. Main Ave. For information, call 503-738-5727

Narcotics Anonymous - The Northwest Oregon Area of Narcotics Anonymous (NWONA) holds meetings in Clatsop County. For full schedule details, as well as upcoming special events, call the Helpline at 503-717-3702, or go to www.nworegonna.org

Men's Sexual Purity Recovery Group — Tuesday nights. Part of the Pure Life Alliance (www.purelifealliance.org) in Portland. For information, call the confidential voice mail at 503-750-0817 and leave a message.

Quickbooks workshop Tuesday

Clatsop Economic Development Resources is hosting an Introduction to Quickbooks workshop Tuesday in Seaside and Astoria.

The workshop, taught by Jane Frances of Personal Computer Training, covers how to set up accounts to track money, create a list of products and services, add customers and vendors and receive and spend money.

The Seaside workshop runs

Learn to clean without chemicals

A new Clatsop Community College workshop teaches about natural cleaners and how to avoid chemical products.

"Green Spring Cleaning with Essential Oils" explores practical applications, essential oils and carrier profiles. Attendees will learn how to create cleaning products and formulate recipes using essential oils.

from 8:30 to 11:30 a.m. Tuesday at Clatsop Community College's South County Campus, 1455 N. Roosevelt Drive. The Astoria workshop runs from 6 to 9 p.m. Tuesday in Towler Hall Room 105 on CCC's main campus, 1651 Lexington Ave.

It costs \$20, payable at the workshop by check or credit card. Email SBDC@clatsopcc. edu for a registration link, or call 503-338-2402

This three-hour workshop

is from 9 a.m. to noon Saturday in Towler Hall 307 on the CCC main campus in Astoria. Registration is \$15, plus \$15 to the instructor at class for supplies. Preregister to ensure adequate supplies.

Register at www.clatsopcc.edu/schedule and search under Green Cleaning, or call 503-338-2402.

Crumrine, Matt Talley, Kevin Johnston, Danielle Midgley, Joseph Dalida, Austin Murai, Mark Cownie, Greg Banducci, Shawn Filipe and Parker McCarthy.

"This was a learning experience

VOLUNTEER OPPORTUNITIES

4-H — Looking for 4-H leaders. For information, call Sandra Carlson at the Oregon State University Extension at 503-325-8573.

Astoria Riverfront Trolley Association — 111 W. Marine Drive. Needs conductors/motormen to operate trolley and narrate points of interest. One or more three-hour shifts per month. For information, call the 503-325-6311

Astoria Senior Center -Temporarily located at 1555 W. Marine Drive in the old Astoria Yacht Club. To volunteer, call Larry Miller at 503-325-3231.

Astoria-Warrenton Area Chamber of Commerce - 111 Marine Drive. Volunteers needed at the chamber and for events. For information, call 503-325-6311

Caring Adults Developing Youth (CADY) Mentoring Program — 800 Exchange St., second floor. Needs mentors for youths ages 10 to 17 at risk of school failure. Time commitment: one year, about eight hours per month. For information, contact Laura Parker at 503-325-8601 or lparker@co.clatsop.or.us

Clatsop Animal Assistance Inc. - Needs volunteers who have a strong commitment to work on behalf of the Clatsop County Animal Shelter's dogs and cats. For information, email info@ dogsncats.org or call 503-861-0737.

Clatsop Care Center - Volunteers needed daily for all three meals to provide one-on-one assistance to dining dependent residents. Volunteers must participate in a 16-hour training program. For information, contact Mandy Brenchley at 503-325-0313, ext. 209

Clatsop County Animal Shelter — Animal care volunteers age 16 and older needed for one 3-hour shift per week. Pick up an application at 1315 S.E. 19th St., Warrenton. For information, or to schedule orientation, call Leslie Atkinson at 503-325-1000.

Clatsop Community College Outreach Literacy - Needs volunteer literacy tutors to work with adults, native and non-native speakers. Training available. For information, call 503-338-2557.

Community Emergency Response Team - CERT volunteers needed for community events and disaster response with local police, fire and emergency medical service agencies. Training includes fire safety, first aid, traffic and crowd control, communications, damage survey, disaster planning and civic events within city limits. For information, contact CERT coordinator Kenny Hansen at khansen@ astoria.or.us or leave a voicemail at 503-325-4411.

Clatsop County lic Works — 1101 Ölney Ave. Adopt-A-Road volunteers needed to remove litter two times (minimum) per year for two years. Safety equipment and supplies provided. Volunteers must receive safety orientation. For information, call 503-325-8631

Columbia Memorial Hospital Needs volunteers to provide assistance to patients, visitors and hospital staff. Training provided. For information, go to www. columbiamemorial.org. To schedule an interview, call 503-325-4321

Columbia River Maritime Museum — 1792 Marine Drive. Volunteer opportunities for those with an interest in maritime history. For information, call the volunteer coordinator weekdays at 503-325-2323

Columbia Senior Diners -565 12th St. Volunteers needed weekdays to serve tables and for kitchen help. To volunteer, call 503-325-9693

Friends of Seaside Library - 1131 Broadway, Seaside. Volunteers needed to staff the fundraising store. For information, call 503-738-6742 or stop by the library.

Knappa Rural Fire Protection District - Needs volunteer firefighters. Training provided. For information, contact any of the active personnel or call Chief Paul Olheiser at 503-458-6610

to students one-on-one for one hour a week at local elementary schools. To volunteer, call 503-391-8423 or go to www.getsmartoregon.org

For information, call Laurie Oxley

at 503-717-1914 or email direc-

Start Making a Reader To-

day - Needs volunteers to read

tor@seasidedowntown.com

Svensen Congregate Mealsite — Wickiup Grange Hall, 92683 Svensen Market Road. To volunteer, or for information, call Debbie Dunaway at 503-791-4532 or 503-861-4202.

Titanic Lifeboat Academy -Volunteer to help care for animals and assist with sustainable living projects; minimum commitment of four hours per week requested. Some training provided. For information, contact Caren Black at 503-325-6886.

Tri-City Spay and Neuter Thrift Store — 600 Broadway, Seaside. Needs volunteers interested in improving the welfare of animals. For information, call 503-738-7040.

Veterans Services Officer of Clatsop County - Seeking volunteer drivers to transport veterans from Astoria to the Veterans Administration Medical Center in Portland using the Disabled American Veterans (DAV) van. To volunteer, call 503-298-8757 or email clatsopvso@gmail.com

Warrenton Senior Lunch Program — Warrenton Communi-ty Center, 170 S.W. Third St. Volunteers needed to help with Meals on Wheels and in the dining room Mondays or Thursdays. For information, contact Barb Balensifer at 503-861-1341.

Wildlife Rehab Center of the North Coast — Needs volunteers to help rehabilitate orphaned and injured wildlife. For information, call Sharnelle Fee at 503-338-0331 or go to coastwildlife.org

Pub Lunch Buddy Mentoring Program - Adults needed to mentor elementary and middle school students once a week during lunch. For information, call Mary Jackson at 503-440-0368 or lunchbuddies.mp@gmail. email com

> NorthWest Senior & Disability Services — Needs dishwashers and volunteers to serve and clean up weekdays at a meal site. and drivers for Meals on Wheels. For information, contact Candy Foster at 503-738-9323.

Providence Seaside Hospital - Needs volunteers to drive local senior citizens to medical appointments for the Partners for Seniors Program, and to work in the Providence Seaside Hospital Gift Shop. Commitments as small as one hour a month to regularly scheduled weekly shifts are available. For information, call Volun-teer Services at 503-717-7171 or email Alana.Kujala@providence org

Seaside Downtown Development Association - Volunteers needed to help with local events happening throughout the year.