

COMMUNITY NOTES

SATURDAY
Cannon Beach American Legion Women's Auxiliary Breakfast — 9 to 11:30 a.m., American Legion, 1216 S. Hemlock St., Cannon Beach.

Car Wash Fundraiser — 10 a.m. to 2 p.m., Bank of the Pacific, 651 S.E. Marlin Ave., Warrenton. Held by Lower Columbia Chief Petty Officers Association. Suggested donation of \$10 to support Thanksgiving Day baskets for needy Coast Guard and community families.

Columbia Northwestern Model Railroad Club — 1 p.m., in Hammond. Group runs trains on HO-scale layout. For information, call Don Carter at 503-325-0757.

Angora Hiking Club — 2 p.m., Seaside Lodge & International Hostel, 930 N. Holladay Drive, Seaside. Fall Potluck and Election of Officers. For information, call Nguyen Trung at 503-738-7911.

SUNDAY
Line Dancing — 5:30 to 8 p.m., Seaside American Legion, 1315 Broadway. For information, call 503-738-5111. No cost; suggested \$5 tip to the instructor.

MONDAY
Scandinavian Workshop — 10 a.m., First Lutheran Church, 725 33rd St. Needlework, hardanger, knitting, crocheting, embroidery and quilting. All are welcome. For information, call 503-325-1364 or 503-325-7960.

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

Columbia Senior Dinners — 11:30 a.m., Peace Lutheran Church (lower level), 565 12th St. 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.

Astoria Rotary Club — noon, second floor of the Astoria Elks Lodge, 453 11th St. Guests always welcome. For information, go to www.AstoriaRotary.org

Knocklers Pinochle Group — 1 p.m., Bob Chisholm Community Center, 1225 Avenue A, Seaside. Cost is \$1 per regular session per person. Players with highest and second highest scores split the prize. Game is designed for players 55 and older, but all ages are welcome.

Astoria Alzheimer's & Other Dementia Family Support Group — 2 to 3:30 p.m., first-floor conference room, Clatsop Care Center, 646 16th St. Open to all family members of people with dementias. For information, call Rosetta Hurley at 503-325-0313, ext. 222, or email support@clatsopcare.org

Astoria Toastmasters — 6:30 p.m., Hotel Elliot conference room, 357 12th St. Visitors welcome. For information, go to www.toastmasters.org or call 503-894-0187.

Line Dancing for Seniors — 6 to 7:30 p.m., Astoria Senior Center, temporarily located at 1555 W. Marine Drive in the old Astoria Yacht Club. For information, call 503-325-3231.

TUESDAY
Stewardship Quilting Group — 9:30 a.m. to 1:30 p.m., First Lutheran Church, 725 33rd St. All are welcome. Donations of material always appreciated. For information, call Janet Kemp at 503-325-4268.

Do Nothing Club — 10 a.m. to noon, 24002 U St., Ocean Park, Wash. Men's group. For information, call Jack McBride at 360-665-2721.

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 Dinners — 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.

Astoria Kiwanis Club — noon, El Tapatio, 229 W. Marine Drive. For information, call Robert McClelland at 503-894-0187 or Susan Brooks at 503-741-0186 or 503-338-4994.

Astoria Lions Club — noon, Astoria Elks Lodge, 453 11th St. Prospective members welcome. For information, contact Charlene Larsen at 503-325-0590.

Warrenton Kiwanis Club — noon, Doogers Seafood and Grill, 103 U.S. Highway 101, Warrenton. For information, call Darlene Warren at 503-861-2672.

Warrenton Caregiver Support Group — 1:30 to 3 p.m., 2002 S.E. Chokeberry Ave., Warrenton. Support, information and resources for caregivers. For information, call Grace Bruseth at 503-738-6412.

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.

A Course in Miracles — The Astoria ACIM study group meets

weekly from 3 to 4 p.m. For information and location, call Nelle Moffett at 916-307-9790 or email moffett@cglFellowship.org

Seaside American Association of University Women Film Discussion — 3 to 5 p.m., at the home of Carol Brenneman, Gearhart. Gheri Fouts is the moderator. Before attending, watch the film "Life of Pi." Refreshments will be served. For information, call 503-717-2353.

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>

Lower Columbia Hospice Bereavement Support Group — 4:30 to 6 p.m., Columbia Memorial Hospital Community Center, Chinook Conference Room, 2021 Marine Drive. Open to age 18 or older. For information, call 503-338-6230.

North Coast Chapter, ABATE of Oregon — 5:30 p.m., Astoria Moose Lodge, 420 17th Street. All are welcome. For information, call 503-791-7253.

Peninsula Arts Association — 6 p.m., PAA Office, Long Beach Depot Building, Third Street N. and Pacific Highway, Long Beach, Wash. All are welcome. For information, call 360-665-6041 or go to <http://beachartist.org>

WEDNESDAY
Help Ending Abusive Relationship Tendencies — 10 to 11:30 a.m., The Harbor, 1361 Duane St. HEART covers subjects related to the effects of domestic violence on children, parents and other family members, dynamics of power and control, and how to recognize red flags. For anyone in an abusive relationship, or who knows someone who is. Call Audrey Williams ahead to reserve a spot at 503-325-3426, ext. 104.

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. Following the meeting is a genealogy workshop. Members and women wishing to join may call Sue Glen at 503-861-0574 for reservations or information.

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 Dinners — 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.

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. Presentation by Dr. Anna Marina: "Type 2 Diabetes." For information, email Michele Abrahams at WH-NorthOregonCoast@womenheart.org

Clatsop County Republicans — 7 p.m., old Port of Astoria offices, 422 Gateway Ave. For information, call 503-738-6474 or go to www.clatsopcountyoregon.republican

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, Seaside. For information, call 503-717-0808.

THURSDAY
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 do-

nation 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 Dinners — 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>

Knocklers Pinochle Group — 1 p.m., Bob Chisholm Community Center, 1225 Avenue A, Seaside. Group hosts free refresher and beginning course in card game of pinochle. Course open to anyone 55 and older.

FRIDAY
Seaside AAUW Walking Group — 9:30 a.m. 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 Dinners — 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.

Community Skate Night — 5 to 9 p.m., Astoria Armory, 1650 Exchange St. Admission \$3. Limited roller skate rentals available for \$3; roller blades available. For information, call 503-791-6064 or go to www.astoriaarmory.com

Bingo — 7 p.m., Wickiup Senior Center, 92650 Svensen Market Road. For information call Mark Tischer at 503-458-6482.

OTHER
Craft Vendors Wanted — For 20th Annual Starving Artist Faire, 7 to 10 p.m. Dec. 4, 10 a.m. to 6 p.m. Dec. 5 and 11 a.m. to 4 p.m. Dec. 6, Astoria Armory, 1626 Exchange St. For information, call Cindy Peake at 503-458-6250 (evenings) or email cindykp_6@hotmail.com

Gloves and Mittens Needed — The Astoria Warming Center needs a substantial number of large size (so they will fit everyone) men's crocheted or knitted warm gloves and mittens for the coming winter. Some hats are also needed. For information, call Sandy Rea at 503-738-3103.

Paramedic honored with Community Service Award

WARRENTON — Mike Sahlberg, a paramedic with Medix Ambulance Service Inc., was honored with the 2015 Community Service Award at the Oregon Emergency Medical Service (EMS) Awards Banquet Sept. 25 in Salem.

Duane Mullins, general manager of Medix, nominated Sahlberg for the award. "Mike is 100 percent committed to service ... He is exactly what you want from an employee, educator, and community member: dedicated, committed, prepared and energetic about the success of his co-workers, students and the organizations he represents."

Sahlberg has been a paramedic with Medix since 2004, and has served as a field training officer since 2008. He contributes to the Medix Training Program, instructing classes that help EMTs and paramedics fulfill needed continuing education hours to maintain their license requirements. He also serves as a member of the Medix Protocol Review Committee.

He is an American Heart Association instructor, and conducts cardio-pulmonary resuscitation (CPR) training for students and staff at Tongue Point Job Corps, and assists local fire departments with necessary pre-hospital training. He also taught for six years at Columbia Memorial Hospital, providing safety instruction for various diversion classes.

He is also a certified car seat technician, conducting



Submitted photo
Paramedic Mike Sahlberg received the 2015 Community Service Award at the Oregon Emergency Medical Service Awards Banquet Sept. 25.

car seat clinics throughout the county, and is the 2013 recipient of the American Ambulance Association's Star of Life award.

Most recently, Sahlberg spearheaded the revival of the Safe Kids North Coast coalition after funding issues threatened to disband the group, encouraging Medix to take on the role as lead organization. Involved with the Safe Kids since 2002, he has been

instrumental in implementing, developing and serving as the coordinator for the Safe Kids North Coast chapter.

An elder in the Community of Christ Church since the late 1970s, and pastor of a local congregation, service has been a way of life for Sahlberg. "I've always been service-oriented. In fact, my ideals make it such that sometimes it's hard to say no, when perhaps I should," he said, laughing.

Families invited to 'Read for the Record' on Thursday

Northwest Parenting is hosting a family fun night, "Read for the Record," from 6:30 to 7:30 p.m. Thursday at the Seaside Public Library, 1131 Broadway, and the Astoria Public Library, 450 10th St. This is a national event, most appropri-

ate for children ages 0-10, where children and families all over the nation are reading the same book on the same day.

This year's story is "Not Norman, A Goldfish Story," by Kelly Bennett. Each library is having a guest reader

to read the story aloud to the children. The first 30 families to arrive will receive a free copy of this year's book. There will be a craft and snack after the reading.

For questions, contact by Kelly Bennett. Each library is having a guest reader Northwest Parenting at (503) 325-8673, ext. 2.



ENERGY COSTS TOO HIGH? TRY LOOKING AT IT IN A DIFFERENT LIGHT.

Want to lower your energy costs? When you update lighting and other equipment, you can see the difference instantly and recoup your investment in no time. Talk to a qualified trade ally to learn about Energy Trust of Oregon cash incentives for all kinds of energy-saving solutions.

+
Get more from your energy.
Visit www.energytrust.org/mybusiness or call us at 1.866.368.7878.

Serving customers of Portland General Electric, Pacific Power, NW Natural and Cascade Natural Gas.

