

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 Column — 1 Coxcomb Drive. Volunteers needed to welcome visitors, provide information and answer questions about the Astoria Column and the city of Astoria. For information, call the Friends of the Astoria Column Visitor Center at 503-325-2963.

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 W. Marine Drive. Volunteers needed at the chamber and for events. For information, call 503-325-6311.

Camp Kiwanilong — A large variety of volunteer opportunities are available. For information, call 503-861-2933 or go to www.camp-kiwanilong.org

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@dognsncats.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 Action Regional Food Bank — Volunteers needed to help hand out fruits and vegetables at the weekly produce pantries for two hours on Thursdays, from April to October, in Seaside and Warrenton. Warehouse attendants are needed for food packing or processing, picking orders for agencies, light janitorial and housekeeping, or lawn and grounds maintenance. Three to four-hour shifts are available Monday through Friday. To volunteer, call 503-861-3663.

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.

Clatsop County Public Works — 1101 Olney 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.

Clatsop Cruise Hosts — Looking for volunteers to meet and greet cruise ship passengers and crew, provide information and answer questions about the Clatsop County area. Ships arrive in the spring and fall, about 20 ships each year. Work all the ships or part of them. For information, go to www.clatsopcruisehosts.org

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

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.

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.

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 email lunch-buddies.mp@gmail.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 Volunteer Services at 503-717-7171 or email Alana.Kujala@providence.org

River Song Foundation — Looking for people to assist with Trap/Neuter/Release/Feed (TNRF), especially in the Seaside and Knappa/Svenson areas. TNRF involves setting and/or monitoring traps, and daily feeding of cats and maintenance of any shelters, and is a proven, science-based method that along with spay/neuter programs is the only effective and humane way of ending cat homelessness and suffering. Call 503-861-2003 for information and to volunteer.

Seaside Downtown Development Association — Volunteers needed to help with local events happening throughout the year. For information, call Tita Montero at 503-717-1914 or email director@seasidedowntown.com

Seaside Museum and Historical Society — Volunteers needed to help as docents, maintaining and creating exhibits, and various events throughout the year. Small and large projects available. Any amount of time will be greatly appreciated. Call the museum at 503-738-7065 or email seasidemuseum@hotmail.com

Start Making a Reader Today — Needs volunteers to read 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

Svensen Congregate Meal Site — Wickiup Grange Hall, 92683 Svensen Market Road. To volunteer, or for information, call Debbie Dunaway at 503-791-7298 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 clatpvso@gmail.com

Warrenton Senior Lunch Program — Warrenton Community 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 503-338-0331 or go to coastwildlife.org



Submitted Photo

Seaside High School alumna Heather Christie sings Frogtown's "Middle of the Road" with Oregon Hall of Fame's Andy Stokes. Christie will be performing with the Frogtown cast at the Tillamook Head Gathering fundraiser to benefit the arts at Seaside High School.

Gathering aims to keep the arts alive in Seaside

Second-annual event supports art education, experiences for Seaside High School students

By KATHERINE LACAZE
EO Media Group

SEASIDE — The commonality of art, music and poetry is one of the messages students will receive when they participate in the Tillamook Head Gathering in Seaside this month.

The gathering “is really an effort to keep art endeavors alive,” English teacher Mark Mizell said. “I really think we’re shorting the kids if we don’t expose them to the arts.”

The fundraiser returns Jan. 30 at the Seaside Civic and Convention Center for a second year with a special multimedia production by Frogtown, a socially conscious entertainment troupe that features Astoria native and 1993 Seaside High graduate Heather Christie, and other performers from the Pacific Northwest.

Last year, about 250 people attended to hear prominent local author and Seaside High School alumnus Karl Marlantes. The event raised more than \$6,000, used to bring award-winning Oregon author Clem Starck to speak to English classes on the subject of beat poetry, send students on field trips and offer opportunities to learn more about visual and performing arts.

When Mizell started teaching at the high school, funds were available for field trips and activities to support extra-curriculars, but “those funds have really gotten scarce,” he said.

That is unfortunate, since “there is a very thin line — if there is a line at all,” between the arts, creativity and spiritual matters, he added.

“When you’re talking about the arts, you’re talking about things that really keep people going on a day-by-day basis: visual arts, music, poetry,”

Mizell said. “They might not be necessarily bread-and-butter sorts of things as far as money goes, but the arts give us spiritual nourishment that sometimes the students don’t necessarily get in other places.”

Teaching diversity with frogs, music

The Tillamook Head Gathering is put on by a committee of current and former students and teachers.

The highlight of the event will be a multimedia stage show, Frogtown, based on Emmy-award-winning author and composer Philip Pelletier’s musical storybook “One Night in Frogtown,” published in 2008.

“It’s for kids 9 to 90,” Mizell said. “It’s really a cool story, and the performance they do is really neat.”

Using projected animations, a live-story reading and live music performances, the theatrical rock show tells the story of cultural diversity using music as a metaphor. The cast includes Seaside’s Christie, Pelletier, Oregon Music Hall of Famer Andy Stokes and saxophonist Andy Warr.

Music as an outlet

Christie, who helps produce the show, also does individual work as a performer. She comes from a musical family; her grandparents, father, aunt and uncles all did performing arts of some sort. Her aunt, Retta Christie, spearheaded the western swing group Retta and the Smart Fellas.

Heather Christie’s early memories include watching her dad’s rock shows under her mother’s poncho. At a young age, she started singing bluegrass, country and western and gospel songs. Using her mother’s 1940s Martin guitar, she taught herself how to play the instrument.

An affinity and talent for music was a natural part of her life, not something she had to consciously strive for.

“I think it was just something I was born with,” she said. “It was just happening and it was what was driving me.”

Her style is influenced by the sounds of the ’60s and ’70s — Joni Mitchell, the Eagles, Grateful Dead, Rickie Lee

Jones and Bonnie Raitt. She has written and produced three albums and toured with her own material.

About eight years ago, she got connected with Pelletier and Frogtown and started producing, collaborating and singing with the group.

“It actually helped me grow a lot as an independent artist to have all these new experiences and take it to another level,” she said.

The group is focused on a new release, called “Bedtime for Tadpoles,” a multimedia experience with a lullaby ambiance that follows the water cycle, as well as a CD featuring dance music, called “Let’s Move!” Some of the new material will be premiered at the group’s Tillamook Head Gathering performance.

Christie said she is excited and honored to partake in the fundraiser for her alma mater. Giving students access to arts education is “essential for survival and sanity,” she said. High school is a time when “you’re growing and learning and having strange feelings and emotions, and you take things really intensely,” she said. Art “helps us transform those emotions into something beautiful and positive,” she added. Seeing the way children — and people of all ages — react and respond to Frogtown. Christie knows the importance of musical exposure.

“It’s a really magical experience and with such positive messages,” she said of Frogtown. “It’s very intergenerational, and brings everyone together, from the grandkids to the grandparents.”

The fundraiser will include a silent auction, featuring art donated by local artists. From 6:30 to 7 p.m., people can browse the silent auction items. High school senior Claire Ogilvie will coordinate the auction, among other tasks, as part of her Pacifica Project.

The high school’s jazz choir and jazz band will perform, followed by the Frogtown production.

Tickets cost \$10 in advance and \$15 at the door. They are available at Beach Books, Seaside Coffee House and the business office at Seaside High School.

SELF-HELP 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 N. Wahanna Road, Seaside. For information, call 503-861-2904.

Astoria TOPS — 5 p.m. weigh-in, 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 (Nicotine 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 — 12 p.m.

Wednesday, First United Methodist Church, 1076 Franklin Ave. For information, call 503-325-1087; 7 p.m. Thursday, Crossroads Community Church, 40618 Old Highway 30, Svensen. For information, call 503-458-6467.

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