

MORE NOTES

Continued from Page 1B

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 Diners — 11:30 a.m., 1111 Exchange St. The cost is \$6. For information, or to have a meal delivered, call 503-325-9693.

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

A Course in Miracles — The Astoria ACIM study group meets weekly from 3 to 4 p.m. Bring your book. For

information and location, call 916-307-9790 or email moffett@cgifellowship.org

Authentic Spiritual Conversations — 7 to 8:30 p.m., Astoria Masonic Lodge, 1572 Franklin Ave. Exploring spiritual questions, doubts, practices, longings. All faiths, including "spiritual but not religious" welcome. For information, email info@cgifellowship.org or call 916-307-9790.

WEDNESDAY

Warrenton Sunrise Rotary Club — 7 a.m., Dooger's Seafood & Grill, Youngs Bay Plaza, 103 S. U.S. Highway 101, Warrenton. For information, call 503-325-4030.

Chair Exercises for Seniors — 9 to 9:45 a.m., Astoria Senior Center, 1111 Exchange St. For information, call 503-325-3231.

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 Juli Hol to reserve a spot at 503-325-3426, ext. 103.

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>

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., 1111 Exchange St. The cost is \$6. For information, or to have a meal delivered, call 503-325-9693.

Blood Pressure Checks — noon to 2 p.m., Astoria Senior Center, 1111 Exchange St. For information, call 503-325-3231.

Sit and Stitch Group — 1 to 3 p.m., Custom Threads, 1282 Commercial St. Knitting, crocheting and needle work. For information, call 503-325-7780.

Mahjong for Experienced Players — 1:15 p.m., Astoria Senior Center, 1111 Exchange St. For information, call 503-325-3231.

Line Dancing for Seniors — 1:30 to 3 p.m., Astoria Senior Center, 1111 Exchange St. For information, call 503-325-3231.

THURSDAY

Chair Exercises for Seniors — 9 to 9:45 a.m., Astoria Senior Center, 1111 Exchange St. For information, call 503-325-3231.

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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younger than 60. For information, call Michelle Lewis at 503-861-4200.

Columbia Senior Diners — 11:30 a.m., 1111 Exchange St. The cost is \$6. 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 led by ordained Zen priest and is nonreligious. Group practices different meditation styles, focuses on developing a regular meditation practice. All are welcome. For information, email shinei@zen-dust.org

Jam Session — 6:30 to 8:30 p.m., Astoria Senior Center, 1111 Exchange

St. Open to the public. For information, call 503-325-3231.

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., 1111 Exchange St. The cost is \$6. 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.

Peace Builders create network of bully-free zones

By EVE MARX

For The Daily Astorian

SEASIDE — Rotarians Alan Evans and Veronica Russell are working to extend the reach of the Seaside School District's bullying prevention program by taking it to the streets.

Seaside Rotary hands out dictionaries to every fourth-grader inscribed with their names, Russell said. "We help host the all-night grad party for seniors each year, we offer scholarships and we have the Rotary youth exchange."

Rotary shares the organization's "four-way test" with fifth-graders, guiding ethical principles of service and goodwill, she added.

The school district's own bullying prevention program is regularly discussed at monthly assemblies, reminding students what to say and do should they witness someone being bullied, or if they are victims of bullying.

The school's partnership with Rotary began at a Peace Builders brainstorming session earlier in the school year. Gaps in the anti-bullying program became apparent.

"The kids at school had the oversight of staff to help prevent bullying, but what about those kids walking to and from



Submitted Photo

Rotary Peace Builders co-chairs Veronica Russell and Alan Evans with Chief Dave Ham; front row, students from Seaside School District: Kayla Sandoval, Samantha Evans.

school, riding a bike to an event, or to a friend's house on a weekend?" Russell said. "There was nothing in place to provide protection away from school, so we decided to look to our business community."

This resulted in the creation

of bully-free zones around town where shop owners could be on the lookout and where bullying would not be tolerated. Russell said dozens of businesses expressed interest in helping out, so the Peace Builders committee created a simple set of rules and a

window sticker. They reached out to Seaside Police Chief Dave Ham for feedback.

"School-age kids are our most vulnerable citizens," Russell said. "We hope these safe zones offer a haven for kids for those in-between times when they're not at school or at home."

"Our goal is to create a network of safe zones, but also to make all of Seaside a bully-free community," Evans said.

Russell and Evans share something in common giving them the inside track on what it's like to be bullied.

"We were both redheaded, freckle-faced kids growing up in the 1970s when there were no bullying prevention programs in place," Russell said. "We were both bullied and know how that feels."

She said the zones are meant to serve as places of temporary reprieve, where children can feel safe from being bullied. Through the Seaside Police Department's tracking system, the department will be able to get a sense of who is being bullied, where it happens and who is doing the bullying.

For more information about the Bully-Free zones, contact Russell at veronicarussell@gmail.com or Evans at a.evans@helpinghandsreentry.org.

Area ham radio club operators hold public weekend field event

The Daily Astorian

The Mouth of the Columbia Amateur Radio Club is demonstrating amateur radio, starting at noon Saturday and ending at noon Sunday, at the Bradley Hill Viewpoint on U.S. Highway 30. The public is welcome and encouraged to attend. The event provides an opportunity to meet and talk with Clatsop County ham radio operators and see what the amateur radio service is about, learn about ham radio's new capabilities and find out how to get their own FCC radio license before the next disaster strikes.

This annual national weekend event, called Field Day, is the climax of the week-long

Amateur Radio Week, which is sponsored by the American Radio Relay League (ARRL), the national association for amateur radio. Over the weekend, hams from across the U.S. and Canada are holding public demonstrations of emergency communications abilities. Using only emergency power supplies, hams will prove they can send messages in many forms without the use of phone systems, the internet or any other infrastructure that can be compromised in a crisis.

For information about amateur radio, go to www.emergency-radio.org. For information about the Mouth of the Columbia Amateur Radio Club, contact Stan Schwenk at 503-440-2249.

Seaside Masons award bikes to young readers

The Daily Astorian

GEARHART — Evergreen Masonic Lodge in Seaside and Maple Chapter Order of Eastern Star sponsor the Bikes For Books program to encourage elementary school children to read books. The program is aimed at third, fourth and fifth graders in the Seaside School District.

During the month of May, each time a student read a book and reported on it, he or she got to enter their name for a drawing. At a special awards assembly held at Gearhart Elementary School on June 16, the name of one boy and one girl was drawn to be the winner of a new bicycle. The boy was Anthony Garcia, and the girl was Kaysi Ficker.



Submitted Photo

Anthony Garcia and Kaysi Ficker both won bikes in the Bikes for Books program drawing, sponsored by the Evergreen Masonic Lodge and Maple Chapter Order of Eastern Star. Looking on, from left, are Bob Cook, Ronnie Smith and Della and Cleve Rolfe.

RELIGION BRIEFS

Great Vow Zen

CLATSKANIE — The Great Vow Zen Monastery, located at 79640 Quincy-Mayer Road in Clatskanie, is holding a Fourth of July celebration on Monday, July 4.

At 9 a.m., the group meets in the monastery parking lot to prepare for the Clatskanie Heritage Parade in downtown Clatskanie at 11 a.m., followed by games, a logging show, live music, and more in Clatskanie Park. For details on scheduled events in Clatskanie, go to www.clatskanieheritagedays.com/events.html

At 3 p.m. there is a Potluck Picnic and Games at Great Vow. Bring a vegetarian snack or treat; veggie burgers and hot dogs will be provided. A fireworks display in

downtown Clatskanie begins at 9 p.m. All are welcome. Guests are welcome to spend the night.

Those who plan on attending should RSVP at 503-728-0654.

A Beginners' Mind Weekend Retreat, led by Adam Jogen Salzberg and Amy Kisei Costenbader, is being held from 5 p.m. July 8 to 1 p.m. July 10.

During this weekend a monastic schedule is followed. All elements of a meditation retreat are covered, including basic meditation techniques, posture, breathing, formal meals, and dealing with obstructions.

The cost is \$150 (\$120 for Zen Community of Oregon) plus donation.

For details, call 503-728-0654. Register

online at www.zendust.org/calendar

St. Mary, Star of the Sea

The Rev. Ben Innes will be away from St. Mary, Star of the Sea Catholic Church until July 2. Daily Mass is canceled until July 5.

On Sunday, the Rev. Bill Boteler will be filling in for Rev. Innes. Boteler served in Bolivia for 16 years and was superior general of the Maryknoll priests. He also served in El Salvador, has powerful insights on missionary work to share with the Star of the Sea community.

For information call the church at 503-325-3671 or go to www.stmaryastoria.com

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