

Seaside Elks attend seminar

The Daily Astorian

SEASIDE — Officers and members of Seaside Elks Lodge 1748 attended the Fall Seminar at Oregon City Elks Lodge on Oct. 14 and 15. All Oregon lodges were represented at the meeting, which focused on training for lodge leaders. Speakers offered advice from running the charitable aspect of a lodge to budgets, maintenance

and membership.

The most important topic concerned the need to share what Elks do for their communities. Nationally, Elks contributed over \$282 million to charity in the last year.

Seaside Elks is a private fraternal organization, and membership is by application. For information, stop by the lodge at 324 Avenue A, call 503-738-6651 or email seasideelks@yahoo.com

Learn about dementia, Alzheimer's at free class

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SEASIDE — Providence Seaside Hospital, 725 S. Wahanna Road, is hosting "Help is Here: What you need to know when your family or friends have dementia," from 6:30 to 8 p.m. Nov. 2 in Education Room A. The presenters, Marian Hodges, M.D., and Anne Hill, a lawyer, co-authors of "Help is Here: When someone you love has dementia," will share the latest information about Alzheimer's disease and other forms of dementia.

Hodges is currently the regional medical director for

the Senior Health Program of Providence Oregon. She is board certified in geriatric and internal medicine and is an educator in geriatrics and medical ethics.

Hill is a member of the State Plan for Alzheimer's Disease in Oregon (SPADO) and a frequent speaker to family and physician groups about Alzheimer's. She is the author of "Unforgettable Journey: Tips to Survive your Parent's Alzheimer's Disease."

There is no cost for this event. To attend, reserve a seat by calling 503-717-7644 or emailing paulette.mccoy@providence.org

VOLUNTEER OPPORTUNITIES

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

American Red Cross — Needs registration volunteers (donor ambassadors) in Clatsop County to provide customer service and enhance the blood donor experience. For information, call Angela Basurto at 503-528-5430.

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 — 1111 Exchange St. 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.campkiwanilong.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@dognscats.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.clatsopcruise-hosts.org

Columbia Memorial Hospital — Needs volunteers to provide assistance to patients, visitors and hospital staff. Training provided. For information, go to www.columbiame-morial.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 — 1111 Exchange St., Astoria Senior Center. 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.

Long-Term Care Ombudsman — Volunteers advocate to protect the rights and dignity of licensed long-term care facility residents in Clatsop County; educate about resident rights; and investigate quality of care concerns. Flexible schedule; about five weekday hours needed per week. For information, contact Gretchen Jordan at 503-983-3920 or go to www.oregon.gov/ltco

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 lunchbuddies.mp@gmail.com

RELIGION BRIEFS

Joint service of thanksgiving

MANZANITA — Calvary Bible Church, Covenant Community Church, Nehalem Bay United Methodist Church and St. Catherine of Alexandria Episcopal Church are holding a joint service of thanksgiving and prayer at 6 p.m. tonight at St. Catherine's Episcopal Church, 36335 U.S. Highway 101 between Manzanita and Nehalem.

The service is being led by the pastors of the various churches. Mike Scott, city councilor and next mayor of Manzanita, is the speaker. All are welcome to join in this time of prayer for those who are suffering from loss of their businesses and homes, and thanksgiving for all who have helped with recovery and that the community was spared injury and death.

Our Saviour's Lutheran

SEASIDE — Our Saviour's Lutheran Church presents "Song, Scripture and Sacrament" from 11 to 11:30 a.m. Wednesday at Suzanne Elise Assisted Living, 101 Forest Drive. All are welcome.

For information, call the church at 503-738-6791.

Astoria Seventh-day Adventist

The Astoria Seventh-day Adventist Community Church, 300 Nehalem Ave., is offering a "Healing of Grief/Emotions Class,"

starting at 6:30 p.m. Wednesday, and continuing every Wednesday through Nov. 16, for those who are having problems or apprehensions about the holiday season due to depression, loss of a loved one, or any other issue.

There is no cost for the class, which is being taught by Jose R. Agosto, pastor of the church, who has 20 years of experience in working with clients with grief issues, depression and seasonal adjustments. Preregistration is required, and a maximum of 10 participants is allowed. To register, call or text 541-404-1175.

The church is also hosting events and live-streaming for the 30th annual Christian Women's Retreat at Eagle Crest Resort the weekend of Oct. 28-30. The main speaker is Loretta Bacchiocchi, a nurse practitioner.

The event begins Oct. 28 at 5:30 p.m. with light dinner in the Fellowship Hall, followed by live-streaming from the retreat at 6:45 p.m. in the Sanctuary, with Bacchiocchi speaking on the topic of "Choice."

On Oct. 29, a worship service at 9:40 a.m. features Bacchiocchi speaking, followed by "For Heaven's Sake, Bless Your Heart" with Rise Rafferty at 12:15 p.m., both in the Sanctuary. A Potato Bar luncheon is being served from 1:40 to 2:40 p.m., followed by packing boxes for the Samaritan's Purse Operation Christmas Child and a game of Bible Pictionary in the Fel-

lowship Hall. At 4:15 p.m., via live-streaming, Rise Rafferty presents "Comfortable in Your Own Skin," followed by a concert with Lisa Marie at 5:45 p.m., and ending with Bacchiocchi.

The event concludes Oct. 30 with breakfast at 8:45 a.m. in the Fellowship Hall and Bacchiocchi's final presentation, "Outlook," via live-streaming at 10 a.m. in the Sanctuary.

All women are welcome to attend. RSVP by Oct. 26 by calling 503-325-0610 and leaving a voice mail.

Calvary Episcopal

SEASIDE — Calvary Episcopal Church, 503 N. Holladay Drive, is offering a two-part educational program, "Meet the Gospel of Matthew." The sessions, which will offer background information to enhance the understanding of the gospel, including the context of its writing and its intended audience, follow the 9:30 a.m. Sunday Communion service and a brief coffee hour.

For information, call the church at 503-738-5773.

Pacific Unitarian Universalist

The Pacific Unitarian Universalist Fellowship (PUUF) is holding a service at 11 a.m. Sunday at the Performing Arts Center, 588 16th St. The speaker is Chris Breitmeyer, the new president of Clatsop Community College, whose topic is "Altruism."

Silke Ruschmann and Rena Taylor are providing refreshments after the service. A board meeting follows.

After the social hour, there is a UU101 class at the LaMears' residence, 288 Franklin Ave. A late lunch will be provided.

There is some interest in implementing Our Whole Lives (OWL), a comprehensive, lifespan sexuality education curricula for ages kindergarten through young adult at PUUF in the future. For those who are interested,

Rev. Sarah Schurr, congregational life staff representative for the Pacific Western Region of the UU Association, will be at a brief 20-minute informational meeting on Nov. 6 after the service, during the coffee hour.

For information, call 503-325-5225 or go to www.pac-uuf.org

Grace Episcopal

Sunday is Hunger Awareness Sunday at Grace Episcopal Church, 1545 Franklin Ave., with an ingathering

at both the 8 and 10 a.m. services for the hunger ministries at the church. Both monetary and non-perishable food items are requested. Sandwich bread and tuna, toilet paper and canned chili are especially needed.

The monthly Community Dinner is being served in the Parish Hall at 4 p.m. Sunday. Those willing to help should come at 3 p.m. to set up and at 5 p.m. to clean up.

For information, call the church at 503-325-4691 or go to www.graceastoria.org



COLUMBIA
MEMORIAL
HOSPITAL
PEDIATRICS

No bones about it,
Quality healthcare matters.

Keep Ghouls and Boys
Safe This Halloween

CMH would like to remind you to do what you can to make sure that everyone has a spooktacularly fun Halloween:

- Make sure your porch and walkway is well lit.
- Keep candle-lit decorations away from walkways.
- And, remember to drive slowly and watch for trick-or-treaters.

Happy Halloween from the CMH Pediatric Clinic!

Call 503-325-7337 to make an appointment for your little goblin.

The Natural Nook
and
The Windermere Foundation
Proudly Present

THE 5TH ANNUAL
FALL INTO THE NOOK
FUNDRAISER

October 27th
5:30-7:30 pm
at The Natrual Nook
Gearhart

A fun-filled culinary evening, including:

- Lite Bites from local Chefs
- Treats for Tricks
- Wine Bar by The Wine Haus of Seaside
- Silent Auction
- Raffle Prizes
- Great Deals on Gifts for the Holidays
- Costume Contest - FOR THOSE WHO DARE!

FOR MORE INFORMATION CALL
PAM ACKLEY | 503.738.4840
CATHIE CATES | 503.738.5332

Proceeds benefit the Windermere Foundation with 100% coming back to the community for homeless families and children's organizations

Windermere Foundation

The Natural Nook