

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@dogscats.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 Branchley 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.

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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.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 — 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.

RELIGION BRIEFS

Calvary Episcopal Church

SEASIDE — The Rev. Neysa Ellgren, canon to the ordinary, will be the guest preacher and celebrant at Calvary Episcopal Church, 503 N. Holladay Drive, at 9:30 a.m. Sunday. The usual Saturday service will not be offered.

Canon Ellgren was ordained a priest in 1998 in the Diocese of Colorado. She spent time as a college chaplain and was the rector of the Church of the Epiphany in Plymouth, Minnesota, for 10 years. She received her doctorate in congregational development from Seabury Western in 2005 before being called to Oregon.

Among her duties, Ellgren works with diocesan congregations to find them resources they need to flourish. She is in charge of clergy deployment, supervises diocesan staff, works with Diocesan Council and the Board of Trustees and serves as the secretary of the Diocesan Convention.

For more information call Calvary Church, 503-738-5773.

Peace Lutheran Church

Peace Lutheran Church, 565 12th St., announces free Music Meditation Services during Advent

Bring your Brown Bag Lunch between 12:15 and 1 p.m. Wednesdays and enjoy the music offered in the sanctuary.

Nov. 30: Naselle High School Woodwind Ensemble

Theme: The Angel Speaks to Zachariah's Fear, Luke 1:5-20

The ensemble is made up of 20 students and directed by Dave King.

Dec. 7: Jennifer Goodenberger, pianist

Theme: The Angel Speaks to Joseph's Confusion, Matthew 1:18-25

Known for the elegance of her playing, and her sensitive and expressive performances, Goodenberger is a concert pianist, composer, recording artist and ensemble pianist. Her musical style is a mesmerizing fusion of classical, improvisational and contemporary music. She has released eight solo piano CDs, and her recordings are often used in the healing arts.

Dec. 14: Susan Buehler, vocalist

Theme: The Angel Speaks to Mary's Doubt, Luke 1:26-38

Buehler is a former member of the voice faculty at Baker University and is now associate professor emeritus of music and recipient of the Baker University trustee medallion. Since her "retirement" to Cannon Beach, she maintains Music Lasts A Lifetime voice and piano studio for students of all ages, serves as pianist for the Cannon Beach Chorus and workshops for the Oregon chapter of the American Choral Directors Association and serves as organist for Seaside Calvary Episcopal Church and Cannon Beach Community Church.

Dec. 21: Vincent Jones-Centeno, organist

Theme: The Angel Speaks to the Shepherds' Curiosity, Luke 2:8-20

Conductor, educator and performer, Vincent D. Jones-Centeno is the co-founder and artistic director of the Junction City Arts Council in Oregon, and the music director of Cascadia Concert Opera. Upon arriving in Astoria in June, he became the new organist and music director of Grace Episcopal Church, pianist for the St. Mary of the Sea Catholic Church and pianist for the Astor Street Opry Company.

Grace Episcopal Church

Grace Episcopal celebrates the First Sunday

of Advent at the 8 and 10 a.m. service Sunday. This day marks the beginning of the liturgical church year with the lighting of the first of four candles in the Advent wreath.

This fourth Sunday of the month, is Hunger Awareness Sunday at Grace Episcopal, with an ingathering for the Hunger Ministries at the church. Monetary and nonperishable food items are requested; the need for hot and cold cereal and canned meals is great. The free monthly Community Dinner will be 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.

Taizé Prayer & Song service are each Wednesday during Advent, beginning at 7 p.m. Wednesday. Taizé style worship was created in France by a small ecumenical monastic community during World War II in the spirit of peace. The service consists of simple repeated chants, periods of silence, prayers individual and communal and the lighting of candles. Jennifer Goodenberger, piano, Shelley Loring, flute, and Eric Utterback, cello, accompany choir members of Grace Church and vocal solos by Keith and Genny Butenshon. All are welcome.

Grace Church is located at 1545 Franklin Avenue. For information, call the church at 325-4691 or visit the website at graceastoria.org.

St. Mary Star of the Sea Catholic Church

Advent Parish Mission will be held at 7 p.m. Dec. 5, 6 and 7 at St. Mary Star of the Sea auditorium, 1491 Grand Ave., and at noon Dec. 6 at St. Francis in Hammond. Father Michael Doherty, OFM will be the instructor. He will also do the 5 p.m. Wednesday Reconciliation.

Frs. Ben Innes and Michael Doherty will administer the Sacrament of Anointing the Sick during Mass on the weekend of Dec. 3 and 4. This sacrament is for the sick, those facing surgery or those of advanced age. For information, call 503-325-3671.

Holy Nativity Eastern Orthodox Mission

HAMMOND — The Holy Nativity Eastern Orthodox Mission will hold services Dec. 4 at St. Francis de Sales Catholic Church, 867 Fifth St., Hammond. Liturgy will be led by Fr. Kevin Lien, assistant pastor at Annunciation Orthodox Church of the OCA in Milwaukie. Orthos/Matins begin at 8:30 a.m. with liturgy beginning at 10 a.m. A social hour follows.

All Eastern Orthodox are welcome to participate. Those interested in attending an Orthodox liturgy are warmly encouraged to come as well. For questions, call Steve Sollars, 503-298-3453 or Linda Andres 503-440-3930.

Cannon Beach Bible Church

CANNON BEACH — A new book, "Should You RUN From 'Jesus Always'?" by Steve Hudgik was released this week. The book takes a look at Sarah Young's new devotional book, "Jesus Always," and examines whether this is a devotional Christians should be reading. This is pastor Hudgik's third Christian book. A website with additional articles, and sample chapters, is available at: www.NotJesusAlways.com

Hudgik has had a home in Cannon Beach since 1987 and is serving at Cannon Beach Bible Church.



Growing to Meet Your Needs

Nathan Amrine, MD

Obstetrics/Gynecology, 503-338-7595

Dr. Nathan Amrine joined the CMH Women's Center in August. He is a Northwest native and grew up in Longview, Wash. He went to medical school at the Ross University School of Medicine in Dominica, West Indies, and completed an OB/Gyn internship and residency at Louisiana State University Health-Shreveport. Dr. Amrine takes care of all routine OB/Gyn needs and also has a special interest in high risk pregnancies and gynecologic surgery using the smallest cuts possible.



Lauren Wikholm, MD

General Surgery, 503-338-4075

General Surgeon Dr. Lauren Wikholm joined the CMH Specialty Clinic in August. She received her medical degree from the University of California Irvine School of Medicine and completed her residency at Maricopa Medical Center in Phoenix, Ariz. Dr. Wikholm takes care of all routine general surgery needs and has a special interest in breast cancer, hernias, gallbladder disease, skin cancer, endoscopy and colon cancer.



Misha Caldwell, PNP

Pediatrics, 503-325-7337

In October, pediatric nurse practitioner Misha Caldwell joined the CMH Pediatric Clinic. Misha earned a master's in nursing from the University of Florida in Tampa, Fla. She cares for all routine pediatric needs and also has a special interest in working with toddlers, neurological disorders, head injuries and seizure disorders.



Carin Pluedeman, MD

Family Medicine, 503-338-4500

Family Medicine Physician Dr. Carin Pluedeman has joined the Primary Care Clinic. She completed her medical degree and residency at Oregon Health & Science University. She came to CMH from Coastal Family Health Center after working there for almost six years. She will continue to care for her current patients and will be accepting new patients, too. She cares for all routine family medicine needs.



Terri Miller, FNP

Urgent Care, 503-338-4050

Family Nurse Practitioner Terri Miller, FNP, has joined the CMH Urgent Care clinics. She comes to CMH from Long Beach, Wash., where she had provided primary care since 2002. Terri received her master's degree in nursing from Sonoma State University (Rohnert Park, Calif.).



Corinne Almquist, CNM, WHNP

Nurse Midwifery, 503-338-7595

CMH welcomes Corinne Almquist, CNM, WHNP, to the Women's Center as a certified nurse midwife. Corinne earned her master's degree in nurse-midwifery, and a women's health nurse practitioner specialty from Yale University in Orange, Conn. She is an experienced doula. Corinne cares for all routine pregnancy and women's health needs and also has a special interest in nutrition, integrative medicine, breastfeeding, and holistic wellness.

