

## MORE NOTES

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**Bridge Club** — 12:30 to 4 p.m., Astoria Senior Center, 1111 Exchange St. Anyone may play if they have a partner; to request a bridge partner, call 503-325-0029.

**Bras2Moms Fitting** — 1 to 3 p.m., Columbia Memorial Hospital Birthing Center, 2111 Exchange St. Bras2Moms provides free nursing bras and/or tanks to mothers, so women do not become discouraged with, or stop breastfeeding because they cannot afford a nursing bra. A \$5 donation is requested, but not required. For best fit, come for a fitting two weeks after giving birth. Sizes subject to availability. For information, call 503-325-4321.

**Evergreen Masonic Lodge No. 137** — 6:30 p.m. dinner, 7:30 p.m. meeting, 201 N. Holladay Drive, Seaside. All Masons and their families are welcome. For information, call 503-717-0808.

**North Coast Chorale Practice** — 6:45 to 9 p.m., Performing Arts Center, 588 16th St. New members welcome. For information, call 503-791-5681 or 503-338-8403.

**Authentic Spiritual Conversations** — 7 to 8:30 p.m., 2021 Marine Drive. Exploring spiritual questions, doubts, practices, longings. Group supports participants in sharing their own understanding and putting their spiritual values into practice. 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.

**Moms Offering Moms Support Club** — 9 a.m., Capt. Gray Port of Play, 785 Alameda Ave. For information, go to www.momsclubofastoria.org or email president@momsclubofastoria.org

**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.

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

**Seaside Dementia Support**

**Group** — 2 to 3:30 p.m., Necanicum Village, 2500 S. Roosevelt Drive, Seaside. For families and/or caregivers of dementia patients. All are welcome. To attend, RSVP to 503-738-0900.

**Warrenton Gateway Masonic Lodge No. 175** — 6:30 p.m. dinner, 7:30 p.m. meeting, at 66 S.W. Fourth St., Warrenton.

**Seaside Elks Lodge No. 1748** — 7:30 p.m., 324 Avenue A, Seaside. For information, call 503-738-6651 or email seasideelks@yahoo.com

### THURSDAY

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

**North Coast Republican Women** — 11:30 a.m., Astoria Golf & Country Club, 33445 Sunset Beach Lane, Warrenton. For information, call 503-738-8695 or go to http://tinyurl.com/CCRepublican

**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.

**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, Best Western Ocean View Resort, 414 N. Prom, Seaside. Lunch costs \$15. All are welcome. For information, go to http://seasiderotary.com

**Astoria-Warrenton Duplicate Bridge Club** — 12:30 to 4 p.m., Astoria Senior Center, 1111 Exchange St. Anyone may play if they have a partner; to request a bridge partner, call 503-325-0029.

**Lower Columbia Hospice Bereavement and Grief Support Group** — 2 to 4 p.m., Meeting Room 1, Bob Chisholm Community Center, 1225 Avenue A, Seaside. Group is open to those who are age 18 or older. For information, call 503-338-6230.

**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.

**Lower Columbia Danish Society** — 7 p.m., First Lutheran Church, 725 33rd St. Marc Kan is teaching numbers and telling time in Danish. The public is welcome. Being or speaking Danish not required, only an interest in Danish heritage, culture, and traditions is needed. For questions call 503-325-2612.

### 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.

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

### Pacific Unitarian Universalist

The Pacific Unitarian Universalist Fellowship is holding a service at 11 a.m. Sunday at the Performing Arts Center, 588 16th St. Peggy Coreson is giving a presentation on the book, "The Sound of a Wild Snail Eating."

Karen Beck and Arline LaMear are the greeters, and Adriana Guerrero and Sara Caron are providing refreshments after the service.

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

# Becerra wins Elks essay contest

*The Daily Astorian*

SEASIDE — Maybe Jantes Becerra, a fifth-grade student at Seaside Heights Elementary School, is the winner of the Seaside Elks Lodge Americanism Essay Contest. Her essay, "Why It Is Important to Vote," won first place in the local con-

test, and she was awarded a certificate and \$75. The essay was forwarded to the Northwest District for entry into the district-level contest.

For information about other programs for youth supported by Elks, phone 503-738-6651 or email seasideelks@yahoo.com

# Regatta Association elects new officers

*The Daily Astorian*

At the Astoria Regatta Association Annual Meeting held in November, the membership elected the 2017 new officers and board members. Dan Travers is president; vice-president is Becky Johnson; secretary is Melissa Grothe; interim treasurer is Roxanne Fick; Cliff Fick and Dan Arnoth are serving as past presidents; and board members are Carol Olson,

Cindy Daly, Gail Dundas, Irene Baltimore, Julie Flues, Josh McConnell, Kevin Leahy, Shannon Fitzpatrick and Paul Winiarz.

The theme for the 123rd Astoria Regatta, in 2017, is being decided at the January general membership meeting at 6 p.m. Jan. 4 in Columbia Hall, Room 219, at Clatsop Community College. Email storiaregattaassociation@gmail.com for information of how to get involved.

## SELF-HELP GROUPS

**Al-Anon (Astoria)** — 7 p.m. Tuesday, Peace Lutheran Church, 565 12th St.; 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.

**Al-Anon (Clatskanie)** — 8 p.m., Monday, United Methodist Church, 290 S. Nehalem St. For information, call

503-728-3351.

**Al-Anon (Nehalem)** — 7 p.m. Monday, Riverbend Room, North County Recreation District, 36155 Ninth St. For information, call 503-368-8255.

**Al-Anon (Seaside)** — 6:30 p.m. Tuesday, Seaside Public Library, 1131 Broadway, call 503-810-5196 for information.

**Al-Anon (Tillamook)** — 7:30 p.m. Wednesday, St. Albans Episcopal Church, 2102 Sixth St., call 503-842-5094 for information; noon Friday, 5012 Third St., call 503-730-5863 for information.

**Al-Anon Family Groups** information line for Clatsop and Tillamook counties, 503-338-5688. Oregon Area Al-Anon website. oregonal-anon.org

**Alateen (Tillamook)** — 6:30 p.m. Thursday, 5012 Third St. For information, call 503-730-5863.

**Alcoholics Anonymous** — To find a meeting, call 503-861-5526 or go to www.aa-oregon.org

**Celebrate Recovery** — 6 p.m. Thursday, The Table Church, 852 Broadway, Seaside. Faith-based 12-step program designed to help anyone struggling with hurts, habits and hangups, including drugs and alcohol, anger, co-dependence, domestic abuse or sex, food or pornography addictions. Being religious not required. Free dinner and child care provided. For information, call D.B. Lewis at 503-741-5977.

**Eating Disorders Anonymous** — 1:10 to 2:10 p.m. Wednesdays, River Zen Yoga, 399 31st St. A 12-Step program. For information, call Susan Williams at 510-417-5553.

**Kick Butts Group Meets (Nicotine Anonymous)** — 6:30 to 7:30 p.m. Wednesday, Seaside Public Library, 1131 Broadway.

**Men's Sexual Purity Recovery Group** — Tuesday nights. Part of the Pure Life Alliance (www.purelifealliance.org) in Portland. For information, call the confidential voice mail at 503-750-0817 and leave a message.

**Narcotics Anonymous** — The Northwest Oregon Area of Narcotics Anonymous (NwONA) holds meetings in Clatsop County. For full schedule details, as well as upcoming special events, call the Helpline at 503-717-3702, or go to www.nworegonna.org

**TOPS (Take Off Pounds Sensibly) (Astoria)** — 5 p.m. weigh-in, 5:30 p.m. meeting Tuesday, First Lutheran Church, 725 33rd St. For information, call Trisha Hayrynen at 503-298-9058.

## RELIGION BRIEFS

**Community HU sing** SEASIDE — A Seaside Community Eckankar HU Sing takes place at 3 p.m. Sunday at the Seaside Public Library, 1131 Broadway. Regardless of one's beliefs or religion, anyone can sing HU (pronounced hue), an ancient name for God; it is for the spiritual upliftment of those who come, and is not directed to any other purpose. For information, call Seann Valen at 503-717-5485, email access49@gmail.com or go to www.eckankar.org

**Society of Friends** SEAVIEW, Wash. — The Lower Columbia Worship Group of the Society of

Friends (Quaker) meets at 3 p.m. Sunday in the Peninsula Church Center Fireside Room (south building), 5000 N Place. This is a "silent" (unprogrammed) worship group. All are welcome to visit and participate. For information, call 503-895-7474.

### Cannon Beach Community

CANNON BEACH — Cannon Beach Community Church, 132 E. Washington St., holds an Evensong service at 6 p.m. the first and third Sunday of the month. All are welcome.

Evensong features Wes Warhmund (guitar, flute and clarinet) and meditative

songs, Psalms, readings, candlelight and time for quiet reflection.

For information, call the church at 503-436-1222.

### Grace Episcopal

On Sunday, Grace Episcopal Church, 1545 Franklin Ave., celebrates Holy Eucharist at both the 8 and 10 a.m. services, and also offers a special New Year's Day Labyrinth Walk from 3 to 6 p.m. Labyrinth music is being provided by Shelley Loring (flute) and Jennifer Goodenberger (piano). It takes an average of 30 minutes to complete the walk. The labyrinth will be open the first Sunday each month during 2017.

## 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.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 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, call 800-522-2602 or go to www.oregon.gov/lto

**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

**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