

Quilting at the Beach offers colorful quilts

ILWACO, Wash. — Are you sick of gray skies? Add some color to your life, and attend the 22nd annual Quilting at the Beach event, where over 100 colorful quilts will be on display.

Presented by the Peninsula Quilt Guild, Quilting at the Beach takes place 10 a.m. to 4 p.m. Friday and Saturday, March 17 and 18 and from noon to 4 p.m. Sunday, March 19 at the Columbia Pacific Heritage Museum, located at 115 Lake St. Admission is free.

This year, the guild has grown to 80 members and will exhibit work from the local area's most talented fabric artists. All guild members are from Washington and Oregon.

The quilts displayed will be as varied as the quilters

themselves. Quilts will be done in a variety of styles from scrappy, embroidered, applique and art quilts to quilts made by hand, by home machine and by long-arm machine. Fabrics will also vary in color and type (including the quilter's favorite: cotton). Quilts maybe adorned with thread buttons, rick-rack and even driftwood.

Guild members participate in many charitable projects throughout the year, and quilts are donated to OHSU Hospice and Ocean Beach Hospital Hospice, Rotary and teddy bears with scrappy quilts to children at Ocean Beach and Columbia Memorial hospitals. Several guild members also belong to Quilts from the Heart, which this year donated several hundred quilts to charity organizations.

Each year, members participate in the construction of a prize quilt, and \$1 raffle tickets are sold at several venues, which generates a little over \$3,000. The money is donated to many charitable organizations on the Long Beach Peninsula. This year's colorful quilt, "Sailing Away," is an ocean-themed quilt in a queen size to fit most beds. The drawing for the prize quilt will take place at 3 p.m. Sunday.

This year, donations will be made to Camp Victory, Columbia Pacific Heritage Museum, the Elks backpack program, His Supper Table, Peninsula Church Center, St. Vincent dePaul Food Bank, Ocean Park Food Bank, Boys and Girls Club and the Cranberry Museum. At the guild's August picnic, a

basket filled with quilting items was raffled and the funds donated to the animal shelter.

The Challenge Blocks displayed at the quilt show are made by guild members from packets of fabrics. Each member designs and makes a 12 half-foot quilt block that is judged at the show. The winning block receives an award. After the show, the blocks are made into a quilt and donated to the Ocean Beach Education Foundation for their auction.

The guild meets at the Peninsula Church Center at 5000 N. Place in Seaview; anyone interested in membership is welcome. Talk to any of the hosts at the show, or just come to the church center at 1 p.m. on the second Monday of any month.



SUBMITTED PHOTO

This year's colorful prize quilt, "Sailing Away," is an ocean-themed quilt in a queen size. Raffle tickets are \$1 each.

Local health coach hosts a gathering for women event

WARRENTON — Restore and nurture your inner vibrancy as a woman at the first annual Coastal Emersion: A Woman's Gathering, to be held from 10 a.m. to 4 p.m. Saturday, March 18.

This one-of-a-kind gathering will be held at Camp Kiwanilong — nestled in the forest between Seaside and Astoria. The gathering will be hosted by Angela Sidlo, coastal certified health coach and Amazon bestselling co-author of "The Silver Linings Storybook." Sidlo's vision is to bring women, healers and teachers together to facilitate an empowering experience for women who want to "emerge" and learn how to share their talents with the world.

Registration begins at 9 a.m., and the day of events starts at 10 a.m. with a welcome and introductions, followed by a meditation to raise the vibration of the group and clear the space for empowerment.



SUBMITTED PHOTOS
Heather Douglas will lead a session about writing.

Next, keynote speaker Shannon Kaiser will lead the group with the talk "Open Your Heart and Reclaim Your Strength," helping attendees reclaim inner strength and tap into their authentic power no matter what comes up in 2017. Kaiser has been named in the Top 100 Women to Watch in Wellness by the Mind Body Green, and "a thought leader on the rise" by Café Truth. She appears regularly as a happiness expert on Portland's KATU AM Northwest and Huff Post



Wellness coach Angela Sidlo will host a Coastal Emersion for women March 18.

Live. She is the best-selling author of "Adventures for Your Soul" and "Find your Happy" as well as being the founder of PlayWithTheWorld.com

After the keynote address, the group will break at noon for a vegan-friendly, gluten-free, organic lunch prepared locally. There will be time to talk with Kaiser, and vendors will have handmade jewelry and aromatherapy products to offer as well as local authors with books for sale.



The keynote speaker will be Shannon Kaiser.

The afternoon session will feature four additional workshops.

First is holistic practitioner Debbie Inman, who will talk about meditation and the power of biofeedback. She will discuss how to tap into the energetic field to release past trauma as a means to open up to the limitless possibilities of your inner potential and share your gifts with the world.

Sarah Dailey will then lead a session on "Embracing the



Sarah Dailey will lead a session about classic Egyptian-style belly dancing.

Feminine & Being Present in Oneself." She will show attendees how movement can unlock inner beauty in a classic Egyptian-style belly dancing session. For Dailey, what began as an alternative form of exercise, soon turned into a life-changing hobby.

Her journey from pre-to-post pregnancy dance helped her become more at peace with herself, on and off the dance floor. Worries about appearance, judgments, careers, family or anything else, can often weigh you down, even unknowingly. "There's wonderful freedom in being able

to let go and be in the moment with the music and dance, be present in one's self without the worries that often seep into our daily lives," she says.

Then, writer, illustrator and educator Heather Douglas will lead a session on self-exploration through photography and writing. Douglas is the author of two coloring books and a book of poetry. She also recently finished a writing residency through Astoria Visual Arts and is currently working on a novel.

Then, host Angela Sidlo will wrap up the day of events by sharing her expertise as a holistic aromatherapist. She will offer an explanation into the world of plant medicine and essential oils.

Tickets are \$98 each. Pre-registration is required. For more information and to register, visit <http://tinyurl.com/eventbrite-coastalemercion>. Or contact Sidlo at 503-338-9921.

Proceeds will be given to the AAUW Scholarship Fund, Camp Kiwanilong Scholarship Fund and The Harbor to empower women.