

## MORE NOTES

### Continued from Page 1B

Bob Chisholm Senior Center, 1225 Avenue A, Seaside. Suggested donation \$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. 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.

**Astoria Rotary Club** — noon, second floor of the Astoria Elks Lodge, 453 11th St. Guests always welcome. For information, go to [www.AstoriaRotary.org](http://www.AstoriaRotary.org)

**Knochlers Pinochle Group** — 1 p.m., Bob Chisholm Community Center, 1225 Avenue A, Seaside. Cost is \$1 per regular session per person. Players with highest and second highest scores split the prize. Game is designed for players 55 and older, but all ages are welcome.

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

**Diabetes Class** — 1:30 to 2:30 p.m., Providence Seaside Hospital, Education Room A, 725 S. Wahanna Road, Seaside. Free help managing diabetes from certified diabetes educators. Topic is "Diabetes and Eating the Rainbow." All are welcome. For information, go to [www.providence.org/diabetes](http://www.providence.org/diabetes) or call 503-717-7301.

**Line Dancing for Seniors** — 3 to 4:30 p.m., Astoria Senior Center, 1111 Exchange St. Not for beginners. For information, call 503-325-3231.

### TUESDAY

**Stewardship Quilting Group** — 9:30 a.m. to 1:30 p.m., First 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.

**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.

**Authentic Spiritual Conversations** — 7 to 8:30 p.m., 2021 Marine Drive. Open dialogue about spiritual issues. 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](mailto:info@cgifellowship.org) or call 916-307-9790.

### WEDNESDAY

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

# Bikes for Books winners announced



Submitted Photo

**Evergreen Masonic Lodge and Maple Chapter Eastern Star in Seaside sponsored the Bikes for Books program to encourage third- through fifth-graders at Gearhart and Seaside Heights elementary schools to read books. During the month of May, each time a student read a book and reported on it, their name was entered into a drawing for a new bicycle. Pictured are Tyler Tappert, left, and Cruz Garcia, the winners from Gearhart Elementary School.**

**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. Open group for females and those who identify as female, and for anyone in an abusive relationship, or who knows someone who is. For information, call Juli Hol at 503-325-3426, ext. 103.

**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.

**International Longshore and Warehouse Union Pensioners** — noon luncheon, 1 p.m. meeting, Local No. 50 Longshore Hall, 491 Industry St.

**Warrenton Kiwanis Club** — 1 p.m., Doogers Seafood and Grill, 103 U.S. Highway 101, Warrenton. For information, call Darlene Warren at 503-861-2672.

**Sit & Stitch** — 1 to 3 p.m., Hometown Quilts & Yarn, 108 10th St. Bring knitting, crochet or other needlework projects along to this community stitching time. All skill levels welcome.

**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.

**Fat Quarter Quilters** — 5:30 to 8 p.m., Hometown Quilts, 108 10th St. Not limited to quilts. For information, call 503-325-3300 or 800-298-3177 or go to <http://hometownquilt.com>

**Warrenton Sunrise Rotary Club** — 6 p.m., Uptown Café, 1639 S.E. Ensign Lane, Warrenton. For information, call 503-325-4030.

### 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.

**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>

**Survivors Circle** — noon to 1 p.m., The Harbor, 1361 Duane St. Trauma Recovery and Empowerment Model Peer Support Group for survivors of intimate partner and sexual assault. Held in a safe confidential place to explore the causes, effects and methods of healing from trauma; emphasis is on empowering survivors. For information, contact Shannon Symonds at 503-325-3426 ext. 106.

**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.

**Trivia** — 6:30 p.m., Uptown Cafe, 1639 S.E. Ensign Lane, Warrenton. Teams of up to four players. Three \$2 games, winners take each pot. Rolling jackpot builds from week to week if no one answers jackpot question. For information, call 503-861-5639.

**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](http://www.astoriaarmory.com)

### OTHER

**Astoria Music Festival** — Volunteers needed for 15th Anniversary Summer 2017 Celebration June 11 through June 25, two weeks of opera and symphonic and chamber music. Many opportunities available, all with flexible hours and commitments, from assisting to leading. For information, email [office@astoriamusicfestival.org](mailto:office@astoriamusicfestival.org)

**Relay for Life** — Relay For Life, a fundraiser for the American Cancer Society, is being held July 8 at Astoria High School. The Relay for Life Committee needs donated canopies, bands to entertain the volunteers throughout the day, and someone who can play tapes. For information, contact Laura Parvi, event chairwoman, at [lauraparvi@hotmail.com](mailto:lauraparvi@hotmail.com) or 503-298-8943.

## NEWS BRIEFS

### Ham radio operators hold event

*The Daily Astorian*

WESTPORT — Astoria's Mouth of the Columbia Amateur Radio Club is holding a Field Day from noon Saturday to noon Sunday at Bradley State Scenic Viewpoint on U.S. Highway 30, joining thousands of amateur radio operators around the country and in Canada who are showing off their emergency capabilities.

This annual event is the climax of the week-long Amateur Radio Week, sponsored by the American Radio Relay League, the national association for amateur radio. Using only

emergency power supplies, ham operators construct emergency stations around the country, and prove they can send messages in many forms without the use of phone systems, internet or any other infrastructure that can be compromised in a crisis.

The event also provides the public with chance to talk with local ham radio operators, and see what amateur radio service is about, ham radio's new capabilities and learn how to get their own FCC radio license before the next disaster strikes.

For information about amateur radio, go to [www.emergency-radio.org](http://www.emergency-radio.org)

### Special Olympics washes cars

*The Daily Astorian*

Clatsop County Special Olympics holds a fundraising car wash Saturday in front of Dairy Queen, 843 W. Marine Drive. The event starts at 10 a.m., and the proceeds will benefit local Special Olympics athletes.

Special Olympics provides year-round sports train-

ing and athletic competition in a variety of Olympic-type sports for children, youth and adults living with intellectual disabilities. Oregon State University in Corvallis is hosting the Oregon Special Olympics State Track and Field Games July 8 and 9 at Corvallis High School. For information, go to <http://bit.ly/2rjwJ9S>

### Scouts hold car wash for camp

*The Daily Astorian*

The Boy Scouts of Astoria Troop 211 are washing cars from 10 a.m. to 2:30 p.m. Saturday at the corner of Fifth Street and Marine Drive. The cost is \$5, and the proceeds will be used to send Scouts to camp.

Camp introduces Scouts to the outdoors and includes opportunities, such as learn-

ing how to tie a square knot; catching, cleaning and cooking a fish shooting a .22 and going mountain biking.

This event is supported by Sahara Pizza and Lum's Auto Center.

For information about this event, or other Fort Clatsop District Boy Scouts of America programs, contact Sam Rascoe at 503-791-8134 or go to [www.beascout.org](http://www.beascout.org)

### Free Medicare class offered

*The Daily Astorian*

WARRENTON — A "Get a Grasp on Medicare" class is being held from 3 to 4:30 p.m. Wednesday in the Northwest Senior and Disability Services Conference Room, 2002 S.E. Chokeberry Ave., in Warrenton.

There are no sales presentations and no special offers,

just free, unbiased Medicare information, including: a summary of Part A and Part B benefits, and 2017 updates; Medicare choices; Part D benefits, and how to enroll; avoiding health care fraud; and other helpful resources.

Space is limited, and pre-registration is required. To register, call NWSDS at 503-861-4200.

### AHS Class of '72 plans reunion

*The Daily Astorian*

The planning committee of the 45th reunion of Astoria High School Class of 1972 is meeting at 11 a.m. Saturday at Coffee Girl, 100 39th St. (Pier 39).

Members of the class are invited to attend and join one of the committees.

The reunion is being held

Astoria Regatta Weekend, Aug. 11 and 12.

For information, call Kevin Leahy, chairman of the reunion committee, at 503-325-8841, or email Linda Duncan-Jordan at [LindaJordan@comcast.net](mailto:LindaJordan@comcast.net).

For updates, go to the "Astoria High School Class of 1972" Facebook page or [www.classof72reunion.com](http://www.classof72reunion.com)

### Wauna awards scholarships

*The Daily Astorian*

Wauna Credit Union has announced its 2017 scholarship recipients, and has awarded \$7,500 in scholarships to 10 student members who are continuing their education, including Chelsea Sapp of Knappa High School and Jadelynn Pickering of Astoria High School.

Sapp, who plans to attend Whitworth University to study biology and psychology, plans to become a doctor. Pickering is going to Portland Community College to earn a degree in

dental hygiene. Recently, several of the scholarship winners joined members of the credit union's leadership team for a celebratory dinner to recognize their achievement, and give the recipients the opportunity to meet other members who are furthering their education.

The application period for Wauna Credit Union Scholarships begins again in February, and the winners are announced in June. All members who are high school seniors or current college students (ages 18 to 22) may apply.

## 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, Faith Lutheran Church, 1010 N.E. Fifth St., Clatskanie. 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, Oregon Area Al-Anon web-

site. [oregonal-anon.org](http://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](http://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 Recov-**

**ery Group** — Tuesday nights. Part of the Pure Life Alliance ([www.purelifealliance.org](http://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](http://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.

**TOPS (Seaside)** — 9:15 to 10:15 a.m. meeting Tuesday, North Coast Family Fellowship Church, 2245 N. Wahanna Road. All are welcome. For information, call 509-910-0354.

**TOPS (Warrenton)** — 9 to 9:45 a.m. weigh-in, 10 a.m. meeting Wednesday, First Baptist Church, 30 N.E. First St. For information, call Marilyn Barnard 503-861-2918 or Jeannie Pike 503-861-1404.