



Submitted Photo
The Salvage Chief was a naval landing vessel converted to perform marine salvage. It aided nearly 300 vessels.

Former naval landing vessel open to public Saturday

The Daily Astorian

The Salvage Chief (LSM 380) is open to the public for tours and sea stories from noon to 4 p.m. Saturday. The ship is located on the Clatsop Community College Marine and Environmental research and Training Station (MERTS) campus, 6550 Liberty Lane, which is east of Astoria, off U.S. Highway 30.

Salvage Chief caps, T-shirts, books and hoodies are available. The Salvage Chief (LSM 380) Foundation is a nonprofit organization funded by donations.

Kickoff is set for the annual Clatsop County Relay for Life

The Daily Astorian

SEASIDE — The kickoff for this year’s Clatsop County Relay For Life, with food, drink and fun, is from 5 to 7 p.m. Thursday at the Seaside American Legion, 1315 Broadway. Help “Rock out Cancer.” All proceeds go to the Clatsop County Relay For Life. For information, contact event chairwoman Laura Parvi at 503-298-8943.

RELIGION BRIEFS

Pacific Unitarian Universalist

The Pacific Unitarian Universalist Fellowship holds a service at 11 a.m. Sunday at the Performing Arts Center, 588 16th St., followed by a social time in the Green Room. Guest minister Rev. Catharine Clarenbach speaks on the topic “Where the River Meets the Sea.” Religious education for the children is available each week following the “Moment with the Children” near the beginning of the service.

For information, call 503-325-5225, email pacuuf@gmail.com or go to pacuuf.org

Religious Society of Friends

ILWACO, Wash. — The Lower Columbia Quakers, also known as the Religious Society of Friends, meets at 3 p.m. Sunday in the Ilwaco Community Center, 158 First Ave. N. All are welcome to visit and participate. For information, go to lowercolumbiaquakers.org

Common Ground Interspiritual

A Celebration of Spirit, sponsored by Common Ground Interspiritual Fellowship, meets from 9:30 to 10:30 a.m. Sunday in the Wesley Room at the Astoria First United Methodist Church, 1076 Franklin Ave. Use the 11th Street building entrance. This morning gathering is not defined by any particular belief system, and is intended for the “spiritual but not religious,” as well as those who draw from more than one faith tradition. For information, go to cgifellowship.org, email info@cgifellowship.org or call 916-307-9790.

Lewis and Clark Bible Church

In August 1990, Jerry Conklin became the ninth pastor to serve at

Lewis and Clark Bible Church. At his retirement in March, he will have served faithfully for 27 1/2 years. His last official service at the church, at 35082 Seppa Road, is at 11 a.m. Sunday, followed by a potluck meal. The community is welcome to come and say farewell to the pastor and his wife, Laura.

Caleb Hilbert begins serving as senior pastor March 1.

For information, call 503-325-7011 or go to www.lcbchurch.org

Grace Episcopal

Grace Episcopal Church, 1545 Franklin Ave., celebrates the Second Sunday in Lent at both the 8 and 10 a.m. services. It is also Hunger Awareness Sunday, with an ingathering for the Hunger Ministries at Grace of both monetary and nonperishable food items. Bread, crackers and meal helpers are especially needed.

The monthly Community Dinner is served at 4 p.m. Sunday in the Parish Hall, free of charge. Those willing to help should come at 3 p.m. to set up, or at 5 p.m. to help clean up.

A book group exploring “Final Words From the Cross” by Adam Hamilton meets at 6:30 p.m. Tuesdays during Lent.

The noon series “Fridays in Lent,” with music for listening or walking the Stations of the Cross, takes place between 12:10 and 1 p.m. March 2 with pianist Jennifer Goodenberger.

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

Calvary Episcopal Church

SEASIDE — From 12:15 to 12:45 p.m. March 2, Calvary Episcopal Church, 503 N. Holladay Drive, offers

Diane Amos presenting the second in a Lenten music series, “Moments for Meditation,” half hour offerings of music intended to give an opportunity to enjoy thoughtful music, and perhaps take time for personal meditation and reflection.

Calvary also offers the Holy Eucharist on Saturday at 5 p.m. and Sunday at 9:30 a.m.

First Presbyterian Church

First Presbyterian Church of Astoria, 1103 Grand Ave., meets at 10 a.m. Sunday. The Rev. Bill Van Nostran’s sermon topic is “Cleaning House.” Denise Reed provides musical accompaniment on organ and piano.

A series of new member classes are being taught, following Sunday worship, from 11:30 a.m. to 12:30 p.m. March 4, 11 and 18. Individuals wishing to learn more about joining First Presbyterian Church should contact the church office for details.

Guided Meditation is offered every Thursday at 6:30 p.m. in the Marcotte Room (behind the sanctuary), led by Sumedha Murdock.

For information, call 503-325-1702, email pastorbill@fpcastoria.org or go to fpcastoria.org

Astoria First United Methodist

Astoria First United Methodist Church, 1076 Franklin Ave. holds a Sunday worship service at 11 a.m. The children work on art projects at their table while staying at the service.

A new series by John Dominic Crossan, “The Challenge of Paul,” with a video and congregational discussion, begins at 11 a.m. Sunday.

For information call 503-325-5454.

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 Basurt to at 503-528-5430.

Angels for Sara Senior Dog Sanctuary — Needs volunteers to help care for elderly dogs who are unable to stay with their owners. Anyone interested in fundraising, yard maintenance, spending quality time with the dogs or fostering a senior dog, short or long term, contact Jacque Pressly at angelsforsara@gmail.com or call 503-325-2772.

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 Veteran Van Drivers — Volunteer drivers needed for the Disabled American Veterans van for one or more trips per month. The van leaves Astoria at 7 a.m. for the Portland Veterans Administration Hospital and returns in the early afternoon. To volunteer, contact Dick Lang, Astoria DAV van coordinator, at 503-298-8757 or dicklang@charter.net. Drivers receive free breakfast and lunch vouchers for the hospital canteen on every trip.

Astoria Warming Center — 1076 Franklin Ave. Winter overnight emergency shelter for homeless persons needs volunteers for three-hour shifts from evening through the night to help with welcoming guests, serving dinner, cleaning the kitchen, monitoring the sleeping area overnight, and closing the shelter in the morning. Volunteers also needed for weekly litter patrols in the neighborhood. To volunteer, email astoriawarmingcenter@gmail.com

Camp Kiwanilong — A large variety of volunteer opportunities are available. For information, call 503-861-2933 or go to campkiwanilong.org

Cannon Beach Academy — 3781 S. Hemlock St., Cannon Beach. Volunteers needed for breakfast or lunch preparation and cleanup, reading groups, math

groups, lunch/recess duty and housekeeping. Shifts are 1.25 hours or longer. For information, call 503-298-5245.

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@dogsncats.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.

Coast Community Radio — Volunteers needed for a variety of opportunities and time commitments including weekday front desk, music library digital conversion, graphic and sign making, booths at farmers markets and special events, landscaping, and mailing parties. For information, email janet@coastradio.org or call 503-325-0010.

Columbia Memorial Hospital — Needs volunteers to provide assistance to patients, visitors and hospital staff. Training provided. For information, go to 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 — Certified ombudsman volunteers advocate for the rights, care and dignity of the elderly and disabled living in licensed long-term care facilities. Many residents have no one to watch out or speak up for when things go wrong. Volunteer Ombudsmen talk to the residents, investigate complaints, and work to resolve problems. Flexible schedule, four hours a week, mileage reimbursement available. Training is provided. For information, call 800-522-2602 or go to oregon.gov/ltrco

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.

Seaside American Legion Veterans’ Assistance & Rehabilitation — Volunteers needed to help knit/crochet items for hospitalized vets and

cut coupons for military families. Donations of fabric/yarn especially welcome. Group meets from 10 a.m. to 2 p.m. second Tuesday of the month at 1315 Broadway, Seaside. For information, call 503-738-5111 and leave a message for Marilyn Faulkner.

Seaside Downtown Development Association — Volunteers needed to help with local events happening throughout the year. For information, call Sarah Dailey 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

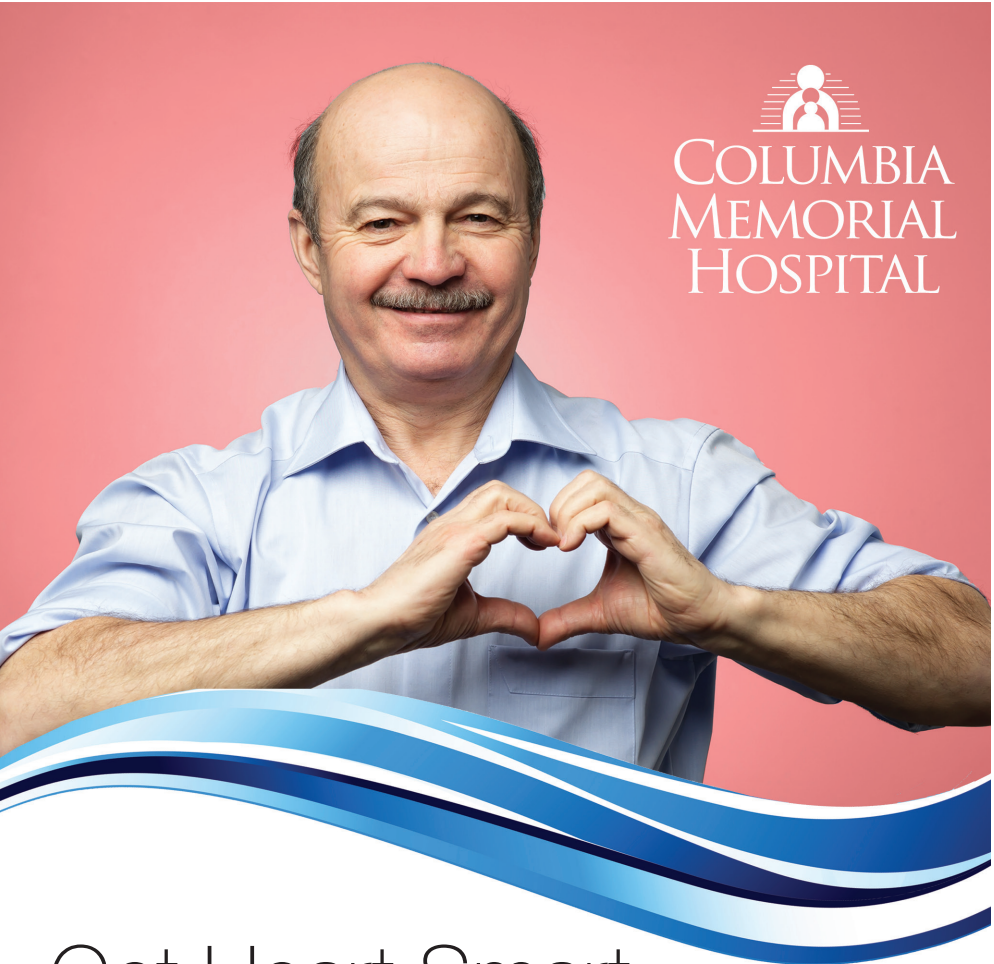
Start Making a Reader Today — Needs volunteers to read to students one-on-one for one hour a week at local elementary schools. To volunteer, call 503-391-8423 or go to getsmartoregon.org

Svensen Congregate Meal Site — Wickiup Grange Hall, 92683 Svensen Market Road. To volun-

teer, or for information, call Debbie Dunaway at 503-791-7298 or 503-861-4202.

Tri-City Spay and Neuter Thrift Store — 600 Broadway, Seaside. Needs volunteers interested in improving the welfare of animals. For information, call 503-738-7040.

Warrenton Senior Lunch Program — Warrenton Community Center, 170 S.W. Third St. Volunteers needed to help with Meals on Wheels and in the dining room Mondays or Thursdays. For information, contact Barb Balensifer at 503-861-1341.



Get Heart Smart

February is American Heart Month and CMH reminds you to focus on your heart. Here are three heart-friendly actions you can take today.

1. **Be active.** Escape the rainy, cold weather by moving your exercise routine indoors.
2. **Mind your food.** Skip high-sodium packaged foods and choose fresh, low-salt foods like fresh or frozen fruits and veggies.
3. **Invite a friend.** Your mood impacts your heart health, so reach out to friends, family and healthcare providers, if you are feeling blue.

CMH is here to help you make new, heart-healthy habits. Join a class or support group.

columbiamemorial.org/events/

2111 Exchange St., Astoria, Oregon • 503-325-4321
www.columbiamemorial.org • A Planetree-Designated Hospital