

# IT'S A PUFFIN PALOOZA

## Discover Haystack Rock Events: Puffin Puppets & Puffin Polaroids

CANNON BEACH — Have fun with the Haystack Rock Awareness Program, during two puffin-focused educational activities open to all.

At 10 a.m. Monday, July 2, make puffin puppets. Participants will learn about the tufted puffin, the iconic bird of Cannon Beach and the official HRAP mascot, while creating their very own puffin puppet to take home as a souvenir. This class is offered for free.

From 10 a.m. to noon Tuesday, July 3, participants will take a special tour of Haystack Rock focused on the puffin population and their role in the ecosystem. They will learn about how plastics affect the puffin population and take home a special puffin pin made from microplastics. Photos will be taken in front of Haystack Rock. Participants will join our newsletter and get special recognition as one of our beloved Puffin Pals!



Puffins

This class is \$35, and all proceeds support the HRAP Education Department, which offers free field trips educating more than 2,500 students every year. Learn more at the various events or register through our Facebook page or on our website.

The mission of HRAP, now in its 33rd season on the beach, is to protect, through education, the intertidal and bird ecology of the Marine Garden and

BARB AND LARRY HAUSER PHOTO

National Wildlife Refuge at Haystack Rock. Having educated more than one million visitors, HRAP aims to provide sustainability-focused educational opportunities to all Cannon Beach visitors.

For more information, visit [ci.cannon-beach.or.us/HRAP](http://ci.cannon-beach.or.us/HRAP) or contact Lisa Habecker, HRAP education and volunteer coordinator, at 503-436-8064 or [Habecker@ci.cannon-beach.or.us](mailto:Habecker@ci.cannon-beach.or.us).

# Refresh your mind, body, beach

CANNON BEACH — This summer, join the Haystack Rock Awareness Program in partnership with Cannon Beach Art Gallery and yoga teacher Christen Allsop for an event that combines microplastic filtration with yoga and meditation.

Learn how to clean the beach with screens designed by Marc Ward of Sea Turtles Forever and visualize cleaning your mind as the pristine sand falls to the ground. Leave with a refreshed mind, body and beach.

This event will take place 9 to 11 a.m. Saturday, June 30, and will be led by HRAP Outreach Coordinator Pooka Rice. It will be fun for all ages and abilities.

Along with a yoga and meditation session, participants will learn about microplastics and their negative effects on our planet, learn what they can do to help resolve this issue and take part in cleaning these harmful particles from Cannon Beach.

This class is \$35 per person. Tickets may be purchased online through HRAP's Facebook page and on Eventbrite.

The Haystack Rock Awareness Program, now in



POOKA RICE PHOTO

Microplastic filtration in action

its 33rd season, aims to protect, through education, the intertidal and bird ecology of the Marine Garden and National Wildlife Refuge at Haystack Rock.

For more information, visit [ci.cannon-beach.or.us/HRAP](http://ci.cannon-beach.or.us/HRAP) or contact Rice at 503-436-8079 or [lrice@ci.cannon-beach.or.us](mailto:lrice@ci.cannon-beach.or.us).

## Hike a spit, see tide pools

NETARTS SPIT — The Friends of Netarts Bay Watershed Estuary Beach and Sea is hosting two free events to get people outside and exploring nature.

From 9 to 11 a.m. Saturday, June 30: Hike Netarts Spit with Oregon State Park rangers, the Huehca Omey-ocean group and others for a two-mile guided walk at Cape Lookout State Park. Registration required on Eventbrite.com.

From 9 to 11 a.m. Sunday, July 1: Oceanside Tidepool

Discovery Days with staff and volunteers will help visitors understand what is living along the coastal edge. Look for State Parks rangers or volunteers in WEBS T-shirts live. Registration recommended.

Find links to reservations site at [explorenaturetillamook-coast.com](http://explorenaturetillamook-coast.com); [netartsbaytoday.org](http://netartsbaytoday.org); or by searching for the Friends of Netarts Bay on Eventbrite.com.

For questions contact [Smith\\_Chissy22@yahoo.com](mailto:Smith_Chissy22@yahoo.com) or call 541-231-8041.

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