

# COASST offers training session

*The Astorian*

The Coastal Observation and Seabird Survey Team is offering a free training session from 10 a.m. to 4 p.m. Aug. 17 at Towler Hall, Clatsop Community College, 1651 Lexington Ave., for citizens interested in surveying for marine debris.

The COASST Marine Debris Program identifies debris, characterizes it and measures its abundance in particular zones of the beach. Through an interactive, hands-on workshop, trainees are provided with the tools to monitor for potential changes in the marine environment. Volunteers need no prior experience with scientific data collection, just a commitment to survey a specific beach at least once a month.

There is a short break in the middle of the session for lunch; participants should bring a sack lunch or money to purchase lunch. Reserve a spot for the training by calling COASST at 206-221-6893 or by emailing coasst@uw.edu. For information, go to coasst.org

## GRADUATES

*The following students have graduated from college:*

### Gonzaga University Spokane, Washington

**Astoria:** Abril Loughran, bachelor's degree, nursing; Liam Loughran, bachelor's degree, accounting.

### Pacific University Forest Grove

**Astoria:** Shelby Heck, bachelor's degree, public health; Patrick Ingmire, bachelor's degree, French, cum laude, and Confederation in Oregon for Language Teaching award; Kaneah Owen, bachelor's degree, exercise science, magna cum laude, also named an Outstanding Senior in Exercise Science by the university; Joshua Shoop-Long, bachelor's degree, philosophy, ethics, society and law and environmental science

**Cannon Beach:** Eleanore Whitlock, bachelor's degree, music.

## HONOR ROLL

*The following students have qualified for the honor roll by earning a 3.5 grade point average or higher at school.*

### Pacific University Forest Grove

**Astoria:** Patrick Ingmire, Brittany Nyberg, Kaneah Owen, Hailey Ranta.

**Gearhart:** Emily Spalding.

## RELIGION BRIEFS

### Grace Episcopal

Sunday is Hunger Awareness Sunday at Grace Episcopal Church, 1545 Franklin Ave., with an ingathering for the church's Hunger Ministries. Both monetary and nonperishable food items are requested. Cans of corn and chili, loaves of bread, can openers and meal helpers are especially needed.

The monthly Community Dinner is being served at 4 p.m. Sunday in the Parish Hall. Those willing to help should come at 3 p.m. to set up and at 5 p.m. to clean up.

Donations are being accepted for the annual rummage sale, and may be dropped off at the church from 9 a.m. to noon Monday through Thursday.

For information, go to graceastoria.org

## 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.

**Al-Anon (Clatskanie)** — 7 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; 9 a.m. Thursday, 6505 Headquarter St., Tillamook; noon Friday, 5012 Third St., call 503-730-5863 for

information.

**Al-Anon Family Groups information** — Oregon Area Al-Anon website, oregonal-anon.org

**Alateen (Tillamook)** — 4 p.m. Monday, 5012 Third St. For information, call 503-730-5863.

**Alcoholics Anonymous** — To find a meeting in Clatsop County, call 971-601-9220, in Tillamook County, call 503-739-4856, or go to aa-oregon.org

**Men's Sexual Purity Recovery Group** — Tuesday nights. Part of the Pure Life Alliance (purelifalliance.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 (NWOA) holds meetings in Clatsop County. For full schedule details, as well as upcoming

## VOLUNTEER NOTES

**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.

**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. A CDL license is not required. The van leaves Astoria at 7 a.m. weekdays for the Portland Veterans Administration Hospital and returns in the afternoon. To volunteer, contact Helen Gouvert, Astoria DAV van coordinator, at 480-272-4894 or seagullz1812@gmail.com. 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

**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 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.

**Cannon Beach Library** — 131 N. Hemlock, Cannon Beach. Volunteers needed for a variety of tasks and time commitments, including alphabetizing bookshelves, covering books, doing minor building maintenance, helping with a speakers' series, and participating in annual book sales and other events. For information email info@cannonbeachlibrary.org or call 503-436-1391.

**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@dogscats.org or call 503-861-0737.

**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 clatsopcruisehosts.org

**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.

**Haystack Rock Awareness Program** — Needs volunteers for general office assistance and to assist lead interpreters on the beach with signage, ropes and set up during low tides and

special events, call the Helpline at 503-717-3702, or go to na.org

**Overeaters Anonymous** — 1 p.m. Sunday, Suzanne Elise Assisted Living Community library, 101 Forest Drive, Seaside. Call 503-738-0307 for information.

**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 Glennys Sherman at 503-338-8214.

talking to visitors about the rock and the local flora and fauna. Must pass a basic background test. Children are always welcome; must be supervised by a parent. For information, contact Lisa Habecker at 503-436-8064 or habecker@ci.cannon-beach.or.us

**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/lto

**Lunch Buddy Mentoring Program** — Adults needed to mentor elementary and middle school students once a week during lunch. For information, call (219) 331-6427 or go to bit.ly/2u3KpWe

**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.

**NorthWest Senior & Disability Services** — Svensen Meal Site needs volunteer Meals on Wheels driver. Must be age 18 or older, have a valid driver's license and auto insurance. For details, contact Suzanne Bjaranson at 503-861-4202.

**Oregon Money Management Program** — Volunteers needed to assist low-income seniors and people with disabilities with budgeting, organizing financial paperwork, sorting mail and filling out applications, and can choose the day of the week and time of day to volunteer. For information, contact Julie Sobel at 503-304-3407 or julie.sobel@nwsds.org

**Providence Seaside Hospital** — Needs volunteer drivers for Community Connections, a free program that transports people to services and appointments related to health and well-being in the Portland-Metro area. Mileage reimbursement available. For information, call 503-717-7171 or email Alana.Kujala@providence.org

**Providence Seaside Hospital** — Needs volunteers who enjoy meeting, interacting with and helping people. Opportunities are available in the hospital gift shop, café, and as greeters and for spiritual integration. For information, call 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/Svensen 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 503-741-7369 for information and to volunteer.

**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.

## SENIOR NOTES

**Alzheimer's Association Oregon Chapter** — Information, referral and counseling services for families and caregivers of people with Alzheimer's, dementia and other related disorders. For information, call 800-272-3900 (24 hours a day).

**Astoria Alzheimer's & Other Dementia Family Support Group** — 2 to 3:30 p.m. third Monday, Clatsop Care Center, 646 16th St., first floor conference room. Open to all family members of people with dementias. For information, call Rosetta Hurley at 503-325-0313, ext. 216, or email support@clatsopcare.org

**Clatsop Behavioral Health After Hours Crisis Line** — 503-325-5724.

**Clatsop Community Action** — 503-325-1400. Respite care services, low-income energy assistance, emergency food assistance, housing information, emergency personal care items.

**Columbia Senior Diners** — 11:30 a.m. weekdays, 1111 Exchange St., Astoria Senior Center. Cost is \$6. For information, or to have a meal delivered, call 503-325-9693.

**Exploring New Concepts of Retirement Education (ENCORE)** — 503-338-2408. Pro-

vides a wide assortment of educational experiences for individuals older than 50.

**Elder Friendship Line** — 800-971-0016. Available from 8 a.m. to 11 p.m.; crisis calls taken 24/7.

**Food Pantries** — 503-325-1400. Clatsop Community Action serves six food pantries in Clatsop County through the Oregon Food Bank Network. Call for area locations and hours.

**Grief Support Group, Seaside** — 2 to 4 p.m. first Thursday, Bob Chisholm Community Center, Meeting Room 1, 1225 Avenue A, Seaside. For information, call Lower Columbia Hospice at 503-338-6230.

**Lifespan Respite** — 503-325-1400. Provides information, referral, training and paid respite for family caregivers.

**National Suicide Prevention Lifeline** — 800-273-TALK (8255). A 24-hour, toll-free suicide prevention service for anyone in a suicidal crisis. TTY users should dial 800-799-4TTY (4889).

**National Alliance on Mental Illness** — 800-950-NAMI (6264) or locally, 503-717-1835. Separate support groups for people with mental illness and families of those with mental ill-

ness are available.

**Northwest Oregon Housing Authority** — 503-861-0119. Rent assistance based on income.

**NorthWest Senior and Disability Services** — 503-861-4202 or 800-442-8614. Medicaid services, food stamps, information and assistance, family caregiver support services, Medicare choice assistance, home delivered meals, senior meal sites and senior peer counseling.

**Oregon Aging and Disability Resource Connection** — 855-ORE-ADRC (673-2372), adrcforegon.org. Information and services for older adults, people with disabilities, their caregivers and families.

**Oregon Care Partners** — 800-930-6851, oregoncarepartners.com. Funded by the state of Oregon, provides no-cost in person and online training to family care givers and professionals.

**Oregon Home Care Commission Registry and Referral System** — 877-867-0077, or-hcc.org. Provides lists of home care workers available to hire.

**Oregon Law Center** — 877-296-4076. Provides free services in civil cases to low income

people. Partners with Clatsop Community Action (CCA), Community Action Resource Enterprises Inc. (CARE), and the Bob Chisholm Community Center to provide in-person clinics in Astoria, Tillamook and Seaside each month.

**Partners for Seniors** — 503-717-7174. Serves South Clatsop County seniors with volunteer visits, transportation, light house-keeping, yard work, minor home repairs, daily phone calls.

**Senior Center, Astoria** — Astoria Senior Center, 1111 Exchange St., 503-325-3231.

**Senior Center, Seaside** — Bob Chisholm Community and Senior Center, 1225 Avenue A, Seaside, 503-738-7393.

**Senior Center, Warrenton** — Warrenton Community and Senior Center, 170 S.W. Third St, Warrenton, 503-861-3502 Mondays and Thursdays.

**Senior Peer Mentor Program** — Free assistance to seniors, age 60 and older, who are struggling with mild to moderate depression and/or anxiety in Clatsop and Tillamook counties, offered by NorthWest Senior & Disability Services. For information, call 503-861-4210.

**Veteran Benefits** — 800-827-1000.