

Happy Holidays

From Hiplish

# HIPFISH MONTHLY

the alternative press serving the lower columbia river region

DECEMBER 2014

vol. 15 issue 191

**SAMMY'S PLACE**

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community for people with special needs,  
and those who share their journey

pg13 By Scott Gilbert

**Kathryn Claire**  
fiddles the coast

**At KALA:** we got psych folk,  
experimental, winter songs and belly dance

Former Astoria creative **Steve Cleveland**  
brings poetry to Cloud & Leaf

**Biddly-Dee**

*Two Ladies makin'  
kick-butt Essential  
Remedies*

pg 10



R. Dryer 1/10



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## DECEMBER AT KALA

**RECORDED EARLIER** this year at Portland's 8 Ball Studio by Rob Stroup (Tony Furtado, Debra Arlyn), and produced by Kathryn Claire, BORN represents a decided step into the limelight for native New Yorker and long time back up singer Ara Lee. With over 20 years as a vocalist under her belt, Lee has built a reputation around her ability to sing all kinds of music, but it took the prodding of long time friend and colleague Kathryn Claire to encourage her to record her own music. "Ara has one of the best voices I've ever heard," Claire says. "Her range and diversity is awe inspiring. She's at home singing almost anything - classical, Celtic, folk, blues, R&B... it's remarkable. But when I heard her original songs I knew that she was more than just a phenomenal singer, she had something important to say." The result is a collection of chill-inducing songs that firmly establish Lee as a songwriter, and showcase what Lee does best: combining stripped down acoustic instrumentation, lush gospel rooted harmonies, and powerful soul infused vocals.

The inspiration for the songs on the aptly named album came out of year that Lee says was "surrounded by birth and death." After a friend's sudden passing and Ara's subsequent pregnancy, she was inspired to capture the words and melodies that were

swimming around in her head. "It felt like the veil between worlds was thin... my friend went through one way, my daughter came through another, and these songs came through the same place. It felt important to get them out." Aho, the initial track written to honor her friend's death, is an arrangement of vocals and drums layered by producer Rob Stroup. Stroup said he'd never heard anything quite like it: "With Aho, Ara taps into something more than a song. It is a spiritual. And not a old hymnal

## BORN

### Soul Songstress Ara Lee

#### EP Release Concert

Thursday, December 11

With Kathryn Claire, Christopher Hayes and Chris Riedl



spiritual - something much more ancient and significant."

**Thursday, December 11, Doors open 7pm, Show at 7:30pm. \$8 Admission. Cocktails! Ara will be joined by Kathryn Claire, Christopher Hayes and Chris Riedl.**



## Claire Fiddles the Coast

**PART OF** a new generation of traditionally-inspired musicians, songstress/fiddle player Kathryn Claire performs a fourth annual Winter Show at the Coaster Theater, and this year at the north end at the Peninsula Arts Center. She teams up with duo MOODY LITTLE SISTER, Rob Stroup and singer/songwriter Naomi Hooley.

**At the Coaster Sunday December 14, 3pm. Tickets \$15, \$20. Peninsula Arts, 504 Pacific Avenue, N. in Long Beach WA. Friday, December 12, 7pm, \$12 at the door.**

## B'ee Symbolist Folk Music

at KALA • Sunday, December 14

**KALA JOYFULLY** welcomes the return of artist B'ee in concert on Sunday, December 14. For the last 20 years B'ee has been crafting homemade instruments and original home-made music which he calls 'Symbolist Folk Music' under the names "In Gowan Ring" (and "Birch Book"). It has been an itinerant journey leading him around the world, meeting other musicians and traditions, and most recently leading him to Leipzig, Germany.

The music of In Gowan Ring is within a magico-poetic-folk tradition utilizing acoustic instruments, voice, and poetry to convey transcendent experience, engaging the listener in mythic realities. In the larger world this is sometimes called "Psychedelic-folk".

Currently In Gowan Ring use arrangements for pear guitar, harp, psalter, flute, percussion, string drones, hurdy gurdy as well as multiple vocal harmonies in coun-

terpoint. Mostly instruments are handcrafted by B'ee himself.

B'ee has spent much of his life in Oregon (USA) and works with musicians in Germany and Sweden.

In Gowan Ring have shared music in over 30 countries worldwide, playing their own concert tours as well as Festivals [(Northwest Folklife (Seattle, US); Fano Free Folk Festival (Denmark); WGT 'Pagan Stage' (Germany); Uncivilisation festival (England); Musicas Disperses, (Spain)] and in support for groups such as Faun, Woven Hand and Robin Williamson (Incredible String Band).

In Gowan Ring have been featured in the 'Textbook of Psychedelic Folk', Seasons They Change: The Story of Acid and Psychedelic Folk by Jeanette Leech as well as the soundtrack for the recent documentary



film about nature spirits by Hamburg based directors Till Gerhard and Britta Schmidtke: The Fairy Trail (Nominated for the Cosmic Cini Award 2013)

**B'ee in Concert, Sunday, December 14, 7:30pm. \$7 admission. Doors open at 7pm. KALA is located at 1017 Marine Drive in Astoria. 503.338.4878**



Inside the Month:

**COVER STORY** pg 12 - 13  
Sammy's Place is a vision shared by three women. Scott Gilbert reports for HIPFISH on a special community for developmentally disabled adults - a community that will someday thrive on the North Oregon Coast.

**POETS SAGE AND PYLE** get together to read from thier new books, and former Astoria sweetheart artist Steve Cleveland is in Manzanita to "lay the gold on the table" - pg 8

**HEAVY EXPERIMENTAL** are you ready? - pg 7

**Biddily-dee-dee-dee TWO LADIES**, are making rad remedies - even stuff to cure your hangovers . . . Erin Hofseth reports - pg 10

**THANK YOU READERS!** Another year of HIPFISH in the can. Canned Fish we like to say here at the rag. God bless our readers and even people who don't have the good sense to read HIPFISH. It's been an another amazing year in the Lower Columbia Pacific Region, the good, the bad and the ugly - but we just keep getting better.

To The New Year!!  
Editor/Publisher *DINAH URELL*

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WHAT I DO WHEN I'M NOT WITH YOU!

The drawings, doodles and mysterious brain anomalies of Dulcye Taylor will be on exhibit at Old Town Frame Co. this December. Taylor is the owner and coincidentally the artist behind the on-goings of Old Town Frame. "When not doing Old Town business or ADHD business, I relax with drawing and coloring. It keeps me sane-ish."

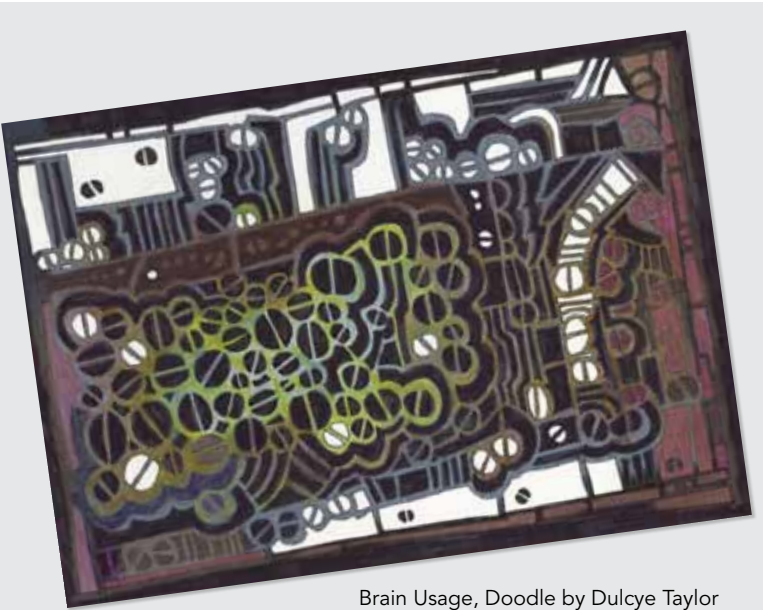
Some of the work is black and white maze-like images while others are mysterious representations of recognizable things. The mediums are colored pencil, pens, and "sweat and tears," says Taylor.

**View Taylors doodles fresh, at the upcoming 2nd Saturday Art Walk in Astoria at of course, Old Town Frame.**

2nd Saturday Art Walk Coloring Contest, for all ages!

ADHDA invites you to be a part of our gallery, in the first annual coloring contest - for all ages! Coloring sheets will be available at the Nov. 29 "Skate Into Christmas" party, or you can download a copy from <http://astoriadowntown.com/>. Completed coloring sheets should be turned in to Old Town Framing at 1287 Commercial Street in downtown Astoria by 5:30p.m. on Monday, Dec. 8.

All submission will be displayed during the Art Walk on Saturday, Dec. 13. Winners will be selected from the following age groups: K to 2nd grade, 3rd to 5th grade, 6th to 8th grade, 9th to 12th grade, and adults. Businesses! If you would like to be a part of Art Walk, and donate a \$5.00 gift certificate for the winners, please contact Alana at [alana@astoriadowntown.com](mailto:alana@astoriadowntown.com).



Brain Usage, Doodle by Dulcye Taylor

Nature Matters  
Third Thursdays at Fort George  
Christmas for Coho

**NATURE MATTERS**, a project of the North Coast Watershed Association and L & C Natural Historic Park welcome Michael Ellis from Trout Unlimited, on Thursday, Dec 18, 7pm, in the Fort George Lovell Room, at 13th and Duane. The program invites speakers to talk to our community about the intersection of nature and culture in the past, present and future.

Christmas for Coho is a project of the Tualatin Valley Chapter of Trout Unlimited, based in Portland and its western suburbs. Trout Unlimited is a national organization with a mission to "protect, preserve and restore America's cold water

fisheries." TU is made up largely of fly fishermen and women who work to enhance fish habitat in their local chapter areas.

In 2012, the Tualatin Valley chapter of Trout Unlimited began this innovative program that provides a public service while at the same time benefits Oregon coastal coho salmon. It has grown each year, with about 1,000 trees collected last holiday season. The effort has received national and local media coverage.

TU volunteers collect the Christmas trees, haul them to the coast and deposit them into backwaters, beaver ponds and wetlands.

The trees quickly provide shade and shelter for juvenile coho and invertebrates the fish feed on. Results have been amazing, with thousands of young coho observed feeding and hiding among the trees. This enhanced habitat helps young coho thrive during the critical rearing period before they swim out to the ocean.

Michael Ellis is a native Oregonian who grew up and lives in the Portland area and has had a lifelong interest in preserving and protecting our natural areas. Michael Currently volunteers as the Conservation Director for the Tualatin Valley Chapter of Trout



Unlimited. Michael is a conservationist, whose interests include woodworking, fly fishing and fly tying and photography.

Energy Star and Weatherization  
Training at CCC

**WINTER TERM** registration at Clatsop Community College is now open, and CCC is offering an online course that focuses on the Environmental Protection Agency Home Performance with ENERGY STAR Initiative and the Department of Energy's Weatherization Assistance Program administered by the Energy Trust of Oregon.

In Building Energy Analysis (SET 158) students will learn the basic principles of building science and how to assess building energy efficiency and health and safety conditions with an emphasis on a systems-analysis approach to home inspection. Taught by Christopher Paddon, this online introductory course also addresses evaluation of the building's envelope, (foundation, walls, roof, doors and windows), air leakage and pollutants, moisture, insulation, heating, ventilating, cooling and air-conditioning equipment, lighting and appliances. Various diagnostic tools and equipment used by a technician to analyze the effectiveness of building systems to maximize energy performance, comfort, efficiency, safety and durability are introduced.

This course is open to all those interested in increasing the energy efficiency of their home or building. Home and building owners, renovation contractors, and those interested in pursuing a career in building energy analysis are encouraged to attend.

Building Energy Analysis (SET 158) is offered online January 5 through March 19, 2015. To register, contact Kirsten Horning, 503-338-2341 or [khorning@clatsopcc.edu](mailto:khorning@clatsopcc.edu).

Lives in Transition Program Expands to  
Serve Latina Community

**CLATSOP COMMUNITY** College's Lives in Transition (LIT) Program is proud to announce an expansion specifically for the Latina Community. The new program, Transiciones Costa, will be taught in Spanish. The culturally-appropriate program will align with the goals found in Lives in Transition, and will provide an educational forum for Latina adult learners. Topics covered will include: learning about Clatsop Community College resources, exploring career and work possibilities, developing basic computer skills, enhancing self-esteem, improving communication skills, exploring life goals, and establishing educational goals.

Transiciones Costa includes two classes. One class will be taught each term and classes will alternate from term to term. Both three-credit classes are free to participants. The Winter Term class will meet on Wednesday mornings, 9:00am-11:50am, beginning January 7, 2015.

Para obtener más información en Español: 503-338-2379. For more information in English: 503-338-2377.

Lives in Transition programs are designed to support adult learners complete or continue their education. Program participants typically see themselves as displaced homemakers, single parents, or dislocated workers. Lives in Transition encourages students to develop greater self-awareness about their educational goals, enhance self-esteem, overcome personal barriers, and establish clear career directions.





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# Voting in Oligarchic America

**MEDIA PUNDITS**, following any given election, are apt to say "the American people" have said this or that, depending on which party has fared better. In fact, our elections are now wholly owned by unrestricted big money representing transnational corporations, financial oligarchs and their private monetary interests. And Americans at large do not have adequate chance to speak. Since the 2010 Supreme Court *Citizens United* decision, which gave giant aggregates of capital free rein to pour money into political campaigns, we have seen our politics fall increasingly under the dominion of the one per cent who now own and operate the USA. If *Citizens United* did not quite eliminate all avenues of extreme wealth deluging our politics, the later *McCutcheon* (2014) decision removed remaining strictures on individual contributions. Also, no longer do corporate, financial and other vested interests exerting influence over elections have to identify themselves. Hence the lion's share of campaign advertising is now funded by "dark money," and the individual voter has little means of finding out exactly who is sponsoring the sledge hammer advertising deluging TV and the Internet.

The idea that money in campaigns is equivalent to free speech, enunciated by the five justice majority in *Citizens United*, actually had precedent in the 1976 *Buckley V. Valeo* case. Therein wealthy New York Senator James Buckley had exceeded limits Congress had placed on individual campaign spending in reforms following presidential campaign corruption in the 1972 Nixon Watergate Affair. Buckley won his case, money in campaigns was declared free speech and given much freer rein, and the era of legalized bribery began, as lobbies of every kind set up on K Street in Washington, gaining special access to Congress members. Indeed many former

senators and representatives took lucrative jobs as lobbyists after they retired or were beaten by an opponent. Yet, Congress still retained the right, albeit a restricted one, to regulate campaign financing. This was the right that was expunged by 5-4 Court majorities in the two cases cited above. To make matters worse for the average voter, the same five Republican justices — Roberts, Scalia, Thomas, Alito and Kennedy

"LEAVE THE  
THINKING  
TO US."  
—THE OLIGARCHY

— chose to go along with a number of state laws enacted by newly elected conservative legislatures and governors to suppress the vote. Most of these new acts require voter ID cards that are difficult to obtain for the working poor, who now constitute the majority of voters in a great many districts. They restrict days, hours and voting venues, thus making it difficult for people to get from work to the polls, and often force them to stand in long lines, so that the voting process becomes overly cumbersome. The US Supreme Court validated voter suppression in *Shelby County, AL V. Holder* (2013), in which it threw out the section of the 1965 Voting Rights Act which required states that had formerly discriminated against minorities, notably African Americans, to have changes in their voting laws approved by the US Justice Department. In that case, Justice Scalia spoke disparagingly of the law as a species of "racial entitlement."

Alabama was in fact the state where, in 1965, black citizens were most forcibly prevented from voting. The voting rights campaign of the Civil Rights Movement had been highlighted by police violence in the Deep South against African Americans seeking to register or help others register to vote. Bloody Sunday, in March, 1965, saw Alabama state troopers on horseback viciously club demonstrators at the Edmund Pettis Bridge, near Selma. Weeks later, joined by civil rights supporters from all over the country and protected by federal observers, black activists, marched from Selma to Montgomery, where they heard Martin Luther King, Jr. say in one of his most stirring speeches: "How long? Not long, because no lie can live forever... How long? Not long, because the arc of the universe is long, but it bends toward justice."

But justice would be interrupted in the second decade of the next century, when Southern states, beginning with Alabama and North Carolina, were given license by a Court majority of five, which included African American, Clarence Thomas, to enact laws that would suppress voting. Now states of the former Confederacy and some outside the South have seen fit to enact laws designed to suppress the vote among poor black, brown and white citizens by requiring them to go through cumbersome procedures far more costly for them than for more privileged groups. The new Jim Crow election laws are class as well as race based. Recently political scientists, such as Ruy Teixeira, have published studies predicting that non-whites would soon constitute the majority of American voters. Conservative white elites have reacted by giving control of elections to the Money Power, while suppressing the potentially egalitarian votes of the under castes.

by Stephen Berk




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every month in hipfish  
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## ASOC HOLIDAY FUN!!!!!!

SCROOGED Kicks off and Holiday Music Magic is Back!



**ASOC'S MELODRAMATIC** spoof on Dicken's timeless classic is beginning to catch up with its "Mama" production, Shanghaied in Astoria. Now in its 8th year, SCROOGED IN ASTORIA, offers 3 weekends of musical holiday mash-up. Opening Dec

5 and running through Dec 21, Fridays, Saturdays, and 2 matinees (12/12, 12/21), Scrooged is fun for the whole family, will tickle your fish bone and warm your fish head stew.

SCROOGE IN ASTORIA is written and directed by Judith Niland with original songs by Philip Morrill and music direction by ChrisLynn Taylor. This ASOC melodramatic adaptation of the beloved timeless classic 'A Christmas Carole', weaves sentimental holiday tunes with

Scandinavian traditions to create the perfect way to entertain out of town guests, your employee company party or just you and yours.

In the original story we find the penny-pinching, miserly, Max Krooke Jr., the not so beloved character from Shanghaied being guided by of the Ghosts of Christmas; Past "The Big Krooke," Presents "Miss Yul Macie" and the Future "Saint Lucia" to learn the errors of his ways! Hero Eric Olsen, is all grown up with a family of his and Virginia's own, along with a cast of characters to warm your hearts as they show Krooke the way to happiness. But can Krooke really change? Come see for yourself!

SCROOGE IN ASTORIA Features 30 performers including: Dena Tuveng, Jon Osborn, Steven Nice, Will Violette, Maya Sanders, Emily Bergerson, Alisabeth Clark, Lexi Reibold,

Laurel Pritchard, Colton McMaster, Ellen Kachel-Bewley, Brad Smithart, Pamela Dahl, Lexi Blacksten, Jackie Higginbotham, Kylie Jones, Josiah Haynes, David Bennett, Matteus Avanozian, Bill Carr, Mae Loya, Nate Bucholz, ChrisLynn Taylor, Brodie Smithart, Christena Jones, and introducing the Littlest Angel: Kiefer Higgenbotham.

And our Miss Vivian saloon and Miss Virginia soda fountain will be open too! Seating is limited and reservations are recommended.

Tickets are \$15 to \$8. Doors open ½ hour before the show. Fri/Sat 7:30pm, and Sun Mat, 2pm. And don't forget \$5 Fridays! That's right! All seats are only \$Bucks! So don't be a Scrooge! Go online @ [www.astorstreetoprycompany.com](http://www.astorstreetoprycompany.com) or call 503-325-6104 to make your reservations.

## HOLIDAY MUSIC MAGIC • 2 SHOWS ONLY

**TWO FUNNY** guys are in search of a new member of "The Pack!" The Astoria Rat Pack, as a matter of fact. Lamar Blackner and Deac "Pipes" Guidi reprise a historic ASOC production, first staged at the Finnish Meat Market.

Story has it, the show went dark and off they went to Elko, Nevada where they were declared the "new" Dean Martin and Frank Sinatra of the day at "Lucky's Casino, Bar and Grill, but they decided to return to the town where it all began not only to give us the best reunion show the Northwest has ever witnessed, but also since their gig ran dry...

In search of a third Rat Packer, this rendition finds Deac and Lamar amidst a bevy of talent and comedy. With special guests and drop in visitors ChrisLynn Taylor, Markus Brown, Dena Tuveng, Ashley Mundel, Jordan Griffin and Allison Wils-King on piano, catch a night of music magic and entertainment.

Don't Miss! Two Nights Only, Thursdays, Dec. 11th & 18th, 7pm, but one is already sold out so call now for tickets (\$10 & \$15) 503-32-6194 or go on line @ [www.astorstreetopry.com](http://www.astorstreetopry.com)



## Weigh in on The River at Years End. Tell Oregon Decision Makers to Reject Oregon LNG

**BETWEEN NOW** and January 17th, the Oregon Department of Environmental Quality (DEQ) and U.S. Army Corps of Engineers (Corps) are holding a public comment period to decide whether to issue key permits for Oregon LNG's terminal and pipeline. **Ultimately, if these agencies reject Oregon LNG, the project cannot move forward.**

The project slated for the Skiponon/Warrenton location includes building hundreds of miles of new, high-pressure gas pipeline that would cross salmon-bearing streams, the Columbia River, farms, forestland, and close to homes. Because Asia pays up to four times more for natural gas than the western U.S. price, West Coast LNG export could dramatically increase gas production in the United States and Canada. A single LNG "Super Max" tanker could carry away 8% of the entire U.S. daily natural gas consumption.

The Oregon Department of Environmental Quality (DEQ) and U.S. Army Corps of Engineers (Corps) announced a critical public comment period to decide whether to issue key permits for Oregon LNG's terminal and pipeline. Oregon LNG cannot build its terminal and gas pipeline without permits from DEQ and the Corps.

To make a public comment, (even if you have already commented) and download Columbia RiverKeeper fact sheets to assist you, go to the website: [columbiariverkeeper.org](http://columbiariverkeeper.org)

## Nudes Downtown via Au Natural CALL TO ARTISTS

**CALL TO** artists to submit artwork for the February 2015 Nudes Downtown event that will partially overlap the 2015 Au Naturel exhibit in the Clatsop Community College Art Center Gallery.

Downtown gallery staff will review submitted images and select work for their particular venue. No fee to submit work.

All figurative artists are encouraged to submit for consideration any and all creative efforts to be exhibited

in this multi-venue event that has become an annual downtown Astoria tradition celebrating the nude human form!

Contact Diane Lane at [nudesdowntown15@gmail.com](mailto:nudesdowntown15@gmail.com) for submission procedures.

## Clatsop County Cultural Coalition 2014 Grant Awards Ceremony

**THE 2014** grants application cycle for the Clatsop County Cultural Coalition is complete. Each year, approximately \$8,000 is made available by the Oregon Cultural Trust to Clatsop County Cultural Coalition to fund projects in art, music, humanities, and heritage in Clatsop County. An awards ceremony for the 2015 grant recipients will be held Wednesday, December 10 at 6:30 p.m. at the Butterfield Cottage, Seaside Mu-

seum and Historical Society, 570 Necanicum Drive, Seaside. 2015 grant recipients will give brief presentations on their projects and will receive their award checks. Multi-instrumentalist Jeff Blanche will also perform and refreshments will be served. The public is invited. FMI: contact Janet Bowler, [jlbowler@charter.net](mailto:jlbowler@charter.net), or go online to <http://www.clatsopculturalcoalition.org/>.

# Explore, Discover and Share the ART of ASTORIA

## Top 5

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2) Explore the unexpected-see with new eyes

3) Discover something rare and beautiful

4) Share an awe-struck photo

5) Have a GROOVY time

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[www.astoriavisualarts.org](http://www.astoriavisualarts.org)  
PO Box 1004, Astoria, OR 97103



## Experimental Music/Performance/Video Multi-Artist West Coast Tour at KALA



**PRESENT**, performs at KALA on Sunday December 28. The performance ensemble abandon guitars and lyrical form in favor of the melodic dissonances of saxophone, synthesizer, and female vocals seated atop a hectic percussive intensity.

**DANILO CASTI** (aka Xover) joins Los Angeles artists **PRESENT** and **DivineBrick** for a west coast tour of heavy experimental music/performance/video events this winter, visiting Astoria to play at KALA on Sunday, December 28.

The project Xover is an electronic sound and visual performance executed by Danilo Casti, an electroacoustic musician and composer born in Cagliari (Sardinia island, Italy). He's been present in the Italian electronic music scene since 2000, starting his music career with hardcore punk, moving to noise-drone, glitch, acousmatic and electroacoustic music. His music research ranges from experimental theatre, to contemporary dance, video and multimedia installation. Over the years he has developed an interest in real time composition methodologies, researching various performing possibilities applied not only to sound performance but also to dance and video. He has collaborated with varied artists and performed at various festivals of electronic music, theatre and dance.

Born of 2012, **PRESENT** is a Los Angeles based quartet performing heavy experimental music. Their atonal compositions abandon guitars and lyrical form in favor of the melodic dissonances of saxophone, synthesizer, and female vocals seated atop a hectic percussive intensity. Non-traditional linear song gives way to free form passages, often in collaboration with other artists. The tone of their music invokes influences of 20th Century Classical, Black Metal, Japanese underground, Anarcho Punk, Jazz and outsider art. Live shows are often accompanied by performance art, projections, improvised noise.

**DivineBrick** (josie j) makes research based existential iconoclastic artwork. A lifetime of reconfiguring views, beliefs, self-structure and modeling a research-oriented existence that explores belief and where it stems from, this is where it has led. This exploration has taken many forms: he has taught children and adults, works with canines, studied Butoh with Kiochi and Hiroko Tamano, explorations in wood working, writing, sculpture, sound production, video, performance. josie j resides in his birthplace, South Los Angeles, where work is done in the studio, writing, retrofitting his Roubo inspired workbench, drawing and making. He also performs in the LA music and underground performance art scene, continuing his practice of Corporeal Reformation (an exploration in movement and ritual making).

Also appearing at the Astoria concert are two more projects featuring soundscapes set to film: **Failings** (Ian Hawk, of Portland band **Te-cumseh**) and **Existence Habit** (Astoria residents Roger Hayes and Gregg Skloff).

**Sunday, December 28, Doors open 7pm. \$6 at the door. Cocktails. 1017 Marine Drive in Astoria.**

More information: [danilocasti.com](http://danilocasti.com), [facebook.com/PRESENTbandLA](http://facebook.com/PRESENTbandLA), [dbrp.blogspot.com](http://dbrp.blogspot.com), [existencehabit.wordpress.com](http://existencehabit.wordpress.com)

**ALSO: More Experimental Offerings - Fountainsun (Daniel Higgs + Fumie Ishii) Ar-rington de Dionysio and Gregg Skloff perform Saturday, December 20, at Blue Scorcher (15th & Duane, Astoria OR), 8pm • all ages • \$5 - \$10 suggested donation.**

## Library After Hours Presents the Consort of All Sorts

**ASTORIA PUBLIC** Library and the Astor Library Friends Association present Library After Hours, a free series of musical performances, author visits, and community conversations that take place at the library at 450 10th Street, Astoria. These events are scheduled after the regular hours of operation, and the next event will happen on December 19 at 6pm.

December 19, at 6pm After Hours will feature Astoria's own early music ensemble, the Consort of All Sorts, playing instrumental and vocal music from the 17th and 18th centuries with themes appropriate for the winter holiday season. The centerpiece of the performance will be a delightful suite of noels composed by Michel Richard de Lalande in 17th century France, originally performed in churches to accompany sermons and readings from the Bible. Also on the program will be several unusual carols sung by baritone Drew Herzig accompanied by the Consort. And, true to the group's name, the Consort of All Sorts will combine these pieces with selected movements from trio sonatas from the Baroque era by Johann Joachim Quantz, Jean Marie Leclair, and Johann Sebastian Bach.

Members of the group participating in this concert include Phyllis Taylor on cello, Hannelore Morgan on recorder, Charles Schweigert on baroque flute, Ray Lund on harpsichord, and Drew Herzig on percussion and vocals.

The name for the group comes from the title of a book by Canadian author and painter, Emily Carr, who wrote a memoir of her life in Victoria, B.C., in the early years of the 20th century. The book is titled *The House of All Sorts* and it chronicles the daily life at a rooming house she ran for "all sorts" of zany characters. In the realm of music, "consort"



is a somewhat antiquated term for a group of similar or dissimilar instruments or voices, a good match for this group of musicians, and a name that allows for the addition of other instruments as they are needed. It also leaves open the possibility of exploring music from other periods in addition to the Baroque.

The concert is free to the public, and children are welcome. FMI about Library After Hours and other library programs and services, contact library staff at 503-325-7323 or [comments@astorialibrary.org](mailto:comments@astorialibrary.org), or visit the Astoria Public Library at [www.astorialibrary.org](http://www.astorialibrary.org).

## John Stowell Strings in the New Year

**WORLD-RENOWNED JAZZ** guitarist John Stowell will ring in the New Year at the Cannon Beach History Center & Museum on Friday, January 2nd at 7pm. Stowell began his career in the early 1970's with guitarist Linc Chamberland and pianist John Mehegan. He is an internationally renowned performer who has been welcomed to Australia and all over Europe. He was the first American Jazz performer to appear in Russia after the fall of the Iron Curtain.

Stowell continues to tour, record and teach internationally. He has been an Artist-In-Residence at schools in Germany, Indonesia, Argentina, the United States and Canada. He served as assistant director and performer at Oregon Public Broadcasting's PDX Jazz Summit in 1991, and since 1995 has been a contributing columnist for a number of magazines, including *Down Beat*, *Guitar Player*, *Canadian Musician*, *Soundcheck* (Germany), and *Guitar Club* (Italy).

Stowell's *Through the Listening Glass* with David Friesen was designated one of the "Ten Best Jazz

Albums of the Decade" by the Los Angeles Examiner, and he was chosen as a "Talent Deserving Wider Recognition" by *Downbeat's* International Critic's Poll in 1978 and 1979. He has appeared on BET's *Jazz Discovery* and *Guitar Series* television shows.

"More guitarists would play like John Stowell if they knew how." Herb Ellis

Stowell is one of the Museum's most popular performers. The event space creates an intimate setting that produces a sound warm enough to wrap up in. Seating for this concert is limited. Tickets are available through the website, by phone, or in person. Tickets are \$12.00 adults and \$2.00 children, complimentary refreshments will be provided. All proceeds will help fund upcoming events at the History Center, including future concerts, lectures, exhibits, and field trips.

**Friday, January 2 at 7pm. Tickets \$12, \$2 Kids. At the CB History Center and Museum. Corner of Sunset and Spruce. 503.436.9301**

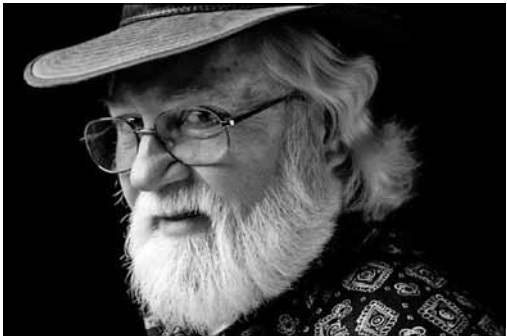




## Astoria Public Library After Hours presents readings by Robert Michael Pyle and Florence Sage Pyle and Sage read from their newly-published poetry collections Friday, December 12 at 6pm

**ASTORIA PUBLIC** Library and Astor Library Friends Association present Library After Hours, a free series of cultural events that take place at the library after regular hours of operation. The series continues on Friday, December 12 at 6pm, with readings of new works by poets Robert Michael Pyle and Florence Sage. Admission is free and light refreshments will be provided.

Robert Michael Pyle writes essay, poetry, and fiction from an old Swedish farmstead along a tributary of the Lower Columbia River in southwestern Washington. His sixteen books include



Wintergreen and The Tangled Bank. A Guggenheim Fellow, he has received the John Burroughs Medal and several other writing awards. Pyle's poems have

appeared in magazines including the North American Review, and in a chapbook, Letting the Flies Out. Evolution of the Genus Iris is Pyle's full-length book of poems, responding to details, events, and emanations from the real, physical world and its species: humans and all the rest. The poems are based on or drawn from personal experiences and perceptions, mostly out-of-doors, and will appeal to

the intelligent general reader, lovers of land and literature, fans of a good poem and a good story, and naturalists—which means anyone interested in the world and its occupants beyond themselves and their immediate self-concern.

Florence Sage has been poetry

editor for HipfishMonthly, co-host for Monday Mike for spoken word at the River Theater, a long-time member of the production team for FisherPoets Gathering, and recipient of several state

and regional poetry awards. Sage has also been a newspaper feature writer and is retired from social sciences faculty at Clatsop Community College.

Nevertheless: Poems From the Gray Area, is Sage's first poetry collection, and the first literary book published by Hipfish Publications of Astoria. Nevertheless contains 50 poems, modern relatable human dramas: people at a vital moment of reflection, finding

their way in the gray area. The poems are written with rhythm, melody and conversational but careful language. About half of these poems have been published in area literary magazines or collections.



**Sage and Pyle Read, Friday, Dec 12 at 6pm. Light Refreshments. Astoria Public Library 450 10th St. 503.325.7323**

## StringTown Reads at Cloud & Leaf • Dec 19 Featuring Poet Steve Cleveland

**ATTEND AN** evening of readings from contributing authors to StringTown held at Cloud & Leaf Books in Manzanita on December 19, from 7-9pm. This free event includes readings of poetry and fiction from Steve Cleveland, Jan Priddy, Carrie Allen, Matt Schumacher, Polly Buckingham and more followed by a reception and signing.

StringTown and StringTown Press is an independent literary journal and small press that engages in presenting the work of writers and artists of the regional Pacific Northwest and Northwest United States, publishing poetry and prose, including fiction, nonfiction, novel excerpts, and experimental forms. Polly Buckingham, Founder & Editor of StringTown & StringTown Press started the journal while living in Astoria, OR

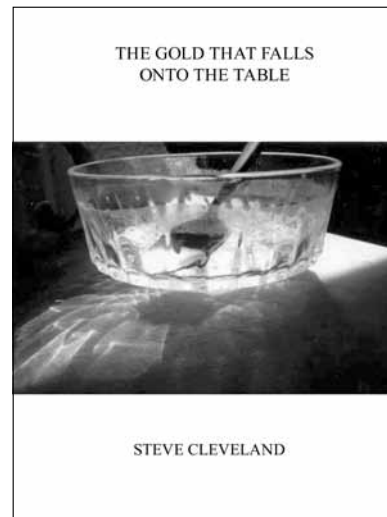
relationships with independent bookstores, university bookstores and libraries, and local businesses throughout Washington, Oregon, Idaho, Montana, and elsewhere, and hopes to continue to cultivate new relationships with independent stores.

Many folks know Steve Cleveland, as a former Astorian, jazz pianist and KMUN DJ, who was involved in the cultural liveliness of the city in an era just prior to the current expansion of music venues, and a very different plane of local music and musicians. Cleveland now lives in Portland, Oregon, where he works as a musician, playing with The Sportin' Lifers, The Barkers, Johnnie Ward, and The Hot Club Time Machine, as well as being a church musician at Mt. Carmel Luther-

Falls Onto The Table is his first collection of poems. To read excerpts from his book, visit [www.stringtownpress.org/goldthatfalls.html](http://www.stringtownpress.org/goldthatfalls.html)

"Turns out that piano man Steve 'Thousand Dollar' Cleveland brings the same soul touch to words as he does to the keys. Take a walk with him through this good book. Chances are his poems will show you something you hadn't noticed before: the tinkle of glassware in a diner, a songbird over your shoulder, and an ogre and a couple of vampires along the way. Here's a poet at home in himself and the cosmos. No axe to grind: 'The world's not necessarily / out to get you,' he offers, 'the world / IS you.' Believe it." ---Doug Marx, poet, essayist, freelance journalist, teacher, and author of Sufficiency, a collection of poems, on Steve Cleveland's The Gold That Falls Onto The Table.

**Join Stringtown, Friday, December 19, 7- 9pm at Cloud and Leaf Books, 148 Laneda Ave, Manzanita.**



### THE GOLD THAT FALLS ONTO THE TABLE

By Steve Cleveland

**It's okay to take the gold that falls onto the table. Don't try to calculate your unworthiness, or you'll miss this sunlight pouring through the window.**

an. He has also played and/or recorded with Lauren Sheehan, Chata Addy, Flatland, Jujuba, The Hot Club of Hawthorne, The Bittersweet Trio, Cliff Olson, Olaf Palm, The Jenny Finn Orchestra, and Gilad Atzman. His poems and stories have appeared in StringTown, Pinchpenny, Painted Bride Quarterly, Poet News, North Coast Times Eagle, and Tin Wreath, and his plays have been staged by Newport's Red Octopus Theater Company and by various Portland theaters. The Gold That



some 15 years ago. String-Town's home base has since moved to the Spokane area where Polly teaches english and creative writing at Eastern Washington University. StringTown continues to maintain its longstanding working



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# Valoree & Billie

## Sharing a Vision of Healing

*Determination, resilience and business acumen,  
Essential Remedies is ready for you!*

By Erin Hofseth



**JONCEE**, A hefty yellow lab with a snoring problem, has only one downfall as a guide-dog: he too often stops to smell the flowers. He's the perfect business partner for a certified Aromatherapist. When the essential oils come out and the infusions begin to release their aromatic scents, Joncee puts his nose in the air and sniffs around delightedly. He's ready to get to work, and so is his owner, Billie Snell and her business partner, Valoree Gift. They are healers, not business-women; but that hasn't seemed to hinder their entrepreneurial pursuits. Billie and Valoree's natural products business, Essential Remedies, is gaining recognition from patients to practitioners locally and beyond.

Valoree and Billie have been massage therapists on the north Oregon Coast for over 20 years. The two mothers met when their children, now adults, were attending Head Start in Seaside. They both volunteered for the program, serving on the policy council as well as in their children's classrooms. Billie began to lose her vision at the age of 25 after being diagnosed with two progressive eye diseases; she would receive her first guide dog six years later. As a single mother of two small children, she knew that her financial future was uncertain. Valoree was working at the Lazy Susan Café in Cannon Beach and had just been notified that her pay scale had peaked. She was determined to pursue a more stable career to support herself and her young son. The women, facing similar realities, bonded over a shared vision while driving home from a women's retreat

together. After receiving massages from several of the licensed massage therapists that were attending the retreat, they both left with a sense that they'd found their calling. "I think massage is something that I could do," Billie said to Valoree as they drove home. "Me too," Valoree replied. This was the first time, but not the last, that their spoken dreams would become a reality.

In 1993 Valoree and Billie enrolled as massage therapy students at East West College of the Healing Arts in Portland. Billie received financial support from the Oregon Commission for the Blind. The Commission also gave Valoree a reader's service payment to read Billie's textbooks onto audio. The women took all of their classes together; as the instructor laid hands on the demonstration skeleton, Valoree would lay hands on Billie showing her the techniques. The college faculty worked on Billie's behalf to help her find success. This included administering all of her exams orally by the dean of students. She was the first blind person to graduate from East West College and receive her massage license. She paved the way for several others who have since followed in her footsteps.

After graduation, Billie ran her own massage business out of a beauty salon in Seaside. She then went on to run the massage program at the Stephanie Inn in Cannon Beach until 2013, at which point she left and joined the Seaside based massage cooperative, At the Water's Edge. She has traveled to China and Thailand for massage study. Her three weeks in Thailand were spent practicing Thai massage at a clinic for all blind people. Her specialty is deep tissue work, a field that she has had extensive experience and education in. She and Val are both Reiki Masters, receiving Reiki training together at the Reiki Ranch in Chehalis Washington. Billie also practices mio-facial work, rolfing; and most recently, aromatherapy. She became a first level certified Aromatherapist in 2013.

Valoree has found similar success since her 1993 graduation from East West College. She began her career at the Hallmark Resort in Cannon Beach, eventually running the massage program there for 15 years. During this time she also she started her own practice out of her home in Cannon Beach. Having served as healer to many, Valoree is an esteemed practitioner amongst the long-time local community of Cannon Beach. As well as being a Reiki

Master, Valoree specializes in prenatal and post-partum massage, infant massage, and trigger point therapy, a form of deep tissue massage. In 2007 she accompanied Billie to China for study. Shortly after her return home, she was diagnosed with cancer. The following few years of Valoree's life were filled with trips to Portland for intense cancer treatment, including both chemotherapy and radiation. In 2011 she went into remission. On the other side of her storm, she realized that she did not have the physical strength to practice as she once had. She has since focused her energy on healing people in ways that are easier on her body. She takes fewer clients now and works on a donation-only basis for community members. She teaches prenatal massage classes to expecting couples, volunteers with VOCA (Victory Over Child Abuse) doing bodywork and serving as a kitchen helper at camps, and teaches massage classes to new foster parents who are caring for infants exposed to drugs and alcohol.

Among all these things that Valoree has undertaken since going into remission, she also shadowed Billie as she completed her first level aromatherapy certification program in 2013. Both women took online classes from the American College of Healthcare Sciences. Valoree enrolled in herbology classes, while simultaneously going through the motions of Billie's aromatherapy certification program. Billie again received funds from the Oregon Commission for the Blind and Val received a reader's service payment to read all of Billie's text books onto audio. As the women were completing homework assignments and creating aromatic concoctions to use on clients, they began to see their new field of interest as an opportunity for business. Billie was ready for a career change and excited to join At the Water's Edge. Billie and Valoree both currently practice massage out of the cooperative, allowing for more flexibility to focus on their business, Essential Remedies. Valoree also continues to practice as an independent therapist.

Essential Remedies was birthed from successful homework assignments being gifted to clients. "There was just so much value in our home work projects, and we got so much feedback from friends and family, that we couldn't stop making them!" says Valoree. They currently create, and have for sale: therapeutic Himalayan bath salts, herbal aromatherapy inhalers, and an anti-inflammatory herbal liniment that





Valoree (at left) and Billie (on right), partners in a new line of local herbal health products Essential Remedies.

a plant's essential oil then its "herbal essence," along with its inherent medicinal qualities is entering directly into your bloodstream through the nasal mucous membrane." Billie is certified for natural product manufacturing and is currently working with a trainer through the Commission for the Blind to learn the necessary technology needed to move forward with the business. The plan is to create an ADA (Americans with Disabilities Act) accessible website that Billie can use. She is also learning how to use a special iPhone that explains documents and other objects after photographing them. The next specialized tool that she will be receiving from the Commission is a peristaltic pump with a foot panel that will measure the exact amount of oil and pump it into the inhaler. This will allow Billie to be more active in the manufacturing of the products.

Valoree and Billie believe wholeheartedly in the power of intention. Through life's ups and downs, they remain peaceful and grateful; always thinking about new ways to bring healing and love into this world. "My process in losing my vision was not to look at the loss, but to look at the gain; to look at what I have and to just be grateful. I am really grateful for this life. I am grateful to be a vessel of healing, to be open and to have all of these opportunities to give of my time and to give of my love and energy. I don't live in fear of anything," says Billie. She is teaching Valoree how to "think big." With massage they can touch a limited number of people, but with the creation of their natural healing products, they have the goal to touch millions. In the end, the two women are doing what they love and having fun doing it. With that intention, it's hard to imagine their results being anything but successful.



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At this time, Essential Remedies products can be found and purchased at At the Water's Edge in Seaside. The women have hopes to get them stocked in our local health food stores here on the coast as soon as possible. For special orders or inquiries, you can contact Valoree and Billie via email at: [INFO@ESSENTIAL-REMEDIES.ORG](mailto:INFO@ESSENTIAL-REMEDIES.ORG), phone: 503-738-4095, toll free: 855-847-3151. The Essential Remedies website is currently under construction, but will be up and running by the end of December. Check it out at: [WWW.ESSENTIAL-REMEDIES.ORG](http://WWW.ESSENTIAL-REMEDIES.ORG)



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# SAMMY'S PLACE

## Creating a Special Community

Three Oregon Coast women reach out as they work toward a dream



From left, Tillamook County residents Lynda Chick, Julie Chick and Kathy Jean Hrywnak are the three principals hoping to establish an intentional community called Sammy's Place, "for people with special needs and those who share their journey." Joining the three women in the photo is Julie's son Blake, who just turned 10. Photo by Scott Gilbert

**THREE OREGON** Coast women are hard at work on a dream, and they're looking for others to share it.

The dream is Sammy's Place, a place where people with special needs could live or visit in the company of loved ones and volunteers — "a nature-centered living, working, and respite community for people with special needs, and those who share their journey." The facility doesn't exist yet, but the three people behind the idea are out to change that.

Lynda Chick, Kathy Jean Hrywnak and Julie Chick, all residents of the Manzanita/Nehalem area, make up what is now a three-member board. They sat down recently to discuss how their ideas could become reality, and to reach out for others to join the board so it can expand both in ideas and in expertise.

Sammy's Place is an outgrowth of Hrywnak's eight-year-old respite-care

nonprofit with the same name, which is how she came to meet the Chicks. Hrywnak spends Wednesdays providing respite care for Julie Chick's son (and Lynda Chick's nephew) Blake, who was born with Down syndrome and just celebrated his 10th birthday. Hrywnak named the nonprofit for her son Sammy, who died at birth in 1971 and who would have had special needs if he had lived.

Ideas for the Sammy's Place community have been taking shape for about a year, since Julie Chick began formulating a "10-year plan" for when Blake becomes an adult and "is not going to need to live right under our wing."

Ideas are not in short supply as Hrywnak, Julie Chick and her sister-in-law Lynda Chick reach out for more participants. "We're in a really exciting time because we can vision as far as the end of the universe. That's the stage we're

in," Julie Chick said. Adding more board members will help create that vision, she added, "so that we can start to delve into some of the hard work it's going to take."

She envisions an intentional community in the northwest Oregon Coast region, possibly a facility with a central living space, maybe cabins or lodges.

"Again, this dream could change tomorrow, depending on how things form," she said.

"Gardens, sustainability, so that we are producing our own food, to whatever degree we are capable, is really big on our wish list," she added. "So maybe there would be goats, chickens, maybe we're producing socks and hats and whatever for the farmers' market, along with our lettuce and greens. We're congregating in a warm central area and also have some independence on the land to live in, so that we

feel a sense of independence, and we're contributing to our living community, and our local community. So we're interconnected to our community outside the walls of Sammy's Place, and inside."

Hrywnak said safety is a large concern, with vetting needed for all people taking part, and appropriately safe facilities for those with varying levels of special needs. The range of ability among the special-needs population that could live or stay at Sammy's Place is a determination that hasn't been made yet.

"In terms of opening it up to people all along the spectrum, I think we'd be looking at it case-by-case," said Lynda Chick.

Some similar communities have people stay for a couple weeks to determine whether the facility is a good fit, she added.

Lynda Chick's vision for Sammy's Place is a family-style community, with "big group homes where the alter-abled and the abled share a home." She would also like to see a big communal space, and a focus on growing quality food for "an intimate connection to nature."

She noted that it remains to be seen whether Sammy's Place could generate income, but said some communities sell food and crafts. Such sales may be secondary to providing meaningful, creative work for residents, she added.

Hrywnak said that when she lets her imagination go, she visualizes a future community with a commercial kitchen and a venue big enough for weddings, parties and music. And in that venue, she said, "everybody has a job. Everybody works."

Julie Chick said success might come from a small start. "It would be great to have 150 acres and 25 people just out the gate," she said. "But these things take time," and starting with a handful of people could be the way to go.

Lynda Chick visited a similar community in Canada that she said "started out with two or three people and one companion. So they started small." Now it's on 100 acres with 50 people in the community.

Ideas for Sammy's Place include the possibility that family members of those with special needs could stay there, possibly as part of the volunteer workforce, and that it could provide accommodations ranging from a lifetime home to a place offering respite care for an evening.

"We are looking to offer those options," Julie Chick said. "So somebody may come there to work for the day, but not live there. Somebody may come there to live there indefinitely. By themselves and/or with family members, if that's the case. Or somebody may just come there, just for a respite, for an evening. ... We're hoping to offer a variety."

"Everybody's different and all the needs are different," she continued. "Sammy's Place was originally just respite. And what we discovered is — what about the living piece and what about the working piece? We're forgetting there's more to life than just respite. So we're trying to have the vision of all opportunities for all abilities."

Funding could come from a variety of sources, Julie Chick said, adding that private funding, foundations and Medicaid are all possibilities.

She renewed the call for people to join the Sammy's Place board (by call-

### Board Members Needed

The proposed Sammy's Place intentional community is developing a business plan, growing partnerships/networks, and seeking a land donation and/or financial support. A key step now is to expand the board beyond the current three members.

Sammy's Place is seeking board members with knowledge of fundraising, business planning and capital campaigns. It also needs people with specific artisan skills who can start building programming, and is seeking people to add ideas for the future of the community.

Interested people should contact Kathy Jean Hrywnak at 503-312-1378. More information is available at [sammysplace.info](http://sammysplace.info).





Julie Chick and her son Blake go crabbing last summer during a family outing that also included Julie's husband, Phil, and their younger son, Noah. Blake, who was born with Down syndrome, inspired his mother to start what she calls her "10-year plan" to create a local intentional community for people with special needs. Photo courtesy of Julie Chick

ing Hrywnak at 503-312-1378), saying: "I invite anybody that wants to help create their family member's future. This is such an opportunity. And one where they'll continue to learn and grow and thrive. I mean, that's our vision."

"We can do all of this," Julie Chick said. "We can grow individually, and we can grow in the dirt, and grow together in relationships. It sounds very idealistic, but it's happening around the world."

### Three agencies offer help

Three nonprofit agencies along the northwestern coast of Oregon offer assistance to people with special needs.

Coast Rehabilitation Services in Clatsop County provides residential, employment and day support. The 40-year-old organization was formed by parents of special-needs children to offer them meaningful work and avoid placement in large institutions. Coast Rehabilitation has 11 group homes plus private placements. Employment is offered in janitorial work, assembly and other tasks, and the agency has a thrift store in Astoria. For information, call 503-861-3372 or go to [coastrehab.org](http://coastrehab.org).

The Marie Mills Center in Tillamook County has two group homes, a supported living program for people living on their own, employment services, transportation services and more. Like Coast Rehabilitation, the 45-year-old Marie Mills Center also is a product of grassroots work by parents. For information, call 503-842-2539 or go to [mariemillscenter.com](http://mariemillscenter.com).

Salem-based Shangri-La provides services in Lincoln County for people with a range of special needs and disabilities. Shangri-La's services include housing, employment services and enrichment programs. The 51-year-old program's Newport office can be reached at 541-867-6883, and more information is available at [shangrilacorp.org](http://shangrilacorp.org).

## Camphill Movement Serves as Model

**THREE NORTHWEST** Oregon women dedicated to starting an intentional community called Sammy's Place for "people with special needs and those who share their journey" have a model to draw on — the Camphill movement.

Camphill got its start 75 years ago on a Scottish estate of the same name. Now there are more than 100 Camphill communities around the world, including 11 in the United States and three in Canada.

The Camphill movement draws on spiritual principles called anthroposophy, based in German idealism and German mysticism and developed by Austrian philosopher Rudolf Steiner, whose ideas inspired Waldorf Schools. However, Sammy's Place — whose founders are not affiliating with Camphill — is not based specifically on anthroposophy.

Camphill communities are occupied by long- and short-term service volunteers known as "co-workers" and people with developmental disabilities, according to the Camphill Foundation, which aims to strengthen and preserve the movement in North America through grants.

Co-workers live, work and spend leisure time with individuals with special needs, and are supported by shared community resources. Each nonprofit Camphill community stands alone financially and meets its budget through what

the foundation calls "a combination of public funds, annual fundraising, endowment monies and social enterprise" such as the sale of products grown or made at the community.

Astoria resident Daric

Moore, a construction contractor, spent about four and a half years as a Camphill co-worker in Europe, over four different periods beginning in 1996. People with a range of disabilities, both physical and mental, lived in the communities, where Moore drew a small stipend and a big emotional reward. "It was life-changing for me,"

Moore said. He got involved in Camphill as a 26-year-old



Coastal Resident Daric Moore talks on his work at Camphill



A member of the Camphill Village USA community makes candles at the 615-acre site in Copake, New York. The community is the oldest and largest Camphill facility in the country. Photo courtesy of Camphill Foundation

last drop of my being," Moore continued. The results, he said, were phenomenal and overwhelming. So overwhelming, he said, that he would leave the volunteer position for a while — "totally burned out" — and then return.

During his time at Camphill, the job of a co-worker was to wake the person he or she was looking after at 7 a.m., put that person to bed at 9 p.m., and to do

everything with that person between those hours.

"So the days are spent basically living life,"

Moore said. The connection created

in that circumstance, he said,

reached "a whole different level."

For instance, some of his charges were non-verbal, but he got to know them so well that speech wasn't necessary for communication.

While Camphill works with a broad range of ages, Moore's time was spent with people ages 16-25, who focused on life skills, crafts and working on things with their hands. He worked in a wood shop, and at different times the community also offered gardening, weaving, candle making and other therapeutic workshops.

Following the workshops were afternoon activities, which included swimming, long walks, other focused activity and weekly outings.

Moore is concerned that stepped-up government involvement has led to an increase in bureaucracy and paperwork, which he believes has changed the movement. But it hasn't changed the reward he took from his years with Camphill — the "incredible struggle and incredible payoff."

For more information about Camphill in North America, go to [camphill.org](http://camphill.org). Information on the worldwide movement is available at [camphill.net](http://camphill.net). A list of other "lifesharing" communities can be found at [camphill.org/related-organizations](http://camphill.org/related-organizations). The Camphill Foundation is online at [camphill-foundation.org](http://camphill-foundation.org).

### SAMMY'S PLACE BENEFIT

KALA WINTER CONCERT on Friday, December 19 donates proceeds to Sammy's Place. In addition, proceeds from the December group showing at KALA will benefit Sammy's Place. Please Join KALA and HIPFiSH in celebration of the winter season as we find joy in our dreams, our hopes and vision.



Three residents of Heartbeet Lifesharing, a Camphill intentional community in Hardwick, Vermont, that blends social and agricultural realms, sit with a harvest of carrots. Photo courtesy of Camphill Foundation

had been raised Catholic and majored in religious studies in college, only to leave the church while still a student and cut off his ties to organized religion.

Moore arrived at Camphill "in basically just kind of a fog," he said, "not knowing what I wanted to do with my life, or where I wanted to go."

What followed was six difficult months before the fulfillment started. He had never worked with developmentally disabled people before, some of whom would get upset with him and grab his hair or rip his shirt or act out in other ways. "I really did want to quit after six months," Moore said.

But he decided to stick it out, and in the process, he turned a corner. "I found this amazing experience," he said. "A lot of really amazing experiences come out of the hardest work."

"I gave it everything, every last ounce of energy, every



# GoingsOn: October '14 day-by-day

in the columbia pacific

## PORTLAND GAY MEN'S CHORUS AT THE ASTORIA HIGH SCHOOL, FOR THE PAC! A HOLIDAY CELEBRATION SATURDAY DEC 13 • 2PM

**CELEBRATE THE** holidays in Portland Gay Men's Chorus style, as they sing, dance and rap—with all that seasonal bling—many of the traditional and not so traditional holiday favorites for the coastal/ Astoria audience.

The Chorus will be performing "A Holiday Celebration" for one afternoon only at Astoria High School as a benefit for the CCC Performing Arts Center. In addition to celebrating music from Christmas, Hanukkah and Solstice, Artistic Director Bob Mensel is excited to be debuting new works composed by Chorus members. Complimenting the "PGMC wall of sound" will be the Chorus' talented dance troupe, the Locomotions and Cascade, PGMC's classical a capella ensemble.

No PGMC holiday concert is complete without revisiting some seasonal favorites. This year the Chorus will perform works by Handel, Rachmaninoff, Berlin, and a seldom performed song by Sir Paul McCartney.

Bob Mensel, PGMC's Artistic Director PGMC is celebrating the 35 season and is excited to bring this memorable holiday show to the North Coast. "A Holiday Celebration" is the perfect concert for the whole family.

Bob Mensel, the Chorus' Artistic Director says "PGMC undertakes these outreach concerts at our own expense to benefit local groups and to fulfill our mission of '...uplifting the gay community and affirming the worth of all people.' We are excited to share



this memorable Holiday concert with our friends on Oregon's North Coast."

"A Holiday Celebration" is appropriate for all ages. Tickets at the Door \$15/

Students \$7. Proceeds benefit: CCC Performing Arts Center. For more information: [www.supportthepac.org](http://www.supportthepac.org) or [www.facebook.com/PartnersForThePAC](http://www.facebook.com/PartnersForThePAC)

## NC Chorale HOLIDAY TRADITIONS

**THE NORTH** Coast Chorale presents its annual holiday concert at the CCC Performing Arts Center (PAC) set for Saturday Dec 13 at 7pm and Sunday Dec 14 at 2pm. This year Chorale director, Dr. Denise Reed has chosen the theme of Holiday Traditions from around the world. You'll hear music from Kwanzaa, Epiphany, Chanukah Winter Solstice, Santa Lucia, and the Eastern Orthodox tradition. The Chorale will be joined for some of the pieces by the Clatsop

County Children's Chorus, an 18 voice group of children from ages 7 to 12 who meet weekly with Dr. Reed for rehearsal and art projects, related to the music. The children will be performing a musical skit about the Legend of the Poinsettia and a Christmas Cartoon Celebration, joined by the NCC.

Tickets: \$10. Children 12 & under free with an adult. The PAC is located at 16th & Franklin in Astoria.

## North Coast Symphonic Band A North Coast Christmas Concert • At The Liberty

**LIBERTY THEATER** and North Coast Symphonic Band present a home-grown Christmas celebration including lots of guests and surprises, including that jovial guy on a sleigh.

Take a break from the hectic pace of the holidays and enjoy a meaningful and delightful afternoon of the best music the season offers.

Guests include North Coast Chorale, Cannon Beach Chorus, Astoria High School's Port City Singers, and Keith and



Genny Butenshon. NCSB is directed by Dave Becker.

**TICKETS: Regular \$20, Student \$10 (age 12 to 21), and Children \$5. Saturday, December 20, 4pm at the Liberty Theater.**

## Dance Your Joy at AAMC

Two new instructors join the Astoria Arts & Movement Center. Kick up your Irish heels with GINA MARIE NEWKIRK every Thursday at 5:15pm. Gina has studied many forms of dance, including Irish Dance since 1998. Her class is upbeat, inspiring & welcomes everyone! Questions? Contact Gina at 541-580-5928 or [lusherg73@gmail.com](mailto:lusherg73@gmail.com). JEN MILLER teaches a West Coast Swing series Thursday eves through December. Intermediate 6:30pm, and Beginning at 7:30pm. Contact [jen@floorplay.net](mailto:jen@floorplay.net)

### Monday

5:30-6:30pm Ballet with Trixie Gunn  
6:45-7:45pm Zumba with Nayelli Dalida

### Tuesday

9:00-10:00am Zumba Fitness with Nayelli Dalida  
5:30-6:30pm Lyrical Jazz with Trixie Gunn

### Wednesday

7:00-8:15pm Belly Dance with Jessamyn Grace

### Thursday

9:00-10:00am Zumba Toning with Nayelli Dalida  
5:15-6:15pm Irish Dance with Gina Marie Newkirk  
6:30-7:30pm West Coast Swing (Intermediate) with Jen Miller  
7:30-8:30pm West Coast Swing (Beginning) with Jen Miller  
For current schedule and instructor contact: [astoriaartsandmovement.com](http://astoriaartsandmovement.com)

### Special Event: Astoria's Winter Formal

Saturday, December 20th, 9pm / 21+ bar, \$10 for singles, \$15 for couples  
Music by DJ Jabba the Slutt, formal costumes encouraged!

Dress in your formal finery (think 70s, 80s, 90s - puffy sleeves strongly encouraged but not required), get your photo taken with your hunky date, and shake your butt to some sweet jams to warm up the winter night! Visit [astoriaartsandmovement.com](http://astoriaartsandmovement.com) for more information! **All proceeds go to benefit Clatsop County Public Health**



Jen Miller, West Coast Swing instructor

• • • calendar • • •

## Saturday 6

### MUSIC

**Heidi Kohne Holiday Organ Concert.** Christmas Music Through the Ages. \$15, 4 – 6pm at the First Presbyterian Church in Astoria.

**Primal Mates.** Chamber jazz. Join us for a donation dinner at 5:30pm and then stay for the performance beginning at 6pm. Admission to the show is \$5. At the Bay City Arts Center.

**Cloverdayle Live.** \$10, 7 – 9pm at the Eagles Lodge in Tillamook.

**Weekender Concert Series.** Funny Folk by John Craigie. With guest Tom O. 7pm at the Lincoln City Cultural Center.

**Countryside Ride.** \$5 cover, 9pm at the San Dune Pub in Manzanita.

**Everyone is Dirty.** No cover, 9pm at the Adrift Hotel in Long Beach.

**SPUR! With Michael Hurley.** No cover, 9pm at the Voodoo Room in Astoria.

### ART

**Made in Tokeland.** Featuring photography, wood carving, sculpture, miniatures, painting and jewelry by five Tokeland based artists. A special treat will be live music by acoustic trio All In with special guest Dinah Urell. 11am – 6pm at the historic Tokeland Hotel.

**Starving Artist Faire.** 10am – 6pm at the Astoria Armory.

### FOOD & DRINK

**Wine Tasting.** Ken Wright Cellars. 1 – 4pm at the Cellar on 10th in Astoria.

**Winemaker's Dinner.** Ken Wright Cellars. 6pm, reservations required. At the Cellar on 10th in Astoria. 503-325-6600

**Gingerbread Tea.** Adults \$5, children under 13, \$3. 1 – 4pm at the Butterfield Cottage in Seaside.

**Tea.** Refreshments include tea, cider, and homemade goodies by the fire. 1 – 4pm at the Cannon Beach Library.

### HAPPENING

**Christmas Bazaar.** Bake sale: cookies, breads, cakes, soft peanut butter, divinity fudge and regular fudge, jams and jellies made from local fruit. Craft items and Christmas decorations. 9am – 3pm at the Ocean Park United Methodist Church.

**Saturday Christmas Market at the Port.** 10am – 4pm at the Port of Ilwaco.

**Lighted Boat Parade & Crab Pot Christmas Tree.** Boat parade from the Port of Ilwaco to Cape Disappointment and back. Open to all boats. Parade starts at 6pm following the lighting of the Crab Pot Christmas Tree, weather permitting.

**Game Day at the Library.** Relax and have fun with family and friends at the library's free monthly Game Day. Choose from a wide variety of board games, card games, and LEGO® bricks for all ages. 2 – 4pm at the Astoria Public Library.

**Kiwanis Holiday Tree Sale.** At the Safeway parking lot in Astoria.

**The Nutcracker.** Ballet. 2 and 7:30pm at Astoria High School Auditorium. Tickets available ahead at Old Towne Framing in Astoria, The Wine Haus in Seaside, The Peninsula Pharmacy in Long Beach, and at Maddox Dance Studio in Warrenton.

**KOA Holiday Bazaar.** Have your photo taken with Santa, games, food, Silent Auction to benefit KOA Care Camp. 10am – 6pm at the KOA in Hammond.

**Lamp Lighting Ceremony.** Join us in Sandpiper Square for a beloved Cannon Beach holiday tradition at 4pm. You'll find treats and refreshments after the ceremony as well.

**Winter Market.** Featuring the offerings of local artists, farmers and food artisans. Noon – 6pm at the Bay City Arts Center.

**Cloverdale Christmas Tree Lighting.** Santa, high school band, coffee & hot chocolate. 6pm at the NE corner of Hwy 101 & Bridge St in Cloverdale.

**Holiday Craft Sale.** At the Connie Hansen Garden in Lincoln City. 541-664-6338

**Holiday Magic Cache.** Go on a fun geocache tour through Lincoln City's Open Spaces. Prizes, snacks, and goodies provided. 10am



– 3pm starting at the Lincoln City Community Center. 541-996-1224

**Annual Fantasy of Trees.** Enjoy this festive forest of uniquely decorated trees. Free, 10am – 3pm at Chinook Winds in Lincoln City.

**Annual Angels Ball.** Evening includes dinner, live auction, raffles and “The World’s Ultimate Elvis Concert” starring Justin Shandor. \$75, 3pm – midnight. At Chinook Winds in Lincoln City. 541-994-3070

#### THEATER

**Words That Matter.** Winston Churchill’s Letters & Speeches. \$10, 2pm at NCRD in Nehalem.

**Scrooged in Astoria.** Holiday Musical. \$8 - \$15, 7pm at the ASOC Playhouse in Astoria.

**Holmes for the Holidays.** A holiday-themed comedic thriller. 7pm at the Barn Community Playhouse in Tillamook. tillamooktheater.com

**Beauty and the Beast.** Musical. \$18 - \$23, 7:30pm at the Coaster Theater in Cannon Beach.

## Sunday 7

#### MUSIC

**Cannon Beach Chorus Christmas Concert.** \$10, 7pm at the Cannon Beach Community Church.

**Everyone is Dirty.** No cover, 7pm at the Adrift Hotel in Long Beach.

**Patchy Sanders.** No cover. 8pm at Fort George Brewery & Public House in Astoria.

#### ART

**Starving Artist Faire.** 11am – 4pm at the Astoria Armory.

#### HAPPENING

**CRMM Community Day.** A fun-filled celebration set to the sounds and styles of the 40s. Enjoy the sounds of Minidoka Swing Band Watch Live performances of swing dancing Test your knowledge at 40s Movie Bingo. View classic cars from the era. Try out a 40s Hhair creation. Get decked out for your picture in our 40s Photo Booth. Taste some of the limitless possibilities with the era’s favorite ingredient Spam. Bring your photographs of the local area to be scanned and preserve a piece of local history. Free admission with donation of cash or nonperishable foods for the food bank. 11am – 3pm at the Columbia River Maritime Museum in Astoria.

**Kiwanis Holiday Tree Sale.** At the Safeway parking lot in Astoria.

**The Nutcracker.** Ballet. 2pm at Astoria High School Auditorium. Tickets available ahead at Old Towne Framing in Astoria, The Wine Haus in Seaside, The Peninsula Pharmacy in Long Beach, and at Maddox Dance Studio in Warrenton.

**Tree Lighting Festival.** Santa will be handing out gifts to the first 100 children. Please bring your camera for pictures with Santa. 4 – 6pm at the Warrenton Community Center.

**Candy Cane Express Train Ride.** Enjoy an excursion train ride traveling between Garibaldi and Rockaway Beach along the Tillamook Bay and the Pacific Ocean. Passenger cars are decorated in the spirit of the season with twinkling lights, trees and more. Visit with Santa while on board. \$20, departs Garibaldi at noon, 2 and 4pm. 888-71-tickets

**Help Portrait.** Come in for a free portrait of you and your family. First come, first serve. 11am – 4pm at the Lincoln City Cultural Center.

**Holiday Silent Auction.** Family activities, toys, games, and more. 5 – 7pm at the Lincoln City Cultural Center.

#### THEATER

**Beauty and the Beast.** Musical. \$18 - \$23, 3pm at the Coaster Theater in Cannon Beach.

## Monday 8

#### MUSIC

**The Earnest Lovers.** No cover, 7pm at the Adrift Hotel in Long Beach.

#### HAPPENING

**Kiwanis Holiday Tree Sale.** At the Safeway parking lot in Astoria.

#### LECTURE

**Brown Bag Lecture.** Smuggling, Torture, and the First English Bibles: Notes from Oxford. With Julie Brown. Free, noon – 12:30pm in Room 219 at Columbia Hall at CCC in Astoria.

## Tuesday 9

#### MUSIC

**The Earnest Lovers.** No cover, 7pm at the Adrift Hotel in Long Beach.

**Lures.** No cover, 9pm at the Voodoo Room in Astoria.

#### HAPPENING

**Kiwanis Holiday Tree Sale.** At the Safeway parking lot in Astoria.

## Wednesday 10

#### MUSIC

**The Earnest Lovers.** No cover, 7pm at the Adrift Hotel in Long Beach.

#### HAPPENING

**Kiwanis Holiday Tree Sale.** At the Safeway parking lot in Astoria.

**Team Trivia Tournament.** Trivia nights are informal, fun, competitions where teams battle to see who has the greatest knowledge of all matters trivial. Free, 6pm at the Seaside Library.

## Thursday 11

#### MUSIC

**Kathryn Claire and Ara Lee.** Two ladies of the folk realm perform in concert setting, solo, duet and with accompanying mando player. \$8 Doors open 7pm, show at 7:30pm, at KALA in Astoria.

#### HAPPENING

**Kiwanis Holiday Tree Sale.** At the Safeway parking lot in Astoria.

#### LECTURE

**Beers to Your Health.** Jared Oakes & Jessika Tantisook of Starvation Alley Farms will tell their story of transitioning their bogs to organic and helping others do the same. Free, 7pm at the Lovell Showroom at Fort George in Astoria.

#### LITERARY

**Book Reading.** Authors Anthony Curcio and Dane Batty will read from and discuss their book. Free, 7pm at the Seaside Library.

#### THEATER

**Beauty and the Beast.** Musical. \$18 - \$23, 7:30pm at the Coaster Theater in Cannon Beach.

## Friday 12

#### MUSIC

**Bill Wadhams.** No cover, 7pm at the Sand Trap Pub in Gearhart.

**Kathryn Claire, Naomi Hooley, & Rob Stroup.** Winter Songs. \$12, 7pm at the Peninsula Arts Center in Long Beach.

**Beach Fire.** No cover, 9pm at the Adrift Hotel in Long Beach.

**Cedar Shakes.** No cover, 9pm at the Voodoo Room in Astoria.

#### ART

**Opening Reception.** New York Experience Photographic Exhibit by David Jordan. 5 – 7pm at the Lincoln City Cultural Center.

#### HAPPENING

**Kiwanis Holiday Tree Sale.** At the Safeway parking lot in Astoria.

**Festival of Trees Gala Reception.** Silent auction, wine and hors d’ oeuvres. \$30, 5:30 – 8pm at the Tillamook County Pioneer Museum in Tillamook.

**Kids Sing Out Christmas Celebration.** From 7pm at the Lincoln City Cultural Center.

#### THEATER

**Scrooged in Astoria.** Holiday Musical. \$8 - \$15, 7pm at the ASOC Playhouse in Astoria.

**Beauty and the Beast.** Musical. \$18 - \$23, 7:30pm at the Coaster Theater in Cannon Beach.

## Saturday 13

#### MUSIC

**Chimes Choir & Chancel Choir.** 11:30am – 1pm at the Tillamook County Creamery Association.

**Astoria Tuba Quartet.** Tuba Christmas. Free, 2pm at the Columbia-Pacific Heritage Museum in Ilwaco.

**Portland Gay Men’s Chorus.** Holiday Celebration Chorus. \$15, 2 – 4pm at Astoria High School .

**North Coast Chorale.** Holiday Traditions; Featuring the Clatsop County Children’s Chorus. \$10, 7pm at the PAC in Astoria.

**Beach Fire.** No cover, 9pm at the Adrift Hotel in Long Beach.

**Dirty Revival Collective.** \$5 cover, 9pm at the San Dune Pub in Manzanita.

**Hook & Anchor.** Playing originals, and Fleetwood Mac’s Rumors album.

#### ART

**Winter Boutique Market.** Art and craft vendors will sell their wares at the Astoria Event Center.

**Astoria’s Second Saturday Art Walk.** 5 – 9pm downtown Astoria.

#### FOOD & DRINK

**Wine Tasting.** Annual Holiday Bubbles. 1 – 4pm at the Cellar on 10th in Astoria.

**Holiday Tea & Plum Pudding.** Enjoy a relaxing afternoon with a cup of tea and traditional holiday plum pudding in the festively decorated historic Flavel House Museum in Astoria. \$12, 1 – 4pm.

#### HAPPENING

**Clatsop Animal Assistance Year End Fundraiser.** Silent auction, raffle, bake sale, and pet photos with Santa. 9:30am – 3pm in the Lovell Showroom at Fort George.

**Saturday Christmas Market at the Port.** 10am – 4pm at the Port of Ilwaco.

**Kiwanis Holiday Tree Sale.** At the Safeway parking lot in Astoria.

**Lower Columbia Pug Socializing Club.** Pugs and their people meet monthly for fun and socialization. 11am at Caruthers Park in Warrenton.

**Gingerbread Tea.** Adults \$5, children under 13, \$3. 1 – 4pm at the Butterfield Cottage in Seaside.

**Children’s Holiday Celebration.** This long time holiday favorite features two of our local dance studios along with crafts, cookies and punch. Santa Claus will pay a visit. Admission is \$2 or 2 cans of food. 1 – 3pm at the Convention Center in Seaside.

**Pictures with Santa.** 1 – 4pm at the Cannon Beach Chamber of Commerce.

**Candy Cane Express Train Ride.** Enjoy an excursion train ride traveling between Garibaldi and Rockaway Beach along the Tillamook Bay and the Pacific Ocean. Passenger cars are decorated in the spirit of the season with twinkling lights, trees and more. Visit with Santa while on board. \$20, departs Garibaldi at noon, 2 and 4pm. 888-71-tickets

**Christmas Bazaar and Lunch.** 10am – 3pm, soup lunch served from 11am – 3pm. At the Bay City United Methodist Church.

**Santa Day.** Come see Santa. Kids are welcome to bring their letters or tell him what they want for Christmas. Bring your camera for a photo. 10am - 2pm at Rosenburg Builder’s Supply in Tillamook.

**Pacific City Christmas Tree Lighting.** Santa, hot chocolate, coffee & cookies, gift bags for the kids and drawing for children’s Christmas gifts. Starts at 5:30pm at the corner lot in downtown Pacific City.

**Kids Sing Out Christmas Celebration.** Until 9pm at the Lincoln City Cultural Center.

**Miracle on 51st St.** Santa will arrive on a fire truck to take pictures with kids. With a donation of canned food, you can get your picture taken with Santa. 4:30pm at Mo’s Restaurant in Lincoln City.

#### OUTSIDE

**Ugly Sweater 5K Run/Walk.** Cost is \$20 and includes a commemorative Ugly Sweater

T-shirt (while supplies last). Santa will be on hand to greet our little racers and there will be free hot chocolate for all. Prizes for the Ugliest Sweater will be awarded at the finish of the race. 8:30 – 11am Starting at the Seaside Convention Center.

#### THEATER

**Scrooged in Astoria.** Holiday Musical. \$8 - \$15, 7pm at the ASOC Playhouse in Astoria.

**Beauty and the Beast.** Musical. \$18 - \$23, 7:30pm at the Coaster Theater in Cannon Beach.

## Sunday 14

#### MUSIC

**Psychedelic Folk Maestro B’ee at KALA.** \$7, Door 7pm, music at 7:30pm.

**Christmas Cantata.** Mini concert by the Chimes Choir followed by “Lead Me Back to Bethlehem” by the Chancel Choir. 11am at the Tillamook United Methodist Church.

**North Coast Chorale.** Holiday Traditions; Featuring the Clatsop County Children’s Chorus. \$10, 2pm at the PAC in Astoria.

**Water Music Festival Christmas Concert.** \$5 suggested donation, 2 – 4pm at the Inn at Harbour Village in Ilwaco.

**Beach Fire.** Indie Groove Rock. No cover. 8pm at Fort George Brewery & Public House in Astoria.

#### ART

**Winter Boutique Market.** Art and craft vendors will sell their wares at the Astoria Event Center.

#### FOOD & DRINK

**Holiday Tea & Plum Pudding.** Enjoy a relaxing afternoon with a cup of tea and traditional holiday plum pudding in the festively decorated historic Flavel House Museum in Astoria. \$12, 1 – 4pm.

#### HAPPENING

**Gourmet Holiday Home Tour.** Featuring six beautifully decorated homes on the Long Beach Peninsula. The homeowners have worked tirelessly to instill the warmth and spirit of the season in every room and are generously opening their homes. Taste scrumptious little bites from famous local chefs, enjoy holiday favorites performed by enchanting musicians, participate in the silent auction of children’s art from the Boys and Girls Club, and shop for holiday gifts from charming local shops on display in each home. \$30, tickets on sale at the Liberty Theater in Astoria. 10am – 6pm.

**Kiwanis Holiday Tree Sale.** At the Safeway parking lot in Astoria.

**Candy Cane Express Train Ride.** Enjoy an excursion train ride traveling between Garibaldi and Rockaway Beach along the Tillamook Bay and the Pacific Ocean. Passenger cars are decorated in the spirit of the season with twinkling lights, trees and more. Visit with Santa while on board. \$20, departs Garibaldi at noon, 2 and 4pm. 888-71-tickets

#### THEATER

**Scrooged in Astoria.** Holiday Musical. \$8 - \$15, 2pm at the ASOC Playhouse in Astoria.

## Monday 15

#### FOOD & DRINK

**Ice Cream Social.** The public is invited for cake & ice cream + birthday celebration. \$1 suggested donation, free if it’s your birthday month. 2pm at the Peninsula Senior Activity Center in Klipsan Beach, WA

**Holiday Tea & Plum Pudding.** Enjoy a relaxing afternoon with a cup of tea and traditional holiday plum pudding in the festively decorated historic Flavel House Museum in Astoria. \$12, 1 – 4pm.

#### HAPPENING

**Old-Fashioned Christmas Celebration.** Visitors will have an opportunity to see the decorated Flavel House Museum and be treated to holiday music, crafts, games, and stories for the kids. Everyone will enjoy the cookies and hot chocolate and photos with Santa. 6 – 8pm at the Flavel House Museum in Astoria.

**Kiwanis Holiday Tree Sale.** At the Safeway parking lot in Astoria.

*Listings continued on pg. 21*

# MORE MUSIC



## Hook and Anchor

**JUST OUT** with a super self-titled debut, leader Katie “Blind Pilot” Claborn’s project Hook & Anchor perform big in the Columbian Theater. Hear the new songs and “Go Your Own Way”

with it, when the band performs Fleetwood Mac’s super seller Rumours album. Whoa. Cool.

**Saturday, December 13 at the Columbian Theater in Astoria. Cover?**



## The Resoelectrics

**THE RESOELECTRICS** at heart are a classic rhythm & blues band. But like the pioneers of rock & roll in the 50’s, 60’s and 70’s, The Resoelectrics draw inspiration from many sources in the roots of American music to create an original and soulful

blend of rock, classic r&b, and folk. Their ragged-yet-heartfelt harmonies, bluesy riffs and swampy grooves are sure to move you.

**Fri/Sat, Dec 19 – 20, 9pm at the Adrift in LB. Sunday Dec 21, 8pm at Fort George.**

## Billy D & the HooDoos

**NEW MEXICO** Blues scene man Billy Desmond is pure rock n’ roll. Born on the south side of Chicago he started his professional career at the age of 14 playing guitar at teen dances. Since then he’s lived and played a lot of music, played with greats like Little Richard and Ray Charles, and now fronts his own band and his own music. You can Rock 2015 in pure and bluesy, and spend the night too!



**New Years Eve at McMe-namins Sandtrap in Gearhart. 9pm to 12:30am. FREE.**



## theater & performance.

### Disney's Beauty and the Beast The Coaster Theatre's Holiday Musical



Amanda Payne is Belle

**STEP INTO** the enchanted world of Disney's Beauty and the Beast. Based on the Academy-Award winning animated feature, the stage version includes all of the memorable songs from the animated film plus a few new songs written especially for the Broadway musical.

Disney's Beauty and the Beast takes place in a small provincial town in France and begins when a prince is transformed into a hideous beast by an enchantress as punishment for his cruel and selfish ways.

When Maurice, the town's eccentric inventor, becomes lost in the woods on the way to the fair to show off his latest invention, he seeks shelter in an old castle, only to find its master to be a horrible beast that takes him captive. The inventor's daughter, an adventurous young woman named Belle, trades herself for her father's freedom when she finds him in the castle. She soon discovers enchanted objects that serve the beast, and they try to make her new life easier. In order to become human again the Beast must earn Belle's love before it's too late. The story ends with her tears falling upon him, breaking the curse and turning him into the handsome prince in her dreams. They are married and of course, they live happily ever after.

Patrick Lathrop, Executive Director of the Coaster Theatre says, "This is the perfect musical for the holidays because it appeals to all ages. We're very

fortunate to have so many talented actors here in Cannon Beach and on the Northwest Coast who are totally up to the challenge of taking on the 28 roles this production requires."

Principal Cast Members: **Amanda Payne** (Belle), **Ryan Hull** (Gaston), **Todd Payne** (Lefou), **David Hayes** (Maurice),

**Darren Hull** (Lumiere), **David Sweeney** (Cogsworth), **Bree Heavenrich** (Babette), **Ellen Blankenship** (Mrs. Potts), **Parker Ferguson** (Chip), **Richard Bowman** (Beast),

**Sue Meyers** (Madame De La Grande Bouche), **Emily Estrada** (Monsieur D'arque/Chorus)

**Ensemble Cast:** *Beauty and the Beast* requires a very large cast, and depends heavily upon the many roles played by all member of the ensemble: Carolyn Anderson, Aerial Bird, Ann Bronson, Eliza Davis, Priscilla Fairall, Duncan Fenison, Holly Fergus, Amie Fipps, Gretchen Hoekstre, Ellen Jensen, Katherine Lacaze, Josh Loring, Crystal Rouse

This show is sponsored by The Clark Family.



#### Performance Schedule:

Dec. 5, 6, 11, 12, 13, 19, 20, 27: 7:30pm  
Dec. 7, 21, 28: 3:00 p.m.

**Ticket prices:** \$18-\$23

**Box Office:** 503-436-1242  
coastertheatre.com

## RiverSea Gallery presents SEA CHANGE A Grand Review of Paintings by Marion Raney Oman

**IT IS** with profound gratitude that RiverSea Gallery presents Sea Change: A Grand Review, a survey of select paintings by Marion Raney Oman in celebration of the culmination of her career as an exhibiting artist. On view will be many of the artist's favorite paintings chosen from the past seventeen years, dating to the opening of RiverSea Gallery in 1997, where she was one of the original represented artists. To this day her paintings are a favorite with gallery clientele, and her fans and collectors are grateful for the artwork she has offered over the years.

The exhibition will open on Saturday, December 13, with a reception from 5:00 to 8:00 during Astoria's Second Saturday Artwalk. All are invited to share in the celebration with Oman and give her best wishes for the future. In consideration of those purchasing holiday gifts, purchased artwork will be available to take home or ship from December 15 onward, and the remainder of the show will be on view through January 6, 2015.

This exhibition celebrates a sea change in the life of an artist. An artist whose paintings, over two decades, are exhibited in galleries and in juried shows in western Oregon and Washington and are in collections around the nation. Oman has decided to leave her career as an artist behind and move forward to see what new things she can accomplish. After decades of dedicated work and success, she asked herself what she would do, and who she would be, if she didn't spend so many hours in her studio, on the Long Beach Peninsula. She decided to give spontaneous pursuits a chance, and be open to future inspiration and creativity in whatever form it may come.

Oman is noted for her evocative and dreamlike paintings depicting the natural landscape she is immersed in, whether that of her beloved home beach or of a faraway locale she has traveled to. Her experiences in nature are translated into contemplative paintings that are distinctive in style, contrasting softly blended floats of color with a strong sense of form and line. In her portrayals of land-



"River Delta" by Marion Raney Oman, oil on canvas, 27"x23"

scape, birds often make an appearance, sometimes as a blur of motion, and occasionally as the focal point of the work, representing both the fragility and resourcefulness of wildlife adapting to today's world. Punctuating some paintings are sly reminders of humanity's dark footprint, perhaps a windmill or part of a roadway encroaching on the paradisiacal scene. The artist implores the viewer to look beyond these constructs, however, and to focus instead on what should be most important: the beauty and grace of the natural world.

RiverSea Gallery is open daily at 1160 Commercial Street in historic, downtown Astoria, Oregon. Monday through Saturday, 11:00 - 5:30 and Sunday, 11:00 - 4:00. Call the gallery at 503-325-1270.

### TEMPO Gallery Bette Lu Krause

**TEMPO GALLERY** presents new work by artist Bette Lu Krause the month of December. Krause also shows her work at Bay Avenue Gallery in Ocean Park, WA, and Artist Cove Gallery in Sitka, AK. Her new pieces, vary from a foggy tree scape to an evocative collage of salmon and money on a cupboard door.

Bette Lu Krause's adventurous spirit has taken her around the world by sea. As a merchant mariner aboard research vessels, tramp freighters, oil tankers, and tugboats, she has explored many of our small planet's coasts and oceans. As an artist her work embodies a passion for and knowledge of wild places, using bold colors and a palette knife to evoke feelings of wilderness, mystery and freedom.

Stop by TEMPO GALLERY, 1271 Commercial St., Astoria from 5-8 to meet Bette Lu and see her new work. Refreshments will be served. TEMPO GAL-



ERY is located at 1271 Commercial St. in Astoria. Open Thurs. - Sat. 12pm - 4pm.



## A Few of My Favorite Things Paper-cut Assemblages by Kim Hamblin At IMOGEN GALLERY



Let Your Love Soar, papercut assemblage 22x32

**BACK BY** popular demand is Kim Hamblin and her fantastic paper-cut assemblages. She brings a new series of work, *A Few of My favorite Things* for Astoria's Second Saturday Artwalk, December 13th 5 – 8 pm. Hamblin, has spent years honing the ancient art form of paper-cutting, a delicate and tedious practice that originated in 6th century China. Regarded as an art form that requires careful forethought and concentration, artist Kim Hamblin considers it therapeutic, utilizing the practice as focus and relaxation from her busy life. For this series Hamblin brings a vast array of subject matter, and as the title of the show implies, imagery that captures her own imagination. The exhibition will be available for view and purchase December 13th through June 6th. Hamblin will

be present and available to answer questions about her work during the artist's reception December 13th.

Hamblin's inspiration is gleaned from her lifelong love of the sciences; particularly anatomy, botany, biology, entomology and zoology. Process is quintessential to each finished piece. Hamblin's use and application of materials goes beyond traditional paper cut assemblage. By adding painted surface and nails to further enhance tessellation and texture, Hamblin adds an industrial nature to the delicateness of pattern revealed in each paper cut. Paper and steel make for a unique and striking finished composition.

For this exhibition Hamblin brings imagery that provides inspiration to her, including a strong connection to the heart, metaphorically and physically. About her work Hamblin states, "As I have become interested in farming and now have a farm of my own, these ideas apply themselves to the things around me- the dirt, the roots, the vegetation, the land. One of the ideas embodied in this show is the heartland of America, the Midwest, where I was raised, and the iconography of the area. Another

is *coeur de terre*, the idea of the heart of the earth. In this notion I'm exploring the earth, soil and roots, the life below ground, as nourishing and necessary for life above ground. In a more generalized way, the show explores a basic love of trees, farming and animals."

*A Few of My Favorite Things* will be Hamblin's third solo exhibition at Imogen Gallery. She has exhibited her work throughout the northwest, including being awarded Best of Show for the 2013 Art In The Pearl. She is also a recipient to two purchase awards from the Oregon State University's Art About Agriculture 32nd annual exhibition where her work is included in their permanent collection. Imogen Gallery is open daily at 240 11th Street in Astoria.

## Astoria Stars In A Holiday Group Show At Riversea Gallery

**THIS HOLIDAY** season, RiverSea Gallery presents *Local Color: Small Views of Astoria*, a group exhibition in the Alcove space celebrating the character of Astoria and its denizens. The show opens Saturday, December 13 with a reception from 5:00 to 8:00, and includes paintings by Rich Hoffman, Roger McKay, Robert Paulmenn and Leslie Peterson; miniature drawings by Christi Payne; watercolors and works in oil pastel by Noel Thomas and more. All works in the show are on the small side, perfect for holiday gifts, and all will be available to take home or ship from December 15 onward. The remaining work will be shown through January 6, 2015.

RiverSea Gallery is open daily at 11:00 in the heart of downtown Astoria at 1160 Commercial Street. Stop by the gallery or call 503-325-1270 for more details on



"After Hours" by Rich Hoffman, oil on canvas, 18"x24"

this show and the many artists represented, or visit online at riverseagallery.com or on Facebook.

## LightBox Gallery 2014 Members Group Exhibit

**LIGHTBOX PHOTOGRAPHIC** Gallery will host the opening and artists' reception of the LightBox Members Group Exhibit on Second Saturday, December 13th from 6-9pm.

LightBox members are a community of photographers that support the mission of the gallery to promote and educate in the photographic arts through exhibits, education, events and members gatherings. Members meet twice a month for educational nights and print and image critique nights, held on the 1st and 3rd Wednesday of every month. This Exhibit celebrates the members by showing the work of 25 members of the group on the walls of the gallery for a month. This year, Roger Dorband and Michael Datoli, fellow

LightBox members, juried the images that were submitted for the show

The Members Exhibit will show in the gallery from December 13th until January 7th. Every month LightBox exhibits new Silver Gelatin prints from the LightBox Dark-room Members. LightBox offers memberships as a way to become part of the community that helps to further the mission of the gallery. LightBox is located at 1045 Marine Drive in Astoria, hours are Tuesday - Saturday 11 - 5:30. Contact LightBox at 503-468-0238 or at info@lightbox-photographic.com, and visit lightbox-photographic.com for more info



Photography of Leigh Oviatt

and to enjoy past, current and upcoming exhibits.

## Three at Luminari Arts



Zorat by Chris Bryant

**LUMINARI ARTS** celebrates the holiday season with three artists, Chris Bryant, Paula Kenworthy and Nancy Karacand, opening Saturday, Dec 13 for the Astoria Art Walk.

*HOLIDAY BIZARRE AND IMAGES DE PLUME* incorporates assemblages and pen and ink drawings by local well-known artist Chris Bryant. In this show Bryant shows another facet of her creativity with her fantasti-

cal assemblages made from found materials; everything from vintage spice cans, discarded zippers, seed pods, to metal tips from bolo ties, old maps, chopsticks, shells, and clock parts. *Images de Plume* or *Images of the Pen* are inspired by regional icons, strangers sitting on benches, and posing nudes. Some of the featured drawings were done while traveling in Turkey and Greece, listening to local musicians, and participating with the Astoria "Draw" group at a variety of nearby loca-

tions. Chris is intrigued by artistic challenges. She says the ease of toting a pen and pad of paper facilitates the spontaneous creation of her drawings, but at the same time there is a risk, as pen cannot be erased.

Paula Kenworthy shares her *CROWN JEWELS SERIES* inspired by the ornate jeweled Russian headpieces at The Hermitage in Saint

Petersburg. Using recycled, altered jewelry, scraps of fabric, paper and other re-purposed elements, Crown Jewels represents and celebrates various women, each has a muse who is either someone she knows, a historical figure or a part of the environment.

*CRAFTED JASPER* by local Nancy Karacand presents new works of jewelry featuring intricate bead work and the gemstone of jasper. Each piece is unique and one of a kind.

Live music performed by "Geezer Creak", Bob Lennon and Dale Clark. Music, mirth and merrymaking takes place at Luminari Arts, located at 1133 Commercial St. in Astoria. 503.468.0308.



Jasper Necklace by Nancy Karacand



## Artists' Gallery On 10th Street

### Now Open To The Public With Wide Array Of Original Art Specially Priced For The Holidays



**THE NEWEST** addition to the vibrant Astoria art scene is now open. Artists' Gallery on 10th Street opened this past week at 106 Tenth Street and features art by over 20 local and talented artists. Offerings include original art in oils, acrylics, pastels, watercolors, collage, mixed media, photography, masks, note cards, music, garden water features, and textile art, including "The Art of the Little Black Dress." New art work will be added weekly.

Hours are 10:30 A.M. – 5:00 P.M. most days – since it is staffed by the artists showing their work. The Artists' Gallery on 10th will participate in the Astoria Art Walk December 13 from 5:00 – 8:00 PM and welcomes visitors to come and peruse the large selection of original

art available – perfect for that Holiday gift! Special Holiday pricing is in place. Purchases must be made with cash or check with I.D.

According to Gallery Coordinators LaRee Johnson and Shirley Dahlsten, "We have a limited engagement with local artists in an ideal venue, or what may be termed a "pop-up" gallery. Pop-up retail stores and art galleries are short-term venues that offer work by designers, photographers, artists and others. The Artists' Gallery on 10th will be open through the balance of 2014, and perhaps longer, depending on the building's availability.

Visit the Artists' Gallery on 10th – 106 Tenth Street for a great display of original art and some novel ideas for Holiday gift giving.

## Susan Romersa

### at Seaside Library

#### December 10 - January 27

**LOCAL ARTIST** and writer Susan Romersa will exhibit her art and photography at the Seaside Public Library at the end of the year. The exhibit will run December 10, 2014 – January 27, 2015 in the Library's Community Room and foyer.

Since moving to Seaside nine years ago, Romersa has been carving out time to enjoy both art endeavors and writing. After vacations visiting family in our region, she sold her home in Las Vegas, where she had been a marketing consultant for many years, and relocated to the Oregon Coast.

Susan's oil paintings and photography celebrate the beauty and constantly changing surroundings that Seaside offers. Her work reflects the many impressions she has had here on the coast - including nature and landscapes, pets, figure painting, and the ocean.



Grace. Oil by Susan Romersa

The Seaside Public Library is located at 1131 Broadway. For more information, call (503) 738-6742 or visit the library website at: [www.seasidelibrary.org](http://www.seasidelibrary.org)

## word.

### HEIST AND HIGH With Authors Anthony Curcio And Dane Batty At Seaside Public Library

**THE FRIENDS** of the Seaside Library host Anthony Curcio and Dane Batty, authors of "Heist and High," on Thursday Dec 11 at 7pm. The event will take place in the Community Room and there will be book sales and signings.

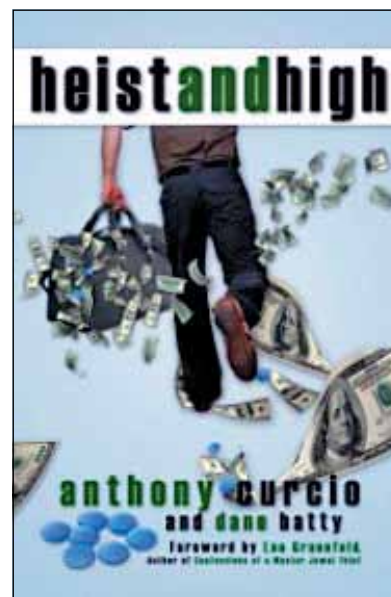
The media called him the Craigslist Robber. They said the heist was like "The Thomas Crown Affair" and the detective who caught Anthony Curcio said the robbery had "all the preparation of a top-notch heist by an experienced criminal. Curcio descended from a football star with a life full of promise to an armored car robber with a hellish addiction to prescription pain killers.

The main event in this interesting story is the Brinks armored car robbery that took place in Monroe Washington in 2008, and was dramatized on a segment of the ABC newsmagazine, 20/20. Curcio put an ad on Craigslist and got more than a dozen men to dress as he would be dressed, in blue landscaper's outfits.

They were instructed to show up at the bank just before the Brinks truck arrived, thereby providing cover for Anthony's get away. He made off with about \$400,000 and used an inner tube in a nearby stream to make his escape. As this odd story unfolds we get to know the manic-depressive golden boy who takes his stolen money to Las Vegas, gets caught, goes to prison, and finally makes peace with the fact that addiction caused his life to spiral out of control.

Dane Batty is the author of the true crime novel "Wanted: Gentleman Bank Robber". Danes book was given to Anthony Curcio while he was in prison and he was impressed with Danes grasp of the subject matter. This led to a collaboration and the outcome is "Heist and High". Batty is the founder of Nish Publishing in Portland.

The Seaside Public Library is located at 1131 Broadway. For more



information call (503)738-6742 or visit us at [www.seasidelibrary.org](http://www.seasidelibrary.org)

### Smuggling, Torture, and the First English Bibles: Notes from Oxford with CCC's Dr. Julie Brown. Brown Bag Dec 8

**CLATSOP COMMUNITY** College's Dr. Julie Brown will reprise her October Ales & Ideas presentation, "Smuggling, Torture, and the First English Bibles: Notes from Oxford," with a campus brown-bag lecture on Monday, December 8, 12:00 – 12:30pm, in Columbia Hall Room 219, 1651 Lexington Avenue, Astoria.

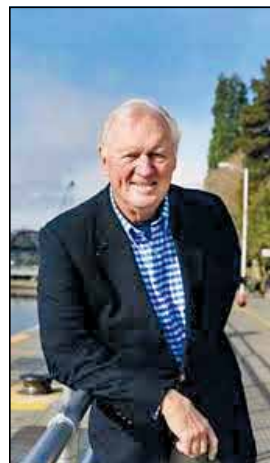
This presentation is free and open to the public.

Smuggling. Espionage. Torture. Assassinations. Join CCC Professor of English Julie Brown, PhD to learn about the fascinating history of how the Bible came to be printed in English during both Catholic and Protestant eras in England. During summer of 2014, Brown travelled and

studied in Belgium and England as part of an NEH (National Endowment for the Humanities) research institute. Her trip included four weeks at Oxford University, working with other scholars to research the impact of the earliest printing presses. Julie will share slides from Europe along with her new research about this fascinating period of revolutionary change.

### In Their Footsteps

#### Jefferson's Bible



**LEWIS AND** Clark National Historical Park, Fort Clatsop presents the next In Their Footsteps free speaker

series event. This program is Jefferson's Bible by Julius Rochester on Sunday, December 21 at 1pm.

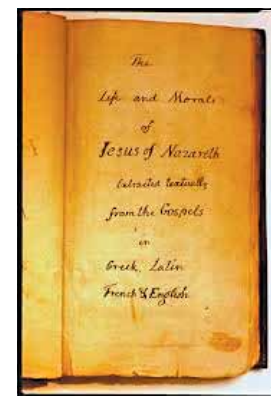
This illustrated talk will focus on President Thomas Jefferson's project in 1803 of cutting and assembling passages from several Bibles that he believed best presented the teaching of Jesus. He sub-titled his little Bible "The Life and Morals of Jesus of Nazareth."

Rochester is a graduate of Whitman College and Harvard Business School. He is the author of nine books about northwest history. For seven years he was the regional history commentator at KUOW-

FM, a Pacific Northwest affiliate of National Public Radio. He is former president of the Pacific Northwest Historians Guild and current president of the Pioneer Association of the State of Washington. He gives talks to civic and educational organizations, including aboard small cruise ships.

This third Sunday forum is sponsored by the Lewis & Clark National Park Association and the park. These free programs are held in the Netul River Room at the Fort Clatsop Visitor Center.

For more information, call the park at (503) 861-2471. You can follow the



park on its website, [www.nps.gov/lewi](http://www.nps.gov/lewi) or on Facebook, [www.facebook.com/LewisandClarkNationalHistoricalPark](http://www.facebook.com/LewisandClarkNationalHistoricalPark)



## Tuesday 16

### FOOD & DRINK

**Holiday Tea & Plum Pudding.** Enjoy a relaxing afternoon with a cup of tea and traditional holiday plum pudding in the festively decorated historic Flavel House Museum in Astoria. \$12, 1 – 4pm.

### HAPPENING

**Open House & Volunteer Appreciation Tea.** 2 – 4pm at the Connie Hansen Gardens in Lincoln City.

## Wednesday 17

### MUSIC

**Pretty Gritty.** 7pm at the Adrift Hotel in Long Beach.

### CINEMA

**Dive-In Movie.** Lounge in the pool on inner tubes or air mattresses while watching a movie on “the big screen.” 7 – 9pm at the Lincoln City Community Center.

### FOOD & DRINK

**Holiday Tea & Plum Pudding.** Enjoy a relaxing afternoon with a cup of tea and traditional holiday plum pudding in the festively decorated historic Flavel House Museum in Astoria. \$12, 1 – 4pm.

### HAPPENING

**Holiday Wrapping Party.** Get your presents wrapped. 2 – 4pm at Taft High School in Lincoln City.

## Thursday 18

### MUSIC

**Pretty Gritty.** 7pm at the Adrift Hotel in Long Beach.

### FOOD & DRINK

**Holiday Tea & Plum Pudding.** Enjoy a relaxing afternoon with a cup of tea and traditional holiday plum pudding in the festively decorated historic Flavel House Museum in Astoria. \$12, 1 – 4pm.

### HAPPENING

**Fundraising Dinner.** \$7 for adults and \$5 for children includes. 5 - 6:30pm at the Peninsula Senior Activity Center in Klipsan Beach, WA

### THEATER

**Sorry, Wrong Chimney.** \$12, 8pm at Theater West in Lincoln City.

## Friday 19

### MUSIC

**KALA Winter Concert.** Eclectic Songs of winter performed by Dinah Urell, Sofie Kline, Martin Buell, instrumentalist Bryon Rock, and seasonal belly dance performance by Jessamyn Grace. A Benefit for Sammy’s Place. Complimentary Finnish Desserts follows a 1-hour performance. Door at 7:30pm, Show at 8pm. \$10.

**Consort of All Sorts.** Free, 6pm at the Astoria Public Library.

**Dragging an Ox Through Water.** No cover, 9pm at the Voodoo room in Astoria.

**The Resolectrics.** 9pm at the Adrift Hotel in Long Beach.

### FOOD & DRINK

**Holiday Tea & Plum Pudding.** Enjoy a relaxing afternoon with a cup of tea and traditional holiday plum pudding in the festively decorated historic Flavel House Museum in Astoria. \$12, 1 – 4pm.

### HAPPENNG

**Astoria Winter Market.** Food, arts & crafts caroling contests, bake-offs and gift-making workshops. Free admission. 3 – 8pm at the Astoria Armory.

### LITERARY

**StringTown Journal & Press Reading.** . Free, 6 – 9pm at Cloud & Leaf Books in Manzanita.

### OUTSIDE

**Mistletoe & Fruitcakes Golf Tourney.** Special prizes for the best Santa, Reindeer, Elf, or any other Christmas outfit. \$55 per player, \$15 per player cart rental. Noon shotgun start at the Gearhart Hotel.

### THEATER

**Scrooged in Astoria.** Holiday Musical. \$8 - \$15, 7pm at the ASOC Playhouse in Astoria.

**Beauty and the Beast.** Musical. \$18 - \$23, 7:30pm at the Coaster Theater in Cannon Beach.

**Sorry, Wrong Chimney.** \$12, 8pm at Theater West in Lincoln City.

## Saturday 20

### MUSIC

**North Coast Symphonic Band.** A North Coast Christmas Concert. \$29, 7pm at the Liberty Theater in Astoria.

**Nick Jaina.** He will perform his one-man show The Hole in the Coffin, a 50-minute story told through words and music by Nick Jaina about a strange experience he had in New Orleans of going to the funeral of his hero and ending up inside the coffin with a gun and a bible. He tries to unravel the information he is given, reconnect with his former love, and piece together the perfect love song. 8pm at the Sou’wester Lodge in Seaview.

**The Resolectrics.** 9pm at the Adrift Hotel in Long Beach.

**Tony Smiley.** \$5 cover, 9pm at the San Dune Pub in Manzanita.

### FOOD & DRINK

**Saturday Christmas Market at the Port.** 10am – 4pm at the Port of Ilwaco.

**Holiday Tea & Plum Pudding.** Enjoy a relaxing afternoon with a cup of tea and traditional holiday plum pudding in the festively decorated historic Flavel House Museum in Astoria. \$12, 1 – 4pm.

**Wine Tasting.** Wines for Christmas. 1 – 4pm at the Cellar on 10th in Astoria

**Gingerbread Tea.** Adults \$5, children under 13, \$3. 1 – 4pm at the Butterfield Cottage in Seaside.

### HAPPENING

**Astoria Winter Market.** Food, arts & crafts caroling contests, bake-offs and gift-making workshops. Free admission. 10am - 5pm at the Astoria Armory.

**Winter Formal.** Music by DJ Jabba the Slutt. \$10 per person, \$15 per couple. 9pm at the AAMC in Astoria.

**United Paws Monthly Adoption Day.** This is a great time to stop in and see all the kittens, cats and dogs that need new forever homes. Noon – 3pm at the Tillamook County Fairgrounds.

**Winter Solstice Celebration.** Free, 6:30 – 9pm at the Driftwood Public Library in Lincoln City.

**Jingle Bell Jog 5K Run or Walk.** Bells will be provided, costumes are optional but recommended. Starts at 9:30am at the Lincoln City Community Center. Register at: racerooster.com/events/2014/1683/lincoln-city-jingle-bell-jog

### THEATER

**Scrooged in Astoria.** Holiday Musical. \$8 - \$15, 7pm at the ASOC Playhouse in Astoria.

**Beauty and the Beast.** Musical. \$18 - \$23, 7:30pm at the Coaster Theater in Cannon Beach.

**Sorry, Wrong Chimney.** \$12, 8pm at Theater West in Lincoln City.

## Sunday 21

### MUSIC

**The Thomasian Trio with Maggie Kitson.** At the Sunday Blues Brunch. 11:30am – 2pm at the Bridgewater Bistro in Astoria.

**Small Souls with Shoeshine Blue.** 7pm at the Adrift Hotel in Long Beach.

**Resolectrics.** No cover. 8pm at Fort George Brewery & Public House in Astoria.

### FOOD & DRINK

**Holiday Tea & Plum Pudding.** Enjoy a relaxing afternoon with a cup of tea and traditional holiday plum pudding in the festively decorated historic Flavel House Museum in Astoria. \$12, 1 – 4pm.

**Pancake Breakfast.** All-you-can-eat for \$5, 8am – noon at the Bay City Arts Center.

**Cannon Beach American Legion Breakfast.** \$7 adults, \$3 children under 6. 9 – 11:30am at the American Legion Hall in Cannon Beach.

### HAPPENING

**Astoria Winter Market.** Food, arts & crafts caroling contests, bake-offs and gift-making workshops. Free admission. 10am – 5pm at the Astoria Armory.

### LECTURE

**In Their Footsteps Lecture Series.** 1 – 2pm at the Netul Room at the Fort Clatsop Visitor Center in Warrenton.

### THEATER

**Scrooged in Astoria.** Holiday Musical. \$8 - \$15, 2pm at the ASOC Playhouse in Astoria.

**Beauty and the Beast.** Musical. \$18 - \$23, 3pm at the Coaster Theater in Cannon Beach.

## Monday 22

### MUSIC

**Small Souls with Shoeshine Blue.** No cover, 7pm at the Adrift Hotel in Long Beach.

**Holiday Tea & Plum Pudding.** Enjoy a relaxing afternoon with a cup of tea and traditional holiday plum pudding in the festively decorated historic Flavel House Museum in Astoria. \$12, 1 – 4pm.

### HAPPENING

**Dances of Universal Peace.** Donation appreciated, not required. 7pm at the Lincoln City Cultural Center. 503-936-5318

### SPIRITUAL

**Winter Labyrinth Walk.** 4 - 7pm at the Lincoln City Cultural Center.

## Tuesday 23

### MUSIC

**Small Souls with Shoeshine Blue.** No cover, 7pm at the Adrift Hotel in Long Beach.

### FOOD & DRINK

**Holiday Tea & Plum Pudding.** Enjoy a relaxing afternoon with a cup of tea and traditional holiday plum pudding in the festively decorated historic Flavel House Museum in Astoria. \$12, 1 – 4pm.

## Wednesday 24

### HAPPENING

**Christmas Eve Dinner & White Elephant Gift Exchange.** Bring your favorite dish for potluck dinner and a wrapped white elephant gift of \$2 or less. 6pm at the Sou’wester Lodge in Seaview.

## Thursday 25

### HAPPENING

**Christmas with the Dogs.** Make a new Christmas tradition by sharing your love with the local dogs at the Tillamook Animal Shelter. Just a little bit of your time will make a difference in these dog’s lives. Join in on the hugs and snuggles then enjoy coffee/hot coco and cookies with the two legged friends. If you have extra blankets to donate or would like to give some dog toys or treats, please bring them with you. 10am – noon at the Tillamook Animal Shelter.

## Friday 26

### MUSIC

**Country Music Jam.** Free, 7 – 9pm at the Wickiup Senior Center in Svensen.

**Bradford Loomis.** No cover, 9pm at the Adrift Hotel in Long Beach.

### FOOD & DRINK

**Holiday Tea & Plum Pudding.** Enjoy a relaxing afternoon with a cup of tea and traditional holiday plum pudding in the festively decorated historic Flavel House Museum in Astoria. \$12, 1 – 4pm.

### THEATER

**Sorry, Wrong Chimney.** \$12, 8pm at Theater West in Lincoln City.

## Saturday 27

### MUSIC

**Troll Radio Revue.** Americana. \$2 for adults, free for children. 11am – noon at Fort George in Astoria.

**Tribute to Hank Williams.** With local musicians. Tickets are \$10 which includes a Jambalaya dinner starting at 6pm and music beginning at 7pm. At the Bay City Arts Center. 503-377-9620

**Bradford Loomis.** No cover, 9pm at the Adrift Hotel in Long Beach.

**Lloyd Jones.** \$5 cover, 9pm at the San Dune Pub in Manzanita.

### FOOD & DRINK

**Holiday Tea & Plum Pudding.** Enjoy a relaxing afternoon with a cup of tea and traditional holiday plum pudding at the Flavel House Museum in Astoria. \$12, 1 – 4pm.

**Wine Tasting.** Annual New Year’s Surprise. 1 – 4pm at the Cellar on 10th in Astoria

### THEATER

**Beauty and the Beast.** Musical. \$18 - \$23, 7:30pm at the Coaster Theater in Cannon Beach.

**Sorry, Wrong Chimney.** \$12, 8pm at Theater West in Lincoln City.

## Sunday 28

### MUSIC

**Danilo Casti.** (aka Xover) joins Los Angeles artists PRESENT and DivineBrick for a west coast tour of heavy experimental music/performance/video events. Also Gregg Sklof and Roger Hayes of Astoria. \$6, doors open 7pm. At KALA in Astoria.

**Jamie Leopold & The Short Stories.** No cover. 8pm at Fort George Brewery & Public House in Astoria.

### FOOD & DRINK

**Holiday Tea & Plum Pudding.** Enjoy a relaxing afternoon with a cup of tea and traditional holiday plum pudding in the festively decorated historic Flavel House Museum in Astoria. \$12, 1 – 4pm.

### THEATER

**Sorry, Wrong Chimney.** \$12, 2pm at Theater West in Lincoln City.

**Beauty and the Beast.** Musical. \$18 - \$23, 3pm at the Coaster Theater in Cannon Beach.

## Monday 29

### FOOD & DRINK

**Holiday Tea & Plum Pudding.** Enjoy a relaxing afternoon with a cup of tea and traditional holiday plum pudding in the festively decorated historic Flavel House Museum in Astoria. \$12, 1 – 4pm.

## Tuesday 30

### FOOD & DRINK

**Holiday Tea & Plum Pudding.** At the Flavel House Museum in Astoria. \$12, 1 – 4pm.

## New Years Eve!

### MUSIC

**Billy D & The Hoodoos.** New Year’s Eve Party. 21 and over. 9pm at the Sand Trap Pub in Gearhart.

**New Year’s Eve Extravaganza.** With Fever Damn, Dragalution Teaser, and more. 9pm at the Columbian Theater in Astoria.

**Ramble On.** A Led Zeppelin Tribute Band. New Year’s Eve Party. 9pm at the San Dune Pub in Manzanita.

### HAPPENING

**Cocktails and Bites at KALA, Dance and Socializing, 8pm to 11pm.** No Cover.

**Fireworks at Midnight Over the Ocean.** 5 minutes of fireworks over the Pacific Ocean in front of the boardwalk in Long Beach.

**New Year’s Eve Dance Party.** 8pm at the Sou’wester Lodge in Seaview.

**LEGO® bricks for all ages.** 2 – 4pm at the Astoria Public Library.

### THEATER

**Sorry, Wrong Chimney.** \$12, 8pm at Theater West in Lincoln City.

# WEEKLY

## Friday

### MUSIC

**Bill Hayes.** Rock/Folk/Bluegrass. No cover, 5 – 8pm at the Cannon Beach Cookie Company.

**Tom Trudell.** Jazz piano. No cover, 6– 9pm at the Shelburne Restaurant & Pub in Seaview, WA.

**Asleep at the Switch.** Blues, Country, 40’s, & 50’s. Free (donations accepted), 6 – 8pm at the City Hall in Garibaldi.

**Maggie & The Cats.** Blues/Classic Rock. No cover, 6:30pm at Sweet Basil’s Café in Cannon Beach.

### HAPPENING

**Happy Hour for Higher Ed.** With significant layoffs looming at Clatsop Community College, faculty, administrators, and the public are gathering weekly to discuss the situation and provide information about restoring teaching jobs. This in a fun setting that anyone can come to, at the Fort George Lovell Taproom, and the brewery is donating a dollar from each pint sold during Happy Hour for Higher Ed, Fridays 3-6 p.m., to a faculty fund, which is dedicated toward maximizing faculty positions.

**Friday Night Family Skate.** 5 – 9pm at the Astoria Armory.

## Saturday

### MUSIC

**Musician’s Jam.** Free, 2 – 4pm at the Tillamook Library.

**Jennifer Goodenberger.** Classical/Improvisational/Contemporary piano music. No cover, 6pm at the Shelburne Restaurant in Seaview, WA

**The Honky Tonk Cowboys.** Country. No cover, 7 – 10p at the Astoria Moose Lodge.

### FOOD & DRINK

**Wine Tasting Special.** \$9 for 4 2-oz pours + complimentary appetizers. 4 – 6pm at the Wine Bar at Sweet Basil’s Café in Cannon Beach.

## Sunday

### MUSIC

**All That Jazz.** Jazz. No cover (donations accepted). 2pm at the Wet Dog Café in Astoria.

**Honky Tonk Cowboys.** No cover, 3 – 6pm at the Astoria Moose Lodge.

**Brian Johnstone, Flamenco/Jazz/Blues.** 5 – 7pm at the Wine Bar at Sweet Basil’s Café in Cannon Beach.

## Monday

### HAPPENING

**Burgers & Jam Session.** 6 – 9pm at the American Legion hall in Cannon Beach.

## Tuesday

### MUSIC

**Richard T.** Blues. No cover, 5:30 – 8:30pm at T Paul’s Supper Club in Astoria.

**Brian O’Connor.** Jazz guitar. No cover, 6pm at the Shelburne Inn in Seaview, WA

## Wednesday

### MUSIC

**Salty Dogs.** Folk/Blues/Classic Rock. No cover, 6pm at the Rio Café in Astoria,

**Suzanne Knutzen.** Piano. No cover, 7 – 8pm at the Shelburne Restaurant & Pub in Seaview, WA

### HAPPENING

**Ecstatic Dance.** Spirit-filled, free-style, yogic trance dance. \$5 - \$7, 6:30 – 7:45pm, at Pine Grove Community House in Manzanita

**Open Mic Night.** 7 – 9pm at Lush Wine Bar in Cannon Beach. (every Wednesday except 1st of the month)

## Thursday

### MUSIC

**Live Music.** No cover, 6pm at U Street Pub in Seaside.

**Basin Street NW.** Jazz. No cover, 6:30pm at the Bridgewater Bistro in Astoria.

**Randy Weese.** Bluegrass/Country. 6:30– 9pm at the Wine Bar at Sweet Basil’s Café in Cannon Beach.

**Jam Session.** No cover, 7pm at the Triangle Tavern in Astoria.

**Jim Wilkins.** 7pm at the Voodoo Room in Astoria.

### ART

**Knitting/Spinning Group.** 3 – 5pm at the Astoria Fiber Arts Academy.

### HAPPENING

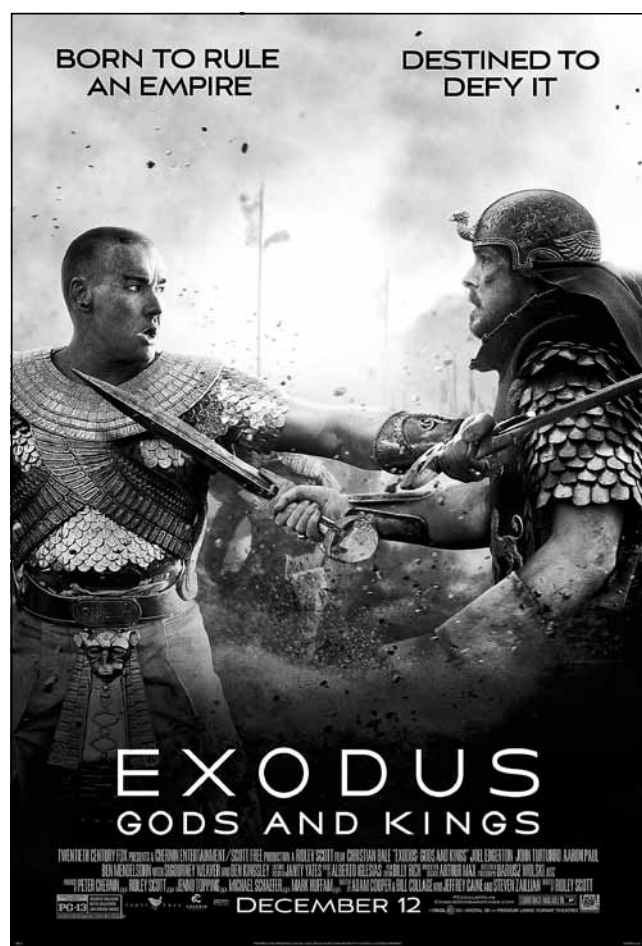
**Poet & Songwriters Circle.** If you are interested in writing poetry/songs, please drop in and join the group. 7pm at the Bay City Arts Center.

**Poetry Open Mike.** No cover, 8:30pm at the Wine Bar at Sweet Basil’s Café in Cannon Beach.



## MOVIES &amp; MUSINGS

by Les Kanekuni



**EXODUS: GODS & KINGS (Dec. 12)** Director Ridley Scott returns with the Old Testament story of Moses leading the Israelites from Egyptian slavery to freedom. Story begins with Moses (Christian Bale) as an adult serving as a general in the pharaoh Seti's army. Although he has a biological son Ramses (Joel Edgerton), the pharaoh favors his adopted son, Moses. Although friendly, the two soon become rivals after Ramses ascends to the throne. Moses, who is unaware of his Hebrew heritage, eventually sees firsthand the Israelites, who have been enslaved for 400 years, toiling while building the Pharaoh's palaces and pyramids. Moses is informed by Nun (Ben Kingsley), a Hebrew elder, of his heritage, but a scheming Egyptian viceroy (Ben Mendelsohn) outs Moses, forcing him into exile from the royal family and Egypt. While in exile, Moses marries and fathers a child, but he rejects the role of savior just as he earlier mocked the Egyptian gods. It's then that Moses has his famous encounter with God and the burning bush. In a big change from the '50s *The Ten Commandments* scene where God is literally obscured by the burning bush, Scott presents God as an angelic child (Isaac Andrews). This God is more human than godlike though, at turns angry, petulant and jealous, unleashing the plagues upon Egypt and forcing Moses to accept his role as savior of the Israelites. Shot in 3D, climactic scenes of Moses leading his people to safety by parting the Red Sea while being pursued by Ramses and his army, have been described as spectacular.

**TOP FIVE (Dec. 12)** After two nondescript turns in the director's chair, Chris Rock's third attempt was the charm when *Top Five* sparked a bidding war when it debuted at the Toronto Film Festival in September. In this semi-autobiographical dramedy, Rock plays Andre Allen, a standup comedian turned movie star after he played the bear in a bear/cop duo action series. But as he relates to writer Chelsea Brown (Rosario Dawson) who tags along with Allen for a day, he yearns to be taken seriously as an artist. Allen has had his troubles too, as a recovering alcoholic.

Allen's vehicle for respectability is Uprize! a retelling of the 1791 Haitian revolution that appears as accurate a depiction as *Tropic Thunder* was to the Vietnam war. Needless to say, critics ravage Allen's passion project. Allen seeks solace by returning to his old neighborhood in the projects where he and friends riff on the merits of the five greatest hip hop artists of all time. This Woody Allenesque self-examination of an artist is serious enough to be taken seriously while offering nonstop comedic setpieces including Cedric the Entertainer, Adam Sandler, Whoopi Goldberg and Jerry Seinfeld.



**THE HOBBIT: THE BATTLE OF THE FIVE ARMIES (Dec. 17)** The third and final chapter in The Hobbit series. Official synopsis: *The Hobbit: the Battle of the Five Armies* brings to an epic conclusion the adventures of Bilbo Baggins (Martin Freeman), Thorin Oakenshield (Richard Armitage) and the Company of Dwarves. The Dwarves of Erebor have reclaimed the vast wealth of their homeland, but now must face the consequences of having unleashed the terrifying Dragon, Smaug, upon the defenseless men, women and children of Lake-town. As he succumbs to dragon-sickness, the King Under the Mountain, Thorin Oakenshield, sacrifices friendship and honor in his search for the legendary Arkenstone. Unable to help Thorin see reason, Bilbo is driven to make a desperate and dangerous choice, not knowing that even greater perils



lie ahead. An ancient enemy has returned to Middle-earth. Sauron, the Dark Lord, has sent forth legions of Orcs in a stealth attack upon the Lonely Mountain. As darkness converges on their escalating conflict, the races of Dwarves, Elves, and Men must decide – unite or be destroyed. Bilbo finds himself fighting for his life and the lives of his friends as five great armies go to war.

**THE INTERVIEW (Dec. 25)** Postponed since October, the hoopla over Evan Goldberg and Seth Rogen's film has by now overshadowed the movie. Story concerns two trash journalists played by Rogen and James Franco who land an impossible-to-get interview with North Korean leader Kim Jung-un and are promptly recruited by the CIA to assassinate him. Picture was immediately denounced by North Korea. The official Korean government news agency condemned the film and promised "stern" and "merciless" retaliation if the film were released, calling it a "blatant act of terrorism and war..." Clearly, the North Koreans have no sense of humor. The studio behind the picture, Sony, has been backpedalling since last summer, digitally changing thousands of buttons worn by Korean military characters so as not to resemble the actual hardware which honor Kim Jung-un and his Kim Jon Il. Recently, it was reported that North Korea had recruited thousands of hackers to disrupt the Sony Pictures computer network. Five films including still in theaters *Fury* and the unreleased *Annie* remake were bootlegged to the internet. Despite all the nastiness it has been reported that Kim Jung-un plans to see the film. Perhaps the supreme leader has a sense of humor after all.



**INTO THE WOODS (Dec. 25)** Stephen Sondheim's hit musical comes to the screen with an all-star cast headed by Meryl Streep as the Witch and Johnny Depp as the Wolf. Some of the darker elements of the play have been softened for the film with Disney trying to produce a family-friendly Christmas pic. Official synopsis: "Into the Woods" is a modern twist on several beloved fairy tales, intertwining the plots of a few choice stories and exploring the consequences of the characters' wishes and quests. This humorous and heartfelt musical follows the classic tales of Cinderella (Anna Kendrick), Little Red Riding Hood (Lila Crawford), Jack and the Beanstalk ((Daniel Huttleston), and Rapunzel (Mackenzie Mauzy), all tied together by an original story involving a Baker and His Wife (James Corden and Emily Blunt), their wish to begin a family and their interaction with the Witch (Streep), who has put a curse on them.

**UNBROKEN (Dec. 25)** Angelina Jolie swings for the fences in her second directorial stint with this true story of runner Louie Zamperini who competed in the 1936 Olympics, served as a bombardier in World War II and suffered unspeakable hardships after his plane was shot down where he was marooned at sea and later imprisoned and tortured by the Japanese. After an action opening with Zamperini in combat over the Pacific, movie flashes back to his childhood in Torrance, California where young Louie is constantly in getting into scrapes. Louie's older brother Pete recognizes Louie's speed at running away from sticky situations and pushes him into taking up track using the movie's motto: "A moment of pain is worth a lifetime of glory." Louie excels so much that he makes the U.S. Olympic team. But soon after going into combat, Louie's life takes an irrevocable turn when his bomber crashes into the Pacific. For 47 days, Louie, Capt. Alan and tail gunner Mac are marooned on life rafts, fighting off starvation, sharks and Japanese planes. The worst is yet to come when Louie is picked up and sent to a POW camp in Tokyo. There, Louie encounters the sadistic Sgt. Watanabe, nicknamed "the Bird" who takes a personal interest in breaking the Olympic runner.





# FREE WILL ASTROLOGY

December

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**ARIES** (March 21-April 19): The National Science Foundation estimates that we each think at least 12,000 thoughts per day. The vast majority of them, however, are reruns of impressions that have passed through our minds many times before. But I am pleased to report that in the coming weeks, you Aries folks are primed to be far less repetitive than normal. You have the potential to churn out a profusion of original ideas, fresh perceptions, novel fantasies, and pertinent questions. Take full advantage of this opportunity. Brainstorm like a genius.

**TAURUS** (April 20-May 20): I enjoy getting spam emails with outrageous declarations that are at odds with common sense. "Eating salads makes you sick" is one of my favorites, along with "Water is worse for you than vodka" and "Smoking is healthier than exercising." Why do I love reading these laughable claims? Well, they remind me that every day I am barraged by nonsense and delusion from the news media, the Internet, politicians, celebrities, and a host of fanatics. "Smoking is healthier than exercising" is just a more extreme and obvious lie than many others that are better disguised. The moral of the story for you in the coming weeks: Be alert for exaggerations that clue you in to what's going on discreetly below the surface. Watch carefully for glitches in the Matrix.

**GEMINI** (May 21-June 20): Every one of us, including me, has blind spots about the arts of intimacy and collaboration. Every one of us suffers from unconscious habits that interfere with our ability to get and give the love we want. What are your blind spots and unconscious habits, Gemini. Ha! Trick question! They wouldn't be blind spots and unconscious habits if you already knew about them. That's the bad news. The good news is that in the next six weeks you can catch glimpses of these blocks, and make a good start toward reducing their power to distort your relationships.

**CANCER** (June 21-July 22): Now and then, it is in fact possible to fix malfunctioning machines by giving them a few swift kicks or authoritative whacks. This strategy is called "percussive maintenance." In the coming days, you might be inclined to use it a lot. That's probably OK. I suspect it'll work even better than it usually does. There will be problems, though, if you adopt a similar approach as you try to correct glitches that are more psychological, interpersonal, and spiritual in nature. For those, I recommend sensitivity and finesse.

**LEO** (July 23-Aug. 22): What feelings or subjects have you been wanting to talk about, but have not yet been able to? Are there messages you are aching to convey to certain people, but can't summon the courage to be as candid as you need to be? Can you think of any secrets you've been keeping for reasons that used to be good but aren't good any more? The time has come to relieve at least some of that tension, Leo. I suggest you smash your excuses, break down barriers, and let the revelations flow. If you do, you will unleash unforeseen blessings.

**VIRGO** (Aug. 23-Sept. 22): In 1662, Dutch painter Rembrandt finished *The Oath of Claudius Civilis*. It was 18 feet by 18 feet, the largest painting he ever made. For a short time, it hung on a wall in Amsterdam's Town Hall. But local burgomasters soon decided it was offensive, and returned it to the artist to be reworked. Rembrandt ultimately chopped off three-fourths of the original. What's left is now hanging in a Stockholm museum, and the rest has been lost. Art critic Svetlana Alpers wishes the entire painting still existed, but nevertheless raves about the remaining portion, calling it "a magnificent fragment." I urge you to think like Alpers. It's time to celebrate your own magnificent fragments.

**LIBRA** (Sept. 23-Oct. 22): You now have a special talent for connecting things that have never been connected. You also have a magic touch at uniting things that should be united but can't

manage to do so under their own power. In fact, I'm inclined to believe that in the next three weeks you will be unusually lucky and adept at forging links, brokering truces, building bridges, and getting opposites to attract. I won't be surprised if you're able to compare apples and oranges in ways that make good sense and calm everyone down.

**SCORPIO** (Oct. 23-Nov. 21): In 1989, Amy Tan birthed her first novel, *The Joy Luck Club*. Her next, *The Kitchen God's Wife*, came out in 1991. Both were bestsellers. Within a few years, the student study guide publisher CliffsNotes did with them what it has done with many masterpieces of world literature: produced condensed summaries for use by students too lazy to read all of the originals. "In spite of my initial shock," Tan said, "I admit that I am perversely honored to be in CliffsNotes." It was a sign of success to get the same treatment as superstar authors like Shakespeare and James Joyce. The CliffsNotes approach is currently an operative metaphor in your life, Scorpio. Try to find it in your heart to be honored, even if it's perversely so. For the most part, trimming and shortening and compressing will be beneficial.

**SAGITTARIUS** (Nov. 22-Dec. 21): With both symbolic and practical actions, Sagittarius-born Pope Francis has tried to reframe the message of the Catholic Church. He's having public showers installed for the homeless in Vatican City. He has made moves to dismantle the Church's bigotry toward gays. He regularly criticizes growing economic inequality, and keeps reminding politicians that there can be no peace and justice unless they take care of poor and marginalized people. He even invited iconic punk poet Patti Smith to perform at the Vatican Christmas Concert. You now have extra power to exert this kind of initiative in your own sphere, Sagittarius. Be proactive as you push for constructive transformations that will benefit all.

**CAPRICORN** (Dec. 22-Jan. 19): The limpet is an aquatic snail. When it's scared, it escapes at a rate approaching two inches per hour. If you get flustered in the coming week, Capricorn, I suggest you flee at a speed no faster than the limpet's. I'm making a little joke here. The truth is, if you do get into a situation that provokes anxiety, I don't think you should leave the scene at all. Why? There are two possibilities. First, you may be under the influence of mistaken ideas or habitual responses that are causing you to be nervous about something there's no need to be nervous about. Or second, if you are indeed in an authentic bind, you really do need to deal with it, not run away.

**AQUARIUS** (Jan. 20-Feb. 18): Science-fiction novelist Philip K. Dick has been one of my favorite authors since I discovered his work years ago. I love how he reconfigured my mind with his metaphysical riffs about politics and his prophetic questions about what's real and what's not. Recently I discovered he once lived in a house that's a few blocks from where I now live. While he was there, he wrote two of his best books. I went to the place and found it was unoccupied. That night I slept in a sleeping bag on the back porch, hoping to soak up inspiration. It worked! Afterwards, I had amazing creative breakthroughs for days. I recommend a comparable ritual for you, Aquarius. Go in quest of greatness that you want to rub off on you.

**PISCES** (Feb. 19-March 20): Do you enjoy telling people what to do? Are you always scheming to increase your influence over everyone whose life you touch? If you are a typical Pisces, the answer to those questions is no. The kind of power you are interested in is power over yourself. You mostly want to be the boss of you. Right now is a favorable time to intensify your efforts to succeed in this glorious cause. I suggest you make aggressive plans to increase your control over your own destiny.

**Homework:** What gifts do you want for Christmas, Hanukkah, Kwanza, Yule, and the winter solstice? Write to Buddha Claus at uaregod@comcast.net.

## The Pedaling Adventures of Madame Velo (a.k.a. The Bike Madame)

By Margaret Hammitt-McDonald

### Blowin' In the Wind

**EVEN MORE** so than rain, wind defines the North Coast, contorting trees, shaping the shoreline, creating mini sandstorms on beaches, and turning a bicycle ride into a grueling form of resistance training. I've often wondered, while struggling to stay balanced on my bike in the wake of a gust, if there's a way to change the wind from tormentor to friend (and I don't mean being whisked along in the direction it's blowing). Has some enterprising rider ever

equipped a bike with sails? Here's evidence that somebody has. (I have no relationship, financial or otherwise, with the producers of these nifty devices, which are a sampling of what's out there.)

Land sailing, or land yachting, isn't about driving a 1970s hulk of a car. Rather, it's a racing sport that takes place on sandy beaches or

deserts. Competitors use non-motorized vehicles with three wheels, a sail, and a frame that resembles the offspring of a pedal-less recumbent bicycle and a streamlined wheelbarrow. They can reach incredible speeds (in excess of 100 mph) when high winds propel them. The North American Land Sailing Association sanctions events in the United States, but they also occur in other countries, such as Great Britain. Land yachts aren't cycles; they have small wheels and no pedals, and they depend on the generosity of wind to get them going (and you with them).

Coastal riders, take notice: a young cyclist's experiences riding against the wind gave rise to a creature that's designed for roads rather than beaches. Ned Aufenast, a 19-year-old who is also an avid sailor and land-yachter, designed his sail-bike for a school project. Representatives of Whike, a Dutch manufacturer, spotted the neat vehicle and hired Aufenast to develop an 18-gear recumbent trike with a sail. A rider pedals it like a regular trike, with the wind assisting. If the wind blows hard enough, he or she can coast along at up to 40 mph. This cool trike is available in

Great Britain and Europe but not yet in the United States...dam! ("Introducing the Whike: Britain's First Sailing Bicycle Gets Green Light to Hit the Road," Daily Mail Online, September 9, 2011, <http://www.dailymail.co.uk/news/article-2035425/Introducing-whike-Britains-bike-SAIL-hits-streets.html>).

A less obvious type of wind-powered bike is an electric bike that gets its charge from wind turbines rather than

fossil-fuel sources like coal. One such bike, created by Danish manufacturer E-Wheels, is a mountain bike with a bamboo frame (a renewable wood alternative more well known for its use in flooring), which the alternative energy organization Clean Technica recharged with electricity generated by a wind farm. Other renewable-energy

bicycle projects involve both solar and wind power, such as a Sinclair Zeta II electric bike equipped with a solar panel mounted on the rear rack, owned by the operator of [www.gotwind.org](http://www.gotwind.org), a website originating in Great Britain. (As you can tell, much of the innovation around wind-harnessing cycles comes from that blustery land.)

The ultimate fusions of pedal and wind power are funky contraptions like a wind turbine with bicycle wheels (instructions on how to build one can be found on the Instructables website: <http://www.instructables.com/id/Wind-turbine-with-bicycle-wheels/>) and pedal-powered generators such as the Pedal-a-Watt Bicycle Generator (described at [www.econvergence.net](http://www.econvergence.net)), just one of a variety of contraptions featuring a stationary bicycle that provides enough power to run appliances like your washing machine. (The only wind involved here is the breeze your hardworking body creates as you pedal your way to a clean load of laundry.)

Hopefully, for all you long-suffering residents of Seaside, sail-equipped surreys aren't blowing our way any time soon!



Man and his machine: The 'whike' is legal for use on UK roads, except motorways, and can reach speeds of up to 40mph.



WORKSHOPS/CLASSES

**HOLIDAY BOTANICAL GREETING CARD CLASS SEASIDE. December 6.** Do you like to draw? Like native Oregon plants? Like the holidays? Why not combine the three and sign up for “Holiday Botanical Greeting Card Class” with local artist and illustrator, Dorota Haber-Lehigh. All materials will be provided. Free, registration required. 1pm at the Seaside Library. 503-738-6742

**FALL CRAFT CLASS TILLAMOOK. December 10.** Turn old sweaters into decorative pillows. The class will require some sewing. Registration required. At the Tillamook Library. 503-842-4792

**PAINTING WORKSHOP SEAVIEW. December 20.** With Kristen Flemington. At the Sou’wester Lodge in Seaview. FMI, call 360-642-2542 or souwesterlodge@gmail.com

**The Hoffman Center Clay Studio.** Manzanita. Drop by studio to reserve or e-mail hoffmanclaystudio@gmail.com. The Clay Studio open Tues and Thurs from 10am to 4pm and the second and fourth Saturdays from 10am to 2pm.

**DOES FOOD RUN YOUR LIFE?** Come to Overeaters Anonymous every Wednesday from 7-8pm in the Seaside Public Library, Board Room B. No dues, fees or weigh-ins. Everyone welcome! (if you have questions call 503-505-1721).

**French Conversation Group Re-Start.** The group is devoted to speaking French only. It is NOT a class, so please do not show up expecting to learn French from scratch. Once you step through the door of the Riverbend Room, it is French only. It will be on Saturdays, from 1-3pm at NCRD in the Riverbend Room. There is a nominal charge of \$1/ person/time. For more information email Jane or call her 503-368-3901 or, call Paul Miller at 503-368-5715.

**Toddler Arts Group.** Every Wednesday 10 to 11am –Get your toddler started in the arts! Activities are geared towards ages 1–3, but age birth–5 are welcome. All children must be accompanied by a caregiver. Bay City Arts Center, Bay City.

BODY WORK•YOGA•FITNESS

**AQUANASTICS.** Gentle Water Exercise that’s Lots of Fun! This water fitness class is energizing and strengthening, yet gentle on the joints. The exercises are designed to increase range of motion, flexibility and cardiovascular fitness. Need to swim is not required. Tues& Thurs, Beginning Nov. 4 thru Dec. 11, a total of 11classes, 9-9:50am and 10-10:50am. WHERE? KOA heated indoor pool, 1100 Ridge Road in Hammond. Arrive with swim suits on and bring their own towels. Shampoo, conditioner and shower gel is provided in the newly remodeled showers. Parking car tags need to be picked-up at the main office at KOA before the first class. Only 12 students can attend these classes. The cost is \$35.00 Call CCC 503 338-2402 to register. KATHLEEN HUDSON, ARC Water Safety Instructor, Arthritis Aquatic Instructor Training program, Completed A Matter of Balance, CMH, and Aqua Aerobics training from Pismo Beach Athletic Club.

**YOGA NAMASTÉ.** Unlimited community yoga classes plus a 90 min. massage or private yoga \$125. Regular yoga(90min-class) unlimited \$90. Community yoga(60min-class) unlimited \$45. Regular Yoga Classes à la carte \$15/class.Community Yoga classes à la carte \$10/class. Offers expire 12/20/2013, 342 10th Street Astoria. www.yoganam.com. 503 440 9761.

**LOTUS YOGA ASTORIA.** Classes with Certified, Experienced Teachers: Monday - Gentle

9:00am, Level 1 5:30am, Tuesday - Level 2 6am, Wednesday - Gentle 9am, Restorative 6:30pm, Thursday - Level 2&3 6pm, Friday - Therapeutic 9am. Meditation - Wednesday 6pm, New Classes coming soon!Monthly Prices: Unlimited Classes - \$90, 4-8 Classes - \$10 each, Drop Ins - \$13 each. New Students get a \$10 discount on first month.

**RiversZen Yoga and Ki-Hara Resistance Stretching Studio.** Located at 399 31st Str. Astoria. 503-440-3554. Over 30 classes, for Strength, Stamina or Yoga Flow,Levels 1, 2 & 3 offered from early morning to evening, 7 days a week. 1/2price for new students first month and locals residents first day free. Free parking and a handicapped ramp is available. http://riverszen.com orFacebook.com/RiversZen.

**YOGA • NCRD.** Celebrating 20 years of community yoga, and offering ongoing year-round classes as follows: Monday, Yoga of the Heart, 8:15 - 9:45 am, instructors: Lorraine Ortiz and Lucy Brook (no drop ins); Monday, Vinyasa, 2:00 - 3:30 pm, instructor Charlene Gernert; Tuesday, Mixed Levels, 4:00 - 5:30 pm, instructor Monica Isbell; Wednesday, Yoga Stretch, 8:00 - 9:30 am, instructor Lucy Brook; Wednesday, Restorative Yoga, 2:00 - 3:30 pm, instructor Charlene Gernert; Thursday,Yoga of the Heart, 8:15 - 9:45 am, instructors: Lorraine Ortiz and Lucy Brook (no drop ins); Thursday, Level I, 5:45 - 7:15 pm, instructor Monica Isbell; Friday, Very Gentle Yoga, 8:00 - 9:30 am, instructor Lucy Brook; Saturday, Mixed Levels, 8:00 - 9:30 am, instructor Lorraine Ortiz. All classes meet at NCRD, 36155 9th Street in Nehalem, Room 5. For more information call 503-368-7160.

**YOGA • MANZANITA.** Silver Services Yoga with Holly Smith. Meeting each Thursday from 10 to 11:30am beginning March 14, 2013. Cost: \$40 for five classes. (Sorry, no drop-ins) To Register: Call Holly at 503-368-4883. There is a richness which comes from lessons learned in the later stages of life. Silver Services Yoga provides instruction in simple yoga postures with props, breath and energy work, meditation and relaxation.

**YOGA North Coast Recreation District. Nehalem.** Yoga Schedule. Mondays: Yoga of the Heart 8:15-9:45 a.m.; Vinyasa Flow 4-5:30 p.m. Tuesdays: Mixed Level Yoga 4-5:30 p.m. Wednesdays: Morning Yoga Stretch 8-9:30 a.m. Dig Deep Yoga 4-5:30 p.m. Restorative Yoga 5:45-7:15 p.m. Thursdays:Yoga of the Heart 8:15-9:45 a.m.; Fridays: Very Gentle Yoga 8-9:30 a.m. Saturdays: Mixed Level Yoga 8-9:30 a.m.More info: www.ncrdneahalem.org/about-us/schedules/

**LINE DANCING.** NCRD is hosting Line Dancing with Teresa on Saturday mornings from 10am to noon. Come on out an do Bootin’ Scootin’ Boogie and MANY more. Fun for all ages. \$1.00 admission fee. North Coast Rec District in Nehalem.

**YOGA • Bay City Arts Center.** Classed with Michelle Lawhorn - Mon & Thurs 6pm. \$5 per class.

**YOGA • Manzanita.** The Center for the Contemplative Arts, Manzanita: Tuesday evenings 5 - 5:45pm. \$35 for 5 classes. Call 368-6227 for more info.

**Yoga in Gearhart.** Gearhart Workout. For more information log on to www.gearhart-workout.com 3470 Hwy. 101 N. Suite 104 in Gearhart

**YOGA • Nehalem.** Ongoing yoga classes at NCRD are as follows: Monday, Level II, 5:15-6:45 pm, Nicole Hamic; Wednesday, Morning Yoga Stretch, 8-9:30 am, Lucy Brook; Thursday, Yoga for Parents & Kids, 3:45-4:45 pm, Charlene Gernert; Thursday, Level I, 5:45 - 7:15 pm, Charlene Gernert; Friday, Very Gentle Yoga, 8-9:30 am, Lucy Brook.

**QIGONG.** Free. Easy relaxing exercise & meditation qigong class.Helps arthritis & fibromyalgia, reduces stress, Helps balance.

Tues & Thurs, 9am to 10am, Astoria Methodist Church, 1076 Franklin Ave.Enter 11th St door Call Linda Williamson. 503.861.2063.

**TAI CHI.** The Center for the Contemplative Arts, Manzanita: Wednesday Mornings 10-11:30. \$30/month. Call 368-6227 for more info.

**WAVES OF CHANGE.** TAI CHI, TU/TH 10-11am - Advanced Fan Form. TU/TH 5:30-6:30pm - Beginning Sun Style, Instructor: Angela Sidlo. QIGONGTU/TH 830-930am Instructor: Linda Williamson, Sat 1030-1130am, Instructor: Janet Maher PILATES M/W/F 8:45-9:45am, Instructor: Sam Peters. GENTLE STRETCHING,M/W 5:30-6:30pm & 6:45-7:45pm, Sat 9-10am Instructor: Angela Sidlo Private lessons available \$25/hr. Drop In rate for classes \$10. Contact Angela at 503.338.9921 to sign up for a class. Fee: Tai Chi class \$50 per month. Qigong class \$40 per month. Stretching class is \$75 per month for M/W/F and \$50 for M/W.Yoga \$50/month M/W classes. Get a punch card for \$50 and mix ‘n match 8 class sessions.

**ZUMBA.** Low Impact Fitness for many ages. Licensed instruction. Tolovana Community Hall 3779 S. Hemlock, Cannon Beach, Call Joy: 503.738.6560

SPIRITUALITY

**CONVERSATIONS WITH MOTHER MARY.** Come and experience the Love and Wisdom of Mother Mary through her channel Barbara Beach. Sunday Dec 14, 2014, 10:30 to 12:30ish. In Seaside, Oregon at Barbara's home. Call or email for directions: 503-717-4302 beachhouse11111@gmail.com. Suggested donation \$15.00. Bring finger food if you feel so inclined. The gathering will include a healing circle, channeled conversation with Mother Mary, snacks and sharing.

**COLUMBIA RIVER MEDITATION GROUP.** Sponsored by Great Vow Monastery. Meets ever Wednesday in the FLAG Room of the Public Library. Time: 5:45 - 6:55. MOVING to Clatsop Community College on Tuesdays @ 6-7:30pm, starting Sept 30. Regration is required at CCC. Class# is F.T085054, Rm 209 Towler Hall. All are welcome to practice - quiet setting and slow walking meditation. Local contact: Ron Maxted - 503.338.9153. email: ronmaxted@westsky.net

**A SILENT MEDITATION • with Lola Sacks.** St. Catherine's Center for the Contemplative Arts, Manzanita: Monday Nights 5 - 5:45 Call 368-6227 for more info.

**LECTIO DIVINA • Meditation with Holy Scripture.** The Center for the Contemplative Arts, Manzanita: Tuesday Mornings 10-11:30. Call 368-6227 for more info.

**LABYRINTH WALK • Grace Episcopal Church, 1545 Franklin St, Astoria, 3-6.** Every 1st Sunday.

VOLUNTEER

**Clatsop Care Center is looking for volunteers to assist in our Quality of Life Department.** Your presence could make a difference in their lives. Volunteer roles can be customized to fit your schedule & preferences in terms of type of activity and time commitment. Volunteer roles include visiting & building friendships with individuals, reading aloud to residents, playing music , singing with residents, assisting on outings, conducting a movie night activity, assisting in craft activities, games, cooking activities & other activities. Volunteers will need to pass a criminal background check & a TB screening test. For more information, call Brandy at 325-0313 Ext. 220 or Rosetta at ext. 222”.

**CLATSOP COUNTY GENEALOGY SOCIETY is embarking on county-wide cemeteryidentification and cataloging project.** Cemeteries are among the mostvaluable of historic

resources. They are reminders of our settlementpatterns and can reveal information about our historic events, ethnicity,religion, lifestyles and genealogy. The society is seeking volunteers tojoin members in identifying and visiting cemeteries to catalog theinformation for future generations. The society would also be grateful forany information from the public regarding old cemeteries and burial sitesthat may not be commonly known. If you are interested, contact thesociety at www.clatsopcountygensoc@gmail.com or call 503-325-1963 or 503-298-8917.

**VOLUNTEER AT THE CANNERY MUSEUM.** The Hanthorn Cannery Museum on Pier 39 in Astoria is housed in the oldest cannery building on the Columbia, and preserves the history of the cannery workers and the canneries that made the city famous. The museum is open year-round at no charge and attracts thousands of visitors from all over the NW and beyond. The Hanthorn Foundation (a 501(c) 3) needs volunteer staff to welcome people to this unique site and share a little local history. No experience needed, no age limits, and you definitely do not have to stand! Nor will you at the end of the day, smell like a fish. To learn more, please call Peter Marsh: 503-470-0356 or seatosummitpm@gmail.com

**Weekly Habitat Restoration/Stewardship Work Parties.** 10 am - noon. Meet at Alder Creek Farm, at the end of Underhill Lane between Nehalem and Manzanita. Dress for the weather and prepare to get outside with great people on beautiful properties doing a variety of habitat restoration activities. For more information contact Lower Nehalem Community Trust, 503-368-3203, lnc@nehaletel.net.

**VISITOR CENTER SEEKS VOLUNTEERS.** The Astoria Warrenton Chamber of Commerce operates the Visitor Center located at 111 West Marine Drive in Astoria. The Center is open year-round with visitor information about the local area, the state of Oregon and beyond. The Chamber is looking to bolster their crew of volunteers for the upcoming busy season and you may be just the person for the job. “All that is needed is a welcoming smile and a desire to assist our visitors,” says Suzanne Cannon, Visitor Services Manager. “We’ll teach you the rest.”Volunteers typically work a three-hour shift, once a week. They primarily greet visitors in person and by phone, and may also help with answering mail requests and other tasks as needed. For more details, contact Suzanne at 503-325-6311 or stop by to pick up a volunteer application.

OPEN MICS

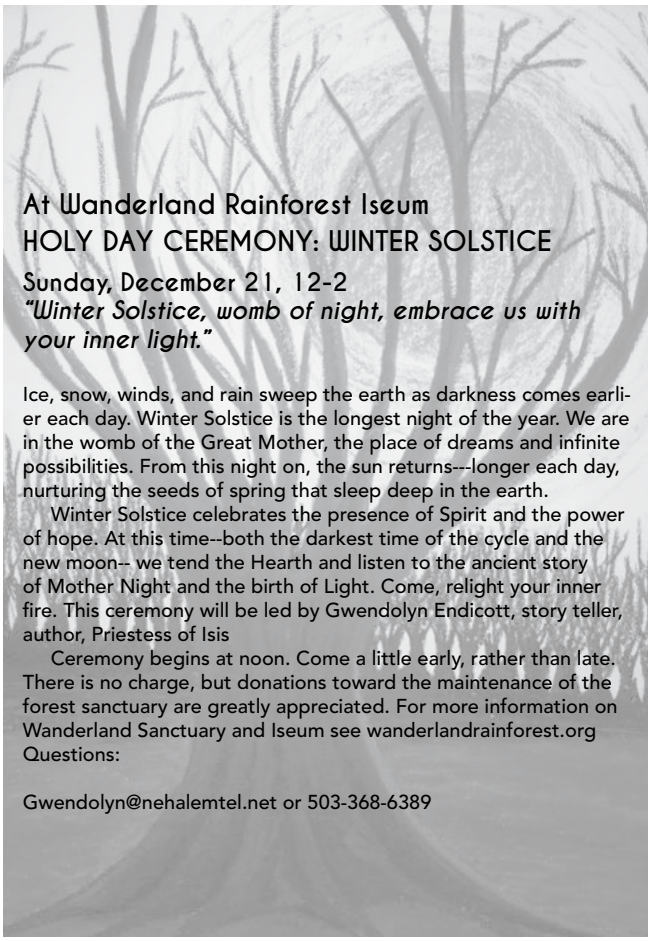
**THE BEEHIVE IN NEHALEM is hosting an open Mic from 3-6 every Saturday afternoon.** For more information and/or to get your name on the list contact Mick Taylor at micktaylorappraisal@gmail.com

**LAST TUESDAY poetry open mic.** Port of Call, 9th & Commercial, Astoria, 7 to 9 p.m., Oct., 30. Sign up onsite for a short time slot to read your own poems or a poem you like. Host: poet Ric Vrana.

**WEEKLY JAM SESSION happens every Wed eve.** from 7 to 10 at the “Port of Call” in Astoria (used to be the Shipyard). A 3 piece host band to jam with any one who wants to sit in. Peter Unander on keys and/ or bass, Tom Peake on drums and Richard Thomasian on guitar and/or bass.. Jazz, Blues, Funk, Country, Reggae, Rock, Folk, etc. All players welcome.

MEETINGS AND MEET-UPS!

**PFLAG NORTHCOAST. Parents and Friends of Lesbian, Gay , Bisexual, Queer people, meets every third Thursday of the month. This month Dec 18. 6:30-8:30pm.**



At Wanderland Rainforest Iseum  
HOLY DAY CEREMONY: WINTER SOLSTICE

Sunday, December 21, 12-2  
“Winter Solstice, womb of night, embrace us with your inner light.”

Ice, snow, winds, and rain sweep the earth as darkness comes earlier each day. Winter Solstice is the longest night of the year. We are in the womb of the Great Mother, the place of dreams and infinite possibilities. From this night on, the sun returns---longer each day, nurturing the seeds of spring that sleep deep in the earth.

Winter Solstice celebrates the presence of Spirit and the power of hope. At this time--both the darkest time of the cycle and the new moon-- we tend the Hearth and listen to the ancient story of Mother Night and the birth of Light. Come, relight your inner fire. This ceremony will be led by Gwendolyn Endicott, story teller, author, Priestess of Isis

Ceremony begins at noon. Come a little early, rather than late. There is no charge, but donations toward the maintenance of the forest sanctuary are greatly appreciated. For more information on Wanderland Sanctuary and Iseum see wanderlandrainforest.org Questions:

Gwendolyn@nehaletel.net or 503-368-6389

**At the First Lutheran Church, 725 33rd Street, Astoria OR.**

**VETERANS FOR PEACE. The North Coast Chapter of V for P will meet on Thursday, December 11 at the NCRD, on 9th Street in Nehalem. Gather in the Riverbend Room at 6:30 for a social half-hour (refreshments provided) and at 7pm for a short meeting. The main focus will be how to make Christmastime more meaningful for Tillamook County veterans who are in need. We will also talk about a local veteran who was a World War Two prisoner of war and discuss what we can do to honor his passing. Please feel free to join us! You don't need to be a veteran to participate -- men and women, veteran and non-veteran, all are welcome to attend. We look forward to seeing you!**

**The Lower Columbia Classics Car Club.** Invitation to all who are interested in Collector Cars to attend one of our monthly meetings. The meetings are held at Steve Jordan's Shop Building, located at 35232 Helligso Lane in rural Astoria - meet on the 3rd Thursday of each month. If you are interested and need the directions to get there, you may call Steve Jordan at 503-325-1807

**THE ASTORIA CHESS CLUB.** meets Saturday mornings at 11:30 AM at Three Cups Coffee House and Thursday evenings at 5:30 PM at the Hotel Elliott's wine bar. Players of all ages and skill levels are welcome to attend. For more information, contact us at astoriachessclub@gmail.com or visit our Facebook page."

**TILLAMOOK PILOTS ASSOCIATION.** A non-profit organization, meets the firstSaturday each month at the Airbase Cafe (Tillamook Air

Museum) at 9am for their regular business meeting and to promote general aviation. Next meeting is August 2nd and breakfast is available. If you are interested in learning to fly, or are simply interested in general aviation why not come to themeeting and meet similar-minded folks? The TPA owns a Cessna 172 available for members to rent for instruction or for general use for licensed pilots who are members of TPA. Check out tillamookpilots.org for more information.

**MEN'S GROUP FORMING.** Forming a new more inclusive Men's Group in North County. EVERY other week on Sunday nights 5:30-7:30pm, at the Center For Contemplative Arts in Manzanita. It would benefit all to experience a more diverse circle of men - all ages - all walks of life - all points of view - let's expand the possibilities. Bring yourself, be yourself, add yourself to the mix, see what happens. Contact: Darel Grothaus 206-818-4833.

**BREASTFEEDING INFORMATION & SUPPORT.** La Leche League's monthly support group meetings provide an opportunity for both new and experienced mothers to share their questions or concerns, and to talk with each other about the special joys and challenges of parenting. We especially encourage expectant and new mothers to join us. Healthy babies and toddlers are always welcome at La Leche League meetings. second Tuesdays, from 6:30 - 8 pm at Grace Episcopal Church, nursery room, 1545 Franklin Ave, Astoria. Meet 2nd Monday of the month at 10am- Astoria .FOR FURTHER INFO, PLEASE CONTACT JANET WEIDMAN @ 503-325-1306 or Megan Oien: 503-440-4942.



## Messages Sonja Grace mystic healer

### Winter Solstice

**THE WINTER** Solstice is a sacred time when people around the world celebrate the darkest day of the year and the return of the light. The word solstice is derived from the Latin sol (sun) and sistere (to stand still). The Solstice marks the passage of the sun twice a year reaching the highest and lowest excursion relative to the celestial equator on the celestial sphere.

What humans understood long ago is this is a time when everything is dormant and quiet. Many cultures recognize this time of year as a passage into the

light. They walk quietly and honor the dark of winter sharing stories that warm the cold winter nights.

The spirit realm is the closest to our world during this time of year. We keep our voices low and respect their presence. As this understanding morphed through religion and time we can see how the Winter Solstice has taken a back seat to other trends. Many people find themselves not interested in celebrating the holiday spending money, feeling stressed and enduring family dynamics. We often force the

situation feeling obligated to buy a gift or spend the holiday with people who are a vibrational match.

Each person carries their own emotional wounds from childhood that are amplified when we get together with our family members. Breathe and release your stress by practicing compassion and forgiveness. If you feel you need a time out connect with the ground and release your stress into the earth. Ask for Earth energy to come up through the bottom of your feet and ground you.

Remember to take time and listen to the quiet of the season, share stories with one another and pay your respects to the darkness of winter and the coming light. We are living in the duality and our experience of this sacred planet is up to us. We can ramble through each season not paying attention to what the Earth is trying to teach us or we can be aware. Teach your children to listen, respect and honor the natural rhythm of this celestial body. Bring your focus this

holiday season to the next seven generations. May the light of the New Year bring the world together in peace and may you all be blessed with good health and happiness.

For over thirty years, author and Mystic Healer, Sonja Grace has been offering her clients, both in the United States and abroad, immediate stability, clarity, and guidance. Through her healing, counseling and spiritual processing, Sonja has a wide variety of talent to choose from in which she accesses her ability to channel and communicate with the divine. Her new book 'Become an Earth Angel' Advice and Wisdom for Finding your Wings and Living in Service is available through Findhorn Press. Other books by Sonja Grace are: 'Angels in the 21st Century' and 'Earth Ways Healing Medicine for the Soul'. The companion film presentation Earth Ways Series and her new Earth Angel Series is available on her website. [www.sonjagrace.com](http://www.sonjagrace.com)

### word and wisdom

By Tobi Nason

### Giving Time

**THE WEATHER** gets wild and unpredictable right about this time of year. Schedules tighten up. More plans, more parties, and more events are available this month - more than we have time for.

As always, the stress that underlies some of these events can build up. We all want to live up to our own self-created schedules. We don't want to drop any balls. We want our events to be perfect and our timing to be impeccable. Never late and never a missed opportunity.

Maybe that's why I limit it all. I pay attention to priorities and maybe plan on one or two events. This holiday season is over so soon! Then the focus will be on the upcoming year.

Every year about this time, I write about a similar theme - stress, expectations, disappointments. This year I'm going to try to refocus your attention. We know about stress, expectations, and disappointments. We can anticipate a certain amount of that. Let's try focusing on something other than the side-effects

of misguided self-indulgence and massive consumerism. Yes, there are other ways to Be in this world.

Time will pass whether you utilize it to your liking or not. This season, why not give the gift of Your Time to someone? Volunteer. Do for others. Do for one other. Volunteering does not have to be a formal thing. Helping a single mom by watching her kids, occasionally - that is an example of a gift of Your Time. Volunteering for the sake of volunteering sometimes does not work, either. Your heart needs to care.

Back to something I've said over and over again throughout the years: Know Yourself. Try to know yourself today even better today than you did yesterday. Do you smile at little kids playing? Are you fascinated by local history? Is feeding those less fortunate something you feel is important? Volunteering does not need be a sponsored thing, such as a church program. It can be very personal. Commit yourself to helping an elderly neighbor with her shopping. Babysit

occasionally for that single mom who works at your favorite restaurant. Pick up groceries for those that can't get to the stores easily. Walk dogs at the shelter. Walk your elderly neighbor's dog on those bad weather days. So many ways! All it takes is imagination and a willingness to spend your time on someone or something other than - yourself.

Caring for others or extending time to a group should feel good and right. It should "fit." Your Time is a gift that you can get to give away. Ironically, although you are giving it away to someone, it is ultimately - Priceless.

'Tis the Season! Give your Time and Energy to someone or some cause. Warning: Such acts may be habit forming! What a way to start the New Year.

Tobi Nason is a counselor, located in Warrenton. She would like to see the holidays less about stuff and more about people. She can be reached at [tobicnason@gmail.com](mailto:tobicnason@gmail.com) or (503) 440-0587

## VOLUNTEER AT THE ANIMAL SHELTER



Can you donate a few hours a week to help the dogs and cats at the Animal Shelter? CAA needs help! The work's not hard and it's terrifically rewarding.

For more information, call the Clatsop County Animal Shelter at 503.861.0737 between noon and 4 pm, Tues. through Sat. Must be sixteen or older unless accompanied by an adult.



## THE LOWER COLUMBIA CLINIC

Thomas S. Duncan, M.D. • Susan L Skinner, CNM, CFNP  
595 18th, Astoria • 503-325-9131



- \* Fire sales could contain chemicals that may be harmful to pets
- \* Ornament hooks can cause blockage and/or trauma to gastrointestinal tract if swallowed
- \* If swallowed, styrofoam, tinsel and ornaments (especially if they're broken) cause serious injury
- \* Bubbling lights may contain methylene chloride, a highly-toxic chemical
- \* Stagnant tree water (or water containing preservatives) can cause stomach upset if ingested
- \* These holiday plants are toxic to dogs and cats: Christmas rose, Holly, Lilies & Mistletoe

Clatsop County Animal Shelter  
1315 SE 19th in Warrenton | Phone: 503.861.0737  
Hours: noon to 4 pm, Tuesday through Saturday.

See adoptable cats  
and dogs online at:  
[www.dogsincats.org](http://www.dogsincats.org)

Visit CAA on  
facebook



open 7 days a week

503.368.4777

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a full service day spa and shop  
www.spamanzanita.com  
located 1 block from the Pacific Ocean in Manzanita Oregon

**THE CIRCLE OF THE LABYRINTH**

FIRST SUNDAY OF THE MONTH  
3 PM - 6 PM  
(BRIEF INTRODUCTION AT 3 PM)  
.....  
GRACE EPISCOPAL CHURCH  
1545 FRANKLIN ASTORIA  
donations welcome

For more info: 503.325.6580

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Office: 503.436.0335 Fax: 503.436-0604

## bodies in balance

### 2015 Health Goals (aka New Year's Resolutions)

**YEP, THAT** time of year has arrived for you to reflect on your year and think about ways to make the next one even better! I likely feel the same about resolutions as the rest of you, that said, I think there is some value in laying out at least one positive intention for the year ahead. This article is going to focus on some very doable suggestions that you can pick and choose from to spark ideas for the best 2015 you can imagine. This is not the most deeply health oriented topic but one that I feel can and will create better overall well being, so read on...

- Drink more water. This one needs little explanation. We are made of lots of water and many of us drink very little. A common suggestion I start my patients with is to attempt for one week to drink half your bodyweight in ounces...meaning if you weigh 200 lbs you should attempt 100 oz of water daily. This water is ideally as clean as possible, not necessarily distilled but possibly filtered or from a clean source. Maybe a water filter can be on your gift list for the holiday season!?!
- Plan a vacation. Vacations are a way to escape the humdrum and stress of life. It can be as simple as a night or two in the nearest big city or a weekend of camping; whatever your choice, I feel vacations are an essential part of unplugging from the daily grind. Stress is a common cause of many health issues from low energy to anxiety to insomnia. Therefore, lowering stress levels is a terrific overall goal for health, and vacationing is an enjoyable means to that end.
- Take a class. Learning is good for you on lots of levels. It can help you meet new people, think in new ways and move you forward from a stuck place in your life. Classes can also challenge you both physically and mentally. This will make

for better memory, clearer thinking and depending on the class, improved physical fitness. Taking a fitness oriented class will make you more accountable when it comes to exercise. Classes of all kinds are offered at a variety of venues whether that be a community college, senior center, gym, studio, parks and rec. or online. Check out an option that fits your interest and sign up!

- Turn off the screens one night a week. I think we are all aware of the impact that screens have on our lives, and the adverse effect they have on our health. They certainly contribute many positives but we easily slip into a



pattern of overuse and abuse when it comes to TV, internet, games and of course our ubiquitous phones. When we unplug we get outside, play games, converse with family and friends, read a greater diversity of material and enjoy one another on a deeper level. I recommend picking a mid-week evening and having time to be screen free together, that means turning off our phones too of course!

- Get rid of something you haven't used in the last year. Purging is excellent therapy. This may not have as direct of a health effect but when you clear out space you can clean, organize and make a healthier environment in your home. When was the

**Dr. Tracy Erfling is a  
naturopath physician in the  
Lower Columbia Region.  
Questions?  
erflingnd@hotmail.com**



last time you went through your closet, cleaned out your basement, your refrigerator or freezer, or filled a box with books you no longer want? Some of these items can be donated to a local organization, a great reusing process which reduces the need for new items in our community.

- Grow something! It is quite rewarding to watch something grow and flourish under your care. Whether it is a cactus or a bed of vegetables; making the effort to grow and care for plant life is a wonderful experience. We share our planet with countless plants who give us oxygen and rid our air of carbon dioxide so why not embrace that circle of life in your home, on your front porch or in your yard. The health benefits of growing a garden incorporates physical well being in the actual physicality of digging and weeding and watering, but also in the meditative act of working outdoors on and with the earth which in and of itself is quite restorative. And of course the quality and satisfaction of eating food you've grown yourself is priceless.
- Give thanks. I think this will be my resolution for the year. To take time each day and give thanks for one thing in my day or my life that I want to honor. Taking time to be mindful of our surroundings inevitably gives back.
- With that in mind...I am thankful for you Hipfish reader. That you picked up this paper and read these words and will consider a way to make your 2015 an even better year for you and your community...Cheers! And while you're at it...DO something you love, BE with someone you love, EAT your vegetables, DRINK clean water, BREATHE deeply and MOVE your body EVERYDAY!!



# V is for Vanilla (and so is XXX)!

By Cathy Nist

"Somehow, and very erroneously, vanilla has come to describe things boring; vanilla houses, vanilla theater, vanilla sex. How could this erotic, sexy, and enchanting spice be used to describe that which is dull or mundane?"

Amy Bugbee, from the Beaver Riot edition of the Vanilla Times

**BAKING DIVA AMY BUGBEE** is passionate about vanilla. She's developed her own line of triple-strength artisanal vanilla extracts and products and written the "Vanilla 101 Cookbook", with more than 100 recipes featuring the eponymous ingredient. She and her husband Shane have also published "Beaver Riot", a free newspaper that informs the public about a disturbing connection between vanilla and beavers.

Right now, you might be thinking, "What could beavers and vanilla possible have in common?" Read on to find out.

Amy Bugbee, an admitted baking addict, prefers to use real vanilla and other quality ingredients in her creations. A few years ago, during a temporary period of unemployment, she began making her own vanilla extract in order to cut costs. After months of trial and error, Bugbee perfected her formula and began selling gourmet Triple XXX Vanilla Extract in stores, online, and at street markets and holiday fairs. DIY Vanilla Extract Kits, Vanilla

Powder, Vanilla Paste, Vanilla Sugars, and a cookbook were soon added to the Triple XXX Vanilla line of products.

Triple XXX Vanilla products, made from the finest natural ingredients, are vegan and gluten free. They are carefully crafted by Bugbee in Astoria, Oregon.

Vanilla, sourced from the pods of a tropical orchid vine, is the second most expensive spice in the world. Vanilla farming is labor-intensive; the vines must be carefully tended and the flowers hand pollinated to ensure proper fruit production. Pods grow and mature on the vine over several months and are hand-picked at the perfect level of ripeness before undergoing a curing process for up to six more months.

Three varieties of vanilla are grown globally, each with a distinct flavor profile. All are derived from a species native to Mexico. Most of the world

supply of vanilla is produced from the Bourbon variety, grown in Madagascar and other islands in the Indian Ocean.

Due to natural disasters and market manipulation, the price of vanilla fluctuates greatly. In the past year, the market value of top quality vanilla beans has risen substantially.

Due to the high cost of vanilla, an estimated 95% of "vanilla" products are artificially flavored with vanillin derived from lignin (a byproduct of the wood pulp industry) instead of vanilla fruits. The flavor of real vanilla is made up of

over 250 organic components, which gives it great depth and complexity, compared to only one flavor component in artificial vanilla.

Here's the beaver connection: shockingly, another source of "vanilla" flavoring is castoreum, processed from the scent glands of beavers. As castoreum is animal-derived and is not a synthetic ingredient, FDA regulations only require it to be referred to as "natural flavoring" on a prod-

uct's list of ingredients. Vegans and vegetarians beware!

With a nod to Russian feminist punk rock protest group Pussy Riot, the Bugbees have produced "Beaver Riot", a carefully researched and beautifully illustrated vanilla manifesto that extolls the "real" bean and takes a stand against the use of beaver parts in the flavoring industry.

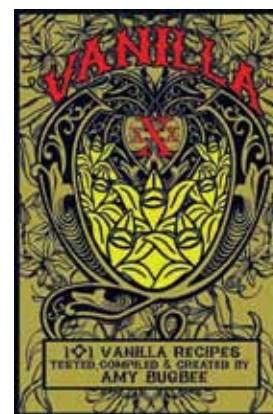
Bakers are considered to be keystone species and play a critical role in maintaining the structure of the ecological community in which they dwell. Beaver ponds, and the wetlands that succeed them, remove sediments and pollutants from waterways and provide habitat for salmon and other water-dwelling species. With that in mind, the Triple XXX Vanilla Company is donating one dollar from the sale of each DIY Vanilla Kit to the North Coast Land Conservancy's program to reintroduce beavers into local wetlands controlled by the Conservancy.

"Beaver Riot" also celebrates the wonders of real vanilla and Triple XXX Vanilla products and includes recipes from the "Vanilla 101 Cookbook." Get "Beaver Riot" online at [scribd.com/doc/245119345/Vanilla-Times-1-BEAVR-RIOT](http://scribd.com/doc/245119345/Vanilla-Times-1-BEAVR-RIOT) or pick up a copy at the Astoria Coffee Company.

Triple XXX Vanilla products range in price from \$10 for vanilla sugars up to \$40 for a 4oz. bottle of small batch Triple XXX Extract. Perfect locally sourced stocking stuffers for your vanilla-curious loved one! Shop for the complete Triple XXX line online at [worldsgreatestvanilla.com](http://worldsgreatestvanilla.com)

Triple XXX Vanilla is also available at:

- Astoria Coffee Company, 304 37th St in Astoria
- Sou'wester Lodge, 3728 J Place in Seaview, WA
- The Astoria Sunday Market



## Spicy Vanilla & Crab Cheese Ball

### Ingredients:

- 4 oz. cream cheese
- 4 oz. chevre cheese, plain
- 4 oz. shredded cooked crabmeat
- 1/3 cup mayonnaise
- 2 tsp. vanilla extract, paste, or powder
- 3 T. minced fresh apple (any fruit preserve will do)
- 1 T. minced sweet onion, fresh
- 1/4 tsp. cayenne chili powder
- 1/2 to 1 cup toasted almonds, finely chopped

### Directions:

In a bowl beat cream cheese and chevre with mayonnaise. Add apple, onion, chili powder, vanilla, and crab meat. Mix until smoothly combined, 1-2 minutes with a mixer.

Chill for 20-30 minutes.

Shape into a ball, then roll ball in chopped almond. Chill for one hour minimum.

Serve with crackers or baguette slices.

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## Beers To Your Health

Modern Farming Pioneers Launch Washington's First Organic Cranberry Farm

STARVATION ALLEY farmers speak at Astoria Co-op's upcoming lecture



**THE FARMERS** of Washington state's first and only certified organic cranberry farm will be the speakers at Astoria Co-op Grocery's monthly lecture Beers to Your Health at Fort George Brewery. Jared Oakes & Jessika Tantisook of Starvation Alley Farms will tell their story of transi-



tioning their bogs to organic and helping others do the same.

Starvation Alley encompasses a total of 10 acres in Seaview Washington and Long Beach. The couple took over the farm where Oakes grew up in 2010. They wanted to farm cranberries organically, but were told by farmers and other experts that it wasn't possible. They explored that assumption and eventually gained organic certification for their farm.

"It is hard, especially in the beginning because we didn't have any support. If you want to learn to grow organic apples you could probably find enough stuff on line, call universities, or get

advice from professionals. That wasn't available for cranberries. As new farmers transitioning to organic we lost a lot of production for the first two years, hence the value added products," Tantisook said.

Starvation Alley created a brand of juice that attracted the attention of the emerging craft cocktail industry. The farmers sell their product to 70 accounts, mostly bars in Portland and Seattle. They sell their juice and cranberries at farmers markets and locally at Astoria Co-op. The juice is raw, unsweetened and undiluted cranberries. It is not heated or pasteurized which Tantisook says enhances the health benefits and taste.

Starvation Alley Farms is building its research database with a goal of spreading sustainable farming and educating consumers about the food system and the importance of supporting local farmers. They are working with two other cranberry growers on the Long Beach Peninsula to transition to organic certification. There are currently only about 300 acres of organic cranberry farms in the U.S. out of 39,000 total acres of producing cranberry bogs.

**THURSDAY DECEMBER 11:** Tantisook and Oakes will be at Astoria Co-op Grocery from 4-6 pm offering free samples of their juice. Anyone from the public is welcome to stop by and meet the farmers and sample their products. They will then present at Beers to Your Health at the Fort George Lovell Showroom (14th and Duane St. in Astoria) starting at 7pm. Doors open at 6pm. The talk is free and open to all ages.

**CHEW ON THIS!**

by Merianne Myers



**THE TEMPTATION** to take a day off this time of year is tragically compromised by the whoosh of the next round of holidays hurtling our way. Whether you celebrate ethnic, religious or astronomical events on the front edge of winter, odds are you're cooking. Since Thanksgiving is still in the rearview, I'm guessing you've been cooking for a while now. I don't know about you but, I'm half past ready for a break.

A for-real day off requires a plan. Sure, you can opt for the spur-of-the-moment approach, it's way more adventurous and romantic. It's also fraught with peril. The way the world works is pretty much like a two year old or a cat on the other side of the bathroom door while you're trying to have a personal moment. It seeks to gain access. Insistently. Relentlessly. If you do not devise a way to keep it at bay, it will make its way in and take over like a bossy relative who knows exactly what you should be doing. And relaxing isn't it.

**So, here's the plan:**

- Pick a day
- Turn off the phone (This is key)
- Step away from the computer (No, not even a mail check or a Facebook peruse)
- Be defiantly good for nothing for the rest of the day.

Any day off worth its salt must feature good food but no cooking. I say make Thanksgiving work for you for a change. In advance of your day, make a pot of turkey soup and stash it in the fridge. Chill a bottle of crisp white, purchase a fresh baguette and a chunk of really great cheese along with some mixed greens and maybe an orange or grapefruit. You are now ready for a superior do-nothing experience.

Put the soup on to warm and the baguette in the oven. Toss the greens with a splash of citrus vinaigrette and some orange or grapefruit segments. Tear off a chunk of baguette and spread with gooey cheese. Pour a glass of wine and enjoy lunch. On the sofa. In your pajamas.

That's my plan. You're on your own.

## OSU Extension Clatsop County Graduates 11 New Master Gardeners

**OSU EXTENSION** Clatsop County celebrated the graduation of 11 new OSU Master Gardeners™ at a ceremony on November 21. To qualify for the Master Gardener designation, participants were required to complete 60 hours of training and 60 hours of volunteer time. Activities included staffing plant clinics at the Astoria Sunday Market, the River People Farmers Market, the Seaside Farmer's Market; supporting the annual Spring into Gardening seminar; and maintaining the Master Gardener demonstration garden at the Fairgrounds.

In addition, 40 people were recertified as OSU Master Gardeners™.

"These volunteers contributed over 4,000 hours of time to the Clatsop County community over the past year,"

explained Stacey Hall, the Master Gardener program coordinator. "Each of the Master Gardeners worked tirelessly to provide our community with quality gardening education."

OSU Master Gardener™ program is an Oregon State University Extension Service program that helps Oregon gardeners learn more about the art and science of growing and caring for plants. It also enables these trained volunteers to extend sustainable gardening information to their communities through educational outreach programs.

The next Clatsop County Master Gardener classes begin on January 7,

## FOOD GROOVE

### DON'T JINGLE MY BELLS TURKEY SOUP

Serves 4 to 6

- 4 slices bacon, cut into lardons (cut bacon strips crosswise into 1/4" slices)
- 1 medium onion, chopped
- 3 leeks, rinsed and sliced
- 1 shallot, chopped
- 2 potatoes, peeled and diced
- 1 carrot, peeled and diced
- 2 cups cream, half & half or whole milk
- 1 cup turkey or chicken broth
- 1/2 cup creme fraiche\*
- Splash of dry white wine
- 2 Tablespoons chopped fresh sage
- 1 Tablespoon chopped mixed fresh herbs - I like parsley, thyme, a tiny smidge of tarragon & oregano
- Pinch of smoked paprika
- At least 2 cups diced, cooked turkey - or as much as you like
- Salt & Pepper to taste

Sauté the bacon until done but not crisp and drain. Sauté the onion, leeks and shallot in bacon drippings. Add the potato cubes and stir to coat in drippings. Put the whole works plus all the rest of the ingredients except the creme fraiche in a stock pot and bring just barely to the boil.

Turn down the heat and simmer until the vegetables are tender. Stir in the creme fraiche and warm through.

Top with garlic croutons.

\*Creme Fraiche is like sour cream that went to finishing school.

It's less assertive, creamier, and rich beyond your wildest dreams. It makes everything it graces better. You can buy it in small tubs at the grocery store. Or you can make it easily, more cheaply and much better.

Combine 1 cup heavy cream and 2 tablespoons buttermilk in a glass jar. Cover and let stand at room temperature overnight or up to 24 hours. It will get very thick. Stir it well, cover it and refrigerate. It will last 7 to 10 days in the fridge.

Try it on a slice of apple pie or on a spoonful of lemon curd, or swirled into your bowl of chili or spooned onto your baked potato and topped with chives and crumbled bacon. It's wicked good on lots of things and devastatingly addictive.



**Graduate Master Gardeners (L to R):** Back Row: Richard Elfering, August Schulbach. Front Row: Von Whitney, Carole Birney, Nancy Collier, Karen Burke, Nova Sue Harrison.

2015 and go through March 18. For more Master Gardener info, contact the Clatsop County Extension Office at (503) 325-8573 or email stacey.hall@oregon-state.edu



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