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May 20

TRIO SUBTONIC



Underground Soul Jazz

**KALA WELCOMES NOTED JAZZ ENSEMBLE TRIO SUBTONIC
FRIDAY, MAY 20, @ 8PM.**

The groove heavy power trio out of Portland, Oregon blends genre bending funk with slow burning underground soul jazz. Led by keyboardist Galen Clark, Subtonic explores a coalescence of rock, soul, funk, hip hop and jazz that simultaneously draws in listeners and pushes boundaries. Creating a sonic footprint reserved for more than just three people, Subtonic delivers soulful grooves, expansive improvisations and a deep pocket that compels audiences to try dance moves they didn't know they had.

Trio Subtonic consists of Galen Clark on keyboards, Bill Athens on bass and Russ Kleiner on drums. The group has performed with Dan Balmer, A Love Electric, JFJO, Scott Pemberton, D'Vonne Lewis, Michal Angela and more. Touring extensively on the West Coast, East Coast and in Mexico, Subtonic brings dynamic energy to festivals, jazz clubs and watering holes alike and has garnered admiration from a wide variety of fans and critics.

The listener will find funky, groove-oriented sounds, acoustic ballads, and gospel-tinged instrumentals. Trio Subtonic's "populist" take on Jazz means that just about everybody digs what they're doing. –Matt Fleegeer, KMHD Radio

No secret to Northwest jazz aficionados, Trio Subtonic operate within simultaneously soulful and funk-heavy arrangements. Highlighted by the dazzling keywork of Galen Clark, the trio is a veritable monster hybrid of jazz fusion. –PDX Pop Now.

Friday, May 20 at KALA, doors open 8pm. Music 8:30pm. \$8 cover. 21+ please. Full Bar. 1017 Marine Drive in Astoria. 503.338.4878. Listen at triosubtonic.net.

WE DID IT!

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LNG Gone.

Thank you to the residents of the Columbia River Estuary, who chose salmon, farmland, and safe communities over an LNG terminal. You stood up to protect what you love. You were smart, creative, and tenacious. You believed.

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A Sunday in the Park w/ART

Lewis and Clark National Historical Park
 Becomes a stage & gallery Sunday, May 15, 2 to 4 p.m.

May 15



THE SECOND ANNUAL SUNDAY IN THE PARK WITH ART takes place May 15, 2016 at Lewis and Clark National Historical Park. Starting at the Fort Clatsop Visitor Center Picnic Area, event goers are invited to choose between a short 1 1/2 mile hike near the visitor center, or a full walk with a volunteer guide on the Kwis Kwis 3 mile loop, with its ravines, ridges and wetlands transformed into a vibrant art space. Participants will be let onto the trail every 15 minutes, to allow pulses of rest for the performers. The last group will start at 4 p.m., as it takes an hour or more to walk the entirety of the trail, and the artists will begin to break down their stations at 5 p.m.

The event imagined and organized by Astoria performance artist and collaborator Marco Davis, features music, performance, costume, visual art and dance. In 2015, the park, Davis and local artists and performers hosted a similar hike/art experience along the Kwis-Kwis Loop trail. Davis' idea to summon his artist friends to his favorite nooks along his favorite nature trail worked so well last year, the park invited Davis' team to come back. Along the path, installation and performance art, dancers and musicians will greet hikers. The event also helps commemorate the National Park Service Centennial in 2016. National Park sites across the country and Lewis and Clark National Historical Park are pleased to collaborate with artists to help engage and connect park goers to

their national parks. "Sunday in the Park with Art is Fort Clatsop's offering of a peek into the mind of a park user," says, Davis. "Comparing Sunday in the Park with Art as a gallery show would be mistaken; the visual and auditory experiences emerge only after large gaps of quiet and unadorned trail. The trail user is therefore still provided with mostly the sights and sounds of nature."

You can access the ongoing, family-friendly event by parking at Fort Clatsop Visitor Center and following directions. Sunday in the Park w/Art will take place rain or shine and is free with admission to the park, payable at the Fort Clatsop Visitor Center or with an annual pass. Dogs are welcome on leashes. For more information, please call Lewis and Clark National Historical Park at (503) 861-2471 or on Facebook at [LewisandClarkNationalHistoricalPark](https://www.facebook.com/LewisandClarkNationalHistoricalPark) or [SundayintheParkwithArt](https://www.facebook.com/SundayintheParkwithArt).

SPEAKER SERIES @ 1PM, MAY 15 w/ Art in The Park creator Marco Davis. Davis' talk will focus on this incredible way for people to enjoy nature and get some exercise while experiencing art in a way less travelled. Part of the "magic" of this event is the transitory aspect of the art which leaves no trace along the trail afterwards. Both artists and hikers enjoyed it so much that the second Sunday in the Park with Art will begin right after Davis' talk and the audience is welcome to join the hike.

The Nehalem Valley All Stars

Boogie down with this hot new ensemble of veteran players May 14 and thru the summer!

KALA PRESENTS a new and exciting formation of coastal players, and well-seasoned rock and rollers, The Nehalem Valley All Stars, on Saturday, May 14, following the 2nd Saturday Art Walk.

In 1965 Fred Lackaff and his brother Dan started a band they named The New Tweedy Brothers. The band lasted 5 years, recorded one album, and resides on a small but noteworthy perch in Oregon rock and roll history, and Lackaff retired from performing.

Now, after a 45 year hiatus, Lackaff is back on the music scene with a new band, The Nehalem Valley All Stars. Dedicated to

dance, the All Stars feature a wide range of styles and eras, from ragtime to reggae, with a strong emphasis on rhythm, anchored by the inspired drumming of Ernie Zolka and the solid bass of Mark Wagner. Better known as a trumpeter, Scott Wagner is reverting to his rock and roll past as a guitarist. Lackaff plays keyboard and does most of the singing. Most of the performances include a guest artist, usually on horn.

This band is all about fun; when they play you can tell they're having fun, and you'll



L to R: Scott Wagner, Ernie Zolka, Fred Lackaff, Mark Wagner

find it hard to resist the urge not to kick up your heels a little.

Doors open after 2nd Saturday Art Walk at 8pm. \$5. 21+ please. Full Bar. 1017 Marine Drive in Astoria.

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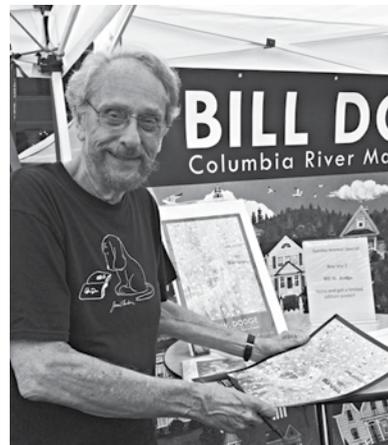
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SUNDAY MARKET *now in full swing*

ASTORIA SUNDAY MARKET opened Mother's Day to kick off another season. The Market is extending its season an additional week this year so that closing takes place the same day as the Great Columbia Crossing on October 16. "We feel it is important to have the Market in place for the runners and walkers," explained Market Director Cyndi Mudge. Astoria Sunday Market runs from 10 am to 3 pm every Sunday from May 8 through October 16 in downtown Astoria on 12th Street.

New vendors this season include BLISS NUT BUTTERS selling their line of peanut and hazelnut butter products; PILOT HOUSE DISTILLERY is sampling and selling their spirits, the popular SEA STAR GELATO from Seaside is bringing their own crafted gelatos to the Market and several new confection makers will be serving up truffles, toffee and a variety of peanut brittles.

Returning vendors include artist BILL W. DODGE unveiling three brand new original paintings on Mother's Day, May 8th. "Wonderment" is a small piece in his on-going cat series of paintings, and "Surprise! It's Halloween" is a slightly larger folk art piece depicting the holiday on "a dark and stormy night". "The Joy of Snow" is



described by Dodge as one of his "major" works, with a canvas size of 22"x28", and is a fanciful winter scene showing the many joys that a turn of the century community enjoys after a heavy snow. Dodge will be at the Astoria Sunday Market the first Sundays of each month, thanks to a partnership with Columbia River Maritime Museum. All proceeds of the sales go directly to museum programming.

Other familiar vendors joining the Market again in 2016 include soap maker RICK SMITH, artist RONNI HARRIS, Oregon's popular PACKER'S ORCHARD AND BAKERY, coastal farmer KINGFISHER, and cedar woodcarver ZOLA BOKOR, along with many others.

The Color of Fresh is this year's theme captured beautifully by artist James Dunbar who created the Market art for 2016. Dunbar is from Portland and will be at the Market opening day. Astoria Sunday Market has donated nearly \$170,000 to a variety of downtown projects and events over the years including Liberty Theater Restoration, the Chinese Park, construction of the public restrooms located on 12th & Exchange Streets, downtown beautification projects and Astoria Downtown Historic District Association. The most recent grant was \$2,000 in October 2013 for the Friends of the Armory. Astoria Sunday Market operates a Young Entrepreneur's Club in partnership with Clatsop County 4-H offering kids an opportunity to vend at the Market starting in June of each year. Astoria Sunday Market also organizes vendors for the Cruise Ship market located at the Port of Astoria for each visiting ship.

See the music schedule www.AstoriaSundayMarket.com where you can also subscribe to their electronic newsletter. To stay updated about Market activities be sure to "like" their FaceBook page at www.facebook.com/AstoriaSundayMarket.



CELEBRATE!!

AN END to LNG on the Columbia River!

WE GATHER to celebrate and THANK YOU for:

THE ENDLESS MEETINGS & PUBLIC HEARINGS and you attended ~ FERC, Clatsop Co Commissioners, city of Warrenton, DEQ, DSL, DLCD, Port of Astoria, city of Astoria, State Land Board

THE PRECIOUS \$\$ you donated ~ to People for Responsible Prosperity (PRFP), Rivervision, Wahkiakum Friends of the River (WFOR), Longview Citizens for Safe Community (LCSC), Oregon Citizens Against the Pipeline (OCAP), Vernonia Against LNG, Columbia River Business Alliance, Columbia Pacific Common Sense (CPCS) and Columbia Riverkeeper

THE INTELLIGENT LETTERS you wrote ~ to the Editors, DSL, DEQ, DLCD, ODE, US Coast Guard, the Governors, state representatives and state senator, US Senators, US Representatives, Clatsop Co Commissioners, city of Warrenton, city of Astoria, FERC, Port of Astoria

THIS PARTY'S for YOU!!!

FRIDAY, MAY 13

DOORS OPEN at 6:00 pm

ASTORIA EVENTS Center, 255 9th St.

COMPLIMENTARY PIZZA! POTLUCK! Please bring side dish, desert or main dish - ready to eat w serving utensil.

STORYTELLING - NO boring speeches. We will NOT be going on and on thanking everyone. Instead, we invite you join in Open Mic and share a 2 minute memory or favorite story from the long road to victory! It can be funny or touching. It can be about your experience or about someone else (think ROAST!).

DANCIN: BOND STREET QUARTET celebration dance music!!!!

THIS IS A THANK YOU celebration for all the folks for all the years who donated their time, money and talent to bring us to this VICTORY!! (This event is not open to the public.)

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ALONG WITH MANY AMERICANS I am saturated with non-stop media babble about the presidential horse race. For many years I have avoided their highlighting of sensational sound bites along with

These issues do not get by the average American, and thus, for the first time in recent memory we are seeing massive populist revolt in both major parties. A few days before the crucial New York primary, Donald

Trump, campaigning on working

toehold, without going deeply into debt. Democratic insurgent, Bernie Sanders, from a different perspective, taps into the same discontents as Trump. He eschews Trump's anti-immigrant posture, a staple of right wing populism and of the Republican Party as a whole. But he also decries a Washington establishment that lavishes favors on transnational banks and corporations, while ignoring the needs of the average American. Sanders wants to end corporate tax giveaways and reestablish free public higher education, as well as universal health care, while refashioning American industry to provide green jobs.



The Revolt against More of the Same

by Stephen Berk

conspicuous lack of intelligent discussion of issues. The so-called debates, particularly on the Republican side, are unenlightening, often devolving into juvenile insult trading. On the Democratic side we hear arguments over whether Hillary or Bernie is more "qualified" to be president, a non-starter for most. But this election is gaining a unique boost of energy because both parties are experiencing large scale public revolt against politics as usual. While the Republican leadership longs to nominate one of the ultra-conservatives that now dominate a party that used to advertise itself as a "big tent," and Democratic bosses have been holding the coronation crown for Hillary since she lost to Obama, the public stubbornly refuses to cooperate.

People are justifiably fed up with a status quo characterized by an economy where incomes at the top skyrocket while the middle class withers away with increasing numbers sinking into poverty. This while a Congress of multi-millionaires with gold plated benefits sits on its hands in tiresome partisan gridlock. Americans are also war weary, having endured over fifteen years of costly, yet fruitless military interventions in the Middle East and Central Asia. Anyone can see that endless wars there have not brought greater security, but only shattered populations and political meltdown. As we have waged continuous war we have added many trillions to our national debt, while our cities languish and infrastructure crumbles. With militarism now taking up fifty-three per cent of our national budget, domestic needs languish, and we fall behind most advanced industrial countries in measures of public health and well-being.

class Staten Island, drew an enthusiastic response from large crowds. An NPR reporter asked Trump supporters there what drew them to the billionaire real estate mogul, and they replied they saw him as one



of their own, a New Yorker, addressing the frustrations they all felt in the plain, blunt language they well understood. A woman decried the loss of the "American dream," as costs of education climb out of sight and good jobs recede, while Washington politicians do nothing. These people see Trump as a successful businessman whom they believe when he says he can negotiate better trade deals that bring back good jobs to America. But Trump's criticism of neoliberal free trade, which has seriously lowered our living standard, scares the political class.

Nor has Trump shied away from decrying the US Middle East interventions as disastrous and the new cold war with Russia as unnecessary. This upsets the war party, composed of liberal and neocon elites, embedded in the State Department, establishment think tanks and prestigious media like the Washington Post and New York Times. While insulated Americans of the political class rarely have children in the Armed Forces, working families commonly do. Joining the military, with all the risk that continuous deployments now bring, has become the sole way their children can gain higher education and thus an economic

ton abandoned as he threw over organized labor to embrace transnational deregulated sweatshop capitalism.

What the Sanders and Trump insurgencies have in common is that they both address the erosion of opportunity for common Americans long neglected by elites in both parties living in the Washington bubble. Establishment Democrats, personified by Hillary Clinton, remain welded to Wall Street and the warfare state. GOP arch-conservatives like Ted Cruz are no less belligerent abroad. And Cruz, Speaker Paul Ryan and other Republicans disparage social safety net programs as "entitlements" that should be privatized. Trump disagrees, arguing that Social Security and Medicare are insurance investments Americans have paid into all their working lives that need to be honored. It is Trump and Sanders, not Cruz and Clinton, who embody the vital energy of the present campaign season, making it unique. The public-at-large is indeed fed up with a supine Washington establishment, bound to big capital and militarism. The two party establishments can only ignore these insurgent energies at their mortal peril.

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every month in hipfish
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Listening to the Land: Exploring Oregon's Ocean May 18

THINGS HAPPEN in the near-shore ocean off Oregon that don't happen everywhere else in the Eastern North Pacific, along the path of the California Current. Life abounds—as do challenges, some of them perennial and some of them specific to this moment in Earth's history.

Join marine ecologist Kirsten Grorud-Colvert, PhD, for a wide-ranging talk about the sea beside us in a presentation titled "Into the Deep: Exploring Oregon's Ocean" at 6pm on Wednesday, May 18, at Seaside Public Library. It is the final program in the 2016 Listening to the Land speaker series, which this year has focused on the theme of water. Admission is free; refreshments are served.

Grorud-Colvert will begin by talking about some of the dynamism of our coast and certain features unique to our ocean. She'll give us a look at our underwater reefs as she discusses upwelling and its role in the productivity of our ocean. She will address challenges such as sea star wasting syndrome and ocean hypoxia, or

"dead zones." And she'll explore steps Oregon is taking—with marine reserves in particular—to conserve its ocean.

Kirsten Grorud-Colvert is on the faculty of Oregon State University, where she has studied marine systems and ocean organisms from the Florida Keys to the near-shore ocean off Oregon. She uses data from many different marine species and habitats to look at what happens when you protect an area in the ocean and what we can learn from these areas in order to design even better protection. She also directs the Science of Marine Reserves Project, a team of marine ecologists, graphic designers, communication specialists and marine reserve scientists around the globe developing effective ways to share scientific data about marine reserves with the general public.

Listening to the Land is an annual winter speaker series presented monthly by North Coast Land Conservancy and the Necanicum Watershed Council in partnership with the Seaside Public Library.

Lower Nehalem Watershed Council Speaker Series

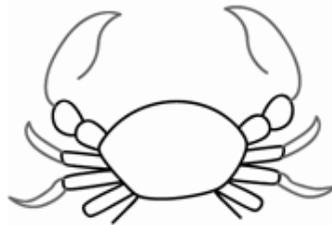
Oregon Marine Reserves Discussion May 12

Manzanita, Oregon – How are individuals, communities, ocean users and economies affected when areas of our ocean are set aside for conservation? Join Lower Nehalem Watershed Council on May 12th as we welcome Dr. Tommy Swearingen, Human Dimensions Research Project Leader for the Oregon Department of Fish and Wildlife Marine Reserves Program, for a presentation on the Program's ongoing research to assess the socioeconomic impact of marine reserves.

The presentation will be held at the Pine Grove Community House, 225 Laneda Ave, in Manzanita. Doors open at 6:30 pm for refreshments. The presentation will start at 7:20 pm following an update from Lower Nehalem Watershed Council at 7:00 pm. FREE and open to the public.



11th Annual Coastal Encounters Driftwood Public Library



Driftwood Public Library hosts the 11th "Coastal Encounters" series of lectures this May. The presentations share a focus on coastal living, and presenters talk on a range of subjects from local history to activities both residents and visitors can enjoy on the coast.

BILL LACKNER, lectures on clamming and crabbing, Tuesday, May 10 at 6:30pm. The presentation is followed by a trip with Bill to Siletz Bay to hunt purple varnish clams on Wednesday, May 11. Crabbing on Tuesday, May 24 at 6:30pm, followed by a field trip to the North Shore of Siletz Bay Wednesday, May 25.

On Tuesday, May 17 at 6:30, DOUG BRADSTREET, owner of the store PREHISTORIC, right here in Lincoln City, will talk about fossils and dinosaurs.

The series will conclude on Tuesday, May 31st at 6:30 with a visit from Kay Myers, co-author of the perennially popular pocket guide *Agates of the Oregon Coast*. Myers will talk about agates and how to find and identify them.

All four programs at the library are free, those interested in taking part in clamming or crabbing field trips must purchase an "Oregon Department of Fish & Wildlife Shellfish Harvester's License" for each member of the family who wishes to participate prior to the field trips. Clam bag and shovel also needed. Shovels are available for \$28 at lecture.

Crabbing field trip, Crab Max folding crab traps, avail. At lecture, \$30 cash. Also bring Crab measure and large packet of chicken legs for bait. Wear layered clothing, gloves, sturdy shoes (no sandals or flip-flops, please), be prepared for rain with appropriate gear, and bring a 5-Gallon bucket.

All lectures are open to anyone who wishes to attend. Driftwood Public Library is located on the second floor of the Lincoln City Civic Center at 801 SW Highway 101 in Lincoln City (on the west side of the highway, adjacent to Price and Pride). More info: Ken Hobson, at 541-996-1242 or via e-mail at kenh@lincolncity.org.

Lewis and Clark NHP needs you to discover living organisms

BioBlitz Quest May 20-21!

Volunteers of all ages invited to join park rangers and scientists for national event



ASTORIA – Lewis and Clark National Historical Park hosts a BIOBLITZ AND BIODIVERSITY FESTIVAL– MAY 20 & 21 as part of a national effort to document and celebrate biodiversity in national parks. Plant and animal species will be identified and counted using apps such as iNaturalist, Bumble Bee Watch, Project Budburst, and eBird. Visitors are welcome to bring their own technology or use a limited number of park devices.

The public is invited to join experts and participate as Citizen Scientists in the exploration and inventory of pollinators, plants and more at Lewis and Clark NHP. The park is one of 34 national sites in the Pacific West Region participating in the event. All events will take place at the park's Netul Landing Complex and are free. Those events include:

- Moth Night, 8 to 10 p.m. Friday at the Netul Landing Shelter. Join us for a presentation and moth inventory led by local experts, where you'll learn how to entice and identify these exciting night-time pollinators.

- Species inventories 10 a.m. to 3 p.m. Saturday. Most of these inventories will be limited to pre-registered Citizen Scientists. Registration will open May 1.

- Biodiversity Festival 10 a.m. to 3 p.m. Saturday. Activities include ongoing presentations by expert biologists, free children's activities, information booths, microscopic investigations, and more.

Pre-registration information and the Saturday schedule will be available soon at the park's website, www.nps.gov/lewi and Facebook Page, or can be picked up starting May 1 at the Fort Clatsop Visitor Center Front Desk. National parks are living laboratories for scientific investigations that continue to advance our understanding of the natural world. National parks play a key role in preserving the variety of life in the world. Often parks serve as indicators of the health of the world's ecosystems. Parks are places to explore the natural world. You never know what's hiding under a rock or beneath a fern! Come find your hidden

Six Thousand Years on the Pacific Coast Trail Bonnie Henderson: Tillamook County Pioneer Museum

"Six Thousand Years on the Pacific Coast Trail" will be the topic of Oregon author Bonnie Henderson when she visits the Tillamook County Pioneer Museum on **SUNDAY, MAY 15, 1pm**. Ms. Henderson will be discussing the history and pre-history of the trail including her insights on hiking it. She is the author of *Day Hiking: Oregon Coast*, *The Next Tsunami*, *Strand*, and *Best Hikes with Kids: Oregon*.

Henderson's varied journalism career has included newspaper and magazine writing and editing, health care communications, and researching and writing interpretive signage for parks and wildlife refuges. Today she is primarily focused on exploring the intersection of the natural world and the human experience close to home. She was the recipient of a writing fellowship residency at Playa. Bonnie serves as communications coordinator for North Coast Land Conservancy and is active as a volunteer with the Coalition of Oregon Land Trusts, Northwest Coast Trails Coalition, CoastWatch (Oregon Shores Conservation Coalition) and the Oregon Community Foundation. When she is not on the coast, she is at home in Eugene, Oregon.

Sponsored by the TCPM's Daisy Fund, this program is free and open to the public. For more information, call the Museum at 503.842.4553 or visit www.tcpm.org.



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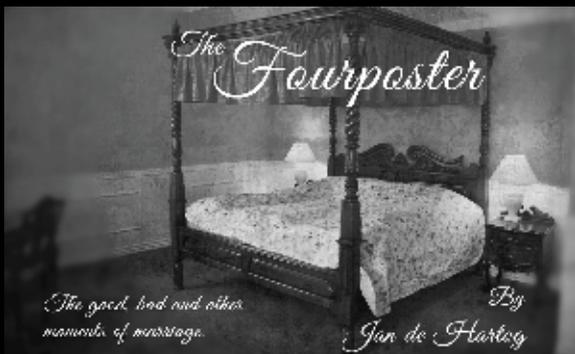
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The good, bad and other moments of marriage. By *Jan de Hartog*

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Late Skate and Party

Get your gay skate on!

**Astoria Armory- 1636 Exchange Street
Saturday May 21 9pm-11pm**

The Lower Columbia Q Center and Astoria Armory present: Late Skate and Party in the Mezzanine on February 27 from 8-11. Come join your friends and family as we take to the skate floor and work it out! Not a fan of skating, no problem! We have the party in the mezzanine for the 21+ crowd; a bar, tables to sit and visit, a birds eye view of all the action below and plenty of room to dance, dance, dance!!!

In the spirit of Fisher Poets, our theme for this skate party is: Fishermen, interpret as you want!

\$3 at the door and \$3 skate rental.

Lower Columbia Q Center Meeting

**Astoria Armory - 1636 Exchange Street Astoria,
Wednesday, March 16th 6pm-8pm**

Attention all LGBTIQ community members and allies! We will be meeting at the Astoria Armory to discuss the great strides we have made in our efforts to build awareness, community, educational opportunities and pride, as well as future endeavors to increase safety, visibility and support services in Clatsop County and beyond. Something often said in the LGBTIQ community is that "we get to choose our family". We want to extend a welcome to the people of the Lower Columbia Region to join our family. Please attend this meeting to see how you can help.

Mission: The Lower Columbia Q Center is a safe and welcoming resource and peer support service for the LGBTIQ community, friends, family, and allies of the Lower Columbia Region.

Lower Columbia Gender Alliance/Trans Support

The Lower Columbia Gender Alliance holds peer support group meetings on the third Thursday of each month. Meetings are open to transgender, gender queer, questioning and family members or partners. Meetings will be at 6:30 pm at the Q center. For Information call Jeralyn O'Brien @ 503-341-3777

Monthly LGBTQ Events in Lincoln County

- 1st Wed of ea. month, 7pm is Trans Parents Coffee Hour at the Chalet in Newport.
 - 2nd Tues. ea month, 4pm is LGBT+ & Allies Happy Hour at Georgie's in Newport.
 - 2nd Wed. ea month - 6pm to 7:30pm PFLAG Group at St. Stephen's at 9th and Hurbert in Newport.
 - 4th Sun of ea month, 11am is OUT OR Coast Women's Coffee at Cafe Mundo in Newport.
 - February 1, 2pm - 4pm, Love is Love Party, OCCC Commons.
- To connect with Oregon Central Coast Chapter of PFLAG, call (541)265-7194, email: pflagocc@gmail.com

LOWER COLUMBIA TIMEBANK Meet 'N' Greet Set For Spring

LOWER COLUMBIA TIMEBANK hosts a series of informal get-togethers for TimeBank members and the public. Scheduled from 3:00 - 5:00 pm the second Thursdays of March, April and May at the Blue Scorcher Bakery Café in Astoria, each "Meet 'n' Greet" will include a short presentation by a TimeBank member on a topic of local interest from 3:30 to 4:00 pm, followed by a timebanking discussion.

May 12: Craig Holt, & Bereneice Jones-Centeno of the Astoria Music Festival, "Preview of the 2016 Festival and how you can get involved"

May 30: MAY 30 POTLUCK PICNIC & KITE BUGGY FUN/Drum Circle. The turnout for Sunset State Beach (click for map) is 3.4 miles south of the Ensign / Hwy 101 stoplight where Home Depot and all the shopping centers are. Sunset Beach Road is 1 mile from 101 to the beach. Coming from the south, it's the first major left after Surf Pines. Noon to 3pm

Meet 'n' Greet affords TimeBank members the opportunity to meet in person and talk about TimeBank offers, requests and activities. They offer the public a chance to learn more about timebanking and how to get involved.

Timebanking is a type of online social networking where people can exchange services, share items, and work together on neighborhood or community projects - all for hours, not money. The Lower Columbia TimeBank, begun in 2012, is a tax-exempt nonprofit with members from Brownsmead to Gearhart and south Tillamook County to Pacific County. It offers individual exchanges of nonprofessional services, work parties, sharing of tangibles like books and tools, etc., and grants of volunteer hours to other local nonprofits.

Membership is open to all area adults, including those who are computer-free. Through the new Pacific Northwest TimeBanks Network, members can also share hours with members of Portland's PDX Time Bank. For more information, visit www.LowerColumbiaTimeBank.org or phone 503-325-6886 (Clatsop and Pacific counties) or 503-398-5223 in Tillamook County. Or, come to a Meet 'n' Greet.

CLATSOP COUNTY DEMOCRATS MEET fourth Monday of each month at 7pm. Doors open at 6:30pm, at the Astoria Yacht Club, located on the second floor of the building immediately to the east of the former Astoria Riverwalk Inn and above Tiki Tours. Access is by the external staircase on the north/beautiful Columbia River side of the building overlooking the West Mooring Basin. www.ClatsopDemocrats.org

PACIFIC COUNTY DEMOCRATS
Monday, May 9, June 13, 7pm, No Meeting July/Aug 2016
North County Annex
1216 Robert Bush Drive, South Bend, WA

Don't forget to vote!



Ballots must be delivered to an official drop site or the County Clerk's Office, 820 Exchange St., 2nd Floor, Astoria no later than 8 p.m. on May 17.

Source to Sea Columbia River Stories & Films



Columbia Basin
Transboundary
Youth Network
rolls out
simultaneous events
at headwaters and
mouth of the
Columbia River
on May 15

THE COLUMBIA RIVER WATERSHED STORYTELLING TOUR consists of locally organized independent storytelling programs that are being held throughout the international Columbia River watershed, which reaches across southern British Columbia in Canada and the western states in America.

The Columbia Basin Transboundary Youth Network (CBTYN), led by Tribal and non-Tribal young professionals, is inviting the public to join in on one of two parallel "Source to Sea" storytelling and film screening events in the Columbia Lake area of British Columbia, Canada and in Astoria, Oregon on Sunday, May 15, 2016. Through Skype and social media channels, audiences will be connected to both events as they happen simultaneously at the headwaters and mouth of the Columbia River.

Screening Columbian Theater

Doors open 1pm at The Columbian Theater. Enjoy smoked salmon snacks and pizza available for sale. Organizers invite participants to share stories about the Columbia River and their connection to its waters. There will then be film screenings of four short independent films.

The film "Treaty Talks: A journey up the Columbia River for people and salmon" tells the story of young people canoeing up the Columbia River from Astoria to Canal Flats in 2013. Other films include: "Habitat: Whitewater Rafting in the Columbia River Basin," "The Lost Fish: The Struggle to Save Pacific Lamprey" and "Of People and Salmon: Linking Culture and Ecology." Some film-makers will be available on site for Q/A between films.

During the event, between films, participants will have the chance to connect by video-conferencing to people holding a similar event at the river's headwaters in Canada, and to send a message "upstream."

Participants can join a social media campaign in lead up to the event. The CBTYN is inviting youth from around the international Columbia River Basin to post pictures of themselves next to the waterbody they love, standing with a sign: "Standing up for our watershed." Anyone who takes a photo is invited to post it to the Columbia Basin Transboundary Youth Network Facebook page, or via Twitter: #JoinCBTYN #SourceToSea #ColumbiaRiver.

Why is now the time to have this event?

The Canada/US Columbia River Treaty is in a renegotiation process, due to be signed in 2024. At the moment, much of the negotiating is taking place between BC Hydro and Bonneville Power behind closed doors. First Nations on both sides of the 49th Parallel are calling for an equal place at the table; communities are also recognizing that an Ecosystem Function needs to be central to any new agreement.

CBTYN member Tessa Terbasket says, "Unlike the people of the Columbia Basin, the waters of the Columbia flow between jurisdictions and across borders. Historical wrongdoings have disconnected the communities of the Columbia and has taken away the voice of the river itself. Current social and ecological perspectives demand a reconnection to water, place and each other."

The Columbia River Watershed Storytelling project is particularly relevant in opening positive new ways for First Nations and settler residents to express our care and concerns for local ecosystems and to join together across our communities to advance solutions. Okanagan Nation Alliance Executive Director Suiki?st Pauline Terbasket emphasizes: "This is an open source initiative. This artistic project celebrates the water and the land which inspire and carry our memories. The process is designed to support the sharing of community stories and dialogue amongst neighbours to deepen local knowledge and strengthen bio-regional alliances."

Registration Now Open 13th Annual Bounty on the Bay Fundraiser and Fishing Tournament June 3 - 4

Garibaldi, OR. – This is the year of the fisherman! Tillamook Estuaries Partnership is luring anglers to Bounty on the Bay this year with a great Italian Dinner and Fishing Seminar Friday, June 3rd to get the competition geared up and ready to tackle the Saturday Fishing Tournament! Whether you want to be the captain of your own boat or are excited to net a seat with one of the pro-guides, everyone is hooked on the fabulous Seafood Feast, Silent Auction, and Award Ceremony that anchors the event Saturday evening, June 4th. Our featured guest speaker this year is Jim Martin, former ODFW Chief of Fisheries and

TEP is all about estuaries and this weekend event highlights the best Tillamook Bay has to offer: amazing scenery, big fish, great food, and jovial company. In its 13th year, Bounty on the Bay features two days of fun.

Registration is open and necessary for all facets of the event. Whether you are interested in the guided fishing trips (early reservations recommended), taking out your own boat, joining us for the Friday night dinner and Pro-Guide Seminar, or our fabulous Seafood Feast and Silent Auction on

Saturday night, we have something for everyone. Garibaldi House Inn and Suites, the official hotel of Bounty on the Bay, is offering discounted rates for Friday and Saturday night stays if you mention Bounty on the Bay. Many thanks go out to our Sponsors: Dick's Sporting Goods, Garibaldi House Inn and Suites, Northwest Hardwoods, Pacific Seafood, Trinidad Tackle, the KTL Radio Family, Unfurl, and all of our silent auction donors for helping make this event possible!!

REGISTRATIONS OPEN! Registrations forms are available online by going to www.tbnep.org or, to obtain more information regarding the event, contact Lisa Phipps by phone at (503) 322-2222 or by email at lphipp@tbnep.org.

This annual fundraiser supports TEP's efforts to implement the Tillamook Bay Comprehensive Conservation and Management Plan (CCMP). Over fifteen years in implementation, the CCMP establishes 63 scientifically based, community supported actions that restore water quality, enhance degraded habitats, reduce sedimentation and lessen the impacts of coastal flooding.

Columbia River Estuary Conference to Address "The Blob" & Climate Change

On May 24-26, 2016 at the Liberty Theater in Astoria, Oregon, regional scientists will present new findings on species recovery, restoration, research, and monitoring from the lower Columbia River and estuary. This year, the Columbia River Estuary Conference (CREC) will focus specifically on climate change, the "Warm Blob" off the Pacific coast, and other recent anomalous conditions, and their effects on ecosystems of the lower river, plume, and nearshore ocean.

CREC is an excellent opportunity to meet other researchers and natural resource managers working in the lower Columbia River area and hear results from current research and species recovery efforts. Sessions run from 8:30 a.m. - 5:30 p.m. each day, and there is also a poster session during an evening social on Tuesday, May 24th.

The biennial conference, the ninth since 1999, is sponsored by Bonneville Power Administration, Columbia River Estuary Study Taskforce, Northwest Power and Conservation Council, Lower Columbia Estuary Partnership, National Park Service, Lower Columbia Fish Recovery Board, Society of Wetland Scientists Pacific Northwest Chapter, Oregon Department of Land Conservation and Development, and Liberty Theater.

CREC registration costs \$125 for all three days of the conference, or \$70 for a single conference day. To register, visit <https://www.eventbrite.com/e/columbia-river-estuary-conference-tickets-22470838884>.



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7th Annual Tenor Guitar Gathering

May 25 - 29

Gratitude for a
Musician who
made a
difference.

Mark Josephs TGG Founder

by josh reynolds



WANT to learn how to play guitar and have fun?

I did. My father was an original member of The Kingston Trio, and he played the tenor guitar. After my dad passed away, I went online and found the Yahoo Tenor Guitar Registry.

I registered and wrote an email asking about tenor guitar tunings and chords.

The late Mark Josephs, founder of the Registry and the Tenor Guitar Foundation, quickly outed me, asking, "Are you the son of Nick Reynolds of The Kingston Trio?"

"Well yes, Mark. I am. Can you help me learn how to play like my dad?"

"Yes! Your dad posing on the cover of The Kingston Trio's albums is one of the main reasons I took up the tenor guitar. Please call me."

That started the ball rolling. Mark helped me get started and gave me confidence as I worked through the process.

Because of his open heart and generous spirit, I pledged to help him start his dream of an annual "gathering" of tenor guitarists. It was the beginning of a deep friendship.

Mark was a "giver."

He worked all year putting together this Gathering and managing the Tenor Guitar Registry, where people asked questions and shared their experiences with the tenor guitar, from guitar types, to chords, songs, and string types.

His love for the city of Astoria is testament to why Astoria is now the unofficial "Tenor Guitar Capital of the world."

This year, from May 25th to May 29th, the 7th annual Tenor Guitar Gathering will take place in Astoria, Oregon.

My dad, Nick Reynolds, often said, "It's all about the music."

Mark Josephs wrote a song called, "There Must Be A Place Where Everyone Sings."

I've gone from not knowing how to play the tenor guitar, to having my own band, and playing a song or two onstage with the current Kingston Trio.

With Mark's sudden passing, the board elected me to be the President of the Tenor Guitar Foundation.....That's my tenor guitar story. Let's start yours. Come join us.

Mark Josephs was a life-time musician who dedicated many years to organizing tenor guitar players, of which eventually produced TGG in 2010. While he remained a resident of California, he and his wife Karen Sexton, (who resides in Astoria), chose the beauty and artful spirit of Astoria as the home of the gathering. Drawing musicians and music lovers to the city, TGG is a beloved festival that has grown strong roots and life of its own to be enjoyed by all. Mark Josephs died suddenly of cancer in January 2016.



17 year old jazz improv maestro
Grant Flick teaches workshops



Mr. John Lawlor, Mark's tenor guitar mentor
and amazing jazz tenor guitarist



In 2009 Mark Josephs had a dream:

Unite musicians around the world to learn, play, sing, and teach others the joy of playing the four string tenor guitar. He started the annual Tenor Guitar Gathering in Astoria, Oregon, and May 25th-29th, 2016, will mark its 7th year.

The tenor guitar was born out of four string banjo players wanting to play guitar. It's amazingly simple to learn to play, and is a great learning tool to progress to other stringed instruments.

<https://en.wikipedia.org/wiki/Tenorguitar>

At this year's Tenor Guitar Gathering, along with tenor guitars and their various tunings, there will be ukulele and mandolin workshops and concerts. This year we've added special workshops: 17 year old jazz maestro, Grant Flick, will teach lead licks. Tenor guitarist, Rick Dougherty of The Kingston Trio, will give performance tips and vocal lesson workshops. Rick is a seasoned stage performer who will teach stage presence and give singing tips.

WORKSHOPS:

John Lawlor – tenor jazz

Grant Flick – tenor jazz and improvisation

Rick Dougherty – performance tips and vocalization

Jean Mann – beginner ukulele

Tim May – mandolin and tenor guitar

Tom Molyneux – electric tenor and bottleneck slide

Professor Douglas Fraser – Tin Pan Alley style

Carl Allen – songs from the Woody Guthrie songbook

Brian Oberlin – tenor guitar and mandolin

The Crest Motel is the unofficial lodging for many performers and attendees, a place to jam and mingle all week.

Pier 39 and the Rogue Ale House will be "base camp" for the entire 5 days of the Gathering. You can get information on workshops, events, and hang out and jam with the performers and attendees. It's a community gathering!

ON WEDNESDAY, MAY 25TH, TGG7 will kick off at Pier 39's banquet room – meet and greet, last minute workshop sign ups, luthiers, and merchandise for sale, including tenor guitars, ukuleles, and banjo-ukuleles (yes, a banjo ukulele).

Wednesday night – jamming at the Inferno Lounge.

THURSDAY MAY 26TH – Workshops will begin at the Rogue Ale House, jamming and sing-alongs will take place all day at Pier 39's banquet room.

Thursday evening, Astoria mayor, Arline LaMear, will open the Gathering with songs for children and adults. Guests are encouraged to bring canned food items for donation. Admission fees will go to the Food Bank. Refreshments will be served.

FRIDAY, MAY 27TH – The annual trolley ride jam at 10am, led by Howard Blumenthal, is a highlight. Everybody sings! Bring all instruments and hop on; lunch at the Bridgewater Bistro with tenor jazz music for the diners; workshops at the Rogue Ale House.

Friday night – RiverSea Gallery – sign up to hear performers in a beautiful art gallery in this limited space event at www.tenorguitargathering.info

SATURDAY, MAY 28TH – Workshops and workshop follow ups one on one with instructors, and jam sessions all day.

Saturday night – the Concert for Mark at the Astoria Opry Playhouse.

The Tenor Guitar Foundation and Tenor Guitar Gathering were the brainchild and passion of Mark Josephs. Mark passed away in January 2016.

All proceeds go to funding Mark's dream of "fostering musicianship, four strings at a time."

The Playhouse will have refreshments available for purchase while you listen to Grammy-level performers playing 4 string instruments.

SUNDAY, MAY 29TH – Meet and greet at Pier 39. Tom Molyneux will perform at the Astoria Sunday Market.

Brian Oberlin will teach a tenor guitar workshop at the Astoria Opry Playhouse. Brian and Evan Marshall, back by popular demand, will perform Sunday night at the Astoria Opry Playhouse.

Sign up now for workshops and shows. Shop for limited edition T-shirts, hoodies, and merchandise at: www.tenorguitargathering.info.

We'll see you there!



Dear Bernie Sanders,

I AM WRITING from the state of Oregon where the democratic primary will be taking place this month. As you have in other states, I hope while you are here you will shine a light on local issues that have state, national and even global significance.

Earlier this year the state of Oregon was the first state ever to suffer the ignominy of losing federal grant money for failure to meet EPA standards for clean water in our coastal streams. The primary cause of the pollution is outdated logging practices and a lack of enforcement of the minimal protections that are provided in the Oregon Forest Practices Act, the rules for logging on state and private land which are administered by the Board of Forestry which is appointed by the governor and confirmed by the Oregon Legislature.

By law, the current board comprised of 7 members has the maximum of 3 individuals with direct ties to the timber industry. Is it any wonder that the Oregon Forest Practices Act continues to be soft on timber companies and very hard on the environment. For instance, 2 trees or snags (read dead trees) must be left per clearcut acre for "birds, bats, squirrels and other wildlife." Did it occur to those who penned the OFPA that few birds nest on snags, squirrels eat birds' eggs, and bats seek out dark places? And what if the whole menagerie is sprayed with herbicides as is now permitted under the OFPA?

Another case in point is the estimated 3000 miles of Oregon streams that are considered non-compliant with clean water standards. Much of this problem stems from the fact that logging is permitted on steep slopes with unstable soil resulting in silt and contaminants showing up in fish bearing streams far distant from the logging. The small, non fish bearing tributary streams on those steep slopes receive no buffer protection or protection from aerial spraying of herbicides that currently follow all clear cuts. To make matters worse the her-



bicides can drift for miles from the targeted clearcut.

If you live near a clearcut area you have to pay \$25 in order to find out approximately when spraying of herbicides will be taking place and you can get only incomplete information on the chemicals being sprayed. The Oregon Forestry Department itself, which monitors spraying on private land, is typically unaware of all of the chemicals being used. And no state agency has accurate information on the extent to which herbicides from logging are posing a threat to humans or wildlife such as deer and elk which graze in the clear cut areas after spraying or drink from streams that have been contaminated

The grant money that Oregon lost this year because of failure to meet federal clean water standards was earmarked for water quality improvement projects, potentially in the counties and communities that have suffered the worst from water pollution due to logging; municipalities such as Rockaway Beach where clear cutting and aerial spraying have fouled the water supply, or Siletz where massive clear cutting and spraying of herbicides has polluted fish bearing streams, or Curry County where residents were over sprayed with chemicals causing lasting illness for numerous residents and in some cases killing their pets.

The Curry County residents who were over sprayed mobilized and went to Salem hoping to promote a change in the law that would make timber companies liable for future over spray incidents that effect individual's health. They also wanted better notification procedures that are free, accurate on timing and a listing of all chemicals being used. After an inordinately long time getting their grievances heard they were dismissed out of committee and their case was never presented to the state legislature.

Bernie, beside the water issue and complaints of illness triggered by spraying of herbicides around the state, no one in Salem is even talking about the effect of clear cut logging on climate change. The forests of

Oregon and Washington are the last major sequester of carbon in the country. Trees left standing remove CO2 from the atmosphere. When they are taken down and replanting occurs it takes years for the new tree farms to reach the CO2 removal capacity of the former forests. There will always be logging in Oregon but to what degree and by which methods? The Center for Biological Diversity has called the current practice of clearcutting "the most CO2 spewing" of all timber extrac-

Earlier this year the state of Oregon was the first state ever to suffer the ignominy of losing federal grant money for failure to meet EPA standards for clean water in our coastal streams—the primary cause of the pollution, outdated logging practices.

tion methods.

To use one of your favorite terms, its clear that in Oregon the game is "rigged" in favor of the timber industry. For instance, a crucial portion of the funding for the Oregon Department of Forestry is reliant on the selling off of timber from state owned land. Funding for schools and other county services have also been tied to increased logging and the selling of timber from the state forests.

The biggest boondoggle of all is the Oregon Forest Resources Institute. Formed by the Oregon Legislature to provide objective information to the public about responsible forest management, they have become a promotional operative for the timber industry. And no wonder! They receive 100% of their funding from the Harvest Tax paid by the timber companies who want to increase logging in the state. The OFRI won't be biting the hand that feeds them any time soon, especially in light of the fact that 9 of its 11 core board members are employed by the timber industry. Not exactly an unbiased constituency!

Recently some counties have threatened the state with a lawsuit for not allowing enough logging to provide adequate revenue for local services. Guess who is supporting the lawsuit? The OFRI and the Koch brothers who have a big stake in the timber industry in Oregon. Big timber companies have successfully lob-

bied and funded politicians campaigns for years here in exchange for favor.

Ironically, none of the Timber Harvest Tax paid by big timber from their profits goes to the counties as it used to. Instead much of that money goes to OFRI which runs slick TV ads to convince the public that everything is just fine with Oregon's forest management. Those tax dollars along with new revenue from legalized marijuana, carbon sequestration and the increase in recreation and tourism could go a long way toward getting counties into the black.

Don't get me wrong, Bernie. Not all timber executives are greedy and trying to manipulate the system. The biggest problem is with the mega-corporations whose board members may never have even set foot in Oregon who see our trees as dollars for their investors. They will be the first ones who abandon the good men who do the dangerous and dirty work in the woods if they see an opportunity to make more money by selling for other kinds of development. They couldn't care less about the logger or the truck driver. They have done everything they can to eliminate jobs with automation while causing the closure of local mills by sending logs to China.

The truth is there would be even more jobs in the woods if selective logging replaced clearcuts and aerial spraying was replaced by hand work that would prevent many of the problems with herbicides. There could be more jobs making trails and campsites so the public could truly enjoy the remaining pristine forests of our state rather than seeing them sold to the highest bidder to fall under the chain saw. Men seeking to leave timber industry jobs should be subsidized for retraining, another good use for tax dollars from the timber companies and legalized marijuana.

There are solutions to protect what remains of our troubled forest, but no one in the state government seems to have the courage or vision to forge the major changes that Oregon needs. I hope you can find the opportunity to mention our forest management problems while you are here in Oregon. As you've said many times, its only when the public finds the courage to demand change that change will come. We need to make politicians feel the heat before they will actually DO SOMETHING!

Go Bernie!

Reading For Ric

Astoria's poetry community honors a good friend
may 31



His sense of humor and his indignation liked political subjects: "The stuff never ends." He stood on the political left like the Beats: "When the banks own our farmers, we are the fois gras of capital" (from "Occupy"). But many of his poems have a more existential feel, like this excerpt from his St Helen's triptych, "Dark Pieces Falling":

You came to these mountains to scream
against slow rock life
you thought was death and your cry
was lost in the upper winds like
teardrops in an ocean, like
hot steam venting, like
strange shadows growing, like
dark pieces falling. Ear
to the ground now. Hear
unseen rock scraping deep below.
You came to this mountain to listen
to sacred rock and blessed ice
and it told you it was alive. It said,
"I'm not a saint."

In "Performance Bio," composed for a Portland reading, he wrote frankly about the chronic ailments, the physical and mental pain that dogged him – you wouldn't know; his smile was wide and warming. Here's Ric ending the poem with that smile, summing himself up. Just a glimpse of the man; you really had to be there.

Well, so there you have it, just me
a regular guy if there ever was one.
A schmuck who manages to keep himself well fed
and though he's periodically lost track of a few,
usually stays in a job long enough to get sick of it.
Fact is, I'm a smashing success, no kidding,
with a couple of kids who actually like me,
nobody hounding me for past due debts
a few bucks left over at the end of every month.
I ain't dead yet and I still can write a poem or two.

He died of something he didn't know he had – the one that goes so fast that you might not know in time to change anything. But why would he? Ric was already exactly himself.

His poetry is featured in "Broken Word II: the Alberta Street Anthology" and "Blown Out: Portland's Indie Poets." A contributor to online local zines like Work and Elohi Gadugi, he also authored three chapbooks of poetry, including the poem cycle Postales desde Costa Rica, and Semi Ambivalent Middle-Aged Male Lament #25.

You can hear Ric doing a live reading of more politically assertive poems, and being interviewed, at: <https://archive.org/details/WorkingArtistAssemblyNovember282011WithRicVrana>. A few varied poems are on KBOO-FM community radio's "Talking Earth" site: <http://kboo.fm/blog/2458>, and on Ric's own blog site, ricpoems.blogspot.com.

As his poet friend Doug Spangle declared from the stage of the Gerding Theater in April before accepting this year's Holbrook Literary Legacy Award: "RIP, Ric Vrana."

AN OPEN MIC OF POETRY in honor of Astoria poet Ric Vrana, a "Reading for Ric," is set for Tuesday May 31, 7 p.m. at Port of Call bar, corner of 9th and Commercial, Astoria. Sign-up starts at 6:45 p.m. Hosts are poets Jim Dott and Florence Sage, former MCs of Monday Mike at the River Theater.

Ric died unexpectedly in March, having just brought his project, a monthly Astoria poetry mic, through a year. This one is a reading for Ric, not a memorial, which his family held in Portland at the end of April. Poetry friends are asked to come and read poems that they simply think Ric would like to hear – any style, any subject, any mood, time limit of five minutes; Ric would like that. And coming to listen is just as good.

Ric was known among Northwest writers as a founder in the 1980s of the long-running Red Sky Poetry Theater in Seattle, and for a decade as a frequent reader at poetry events in Portland, both at open mic and as a featured reader. When he moved to Astoria a couple of years ago, he missed poetry spoken aloud in the night, so he organized a monthly event, which he called Last Tuesday Mic and held at Port of Call. Maybe he liked the underdog sound of "last."

As MC at the open mic, Ric often kicked the evening off with a poem not by him, but maybe a sonnet from Shakespeare, or a high-flying riff by his friend and kindred spirit, poet and AHS teacher Bill Shively, also recently and wrongly gone. That was Ric's idea of a good night at the mic: bring something you wrote yourself, or that you simply love and think we will too, and why not a sonnet?

A cartographer by profession, Ric most recently made infrastructure maps for the city of Warrenton, and as a union man, he crafted honest arguments on behalf of the workers and stepped up whenever it was time to negotiate. A productive poet, he wrote poems when the poetry was upon him, when he couldn't help it, which was most of the time.

Ric opened the Max Blue poetry show on the KALA stage in Astoria about a year ago. When he spoke his poems, often memorized, at a mic, at a club, at a café, on the radio, he spoke with the long free rhythms of the Beat poets, Ginsberg or Bukowski, say, a kind of jazz.

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"women have been central to the environmental movement and our understanding of ecology since its earliest stirrings and fragile beginnings in the 19th century" Excerpted from "Rachel Carson and Her Sisters" by Robert K. Musil

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www.harbornw.org

I've traveled the length of the Columbia, and the big river just feels different near Astoria. Wilder. Transcendent, as the narrow confines open to meet the Pacific.

The energy of this place inoculates its people with a fierce love of the river, and all she stands for. This force radiated when big corporations targeted the lower Columbia with several liquefied natural gas (LNG) terminals over a decade ago.

ON APRIL 15, 2016, the people of the estuary prevailed over the last remaining LNG terminal proposal—called Oregon LNG. The gas giants were supposed to win. They carefully selected a small town, greased the skids, and hired all the right law firms and lobbyists. Nobody warned them about the people's fierce love of the river and how hard they would fight to protect it. Twelve years of smart, creative, and persistent effort by local residents and partners defeated LNG and protected the mighty Columbia.

A Condensed History

Perhaps someone will write a book about this community standing up to the giant gas company. Until then, here's the up-tempo version (with apologies to Beat Poets).

California rejected an LNG import project by Calpine. Calpine moved north. Quietly. Port of Astoria lease, 2004. Peter Gearin. Sweetheart deal. People oppose LNG, creatively. Rivervision. Building the movement.

Calpine goes bankrupt, hedge fund creates Oregon LNG. Fracking boom. Plans switch to exporting gas.

Statewide opposition forms. Farmers, foresters, fishermen. Astoria is the heart of the effort. Brilliant testimony. Spirit of the River—art, dance, music.

Clatsop County Commissioners vote 5-0 to approve LNG in 2010. Recalls. Elections. New Commissioners vote 5-0 to deny LNG. Democracy! Oregon LNG says "no fair," files Writ of Mandamus. We all google Writ of Mandamus.

Feds rule that exporting LNG is good for America, approve Oregon LNG export.

Huge rallies—Salem, Portland, Astoria. After 12 years, incredibly, the movement grows. Smart, strategic action. Columbia Pacific Common Sense. "Governor Brown, turn it down."

Then, one Friday in April, the company said: "The Oregon LNG Project today announced it is ceasing operations immediately." And this: "Oregon LNG will have no further comment." Spontaneous celebration. Sighs of relief, deep joy.

National Significance

The stories of local opposition to LNG—from Warrenton, Astoria, Puget Island, Vernonia, and Forest Grove to name a few—are legion. The public hearings were endless. And the courts always had an LNG case or two. The fate of LNG was decided locally, as major decisions should be. But we should not forget the national significance. The victory reverberated across our nation. I received dozens of calls from reporters, climate leaders, and elected officials throughout the United States. Oregon LNG was the last best hope for exporting fracked gas from the west coast. All eyes were watching.

Why? The victory prevents the shipment of 1.2 billion cubic feet per day of fracked natural gas to Asia. That's twice as much gas as the entire state of Oregon uses each day: a stunning volume of carbon, which would drive more fracking across the west. We are moving aggressively toward renewable energy: new infrastructure to support fracking and burning of natural gas takes us in the wrong direction.

The victory also protected critical salmon habitat. Oregon LNG planned to dredge a huge hole in the Columbia River for LNG tankers—the largest dredging by a private company in the history of the Columbia River, over 700,000 cubic feet across 135 acres. The victory prevented a giant industrial scar and militarized zone in the Columbia River estuary, one of the most beautiful places on Earth.

On a personal note, I filed my first lawsuit against Oregon LNG. It's not quite like my first child, but nostalgic nonetheless. I lost, but from that time forward, the wins greatly outnumbered the losses as we created hurdle after hurdle that Oregon LNG could not clear.

A model, a Hope

Unfortunately, the Columbia River is also threatened by the nation's largest coal and oil terminals in Longview and Vancouver, as well as the nation's largest gas-to-methanol refinery in Kalama. People are sharing the success over LNG as a model of how to protect their communities. This model includes strong organizing, coalition building, and integrated legal work. In addition to tactics, the victory proves that people can stand up to protect what they love. This is the lesson and the inspiration we point to when the challenges are daunting. This victory empowers. This victory gives hope.

—Brett VandenHeuvel is an environmental attorney and Executive Director of Columbia Riverkeeper.



This Victory Gives Hope

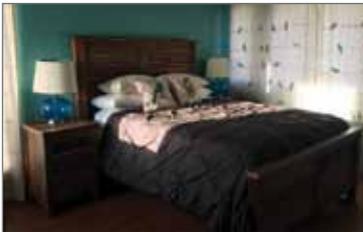
By Brett Vandenheuvel

feature cont. p14

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AUDITIONS: Shanghaied in Astoria. SATURDAY MAY 21, Noon to 2pm
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Melodrama and on **SUNDAY MAY 22, 6pm to 8pm**



How Did I End Up Here?

by Cheryl Johnson

LNG terminal. I wrote my first ever Press Release after consulting long distance with my sister, a TV news professional. I was shocked when one of the Portland TV stations sent a reporter and camera person to Bradwood Clifton to cover it!! We arranged to have them interview third generation Columbia River Gillnetter, Jack Marincovich, in front of the original net shed in Clifton. To this day it remains my favorite of all the TV coverage we have received. We were novices - but our

passion was powerful!

"OH NO, I'm working full time, have family responsibilities and am already doing volunteer work in the community. I can't get involved in THAT!" This was my response in spring of 2005 when Sue Skinner called asking if I would take the lead in opposing the LNG terminal proposed upriver at Bradwood. She and Tom Duncan were organizing the opposition for the down river proposal at Skipanon peninsula.

Things changed, soon enough. I was inspired by the women of Warrenton when I attended my first public meeting. Rose Priven and Sally Smith brought a drawing comparing the size of LNG tanks to the Astoria Column. The drawing was bigger than themselves and they needed help holding it up. They were small and not young but they gave 'em hell at that early meeting! All of the work we have done was accomplished standing on the shoulders of the wonderful people who were among the first to speak out in our community.

The first no LNG rally that I helped organize was motivated by the open house sponsored by Bradwood Landing on the beautiful river front property they proposed for their

My husband Ted and I were inspired to get and stay involved by our love of the Columbia River and our respect for the role salmon play in our local economy, culture and history. We live within walking distance of the Columbia River and our children were raised swimming in the river and picnicking on the islands. I thought, I will give this two years of my best effort - surely it will be over in two years, so I could tell my future grandchildren, I did everything I could to protect the river for them.

In the early years there were four proposals for LNG terminals on the Columbia River. Grassroots community

organizations came together on both sides of the river. I realized after a few years that the deep, rich friendships with like minded folks from Puget Island and beyond would outlast the noLNG fight, no matter what the fossil fuel industry did.

The first public hearing was in the gymnasium at Knappa High School. We wanted the carpetbaggers to know that even folks who were not comfortable speaking into a microphone, were against the project. We came up with the idea of filling the room with Red Shirts! Ted gave his first ever public testimony to federal agencies and closed with, "Our River is Not for Sale!" He received a spontaneous standing ovation. We had no way of knowing we would need to testify nearly 100 times in the coming decade.

People asked - how can you continue to do this work that seems depressing some of the time and overwhelming most the time? The laughter and the friendships we have shared along the way are the glue that holds us all together and sustained us to carry on.

They have money and we have heart. And in the end HEART always wins!

Cheryl Johnson is a retired school librarian and co-leader of Columbia Pacific Common Sense.



Columbia Pacific Common Sense members celebrate at 3 Cups Coffee, official monthly meeting headquarters in Astoria

How to enjoy Astoria's Inaugural GAY PRIDE 2016

By Emmie Linstrom

On June 28, 1969 a riot broke out at the Stonewall Inn in Manhattan. Police had been known to routinely raid the club, and on that night a protest broke out between the police and community, which would last throughout the week and ultimately be the spark that would ignite the Pride movement. 45 years later LGBTQ Pride parades and festivals are held around the world, year round, in celebration and honor of those who continue to fight the good fight for equality.

THIS YEAR MARKS the Inaugural Astoria Pride Celebration, presented in part by the Lower Columbian Q Center, a three day event planned for June 9 – 11, to take place at locations throughout downtown Astoria and culminating with the River Walk Astoria Pride Parade. Local businesses, patrons, residents, and out-of-town Astoria devotees are invited to partake in various social, musical, dance, and theatrical events spanning the three day occasion. Q Center Chairman Marco Davis says, "I approached a group of friends and associates in town to see if they wanted to team up. The time seems right for us to celebrate our presence in our community. We began having weekly meetings, planning how we want to celebrate and share our pride with Astoria." Event promoter and volunteer recruiter Ryan Saunders adds, "I think this town has truly embraced and accepted the LGBT community. This is an event for everyone to enjoy, to celebrate life and diversity in our beautiful town. We all have one thing in common, we love Astoria and the people that call it home."

The schedule of events is beyond impressive, and the members of the Pride planning committee were happy to lay out the roster.

• June 9 (Thursday)

One Act Play, "The Madness of Lady Bright" @ KALA
Big Fat Gay Movie Night at the Columbian Theater • TBA



PRIDE ORGANIZING TEAM: Front L to R Steve Meyer, Donna Galich, David Drafall, Marco Davis; Back Row, L to R: Dida Deangelis, Josh Conklin, Josh Guse, Sen Incavo, Tessa Scheller,, Emily Geddis, & Ryan Saunders, (not pictured Dinah Urell).

Directed by Sen Incavo, and featuring Marco Davis and two actors to be announced, *THE MADNESS OF LADY BRIGHT* is a short play by Lanford Wilson, notably one of the first to gain recognition in the gay theatre movement. First performed in 1964, it has often been cited as the first Off-Off-Broadway production to receive mainstream critical attention, and continues to tour internationally to this day. The play, essentially a monologue delivered by an aging drag queen, is noteworthy in its poignant portrayal of a gay protagonist struggling with the most universal of all emotions, loneliness. Incavo reflects on revisiting the piece, saying "I directed the play in 1975, my senior year in college, for my theater degree. The show was only 11 years old by then. It was very well received for a small Midwestern town in Illinois that had a student body of 750 students. Gay theater has come a long way since then." The 1 hr, theater eve will also feature surprise short performance.

• June 10 (Friday)

Astoria Pride Gala at the Armory: Appetizers/Drinks, Guest Singers, Q Center Choir, Queens Royal Courts from the Pacific Northwest, Guest Drag performers, the Seven Cake Candy from Portland, Dance Party, booths and much more

"The gala on Friday night is going to be really something!" says Davis. "Many restaurants in the area are contributing appetizers for the party, we will get to mingle, meet new friends, be entertained all evening long and

get to dance it out or just take it all in." He adds that "so many people have reached out and want to participate in any way they can. We have guests from Portland coming to perform, Shitney Houston will be joining us onstage and bringing her mad skills, and Annie Depressant will also be making an appearance. My friends Justin and Tammy Whynot, who have the band Seven Cake Candy, will be performing as well. The Q Center Choir will perform, our Dragalution family will be doing a few numbers, and Dinah Urell and Dida DeAngelis will be sharing their gorgeous voices with us too."

Davis also notes that checking out the NAMES Project memorial Quilt panels is an important piece of history that younger generations may not know about. "I'm so excited about having two of the panels from the NAMES Project Memorial Quilt on display at the Armory," he says. "They will be up on Friday the 10th, to be viewed during our Gala Celebration that evening, as well as Saturday morning."

• June 11 (Saturday)

At 2pm, River Walk Astoria Pride Parade begins at the foot of Bay Street and ends at the 11th Street Pier Rally on 11th St. Docks. then hip hop dance workshop and performance by Work Dance Company from Eugene, followed by evening dance at the Astoria Arts and Movement Center, HotFlash Lesbian DJ Dance at KALA, plus "The Coast is Queer" Art Exhibit curated by Portland gallerist Mark Woolley.

cont. p16



The Astoria Pride Parade will truly be a finale to remember, and the care and attention that has gone into the planning and participation is clearly evident. "The parade on the Riverwalk will be an exciting spectacle to see," says Saunders. "I love that the events are spread out all over downtown so that visitors and locals can celebrate together while enjoying the different businesses and venues that our town has to offer." Listing some of the highlights, Davis adds, "The incredible Poison Waters, from Portland, will be emcee at the grandstand spot at Buoy Beer, joined by her local emcee, Dida! We have already had people signing up to walk/roll with us!" (If you would like to join, you can fill out the form on the website: www.lcqcastoria.org, on the

pride page.)
After the parade, around 6pm, Eugene OR's Work Dance Company will be leading a hip hop dance workshop at the Astoria Arts and Movement Center, followed by a performance, with DJ Ali Aht taking over at 9pm for an all-ages dance party. KALA performance space will also feature DJ dancing with guest DJ's from the HOTFLASH lesbian dance productions.

Ultimately, the Astoria Pride celebration is just that--taking pride in your community, and the many individuals who contribute to make it a home. Performer and social media promoter Joshua Conklin notes that "a lot of people may not be aware of the support shown for the LGBT community in Astoria," with Davis adding "I'm excited about all of the positive reactions we've been getting from businesses and locals, people talking about decorating their shops to show their support and the inclusion of rainbow flags, a universal symbol for gay pride, hanging throughout downtown."

"We hope to allow people to see our role and place in Astoria," Davis continues. "We have been here, and been involved, but now we have more of a presence with the Q Center. With this inaugural pride, we hope to show how much positivity and growth and joy we bring to our town. We are your friends, neighbors, siblings, spouses, relatives, employees and equals. We are all one and we want to celebrate our oneness with you. Our events are always welcome to all people, we are all allies, we are family. We are Astoria!"

If you would like to be involved please email: lcqcastoria@gmail.com or send inquiries to

LCQC, P.O Box 444, Astoria, OR 97103



NAMES Project Memorial Quilt on display at the Armory, Fri eve /Sat morning for PRIDE Weekend.

ENTER THE PARADE!!!

For Parade Guidelines and to register, go to www.lcqcastoria.org. Show your organization's pride -- walk the River Walk, on Sat. June 11.

Parade Grand Marshalls: Astoria Trans Activist Tessa Scheller, Astoria LGBTQ organizer/hipfish publisher Dinah Urell, Washington State Senator Marko Liias.

Get in the spirit of PRIDE. VOLUNTEER!!!!!!!

Contact Volunteer Coordinator: Emily Geddis. emilyannegeddis@gmail.com

www.lcqcastoria.org,



Astoria's Emcee Dida and Seattle's Poison Waters, and Seven Cake Candy are all part of the Friday GALA performance and dance party.

Get Your Tickets for GALA at the Armory

Tickets for the Friday Gala will be available at the **PRIDE HUB** (on Marine Drive in Astoria, next to the Columbian Cafe), open Saturdays, 2-4pm, up to Pride Weekend. HOW it works: Table Seating VIP Table (8 per table) - 2 complimentary bottles of champagne, 1 hors d'ouevres plate p/person. Table is \$160. Get your pals together, Premium Table (8 per table), 2 Bottles Champagne, Table is \$120. General seating on floor. \$20. Mezzanine seating \$10. General Tickets will be available at the door - but seating is limited for tables. **TICKETS ALSO ON SALE AT GYPSY'S WHIMSEY** in Astoria 1139 Commercial. MORE info email: lcqcastoria@gmail.com.

SATURDAY DANCE PARTIES: No Cover - All Ages.

THE COAST IS QUEER Queer Artists at KALA for PRIDE Portland Curator Mark Woolley

Mark Woolley, owner of his eponymous Portland gallery since 1993, will be the guest curator for "The Coast is Queer", an exhibition at KALA opening on Astoria's Second Saturday Art Walk June 11 at 5:00 pm. Woolley is a frequent visitor to Astoria and recently curated much of the art for "The MOTHER of all Parties" at the Astor Hotel on May 7. Over 23 years, the Mark Woolley Gallery has been known to host many community based events: literary, film, performance, musical, installation, multi-media as well as showcasing regional artists such as Walt Curtis, Tom Cramer, Marne Lucas, George Johanson, Tom Hardy, Jacob and Arnold Pander and many others. His exhibitions often explore social issues such as race, homelessness, sexual identity, class, war and other issues. Woolley also co-founded and remains co-owner of the busy WONDER Ballroom in NE Portland, a state of the art 800 person performance venue which has been open 10 years. After many years in the Pearl District, below the Wonder Ballroom, and two downtown Portland locations, the Mark Woolley Gallery recently closed its doors at Pioneer Place, where it has been for four years. A new and as yet unidentified corporate tenant is displacing four gallery spaces on the top floor of the urban mall: Woolley, People's Art of Portland, AIR Gallery and One Der Gallery/Po-Boy Framing. The galleries had enjoyed well below market rates for their spaces after the 2008 downturn produced multiple vacancies at Pioneer Place. Woolley, who identifies as bi and is married to painter Angelina Woolley, has long been active in Portland's queer community, supporting numerous queer film festivals, symposia, and performance art. Another passion has been helping organizations which provide services to Portland's homeless and low income communities: Sisters of the Road Cafe, which he led as Board Chair, Outside In, New Avenues for Youth, and p:ear, which provides educa-



tion, art experiences and recreation to homeless and low income individuals and sexual minorities.

"The Coast is Queer" will include queer artists Woolley knows primarily from the Portland area, including Wesley Younie and Chuck E. Bloom, Tabor Porter and Greg Carrigan, Marne Lucas, among others. Regarding this particular show, Woolley provided this statement:

"I am excited to curate this exhibition at KALA. I love Astoria and it is so exciting to be a part of its burgeoning art scene. A number of years ago, I co-curated an exhibition in my Portland gallery when it was at the Wonder Ballroom called 'Alphabet Soup', which explored sexual labeling, sexual self-identity and the fluidity, expansion and difficulties of sexual labeling. "The Coast is Queer" show will not purport to be such an exploration. It is simply a celebration of diverse art being produced in Oregon by queer artists. It's that simple. As there will only be 5-6 artists in the show, it will not be a definitive survey of queer artists, at the coast or Portland. It is my hope that Astoria art lovers will appreciate the opportunity to learn about some new artists who do not necessarily live at the Coast. My apologies to the many artists who are doing fine and interesting work who are not included. The artists selected are not necessarily exploring queerness in their art--they are just producing interesting, well crafted and highly original works that reflect their inner vision."

The North Coast Chorale Sings Karl Jenkins' The Armed Man: A Mass for Peace



5/21
22

THE NORTH COAST CHORALE presents Karl Jenkins' *The Armed Man: A Mass for Peace* on MAY 21 at 7pm and MAY 22 at 2pm at the CCC Performing Arts Center. Tickets are \$15 and children 12 and under are free with an adult. Thanks to a grant from the Clatsop County Cultural Coalition the performance of *The Armed Man* will be accompanied by a chamber orchestra. This performance is dedicated by the North Coast Chorale to victims of terrorism, with thanks to those who work to keep peace. The concert is in memory of Ann Goldeen who loved singing with the North Coast Chorale.

The *Armed Man* was commissioned by the UK Royal Armories Museum and dedicated to the victims of the Kosovo uprising. The piece is one of Jenkins' most popular works; by March 2008 it had already seen 537 performances worldwide. Between the musical elements of the mass are songs that take the listener through the successive stages of war, from

menace, preparation, heroic fight, horror, death, resignation to new hope. The "Armed Man" song is very clear at the beginning, and takes us in a marching tempo straight into the army preparing for battle. Prayers of the three Abrahamic religions are presented successively – a Muslim Call for Prayers, the Christian Kyrie (Lord have mercy) and the Judaic prayer Save me from bloody men. Texts include work of Rudyard Kipling, Jonathan Swift, John Dryden, Alfred Lord Tennyson, and Sankichi Toge, who survived the Hiroshima bombing. Woodwinds, brass instruments, bells, and percussion provide the backdrop for the singers.

A Collaboration with LightBox Photographic Gallery

Adding to the collaboration of singers and instrumentalists, Astoria's LightBox Photographic Gallery will feature art of member Friderike Heuer. Her work is dedicated to issues of social justice including the past and present

consequences of war. Heuer's photo montages will be projected during the performance to enhance the poignancy of the Mass for Peace. Framed prints of the images will be displayed in the lobby as well. There will be 'meet the artist receptions' after the Saturday May 21 concert and one hour before the program on Sunday May 22 at 1pm at the PAC.



The Hour Has Come by Srul Irving Glick

The Chorale will also perform *The Hour Has Come* by Srul Irving Glick, which speaks of love toward all mankind. Glick (1934-2002) was a Canadian composer, radio producer, conductor and teacher. As one of Canada's most prominent composers, Glick's music continues to be performed regularly at home, in the USA and abroad. His unique integration of contemporary music, Hebraic lyricism and classical composition techniques, formed into a masterful character-filled music that is both dramatic and lyrical, won him considerable acclaim.

Summer Starts with the CALIFORNIA BEACH BOYS at the Liberty Theater in Astoria, OR

5/27



KICK OFF THE SUMMER and Memorial Day Weekend with sand, surf, sun and fun!

102.3 KCRX and KAST-AM 1370 present Mike Amaral's California Beach Boys on Friday, May 27th at 7:00 PM at the Liberty Theater in Astoria, OR. This tribute band have travelled extensively throughout the states and Canada, playing in front of crowds in excess of 3000 fans.

MACBB are renown for their precise harmonies trademarked by the songs of the Beach Boys (Brian Wilson, Dennis Wilson, Carl Wilson, Mike Love and Al Jardine). They have captured the look and sound of California's favorite sons. MACBB pays tribute to The Beach Boys, their sound and contribution to music history.

The band has hundreds of songs in their repertoire including fan favorites "Good Vibrations," "I Get Around," "California Girls," "Kokomo" and "Barbara Ann."

Purchase tickets for \$25 and \$30 at the Liberty Theater Box Office or online at ticketswest.com. All seats are reserved. The show is sponsored by TLC, a division of Fibre Federal Credit Union, Nu-Way Carpet Floors To Go and Budy Clary Subaru.

Friday 6

MUSIC

Tom Trudell. 6 – 9pm at the Shelburne Inn Restaurant, Seaview.

Boy & Bean. No cover, 9pm at the Adrift Hotel in Long Beach.

Erotic City. A Prince Tribute Band. \$7 cover, 9pm at the San Dune Pub in Manzanita.

ART

Spring Unveiling Arts Festival. In Cannon Beach. cbgallerygroup.com/events/

HAPPENING

First Friday Nights. A mix of live music, games, film screenings, skills demonstrations, and hands-on activities. A cash bar and inspired snacks will be available. Free admittance, 7 – 9pm at the Barbey Maritime Center in Astoria.

Giselle – Act 1. With the Astoria School of Ballet. \$15, 7pm at the Liberty Theater in Astoria.

Circus Luminescence. An ultraviolet universe of infinite imagination, with award-winning juggling, theatre, flow arts, live music, high times and cartoon-like "proppets." \$19, 7pm at the NCRD Theater in Nehalem.

LECTURE

Conversation Project. Keeping Tabs on America: Surveillance and You. With Kristian Williams. 6pm at the Astoria Public Library.

David Barsamian of Alternative Radio. \$10, 7pm at the PAC in Astoria.

THEATER

Hamlet II (Better Than the Original). A Shakespearean spoof. An evening of fun, desserts, and a silent auction. \$15, 7pm at the ASOC playhouse in Astoria. Call 503-325-6104 for reservations.

Blame it on Beckett. Comedy. \$14, 7:30 at Theater West in Lincoln City.

The Fourposter. \$15 – \$20, 7:30pm at the Coaster Theater in Cannon Beach.

The Great Gatsby. Drama. \$15, 7pm at the Barn Community Playhouse in Tillamook.

Saturday 7

MUSIC

Grand Lake Islands & Snowblind Traveler. No cover, 8pm at the Sou'wester Lodge in Seaview.

Beyond the Sea. An evening of live jazz/swing, dancing and cocktails. \$20/person, \$35/couple. 6:30 – 9pm at the Hoffman Center in Manzanita.

Boy & Bean. No cover, 9pm at the Adrift Hotel in Long Beach.

Dischords. \$5 cover, 9pm at the San Dune Pub in Manzanita.

ART

Artist's Reception. 10 – 11am at the Garibaldi Museum.

Reception. For the AVA Invitational Art Exhibit. 1 – 5pm at Artport Gallery in Ilwaco.

Seaside Art Walk. 5 – 8pm at galleries and businesses in downtown Seaside and Gearhart.

Spring Unveiling Arts Festival. In Cannon Beach. cbgallerygroup.com/events/

Clay Studio Ceramic Sale. Starts at 10am at the Hoffman Center in Manzanita.

FOOD & DRINK

Wine Tasting. Worldwide Rieslings. 1 – 4pm at the Cellar on 10th in Astoria.

HAPPENING

Clatsop Craft, Vintage Good Fair and Plant Sale. Noon in Columbia Hall at CCC in Astoria.

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.

Tap Dancing Extravaganza. \$10, 7pm at the Liberty Theater in Astoria.

Golf Ball Drop. Kids golf clinic at 11am, helicopter ball drop at 12:15pm, BBQ from 11am – 1pm. Event is free. Tickets for a chance to win prizes from the ball drop need to be purchased in advance. Kids golf clinic is free. Barbecue is \$5.00 per person and free for kids under 5 yrs old. Bicycle and gift raffle will be sold on day of event

for \$1.00 each or 6 tickets for \$5.00. At the Astoria Golf & Country Club, Warrenton.

Sping Into Fashion. Style show & desserts. A fundraiser for the AAUW's scholarship program. Call 503-717-2353 for tickets.

2 – 4pm at the Astoria Golf & Country Club, Warrenton. assistanceleagueucp.org/

Mother of All Parties. 7:30 – 9pm art scene, showing local and Portland area artists. 9 – 10:30pm 21+party - a few numbers by Dragalution and a dance party lead by the amazing DJ Angali and The Incredible Kid. Plus more after party fun. No cover, in the old Astor Hotel Lobby in Astoria.

Seaside High School Centennial Celebration. 2 – 5pm at Seaside High School.

Plant Sale. Starts at 9am at the Nehalem Fire Station.

Captain Robert Gray's Birthday Party. 10am – 2pm at the Garibaldi Museum.

Master Gardener Plant Sale. 9am – 2pm at the Tillamook County Fairgrounds, Tillamook.

THEATER

Hamlet II (Better Than the Original). A Shakespearean spoof. An evening of fun, desserts, and a silent auction. \$15, 7pm at the ASOC playhouse in Astoria. Call 503-325-6104 for reservations.

The Great Gatsby. Drama. \$15, 7pm at the Barn Community Playhouse in Tillamook.

Blame it on Beckett. Comedy. \$14, 7:30 at Theater West in Lincoln City.

Sunday 8

MUSIC

Brownsmead Flats. 10am – 3pm at the Astoria Sunday Market.

Bronn Journey & Katherine. \$12, 2pm at the Historic Raymond Theater in Raymond.

Cannon Beach Chorus. 3pm at the NCRD Theater in Astoria.

Howly Slim. No cover, 5pm at the Manzanita Lighthouse.

Bay & Bean. No cover, 7pm at the Adrift Hotel in Long Beach.

Sars Jackson-Holman. No cover, 8pm at the Sou'wester Lodge in Seaview.

Three for Silver. No cover, 8pm at Fort George Brewery & Public House in Astoria.

ART

Spring Unveiling Arts Festival. In Cannon Beach. cbgallerygroup.com/events/

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Monday 9

MUSIC

Freddy + Francine. No cover, 7pm at the Adrift Hotel in Long Beach.

Tuesday 10

MUSIC

Freddy + Francine. No cover, 7pm at the Adrift Hotel in Long Beach.

FOOD & DRINK

Annual Ham Dinner. \$12 adults, \$5 kids 4 – 11. 5 – 7pm at St Alban's Episcopal Church in Tillamook.

LECTURE

Coastal Encounters. Clamming on the Oregon Coast. With Bill Lackner. A trip to Siletz Bay to harvest purple varnish clams on the 11th. 6:30pm at the Driftwood Public Library in Cannon Beach.

LITERARY

Oregon Book Awards Author Tour. Featuring Nick Jaina, finalist in creative fiction for "Get it While You Can." 1pm at the Dora Badollet Library at CCC in Astoria.

Wednesday 11

MUSIC

Freddy + Francine. No cover, 7pm at the Adrift Hotel in Long Beach.

→ cont. p21



CAST: Real-life partners Aftyn Garvin and Timothy Garvin are Agnes and Michael in the Coaster's spring comedy.

Explore The Good, Bad And Other Moments Of Marriage in the romantic comedy

THE FOURPOSTER

At the Coaster

THE FOURPOSTER is a charming, romantic comedy chronicling thirty-five years of marriage of Agnes and Michael. From their wedding night in 1890 to 1925 when they leave the house that has been their home for 35 years, we see the good, bad and other moments of marriage as we journey through the trials and tribulations, laughter and sorrow and hopes and disappointments of Agnes and Michael.

The show is helmed by the Coaster Theatre's Executive Director, Patrick Lathrop who recently directed The Apple Tree. Veteran Coaster Theatre actor and board member Karen Martin assists with the production as Assistant Director/Stage Manager. The small cast is comprised of

the real-life husband and wife team of Timothy and Aftyn Garvin. Timothy was most recently seen on the Coaster Theatre stage as Adam, King Arik and part of the ensemble of The Apple Tree. Aftyn was last seen as a Lady in Waiting for our 2015 holiday production of Once Upon A Mattress.

Performance Dates: May 6, 7, 13, 14, 15, 20, 21, 27, 28, 29. Friday & Saturday performances begin at 7:30pm. Sunday performances start at 3:00pm. Ticket Prices - \$15 or \$20, Box Office - 503-436-1242 or online at coastertheatre.com. SPONSORED BY - Becker Capital Management.

ASOC Presents HAMLET II (Better Than The Original) May 6 - 14



TO SPOOF OR NOT to spoof...? There's no question! Join the fun with the Astor Street Opry Company as they present their Annual Spring Fundraiser - a reader's theatre production of Sam Brobrick's hilarious send up of the Bard's most famous play - Hamlet II (Better Than The Original), produced with permission from Samuel French, Inc.

Where else but the Astor Street Opry Company will you find the story of Hamlet, but with a happier ending...?...that Rosenkrantz and Guildenstern are Groucho Marx?...that Ophelia is an Oregon party girl?...that Hamlet is a pest?...and that Yorick is a crazy comic?

The cast includes many Astor Street Opry Company veterans, including: Jeremy Shoenwald, Stacy Brown, Markus Brown, Barry Sears, Nate Bucholz, Bob Goldberg, Bill Carr, Mandi Anderson, ChrisLynn Taylor, Dena Tuveng, William Grammer, and Neen Drage.

So, get thee to the ASOC Playhouse for an evening of fun, desserts and a silent auction, cause ... "the plays the thing!" \$15 per person

and include the show, dessert and coffee (from our house coffee provider Astoria Coffee Company) and a silent auction and raffle.

Reservations are encouraged and can be made on-line at www.astorstretopryco.com or by calling 503-325-6104 and leaving a message on the ticket line or at the door one hour before show time.

May 6 to 14 Fridays and Saturdays at 7pm with one Sunday Matinee on, May 8, 2016. All proceeds from this fundraiser go to the ASOC operating funds.

TAPA's The Great Gatsby Opens May 6th



about the young and mysterious Jay Gatsby, a self-made millionaire, who passionately pursues the elusive Daisy Buchanan. Nick Carraway, a young newcomer to Long Island, is drawn into their world of obsession, greed and danger, and pens us a tale of impossible love, dreams, and tragedy.

Steele Fleisher, director, explains his passion for this play, "In life there are some stories that can surprise you. When I was first introduced to "The Great Gatsby" I was less than thrilled to be watching another sappy romance movie. Halfway through I noticed I was paying closer attention, and by the end I was hooked. I ended up thoroughly enjoying the 1974 version and reading the book, twice. The story was enchanting, and the way it was told allowed the reader to not just witness, but interact with the story and to find points of light in their own past. I hope through this experience you can feel part of the story as I first was."

"The Great Gatsby" opens May 6th and runs through May 21st. Friday and Saturday performances begin at 7:00 pm, while Sunday matinees begin at 2:00 pm. Doors open 30 mins prior to curtain.

Reserved seating avail thru Diamond Art Jewelers, 307 Main Street in Tillamook, or (503) 842-7940 for reservations. \$15/person, children 12 and under are \$10. FMI: info@tillamook-theater.com or find us on Facebook. TAPA's Barn Community Playhouse is located at 1204 Ivy St, on the corner of 12th and Ivy, one block west of Hwy 101.

THE TILLAMOOK ASSOCIATION for the Performing Arts (TAPA) is excited to announce the opening of F. Scott Fitzgerald's classic story, "The Great Gatsby", which opens May 6th! Adapted for the stage by Simon Levy, and directed by Steele Fleisher, "The Great Gatsby" runs through May 21st.

A classic story that many read as part of a high school English class, "The Great Gatsby" is a trip back to prohibition America, the roaring 1920s, and the shallowness of the nouveau rich. The stage version faithfully follows the well-known novel

: ASOC AUDITION: Villains and Heroes and Sturdy Women! Oh MY!

COME ONE COME ALL (17 and older please) to the ASOC Playhouse 129 West Bond Street for SHANGHAIED IN ASTORIA auditions on SATURDAY MAY 21, Noon to 2pm for new-comers to the award winning Broadway-Style Musical Melodrama and on Sunday May 22, 6pm to 8pm for all Veteran Performers from this 32 year tradition!

Being a part of "Shanghaiied" is guaranteed to make your summer a rewarding life-time memory as you connect, learn and grow through theatre techniques and this precise style of stage craft performance. Over two dozen delightful & colorful parts are open for guys and gals 17 to any age! Parts for: Sturdy Women, Nefarious Saloon Owners, Fun Fishermen, Nasty Villains and a Sweetheart or two! Along with spots for dancers, musicians and technical help.

Shanghaiied In Astoria began in 1985 with a bare bones budget and cast of fun and talented friends has now grown into a piece of Astoria's folklore, entertaining over 83,000 in its 31 year history. The story centers on the "Shanghaiing" of the hero and his daring rescue all in melodramatic style with audience participation by cheering, booing, sighing and throwing popcorn!

But don't be shy! This process of theatrical training provides the way for an exciting and fulfilling jump into the art of live performance whether you've a seasoned veteran or have always had a dream to be on stage.

Unable to attend this audition but interested, call to arrange to meet with the director, Nate Bucholz!

The Astor Street Opry Company is a "Not for Profit" Community Theatre organization and is currently seeking show sponsors for this 32nd season of Shanghaiied In Astoria, running July 7th through September 10th, 2016. Sponsorships start at just \$150.00 (cash or in-kind donation). Please remember it is your support that keeps year round Community Theatre programming for all ages alive and thriving in Clatsop County!

503-791-1037/www.astorstretoprycompany.com

Surreal Paintings of Jeff Mihalyo at RiverSea

EAST OF WEST is an exhibition of surreal paintings by internationally respected Seattle artist, Jeff Mihalyo. The show opens with a reception for the artist on Saturday, May 14, from 5:00 to 8:00 during Astoria's Second Saturday Artwalk, and works will remain on exhibit through June 7, 2016.

With a theme of the meeting and melding of Eastern and Western cultures in our times, the works in this show are inspired by Mihalyo's extensive travels in faraway lands intermingled with the wild otherworld of his imagination. Each painting is a narrative composition that presents his unique viewpoint on philosophical, societal, and environmental issues. The artist's deep fascination with architecture and modes of transportation as cultural metaphors is showcased in his depictions of floating fantastical structures that represent the distress of the contemporary human condition and the uncertain state of the world.

Mihalyo's career path has revolved around the media, entertainment, and information design industries for over a quarter century. He has worked as an illustrator and animator for companies such as Microsoft, DreamWorks, Nintendo, Disney, Jim Henson Studios, Comedy Central and more.

RiverSea Trunk Show: From 3pm to 6pm and leading into the eves Art Walk Two North Coast designer jewelers, Judith Altruda of Tokeland, Washington, and Lucy Barna



Fallen Buddha

of Manzanita, will each offer an abundant quantity of new work. The jewelers will be on hand to present and discuss their designs and techniques, and complimentary refreshments will be offered.

Altruda brings a selection inspired by the ancient deities of journeys and crossroads. Her one-of-a-kind jewelry, crafted with methods as old as human civilization, exudes rustic elegance and features unusual combinations of precious metals, sea glass and gems.

Lucy Barna, a recent transplant to Manzanita from Santa Fe, brings lively contemporary jewelry inspired by springtime, renewal and growth—bold, inspired by waves, the rugged beauty of an unusual stone—in other pieces, delicate outlines reminiscent of leaves and grass blades are forged and assembled into layered compositions that shift and change with movement.

RiverSea Gallery is located at 1160 Commercial in Astoria, Open Daily, 503.325.1270.

TRUNK SHOW



Altruda



Barna

Hearts, Hooves and Horns At Imogen

IMOGEN GALLERY presents a two person exhibition for artists Kim Hamblin and Christopher Wagner. They bring a series of work reflecting on animal husbandry and animals we use, drawing from personal experiences of a rural lifestyle. Hearts, Hooves and Horns, is a close look through metaphor about the relationship between man and animal. Both draw from their own experiences as farmers, to create compelling finished work in their chosen medium. Hamblin has spent years honing the ancient art form of paper cutting, a delicate and tedious practice that originated in 6th century China. Using reclaimed wood, Wagner is a sculptor using materials that usually come with their own history.

Second Saturday Artwalk, May 14th 5 – 8 pm. Meet the artists. Hearts, Hooves and Horns will remain on display through June 7th. Imogen is located at 240 11th St. (closed Wednesdays).



Christopher Wagner, Buffulo Lean2

The Elevated Selfie at LightBox

LIGHTBOX PHOTOGRAPHIC Gallery opens, "The Elevated Selfie: Beyond the Bathroom Mirror, with an artists reception on Saturday evening, May 14th from 6-9 p.m. "The Elevated Selfie" is a juried group exhibit, a collaboration with Portland non profit, Photolucida.

The Elevated Selfie: Beyond the Bathroom Mirror is an exhibition juried by Photolucida's Laura Moya and Laura Valenti. Selected images will be exhibited at LightBox Photographic Gallery May 14th – June 7th and at the Griffin Museum of Photography in Massachusetts, July 12th – September 13th. Dedicated to increasing understanding through photography, Photolucida, www.photolucida.org, is a nonprofit organization that awards merit-based scholarships to their Portfolio Reviews and international scholarships to their Critical Mass program.

May 14 - June 5. LightBox offers associate memberships as a way of becoming part of the community of supporters that help to further the mission of the gallery. LightBox is located at 1045 Marine Drive in Astoria, Tues - Sat 11 - 5:30. 503-468-0238.



AVA New Crop Artists in Residence

ASTORIA VISUAL ARTS (AVA)'s new crop of artists in residence will open their studios to visitors for May's Second Saturday Art Walk. AVA's Artist-in-Residence Program (AVA a-i-r), launched in April 2015, is designed to encourage the creative, intellectual and professional growth of emerging artists. AVA invites the community to join in welcoming these three highly talented local artists to this month's art walk – and to see what they're up to – by visiting their studios on Saturday, May 14 between 5pm and 8pm. FMI: astoriavisualarts.org

• **PAINTER MEGHANN HANOUR SPRAGUE'S** AVA a-i-r studio is located at 1170 Commercial St. in Astoria, where she will be showcasing her work on a series titled "The Great Exchange." The series "illustrates the tender and exposed state we find ourselves in when we entrust another with our heart," wrote Sprague in her application essay. The acrylic paintings will be on large canvases, ranging from five-to-eight feet in height.

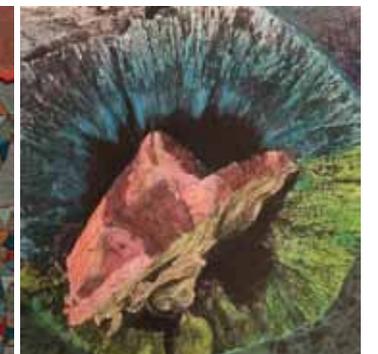


Meghann Sprague: Passover Me, acrylic on canvas, 5'x 4'

• **ARTISTS RACHEL JENSEN AND DAVID PLECHL'S** AVA a-i-r Pier 11 Riverfront Studio is located above Edison Bros. at the Seafood Market at the foot of 11th St, across from the Wet Dog in Astoria. They are working together on a joint project, "collaborative work that encompasses the discoveries of a partnered dialogue." Jensen's most recent paintings explore color and texture, the building up of layers that are later removed to expose what is underneath. Plechl uses his background in photography, painting, and printmaking to create visual artwork that explores themes of environmental reordering, material transience, and the improbability of meaning.



Rachel Jensen: Cool Canals gouache on paper, 5"x 5"



David Plechl: photograph, ink/mixed media

A Show For Chefs' Chris Grant at Luminari Arts



Hunter S. Grant

ASTORIA ARTIST/RENAISSANCE MAN, Christopher Grant, returns to the downtown art gallery scene with the first exhibition he has released in over a decade. Grant targets the culinary workplace with his collection of expressive fine art in the form of stunning refrigerator magnets.

A chef himself, Grant has long wished for art to satisfy visual hunger in settings usually sterile and practical by nature of their function. He sees his work as windows for escape and imagination, complimenting a chef's intensity and playful control of his medium. A very tasteful kitchen accessory.

Meet the artist on your May Art Walk rounds and share a bit of art, food and beverage with him.

Luminari Arts is located at 1133 Commercial in Astoria. Open Daily. 503.468.0308

Fisher Poet and Environmentalist Dave Densmore CB History Center



FAMED FISHER POET, DAVID DENSMORE reads poems and stories at the Cannon Beach History Center & Museum in Cannon Beach on May 12.

Dave Densmore has appeared in the New York Times and Smithsonian Magazine, he was one of the subjects of a documentary called 'Fisher Poets', and has published several books of his writings. He is well known as an artist and fisherman on the coast of Oregon and in Alaska. He has appeared at events for the Bioneers, Columbia RiverKeeper, New Bedford's Working Waterfront Festival, and of course Fisher Poet's Gathering. He can often be found at schools speaking to children. When not fishing in Alaska, or writing in Oregon, he spends his free time in Belize and Guatemala.

More than a fisherman, more than a poet, Densmore is a staunch protector of nature and "Mother Earth." His recent works are often more about degradation by his fellow man than the contents of his fishing net, but the seas and the fishing life are his first love.

Hear Dave Densmore read his works and answer questions on Thursday, May 12 at 7pm. The event is free and open to the public at the Cannon Beach History Center & Museum, located at 1387 S. Spruce at the corner of Sunset & Spruce. Coffee and tea will be served.

Oregon Book Awards Author Tour Nick Jaina • May 10

LITERARY ARTS BRINGS an event to Astoria as part of the 2016 Oregon Book Awards Author Tour, featuring Nick Jaina, finalist in creative nonfiction for *Get It While You Can*.

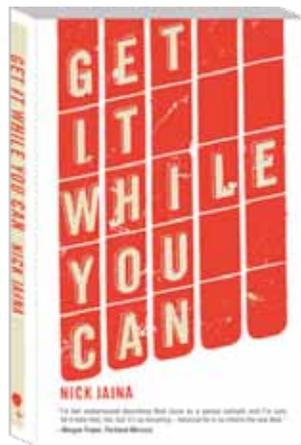
Nick Jaina is a musician and writer living in Portland. He tours the world performing music and reading from his works, in addition to composing film soundtracks and writing for contemporary dance. His writing has appeared in Atlantic Monthly, Oregon Humanities, fields, and Under The Gum Tree, amongst other publications.

For complete author biography or event information, please contact Susan Moore at 503.227.2583. Or Email Nancy Cook ncook@clatsopcc.edu.

The Oregon Book Awards, a program of Literary Arts, are presented annually for the finest accomplishments by Oregon writers who work in genres of poetry, fiction, literary nonfiction, drama and young readers

literature. The Oregon Book Awards Author Tour brings finalists to public libraries and independent bookstores around the state.

Nick Jaina, Tuesday, May 10 at 1pm. The Dora Badollet Library at Clatsop Community College (1680 Lexington, Astoria). This event is free and open to the public.



Author Nicole Hardy Manzanita Writer's Series May 21

MANZANITA WRITERS' SERIES features author Nicole Hardy at 7pm Saturday, May 21. She'll read from her memoir, *Confessions of a Latter-Day Virgin* (Hyperion, 2013), which was a finalist for the 2014 Washington State Book Award. Her other books include the poetry collections *This Blonde* and *Mud Flap Girl's XX Guide to Facial Profiling—a chapbook of pop-culture inspired sonnets*. Her work has appeared in many literary journals and newspapers including The New York Times, and has been adapted for radio and stage. Her essay "Single, Female, Mormon, Alone" was noted in 2012's "Best American Essays." She earned her MFA at the Bennington College Writing Seminars, and serves on the Board of Directors at Mineral School Artist Residency. Visit her at authorNicoleHardy.com.

WORKSHOP: On Saturday, May 21st from 1 to 4pm, Nicole Hardy will lead a workshop: Writing Our Personal Stories. Students will divide time among lecture, discussion, and writing exercises, delving into the art of creating memoir from memory. Nicole will pass on some lessons she learned the hard way, show samples from other authors, and explain how novelists' techniques can be useful in writing creative nonfiction.

The workshop will cover why creative non-fiction is important and similar to or different from writing fiction, and discuss topics that are central to writing



personal stories. Students will also learn essential elements of craft including narrative structure, scene vs. summary, dialogue, characterization, narrative voice, and cultivating vulnerability.

Nicole will also include her best advice on writing & publishing creative non-fiction.

Tuition is \$30.

At the Hoffman Center in Manzanita. Following Hardy's reading and Q&A, the popular Open Mic presents up to nine local writers reading 5 minutes of their original work. Admission for the evening is \$7.

Massacred for Gold: The Chinese at Hells Canyon R. Gregory Nokes Astoria Public Library May 13

ASTORIA PUBLIC LIBRARY presents Library After Hours, a free series of cultural events. The series continues on Friday, May 13 at 6pm, with author R. Gregory Nokes' presentation "Massacred for Gold: The Chinese at Hells Canyon". The library is located at 450 10th Street, Astoria. Admission is free.

Nokes' presentation is based on his book of the same title, the first authoritative account of the 1887 massacre of as many as 34 Chinese gold miners in Oregon's Hells Canyon. The massacre was the worst of the many crimes committed by whites against the Chinese who emigrated to the American West in the second half of the 19th century. Though the killers were known, no one was convicted. The massacre was all but forgotten until over 100 years later, when a county clerk uncovered records of the crime in an unused safe.

Massacred for Gold: The Chinese at Hells Canyon is now in its fourth printing by OSU Press. The book traces the author's journey to expose details of the massacre and its aftermath. Nokes also discusses the background of the Chinese experience in the American West and the history of the Wallowa country, the homeland of Chief Joseph and the Nez Perce until they were forced to leave in 1877.



R. Gregory Nokes is a former reporter and editor, with more than 40 years of experience in journalism, including work for the Medford Mail Tribune, The Associated Press, and The Oregonian. He served as a correspondent in Latin America and as a diplomatic correspondent in Washington, D.C. During his career, he traveled to more than 50 countries on reporting assignments. After retiring from journalism in 2003, Greg embarked on a second career as an author and lecturer on Northwest history.

The Astoria Public Library, a department of the City of Astoria, is guided by the mission statement "Explore ideas, engage minds, excite imagination". For more information about library programs and services, contact library staff at 503-325-7323 or visit astorialibrary.org.

Medieval Blues Guitar with Claude Bourbon. \$16, 7pm at the Lincoln City Cultural Center.

HAPPENING

Night of All Knowledge Trivia Tournament. A free and fun team trivia event. 6pm at the Seaside Library.

Thursday 12

MUSIC

Live Music. No cover, 7pm at the Adrift Hotel in Long Beach.

LECTURE

Lower Nehalem Watershed Council Speaker Series. An Overview of Oregon Marine Reserves Human Dimensions Research Program. With Tommy Swearingen. Free, 7pm at the Pine Grove Community House in Manzanita.

LITERARY

Poetry Reading. Fisherpoet Dave Densmore will perform. Free, 7pm at the Cannon Beach History Center and Museum.

THEATER

Blame it on Beckett. Comedy. \$14, 7:30 at Theater West in Lincoln City.

Friday 13

MUSIC

Tom Trudell. 6pm at the Shelburne Inn Restaurant.

Ian McFeron. No cover, 9pm at the Adrift Hotel in Long Beach.

THEATER

The Fourposter. \$15 - \$20, 7:30pm at the Coaster Theater in Cannon Beach.

The Great Gatsby. Drama. \$15, 7pm at the Barn Community Playhouse in Tillamook.

Blame it on Beckett. Comedy. \$14, 7:30pm at Theater West in Lincoln City.

ART

Opening Reception. For the Low Tide Landscapes exhibit at the Chessman Gallery in the Lincoln City Cultural Center.

Saturday 14

MUSIC

Dan Weber. \$12, 7pm at the Peninsula Arts Center in Long Beach.

Simon Levene. No cover, 7 - 9pm at the 3 Little Birds Bakery in Seaside.

Nehalem Valley All Stars. Dance to this new configuration of seasoned coastal rockers, from ragtime to reggae and wide swath of roots rock. 8pm, after Art Walk, \$5 cover, Full Bar, 21+ please. At KALA in Astoria.

Ritchie Young & Brooke Parrott. With J Wong. No cover, 8pm at the Sou'wester Lodge in Seaview.

Ian McFeron. No cover, 9pm at the Adrift Hotel in Long Beach.

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

ART

Astoria Artwalk. Free, 5 - 9pm at galleries and other businesses in downtown Astoria.

FOOD & DRINK

Wine Tasting. Lady Hill. 1 - 4pm at the Cellar on 10th in Astoria.

Spring Downtown Wine Walk. \$10 to participate includes a commemorative wine glass. Tasting starts at 3pm in downtown Seaside. seasidedowntown.com/item.asp?id=24

HAPPENING

Spring Into Gardening. A Feast for the Eyes - Gardening for Taste and Beauty.

Plants, classes, vendors, advice, raffles. Free, suggested donations to the Clatsop County Foodbank. 8:30am - 2pm at the Clatsop County Fairgrounds, Astoria.

Siletz Tribal Storyteller. Siletz tribal member Mark Pullam will celebrate native heritage through storytelling. \$10, 5 - 6pm at NCRD in Nehalem.

Stand Up Comedy Show & Gold Raffle. \$40, includes food & drink. Start at the Pelican Tap Room at 5:30 and move on from there. In Tillamook. Call 503-842-3695 for tickets.

Comedy Show. Enjoy the comedic stylings of Joe Vespaziani and Vince Valenzuela. \$40, 7:30 - 9:30pm at the Tillamook Elks Lodge.

Book, Bake & Plant Sale. 9am - 3pm at the Kiawanda Community Center in Pacific City.

LITERARY

Northwest Author Series. Author Lois Leven will read from her work. Free, 2 - 3:30pm at the Cannon Beach Library.

Shakespeare: Sonnets, Songs, Scenes, Scholarship. In celebration of William Shakespeare, a potpourri of readings from his works will be presented for your pleasure by Northwest Coast actors. Free, 7 - 8pm at the Cannon Beach Book Company.

OUTSIDE

Audubon Society Hike at the Villages at Cascade Head. 9 - 11am. Meet at the end of West Devil's Lake Road, Lincoln City.

THEATER

The Fourposter. \$15 - \$20, 7:30pm at the Coaster Theater in Cannon Beach.

The Great Gatsby. Drama. \$15, 7pm at the Barn Community Playhouse in Tillamook.

Blame it on Beckett. Comedy. \$14, 7:30pm at Theater West in Lincoln City.

Sunday 15

MUSIC

Concert. Mixed instrumental group: piano, clarinet, violin, cello. \$25, 3pm at the Camp Winema Chapel near Neskowin.

Greg Parke. 10am - 3pm at the Astoria Sunday Market.

Pete Krebs. No cover, 7pm at the Adrift Hotel in Long Beach.

Miss Massive Snowflake. No cover. 8pm at Fort George Brewery & Public House in Astoria.

ART

Art in the Park. Featuring local artists and performers stationed along the Kwis Kwis Trail at Lewis and Clark National Historical Park. Along the path, installation and performance art, dancers and musicians will greet hikers. Start at the Ft Clatsop Visitor Center. Choose between a 1.5 mile hike and a 3 mile loop. 2 - 5pm.

FOOD & DRINK

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

Source to Sea. Columbia River Stories and Films. Free, 1 - 3pm at the Columbian Theater in Astoria.

THEATER

The Fourposter. \$15 - \$20, 3pm at the Coaster Theater in Cannon Beach.

The Great Gatsby. Drama. \$15, 2pm at the Barn Community Playhouse in Tillamook.

Blame it on Beckett. Comedy. \$14, 2pm at Theater West in Lincoln City.

Monday 16

MUSIC

Pete Krebs. No cover, 7pm at the Adrift Hotel in Long Beach.

Heather Christie & Christopher Corbell. No cover, 9pm at the Voodoo Room in Astoria.

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.

Tuesday 17

MUSIC

Live Music. No cover, 7pm at the Adrift Hotel in Long Beach.

LECTURE

Coastal Encounters. Fossils and dinosaurs with Doug Bradstreet. 6:30pm at the Driftwood Public Library in Lincoln City.

Wednesday 18

MUSIC

Rhythm Method. No cover, 6:30 - 8:30pm at the San Dune Pub in Manzanita.

The Horsenecks. No cover, 7pm at the Adrift Hotel in Long Beach.

LECTURE

Listening to the Land. Into the Deep: Exploring Oregon's Ocean. With Kirsten Grorud-Colvert. Free, 6pm at the Seaside Library.

Thursday 19

MUSIC

The Horsenecks. No cover, 7pm at the Adrift Hotel in Long Beach.

Inka Jam. \$12, 7 - 9pm at the Lincoln City Cultural Center.

Lincoln Pops Big Band. \$6, 7:30 - 10pm at the Gleneden Beach Community Club.

LECTURE

Nature Matters. The Iconic Bumble Bee: The Decline of Our Native Pollinators. With Rich Hatfield. 7pm at the Lovell Showroom at Fort George in Astoria.

THEATER

Blame it on Beckett. Comedy. \$14, 7:30pm at Theater West in Lincoln City.

Friday 20

MUSIC

Trio Subtonic. Groove heavy power trio out of Portland, Oregon that blends genre bending funk with slow burning underground soul jazz. \$10. Cabaret seating, Full Bar, 21+ please. At KALA in Astoria.

Tom Trudell. 6 - 9pm at the Shelburne Inn Restaurant in Seaview.

The Jacksons. \$50 - \$64, 8pm at Chinook Winds in Lincoln City.

Kory Quinn. No cover, 9pm at the Adrift Hotel in Long Beach.

LITERARY

Rain Magazine Reading & Reception. 6 - 9pm on the 3rd floor of Towler Hall at CCC.

OUTSIDE

BioBlitz and Bio-Diversity Festival. Join experts and participate as Citizen Scientists as we explore and inventory pollinators, plants, and more. Moth Night from 8pm to

10pm at Netul Landing at Lewis and Clark National Historic Park.

Herb Tarlek Day. Bad pants, tacky shirts... the Ugliest affair on the coast. AND- "Mcmenamins Brew Tour" Seasonal and Unique beers from around the Mcmenamins Family of breweries will be stationed on the course for tasting.

\$60 per player, 2pm shotgun start at the Gearhart Hotel.

THEATER

The Fourposter. \$15 - \$20, 7:30pm at the Coaster Theater in Cannon Beach.

The Great Gatsby. Drama. \$15, 7pm at the Barn Community Playhouse in Tillamook.

Blame it on Beckett. Comedy. \$14, 7:30pm at Theater West in Lincoln City.

Saturday 21

MUSIC

North Coast Chorale. Presenting The Armed Man: A Mass for Peace and The Hour Has Come. 7pm at the PAC in Astoria.

Annalisa Tornfelt & The Tornfelt Sisters. With Kjirsten Tornfelt + special guests. No cover, 8pm at the Sou'wester Lodge in Seaview.

The Jacksons. \$50 - \$64, 8pm at Chinook Winds in Lincoln City.

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

Kory Quinn. No cover, 9pm at the Adrift Hotel in Long Beach.

FOOD & DRINK

Wine Tasting. Wines for Memorial Day BBQs. 1 - 4pm at the Cellar on 10th in Astoria.

HAPPENING

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.

Love a Cat Adoptathon. Starring cute & cuddly cats seeking forever homes. Noon - 3pm at the Garibaldi Museum.

The Portland Ballet. \$7, 2 - 3pm at the Lincoln City Cultural Center.

LITERARY

Manzanita Writers' Series. Author Nicole Hardy will read from her memoir "Confessions of A Latter-Day Virgin." Open mic session follows. 7pm at the Hoffman Center in Manzanita.

OUTSIDE

Surf Perch Derby. At Long Beach. surfperchderby.com/

BioBlitz and Bio-Diversity Festival. Join experts and participate as Citizen Scientists as we explore and inventory pollinators, plants, and more. Biodiversity Festival and Inventories from 10am - 3pm at Netul Landing at Lewis and Clark National Historical Park.

Reach the Beach Bike Ride. This ride has four different start locations: Portland (100 mi), Newberg (80 mi), Amity (55 mi) or Grand Ronde (25 mi). Experience superb organization, beautiful routes, medical and mechanical support on course, eight lunch and snack stops and a magnificent beach party with a delicious, hearty feast at the finish line in Pacific City. action.lung.org/site/TR?fr_id=11510&pg=entry

Birding Field Trip. Meet at 9am. At Josephine Young Park and Cutler City. Lincoln City. 541-996-1224

Friday

MUSIC

Maggie & The Cats w/ The Tolovana Brass. A New Orleans Gumbo of eclectic covers, soul, blues, r&b, and a Lagniappe of originals. No cover, 6:30 - 9:30 at the Wine Bar at Sweet Basil's in Cannon Beach.

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.

Jackson Andrews & Dave Quinton. Blues/Folk/Rock. No cover, 6pm at Sweet Basil's Café in Cannon Beach.

Open Mic. Musicians, singers and comedians are all welcome. Each performer will receive \$1 off pints of beer or cider. Perform or just enjoy the show. 7:30 - 9:30pm at Hondo's Brew & Cork in Astoria.

HAPPENING

Friday Night Mixer. Enjoy a social hour at the gallery, with art and conversation, plus beverages provided by Astoria Coffeehouse. 5 - 7pm at Imogen Gallery in Astoria.

Trivia Night. Find out how much useless (or even useful) stuff you know at the weekly Trivia Night. 7pm at Baked Alaska in Astoria.

Family Skate Night. The Shanghai'd Roller Dolls host a family friendly Open Skate Night. There's also Shanghai'd Roller Doll merchandise available to purchase and concessions if you need a snack during all the fun! Come on Friday and see if your favorite Doll is there. \$2 at the door and \$3 for skate rentals. 5 - 9:00pm at the Astoria Armory.

Spirit Dance 2. A free-form dance celebration. Music by DJ Pranawave. 6pm warm-up & stretch. 6:15 circle opens and dance begins. 8pm finish. Suggested donation \$10, free for kids. At Pine Grove Community House in Manzanita.

Saturday

MUSIC

Musician's Jam. Free, 2 - 4pm at the Tillamook Library.

Open Mic. 3 - 6pm at the Beehive in Nehalem.

George Coleman. Pop/Jazz/Folk/Rock guitar. No cover, 6pm at the Shelburne Restaurant in Seaview, WA

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

Saturday Night Dance Party. With DJ Nacho Biznez mixing the latest dance music with old favorites. No cover, 1pm at Twisted Fish in Seaside.

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.

North Coast Country Band. No cover, 3 - 6pm at the Astoria Moose Lodge.

Steve Sloan. 8:30pm at the Snug Harbor Bar & Grill in Lincoln City.

Monday

HAPPENING

Burgers & Jam Session. 6 - 9pm at the American Legion Hall in Cannon Beach.

Tuesday

MUSIC

Richard T. Blues. No cover, 6 - 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

Salty Dogs. Folk/Blues/Classic Rock. No cover, 6:30pm at the U Street Pub in Seaside.

Open Jam. Hosted by One Way Out. 8:30pm at the Snug Harbor Bar & Grill in Lincoln City.

HAPPENING

Teen Tuesdays. Free special events just for teens in 6th through 12th grades. Activities include movie making, video game nights, crafts, and movie nights. 3:30 - 4:30pm at the Seaside Library. fmi.visitseasidelibrary.org

THEATER

Teen Theater Club. Classes will present acting skill development and a monthly focus on a specific area of theater, including stage make-up, set design and lighting, script writing, budgeting and stage management. For ages 14 to 17. \$10/ month. At the ASOC Playhouse in Astoria.

Wednesday

MUSIC

George Coleman. Pop/Jazz/Folk/Rock. 5:30 - 9pm at Shelburne Restaurant and Pub in Seaview.

The Coconuts. Swing/Jazz/Country/Bluegrass/Folk. 6pm at the Wine Bar at Sweet Basil's Café in Cannon Beach.

Jam Session. No cover, 7pm-ish - 10pm at the Moose Lodge in Astoria.

Jam Session. Hosted by Richard Thomasian. No cover, 7 - 10pm at the Port of Call in Astoria.

Dan Golden. World Music. 7:30 - 10:30pm at McKeown's Restaurant & Bar in Seaside.

LITERARY

Weekly Writing Lounge. A weekly drop-in writing environment with resources. \$3/ session. 10am - 12:30pm at the Hoffman Center in Manzanita.

SPIRITUAL

Ocean Within Awareness Group. Mission: to actively move toward our true nature and become one with the Ocean Within. Meetings will have two short meditation sessions, group discussions, and a focus practice for the week. All faiths/paths welcome. 6:30 - 7:30pm at the Astoria Indoor Garden Supply. FMI 503-741-7626

Thursday

MUSIC

Alex Puzauskas. Jazz. 6pm at the Shelburne Inn in Seaview.

Dallas Williams. Folk/Americana. No cover, 6:30pm at the Wine Bar at Sweet Basil's Café in Cannon Beach.

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

Live Music. Thursday Night Gigs, 6pm at the Cannon Beach Gallery.

Richard T. Blues. No cover, 6 - 8:30pm at T Paul's Supper Club in Astoria.

Two Crows Joy, 6 - 8pm at the Sand Dollar Restaurant & Lounge in Rockaway Beach.

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

Music Jam. All are welcome. 6:30 - 8:30pm at the Astoria Senior Center.

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

cont. p.22

MORE MUSIC



Kory Quinn

"Gold. Pure, top-Quality Gold." - The Oregonian. "Brilliantly rendered songs." - Jim Derogatis. "The Best of what the West Coast has to offer" - The Portland Mercury.

Well, what ya waitin fer? Guy plays country for real!

Fri/Sat May 20 – 21, 9pm, No Cover, The Adrift, [pickled fish].



Jim Dorman

Because of his vision loss, singer/storyteller/multi-instrumentalist Jim Dorman turned to music, developing intuitive improvisation skills, a passion for imagination, and a true love of listening. His music is steeped in exploration and discovery; and

this enthusiasm for creativity is contagious, as well his great love of storytelling.

Sat, May 28, 7:30pm (doors 7:00pm), Nehalem Performing Arts Center, 36155 9th St., Nehalem



Hearts Gone South

They shoot from the hip and hit their target dead on playing tear soaked ballads, white hot dance tunes, and some of the best country gold from days gone by. Their originals are steeped in the traditions of classic honky tonk and country with a good dollop of Bakers-

field sound on the side, all while bearing the brand Hearts Gone South's own style of twang.

Sunday May 29, 4-7pm, Big O Saloon, 89523, HWY 202, Olney, OR

THEATER

The Fourposter. \$15 - \$20, 7:30pm at the Coaster Theater in Cannon Beach.

The Great Gatsby. Drama. \$15, 7pm at the Barn Community Playhouse in Tillamook.

Blame it on Beckett. Comedy. \$14, 7:30pm at Theater West in Lincoln City.

Sunday 22

MUSIC

Thomasian Trio. 10am – 3pm at the Astoria Sunday Market.

North Coast Chorale. Presenting The Armed Man: A Mass for Peace and The Hour Has Come. 2pm at the PAC in Astoria.

Live Music. No cover, 7pm at the Adrift Hotel in Long Beach.

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

OUTSIDE

Run on the River Half Marathon, 10K and 5K. 9am – 2pm along the Riverwalk in Astoria. Astoriaparkclasses.com/adults/runontheriver.html

Monday 23

MUSIC

Live Music. No cover, 7pm at the Adrift Hotel in Long Beach.

Tuesday 24

MUSIC

Pretty Gritty. No cover, 7pm at the Adrift Hotel in Long Beach.

LECTURE

Coastal Encounters. Crabbing presentation with Bill Lackner. Followed by a crabbing field trip to the North Shore of Siletz Bay on the 25th. 6:30pm at the Driftwood Public Library in Lincoln City.

Wednesday 25

MUSIC

Tenor Guitar Gathering. Concerts, workshops, jam sessions, and vendors. At various locations in Astoria. tenorguitargathering.info/

Pretty Gritty. No cover, 7pm at the Adrift Hotel in Long Beach.

Thursday 26

MUSIC

Tenor Guitar Gathering. Concerts, workshops, jam sessions, and vendors. At various locations in Astoria. tenorguitargathering.info/

Edna Vasques. \$14, 7 – 9pm at the Lincoln City Cultural Center.

Pretty Gritty. No cover, 7pm at the Adrift Hotel in Long Beach.

THEATER

Blame it on Beckett. Comedy. \$14, 7:30pm at Theater West in Lincoln City.

Friday 27

MUSIC

Tenor Guitar Gathering. Concerts, workshops, jam sessions, and vendors. At various locations in Astoria. tenorguitargathering.info/

Tom Trudell. 6 – 9pm at the Shelburne Inn Restaurant in Seaview.

California Beach Boys. A Beach Boys Tribute band. \$25 and \$30, 7pm at the Liberty Theater in Astoria.

Paul Deuber. \$12, 7pm at the Cannon Beach History Center & Museum.

The Resolectrics. No cover, 9pm at the Adrift Hotel in Long Beach.

CINEMA

Manzanita Film Series. \$5, 7:30pm at the Hoffman Center in Manzanita.

HAPPENING

World's Longest Garage Sale. Many locations in the Long Beach Peninsula.

Ocean Park Lutheran Church Annual Yard Sale. 9am – 2pm.

Sou'Wester Garden Club Plant Sale. At the Seaside Convention Center.

Comedy on the Coast. \$15, 8pm at Chinook Winds in Lincoln City.

LECTURE

Wit & Wisdom. Slam Philosophy & the Art of Philosophy Bombing. With Seth Tichenor & Gad Perez. Free, 7pm at the Lovell Showroom at Ft George in Astoria.

OUTSIDE

Kite Festival. At Ocean's Edge Wayside in Rockaway Beach.

THEATER

The Fourposter. \$15 - \$20, 7:30pm at the Coaster Theater in Cannon Beach.

Blame it on Beckett. Comedy. \$14, 7:30pm at Theater West in Lincoln City.

Saturday 28

MUSIC

Tenor Guitar Gathering. Concerts, workshops, jam sessions, and vendors. At various locations in Astoria. tenorguitargathering.info/

Troll Radio Revue. 11am at Fort George in Astoria.

Casey Neill and Johnny Connolly. \$12, 7pm at the Peninsula Arts Center in Long Beach.

Jim Dorman – A Musical Adventure. A one-man show featuring original music on a number of different instruments, plus stories and audience participation. 7:30pm at the Nehalem Performing Arts Center.

Hearts Gone South. No cover, 8pm at the Sou'wester Lodge in Seaview.

Karaoke From Hell. \$5 cover, 9pm at the San Dune Pub in Manzanita.

The Resolectrics. No cover, 9pm at the Adrift Hotel in Long Beach.

Perry Gerber. 9pm at Snug Harbor Bar & Grill in Lincoln City.

FOOD & DRINK

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

HAPPENING

World's Longest Garage Sale. Many locations on the Long Beach Peninsula.

The Great White Elephant Sale. 11am – 4pm at the Garibaldi Museum.

Comedy on the Coast. \$15, 8pm at Chinook Winds in Lincoln City.

OUTSIDE

Kite Festival. At Ocean's Edge Wayside in Rockaway Beach.

THEATER

The Fourposter. \$15 - \$20, 7:30pm at the Coaster Theater in Cannon Beach.

Blame it on Beckett. Comedy. \$14, 7:30pm at Theater West in Lincoln City.

Sunday 29

MUSIC

Tenor Guitar Gathering. Concerts, workshops, jam sessions, and vendors. At various locations in Astoria. tenorguitargathering.info/

Tenor Guitar Festival with Tom Molyneux. 10am – 3pm at the Astoria Sunday Market.

Hearts Gone South. Country. No cover, 4 – 7pm on the patio at the Olney Saloon, Olney.

Bart Budwig. No cover, 7pm at the Adrift Hotel in Long Beach.

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

Pete Krebs. No cover, 8pm at the Sou'wester Lodge in Seaview.

HAPPENING

World's Longest Garage Sale. Many locations on the Long Beach Peninsula.

OUTSIDE

Kite Festival. At Ocean's Edge Wayside in Rockaway Beach.

THEATER

The Fourposter. \$15 - \$20, 3pm at the Coaster Theater in Cannon Beach.

Monday 30

MUSIC

Bart Budwig. No cover, 7pm at the Adrift Hotel in Long Beach.

HAPPENING

World's Longest Garage Sale. Many locations in the Long Beach Peninsula.

LITERARY

Reading for Ric. An open mic of poetry in honor of Astoria poet Ric Vrana. 7pm at Port of Call in Astoria.

Tuesday 31

MUSIC

Bart Budwig. No cover, 7pm at the Adrift Hotel in Long Beach.

LECTURE

Coastal Encounters. Agates and how to find and identify them. With Kay Myers. 6:30pm at the Griftwood Public Library in Lincoln City.

Wednesday 1

MUSIC

Ryan T Jacobs. No cover, 7pm at the Adrift Hotel in Long Beach.

Thursday 2

MUSIC

Ryan T Jacobs. No cover, 7pm at the Adrift Hotel in Long Beach.

HAPPENING

First Thursday Trivia. Teams of 1-5 compete for universal admiration and fantastic prizes. Sign up ahead of time or just show up! Free, 5:30 – 6:30pm at the Astoria Public Library.

LECTURE

Ales and Ideas. CCC Student Showcase with hosts Nancy Cook and Deac Guidi. Free, 7pm in the Lovell Showroom at Fort George.

Friday 3

MUSIC

Tom Trudell. 6 – 9pm at the Shelburne Inn Restaurant in Seaview.

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

HAPPENING

Tall Ships at the Port of Ilwaco. historical-seaport.org/

Shot in Astoria. A celebration of films made in Astoria. Enjoy a variety of events held in and around Astoria. thegoondocks.org/2016.html

First Friday Nights. A mix of live music, games, film screenings, skills demonstrations, and hands-on activities. A cash bar and inspired snacks will be available. Free admittance, 7 – 9pm at the Barbey Maritime Center in Astoria.

Saturday 4

MUSIC

Low Tide Drifters. 7pm at the Lincoln City Cultural Center.

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

ART

Seaside Art Walk. 5 – 8pm at galleries and businesses in downtown Seaside and Gearhart.

Spring Art Show Reception. 3 – 5pm at the Artists' Studio Association in Lincoln City.

FOOD & DRINK

Wine Tasting. Oregon Pinot Noirs #3. 1 – 4pm at the Cellar on 10th in Astoria.

HAPPENING

Tall Ships at the Port of Ilwaco. historical-seaport.org/

Shot in Astoria. A celebration of films made in Astoria. Enjoy a variety of events held in and around Astoria. thegoondocks.org/2016.html

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.

King of the Cage. Live Mixed Martial Arts. \$40 - \$100, 6pm at Chinook Winds in Lincoln City.

Sunday 5

MUSIC

Chihuahua Desert. 10am – 3pm at the Astoria Sunday Market.

Von Stomper. No cover, 7pm at the Adrift Hotel in Long Beach.

Live Music. No cover. 8pm at Fort George Brewery & Public House in Astoria.

HAPPENING

Tall Ships at the Port of Ilwaco. historical-seaport.org/

Shot in Astoria. A celebration of films made in Astoria. Enjoy a variety of events held in and around Astoria. thegoondocks.org/2016.html

Band Booster Recycling Day. The Boosters are the only source of funds to keep Astoria's school band programs functioning. Please help by dropping off your empty plastic, glass, and aluminum cans and bottles with the Oregon redemption labels. 1 – 4pm at Astoria High School.

SPIRITUAL

Labyrinth Walk. 3 – 6pm at Grace Episcopal Church in Astoria.

Monday 6

MUSIC

Von Stomper. No cover, 7pm at the Adrift Hotel in Long Beach.

HAPPENING

Tall Ships at the Port of Ilwaco. historical-seaport.org/

Goonies Day Celebration. Events in and around the city of Astoria. Shot in Astoria. A celebration of films made in Astoria. Enjoy a variety of events held in and around Astoria. thegoondocks.org/2016.html

ASTORIA ART LOFT

The featured artist at the Astoria Art Loft on Saturday, May 14, 2016 is Carl Dalio. A nationally acclaimed painter, Dalio is well known for his dynamic compositions filled with light-energized color. His many trips abroad bring great breadth and emotional depth to the subjects of his painting. A gifted teacher and a delightful raconteur, Dalio will make this Second Saturday event a pleasure.

Local artist Lynne Johnson will share the limelight with Dalio. Lynne has been working with local artists in a class, "Create with Whatever" to produce unusual and innovating collages. Creating collages is the best way to re-cycle, re-purpose, and transform what could be called "junk".

Astoria Art Loft, from 3 – 6 p.m. on Saturday, May 14, 106 3rd St., above Dots and Doodles.

Ava Invitational At ARTPORT GALLERY In Ilwaco, Wa. thru May 30

ArtPort Artist Association, dedicated to enhancing the arts and culture of the Lower Pacific Region, is excited to share their gallery space for the month of May with non-profit Astoria Visual Arts members for an AVA Invitational, organized by AVA Board member and painter, Robert Paulmenn. ArtPort Gallery located at the Port of Ilwaco, 177 SE Howerton Way, will open the show April 30-May 30 with a reception for the artists on May 7 from 1 pm-5 pm during the Ilwaco Saturday Market. Over thirty fine artists, and including some of the emerging artists selected from the AVA a-i-r Program: Annie Eskelin, David Coyne, Noel Thomas, Renee Rowe, Jamie Boyd, Kristen Shauck, Darren Orange, Michael Granger, Kari Young, Agnes Field, Lucy Barna, Jane Herrold, Loretta Maxwell, Valerie Whittlesey, Patricia Clark-Finley, Normandie Hand, Anna Lee Larimore, Betsey Nelson, Penny Treat, Barbara Mallon, Sandra Lill, John Clark, Robert Paulmenn and others. ArtPort Gallery is located at the Port of Ilwaco, 177 SE Howerton Way. For more information about and to support non-profit Astoria Visual Arts visit www.astoriavisualarts.org

Astoria Visual Arts and Recology Western Oregon Create Recycle Residency • Apply Now

Astoria Visual Arts (AVA) and Recology Western Oregon (RWO) have joined forces to create the Coastal Oregon Artist Residency, which aims to support the creation of art from recycled, repurposed and discarded materials recovered from Recology's Astoria Recycling Depot and Transfer Station. By teaming up to assist artists who work with recycled materials, the arts non-profit and the resource-recovery outfit hope to encourage people to conserve natural resources and promote new ways of thinking about art and the environment.

Each three-month Coastal Oregon Artist Residency will provide selected artists with access to discarded materials, a stipend of

\$400 per month, and a large studio space at the Recycling Center. During their residencies, artists will have weekday scavenging privileges and access to the onsite studio. At the conclusion of the residencies, AVA and RWO will host a reception and public exhibition for the artists featuring artwork made during their residencies. When the residencies end, each artist will be asked to contribute one piece of artwork to the program's permanent collection.

The Coastal Oregon Artists Residency is open to local, career-level artists living in Clatsop and Tillamook Counties in Oregon and Pacific and Wahkiakum Counties in Washington who are working in any style or medium. Applications are currently being accepted for the two inaugural residencies, which will commence on Monday, July 11, 2016. Details on how to apply and additional information on the Coastal Oregon Artist Residency program can be found on the AVA website: astoriavisualarts.org.

CCC Student Art Show

The 2016 Clatsop Community College Art Student Show will be on display at the CCC Art Center Gallery, 1799 Lexington Avenue, Astoria, from May 5 through Friday, June 3.

The CCC Art Student Show is an annual juried event that showcases the talents and creativity of the college's art students. Art students are invited to submit up to three pieces of work created in the art classes in which they have been enrolled during the past year. The show will feature a range of disciplines taught at Clatsop Community College, including graphic arts, basic design, drawing, painting, ceramics, photography and printmaking.

Juror for the Student show is Grace Sanchez. Her most recent work, included in the CCC Group show Thinking Outside the Box, is influenced by the legacy of her mother. Her mother, a Japanese native, left Japan after the Korean War and is only recently sharing stories of her experiences as a child during World War II. Grace is working to capture those stories and bring them to light through her art and writing.

She has participated in, curated, and juried many solo and group shows over the years and currently works as a Gallery Director in Beaverton, Oregon.

The CCC Art Student Show is free and open to the public. CCC Art Center Gallery hours are Monday-Friday, 8:00 a.m. to 5:00 p.m., and weekends by appointment.

Trail's End Art Association Pastel Artists Featured

The month of May, Trail's End Gallery in Gearhart features nine pastel artist. These pastel artists meet each week to work, learn, create, and share the joy of continuous growth in their art and skill. They comprise all pastel skill levels from one who is starting with the medium to others who have spent years becoming increasingly proficient. Their collective work is fresh and exciting in its reflection of the love and dedication each artist brings to her creations.

Trail's End is located at 656 A St. in Gearhart, OR. 503.717.9458 Open 11am – 3pm, Wed – Sun.

MAY WORKSHOP Create Foraging Baskets Kathy Karbo



Plan now to join Kathy Karbo at Trail's End Art Studio to make foraging baskets, 10am to 2pm on Saturday, May 21. No experience needed and all materials will be provided. Kathy brings her incredible energy, creativity, experience and skill as an instructor to each learning opportunity.

Foraging baskets grow from long traditions of basket making. During the workshop, participants will focus on structure and technique to create unconventional versions of traditional gathering baskets. Basket makers are then free to explore embellishment, texture, color and mark to make the creation their own. Using a wide variety of materials that can include cardboard, handmade and laminated papers, recycled metals, wire, beads, leather, waxed linen and found objects, the participants create surprisingly versatile baskets. The results can become dried flower holders, gifts, part of home decor, or whatever the basket maker determines.

To register, email janem270@gmail.com. \$50 for Trail's End members and \$55 for non-members. Plan to bring a sack lunch or shop in nearby Gearhart for carry out items. Sign up now and prepare for a joyous day of creating.

Writing and Creative Thinking Workshop: New Ways of Exploring and Honoring Nature

Join author and educator Matt Love for a unique writing and creative thinking workshop on Saturday, June 25 in Astoria that asks participants to reflect upon their relationship to nature and seek new ways of raising awareness to protect and honor the natural world.

Inspired by David Orr's EARTH IN MIND, his classic study of the American education system's failure to educate students about the importance of protecting nature, the workshop will take participants through a series of writing and discussion exercises intended to inspire fresh approaches to presenting nature in writers and artists' work.

The workshop is also ideal for teachers of all grade levels who want to invigorate their nonfiction writing instruction and make the study of nature more exciting and relevant to students. It might also appeal to environmental scientists and conservation activists who possess the desire to instill new creative energy into their endeavors.

Workshop: 10am to 3on Sat, June 25, at the Fort George Brewery's Lovell Showroom. Cost: \$85 and participants will pay by cash or check prior to the workshop. 15 student cap. To register email Love@nestuccaspitpress@gmail.com or 503-812-1524.



18th Annual TRASH ART SHOW

A Unique Annual Tradition Showcases Creative Re-Use Turned Artful Beauty

NEHALEM—"Trash Art" is the moniker that stuck 18 years ago when this unique show was first birthed at CARTM. In those days, the "trash" artwork, made with all recycled materials, was hung in close proximity to the trash and sometimes it was hard to tell the difference. Now, in its 18th year—Trash Art has found its home, its fans and its creators. The art made with upcycled, repurposed, re-use creativity shows beautifully in a real gallery, with real lighting and ends up on the walls and gardens of the those who come to purchase these unique pieces.

The annual show opens at the NCRD Gallery, 36155 9th Street in Nehalem on Friday, May 13 and runs through Sunday, May 15.

NCRD has been central to our community since its origins as a school," said lead show organizer Carl Vandervoort. "The opening of the gallery 12 years ago has added a formal exhibition space for art to all the ways NCRD builds community: public pool and fitness spaces, class rooms for pre-school and adult classes, the newly restored theater and affordable event and meeting venues. Having CARTM's annual celebration of re-use and art fits right in to the cultural mix of this special local resource."

The annual show opens with a ticketed preview and celebration with the artists on Friday night from 5:00 - 7:00 p.m.. The \$25 advance purchase ticket includes snacks and beverages, mingling with the artists and first chance to purchase the unique creations made with all recycled materials. A few tickets are still available at the Refinery cashier at CARTM, Thursday and Friday during open hours.

The Trash Art Show continues it run, free and open to the public, Saturday, May 14, from 10 a.m. - 4 p.m. and Sunday, May 15, from 10 a.m. - 1 p.m.

The show is an all-volunteer effort. The 2016 Trash Art Show is produced by a team of four who makes sure the art gets in the door and hung in visually interesting ways, puts on a great party with the artists and takes care of sales.

"The idea of an activist board of directors really resonates with me," said Vandervoort, CARTM Board member, "that CARTM can make use of the resources and skills board members bring to the table. In my case, eight years on the Sitka Art Invitational committee and "hanging crew" makes it easy to visualize interesting ways to present the results of our community's amazing artistic "re-use" ideas. I tend to think of planning and bringing off the Trash Art Show as building rather than organizing, and we have a very talented and experience team of builders.

The Trash Art Show team includes Susan Walsh, CARTM board member along with Deb DeWit and Claudia Johnson and CARTM executive director Karen Reddick-Yurka.

The Trash Art Show is a beloved tradition on the North Coast and creative fundraiser for CARTM—a unique trio of services: reuse, refuse and recycling. CARTM accepts over 40 different materials for recycling at no charge and is home to the inspiring and creative reuse mecca, The Refinery.

FMI: contact trashartshow@cartm.org. CARTM, visit www.cartm.org.

MOVIES & MUSINGS

FLASH CUTS



NEIGHBORS 2: Sorority Rising (May 20) Is there an R-rated comedy that doesn't star Seth Rogen? Rogen, Zach Efron and Rose Byrne return in the sequel to the frat-hating 'burb comedy *Neighbors*, with Rogen and Byrne battling a party-crazy sorority that moves in next door. Synopsis: Now that Mac (Rogen) and Kelly Radner (Byrne) have a second baby on the way, they are ready to make the final move into adulthood: the suburbs. But just as they thought they'd reclaimed the neighborhood and were safe to sell, they learn that the new occupants next door are a sorority even more out of control than Teddy (Efron) and his brothers ever dreamed of being. Tired of their school's sexist, restrictive system, the unorthodox ladies of Kappa Nu have decided to start a house where they can do whatever the hell they want. When Shelby (Moretz) and her sisters, Beth (Clemons) and Nora (Feldstein), find



the perfect place just off campus, they won't let the fact that it's located on a quiet street stand in their way of parties as epic as the guys throw. *Neighbors 2* is once again directed by Nicholas Stoller (first *Neighbors*, *Forgetting Sarah Marshall*).

THE NICE GUYS (MAY 20) Lethal Weapon scribe Shane Black returns to familiar comedy/crime territory with Russell Crowe and Ryan Gosling playing two mismatched detectives trying to investigate a murder in '70s L.A. "it's a little fast, a little funny and a little rough in places, kind of coarse. These guys are working-class dudes, they're not really sophisticated private detectives, so it's a chance to do the kind of thriller I don't see too much of anymore," Black told *People*. Synopsis: *The Nice Guys* takes place in 1970s Los Angeles, when down-on-his-luck private eye Holland March (Gosling) and hired enforcer Jackson Healy (Crowe) must work together to solve the case of a missing girl and the seemingly unrelated death of a porn star. During their investigation, they uncover a shocking conspiracy that reaches up to the highest circles of power.

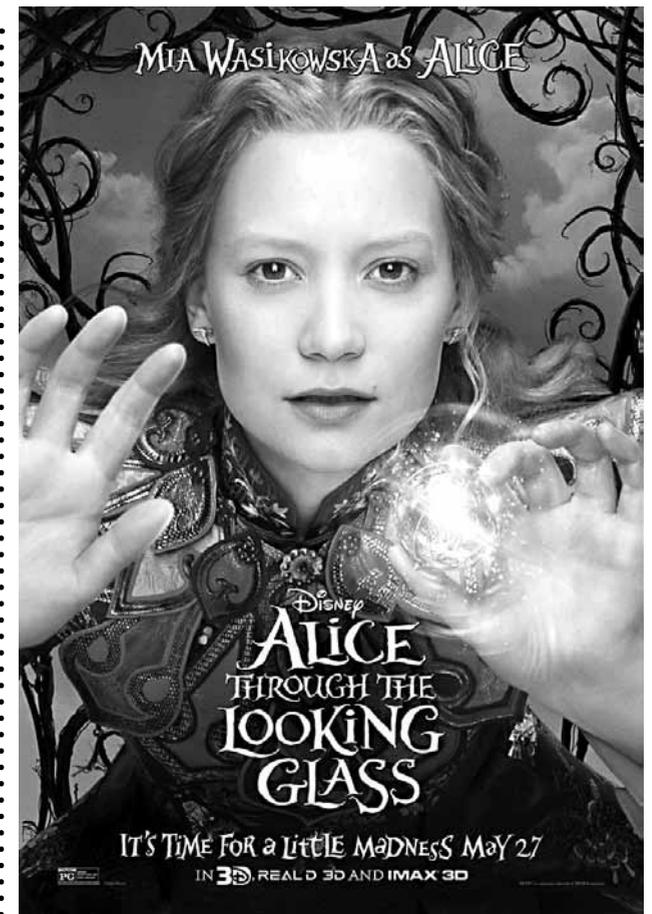
ALICE THROUGH THE LOOKING GLASS (MAY 27) Six years after Tim Burton's *Alice in Wonderland* blew up the box office and kicked off a series of live action versions of fairy tale classics, the sequel appears from Disney with Mia Wasikowska as Alice, Johnny Depp as the Mad Hatter and Helena Bonham Carter as the Red Queen. Synopsis: Alice has spent the past three years following in her father's footsteps and sailing the high seas. Upon her return to London from Asia, she comes across a difficult decision that may determine what she's going to do during the rest of her life. After re-encountering Absorem (the talking caterpillar) she finds a magical looking glass and returns to Wonderland to find things going very wrong with the Hatter, who is now acting madder than usual, haunted by past events that he refuses to reveal. In order to save her friend, Alice turns to Time himself (Sacha Baron Cohen),



a being who is half-human, half-clock. Despite his warning that she cannot win a race against time and not being able to change the past, Alice travels back in time to help her friend and witnesses younger versions of the characters we know and love.

X-MEN: APOCALYPSE (MAY 27) Synopsis: Since the dawn of civilization, he was worshiped as a god. Apocalypse, the first and most powerful mutant from Marvel's X-Men universe, amassed the powers of many other mutants, becoming immortal and invincible. Upon awakening after thousands of years, he is disillusioned with the world as he finds it and recruits a team of powerful mutants, including a disheartened Magneto, to cleanse mankind and create a new world order, over which he will reign. As the fate of the Earth hangs in the balance, Raven with the help of Professor X must lead a team of young X-Men to stop their greatest nemesis and save mankind from complete destruction.

ME BEFORE YOU (JUNE 3) Game of Thrones' Emilia Clarke and The Hunger Games' Sam Claflin topline this rare summer tear-



jerker. Clarke plays Louisa Clark, a perky upbeat young woman in an English village who takes a job as a caregiver for a recently-paralyzed wealthy young man (Claflin) who has given up. Natch, she teaches him how to live again and romantic sparks ignite. Based on Jojo Moyes' bestseller. Synopsis: Louisa "Lou" Clark (Clarke) lives in a quaint town in the English countryside. With no clear direction in her life, the quirky and creative 26-year-old goes from one job to the next in order to help her tight-knit family make ends meet. Her normally cheery outlook is put to the test, however, when she faces her newest career challenge. Taking a job at the local "castle," she becomes caregiver and companion to Will Traynor (Claflin), a wealthy young banker who became wheelchair bound in an accident two years prior, and whose whole world changed dramatically in the blink of an eye. No longer the adventurous soul he once was, the now cynical Will has all but given up. That is until Lou determines to show him that life is worth living.





FREE WILL ASTROLOGY

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MAY

ARIES (March 21-April 19): The oracle I'm about to present may be controversial. It contains advice that most astrologers would never dare to offer an Aries. But I believe you are more receptive than usual to this challenge, and I am also convinced that you especially need it right now. Are you ready to be pushed further than I have ever pushed you? Study this quote from novelist Mark Z. Danielewski: "Passion has little to do with euphoria and everything to do with patience. It is not about feeling good. It is about endurance. Like patience, passion comes from the same Latin root: pati."

TAURUS (April 20-May 20): You're in a phase of your cycle when you'll be rewarded for your freshness and originality. The more you cultivate a "beginner's mind," the smarter you will be. What you want will become more possible to the degree that you shed everything you think you know about what you want. As the artist Henri Matisse said, if a truly creative painter hopes to paint a rose, he or she "first has to forget all the roses that were ever painted." What would be the equivalent type of forgetting in your own life?

GEMINI (May 21-June 20): "Am I still a hero if the only person I save is myself?" asks poet B. Damani. If you posed that question to me right now, I would reply, "Yes, Gemini. You are still a hero if the only person you save is yourself." If you asked me to elaborate, I'd say, "In fact, saving yourself is the only way you can be a hero right now. You can't rescue or fix or rehabilitate anyone else unless and until you can rescue and fix and rehabilitate yourself." If you pushed me to provide you with a hint about how you should approach this challenge, I'd be bold and finish with a flourish: "Now I dare you to be the kind of hero you have always feared was beyond your capacity."

CANCER (June 21-July 22): "We need people in our lives with whom we can be as open as possible," declares psychotherapist Thomas Moore. I agree. Our mental health thrives when we can have candid conversations with free spirits who don't censor themselves and don't expect us to water down what we say. This is always true, of course, but it will be an absolute necessity for you in the coming weeks. So I suggest that you do everything you can to put yourself in the company of curious minds that love to hear and tell the truth. Look for opportunities to express yourself with extra clarity and depth. "To have real conversations with people may seem like such a simple, obvious suggestion," says Moore, "but it involves courage and risk."

LEO (July 23-Aug. 22): I watched a video of a helicopter pilot as he descended from the sky and tried to land his vehicle on the small deck of a Danish ship patrolling the North Sea. The weather was blustery and the seas were choppy. The task looked at best strenuous, at worst impossible. The pilot hovered patiently as the ship pitched wildly. Finally there was a brief calm, and he seized on that moment to settle down safely. According to my analysis of the astrological omens, you may have a metaphorically similar challenge in the coming days. To be successful, all you have to do is be alert for the brief calm, and then act with swift, relaxed decisiveness.

VIRGO (Aug. 23-Sept. 22): "Show me a man who isn't a slave," wrote the Roman philosopher Seneca. "One is a slave to sex, another to money, another to ambition; all are slaves to hope or fear." Commenting on Seneca's thought, blogger Ryan Holiday says, "I'm disappointed in my enslavement to self-doubt, to my resentment towards those that I dislike, to the power that the favor and approval of certain people hold over me." What about you, Virgo? Are there any emotional states or bedeviling thoughts or addictive desires that you're a slave to? The coming weeks will be a favorable time to emancipate yourself. As you do, remember this: There's a difference between being compulsively driven by a delusion and lovingly devoted to a worthy goal.

LIBRA (Sept. 23-Oct. 22): "Everyone who has ever built a new heaven first found the power to do so in his own hell." That noble truth was uttered by Libran philosopher Friedrich Nietzsche, and I bet it will be especially meaningful for most of you during the rest of 2016. The bad news is that in the past few months you've had to reconnoiter your own hell a little more than you would have liked, even if it has been pretty damn interesting. The good news is that these explorations will soon be winding down. The fantastic news is that you are already getting glimpses of how to use what you've been learning. You'll be well-prepared when the time comes to start constructing a new heaven.

SCORPIO (Oct. 23-Nov. 21): "Zugzwang" is a German-derived word used in chess and other games. It refers to a predicament in which a player cannot possibly make a good move. Every available option will weaken his or her position. I propose that we coin a new word that means the opposite of zugzwang: "zugfrei," which shall hereafter signify a situation in which every choice you have in front of you is a positive or constructive one; you cannot make a wrong move. I think this captures the essence of the coming days for you, Scorpio.

SAGITTARIUS (Nov. 22-Dec. 21): "We have to learn how to live with our frailties," poet Stanley Kunitz told *The Paris Review*. "The best people I know are inadequate and unashamed." That's the keynote I hope you will adopt in the coming weeks. No matter how strong and capable you are, no matter how hard you try to be your best, there are ways you fall short of perfection. And now is a special phase of your astrological cycle when you can learn a lot about how to feel at peace with that fact.

CAPRICORN (Dec. 22-Jan. 19): How do plants reproduce? They generate seeds that are designed to travel. Dandelion and orchid seeds are so light they can drift long distances through the air. Milkweed seeds are a bit heavier, but are easily carried by the wind. Foxglove and sycamore seeds are so buoyant they can float on flowing water. Birds and other animals serve as transportation for burdock seeds, which hook onto feather and fur. Fruit seeds may be eaten by animals and later excreted, fully intact, far from their original homes. I hope this meditation stimulates you to think creatively about dispersing your own metaphorical seeds, Capricorn. It's time for you to vividly express your essence, make your mark, spread your influence.

AQUARIUS (Jan. 20-Feb. 18): "It is a fault to wish to be understood before we have made ourselves clear to ourselves," said philosopher Simone Weil. I hope that prod makes you feel a bit uncomfortable, Aquarius. I hope it motivates you to get busy investigating some of your vague ideas and fuzzy self-images and confused intentions. It will soon be high time for you to ask for more empathy and acknowledgment from those whose opinions matter to you. You're overdue to be more appreciated, to be seen for who you really are. But before any of that good stuff can happen, you will have to engage in a flurry of introspection. You've got to clarify and deepen your relationship with yourself.

PISCES (Feb. 19-March 20): "I have never let my schooling interfere with my education," said writer Mark Twain. That's excellent advice for you to apply and explore in the coming weeks. Much of the time, the knowledge you have accumulated and the skills you have developed are supreme assets. But for the immediate future, they could obstruct you from learning the lessons you need most. For instance, they might trick you into thinking you are smarter than you really are. Or they could cause you to miss simple and seemingly obvious truths that your sophisticated perspective is too proud to notice. Be a humble student, my dear.

Homework: Describe how you've fought off the seductive power of trendy cynicism without turning into a gullible Pollyanna. Freewillastrology.com.

Bike Madame

By Margaret Hammitt-McDonald

The Rolling Rogues' Gallery: Bicycling's "Bad Guys"

IF YOU HANG OUT with other cycling commuters, you've heard them grouse about rude drivers and clueless pedestrians. But what about our fellow riders? Although we're not as numerous as drivers and pedestrians, sharing the road with other riders is inevitable, and as with drivers who like putting their entire right side in the bike lane and pedestrians who amble into your path to take a selfie, a percentage would fit that saying, "We have met the enemy, and the enemy is us." While I wouldn't go so far as to recommend martial-arts techniques to grapple with this "enemy," I do think it's worth recognizing a potential problem before you go off the road and wipe out in the blackberries and Scotch broom.

The first member of our rogues' gallery is the feral bicyclist. He/she is a reluctant rider, relegated to the two-wheeled contraption because his/her drivers' license was suspended for driving under the influence. He/she may now be riding under the influence, so watch out if you spot someone weaving around and doing "altered" maneuvers. This "villain" behaves as if the rules of the road don't apply to cyclists: hopping curbs with abandon (just as a tour group emerges from their coach), riding against traffic, and springing out from behind a parked car like a funhouse clown. His/her bike is too small, improperly adjusted, and/or unmaintained, as it's a steed of convenience until he/she can drive again, not a cherished companion.

Another less than optimal road companion, one you are more likely to encounter in a city, is the combative commuter. This rider is accustomed to free-for-all megalopolis traffic. One minute you're tooling along, waiting for the light to change, and the next, your

senses are jarred when a bike horn blats behind you, somebody yells "Left!", and you're expected to dive to the right when he/she comes barreling through to run the red light. Like the feral bicyclist, the combative commuter assumes the road rules don't apply to him/her, but he/she is faster and more irritable than his/her feral cousin. When you're not dodging for your life, you'll be amazed at this rogue's acrobatics, as he/she takes advantage of a bike's skinny profile to slip between lanes full of stopped traffic. He/she might even hitch a ride by grabbing a taxi's fender. Some combative commuters are messengers, with their giveaway packages and stylin' bags, while others are financiers, ready to duel with Dow Jones after warming up with you.

Another obstacle is peculiar to our touristy area: the surrey or beach-bike rider who has ventured onto the street. Surreys are too wide and slow for traffic to get around easily, and beach bikes aren't made for streets, with their low, flag-free profiles. Although these casual riders pose more of a problem for motorists, they can still be a pest because their pilots haven't hopped on a bike since they were ten and have forgotten how to steer. They are also unpredictable, running into problems like getting stuck on curbs (in the case of surreys), and they don't remember their signals. Listen for the squeal of fun combined with terror as they screech to a halt before you.

The final rogue is the cute but erratic kid. He/she uses everything in sight as a jump, charges at you and swerves away at the last minute, and other hijinks alternately hilarious and dangerous. They can be charming, as when I was once surrounded by kids, all pulling wheelies. I wished I had the agility to join in.



WORKSHOPS/CLASSES

PAINT WITH A PINT. May 14. Janet Hockman-Sheridan will lead you through a step-by-step two hour painting class while you sip on a pint of your favorite Fort George beer. Participants will complete a 16" x 20" painting. Cost is \$35, which includes all materials, instruction, and one beverage of your choice. 6 - 8pm at the Lovell Showroom at Fort George in Astoria.

FIBER ARTS. NCRD is hosting the North Coast Fiber Arts group on Mondays from 1-3 pm in the Riverbend Room. If you do handwork of any kind...knitting, crocheting, weaving, macramé, needlepoint, etc. You are welcome to come and join like-minded folk. Bring your knitting problems on the 3rd Monday of the month and get help from knitting instructor Lou Stine. The group will be working on charity projects in the future such as Warm Up America or Carewear. email Jane for further information. knappgj@yahoo.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.

DRUM MAKING WORKSHOP. May 21. Make your own 13-inch Native American style hand drum and a deerskin medicine bag. Lunch is provided, with a little informational presentation on Plains Indian pictographs and totem symbology. \$175 includes materials costs, 10am - 4pm at Spirit Horse farm in Skamokawa. Register at spirithorsefarm.com

BODY WORK•YOGA•FITNESS

CLASSICAL BELLY DANCE. Classes held Sundays 3-4:30 @ Tolovana Community Hall 3778 s. Hemlock Cannon Beach. Drop in \$10. Every-one welcome. Info call Sarah 971-601-0127.

YOGA NAMASTE. Level 1&2 90 minutes Yoga classes. Monday 8a.m., Wednesday 6:30p.m., Friday 6:30a.m. and 8:30a.m. \$16 walk-in. Community yoga Wednesday 5:15p.m. \$12 walk-in. 342 10th street, Astoria. Check website for weekend workshops. www.yoganam.com. 530 440 9761.

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 or Facebook.com/RiversZen.

YOGA—North County Recreation District—Nehalem. Monday 5:45-7:15pm Level 1 Yoga. Tuesday 4-5:30pm Yin Flows into Restorative. Wed 8-9:30am Mid-Life Yoga, leading into your 50's, 60's, 70's and beyond! Wed 5:45-7:15pm Restorative Yoga. Thurs 8-9:30am Chair Yoga. Thurs 5:45-7:15pm Vinyasa Light Yoga. Fri 8-9:30am Very Gentle Yoga. Fri 11:30am-1pm Fun Flow Fridays Saturday 8-9:30am Mixed-Levels Yoga. 4 different instructors, \$8 drop-in fee each class. 36155 9th St. in Nehalem, Room 5 (going south, just past Wanda's Café, turn left uphill). Call 503-368-7160 for more information.

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

YOGA—Manzanita, Center for Contemplative Arts, Manzanita Ave., Tuesday 5-6:30pm. \$10 drop-in fee. Call 503-368-3733 for more information.

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

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.

THAI CHI/QIGONG. ASTORIA. Angela Sidlo teaches Tai Chi at Astoria Arts & Movement Center! Mon 10-11, Wed 10 - 11, Thur 5:30 - 6:30. QiGong, Tue, 12:10 - 12:50, Thur 12:10 - 12:50. Starts in Sept. Call Angela to register 503-338-9921

T'AI CHI. The Center for the Contemplative Arts, Manzanita: Wednesday Mornings 10-11:30. \$30/month. Call 368-6227 for more info.

LEARN SELF DEFENSE. American Kenpo Karate (Ocean Park, Wa) Private & Semi-Private Lessons (Adults Only, \$10.00 Per Lesson. Currently Teaching Wednesdays And Saturdays). For Free Introductory Lesson Contact Instructor Jon Belcher At: Phone: 360-665-0860 E-Mail: Jonbelcher1741@Yahoo.Com

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

ZUMBA. Come join the Zumba party at North County Recreation District in Nehalem, Oregon. Tue-Thur 6:30 to 7:30pm/Fri 9-10am. Fall term thru Dec. Attire: Loose gym clothing, non-gripping sneakers, a water bottle & lots of energy! Rosa Erlebach - instructor. Ncrd. 36155 9th Street Nehalem, Or 97131 (503) 368-4595 Rerlebach@gmail.com

SPIRITUALITY

A COURSE IN MIRACLES. The Astoria ACIM study group meets weekly on Tuesdays from 3:00-4:00pm at the Masonic Lodge, 1572 Franklin Ave. Bring your book with you. For information call 916-307-9790 or send email to moffett@cgifellowship.org.

AUTHENTIC SPIRITUAL CONVERSATIONS. Beginning April 3rd, we will meet every Sunday in Seaside, OR, gathering from 3:00 - 4:15 PM in the Seaside Public Library conference room, 1131 Broadway St. Are you looking for a spiritual community of like-minded people but don't seem to fit in anywhere? Do you long for the kind of connection where you can explore what feels spiritually real and alive in you? Do you want to be able to explore your spiritual questions, doubts, practices, and deepest longings in a space where everyone's needs are respectfully held? Are you tired of being "nice," tired of keeping silent and playing it safe, in order to fit into group norms that tell you what you should believe? Join in a conversation where your uniqueness can be nurtured and you can feel safe to express your authentic truth. All faiths, including "spiritual but not religious," agnostic, and atheist are welcome. For more information contact info@cgifellowship.org or call 916-307-9790.

CONVERSATIONS WITH MOTHER MARY. Come and experience the Love and Wisdom of Mother Mary through her channel Barbara Beach. Every Second Sunday, 10:30 to 12:30ish. In Seaside, Oregon. Call or email for directions: 503-717-4302 beachhouse1111@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. Meets Thurs, 6-7:30pm, Towler Hall rm 306 at CCC. Meditation can reduce stress, increase health, creativity and efficiency, and lead to a more deeply satisfying and richer life. Led by ordained Zen priest/non-religious. Many different styles practiced, discussion of common problems encountered during meditation, focus on developing a regular practice. All welcome.

Great Vow Zen Monastery. Beginner's Mind Weekend Retreat. Fri June 10 - Sun June 12. Zen Buddhism offers tools to harmonize the body and mind, allowing us to appreciate the freedom and spaciousness of life in the present moment. \$150 (\$120 for ZCO members)

includes dormitory accommodations and delicious vegetarian/vegan meals. A \$50 deposit holds your space - balance is due on arrival.

GREAT VOW. Transforming the Inner Critic—Weekend workshop. Fri June 17 - Sun June 19. During this workshop we will use Buddhist and psychological teachings to see this voice more clearly. There will be guided meditations, group discussions and interactive exercises. We will learn tools to help transform our relationship to the Inner Critic, bringing it back into balance without losing its discriminating wisdom. \$150 (\$120 for ZCO members) includes dormitory accommodations and delicious vegetarian/vegan meals. A \$50 deposit holds your space - balance is due on arrival. 79640 Quincy-Mayger Road (mail to P.O. Box 188). Clatskanie, Oregon 97216. 503-728-0654

ART & MINDFULNESS. With Amy Selena Reynolds. Once a month, 2nd Saturdays, 1-4 pm. Deepen your connection with your heart, mind, and spirit, play with creativity, find out where art and meditation begin. No previous art or meditation experience is necessary. Bring a journal and your favorite pen. All other supplies will be provided. Class fee: \$30 (Note: No one will be turned away for lack of funds. Please contact Amy if you have a financial hardship but want to take a class). Call Amy at 503-421-7412 or email amyселena888@gmail.com

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.

MEDITATION/PAINTING FOR WOMEN. March 4, 11, 18. With Mindi Bender. A series of three quiet mornings of meditation, reflection and silent painting. The paintings will be your private response to the reading and meditation. Neither experience with meditation nor painting is necessary. All supplies will be furnished. \$15/ 3 week session. Register by calling 734-476-6941

VOLUNTEER

CLATSOP COUNTY GENEALOGY SOCIETY is embarking on county-wide cemetery identification and cataloging project. Cemeteries are among the most valuable of historic resources. They are reminders of our settlement patterns and can reveal information about our historic events, ethnicity, religion, lifestyles and genealogy. The society is seeking volunteers to join members in identifying and visiting cemeteries to catalog the information for future generations. The society would also be grateful for any information from the public regarding old cemeteries and burial sites that may not be commonly known. If you are interested, contact the society at www.clatsopcountygensoc@gmail.com or call 503-325-1963 or 503-298-8917.

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 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, Inct@nehalemtnet.net

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MEETINGS/MEET-UPS

GRIEF SUPPORT GROUP. ASTORIA/SEASIDE. Lower Columbia Hosice is currently offering free bereavement and grief support group meetings twice per month: 1st Thurs. 2-4pm @ Bob Chisholm Comm.Center, Meeting Rm. 1, 1225 Ave. A, Seaside. 3rd Tues. 4:30-6pm, Columbia Memorial Hospital, Columbia Center, Chinok Rm. 2021 Exchange St., Astoria. Questions call: 503-338-6230.

KNITTING CLUB. Weekly on Tuesdays 5:30-6:30. Location: Coffee Girl, Pier 39 Astoria. Community members of any skill level can meet to knit at Coffee Girl. We teach beginners and encourage everyone to bring their own supplies. If knitting isn't your thing, we welcome other crafts as well.

LA LECHE LEAGUE OF ASTORIA. 2015 Fall Series Meeting Notice Breastfeeding Information and Support. If you are interested in breastfeeding your baby, consider attending a La Leche League meeting. You will meet other mothers who have breastfed their babies and mothers with babies around the same age as your own. Group meetings provide an opportunity for both new and experienced mothers to connect and share their questions and concerns with each other. Babies and toddlers are always welcome. Meetings are held on the Third Thursday of each month from from 11:00 - 12:30 at 320 South Street, Astoria. Come join us! - November 19 What to Expect: The Normal Course of Breastfeeding-December 17 New Beginnings: Baby's First Foods. La Leche League Leaders are available to answer breastfeeding questions and concerns. For more information on meetings or questions, please call/text Megan Oien @ 503.440.4942 or Janet Weidman @ 503.741-0345

TILLAMOOK PILOTS ASSOCIATION. Meets 1st Sat ea. month at the Airbase Cafe (Tillamook Air Museum) at 9am for their regular business meeting and to promote general aviation. Interested in learning to fly? Or simply interested in general aviation, come to the meeting 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. tillamookpilots.org.

TIDEPOOL CLINIC. March 13 and 18. Explore the beach and learn about the colorful creatures that inhabit rocky intertidal pools from a local expert. The clinics are free and open to the public. 10am on the 13th and 4:30pm at the 15th St Beach Access in Lincoln City.

ENCORE. Join us for the ENCORE Lunch Bunch the first Tuesday of the month. Questions about Lunch Bunch? Call Reta Leithner 503-717-2297. ENCORE is a membership organization for people age 50 and older who are interested in life-long learning opportunities. ENCORE is sponsored by Clatsop Community College, and offers classes in a variety of subjects, social events, and occasional educational trips. For more information, please refer to our website: www.encorelearn.org or contact Mary Kemhus-Fryling, Clatsop Community College Community Education Coordinator, 503-338-2408, or toll free at 1-855-252-8767.

Learn To Play The Ukulele With The Ukalaliens At Seaside Public Library

COME OUT to the Seaside Public Library on Saturday, May 14, 1pm and Learn to Play the Ukulele at the Ukalaliens workshop, which is sponsored by The Friends of the Seaside Library. You must sign up for this class and can do so at the circulation desk or by phone.

Musician-teachers, Kate Power and Steve Einhorn, travel in Johnny Appleseed fashion from town to town, to introduce one and all to the fun of playing the ukulele. Kate and Steve will bring 30 ukes for participants to use and will teach beginners, in a friendly atmosphere, how to play these simple instruments. The mission of the Ukalaliens workshop is to grow budding musicians from scratch through ukulele and to give the uke-curious the opportunity to play the little musical powerhouse that is the ukulele.

Kate and Steve are lifelong musicians, songwriters, artists and publishers. They are the creators of the Ukalaliens Songbook and companion CD, Homespun DVDs, and the book "You Can Play the Uke" volume's 1 and 2. They formerly owned Portland's historic music hub (1981-2006) until they passed it on to become a non-profit community center. After this, they ventured fulltime into playing and teaching music.

Seaside Public Library 1131 Broadway. (503)738-6742 / www.seasidelibrary.org

Dance Your Joy at AAMC

The AAMC is a cooperative of passionate professionals who want to share the love of dance, fitness & performance art with you. Located at 342 10th St. in Astoria. astoriaartsandmovement.com

• MONDAY
10:00 - 11am: Tai Chi with Angela Sidlo
5:30 - 6:15pm: SloFlow Vinyasa Yoga with Jude MatulichHall
6:30 - 7:15pm: Relax & Restore Yoga with Jude Matulich Hall
7:30 - 8:30pm: Tap with Marco Davis

• TUESDAY
9-10am: Zumba Fitness with Nayelli Dalida
6-7pm: Beginning Level Salsa with Jen Miller
7 - 8pm: Beginning West Coast Swing with Jen Miller
8-9pm: Level 2 West Coast Swing with Jen Miller
8:30-9:30pm: West Coast Swingw/J. Miller Prac. Hr.

• WEDNESDAY
8:30-9:40am: Gentle Yoga with Terrie Powers
10:00 - 11:00am: Tai Chi with Angela Sidlo
5:30 - 6:30pm: Pilates with Jude MatulichHall
7:00-8:15pm: Belly Dance with Jessamyn Grace
8:30 - 9:30pm: Argentine Tango Practica with JL Gillikin

• THURSDAY
9:00-10:00am: Zumba Toning with Nayelli Dalida
4:00 - 5:00pm: Slomo with Kestrel Gates
6:00 - 7:30pm: Tri-Dosha Yoga with Melissa Henige
• FRIDAY
9:30 - 10:40am: Gentle Yoga with Terrie Powers
11:30am-12:30pm: Yogilates with Jude MatulichHall
6:30-8:30pm: Sacred Women's Gathering with Melissa Henige

• SATURDAY
6:00-7:00pm: Argentine Tango Fundamentals with Estelle & Celeste Olivares
6:30-7:30pm: Intermediate Argentine Tango Concepts
7:30-8:30pm: Argentine Tango Mini-Practica with Estelle & Celeste Olivares

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."

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. Meetings are held on the Third Thursday of each month from 11:00 - 12:30 at 320 South Street, Astoria. La Leche League Leaders are available to answer breastfeeding questions and concerns. Megan Oien@503.440.4942 or Janet Weidman@503.741.0345



Messages Sonja Grace mystic healer

Patterns

WHAT DO MOST PEOPLE FEEL about money? Everyone wants more and there is never enough. We place our own value of who we are on this powerful currency. When we have it we feel great, important, worthy and prosperous, but when we don't have it we feel worthless, devalued and devastated. The patterning of acquiring, keeping and spending money is learned from our parents and their parents and all the way down the line. The people who grew up during the great depression or as children of that time learned that working hard is how we get ahead in life. This was passed down and

patterned to several generations until the pendulum swung far to other side and as it swung back the children of new generations were given everything to make up for the harsh reality of work and earning a living from parents and grandparents.

It is important to understand that our emotional patterns are the recreation of a series of feelings that happened in our childhood. A pattern might look like this: A child experiences wonder and questions what things are, a parent who is worried about not having enough money to pay the bills, responds from frustration and exhaustion and tells the child

they don't have time. The child feels neglected and watches the parent leave for work and feels abandoned. The pattern that this child has acquired will continue to play out into adulthood is: wonder or questioning, neglect: there is never enough and betrayal: work means you will leave me. We all know parents are doing the best they can but we have karma and our lifetimes of unresolved emotional wounds that are constantly being reenacted.

This child who is now an adult is manifesting this pattern. Here is an example: The man who experienced wonder, questions, neglect and abandonment is in a relationship with a woman similar to his mother who works hard and is worried about money. When he asks her a question she might play out the role of his mother and walk away saying she doesn't have time for this. Frustrated and angry she leaves for the office. He experiences the pattern all over again and wonders why no one will listen to him and feels alone and abandoned. He may take the pattern further and seek out some form of comfort (not always healthy choices) trying

to remedy the inner child. This pattern is happening at a very deep level and can cycle regularly bringing the adult to a set of feelings that are unresolved and difficult to manage.

Generations of people, patterns and what we value has paved the way for society today. If we grow up believing our worth is the total sum of our work then money takes on a different role. We become the goal we have based our life on and if we fall behind or we don't make the mark we suffer a tragic loss of identity. Separating out the function of money and what we need, want and obtain is very different from who you are as a soul in a body on the earth. Value yourself, your children and the time you have here on earth. Consciousness requires inner work, processing and releasing the past.

For over thirty years, author and Mystic Healer, Sonja Grace has been offering her international clientele, immediate stability, clarity, and guidance. Sonja is an energy surgeon who works with the physical, emotional, mental and spiritual bodies. She helps clients process emotional wounds, clear karma and gain inner peace. Her new book 'Spirit Traveler' Findhorn Press is now available for pre-order at www.sonjagrace.com

By Tobi Nason

word and wisdom

May Day/Mayday, Mayday, Mayday!

MAYDAY is from the French "m'aider" a shortened version of "venez m'aider" —Intentional verbal distress signal, used primarily by aviators and mariners, and voiced 3 times in a row to distinguish it from any other May Day announcement, developed in 1923.

There, I got the definition of the distress Mayday out of the way.

Wouldn't it be useful to have a conversational version of Mayday?

Imagine. You call your best friend, in near tears over something, anything, and all you have to do is blurt out, "Mayday Mayday Mayday." Yes, three times in a row. Otherwise, you are talking about an informal holiday called May Day. I like it! How many times have you called someone, and the conversation starts agonizingly slow?

You: "Hi! What are you doing?"

Them: "Not much. What's going on?"

You: "Oh nothing, really." Voice shakes....

Them: "Oh? Ok, just thought you sounded... sad."

You: "No, I'm ...okay."

Them: "Well, good! Oh, did I tell you I got a raise (fill in the blank- manicure, I'm pregnant, moving, bought new shoes, heard from Joe....)

This is when you can shout, sob, whisper, "Mayday, Mayday, Mayday..."

Aside: The demo conversation above goes many ways, with you also on the receiving end of a vague distress signal. The problem is conversational style and limitations and societal expectations, etc. We often do not know how to ask for emotional support.

That's repeatable. We often do not know how to

ask for emotional support.

Am I speaking from personal experience? Yes.

Why is it so hard? Well, different reasons for different people at different times.

Embarrassingly, I will admit, the bigger the loss or concern, the less likely I am to reach out. I go inward. But heaven forbid someone insult me in the course of my day and I'm all over the place with it—whining.

There it is. I was brought up with that word. Quit whining. Our culture doesn't like whiners. My small, immediate, dysfunctional family didn't like it when I needed anything. Here's a true story: About 6 months into my divorce procedure, still raw and dealing with the unknown, not even technically divorced and emotionally a wreck, my sister, on the phone, said, out of the blue, "You've got to quit whining. I've listened to you for the last few months, but now you need to move on. Did I tell you I bought some new geraniums for my porch?"

Writing the above, I see some humor. I'm smiling. At the time, I just gazed off speechless. Bad timing on her part, for one thing. Heartless, I might add. And now, in hindsight, I add a few descriptive adjectives and nouns that are unprintable for this fine and respectable public paper. And I find myself smiling. I have some insight into my own birth family dynamic. I know why I hesitate to share and reveal. Aside: It took me some weeks to develop a conversation with my sister regarding the divorce, and I had grown comfortable in sharing those grisly details that are part of divorce. Apparently, to her, I was not sharing - I was whining. I should have stuck conversationally to

my blooming irises.

Her words triggered years of her (and my mother) dismissing me in many shapes and forms. (Forgotten birthday - no big deal! Why would a 10 year old "whine" about that? Apparently I did, because it hurt. The list goes on...)

Mayday, Mayday, Mayday! Shorthand for distress. I'm going to start using that, but with caution. I will pick and choose whom I put on my call list. If I'm in distress, no matter what, I don't want it sidelined to your recent gardening adventure or dismissed as whining. Both are unnecessary. The agenda then is dark and winding and not helpful.

Make your own call list. Choose carefully. My call list is short, but when I call, I know the person on the other end is listening with a whole loving heart.

Are there distress symptoms evident? Not sleeping, over sleeping, not eating, over eating, irritable, digestion concerns, headaches, could be distress-related.

Do not let anyone else dismiss or diminish your problems. Sometimes a seemingly smaller concern is the tip of an iceberg, and talking helps uncover what's beneath it all.

Honor yourself. Only you know the full course of your life. No apologies.

Tobi Nason is a counselor and a resident of Warrenton. She can be reached at (503) 440-0587. She rarely speaks to her sister who lives far away and when she does, it's about blooming plants. It works well that way.

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bodies in balance

Healthy Habits-What the Blue Zones Teach Us

AFTER ATTENDING the 60th annual Northwest Naturopathic Physicians Conference where we learned about 'Food as Medicine' a Blue Zone theme ran throughout the lectures. There were some wonderful points these healthy, long-lived cultures brought to light which I felt compelled to share with my Hipfish readers.

Although each specific idea may not be feasible for everyone, the general notion of learning from different cultures and communities that have long, healthy lives is worth exploring...hope you agree.

Unfamiliar with the Blue Zones? There are currently 5 blue zones identified across the world: Okinawa (Japan), Sardinia (Italy), Icaria (Greece), Nicoya (Costa Rica) and Loma Linda, California.

They were termed as such by researchers seeking answers to long, healthy lives. As areas of statistically significant longevity (like in Icaria 1 in 3 people live into their 90's) and lower levels of health problems which plague most humans (heart disease, diabetes and cancer) were identified, they would draw a blue circle around the area...thus Blue Zones were born. If you're interested in learning more specifics there is a book called The Blue Zones by Dan Buettner, or www.bluezones.com, as well as a National Geographic article by the same author which debuted this research in 2005.

From the research of Buettner and his team there were certain clear overlapping choices and practices among these communities. These points, that I'll review below, cover all aspects of a healthy human experience. From the common physical health practices we recognize in the U.S. like diet and exercise, to other less common ideas which ensure we take care of our minds, well-being and communities. The findings which clearly demonstrate that the whole person must be addressed is a cornerstone of Naturopathic medicine that the Blue Zone research reflects beautifully.

The first points are ones I think we would readily recognize as smart dietary practices. There is an overall theme of high plant-based, semi-vegetarian diets. There is good variety in the plants they select, influenced by eating more seasonally. This of course ensures a great deal of fiber intake (something our current standard

of time and deadlines and to do lists. They instead savor time, live in the moment and value time with their families and communities.

This brings me to the last grouping of major points which are purpose and engagement...in family, community and spirituality. These communities report an

overall positive sense of life purpose, a reason to participate in life, and a rich social life. Families are strong in these cultures where multiple generations interact, sharing knowledge and skills; a trend that is sadly lost in our modern western culture. These people give us a model in community, again participating with a broad social group and in a variety of activities both work and play. They value their connection to the greater forces through spiritual or religious practices.

The Loma Linda group specifically is a Seventh-day Adventist community so clearly the spiritual base would be profound there I imagine. I find this point so important in

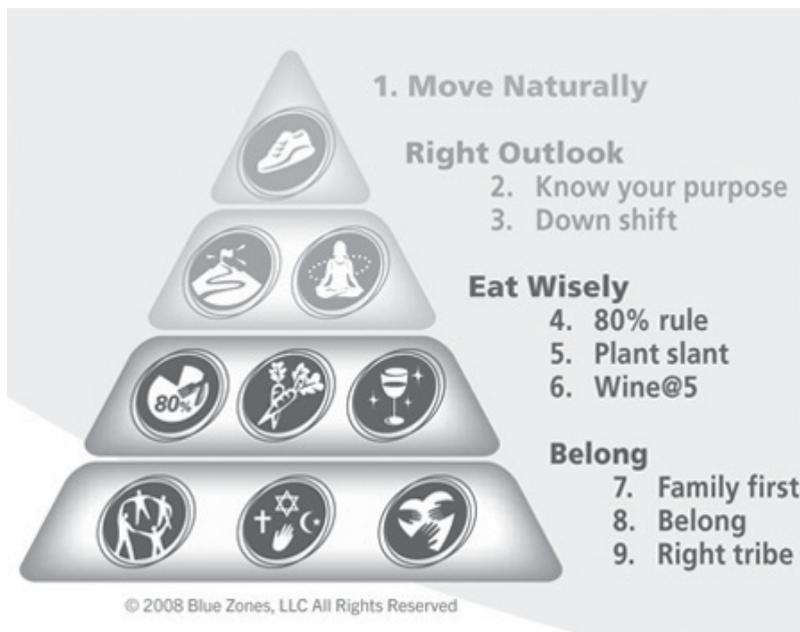
life and health, yet one that presents the greatest challenge to translate to patients as our beliefs, abilities and interests are all so varied. BUT I find some tips that have proven useful here are: be creative (I believe this to be a medium for connection to spirit), volunteer, take classes, join a club or organization and keep connected to family.

Research continues both on a grand global scale as well as cellularly, attempting to answer the age old question of how to live a long, healthy life. I really appreciate the Blue Zone insights as they are being lived today; whole communities who even in this ever changing world are finding that healthy balance. I hope you've found some little pearl to bring into your life or pass along to another to help bring the wisdom of the Blue Zones home to the Northwest Coast.

DO something you love, BE with someone you love, EAT your vegetables, DRINK clean water, BREATHE deeply and MOVE your body EVERYDAY!!

By Tracy Erfling, N.D.

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



American diets severely lack), as well as a significant resource of nutrients. Protein sourcing, of course depends on where they are located, but generally is lots of legumes, moderate nuts and seeds, and some eggs, fish/seafood or lean meats. Overall, they consume relatively low calorie diets. There is indeed good research about calorie restriction and longevity, and here is yet more evidence. There is finally a moderate amount of alcohol intake, primarily wine, and little to no smoking.

As for lifestyle factors, again these are things I think we are hearing in our health messages as well, or at least I try to deliver them in mine. They are all physically active not by going to the gym and powering out an intense workout for an hour then sitting the rest of the day. Instead they are moving a lot more regularly throughout the day and many if not most achieve this through growing, harvesting and processing their own food. They all spend a great deal of time outdoors, and live in relatively sunny places. They have significantly lower stress due to a reduced urgency over the notion

FOOD GROOVE

CHEW ON THIS!

by Merianne Myers



PATIENCE, THOU ART POT ROAST

- 3 to 4 pound beef chuck or rump roast
- 2 Tablespoons olive oil
- 3 Tablespoons tomato paste
- 3/4 cup dry red wine
- 1 Tablespoon Worcestershire sauce
- 1 bouquet garni (a couple of stems of thyme, a stem of rosemary, 1 or 2 fresh bay leaves, 2 or 3 stems of parsley tied together with kitchen string)
- 4 carrots, scrubbed (peel them or not) and cut into 1 inch chunks
- 1 large onion, cut into wedges
- 2 large potatoes, peeled and cut into largish chunks
- 3 cloves of garlic, peeled and chopped
- 8 ounces fresh mushrooms, halved
- 2 ounces dried mushrooms, steeped in 1 1/2 cups of hot water
- 3 Tablespoons flour
- 1/4 cup water
- Salt & Pepper

ANYONE WHO KNOWS even slightly can vouch for the fact that I am not a patient woman. It isn't that I am unable to wait quietly when need be. It's more that I am unwilling to dawdle under certain circumstances. As time goes by and I get closer to the tape than the starting line, I am moved to question the necessity and/or prudence of waiting in light of the fact that I could be dead. Of course, this is the case for any one of us at any time in our lives. Nevertheless, when one is looking at one's 60's in the rearview, one can rightfully presume that the curtain could fall at any moment and I'd rather be caught in the act than the waiting room if you get my drift.

I am neither frightened or maudlin about the inevitability of life's end. I am merely inclined to make judgement decisions about whether or not something is worthy of patience and disinclined to take yours or anyone else's opinion on the subject. You know, sort of like a cat.

There are some exceptions wherein I am always willing to wait, usually with a glass of wine and a book at hand. One of those is pot

roast. With the evenings still cool enough to welcome a low oven warming the kitchen, I plan to patiently braise May away.

Furthermore, there is no defensible reason to resist the opportunity to simmer beef, mushrooms and red wine. Mushrooms are one of my favorite things to toss in the dehydrator. Dried mushrooms are repositories of heady aroma and intense flavor. They are also a way to compensate for my tendency to be overenthusiastic when buying wild mushrooms in season or domestic mushrooms on sale.

I am not a mushroom hunter, maybe because throughout history deadly mushrooms have killed the famous and the sadly uninformed with an admirable lack of bias. More likely because, to the uninitiated (me), harvesting mushrooms can be a daunting prospect. Experience and education are all that steer us clear of the Death Cap or Destroying Angel. Not only will they kill you, they sound mighty unappealing on a menu.

In the beginning, there must have been countless cases of indigestion giving way to the realization that

you'd just eaten your last meal. However, once early man had completed the research, people were quick to use mushrooms for homicide, suicide, hallucinogenic trips to another side and dinner.

In the case of patiently cooked Pot Roast, I would argue that it's a textbook case of justifiable fungicide.

Preheat oven to 350 degrees. You will need a heavy, oven-proof pot with a lid. Put the oil in the pot over medium high heat. When the oil is warm, brown the roast on all sides. Do not hurry this part. The crust that forms when the meat sears is key to the flavor of the finished product.

Add the tomato paste and stir while it comes up to temperature. Add wine, Worcestershire sauce, bouquet garni, a teaspoon of salt and a few grinds of pepper.

Bake, covered, in the oven for 1 1/2 hours.

Drain the soaked mushrooms and strain the liquid through a fine strainer lined with a paper towel. Simmer the liquid in a saucepan until reduced by half.

Add carrots, onion, potatoes, fresh and dried mushrooms and garlic to the roast and bake uncovered for another 40 minutes or so until the meat and vegetables are tender. Remove bouquet garni.

Blend flour and water until smoothly mixed and stir into the pot. Bake a few minutes longer until juices are thickened. You can absolutely skip this part if the liquid in the roasting pot is to your liking. Sometimes it's thick enough, sometimes a person just wants an au jus sort of sauce.



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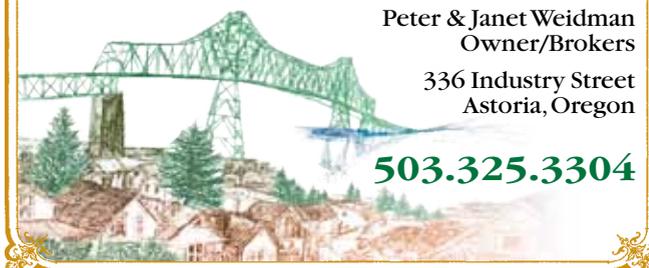
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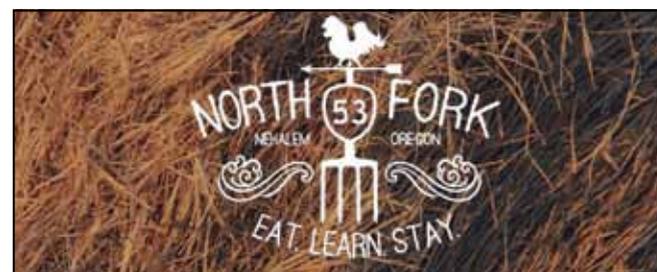
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Visuals: Lightbox Gallery

Farm to Fork Dinner

JUNE 2 ASTORIA CO-OP GROCERY
AND COLUMBIA MEMORIAL
HOSPITAL TEAM UP

THE FRESHEST LOCAL FOOD of the season will highlight an upcoming spring farm to fork dinner. Astoria Co-op Grocery, Columbia Memorial Hospital's Nutritional Department, and Chef Marco Davis are joining forces again in an effort to inspire people to eat fresh and healthy foods.

The menu will include four courses with lots of vegetables and fish. Davis creates the menu just before the dinner in order to capture the freshest most local food around.

"I like having relationships with people I'm getting food from. I know they're putting the same love into farming as I do cooking. It tastes so much better and it makes me happy," Davis said.

In addition to a meal there are elements of entertainment and education involved. Many of the local farmers will attend the dinner and take turns speaking about how they grew the food. The setting is in a gourmet demonstration kitchen so attendees will be able to watch and learn as their dinner is prepared before their eyes.

"Educating people about health and nutrition is important to the Co-op and a really fun way to learn is while eating amazing food and drinking wine with friends," Astoria Co-op Grocery Marketing Director Zetty Nemlowill said.

Vann Lovett, Nutrition Services Manager at Columbia Memorial Hospital says, "CMH became involved in the Farm to Fork event because food is really the foundation of health in the community. As a Planetree designated hospital, we recognize nutrition and the nurturing aspect of food as a component of the care that we provide both to our patients and to our caregivers. The Farm to Fork dinners provide education about healthy cooking and eating, but also about where to find fresh, healthy food in our community. And, really, it's super fun."

The event is volunteer-run and any proceeds beyond the cost of ingredients go to North Coast Food Web's Project Fruit Box which provides organic fruit to local schools. Tickets are \$40 each and include a four course dinner and wine. Space is limited so organizers encourage you to get your tickets as soon as possible.

Thursday June 2 at 6 ppm, Columbia Center Coho Room 2021, Marine Drive Astoria, Tickets: available online via Eventbrite. Find a link on www.astoria.coop.



Chef Marco and Farmer Teresa

FOOD GROOVE

HIGHLIGHTS

Clatsop County Master Gardeners Present

2016 Spring Into Gardening

Saturday, May 14

Clatsop County Fairgrounds • FREE

A FEAST FOR THE EYES Gardening for Taste and Beauty is the theme. Presenters will teach use of incredible ornamental edibles both as landscaping features and in containers. Eating flowers will bring whimsy to this garden pallet.

INCREDIBLE EDIBLE Ornamental Gardens: Weston Miller has a passion for beautiful edible garden landscapes. His very first garden creation was "a terraced Shangri-La garden focused on food production". Miller manages the popular Metro Master Gardener program for Clackamas, Multnomah and Washington Counties. He also heads the Urban Farmer Apprenticeship teaching specialty crop production and marketing.

CLASS DESCRIPTION: Get the skinny on blending edibles and ornamentals for a delicious, low-maintenance landscape. Discover salad-boosting herbs and flowers, fruit trees for small spaces and native plants that hide "berried" treasures. Learn easy organic care methods and best varieties for blueberries, strawberries, tree fruits, grapes, kiwis, culinary herbs and more. 9:30 – 10:30 am

CONTAINER GARDENING with Beautiful Ornamental Edibles: Maggie Stuckey, author of *The Bountiful* Stuckey shows us how to put together a container garden of edible plants: vegetable, herbs, fruits, and edible flowers. If you love to grow good thing to eat but have limited space this is for you. Maggie will explain the advantages of container gardening (there are many) as well as the challenges. As a hands on demonstration Maggie will prepare three containers of mixed edibles to be raffled off in the afternoon. 11:15 am – 12:15 pm

LET'S EAT FLOWERS North Coast Food Web, whose mission is to cultivate healthy communities and a vibrant local economy thru food and agriculture joins Spring into Gardening again this year. Demonstrations and tastings focus on creating a "Feast for the Eyes" using flowers. How to make candied flowers and using flowers as garnishes is on the palate. Growing and preserving violets, roses and lavender is also featured. 12:35 – 1:30 pm

PLANT SALE This years varied selection will be more mature and our soils more ready for transplanting due to the later date of Spring into Gardening. Clatsop County Gardeners know this is the best opportunity to purchase economical locally grown healthy plants that thrive in coastal soils. Selection includes Perennials, Potted Cedar trees, Ferns, Bleeding Hearts, Herbs and Apple trees. Plants are from Master Gardeners Demo Garden at the Fairgrounds and their private gardens. Master Gardeners are on hand to help you identify what's best for individual growing conditions and general home gardening advice. Commercial Vendors will also be selling vegetable and flower starts.

TONGUE PT JOB CORPS LANDSCAPE RAFFLE "A Days Work" Tongue Pt Job Corps Landscaping class provide 8 hours of landscaping/yardwork. This is an opportunity for the winner to create garden fantasies. Supervised by the instructor a work plan is formulated with the winner. The winner provides materials, the students the labor. Past winners give rave reviews of paths and walls, raised beds, gardens dug and planted, shrubs and trees installed, berms created. Winner need not be present to win. Tickets can be purchased ahead of time at the OSU ext office or from a Master Gardener.

VENDORS MORE plants including ORGANIC Vegetable starts, Garden and Patio Art, fantastic variety of Dahlia tubers, Antiques, Garden and Yard tools, Books, lawn services and local artisanal foods are a few of the vendor items for sale. Vendors appeal to all shoppers not just gardeners.

MG RAFFLE Local merchants and individuals donate generously to this popular raffle which this year will be more streamlined and user friendly. Items include restaurant certificates, hotel accomodations, landscape services and other lovely and useful items.

FAMILY FUN Children can bring their parents to learn about and create bugs ,buds, bumblebees, bats and slugs. A Worm Farm and a Slug Farm will show these garden helpers live and in action doing their work.

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in concert at the Liberty Theater in Astoria
Friday, May 27, 7pm

Tickets \$25 & \$30
Purchase tickets at the Liberty Theater Box Office
also www.ticketwest.com

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