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# TRUE LIFE TRIO

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KALA welcomes the return of dazzling vocal masters, True Life Trio, Sunday April 14 at 7:30pm.

Since its inception in 2010, True Life Trio has enchanted audiences with their powerful harmonies. Their concerts take audiences on a borderless journey through the villages of Ukraine, the mountains of Bulgaria and Louisiana's Cajun country demonstrating the beauty, power and diversity of vocally-driven folk music from Eastern Europe and North America. TLT honors these traditions while adding their own unique spin via innovative arrangements and folk-inspired compositions. The trio's fiery and supple vocals bridge musical worlds and deliver them right to the listeners' ears.

True Life Trio's performances include a mix of a cappella songs and tunes accompanied by fiddle, guitar, accordion and percussion. In any given concert, the trio will sing in more than ten languages, interweaving translations, tales of their travels and background stories that bring this beautiful music to life and demonstrate their passion, joy and humor in singing together.

In 2016, TLT released their first full-length recording, Like Never and Like Always, a collaboration with multi-instrumentalist Gari Hegedus

Leslie Bonnett, Briget Boyle, and Juliana Graffagna met under the musical auspices of the renowned KITKA Women's Vocal Ensemble, that once performed in a dynamic show at the former River Theater in Astoria.

*"They bring the world. Via gorgeous harmonies, the East Bay's True Life Trio travels through a wide spectrum of styles and traditions....Whenever they raise their voices in song, True Life Trio uplifts the listener, regardless of the song's subject matter or language." — Paul Freeman. The Daily News, Bay Area News Group*

**Doors open at 7pm. Show at 7:30pm. Tickets are \$15. Advance tickets at [www.libertyastoria.showare.com](http://www.libertyastoria.showare.com). KALA is located at 1017 Marine Dr. in Astoria. 503.338.4878**

## North Coast Chorale performs The Seven Last Words of Christ

ONCE AGAIN, North Coast Chorale (NCC) will perform "The Seven Last Words of Christ". This sacred cantata will be presented at 7 p.m. on **Wednesday, April 17th** at the Performing Arts Center in Astoria, at the corner of 16th St. and Franklin St. "The Seven Last Words of Christ" is being performed as a Benefit to support the Performing Arts Center. A \$10 Donation is suggested.

"The Seven Last Words of Christ" is a rendering of Jesus' crucifixion and His seven last phrases, which are called "words" of Forgiveness, Salvation, Relationship, Abandonment, Distress, Triumph, and Reunion. This year it will be accompanied by Vincent Jones-Centeno on the PAC's Estey Opus-429 Organ. Phil Keim, Lois Willis, and Elias Hesse, well-known Chorale soloists, will further illustrate the presentation of this sacred cantata while being supported by the NCC singers.

The composer Theodore Dubois was born in France in 1837. He spent most of his life in Paris, where he studied at the Paris Conservatory. While he was not recognized as one of the great musicians of his time, he was highly respected by his more famous counterparts, including Franz Liszt (who gave him musical encouragement), Cesar Franck, and Camille Saint-Saens.

Dubois was the organist and choirmaster at the Church of St. Clotilde in Paris (where Cesar Franck also served at one time) when he wrote the "Seven Last Words of Christ." This composition was first performed in 1867 for the Good Friday service at



the Church of St. Clotilde. Even though Dubois composed several other works (orchestral, choral and organ), very few of them are still performed today, with the exception of the "Seven Last Words of Christ." Perhaps part of the reason for his relative obscurity today is that Dubois composed very much in the idiomatic style of his day—a style some consider overly-romantic or trite by today's standards. In this sense, the "Seven Last Words" is very much a "period" piece, in that its style is representative of another time and place—namely, the gilded age of the late 1800s and early 1900s.

As a dramatic chorale work, The Seven Last Words of Christ depicts the spiritually moving scenes of the crucifixion—the angry crowds, the anguish of Jesus' mother, the thief on the cross, and Christ's suffering and death on the cross.

— Michael Shawgo, Second Presbyterian Church of Chicago



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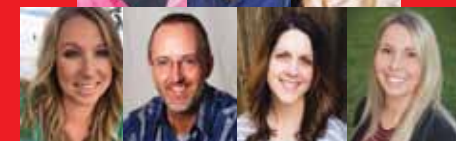
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## Oregon Poet Laureate Kim Stafford in Astoria

POET LAUREATE OF OREGON KIM STAFFORD, is in Astoria for a series of happenings that include an Earth Day Ceremony



Photographer Robert Adams

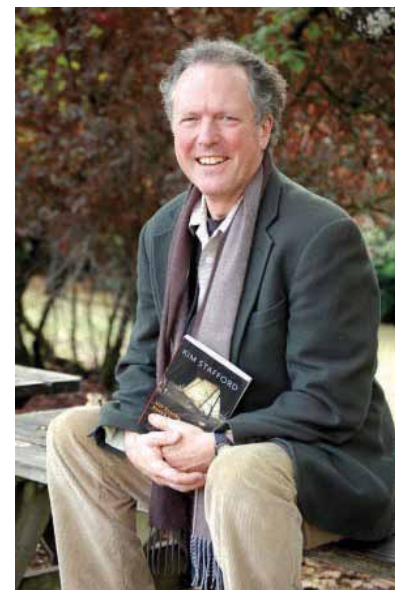
on **MONDAY, APRIL 22** starting at 8:30am at Clatsop Community College Royal Nebeker Gallery, created in collaboration with CCC faculty member and master ceramicist, Richard Roland.

At 6pm a public conversation,

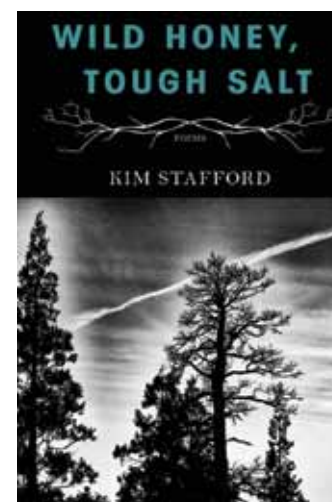
in conjunction with the Forest Vision Project, **talk poetry, talk forests**, takes place at the Royal Nebeker Gallery with the renowned **Photographer Robert Adams**.

Creative Practices and the Importance of Writing Your Own Story – is an engagement with students and faculty at Clatsop Community College and Astoria High School and Job Corps students, in collaboration with Marianne Monson/the Astoria Writer's Guild and poet/faculty member Nancy Cook.

A BOOK RELEASE PARTY for Stafford's new book of poetry, **Wild Honey, Tough Salt** will take place, **WEDNESDAY APRIL 23** at KALA performance space at 7:30pm. 1017 Marine Drive in Astoria. All events are free and open to all!



**WILD HONEY, TOUGH SALT** offers a prismatic view of Earth citizenship, where we must now be ambidextrous. The book takes a stern look inward calling for sturdy character and supple spirit, and a bold look outward seeking ways to engage grief trouble. The book begins with poems that witness a buoyant life in a difficult world: wandering New Orleans in a trance, savoring the life of artist Tove Jansson, reading the fine print on the Mexican peso and the Scottish five-pound note. Clues to untapped energy lie everywhere by the lens of poetry. The book then moves to considerations of the worst in us--torture and war: how to recruit a child soldier? How to be married to the heartless guard? What to say to your child who is enamored by bullets? In the third section, the book offers a spangle of poems blessing earth: wren song, bud growth, river's eager way with obstacles. And the final section offers poems of affection: infant clarities of home, long marriage in dog years, a consoling campfire in the yard when all seems lost. The book will soften your trouble, and give you spirit for the days ahead.



Kim Stafford is the founding director of the Northwest Writing Institute, at Lewis & Clark College, where he has taught since 1979, and co-founder of Fishtrap. He is the author of a dozen books of poetry and prose, including Having Everything Right: Essays of Place in 1986, and the new poetry collection, Wild Honey, Tough Salt: Poems, in 2019. He has taught writing in schools, colleges, meadows, forests, and in Assisi, Glasgow, and a remote village in Bhutan. In May 2018 Gov. Kate Brown appointed him as Oregon's ninth Poet Laureate. He is the son of American poet William Stafford.

## A Medley of Voices Celebrate National Poetry Month at the Astoria Library



Mary Lou McAuley

IN CELEBRATION OF NATIONAL POETRY MONTH, a handful of regional writers will perform several of their poems at 7pm Wednesday, April 10, at the Astoria Library. Admission is free. Following a theme of "Variations of Voice," the readers will interweave their pieces to make a medley of poems written and spoken in each individual's unique way. The six performers are published poets who read regularly at Ric's Poetry Mic – held on first Tuesdays at WineKraft in Astoria – and by invitation at special events in the area.

Poets include: from Washington, John Ciminello ("Magnolias, Mockingbirds, and Sweet Potato Pies," Falling Water Press) and Robert Michael Pyle ("Evolution of the Genus Iris" and "Chinook & Chanterelle," Lost Horse Press); from Astoria, Lucca Ettienne ("The Beautiful Bones of Hope"), Jim Dott ("A Glossary of Memory," Blind Slough Press); Mary Lou McAuley ("The Other Door" and "Nine Hundred Moon Journey," The Other Door Press); and Florence Sage ("Nevertheless: Poems from the Gray Area," Hipfish Publications). The reading also will include a poem by Karin Temple ("Chalice of Tears, Peregrina," Radiolarian Press).

The Astoria Library is at 450 10th St., Astoria. For information about library programs and services, contact 503-325-7323 or visit [astorialibrary.org](http://astorialibrary.org).



John Ciminello



Lucca Ettienne





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## Preservation Society Announces Landmark Nomination Assistance Program

Lower Columbia Preservation Society (LCPS) has launched a new program to assist Astoria property owners who would like to have their property designated as a local historic landmark.

Although several areas of Astoria have been inventoried for historic resources, there are many neighborhoods that have yet to be surveyed. LCPS is encouraging owners of historic properties located outside of previously inventoried areas to proactively seek designation of their properties as local landmarks. These areas include Alderbrook, South Slope, Smith Point and Peter Pan/Hilltop neighborhoods.

LCPS is also encouraging nominations by owners who have previously opted-out of designation or who have made restorations to their property since a previous inventory was completed.

Rachel Jensen, LCPS's executive director, has noticed several homes where vinyl siding has recently been removed, exposing the original wood siding underneath, "If your home was excluded from designation during an earlier inventory because of alterations that have since been reversed, we would love to see it added back to our community's list of local historic resources."

Owners can nominate their property for designation as a historic landmark by completing an application with the City of Astoria, providing information on the historic significance and integrity of their property and paying a nomination fee. Completed nomination applications must be approved by the Historic Landmarks Commission (HLC) at a public hearing in order to receive formal landmark designation.

"One of the major benefits of designation," said Jensen, "is that it triggers design review by the Historic Landmarks Commission for adjacent new construction. The design review process helps to protect the historic character of our neighborhoods and streetscapes through ensuring that new construction is compatible in size, scale and design with the existing built environment."

LCPS is offering 10 hours of historic research, documentation and application assistance per property, as well as covering the \$100 application fee to the city. Property owners can learn more about this program and apply for LCPS assistance online at [lcpssociety.org/landmark-nomination](http://lcpssociety.org/landmark-nomination). The deadline for applications for the first round of nomination assistance is March 31, 2019. LCPS's goal is to select three properties by May 1st and to see these properties designated by the end of 2019.

## Congresswoman Suzanne Bonamici Townhall Astoria - Clatsop Community College, Columbia 219

Tuesday, April 16, 2019 - 6:00pm

1651 Lexington Ave

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## AAUW: Sex Trafficking Lecture

ON TUESDAY APRIL 16TH, the American Association of University Women (AAUW) Astoria Branch will present a program on sex trafficking at the Astor Library, Flag Room at 6:00 p.m. Dr. Jay A. Barber Jr., Mayor of Seaside, will speak on the topic of sex trafficking followed by questions and answers. Also, the film "Chosen" will be shown which tells the true story of a young woman who has been groomed by a trafficker and how she was rescued. This film has been shown to middle and high school students.

Barber was elected to the Seaside City Council and was ap-

pointed to complete the unexpired term of the Mayor of Seaside upon the death of long-time Mayor Don Larson. He was recently elected for a full 4-year term as Seaside's mayor.

Currently Barber provides consultation services to a wide range of not-for-profit organizations in the Northwest assisting with strategic planning, fundraising strategies, board development, staff recruitment and coaching new and emerging leaders.

For more information on the program contact Jan Nybakke at 503-325-4592. The program is free and open to the public.

## Speaking Truth to Power...Wall Street Forests, the Climate Crisis and the Green New Deal: Putting People and Nature Before Profit

Chuck Willer  
April 9

IF YOU'VE never heard Chuck Willer speak, now's your chance to hear one of the most seasoned, diligent, and persistent voices working to protect Oregon Coast Range forests and watersheds.

On April 9 Willer will explain "Wall Street Forests, the Climate Crisis and the Green New Deal: Putting People and Nature Before Profit," summarizing three years of Coast Range Association research into the ownership and management of Western Oregon's forests.

He will then discuss past research in light of the climate crisis and potential opportunities afforded through the much discussed Green New Deal. The opportunities and proposals Chuck will explore center on building up carbon dense forests to mitigate climate change, protect watersheds and provide for rural economic renewal.

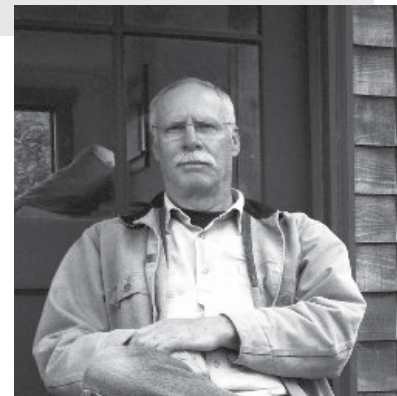
Chuck has studied coastal forests and watersheds for twenty-seven years as Director of the Coast Range Association. Over that time he has led studies into the connection of forest management to water quality, salmon habitat, pesticides, and the conservation of biological diversity. Chuck's career studying coastal forest management has always focused on the underlying economic issues that drive forest management.

Do you remember seeing a color-coded map a few years ago that showed ownership of industrial forests? Published in Hipfish and other north coast publications, it covered the northern portion of the Oregon Coast Range. Compiled by a team through Willer's organization, it shows who owns what (the who is mostly corporate investors, the what is the industrial forest lands we see from our highways). The owner of every parcel was identified through a painstaking data gathering process using public records. Ultimately the map demonstrates that our "forests" tend to be tree farms, grown for profit, not habitat or air and water quality.

North Coast Communities for Watershed Protection, previously known as Rockaway Beach Citizens for Watershed Protection, meets the second Tuesday of every month at 6:00 p.m. at NCRD in Nehalem. This is part of the educational "Speak Truth to Power" series of talks.

NCRD is located at 36155 9th Street, Nehalem, one block off Hwy. 101 and up the hill from Nehalem Lumber.

Rockaway Beach Citizens for Watershed Protection started in 2011 when a group of neighbors in Rockaway Beach, Oregon watched as the Jetty Creek watershed, the source of their drinking water, was clearcut logged at an alarming rate and then aerial sprayed with pesticides. In the last decade, about 90% of that watershed has been clearcut, thereby causing highly detrimental effects on the drinking water and natural habitat. We have now grown to represent other communities up and down the North Coast of Oregon that face similar difficulties; therefore, our new name, North Coast Communities for Watershed Protection, reflects our working together on a regional basis to insure that the air we breathe and the water we drink are safe.







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By Robert C. Koehler

## Marianne Williamson: Challenging The Status Quo In 2020

REPARATIONS FOR SLAVERY? Upending militarism and waging peace? Taking climate change seriously? Getting carbon out of the atmosphere and fossil fuel money out of the EPA? Valuing healing over punishment in our disastrous criminal justice system? Ending mass incarceration?

Bringing all this up — and much, much more — in a presidential race?

"Join with me for a year," cries Marianne Williamson. "of talking about things that matter!"

Williamson, best-selling author and long-time political activist (and a friend I've known and respected for many years), is, indeed, running for president of the United States, bringing into her campaign a burning commitment not so much to winning as to pushing past the consensus of know-nothingism that has long dominated American politics — and certainly the Democratic Party — at the highest level.

"Our democracy has stage 4 cancer," she says in her campaign video, "and all the traditional politicians are offering is a topical ointment."

Can this actually happen here?

Can American democracy dig to the level of the national soul? Can it burrow beyond our superficial "exceptionalism" into our past and truly look at what we've done over the last two and a half centuries? Can the nation hold itself accountable . . . for slavery, for Native American genocide, for wasting trillions of dollars and murdering millions of people by waging endless war?

Can America change?

How, I asked her the other day, did you decide to run for president?

"One day I was sitting on my bed in New York and the idea just popped in," she said. Her first thought was: "Are you insane?" She spent a year and a half processing the idea before finally making the commitment to such an arduous undertaking: to run not simply as an isolated individual with a strategy and a bumper sticker, but as part of a movement, determined to bring the aspirations of that movement into direct confrontation with the forces of Big Money.

Join the evolution!

"I'm doing this," she said, "not just to elevate the conversation but to begin the process of making it happen. Why assume the American people won't do it?"

Williamson says on her website: "There is a groundswell of Americans seeking higher wisdom, in politics as well as everywhere else. . . . My campaign for the presidency is dedicated to this search, for wisdom of the heart has been absent from the

political sphere for far too long. Together we can reclaim both our democratic principles and the angels of our better selves, expressed not only in our personal lives but in acts of citizenship as well. Politics should not be a pursuit disconnected from the heart; it should be, as everything should be, an expression of the heart. Where fear has been harnessed for political purposes, let's now harness the power of love."

This is not how a presidential candidate is supposed to talk. A word like "love"



ignites cynicism. It's soft. What about our enemies? What about the interests we need to pursue in a hostile world? Politics is supposed to be tough and hard, or pretend to be, as candidates spout clichés about "a strong defense" and dance away from any real challenge to the status quo.

Suddenly, as I was talking to Williamson, I thought about the John Kerry campaign of 2004 and how, when I received a call from a Kerry fundraiser one day, I got hung up on when I kept pestering the guy about Iraq. At that point, we were a year into the carnage and quagmire. He refused to discuss the candidate's position and finally rang off. I was so disturbed by this I called Kerry's central campaign office, where a spokesman did nothing but spout Bush-lite truisms. Even though the heart of Kerry's constituency thought the war was a disaster, the spokesman could speak only of "crushing the terrorists" and "building a democracy" in Iraq. He too hung up on me.

This confirmed what I pretty much knew. The country had become no more than a spectator democracy. The government's agenda is none of our — the public's — business. We get to go shopping and watch the bombing on TV. But . . .

"There is a groundswell of Americans seeking higher wisdom, in politics as well as everywhere else . . ."

Yes, I believe this as well. American democracy has not been completely undone.

There's something happening here. Evolution — the creation of a world beyond war and environmental exploitation — has grabbed hold of the political system and is no longer irrelevant to it. In 2016, Bernie Sanders scared the DNC to within an inch of its corporate life. In 2018, a wave of progressive change flooded Congress.

Williamson told me she wants to confront the gatekeepers with "the necessary audacity to keep democracy alive."

Visit her website and imbibe some of her audacity:

"America should embark on a 10- to 20-year plan for turning a wartime economy into a peacetime economy, repurposing the tremendous talents and infrastructure of our military-industrial complex in such a way as to leave us strong enough to deal with America's legitimate needs for military preparedness, yet moving on to the urgent task of building a sustainable society and sustainable world. . . . (It) is time to release this powerful sector of American genius to the work of promoting life instead of death.

"In many ways, America has continued the process of racial reconciliation begun in the 1960s. Yet in other ways, we have actually slipped backward. Yes, there are no more colored bathrooms and separate drinking fountains. But we now have mass incarceration; racial disparity in criminal sentencing; lost voting rights; outright voter suppression; and police brutality often focused on black populations. . . .

"Criminal justice has become both a political and moral disaster. . . . Trauma sends people into the criminal justice system, and then the criminal justice system too often heaps more trauma on those incarcerated or facing incarceration. If we are serious about breaking the cycle of violence, we need to be sensitive to these traumatic experiences that lead to violence, and by doing so, we have a chance of addressing both."

And there's so much more. Her goal is to cry truth at the American political consensus. To get into the debates, she must receive 65,000 unique donations. She's about two-thirds of the way there right now.

The political groundswell is just beginning. Democracy does not mean business as usual.

Robert Koehler, syndicated by PeaceVoice, is a Chicago award-winning journalist and editor. Stephen Berk on hiatus, returns next month



# NATURE NEWS

## Help knock out knotweed on the Necanicum River

NORTH COAST Land Conservancy is seeking volunteers for one more assault on invasive Japanese knotweed that had spread widely in its Necanicum Forest Habitat Reserve east of Seaside. Join them for this stewardship day **Wednesday, April 17, from 10am to 1pm.**

Knotweed is a robust weed, native to Eurasia, that has invaded riverside forests on Oregon's North Coast. It was widely planted in logging camps and along headwater streams in the 1900s. Floods transported root masses downstream, creating huge infestations on many Oregon rivers, including the Necanicum. NCLC has been working to rid Necanicum Forest Habitat Reserve of knotweed for several years. One more big push by volunteers will help NCLC get a handle on this invader.

Please e-mail Stewardship Director Melissa Reich at [melissar@nclctrust.org](mailto:melissar@nclctrust.org) or call her at 503-738-9126 if you plan to attend; she will provide directions to the site and additional details. Wear gloves and work boots. NCLC will supply the necessary tools. Bring water and snacks/lunch; there is no potable water at the site, and no toilets. Dogs are not allowed on any NCLC properties. FMI visit [NCLCtrust.org](http://NCLCtrust.org).



## Save the Date! APRIL 10 CoastWatch Marine Debris Survey Citizen Scientists Wanted!

OREGON SHORES has inaugurated a new site for its marine debris survey which takes place at numerous sites along the coast. The new location is at Fort Stevens State Park, just south of the Columbia's South Jetty. New volunteers are needed to fill out a team headed by Oregon Shores board member Ed Joyce who will conduct the survey at this site.

Meet at 10am, April 10, at Parking Lot B, about three-quarters of a mile south of the Columbia on Jetty Rd. in Fort Stevens State Park. Whether traveling north or south on Hwy 101, turn west on Ridge Road and follow the signs within the park.

As with all CoastWatch's marine debris survey sites, the survey is conducted monthly, to supply consistent data. CoastWatch seeks to organize a large enough team that some members can be there every month.

Everyone is welcome to participate in this citizen science project, CoastWatchers and non-CoastWatchers alike. While the goal is to recruit volunteers who will participate at this site, anyone is welcome to participate on this occasion simply to learn the ropes and consider getting involved, either here or perhaps at another site. Instructions and materials will be provided.

These monthly surveys are conducted according to a protocol developed by the National Ocean and Atmospheric Administration (NOAA), and data collected is used by scientists studying the marine debris problem.

Although we continue to learn more and more about marine debris, there are still many unanswered questions. These include unknowns such as which types of debris are most common in a certain area? Or, how is the problem of marine debris changing over time, and are our efforts to prevent debris effective? NOAA's Marine Debris Monitoring and Assessment Project (MDMAP) helps answer these questions and others by collecting baseline data. The data collected through this project can be used to evaluate the impacts of marine debris along our coastlines and can help inform future marine debris mitigation and prevention efforts on a local, regional, and national scale.

FMI: on this effort - [marinedebris.noaa.gov](http://marinedebris.noaa.gov)

FMI: on the upcoming survey event contact Ed Joyce (503) 468-0995, [edjoyce1@verizon.net](mailto:edjoyce1@verizon.net).

RSVPs would be helpful, so Ed can provide some background information in advance and will know who to look for on the day.



## Sea Otters of Oregon

CELEBRATE EARTH DAY at the Cannon Beach History Center & Museum with a talk about sea otters. Who wouldn't want to talk about sea otters? Sea otters of Oregon are a missing keystone species and expert Robert Bailey will talk about the history of why Oregon is where it is and how we can make some changes. The presentation will be on Monday, April 22, 4pm.

Once common on the Oregon coast, sea otters were hunted nearly to extinction for their rich fur in the late 1700s and early 1800s. Their loss was a significant blow to coastal native people and to the marine environment. Although sea otters have returned elsewhere, they remain missing in Oregon. What will it take to help them return?

This talk will explore the history of sea otters in Oregon, their ecological and cultural importance, and the prospects for their return and recovery. It will touch on the mission of the Elakha Alliance, an Oregon non-profit organization devoted to sea otter conservation.

**Monday, April 22, 4pm. Arrive early and explore the museum and enjoy complimentary coffee. Admission to the Cannon Beach History Museum is donation based. The event is FREE and open to the public. 1387 S. Spruce St., Cannon Beach. [cbhistory.org/503.436.9301](http://cbhistory.org/503.436.9301) The Cannon Beach History Center & Museum is open Wed - Mon, from 11am to 4pm.**

## WHOLE SYSTEMS Ecological Restoration - Rethinking the Role of Invasive Species AUTHOR TAO ORION

ON APRIL 7 there's two opportunities to hear Tao Orion present "Whole Systems Ecological Restoration - Rethinking the Role of Invasive Species".

This presentation will focus on developing a whole systems-based understanding of invasive species as a foundation for holistically managing their populations. Invasive species are often viewed as the drivers of ecosystem change, and the practice of landscape management often focuses on their removal as a means to improve ecosystem function and enhance biodiversity. A more holistic view of invasive species places them within a larger social, economic, and ecological context as symptoms, rather than causes, of changing ecosystems. Factors including climate change, historic changes in land use and management, and even our modern concept of nature and wilderness contribute to the status of ecosystems we live in today, many of which are declining in health and productivity. Land managers have an important role to play in accounting for and mitigating these forces as they make plans for increasing biodiversity, beauty, and ecosystem function over the long term.

TAO ORION is the author of *Beyond the War on Invasive Species: A Permaculture Approach to Ecosystem Restoration*. Tao teaches permaculture design at Oregon State University and at Aprovecho, a 40-acre nonprofit sustainable-living educational organization. Tao consults on holistic farm, forest, and restoration planning through Resilience Permaculture Design, LLC. She holds a degree in agroecology and sustainable agriculture from UC Santa Cruz, and grows organic fruits, vegetables,

**The Lower Nehalem Watershed Council Speaker Series** will feature DR. STEPHEN LANCASTER from OSU for a discussion titled "It Takes a Lot of Guts: The Slow Digestion of Mountain Ranges by Stream Networks". In this talk he'll discuss how rivers and streams erode away mountains, deposit sediment, and move across their floodplains. This talk will be of interest to anyone who recreates on any river, landowners who have property on a river, land managers, and anyone interested in how our watershed has changed and will change over time.

**April 11, 7pm at the Pine Grove Community House, 225 Laneda Ave in Manzanita.**



seeds, nuts, and animals on her southern Willamette Valley homestead, Viriditas Farm.

**Sunday April 7, at two separate times and locations.**

- Fort George Brewery Community Room, Astoria (please enter on corner of 14th and Duane St) from 1:30pm - 3:30pm

- St. Catherine's Episcopal Church, Manzanita from 5:30pm - 7:30pm

**Also consider attending the "Eat the Invaders" dinner with Andy Catalano featuring Japanese Knotweed, held at the Salmonberry Saloon on Monday April 8, 2019 from 5:30pm - 8:00pm.**

Chefs around the world delight in the unlimited ways to use shoots, stalks, leaves, flowers and roots of this plant that conservationists curse.

Chef Andy Catalano of Alimento Astoria will grace us with multiple approaches to this versatile plant. Those who know chef Andy know he can wow through pickling and preserving, combining the freshest local ingredients into tasty dishes, and pulling together amazing pairings through sauces. Chefs from Salmonberry Saloon are on deck to add their touches from the savory to the sweet!

This multi-course meal (with dessert!) will be interspersed with brief talks from Tao Orion, author of *Beyond the War on Invasive Species*, and leaders from Lower Nehalem Watershed Council and Tillamook Estuaries Partnership who are working to improve our regional ecosystems.


**Monday April 8th, 2019, 5:30pm - 8:00 pm. \$45 per person, No Host Bar. To purchase tickets, visit Brown Paper Tickets. Salmonberry Saloon, 380 Marine Drive, Wheeler OR**

## Champions for Cetaceans Guest speaker Era Horton

Volunteering with the American Cetacean Society (ACS) since 2015, Era Horton is a proud contributor of Gray Whale ID photos to the Cascadia Research Collective, and a monitor for the ACS Marine Reserve project. He'll talk about the 25 cetacean species on the Oregon Coast, whale watching on the Oregon Coast, and threats to cetaceans world wide.

**At the Cannon Beach Community Center on April 17 at 7pm, in conjunction with 12 Days of Earth.**





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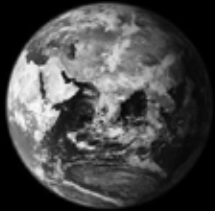


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**Sea Otters in Oregon**  
A missing Keystone Species  
With Robert Bailey  
An Earth Day event

**April 22 at 4:00 p.m.**  
**Seating is limited.**

At the Cannon Beach History  
Center & Museum

503-436-9301/cbhistory.org  
1387 South Spruce St.  
Cannon Beach, OR 97110

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LGBTQ news and culture  
for the lower columbia pacific

**QFolk**

### Lower Columbia Q Center Astoria Armory - 1636 Exchange Street Astoria

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.

THE Q CENTER IS OPEN on Friday Nights to Adults from 5 - 9pm, hosted by volunteers. Enjoy the Library, WiFi access, snacks, games, and a venue to share information, resources and community. Stop by to find out what's happening with the LCQC and the Q Community of the Lower Columbia Pacific Region. Use the entrance at 1636 Exchange St. Come on in out of the rain and check out your Q Center living room and offices.

### Support Groups/Ongoing

- Queer Edge Sobriety Support Group: First Wednesday of the month. 6-7:30 pm
- LCQC Board Meeting: Third Wednesday of the month. 6-8 pm

### 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 6:30pm - 8pm at the Q center. For Information call Tessa James at 503 545-5311.

Over the Rainbow Radio Show on KMUN  
91.9 Every 3rd Wednesday 8:30 - 1030pm

LCQC Choir RESUMES!!!!!! on January 21st, meeting every Monday 7-8:30pm. Contact LCQCAstoria@gmail.com.

-LGBTIQ+ Teen Social and Skate Night: Every Friday

### 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.

To connect with Oregon Central Coast Chapter of PFLAG, call (541)265-7194, email: pflagoccc@gmail.com

### Sexual Assault & the Q Community

THIS MONTH'S Central Coast PFLAG meeting on Wed., April 10 from 6-7:30 pm at St. Stephen's Church (9th & SW Hurbert) will feature a presentation on the issue of the many ways that sexual assault, including domestic violence, affects the Q (formerly LGBTQ) Community. Note that PFLAG OCC has adopted the current and simpler Q as an umbrella term for those in the minority regarding gender identity and sexual orientation.

Elizabeth "Lisa" Norton is a member of the Confederated Tribes of Siletz Indians where she has lived and worked for over 20 years. She has worked and volunteered in a variety of capacities for the Siletz Tribe, including Tribal Court, TANF, Child Welfare, Enrollment, Mental Health Research, and Small Business Development. She has been a sexual assault advocate for over five years, including as Director of My Sisters' Place. She received her MSW from Portland State University, and is completing her Ph.D. in Social Work and Research. Her research interests include community-based, participatory action research. She serves as Trainer for the Oregon Sexual Assault Taskforce, and presents on Two-Spirit identities as well as Sexual Assault and Domestic Violence.

All members of the Q Community, their families and friends, are invited to these monthly information and support group meetings. Following the program there's time to get acquainted and visit with others who share the joys and concerns of Q families.

### Lower Columbia Q Center April Social

April 11, from 6-8:00 PM

Sam's Seaside Cafe

104 Broadway St. Seaside, OR 97138

A fun filled evening with great food and company! All are welcome! Come meet and greet some of the LCQC's BOD, other community members and make new friends!

### ASTORIA PRIDE COMMITTEE:

Is looking for team players dedicated to making another successful year of PRIDE! Meet each Monday at the Astoria Armory starting at 6:00PM.

**CLATSOP COUNTY DEMOCRATS MEET** Clatsop County Democrats meet the fourth Monday of each month at 6:00 p.m. in room 221 of Columbia Hall at Clatsop Community College in Astoria. Parking next to Columbia Hall is accessed off of and above Lexington Avenue, between 15th and 16th Streets. For more information about the Clatsop County Democratic Party, please go to [www.clatsopdemocrats.org](http://www.clatsopdemocrats.org) or [www.facebook.com/clatsopdemocrats](http://www.facebook.com/clatsopdemocrats).

**PACIFIC COUNTY DEMOCRATS** Monthly Meeting - 2nd Mondays, 6pm, Long Beach County Building, Sandridge Rd. [pacificcountydem@gmail.com](mailto:pacificcountydem@gmail.com)

### CREATE • April 18 Columbia River Estuary Action Team

CREATE is a group of citizens working to protect the unique Columbia River Estuary and the rivers and streams that flow into it. All are welcome!

CREATE was started by people who were involved in the successful 12 year battle against LNG in Clatsop County. Its purpose is to foster citizen involvement in protecting the unique, beautiful and productive Columbia River Estuary.

New members are always welcome. Come and join in at 6pm, 3rd Thursdays at the Blue Scorchers in Astoria.



# SEXUAL ASSAULT AWARENESS MONTH

*I Ask.* **the importance of consent in all human relationships**

THE HARBOR Clatsop County's advocacy resource for survivors of domestic violence, sexual assault and stalking, plans a wide variety of awareness raising events for April 2019, **National Sexual Assault Awareness Month.**

EVERY 92 SECONDS, an American is sexually assaulted. These staggering numbers have come down since the nineties, when activism against sexual and domestic violence became more widespread, but there is still much more work to be done. Each year during the month of April, events and activities take place to highlight sexual violence as a public health, human rights and social justice issue and to reinforce the need for prevention efforts. This year's theme, I ASK, highlights the importance of consent in all human relationships.

## EVENTS

**APRIL 1 CITY COUNCIL MEETING:** Mayor Bruce Jones proclaims April as National Sexual Assault Awareness Month here in Astoria.

**APRIL 2 IS THE NATIONAL DAY OF ACTION.** Wearing teal on this day signals your support for sexual assault survivors.

**APRIL 13** 5 – 8 pm, **ARTWALK VIGIL** - Join the Harbor in the lot next to the American Legion on Duane Street for an ongoing slide show of statistics and art by and for survivors of sexual assault. Make your own art and post it on our board, light an (LED) candle and take a moment to honor survivors of sexual assault and commit to making Clatsop County and the world a safer place. The Harbor is soliciting art for the slide show; email images to [felicity@harbornw.org](mailto:felicity@harbornw.org) ; the deadline is 5:00 pm Friday, April 12.

**APRIL 14 1 – 3 pm, SAFER BARS TRAINING** – The Harbor is partnering with NOTOKPDX to present Safer Bars, a bystander intervention workshop that focuses on the role alcohol consumption can take in instances of sexual violence, with an emphasis on how to identify predatory behavior and how to safely intervene. The program was developed by bartenders, social workers and behavioral health clinicians in the Portland area and is free and open to the public. *Labor Temple, 934 Duane Street.*

**APRIL 18 5:30 – 8:30 pm, LET’S TALK ABOUT SEX** – A fun, quirky, informative panel discussion with local sexperts, local drag celebrity Ginger Vitus as MC, anonymous questions and a raffle! Tickets are \$10 and support The Harbor, Clatsop County’s only community based nonprofit devoted to providing advocacy, prevention and support while promoting self-determination and hope for survivors of domestic violence, sexual assault and stalking.

**Labor Temple, 934 Duane Street. Advance tickets available at The Harbor Advocacy Center, 801 Commercial Street or by calling (503) 325-3426**



**ALL APRIL** – keep an eye out for painted rocks hidden around Clatsop County with a special message of consent and love! Take a photo and upload it to Instagram and/or Facebook with the hashtag #consentrocks, tag @theharborastoria and be automatically entered in a drawing to win a surprise gift basket!

\*\*\* If you or anyone you know is in an unsafe situation due to domestic or sexual violence, The Harbor's 24/7 crisis line number is (503) 325-5735; en espanol, 1-855-398-0584 \*\*

Q R S T U V  
W X Y Z



## WHALE SPIRIT DRUM CIRCLE

An Open drum circle meets the FIRST SATURDAY of each month in Seaside from 7pm - 8pm. Everyone is welcome to gather and drum together; no drumming experience is necessary. The goal is to drum indoors at the Bob Chisholm Community Center in Seaside at 1225 Avenue 'A' when the weather is crummy and outside when the weather is nice. Check [www.WhaleSpirit.com](http://www.WhaleSpirit.com) to confirm location each month. We ask that you kick in a \$10 donation to cover renting the venue. Don't have a drum yet? Extra drums may be available for you to play. Please respect that this is a drug and alcohol free event. For more information go to: [www.WhaleSpirit.com](http://www.WhaleSpirit.com)

DREAM CIRCLES ECSTATIC DANCE

What wants to move through you? Resurrecting Astoria Arts and Movement Center ecstatic dances on Good Friday. A once a month event with dream specific themes and opening circle.

**Friday, April 19, 7pm – 8:30pm. \$10. 342  
10th St. 2nd Flr, Astoria.**

*A singing, songwriting, group shenanigans workshop for everyone*

**WITH BETH WOOD AND ARA (LEE) JAMES**

Singing can be intimidating. Writing can be intimidating. Jams can be intimidating. And open mics? Palms can get sweaty just thinking about it. Maybe you were born with nerves of steel but for most of us, even seasoned performers, putting your creative self out there feels like standing in front of a room naked and you get all shaky and second guess yourself and feel like everyone is better than you and wonder why are you doing this again?

Trying something new is some of the bravest work you'll ever do. The best way to coax out ideas, songs, words, whatever might in there takes a thoroughly supportive environment and permission to just try already.

**THINGS WE'LL DO:** Write group poetry. Make up songs. Do some creative unlocking—do some talking about why and where and how we get stuck. Get tools to dig up that stuff and give you permission to start where you are. Sit still—what happens when we do that is things float to the surface. Learn to catch that stuff with a net, usually in the form of a piece of paper.

Sing, like nobody's listening. Off-key, on-key, loudly, softly, together, and solo if you feel ready—non-religious, non-performance, non-take-yourself-too-seriously environment. Because singing is the most fun and if you can talk, you can sing.

**May 4, Noon to 4pm at the Peninsula Arts Center in Long Beach. The cost of the workshop is \$65 and a light lunch is included. Some scholarships are available through the Acoustic Music Foundation.**

To register for the workshop, or for more information, please contact Sue Svendsen at [sue\\_svendsen@hotmail.com](mailto:sue_svendsen@hotmail.com) or call (360) 771-5708.

DANCE NIGHT AT KALA

Drop-in and dance at KALA, Saturday, **April 13 after 2nd Saturday Art Walk**. You've been soaking in art, now let it fly through your soul. Old and new/disco, R&B and soul. Wood floors, great sound system and laser lights assist in your badass dance grooves. 9pm to midnight. \$5 Cover. 21+please. 1017 Marine Drive in Astoria. Full Bar.

## Writer In Residence Opportunity

The Writer's Guild Astoria, in conjunction with Astoria Visual Arts(AVA), announces a new Writer-in-Residence program, beginning July 2019.

Details: The chosen writer will have the opportunity to spend one week in meaningful pursuit of creative work in a lovely cottage located on Washington's magnificent Willapa Bay. Hosted by Buzz Bissinger and Lisa Smith at their five-acre waterfront property, this residency will provide writing time and space in an idyllic setting to make substantial progress on a significant writing project. Writers of novels, short stories, literary nonfiction, plays, memoir, poetry and screenplays will be considered.

*July 14-21, 2019: Lodging and a food stipend are provided. Writer must arrange for transportation to and from the residency.*

**HOW TO APPLY.** Applications are due May 15, 2019. Applications consist of (1) a cover letter describing your experience and interests as a writer, your connection with the Pacific Northwest, and what you hope to accomplish during

your residency; (2) a one-page description of your writing project, its scope, and current state; (3) a short (1-5 page) writing sample, and (4) a resume, including any writing publications if applicable. Send to [info@thewritersguild.org](mailto:info@thewritersguild.org). See [www.thewritersguild.com](http://www.thewritersguild.com) for more information.

**ABOUT THE HOSTS.** Buzz Bissinger teaches advanced narrative non-fiction at the University of Pennsylvania and is the author of various books, including *Friday Night Lights*, *Three Nights in August* and *A Prayer for the City*. Lisa Smith has spent much of her career in public-interest communications, including writing and producing for public television and public radio. One or both of the hosts will be on hand, for at least a portion of the residency, for socializing in the evenings. The Writer's Guild will arrange opportunities for additional evening social interactions with writers and others throughout the week. A cocktail hour and reading of a sample of the resident's work will be open to the public and scheduled at the AVA Gallery the close of the residency.



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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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## INCO NEWS INDIVISIBLE North Coast Oregon

### INCO EVENTS APRIL 2019

#### Lobby Day: Health Care for All Oregon

Monday, April 1  
State Capitol, Salem

#### INCO Advocacy Team

Wednesday, April 3, 6:30 pm  
Seaside Library Board Room

#### INCO Warrenton Community Group

Saturday, April 6, 11:30 am  
Dooger's, Warrenton

#### INCO Astoria Community Group

Saturday, April 6, 10 am  
WineKraft, Astoria

#### INCO Seaside-Gearhart Community Group

Tuesday, April 9, 6:30 - 8 pm  
Email incoregon@gmail.com for location

#### Congresswoman Bonamici Town Hall

Tuesday, April 16, 6 pm  
Clatsop Community College,  
Columbia Hall 21, Astoria

#### INCO Vote the Future Team

Wednesday, April 17, 6:30 - 8 pm  
Seaside Library Board Room

#### INCO Book Club

Wednesday, April 17, 6:30 pm  
Email incoregon@gmail.com for location

#### INCO Cannon Beach at 12 Days of Earth

Saturday, April 20, 11 am - 1 pm  
US Bank parking lot, Cannon Beach

#### Lobby Day: Small Donor Elections

Thursday, April 25  
State Capitol, Salem

## You Can Help Stop Gun Violence

INDIVISIBLE NORTH COAST OREGON (INCO) has written to Senator Betsy Johnson and Representative Tiffany Mitchell in support of gun violence prevention measures under consideration this legislative session. We urge you to do the same.

In Oregon, we have many gun owners who understand the need to secure their firearms. But Oregon statistics on the number of stolen guns - over 17,000 in a recent three-year period - prove that too many are not secured. SB 275 would require owners or possessors of firearms to secure their weapons with trigger or cable locks, or in locked containers, except in specified circumstances.

Unsecured guns pose a serious risk to our children. In the US, 4.6 million children and teens have access to unlocked firearms in their homes, leading to suicides, accidental deaths, and mass shootings. Last month, a Seaside student brought a gun from home to threaten a classmate at school. We hate to think of what could have happened had a teacher not intervened.

We value our Constitutional rights, including the Second Amendment. But with these rights come responsibilities. 58% of gun owners agree: As a matter of public safety, we need legislation to ensure that firearms are locked and secured when not in use. SB 275 and its companion measure, HB 2505, will save lives without unduly restricting the right to bear arms.

Gun safety is one route to curbing the epidemic of gun violence in America and in Oregon. But we have other concerns. Should minors who can't go on a field

trip without parental permission be allowed to own guns without parental consent? Should children be allowed unrestricted access to firearms? Should an individual be able to buy a lethal weapon without passing a background check? Should a person deemed a danger to herself or others, as demonstrated by a protective court order, be allowed to possess firearms? Should a person convicted of domestic assault be allowed to keep guns? Should hospitals withhold from law enforcement the fact that their patients have suffered gun injuries?

Common sense tells us that the answers to these questions is no. That's why Governor Kate Brown introduced HB 2551. We applaud her efforts to enact measures to prevent gun violence in Oregon. Too many elected officials at the federal level are beholden to the National Rifle Association, which in recent decades has taken the extreme position of advocating for virtually unrestricted access to firearms. Now it's up to state legislators to act in the public interest by enacting HB 2551.

We know the gun lobby is loud, well-funded, and organized. But in our nation and in our state, we've suffered far too many tragedies due to gun violence. We need your help to champion HB 2551, HB 2505, and SB 275. Contact Senator Johnson and Representative Mitchell today:

Sen.BetsyJohnson@oregonlegislature.gov  
Phone: (503) 986-1716

Rep.TiffanyMitchell@oregonlegislature.gov  
(503) 986-1432

### Hundreds of library accounts restored in Driftwood Public Library fine amnesty

Lincoln City, OR, March 25, 2019 - Last fall, Driftwood Public Library and the Lincoln City City Council agreed to eliminate daily overdue fines on library materials, ensuring patrons would no longer be assessed five cents per day per item returned late. On February 11th, the City Council took things one step further, and moved to forgive outstanding overdue fines on patron accounts.

The library has completed an audit of accounts blocked due to overdue fines of \$25 or more, and has restored 439 accounts to good standing. This means that more than four hundred people - including 131 children -- will once again be able to use the library. In conducting the audit, library staff learned that the most common items that were returned overdue were children's items.

In January, the American Library Association's governing council released a resolution identifying monetary library fines as an economic barrier to library use, and encouraging libraries to re-assess the collection of fines. However, the issue has been a topic of interest for Library Director Kirsten Brodbeck-Kenney for much longer. "We held a major fine amnesty back in 2016, offering to forgive overdue fines for anyone who came to the library," she says, "and what we found is that for many people, even the fear of having a library fine was enough to keep them away. We also learned that research doesn't support the idea that fines encourage people to bring their items back on time." For patrons such as children, teens, and people with disabilities who rely on others for transportation to the library, the risk of running up large fines is greater, and these same patrons often lack the monetary resources to return their account to good standing. "For someone on a fixed income," says Brodbeck-Kenney, "accumulating

\$25 in fines might mean that they have to choose between groceries or using the library. We don't want folks to have to make that choice."

Patrons will still be expected to return their items to the library on time. If an item is kept for six weeks past the due date, the patron will receive a bill for the cost of the item. This bill will be automatically removed from the account if the item is returned to the library in good condition.

All residents of Lincoln County are eligible to receive a library card at Driftwood Public Library. All that is required is photo ID showing your Lincoln County address. If you're new to the area and haven't changed your ID over yet, bring your current photo ID along with something that shows your name and your physical Lincoln County address (a utility bill or piece of first-class mail are the most common documents we can accept). Visiting? No proof of address? No problem. DPL offers a Provisional Card to those who are in the area temporarily or who cannot provide proof of address. This card allows for two check-outs at a time as well as access to the library's electronic materials. It is good for 90 days and can be renewed. Library staff encourage anyone who is not sure if they qualify for a card to call or stop by the library!

FMI: Kirsten Brodbeck-Kenney at 541-996-1251, or via email at kbroadbeck-kenney@lincolncity.org.





# The Forest Vision Project

Working on the wake-up call

to forest management and climate change

## aka THE TREE PEOPLE

By Kaisa Schlarb

**THE DRIVING FORCE** behind the “Forest Visions” Exhibition, an art exhibit on display at Clatsop Community College’s Royal Nebeker Gallery through May 9 is the trio of CCC librarian Dan McClure, multi-media artist and choreographer Susan Banyas, and writer and photographer Roger Dorband. The three have worked together over the last year to spearhead the “Forest Vision’s Project,” and have billed this exhibit as their culminating event.

However, the show is really more of a milestone in an ongoing endeavor to engage the community in a bigger story about our relationship to the forest and climate change.

In May of 2016, Roger Dorband wrote an open letter in HIPFiSHmonthly, to Democratic Presidential Candidate hopeful Bernie Sanders. In the letter, published in anticipation of his campaign visit to Oregon, Dorband implored Sanders to address clear-cuts and the power of the timber industry to pollute and exacerbate climate change with little accountability. “No one in Salem is even talking about the effects of clear-cut logging on climate change,” he states. “The forests of Oregon

and Washington are the last major sequester of carbon in the country.”

Bernie Sanders, of course, secured neither party nomination nor the presidency, and 2016 saw the election of Donald Trump. As well, it was the warmest year on record, globally.

Earlier in 2016, many North Coast residents celebrated successfully keeping a liquified natural gas terminal from being built across the Skipanon Peninsula. Oregon Liquid Natural Gas withdrew its plans and walked away from the project after being met with 12 years of organized, committed community resistance, and its team mate Columbia River Keeper.

As a part of that resistance, the Columbia River Estuary Action Team (CREATE) was formed. Finding new direction after their victory, they created a sub-committee called the “Forest Initiative Group,” for which Dorband became a co-leader.

He also continued to go deeper writing about the issues he implored Sanders to address: logging the Bear Creek Watershed, clear cuts, aerial-spraying and the state of our forests. A series of essays published in HIPFiSHmonthly across the next two years were titled, “Bear Creek Watershed: Of Water & Forests” Part I-III and “Toward A New Vision For Oregon Forests” Parts I-IV, among other related writing.

Susan Banyas read Dorband’s articles and it opened her eyes.

She realized no one has been talking back to the timber industry, whom she realized dominates the narrative about forests. Identifying a prior sense of personal ignorance, she began questioning why there wasn’t a stronger voice on behalf of the trees. She wondered if people were accessing Dorband’s work and whether it was being read or discussed in schools. If it wasn’t, she felt a sense of urgency to get the information across.

Dorband and Banyas eventually partnered up, and the Forest Initiative Group morphed into the Forest Vision Project. Their vision has been to engage the community around forest issues, and to ignite change through synergy rather than the top-down, hierarchical approach that dominates the social and political landscape.

“We’re shining the light of awareness on the west coast,” explains Banyas. “All of the world needs to take total responsibility for climate change right now. When you have a corporate-dominated state like we do, you have to have a different counterforce than trying to out-spend and out-gun. Well what is our counterforce? We the people, we the educators, we the artists, we the storytellers, we have to push from below. I’m in the game to learn and push and be with my cohorts here.”

The first push was to bring together an interdisciplinary group of people involved in forests to address the question: how do we educate people for the future?



## FOREST VISION PROJECT

In April 2018, Dorband and Banyas facilitated their first roundtable discussion at Clatsop Community College, followed by a second discussion November of 2018. They sought to bring students, educators, activists, artists, designers, and professionals in the field of forestry, parks management, to co-imagine a "living lab" where science, art, work-force training and eco-design intersect.

They took up questions such as, what would an eco-training education look like? What would a living laboratory look like?

Banyas recalls during the first round table, when attendees were asked to describe their relationship to a tree, the responses and storytelling were both emotional and powerful. "These are the roots of our desire, to have a relationship to nature. It is part of who we are, not something we conquer. Trees are not a commodity."

While he felt they were motivating, Dorband wondered if he was preaching to the choir in his articles and in the round table discussions. It occurred to him that the early stages of the project may have brought already like-minded individuals to the conversation, and he noticed the absence of a particular demographic: young people.

Hence, the project's call to develop an ecology program at the college.

The round table discussions generated "eco-learning curriculum concepts," and was inspiring enough for the group to further develop their philosophy and share it with Chris Breitmeyer, President of Clatsop Community College.

While the college has currently taken no specific view or point of advocacy around climate change or the timber industry, they have been open to exploring these issues, partnering with the Forest Visions Project and creating spaces for their events to occur.

The next iteration of community engagement for FVP was the "Ecology Speaker Series," a four-part series, also hosted by CCC. Broadening their community reach, FVP brought in professional speakers to expand "the conversation on forest management, climate change, watersheds, eco-building, and the social issues related to the economics and stewardship of the great forests of our region," a statement explains.

CREATE sponsored two of Ecology Speaker Series.

The college also hosted a screening of the film "Intelligent Trees," a documentary by scientist Suzanne Simard and German forester and author Peter Wohlleben, which investigates and observes the communication between trees over decades. As the FVP put it, the film spoke to "the soul intelligence we share with the forests."

The work eventually led to a welcome expansion of project leadership. Dan McClure joined Forest Visions Project, dubbed by Dorband, "the warrior from the college."



Trees Trio, Dorband, McClure and Banyas

McClure became the grant writer and a coordinator of the "Forest Visions Exhibition."

He sees the continuity in each phase of the project, now entering into its most high-profile phase with the art exhibition. "All the events we've coordinated come back to exploring how education takes place and how we can raise education about the forest and other ecological issues."

The current Forest Visions Exhibition runs through May 9th. Funding comes through donations from Clatsop County Cultural Coalition, Oregon Cultural Trust, Clatsop Community College Foundation, The Harold & Arlene Schnitzer CARE Foundation, and The Ford Family Foundation.

The show's curator is Bonnie Lain-Malcomson, former curator at the Arlene and Harold Schnitzer Curator of Northwest Art at the Portland Art Museum. In her statement, she explains how the show's 6 artists are all interpreting the forest from their perspective, ranging from political to celebratory.

Framing the show, she juxtaposes the "old" and "modern forest." The old forest is a canopy of fir, hemlock, red cedar, and a "lush carpet" undergrowth of sword fern and salal. The modern forest is a "patchwork" of clear cuts, "littered with stumps and lumped with burn piles."

The exhibition will have "a lot of wow factor" says McClure. "The visual art show has the potential to raise a lot of awareness. We hope this energizes a whole new generation of people who are interested in the forest and are able to engage with this crisis."

The artists are painters Michael Brophy, Lee Imonen, Kim Osgood, Laura Ross-Paul, and Rita Robillard and photographer Robert Adams.

Amid the show's run, Oregon Poet Laureate Kim Stafford will also be speaking April 22nd @ 6 pm at CCC in the Royal Nebeker Gallery. The event will include a conversation between Stafford and photographer and writer Robert Adams entitled, *Talk Poetry, Talk Forest*.

Through this visual experience, the hope is for the imagination to take over where the logical mind lacks comprehension for meeting the challenges of our future.

For those who are newly mobilized by the power of the show, the Forest Visions Project has recommendations for direct action.

One is to get involved with CREATE, and/or Indivisible North Coast of Oregon (INCO), another local activist group formed in response to the election of Donald Trump.

Another is for community members to reach out to CCC leadership regarding the creation of an ecology program.

Also, show up and put pressure on the city council and county commissioners for a local Green New Deal.

From Banyas' perspective, the Astoria city council is a great place to continue with the round table discussion format started by the project.

"To look at redesigning and retooling our city-- that can happen," she says. "What are we waiting for? We are at a time when we can flip the narrative more easily because people are suffering. Every one is seeing the jig is up."

A final, more personal call to action: affirm one another. "Affirm one another's creative voice and affirm your own relationship and feelings toward these great beings [trees]."

"For 12 years people fought off LNG and they got that billion dollar monster off Astoria's back." This history is evidence to Banyas that a groundswell of change is possible. "Climate change is happening and forests are part of our way we deal with this. Ours are being managed by giant corporations, but what if we take that management back?"

**FOREST VISIONS** a high-profile contemporary art exhibit, will be on display from April 1 through May 9 at Clatsop Community College's Royal Nebeker Art Gallery located at 1799 Lexington Avenue, Astoria, OR. A community reception will be held on Thursday, April 11 at 6:00 p.m.

Curator Bonnie Laing-Malcomson has assembled a stellar cast of Northwest artists for the exhibit, including Astoria photographer Robert Adams, as well as painters Kim Osgood, Laura Ross-Paul, Michael Brophy, Rita Robillard, and sculptor Lee Imonen.

### ROBERT ADAMS

From our living room window we see not only the campsites of Lewis and Clark but ridge after ridge of clearcuts. It is, as a book describing American Forest Practices is titled, "strangely like a war," a war upon ourselves.



Kirstin next to an old growth stump Coos County, Oregon 2001



Belonging Here, 2019  
Acrylic on Panel, 30" x 40"

### KIM OSGOOD

I desire for my paintings of trees to be viewed as icons, doorways to the sacred. For me, painting is an act of prayer. An icon is a visual form of prayer that seeks to inform about the spiritual world. I invite the viewer to connect to the healing power of nature.

### MICHAEL BROPHY

My work has always been about the place I live, and the interconnectedness of human, natural, and cultural histories. I aim to contend with the landscape as a constructed place, and define the often strange encounter of natural beauty and human intervention.



Rim No. 2, 2016  
Oil on Canvas, 12 x 13

### LEE IMONEN

Each sculpture in the Source Series is made from a single salvaged or windfall tree. One half of each log remains intact in its natural form, while the other half has been cut, sawn, constructed and reconfigured into an object that would typically be made from that wood. The constructed half has not been added to the natural half but emerges from it.



The Source Series  
Eight Stubs Left Attached, 2008  
2' x 2' x 3'



## SPIRE DUO Performs Classical Art Song

SPIRE DUO Performs Classical Art Song At The CCC Performing Arts Center Astoria Friday, April 12, 7:30pm

USING the seasons of the year as a metaphor, Spire Duo's newest musical collaboration Her Light Escape takes the listeners on a narrative journey that explores the way we process change, and transformation over the course of a year. Audience members will hear a world premiere of original work by poet Jorah Lafleur, as well as 16 gorgeous songs for soprano and piano curated and performed by soprano Emma Rose Lynn and pianist Andrew Pham of Spire Duo.

Her Light Escape can be heard in 6 cities across the northwest from April 12th - May 4th. Spire Duo will perform in Astoria at the CCC Performing Arts Center (588 16th St.) on Friday, April 12 at 7:30pm.

The duo are also offering a Masterclass on piano and voice, Poetry in Motion: Exploring form and drama in Art Song, Saturday, April 13, 10:00 AM at the PAC. For more information please see [www.spireduo.com/astoria-masterclass](http://www.spireduo.com/astoria-masterclass).

The program begins with the changing colors and falling leaves of autumn, moves through the winter, rejoices in the new life of spring, and finally arrives in the welcome quietude of a warm summer, reflecting on both sentimental moments of the past as well as life's present beauty. The words of master poets such as Emily Dickinson, William Shakespeare, and Robert Louis Stevenson



capture the joy, dejection, wonder, and renewal of a year in a life well-lived through the music of composers such as Benjamin Britten, André Previn, Dominick Argento, and more.

**Tickets at the door are \$25, however concert goers can save 25% by purchasing tickets in advance. To learn more about Spire Duo or to purchase tickets, please visit [www.spireduo.com](http://www.spireduo.com).**

## DAVID SHIFRIN with CARY LEWIS April 26 at the Liberty Theater



ONE OF ONLY TWO wind players to have been awarded the Avery Fisher Prize since the award's inception in 1974, Mr. Shifrin is in constant demand as an orchestral soloist, recitalist and chamber music collaborator.

David Shifrin has appeared with the Philadelphia and Minnesota Orchestras and the Dallas, Seattle, Houston, Milwaukee, Detroit and Denver symphonies among many others in the US, and internation-

ally with orchestras in Italy, Switzerland, Germany, Japan, Korea and Taiwan. In addition, he has served as principal clarinetist with the Cleveland Orchestra, American Symphony Orchestra (under Stokowski), the Honolulu and Dallas symphonies and the Los Angeles Chamber Orchestra and New York Chamber Symphony. Mr. Shifrin has also received critical acclaim as a recitalist, appearing at such venues as Alice Tully Hall, Weill Recital Hall and Zankel Hall at Carnegie Hall and the 92nd Street Y in New York City as well as the the Library of Congress in Washington D.C. A sought after a chamber musician, he collaborates frequently with such distinguished ensembles and artists as the Guarneri, Tokyo, and Emerson String Quartets, Wynton Marsalis, and pianists Emanuel Ax and André Watts.

An artist member of the Chamber Music Society of Lincoln Center since 1989, David Shifrin served as its artistic director from 1992 to 2004. He has toured extensively throughout the US with CMLC and appeared in several national television broadcasts on Live From Lincoln Center. He has also been the artistic director of Chamber Music Northwest in Portland, Oregon since 1981.

He's received three Grammy nominations - for a collaborative recording with the Chamber Music Society of Lincoln Center of the collected chamber music of Claude Debussy (Delos), the Copland Clarinet Concerto (Angel/EMI) and Ravel's Introduction and Allegro with Nancy Allen, Ransom Wilson, and the Tokyo String Quartet (Angel/EMI). His latest recording, Shifrin Plays Schifrin (Aleph Records), is a collection of clarinet works by composer/conductor Lalo Schifrin. Both the recording of the Copland Clarinet Concerto and a 2008 recording of Leonard Bernstein's Clarinet Sonata with pianist Anne-Marie McDermott have been released on iTunes via Angel/EMI and Deutsche Grammophon.

Pianist Cary Lewis, Director of Chamber Music at the Astoria Music Festival, is in frequent demand as a collaborative pianist for soloists and chamber music groups. He joined William Preucil (concertmaster of the Cleveland Orchestra) and his wife, cellist Dorothy Lewis, to form the Lanier Trio, whose recording of the complete Dvorak Trios was honored by TIME Magazine as one of the Ten Best Recordings in 1993. With degrees from the University of North Texas as well as a doctorate and Performer's Certificate from the Eastman School of Music, he was a Fulbright scholar for two years in Vienna. His teachers included Eugene List, Brooks Smith, and Dieter Weber.

**Tickets \$20-\$40 reserved seating. [libertyastoria.showare.com](http://libertyastoria.showare.com)**

### Clarinet Day April 27

Clarinetists of all ages and ability are welcome to join in on the fun from 10am-12pm on the Liberty stage. Attendance is free, please RSVP to [theaterdirector@libertyastoria.org](mailto:theaterdirector@libertyastoria.org) or 503-325-5922 x33. Bring your clarinets and play!

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### 3 Astoria Artists Offer a Tribute to Ursula K. LeGuin

RIVERSEA GALLERY presents A Tribute to Ursula K. LeGuin, an influential American novelist and writer known for her speculative fiction who made her home in Portland and Cannon Beach. The exhibition features works by three Astoria artists, Christine Trexel, Sally Lackaff and Roger Dorband, who have been profoundly affected by her writings. The show opens April 13 with a reception during Astoria's Second Saturday Artwalk from 5:00 to 8:00 with musician Paul Chasman. Work will remain on view through May 7, 2019.

Christine Trexel has constructed sculptures in paper and mixed media combining various book arts techniques, most inspired by LeGuin's science fiction tales. She has chosen from the LeGuin oeuvre the books that personally resonated with her. The first novel Trexel read by LeGuin, *The Left Hand of Darkness*,



R Dorband *The House Disappeared*

remains her favorite and has inspired two of the works in this show.

Sally Lackaff, an illustrator and writer, presents mixed media works inspired by LeGuin's *The Earthsea Cycle*, a series of fantasy novels and short stories. This artist, whose work nearly always focuses on the natural world, has found rich inspiration in the alternate world of islands in an uncharted sea created by LeGuin.

Photographer Roger Dorband, who has collaborated on two books of poems and photographic essays with LeGuin, draws on their thirty years of friendship and mutual love of the evocative eastern Oregon landscape for the images in this show. For years he met with the author and her family for a summer retreat in the Steens Mountain wilderness. He shows a series of double exposed images, creating illusory landscapes influenced by LeGuin's mind world of fantasy and metaphor.

During this exhibition, the gallery will have copies available of *Out Here: Poems and Im-*



C Trexel *Shed*



C Trexel *Shed*  
J Mayer *Cauldron*-monotype

ages from *Steens Mountain Country*, a book by Ursula K. LeGuin and Roger Dorband published in 2010.

IN ITS ALCOVE SPACE RiverSea Gallery introduces Portland artist Jason Mayer. In this solo show, Mayer presents a new series of monotypes which range from non-objective work to slightly abstracted figures, scenes and landscapes.

Mayer was mentored by artist William Park and was his studio assistant for many years. He has shown throughout Portland and southwest Washington, and has twice been accepted into the annual Au Naturel exhibition at the CCC Royal Nebeker Art Gallery. This is his first solo exhibition on the Oregon coast.

**RiverSea Gallery is located at 1160 Commercial in Astoria Open Mon - Saturday, 11:00 to 5:30 and Sun 11:00 to 4:00. 503-325-1270, riverseagallery.com.**

#### Art Call:

#### Art About Aging Community Show: Mysteries, Challenges & Opportunities about the Process

WHAT MOVES YOU about the concept and facts of aging? How does it feel watching people you love grow older? Taking care of people you love? Feeling it in yourself? Fearing it? Enjoying it? Find the beauty in it... And share the result(s) with your community during the month of May.

Art must be delivered Wednesday May 1 from noon-3 pm at North County Recreation District Gallery in Nehalem (unless other arrangements have been made) and picked up May 30.

A limit of 3 pieces per artist in any medium, including 3 dimensional. Art does not have to be framed but should be ready to hang. Work can be for sale or not as you choose. If sold artist gets 75%, Raven Project 15%, NCRD 10%.

Sponsored by the Raven Project – A group leading conversations and teaching sessions in our North Coast community around the issues we face as elders.

### GARDEN STUDIES Deb Stoner at IMOGEN

IMOGEN GALLERY hosts a solo exhibition for Portland artist Deb Stoner. Garden Studies opens April 13th for Astoria's Second Saturday Artwalk with a reception for Stoner, from 5 – 8 pm. Stoner, an accomplished photographer brings a new series of archival pigment prints, focusing on her love of gardening and the Dutch masters of still life painting. The exhibition will be on view through June 4th. Stoner from Portland, OR, combines her skills as photographer, researcher, and gardener along with a meticulous sense of detail to create dramatic still life imagery. Reminiscent of the still life painting of the 16th and 17th centuries she weaves complex mazes of texture and color within each composition. Her fine art prints are the culmination of a passion for growing plants, collecting insects, and choreographing the still life image.

Garden Studies, Stoner's current series showcases her love of botanicals with large format prints that allow the viewer to immerse themselves in details not normally seen without careful scrutiny. With some images printed as large as 60" x 42", insects larger than life reveal themselves within her compositions, looking at home in their artist made world.

Incredible detail in a vast array of plant varieties included to each print, Stoner's work is easily a horticulturist's dream come true. She carefully cultivates each detail of her compositions with the delicate nuance of curl on a petal, or the subtle shift of hue within a blossoming rose. The juxtaposition of the bright and shiny surface of an eggplant next to the matte, almost velvety skin of a purple string bean gives the allure of indescribable texture and

dimension that leaps from the flat surface of rag paper that each image is printed to.

Her photographic process is not the atypical point and shoot format with a hand held camera and lens doing the work, instead she creates each high resolution image on her scanner, literally building her compositions on the scanner bed to capture as much detail as possible.

Deb Stoner holds an MFA in Applied Design from SDSU, a BS in Geology from UC Davis, and a decades long teaching career at Oregon College of Art and Craft. Recently she presented lectures on photography to the Yuma Symposium, the Portland Art Museum, and the SPE NW Regional Conference.

**Imogen Gallery is located at 240 11th Street, Open Mon-Sat, 11-5, 11-4 each Sunday, closed Wed. 503.468.0620 imogengallery.com**



"Rose, Peonies and Clematis" archival pigment print on cotton rag paper 72" x 52"

**ASTORIA VISUAL ARTS (AVA) is proud to showcase local student artists in For Love of Illusion, the third annual Clatsop County High School Art Show at the AVA Gallery, 1010 Duane Street, during Astoria's 2nd Saturday Artwalk on April 13 from 5-8pm.**

The exhibition brings together students from Astoria, Knappa and Warrenton High Schools as well as students from the Gray Alternative School and homeschool students. Each student created artwork on a 12"x12" panel, with 115 pieces total. A wide variety of media is represented. All artwork will be available for sale for \$60 each, with students receiving \$50 and AVA's Miss Bea Program for Young Artists receiving \$10 for each sale. Cash and other awards will be presented to artists during opening night at 7:00 pm. DJ and local high school student, Josiah Hirsch, will be providing tunes during the reception. The show will also be available to view during AVA's regular hours Fridays and Saturdays, April 13 through May 4 from 12 to 5 pm.



### To Participate In July Open Studios Tour Register by May 15

ASTORIA VISUAL ARTS INVITES local artists to participate in the 2019 Astoria Open Studios Tour, Saturday and Sunday, July 27 and 28. Studios must be open to the public both days from 11am to 5pm and be located in Greater Astoria. Artists working in all media are welcome. Registration forms are available online at [www.astoriavisualarts.org](http://www.astoriavisualarts.org). Hardcopy forms are also available via email or at the AVA Gallery, open Fridays and Saturdays from 12 to 5pm. The cost to participate is \$30 per artist or \$15 for AVA members.

This event draws hundreds of visitors to Astoria and benefits artists and our region in a multitude of ways. Artists retain 100% of sales made from their studios. The deadline to register is May 15. AVA will publish a full-color Tour Guide featuring all participating artists and will widely publicize the event.

Visit [astoriavisualarts.org](http://astoriavisualarts.org) or contact Annie at [astoriastudiostour@gmail.com](mailto:astoriastudiostour@gmail.com) or 503-791-0575 for more information.

#### THE ART TRIANGLE

TAKE your date and friends for a night out at the Artists' Reception, **Friday, April 12, 5 – 7 PM.** The Art Triangle—620 NE Hwy 101, Lincoln City, includes ASA's Beachstone Gallery, the Pacific Artists' Co-Op and Chessman Gallery at the Lincoln City Cultural Center. Beachstone Gallery welcomes JoAnn Ballantyne, fabric artist, sharing demos. Your evening includes wine, music, snacks and parking, at no charge.



# April Calendar

## Monday 8

### MUSIC

Buzz Holland. No cover, 7pm at the Adrift Hotel in Long Beach.

### LECTURE

Speaking Truth to Power. Wall Street Forests, the Climate Crisis, and the Green New Deal. With Chuck Willer. 6pm at the NCRD in Nehalem.

## Tuesday 9

### MUSIC

Buzz Holland. No cover, 7pm at the Adrift Hotel in Long Beach.

## Wednesday 10

### MUSIC

Buzz Rogowski. 6pm at the Bridgewater Bistro in Astoria.

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

### HAPPENING

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

### LECTURE

The World of Haystack Rock Lecture Series. Oregon's Black Oystercatchers. With Joe Liebezit. 7pm at the Cannon Beach Library.

### LITERARY

A Medley of Voices Celebrate National Poetry Month. Regional poets will perform their works. 7pm at the Astoria Library.

## Thursday 11

### MUSIC

Todd Pederson and Peter Unander/Jazz. 6pm at the Bridgewater Bistro in Astoria.

Redray Frazier. No cover, 7pm at the Adrift Hotel in Long Beach.

### VISUAL ART

Forest Vision Exhibit. Opening at CCC Nebeker Gallery, 6pm, Astoria.

## Friday 12

### MUSIC

Buzz Rogowski. 6pm at the Bridgewater Bistro in Astoria.

Maggie & The Katz. 6:30pm at Sweet Basil's Café in Cannon Beach.

The Hackles. No cover, 7pm at the Gearhart Hotel.

Spire Duo. Classical art songs. \$25, 7:30pm at the PAC in Astoria.

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

Midas Digs. \$5 cover, 9:30pm at the Labor Temple in Astoria.

### ART

Spring Art Show. Works by Peninsula Arts Association artists available for sale. 10am, - 4pm at the Long Beach Train Station.

### HAPPENING

Annual Young Choreographer's Concert. With the Little Ballet Theater. \$10, 6:30 pm at the Liberty Theater in Astoria.

### THEATER

Spring Musical. An Adaptation of HMS Pinafore. Comic musical melodrama. \$15, 7pm at Peninsula Players in Ilwaco.

The Real Lewis and Clark Story. \$10, 7pm at the ASOC Playhouse in Astoria.

Living on Love. Romantic Comedy. \$20 - \$25, 7:30pm at the Coaster Theater in Cannon Beach.

## Saturday 13

### MUSIC

Canticle of the Black Madonna. Screening of the filmed Opera. 6pm at the Lincoln City Cultural Center.

Lee Stromquist. 6pm at the Bridgewater Bistro in Astoria.

Britnee Kellogg. 7pm at Public Coast Brewing in Cannon Beach.

Pretty Gritty. \$15, 7pm at the Peninsula Arts Center in Long Beach.

US Coast Guard Woodwind Quintet. Free, 7pm at the Liberty Theater in Astoria.

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

## Maurice and the Stiff Sisters

Inspired by troubadours such as Nick Lowe, Robyn Hitchcock and Jonathan Richman along with horn-powered soul and rock 'n' roll, Maurice and the Stiff Sisters push the boundaries in pursuit of fine songcraft. Filtered through the rose-tinted glasses of psychedelia and power-pop, the music weaves daring horn lines and serpentine guitar riffs through Merseybeat rockers and cheeky sambas. It's an undeniably upbeat, positively danceable affair.

**Friday, April 26, 7-10pm at the Sandtrap**

# STUMPTOWN SWING

Stumptown Swing returns to Manzanita to perform a set of hot, cool and sultry classics, featuring swinging groove and gorgeous acoustic instruments played with intelligence and passion by four masters of their craft.

Stumptown Swing takes audiences back to 1920's Paris, when gypsies with guitars, violins and upright basses made the leap from French musette to American "hot jazz" and kept Parisians dancing to this evocative new sound.

Tim Connell (mandolin) and Mike Burdette (guitar) of Rio Con Brio formed the group after nearly a decade of playing swing gigs with Portland's best acoustic musicians. They snapped up the hottest upright bass player in town, Keith Brush (Stolen Sweets, Pete Krebs Trio, Blue Cranes) and are proud to feature their long-time friend and collaborator, the absolutely pyrotechnic violinist, Ben Blechman.

**Friday May 3, 7pm. At The Hoffman Center, 594 Laneda, Manzanita. \$20 admission. Brown Paper Tickets or \$20 cash at the door - all ages.**



## PETE SEEGER 100TH BIRTHDAY CELEBRATION

Over 30 musicians gather On Saturday May 4th at 7pm for the Pete Seeger 100th Birthday Tribute Concert and Sing Along, at the CCC Performing Arts Center at 16th and Franklin in Astoria - A PAC Benefit - \$15.00 After last year's successful 99th Birthday celebration, an all new roster of material has been selected. Don't miss it!

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

### ART

Spring Art Show. Works by Peninsula Arts Association artists available for sale. 10am, - 4pm at the Long Beach Train Station.

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

### FOOD & DRINK

Breakfast with the Easter Bunny. \$5, 8 - 11am at the Warrenton Community Center.

Hawaiian Dinner. \$12, 4 - 7:30pm at the Cannon Beach American Legion Post.

Beer & Cheese Festival. Ten breweries pair up with ten cheesemakers for a delicious festival at the Pelican Brewery and Taproom in Tillamook. \$15, 11am - 3pm.

### HAPPENING

Beach Pets Bash. Lasagna dinner and silent auction benefitting the South Pacific County Humane Society. \$25, 5pm at the Peninsula Senior Center in Klipsan Beach.

Second Saturday Makers Bazaar & Flea Market. 10am - 3pm at the First Presbyterian Church in Astoria.

Native Plant Sale. 0am - 2pm at the Astoria Historical US Customs House.

Early 20th Century Timber Workers. Songs and Stories. 3pm at the Pine Grove Community House in Nehalem.

Home and Garden Show. At the Tillamook County Fairgrounds in Tillamook.

Classic Wooden Boats, Crab Feed, and More. All day events in Depoe Bay.

### LECTURE

How We Grow Old. Stories of Aging in Oregon and Beyond with Melissa Madenski. FREE. 1pm at Tillamook County Pioneer Museum.

### LITERARY

Northwest Author Series. Portland author, Dana Haynes, will be reading at the Cannon Beach Library at 2pm.

### OUTSIDE

Splash N Dash 5K & 10K. 8am - 5pm at Tillamook Junior High School. [unsignup.com/Race/OR/Tillamook/TJHSSplashNDash](https://www.signup.com/Race/OR/Tillamook/TJHSSplashNDash)

### THEATER

Spring Musical. An Adaptation of HMS Pinafore. Comic musical melodrama. \$15, 7pm at Peninsula Players in Ilwaco.

The Real Lewis and Clark Story. \$10, 7pm at the ASOC Playhouse in Astoria.

Living on Love. Romantic Comedy. \$20 - \$25, 7:30pm at the Coaster Theater in Cannon Beach.

## Sunday 14

### MUSIC

Canticle of the Black Madonna. Screening of the filmed Opera. 2pm at the Lincoln City Cultural Center.

Richard T. 6pm at the Bridgewater Bistro in Astoria.

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

True Life Trio. Vocal ensemble True Life Trio performs the music of Eastern Europe, the Ukraine and Bulgaria. \$15. 7:30pm at KALA in Astoria. [advance tickets at libertyastoria.showare.com](https://advance.ticketsat.libertyastoria.showare.com)

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

### ART

Spring Art Show. Works by Peninsula Arts Association artists available for sale. 10am, - 4pm at the Long Beach Train Station.

### FOOD & DRINK

Roll and Bowl Dining Room Takeover #2. Astoria food truck "The Roll and Bowl" crew will be serving up an exclusive menu of locally-sourced ramen. At the Shelburne Inn dining room in Seaview.

### HAPPENING

Write on Seaside! Silent and live auctions, author meet & greet and more. 5pm at the Seaside Convention Center. To benefit the Reading Outreach in Clatsop County.

Home and Garden Show. At the Tillamook County Fairgrounds in Tillamook.

Classic Wooden Boats, Crab Feed, and More. All day events in Depoe Bay.

### LECTURE

In Their Footsteps Lecture Series. The Astorians, Vision and Desperation in the Pacific Northwest. 1pm in the Netul Room at Fort Clatsop, Astoria.

### THEATER

Spring Musical. An Adaptation of HMS Pinafore. Comic musical melodrama. \$15, 2pm at Peninsula Players in Ilwaco.

The Real Lewis and Clark Story. \$15 - \$20, 2pm at the ASOC Playhouse in Astoria.

## Monday 15

### MUSIC

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

→ cont. p19







## Romantic Comedy **LIVING ON LOVE** at the Coaster thru April 13

BASED on the play Peccadillo by Garson Kanin, when a demanding diva discovers that her larger-than-life maestro husband has become enamored with the lovely young lady hired to ghostwrite his largely fictional autobiography, she hires a handsome young scribe of her own. Sparks fly, silverware is thrown, and romance blossoms in the most unexpected ways in this delightful and hilarious romantic comedy.

Directed by Patrick Lathrop. CAST: Cathey Ryan, Frank Jagodnik, Bennett Hunter, Emilee Andrade, David Sweeney, Thomas Ryan.

**March 15 – April 13. Fridays and Saturdays 7:30pm. Sunday Matinees 3pm. Tickets \$25-\$20. Go to [coastertheatre.com](http://coastertheatre.com)**

# 10:15

april love  
a night of song  
AT PIER PRESSURE

APRIL LOVE, is the next piece in the TEN-FIFTEEN series created by Pier Pressure Productions. This month spotlights singers performing pieces they love to share with an audience. To see and hear the songbirds, come to 1015 Commercial Street in Astoria on Monday, April 15th, at 10:15 A.M. and 7:15 P.M. This one-day-only event features Niall Carroll, Patrick Lathrop, Daric Moore, Nancy Montgomery, Celeste Olivares, Dida DeAngelis, DanPa Reiley and Dinah Urell. Donations welcome.



## Villains and Heroes and Sturdy Women! Oh MY!

ASOC announces auditions for 2019 SHANGHAIED IN ASTORIA, set for Saturday, May 11 at 12pm, and Sunday, May 12 at 6pm. Held at the ASOC Playhouse at 129 West Bond St.

Being a part of "Shanghaied" 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, Jolly Fishermen, Nasty Villains and a Sweetheart or two! Along with spots for

dancers, musicians and technical help.

Shanghaied In Astoria began in the mid 1980's with a bare bones budget and a cast of fun and talented friends that has now grown into a piece of Astoria's folklore, entertaining over 100,000 people in its 35 year history. The story centers on the "Shanghaiing" of the hero and his daring rescue, all in melodramatic style with audience participation - cheering, booing, sighing and throwing popcorn!

Shanghaied in Astoria runs July 11-September 14 on Thursday, Friday and Saturday nights at 7pm and Sunday matinees at 2pm on July 28, August 18 and September 8. FMI: [asocplay.com](http://asocplay.com)

## AUDITIONS

## Peninsula Players **H.M.S. PINAFORE** or *The Lass That Loved a Sailor*

PENINSULA PLAYERS' musical this year is an adaptation of H.M.S. Pinafore or The Lass That Loved a Sailor directed by Rita Smith and assistant director, Robert Scherrer. It's a comic musical melodrama in two acts, with music by W. S. Gilbert and Sir Arthur Sullivan.

H.M.S. Pinafore opened at the Opera Comique in London, on May 25, 1878 and ran for 571 performances, which was the second-longest run of any musical theatre piece up to that time.

The story takes place aboard the ship HMS Pinafore. The captain's daughter, Josephine (Rita Smith), is in love with a lower-class sailor, Ralph Rackstraw (Bob Goldberg), although her father, Captain Corcoran (Robert Scherrer), intends for her to marry Sir Joseph Porter (David Immel), the First Lord of the Admiralty. She abides by her father's wishes at first, but Sir Joseph's advocacy of the equality of humankind encourages Ralph and Josephine to overturn conventional social order. They declare their love for each other and eventually plan to elope. The captain discovers this plan, but, as in many of the Gilbert and Sullivan operas, a surprise disclosure changes things dramatically near the end of the story. Dick Deadeye (Kevin Perry) is as ugly as his name implies, and is a fellow crew member who tries to sabotage Ralph's happiness. Of course, who can forget Little Buttercup (Andrea Patten) a Portsmouth

bumboat woman who has designs on Captain Corcoran. Rounding out the cast is Hebe, Sir Joseph's first cousin, (Bette Lu Krause), who is part of Sir Joseph's entourage of sisters, cousins and aunts (Rose Power, Gretchen Goodson, Penny Bierly, and Melissa Goldberg). The Bosun, (Jim Tweedie), and "Little Bosun" (Aarin Hygaard), make sure the sailors (Bill Clark, Patrick Buckley, and Natasha Beals) are doing their jobs.

The cast is comprised of actors ranging in age from 11 to over 70. Sets by Andy Tauber & crew, Props and Costumes by Darlene Montgomery, Musical Director Barbara Bate.

**Friday 4/5 & 12 at 7pm Saturday 3/30, 4/6 & 13 at 7pm, Sunday 3/31, 4/7 & 14 at 2pm .**

**For Ticket info: [peninsula-players.com](http://peninsula-players.com)**



## Have you seen The Real Story of Lewis and Clark? NO?!!!!... Voi Kauhea!



THE REAL STORY of Lewis and Clark (or how the FINNS discovered ASTORIA!) opened on March 29, and you can catch this fictionalized historically accurate, ahem...."tale" weekends at 7pm, through April 20 at the ASOC Playhouse.

Written by Judith P. Niland, with original music by Dr. Stanley Azen, Dr. Joyce C. Niland and Professor Philip Morrill, the 2019 edition of The Real Lewis and Clark Story is directed by ASOC veteran Jayne Osborn. and brought to you by Corps of Discovery Construction, LLC, veteran-owned and licensed contractor in Oregon and Washington.

ASOC is very proud of this original historical, hysterical, musical melodrama featuring the "very, very" lost, but uncovered story of how Meriwether Lewis and William Clark and their Corps of Discovery really came to the end of the trail. And how they were rescued by the true heroes of the Pacific Northwest, two boys from the Old Country, Minnesota, who showed up in time to save the day! (with the help

of their Mama, of course). No coincidence, the ASOC Playhouse is located in Astoria's historic Finn Town, where you can still smell the fish, and as we say here, "Astoria! Throw a fish, hit a Finn!"

**Performances are at 7pm Fridays and Saturdays thru April 20 with 2pm Sunday matinees on April 7 and 14. Tickets are \$20 for front row seats, \$15 for all others, children 12 and under \$10. But ... there's \$10 Fridays, where all seats are \$10. Get your tickets 24/7 at [asocplay.com](http://asocplay.com). Online sales end two hours before performances.**

The ASOC Box Office opens 1 hour before performances and the house opens a half hour before performances. Free parking is available at Wauna Federal Credit Union, and the Astoria-Warrenton Chamber of Commerce. The Real L&C Story is brought to you by Corps of Discovery Construction, LLC, veteran-owned and licensed contractor in Oregon and Washington.



## New Paintings: ROBERT SCHLEGEL Whitebird Gallery

CREATING a narrative with place is the foundation for Schegel's work, and a new series of paintings that provide a portrait of a community in transition—originating from a sketch of shapes of structures on the steep hillside facing the bay in middle of the Young's Bay Bridge, Astoria.

View Robert Schlegel's work through April 30, at the Whitebird Gallery, located at 251 N. Hemlock St. in Cannon Beach.



*Amor a Media Noche, 16" x 24"*

TRAIL'S END Art Association and Gallery (TEAA) will open a new show on April 6 as part of the Gearhart ArtWalk held every first Saturday. The featured artist, Terrie Remington, will take center stage with her show entitled "The Love of Nature."

Terrie will show her latest work that explores her memories, as well as the in-the-moment spiritual connection, that grows in a different kind of wisdom in her art as she ages.

Terrie's statement about her art, "It is my quest to capture the true essence of a subject. I need to get to the passion of it - the emotional fire - the driving force. I choose to work with sculpture combined with color. The tactile quality of scul-

## The Love of Nature Terrie Remington at Trail's End

tural paintings provides information of depth and energy; the colors speak in a more ethereal realm. I use whatever media necessary to manifest that elusive quality that connects the emotional and spiritual to the physical art form".

Her signature sculpture painting technique was developed by Remington during her eleven years of residency in Spain, and was first introduced in 1967 at her gallery "Refugi d'Art" in Barcelona, Spain. Paintings are sculpted on different surfaces. Multi-media sculpture is of clay, and sometimes natural fibers and raw linen, marbled for durability, then painted in acrylics. Sealed driftwood, shells and feathers are sometimes utilized. Ground marble is added to produce special effects. [www.TerrieRemington.com](http://www.TerrieRemington.com)

**Opening reception in Remington's honor from 2-5pm when she will be available to share her unique process and production with guests. The gallery is located at 656 A Street in Gearhart.**

## Oregon Botanical Artists CB Gallery

THE CANNON BEACH ARTS Association presents a collection of works by the Oregon Botanical Artists through May 5, 2019.

The exhibit, sponsored by Oregon Botanical Artists (OBA), features the works of Aislinn Adams, Alice Debo, Jeanne Debons, Rene Eisenbart, Dorota Haber-Lehigh, Tina Lange, Marilyn Lindberg, Suzanne Jones, Jane Levy Campbell, Kristine Mackessey, Mary McCarty, Kip Nordstrom, Janet Parker, Carol Putnam, Laura Shea, Janene Walky, Alice Hill, Mickey Anderson, and Margot Cole.

The Oregon Botanical Artists have 37 active members, many of whom are members of the American Society of Botanical Artists. OBA has exhibited at Audubon Society's Wild Arts Show, at the Yard, Garden & Patio Show, the Hardy Plant Society's Hortlandia Show, the juried David Douglas Exhibit and the Lan Su Chinese Garden Exhibit.

Cannon Beach Arts Association volunteer, artist and art grant recipient Dorota Haber-Lehigh, who is a member of the Oregon Botanical Artists, curated and facilitated the exhibit. She is also a teacher at the Seaside High School and regularly teaches art workshops regionally.

**Cannon Beach Arts Assoc. Gallery is open Wed - Sun 11am to 4pm. 1064 Hemlock St. [cannon-beacharts.org](http://cannon-beacharts.org)**



*Rene Eisenbart*

## LUMINARI ARTS CELEBRATES 5! WITH BILL DODGE

LUMINARI ARTS jumps into spring with a bang! They're celebrating five years of awesome business. The gallery will feature the artwork of local icon, Bill Dodge, who brings humor and wry wit to his lively street scenes. Meet Bill and hear a new story or two. LIVE music with Ted Brainard and John Orr, the duo of Red Beans and Rice + Tarot card readings by Judith + photo gallery of past artwalks, Find yourself! Light snacks, adult beverages.

**Luminari Arts is located at 1133 Commercial in Astoria - open daily.**



**Bill Dodge at the market**

## PNW 40 & The LightBox Files Exhibit

LIGHTBOX Photographic Gallery recognizes the Northwest photographic community for their incredible talent in the "PNW 40 Exhibit". This group exhibit opens with an artists' reception on Saturday, April 13th, from 5-8 pm.

In recognition of Portland Photo Month, April 2019, this group exhibit celebrates the photographic talent of the Pacific Northwest. For the last 7 years the exhibit celebrated the Portland Photographic Community combining great work from the Portland community. This year, we have opened the Exhibit to the entire Pacific NorthWest for the PNW 40. The exhibit combines work from emerging photographers with that of established and known photographers from the Region. One image each from 40 photographers have been chosen, images which stand out and uniquely exhibit the vision and creativity of the photographer.

Terry Novak is Juror for the first PNW 40 Exhibit. Terry is the new Executive Director at Photographic Center Northwest, an education institution dedicated to the photographic arts, located in Seattle, WA. Her current work focuses on partnerships, grants, public programs, and exhibitions that foster financial support and resources for photographers and the photographic arts in the Pacific Northwest. Novak received her BFA in photography from Columbia College Chicago, and MFA in arts administration from Seattle University. She has an affinity for color analog photography and alternative processes.

Also opening on this night is the LightBox Files Exhibit. Entering the fourth year, the exhibit and collection honor the complete photographer by recognizing those that pursue the art of fine printing. On this night four photographers will be featured with a series of prints on the walls and a collection in the drawers. The work will be featured in the viewing drawers for the 2019 calendar year including Jim Fitzgerald • Ann Kendellen • Roger Dorband • Ken Hochfeld.

**"The PNW 40 Exhibit" and "The Lightbox Files Exhibit" will be on display in the gallery through June 1st. Please visit the gallery during the month to see the collection of work. 503-468-0238 or [info@lightbox-photographic.com](mailto:info@lightbox-photographic.com). LightBox is located at 1045 Marine Drive in Astoria, hours are Tuesday - Saturday, 11 - 5:30.**



**Per Bjesse Amelia in the Bath**

## New Work by Morrison Pierce McVarish Gallery

THIS MONTH McVarish Gallery presents new work by Morrison Pierce. In this new series of mounted paper on panel, Morrison combines acrylic and wax to paint a stark and heartbreaking story of loneliness and the American housewife in the Fifties.

Retrospect and the lessons of history play a large part in Pierces work. His subject this time "Isolation, suburbs, some lost American dream all wrapped up in cake batter and fashion," is put forward with the question of what we, almost 70 years on, take from the spectacle of that era and the dictates of society on women at that time. "For me as an artist, it's that journey that keeps me going.

**An opening reception will be held Second Saturday, April 13 from 5 - 8:30pm at McVarish Gallery, 160 Tenth Street, Astoria [www.mcvarishgallery.com](http://www.mcvarishgallery.com)**



**French Chef**



## BOOK LAUNCH EVENT

**Political Hell-Raiser: The Life and Times of Senator Burton K. Wheeler of Montana**

Author Marc Johnson • May 2

LOCAL NORTH COAST author Marc Johnson will discuss his new book, the first complete biography of the influential maverick Montana senator Burton K. Wheeler at his book launch event at the Hoffman Center for the Arts in Manzanita.

The University of Oklahoma Press is publishing *Political Hell-Raiser: The Life and Times of Senator Burton K. Wheeler of Montana*. Cloud and Leaf Books in Manzanita will have books available for purchase.

Burton K. Wheeler (1882-1975) was the most powerful politician Montana ever produced, and he was one of the most influential—and controversial—members of the United States Senate during three of the most eventful decades in American history.

Richard A. Baker, the U.S. Senate Historian Emeritus and coauthor of *The American Senate: An Insider's History* says: "Marc Johnson has delivered the long-awaited life story of the national statesman who represented Montana in the U.S. Senate with 'more than one man's share of fights' during the twentieth century's transformative second quarter.

At last, Burton K. Wheeler has the biography his public service deserves."

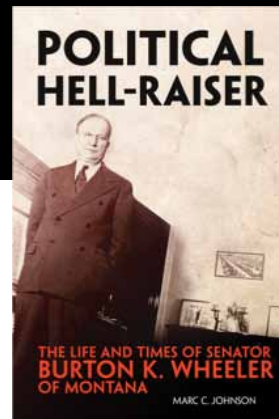
A New Deal Democrat and lifelong opponent of concentrated power—whether economic, military, or presidential—Wheeler consistently acted with a righteous personal and political independence that has all but disappeared from the public sphere.

Wheeler came of political age amid anti-war and labor unrest in Butte, Montana, during World War I. As a crusading United States attorney, he battled Montana's powerful economic interests, championed farmers and miners, and won election to the U.S. Senate in 1922. There he made his name as one of the "Montana scandal mongers," uncovering corruption in the Harding and Coolidge administrations. Drawing on extensive research and new archival sources, Marc C. Johnson follows Wheeler from his early backing of Franklin D. Roosevelt and ardent support of the New Deal to his forceful opposition to Roosevelt's plan to expand the Supreme Court and, in a move widely viewed as political suicide, his emergence as the most

prominent spokesman against U.S. involvement in World War II right up to three days before Pearl Harbor.

Marc C. Johnson has worked as a broadcast journalist and communication and crisis management consultant and served as a top aide to Idaho's longest-serving governor, Cecil D. Andrus. His writing on politics and history has been published in the *New York Times*, *California Journal of Politics and Policy*, and *Montana The Magazine of Western History* and appears regularly on the blog and podcast *Many Things Considered*.

**May 2, 7pm at the Hoffman Center in Manzanita, 594 Laneda Ave. No Cover, all welcome.**



## D. B. Cooper & the Exploding Whale: Folk Heroes of the Northwest at CB History Center

EXPLORE the history and legends that make Oregon unique. Acclaimed Oregon author and historian William L. Sullivan will take you on a journey through legendary northwest folk heroes from Sacajawea and D.B. Cooper to Bigfoot. Expect entertaining and educational tales about the historical figures that helped define the spirit of the Pacific Northwest -- as told by the author of the thriller, "The Case of D.B. Cooper's Parachute".

Sullivan has written four novels and a dozen nonfiction books about the Northwest, including "Hiking Oregon's History" and "Oregon Favorites." His journal of a 1000-mile hike he took across Oregon, "Listening for Coyote," was chosen by the Oregon Cultural Heritage Commission as one of Oregon's "100 Books," the 100 most significant books in the state's history. Sullivan is an engaging lecturer who keeps attendees on the edge of their seats. You won't want the lecture to end!

**April 25, 4pm. Arrive early and explore the museum + enjoy complimentary coffee. Admission to the Cannon Beach History Museum is donation based. The event is FREE and open to the public. 1387 S. Spruce St., Cannon Beach. cbhistory.org/503.436.9301.**



## Philosophy Talk Conversing about Conversation

WE SEEM TO LIVE in a time where people talk at one another, rather than converse. People who disagree will speak past one another, while those who agree find themselves trapped in echo chambers that they don't even realize are there. And, yet, there is clearly a longing for more meaningful, constructive, and even challenging conversation. But what does this mean, and what would it look like? What exactly is a "conversation" anyway & why do they seem to have become more difficult in recent times? Can conversations really change minds, or actually be "transformational"? And, once we find ourselves engaged in them, what do we hope will come from them?

**Join host Seth Tichenor and guest John Nygaard on April 25th 7pm at the Fort George Lovell Room in Astoria.**

## The Astorians – Vision and Desperation in the Pacific Northwest

IN THEIR FOOTSTEPS free speaker series event. The Astorians – Vision and Desperation in the Pacific Northwest by Robert Heacock will be on **SUNDAY, APRIL 14** at 1pm in the Netul River Room of Fort Clatsop's visitor center free of charge.

The Lewis and Clark Expedition is considered an epic success, the result of years of planning and substantial efforts by those involved. Five years later, the expeditions of the Astorians also had years of planning, and involved an epic amount of effort, but for various reasons did not have the direct success enjoyed by Lewis and Clark. Of the 56 or so individuals of the Lewis and Clark Expedition, only one man died on the journey. For the Astorians, 65 of the approximately 140 people involved lost their lives. Robert Heacock will share the story of the Astor Expeditions and discuss the challenges they faced.

Robert Heacock is an historian on-board riverboats cruising the Columbia and Snake Rivers. He has been active in the Lewis and Clark story for more than 20 years and is a past president of the Washington Chapter of the Lewis and Clark Trail Heritage Foundation, Inc. Heacock is a frequent contributor to the chapter's newsletter *Worthy of Notice*, and the author of *Wind hard from the west - The Lewis and Clark Expedition on the Snake and Columbia Rivers*, available at the bookstore in the Fort Clatsop visitor center. There'll be a book-signing following his presentation.

## RIC'S POETRY MIC

**1st Tues @ Winecraft**  
IN HONOR of founder Ric Vrana, Ric's Poetry Mic is held at WineKraft, 80 10th Street (on the west end of the Pier 11 Building) in Astoria. The event takes place the first Tuesday of every month. Readings are from 7pm to 8:30pm, with sign up to read at 6:45 p.m. All poetry friends are welcome to come to read and listen. FMI: Mary Lou McAuley mmcauley05@gmail.com

## WRITE ASTORIA

A free, open forum where writers read from works in progress and offer each other constructive feedback. The group meets in the Astoria Public Library Flag Room twice/month, on 1st and 3rd Wed. 5-7pm.

## JENNIFER HAUPT AND LIZ PRATO Authors in Conversation April 20 Manzanita Writer Series

HAUPT AND PRATO kick off the new format for the Manzanita Writers' Series for 2019, two authors in conversation sharing a similar theme. In this case, authors who help us look at places in a new way. When someone hears "Rwanda" our minds go to the horrible bloodshed, often reducing that population to the atrocity, rather than seeing how people are stitching their lives back together in the aftermath. We think of Hawaii as paradise, not necessarily considering the life the full-time residents are navigating.

Jennifer Haupt, will read from and discuss her novel, *In the Shadow of 10,000 Hills*, recently selected as a finalist for the 2018 INDIES Book Awards.



Jennifer Haupt

Haupt has been a journalist for more than 25 years, writing primarily about women prompted by their own depression and grief to reach out and help others to heal. Her essays and articles have been published in *O, The Oprah Magazine*, *The Rumpus*, *Psychology Today*, *Spirituality & Health*, *The Sun*, and other publications. Her *Psychology Today* blog, *One True Thing*, is a collection of essays contributed by and interviews with bestselling and emerging authors.

Liz Prato

*In the Shadow of 10,000 Hills* highlights how those unrelated by blood can come together as family, offering love, strength, and understanding... Haupt's debut novel is a good choice for those seeking tales of hope after adversity and it may prove popular with book clubs.—Booklist

Liz Prato will read from her book of essays *Volcanoes, Palm Trees and Privilege*, which explores what it means to be a white tourist in a seemingly paradisiacal land that has been formed, and largely destroyed, by white outsiders.

Prato is the author of the short story collection, *Baby's on Fire* and editor of *The Night, and the Rain*, and the *River: 22 Stories*. Her stories and essays have appeared in dozens of literary journals and magazines, including *Hayden's Ferry Review*, *Carolina Quarterly*, *Baltimore Review*, *The Rumpus*, *Salon*, *Hunger Mountain*, and *ZYZZYVA*. She is the Editor at Large for Forest Avenue Press.

"Liz Prato's profound meditations on place dislocate and then relocate understandings of Hawai'i from the point of view of the non-native visitor. This book is a love letter to the land and people of Hawai'i, with a keen awareness that some people must let their story of this place go. Breathtaking." —Lidia Yuknavitch, author of "The Chronology of Water" and "Book of Joan"

## WOKSHOPS

**Three Keys to Unlocking Your Story**, 10am to noon. Jennifer Haupt. Whether you're writing fiction or memoir, learn three elements of structure to unlock what your story is really about. We'll look at examples and use writing prompts and exercises to create some basic tenets for your story world. Fee is \$50.

**Submit to Literary Journals Like a Pro**. 1 to 3pm, Fee is \$60. Learn to streamline and demystify the sometimes confusing submission process. We'll cover researching and targeting markets, formatting work, how to interact with editors, whether to enter contests, decoding vague rejections, and what happens when you get accepted. (Note: Not for book-length publishing).

**No Open Mic** at the evening event to allow for the reading and Q&A with two authors. Admission for the evening reading is \$7. Doors open at 6:30. At the Hoffman Center (across from Manzanita Library at 594 Laneda Avenue.) hoffmanarts.org



## Tuesday 16

### MUSIC

Chanticleer. 7pm at Tillamook High School.  
Live Music. No cover, 7pm at the Adrift Hotel in Long Beach.

### FOOD & DRINK

Kiwanis Club of Seaside Pancake Feed. \$7, 5 – 7pm at the Seaside Convention Center.

### LECTURE

AAUW Presentation. Jay A Barber Jr., Mayor of Seaside, will speak on the topic of sex trafficking followed by questions and answers. Also, the film “Chosen” will be shown which tells the true story of a young woman who was groomed by a trafficker and how she was rescued. 6pm in the Flag Room at the Astor Library.

## Wednesday 17

### MUSIC

Buzz Rogowski. 6pm at the Bridgewater Bistro in Astoria.

Bruce Thomas Smith. \$15, 7pm at the Peninsula Arts Center in Long Beach.

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

North Coast Choral Concert. The Seven Last Words of Christ. \$10 suggested donation, 7pm at the PAC in Astoria.

### HAPPENING

Health & Wellness Fair. Meditation, healthy living, tobacco cessation, stress reduction, pet therapy, clubs & class demos, and more. Noon – 2pm at Patriot Hall at CCC in Astoria.

Tillamook County Job Fair. A chance for job seekers and employers to meet one another, establish professional relationships, and discuss potential job opportunities. 10am – 1pm at the Tillamook Library.

### LECTURE

Listening to the Land. Lost and Imperiled Species of the Oregon Coast. 6pm at the Seaside Library.

Champions for Cetaceans. Featuring guest speaker Era Horton from the American Cetacean Society’s Oregon Chapter. 25 cetacean species on the Oregon Coast, whale watching on the Oregon Coast, and threats to cetaceans world wide. FREE. 7pm at the Cannon Beach Library.

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## Singer/songwriter Stephanie Schneiderman



Trying to pin down Stephanie Schneiderman to any one genre, talent or discipline is next to impossible. Whether pursuing her prolific work as a solo artist, playing drums for all-star roots pop act Swan Sovereign (formerly Dirty Martini), stepping on the stage in the musical *The Full Monty*, producing a wildly successful humanitarian concert series for refugees in Uganda (raising over \$70k) as well as producing the soundtrack for 3 popular children’s DVD’s (selling more than 75,000 copies) Schneiderman is hands down one of the most diversely talented artists the Northwest has to offer.

**Saturday, April 27, 7pm. Peninsula Arts Center in Longbeach**

### OUTSIDE

Knotweed Be Gone. Stewardship event. Help remove knotweed from the Necanicum Forest Habitat Reserve. 10am – 1pm. Call 503-738-9126 to attend.

## Thursday 18

### MUSIC

Basin Street NW. 6pm at the Bridgewater Bistro in Astoria.

Beyond the Sound. With the Astoria High School Music Department. \$15 suggested donation, proceeds benefit the AHS Music Department. 7pm at the Liberty Theater in Astoria.

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

### LECTURE

Let’s Talk About Sex. A panel discussion with with local sexperts and

MC Ginger Vitus, plus anonymous questions and a raffle. \$10, 8pm at the Labor Temple in Astoria.

## Friday 19

### MUSIC

Buzz Rogowski. 6pm at the Bridgewater Bistro in Astoria.

Maggie & The Katz. 6:30pm at Sweet Basil’s Café in Cannon Beach.

Eric John Kaiser. 7pm at Public Coast Brewing in Cannon Beach.

The Folly. No cover, 7pm at the Gearhart Hotel.

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

### FOOD & DRINK

Legendre Winemaker’s Dinner. Four courses for \$60, \$80 with wine pairing. 6pm at the Shelburne Hotel in Seaview. Buy tickets at shopadrifthotels.com/winemakers-dinner.html

### HAPPENING

Trance Dance. A resurrection of ecstatic dance at the Astoria Arts and Movement Center at 7pm with continued monthly dances on third Fridays. All are welcome, no previous experience necessary.

Beaches & Breakers Pickleball Classic. Womens Doubles. At Broadway Middle School in Seaside. Register to play at secure.pickleballtournaments.com/welcome.pl?tid=2556

### LECTURE

Salty Talks. A Tribute to Gordon Huggins. 6:30pm at the Salt Hotel and Pub in Ilwaco.

### THEATER

The Real Lewis and Clark Story. \$10, 7pm at the ASOC Playhouse in Astoria.

## Saturday 20

### MUSIC

David Drury. 6pm at the Bridgewater Bistro in Astoria.

Skamokawa Swamp Opera. 7pm at Redmen Hall in Skamokawa.

The Saxophones. Plus Lynette. No cover, 8pm at the Sou’wester Lodge in Seaview.

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

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

### FOOD & DRINK

Chef’s Table Dinner. With Andy Catalano. Four courses of spectacular local ingredients artistically prepared and served with wines chosen for their ability to elevate the tastes on your plate. \$150, 6 – 8pm at the North Coast Food Web in Astoria. Register at northcoast-foodweb.org

### HAPPENING

Long Beach Razor Clam Festival. Free razor clam digging lessons, contests, live music, an annual chowder cook-off and a giant clam fry. Free - \$10. Starting at 6:15am in Long Beach. longneachrazorclamfestival.com

Egg Hunt and Aquatic Treasure Dive. Starting at 10am at Broadway Park in Seaside.

Beaches & Breakers Pickleball Classic. Mixed Doubles. At Broadway Middle School in Seaside. Register to play at secure.pickleballtournaments.com/welcome.pl?tid=2556

DOGgone Crazy Day. All things for dogs, their owners and admirers. Agility obstacles, games, K9 units, trainers, booths and more. 11am – 5pm at the Lincoln City Cultural Center.

### LITERARY

Manzanita Writer’s Series. Authors in Conversation Event. With authors Jennifer Haupt and Liz Prato. \$7, 7pm at the Hoffman Center in Manzanita.

### OUTSIDE

Community Beach Cleanup. 9:30am – 12:30pm at beach approaches on the Long Beach Peninsula.

### THEATER

The Real Lewis and Clark Story. \$10, 7pm at the ASOC Playhouse in Astoria.

## Sunday 21

### MUSIC

Jennifer Goodenberger. 11:30am – 2pm at the Bridgewater Bistro in Astoria.

Dan Sternadel. 6pm at the Bridgewater Bistro in Astoria.

Alex Ashley. No cover, 7pm at the Adrift Hotel in Long Beach.

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

### 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

Easter Egg Hunt. 2pm at the Adrift Hotel in Long Beach.

Beaches & Breakers Pickleball Classic. Mens Doubles. At Broadway Middle School in

## Sou’ Wester 7th Anniversary Party

Saturday, April 27th from 5-10pm  
Music, festivities and cheer to celebrate 7 years of Sou’wester Wonder!!

**PARTY WITCH!** A dark and dreamy power duo featuring Alicia J. Rose (Miss Murgatroid) on accordion, synth and vocals and Shawna Gore (Captain Vs. Crew) on drums.

### ARCH CAPE (RACHEL BLUMBERG)!

Rachel is a drummer and multi-instrumentalist who composes her own music and performs and records both under her name, and under her moniker Arch Cape. She has toured all over the world and recorded with many widely acclaimed artists including The Decemberists, M. Ward, Bright Eyes, Califone, Mirah, Tara Jane O’Neil, Michael Hurley, Sam Beam/Jesca Hoop, Laura Gibson and Death Vessel.

www.rachelblumberg.com/music

**VOOVOL!**VooVol is bassist and vocalist Kadi Rae Smith (Oro Azoro) and drummer Shana Lindbeck (Orquestra Pacifico Tropical). The duo, sonically only utilizing two instruments, engages low-fi, soulful rhythms with operatic, haunting vocals & stripped down percussion.

Seaside. Register to play at secure.pickleballtournaments.com/welcome.pl?tid=2556

## Monday 22

### MUSIC

Alex Ashley. No cover, 7pm at the Adrift Hotel in Long Beach.

### LECTURE

Returning Sea Otters; Repairing the Coast. With Rob Bailey. 4pm at the Cannon Beach History Center and Museum.

Poet Kim Stafford. Talk Poetry, Talk Forests, a conversation with Photographer Robert Adams, 6pm CCC Gallery, Astoria.

## Tuesday 23

### MUSIC

Alex Ashley. No cover, 7pm at the Adrift Hotel in Long Beach.

## Wednesday 24

### MUSIC

Buzz Rogowski. 6pm at the Bridgewater Bistro in Astoria.

Foulweather String Band. 6:30pm at the Driftwood Public Library in Lincoln City.

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

### HAPPENING

Repair Café. A community of volunteers who repair, sew, sharpen and give expert advice on pretty much anything that is broken, torn, dull or in need of repair. 4 – 8pm at 1010 Duane Street in Astoria.

## Thursday 25

### MUSIC

Equinox Jazz Ensemble. 6pm at the Bridgewater Bistro in Astoria.

Brazilian Strings Trio. \$20, cash only, 7pm at the Hoffman Center in Manzanita.

Maurice and The Stiff Sisters. No cover, 7pm at the Gearhart Hotel.

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



### ARCH CAPE (RACHEL BLUMBERG)

### LECTURE

Wit and Wisdom. Philosopher Seth Tichnor and John Nygaard converse about conversation. 7pm in the Lovell Showroom at Fort George in Astoria.

DB Cooper & the Exploding Whale. Folk Heroes of the Northwest. With Bill Sullivan. 4pm at the Cannon Beach History Center and Museum.

## Friday 26

### MUSIC

Salsa & Strings. Secrets of Salsa 4 – 6:30pm. Classical guitarist James Kline performing live 7 – 6pm at the Lincoln City Cultural Center. .

Buzz Rogowski. 6pm at the Bridgewater Bistro in Astoria.

Maggie & The Katz. 6:30pm at Sweet Basil’s Café in Cannon Beach.

David Shifrin & Cary Lewis. Classical Clarinet. \$20 - \$40, 7pm at the Liberty Theater in Astoria.

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

### CINEMA

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

### FOOD & DRINK

Astoria Warrenton Crab, Seafood & Wine Festival. Presenting great coastal cuisine, arts and crafts vendors, live music, wine, beer & spirits tasting and more. \$5 - \$15. 4 – 9pm at the Clatsop County Fairgrounds, Astoria.

### HAPPENING

Cheech and Chong. \$35 - \$50, 8pm at Chinook Winds in Lincoln City.

## Saturday 27

### MUSIC

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

Anniversary Party. With Fronjentress, Party Witch, Rachel Blumberg, VooVol, Dustin Hamman. 5 – 9pm at the Sou’wester Lodge in Seaview.

David Drury. 6pm at the Bridgewater Bistro in Astoria.

Bar-K Buckaroos. 7pm at Public Coast Brewing in Cannon Beach.



Stephanie Schneiderman. \$15, 7pm at the Peninsula Arts Center in Long Beach.

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

ART  
Tillamook Downtown District Art Walk. 1 – 3pm.

FOOD & DRINK  
Astoria Warrenton Crab, Seafood & Wine Festival. Presenting great coastal cuisine, arts and crafts vendors, live music, wine, beer & spirits tasting and more. \$5 - \$15. 10am – 8pm at the Clatsop County Fairgrounds, Astoria.

HAPPENING  
Cheech and Chong. \$35 - \$50, 8pm at Chinook Winds in Lincoln City.

LECTURE  
Acupuncture Presentation. With Katherine Stewart. 1pm at the Seaside Library.

OUTSIDE  
Black Lake Fishing Derby. Free Fishing Derby for children ages 2-14 from 7 am-11 am on Black Lake. Free pancake breakfast and hot dog lunch. 7 – 11am at Black Lake in Ilwaco.

The Forest Remembers. 11:30am – 1pm at the Circle Creek Conservation Center, Seaside.

Oswald West Action Day. Beach cleanup and restoration projects. 10am – noon at Oswald West State Park.

## Sunday 28

MUSIC  
Richard T. 6pm at the Bridgewater Bistro in Astoria.

Seattle Sea Shanty Singers. \$15, 2pm at the Historic Raymond Theater in Raymond.

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

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

FOOD & DRINK  
Astoria Warrenton Crab, Seafood & Wine Festival. Presenting great coastal cuisine, arts and crafts vendors, live music, wine, beer & spirits tasting and more. \$5 - \$15. 11am – 4pm at the Clatsop County Fairgrounds, Astoria.

## Monday 29

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

## Tuesday 30

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

## Wednesday 1

MUSIC  
Brian O'Connor. \$15, 7pm at the Peninsula Arts Center in Long Beach.

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

## Thursday 2

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

HAPPENING  
Local Comics Showcase. 7:30pm at the Labor Temple in Astoria.

LITERARY  
Book Launch Event. Political Hell-Raiser: The Life and Times of Senator Burton K. Wheeler of Montana. A new book by author Marc Johnson. 7pm at The Hoffman Center in Manzanita.

## Friday 3

MUSIC  
Maggie & The Katz. 6:30pm at Sweet Basil's Café in Cannon Beach.

Stumptown Swing. \$20, 7pm at the Hoffman Center in Manzanita.

Chicks With Hits. \$25 - \$40, 8pm at Chinook Winds in Lincoln City.

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

ART  
Spring Unveiling Arts Festival. At several venues in Cannon Beach. [cbgallerygroup.cpm/events/](http://cbgallerygroup.cpm/events/)

HAPPENING  
Cinco de Mayo Celebration. Pre-show Mexican dinner at 4:30pm and performance by La Voz de la Comunidad at 6pm. \$20 for dinner, performance free. At the Liberty Theater in Astoria.

THEATER  
Bunbury. \$20 - \$25, 7:30pm at the Coaster Theater in Cannon Beach.

## Saturday 4

MUSIC  
Deborah Mayer & Cary Lewis. \$20 - \$40. 7pm at the Liberty Theater in Astoria.

Pete Seeger 100th Birthday Tribute Concert and Sing Along. \$15, 7pm at the PAC in Astoria.

Chicks With Hits. \$25 - \$40, 8pm at Chinook Winds in Lincoln City.

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

Metts, Ryan, & Collins. \$5 cover, 9pm at the San Dune Pub in Manzanita.

ART  
Tokeland Art Studio Tour and Auction. Dozens of artists open their studios and gather in Tokeland and North Cove for a weekend of art along the scenic 105 Coastal Byway. Live demos, music, and the art auction. [tokelandnorthcove.com](http://tokelandnorthcove.com)

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

Spring Unveiling Arts Festival. At several venues in Cannon Beach. [cbgallerygroup.cpm/events/](http://cbgallerygroup.cpm/events/)

HAPPENING  
Ilwaco Children's Parade & Blessing of the Fleet. Noon – 5pm in Ilwaco.

CCC Foundation Arts and Experiences Auction and Dinner. \$85, 5pm at Patriot Hall, CCC, Astoria. Register at [clatsopcc.edu/foundation](http://clatsopcc.edu/foundation)

Culture of Course. An Affair to Remember. Annual benefit dinner & auction including a buffet dinner, carnival games, live auction and crooner Rocky Blumhagen. 5:30pm at the Lincoln City Cultural Center.

THEATER  
Bunbury. \$20 - \$25, 7:30pm at the Coaster Theater in Cannon Beach.

# FLASH CUTS

## MOVIES & MUSINGS



**PET SEMATARY (APRIL 5)** The second screen adaptation of the Stephen King book stars Jason Clarke as the head of a family that move to a rural home where they discover a strange burial ground for pets in the woods. Synopsis: Louis Creed (Jason Clarke), his wife Rachel (Amy Seimetz), and their two children Gage and Ellie, move to a rural home where they are welcomed and enlightened about the eerie 'Pet Sematary' located near their home. After the tragedy of their cat being killed by a truck, Louis resorts to burying it in the mysterious pet cemetery, which is definitely not as it seems, as it proves to the Creeds that sometimes, dead is better.

**THE BEST OF ENEMIES (APRIL 5)** Taraji P. Henson and Sam Rockwell star in this historical drama of natural enemies who learn to work together for the common good. Henson plays North Carolina



civil rights activist Ann Atwater, who fought with KKK leader C.P. Ellis (Rockwell) for decades until 1971, when the two co-chaired a community meeting to deal with court-ordered school desegregation. Amazing Grace (April 5 limited) 47 years in the making, the film of Aretha Franklin's legendary gospel concert from finally gets a release in selected theaters. Filmed at a Baptist church in Los Angeles in 1972, Franklin's resulting live album became the biggest-selling gospel record in history and also the singer's best seller. But due to audio synching problems and Franklin's own recalcitrance when the problem was solved 10 years ago, the film languished in the vaults. After Franklin's death last year, director Alan Elliott finally negotiated a release from her estate. At the peak of her career, Franklin decided to do an album/film that honored her roots singing gospel in church. Variety called the film "an essential filmed record of what is undoubtedly one of the greatest gospel performances you'll ever see."

**THE CURSE OF LA LLORONA (APRIL 19)** Horror film from Warners tells the story of the Mexican legend of a mother doomed to forever wander between Heaven and Hell searching for her lost children. Synopsis: La Llorona. The Weeping woman trapped in a terrible fate sealed by her own hand. In life, she drowned her children in a jealous rage, throwing herself in a churning river after them as she wept in pain. Now, her tears are eternal. They are lethal, and those who hear her death call in the night are doomed. In 1970s Los Angeles, La Llorona is stalking the children. Ignoring the eerie warning of a troubled mother suspected of child endangerment, a social worker and her own small kids are soon drawn into a frightening supernatural realm. Their only hope to survive La Llorona's wrath may be a disillusioned priest and the mysticism he practices to keep evil at bay.

**MARVEL'S AVENGERS: ENDGAME (APRIL 26)** The fourth Avengers movie is the culmination of all 22 Marvel movies that have come before as the Avengers battle Thanos in a fight to the death only a few survive. Synopsis: Adrift in space with no food or water, Tony Stark sends a message to Pepper Potts as his oxygen supply starts to dwindle. Meanwhile, the remaining Avengers -- Thor, Black Widow, Captain America and Bruce Banner -- must figure out a way to bring back their vanquished allies for an epic showdown



with Thanos -- the evil demigod who decimated the planet and the universe.

**LONG SHOT (MAY 3)** Charlize Theron and Seth Rogen star as a mismatched couple in this farfetched romantic comedy. Rogen plays Fred Flarsky, a down on his luck investigative journalist who has just lost his job. While drowning his sorrows with best bud Lance (O'Shea Jackson, Jr.), the two crash a high-end party. While mouthing off to a media baron, Flarsky grabs the attention of polar opposite, hotter-than-hot Secretary of State Charlotte Field (Theron) who thinks he looks familiar. He has. Years earlier Fields was his babysitter. Field is about to run for President, but is told she needs to be funnier. Presto. Flarsky is hired for his witty writing. As they flit from city to city as Field tries to raise support, an unlikely romance arises as the far-out-of-his-league Secretary of State warms to Flarsky's raunchy charms.





# FREE WILL ASTROLOGY

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h 11° r 6' ♂ 27° ♀ 7' ☉ 15° ♀ 54' 0° ♀ 48'

**ARIES** (March 21-April 19): A mushroom shaped like a horse's hoof grows on birch trees in parts of Europe and the U.S. If you strip off its outer layer, you get amadou, spongy stuff that's great for igniting fires. It's not used much anymore, but it was a crucial resource for some of our ancestors. As for the word "amadou," it's derived from an old French term that means "tinder, kindling, spunk." The same word was formerly used to refer to a person who is quick to light up or to something that stimulates liveliness. In accordance with astrological omens, I'm making "Amadou" your nickname for the next four weeks.

**TAURUS** (April 20-May 20): "Human beings are not born once and for all on the day their mothers give birth to them," wrote novelist Gabriel Garcia Marquez. "Life obliges them over and over to give birth to themselves." Here's what I'll add to that: As you mature, you do your best to give birth to ever-new selves that are in alignment with the idealistic visions you have of the person you want to become. Unfortunately, most of us aren't skilled at that task in adolescence and early adulthood. The selves we create may be inadequate or delusory or distorted. Fortunately, as we learn from our mistakes, we eventually learn to give birth to selves that are strong and righteous. The only problem is that the old false selves we generated along the way may persist as ghostly echoes in our psyche. And we have a sacred duty to banish those ghostly echoes. I tell you this, Taurus, because the coming months will be an excellent time to do that banishing. Ramp up your efforts NOW!

**GEMINI** (May 21-June 20): "When spring came, there were no problems except where to be happiest," wrote Ernest Hemingway in his memoir. He quickly amended that statement, though, mourning, "The only thing that could spoil a day was people." Then he ventured even further, testifying, "People were always the limiters of happiness except for the very few that were as good as spring itself." I bring these thoughts to your attention so as to prepare you for some good news: In the next three weeks, I suspect you will far exceed your quota for encounters with people who are not "limiters of happiness"—who are as good as spring itself.

**CANCER** (June 21-July 22): It's time to prove that Cancerians have more to offer than nurturing, empathizing, softening the edges, feeling deeply, getting comfortable, and being creative. Not that there's anything wrong with those talents. On the contrary! They're beautiful and necessary. It's just that for now you need to avoid being pigeonholed as a gentle, sensitive soul. To gather the goodies that are potentially available to you, you'll have to be more forthright and aggressive than usual. Is it possible for you to wield a commanding presence? Can you add a big dose of willfulness and a pinch of ferocity to your self-presentation? Yes and yes!

**LEO** (July 23-Aug. 22): General Motors manufactured a car called the Pontiac Aztek from 2001 to 2005. It wasn't commercially successful. One critic said it looked like "an angry kitchen appliance," and many others agreed it was exceptionally unstylish. But later the Aztek had an odd revival because of the popularity of the TV show Breaking Bad. The show's protagonist, Walter White, owned one, and that motivated some of his fans to emulate his taste in cars. In accordance with astrological omens, Leo, I suspect that something of yours may also enjoy a second life sometime soon. An offering that didn't get much appreciation the first time around may undergo a resurgence. Help it do so.

**VIRGO** (Aug. 23-Sept. 22): "Of all the female sins, hunger is the least forgivable," laments feminist author Laurie Penny. She's referring to the hunger "for anything, for food, sex, power, education, even love." She continues: "If we have desires, we are expected to conceal them, to control them, to keep ourselves in check. We are supposed to be objects of desire, not desiring beings." I've quoted her because I suspect it's crucial for you to not suppress or hide your longings in the coming weeks. That's

triple true if you're a woman, but also important if you're a man or some other gender. You have a potential to heal deeply if you get very clear about what you hunger for and then express it frankly.

**LIBRA** (Sept. 23-Oct. 22): Only one of Nana Mouskouris's vocal cords works, but over the course of an almost 60-year career, the Libran singer has sold over 30 million records in twelve different languages. Many critics speculate that her apparent disadvantage is key to her unique style. She's a coloratura mezzo, a rare category of chanteuse who sings ornate passages with exceptional agility and purity. In the coming weeks, I suspect that you will be like Mouskouris in your ability to capitalize on a seeming lack or deprivation.

**SCORPIO** (Oct. 23-Nov. 21): Your tribe is symbolized by three animals: the scorpion, the eagle, and the mythological phoenix. Some astrologers say that the scorpion is the ruling creature of "unevolved" or immature Scorpions, whereas the eagle and phoenix are associated with those of your tribe who express the riper, more enlightened qualities of your sign. But I want to put in a plug for the scorpion as being worthy of all Scorpions. It is a hardy critter that rivals the cockroach in its ability to survive—and even thrive in—less than ideal conditions. For the next two weeks, I propose we make it your spirit creature.

**SAGITTARIUS** (Nov. 22-Dec. 21): Sagittarian novelist Gustave Flaubert declared that it's "our duty is to feel what is sublime and cherish what is beautiful." But that's a demanding task to pull off on an ongoing basis. Maybe the best we can hope for is to feel what's sublime and cherish what's beautiful for 30-35 days every year. Having said that, though, I'm happy to tell you that in 2019 you could get all the way up to 95-100 days of feeling what's sublime and cherishing what's beautiful. And as many as 15 to 17 of those days could come during the next 21.

**CAPRICORN** (Dec. 22-Jan. 19): Sommeliers are people trained to understand the nuances of wine. By sampling a few sips, the best sommeliers can discern facts about the type of grapes that were used to make the wine and where on earth they were grown. I think that in the coming weeks you Capricorns should launch an effort to reach a comparable level of sensitivity and perceptivity about any subject you care about. It's a favorable time to become even more masterful about your specialties; to dive deeper into the areas of knowledge that captivate your imagination.

**AQUARIUS** (Jan. 20-Feb. 18): Every language is a work-in-progress. New words constantly insinuate themselves into common usage, while others fade away. If you traveled back in time to 1719 while remaining in your current location, you'd have trouble communicating with people of that era. And today linguistic evolution is even more rapid than in previous ages. The Oxford English Dictionary adds more than a thousand new words annually. In recognition of the extra verbal skill and inventiveness you now posses, Aquarius, I invite you to coin a slew of your own fresh terms. To get you warmed up, try this utterance I coined: verizzimo! It's an exclamation that means "thrillingly beautiful and true."

**PISCES** (Feb. 19-March 20): One of history's most audacious con men was George C. Parker, a Pisces. He made his living selling property that did not legally belong to him, including the Brooklyn Bridge, the Metropolitan Museum of Art, and the Statue of Liberty. I suspect you could summon his level of salesmanship and persuasive skills in the coming weeks. But I hope you will use your nearly magical powers to make deals and perform feats that have maximum integrity. It's OK to be a teensy bit greedy, though.

Homework: Name a beautiful thing you were never capable of doing until now. <https://FreeWillAstrology.com>

**FREEWILLASTROLOGY.COM**

## Bike Madame

By Margaret Hammitt-McDonald

### The Wide, Wild World of Bike Jousting

IN FIFTH GRADE, we didn't discuss career choices often, but when pressed by an adult, the other kids would rattle off things the adult expected to hear: astronaut, firefighter, homemaker, race-car driver. Then my turn would come and I'd proclaim, "Grail knight!" The adult had the grace not to laugh. The other kids did laugh, but that was nothing new. I'd learned that they made fun of me whether I tried to fit in or not, so I decided I'd rather be the person I liked better—my own eccentric self. Over the years, my Grail-knight ambition morphed into a medieval-studies PhD and then my medical and library/archival studies—ways I tried to combine the knight's dedication to service and an interest in the historical period that gave rise to the chivalric code.

Not being able to afford a horse, I turned my bike into my steed for riding on errantry (scouring the neighborhood for wrongs to right, damsels or dudes in distress, and Grails). For a more authentic equine look, I tied a hobby horse to my headset (complete with vinyl head with that realistic seam down the center) and rode off to battle.

Although I've named subsequent bikes after knightly chargers, I've long since retired the hobby-horse head. Imagine my pleasant surprise when I, connoisseur of everything eccentric, especially when it involves bikes, discovered the peculiar sport of bicycle jousting. This side of knighthood has never attracted me—if someone were bearing down on me on horseback with a dowel on steroids aimed at me, galloping away seems the best option—but replace the horse with a bike and the friendly anarchy of it all starts to appeal.

Many bike jousters opt for a type of mutant bike called a tall bike, which looks like two bikes stacked on top of each other and welded together. As Eric Shalit explains, the design for these bikes was inspired by extra-tall bikes ridden by lamplighters through Victorian-era streets. They are equipped

with an extra-long chain so the cyclist can pedal from six or seven feet up. This elevation supplies an innate riding challenge before you add the lance and shield. Shalit also notes that tall bikes made another appearance in Great Britain in the 1950s, when an enterprising bike-building company released "Flood Bikes" (some up to 20 feet high!) to allow riders to pedal to work despite submerged roads. (I'd love to have had one to get through the three-times-yearly flooding on the 101 south of Seaside.) (Eric Shalit, "Practical Origins of the



The Black Label Bike Club (BLBC) doing a bit of jousting.

revival of the ancient sport for modern folks. Instead of a wooden lance, combatants use a foam tube or plastic conduit. They also wear a shield over their non-dominant arm, which adds to the difficulty of steering one's bike, which is also wobblier than a horse. Even without a sharp lance, folks get hurt from slamming into each other, unhorsing (un-biking?) each other, or falling over, so some competitors decide to use ordinary-height bikes instead, including kids' bikes fitted out for tricks ("Bicycle Jousting, Transferring a Medieval Sport Into a Modern Sport," Medieval Archives, September 30, 2010, <http://www.medievalarchives.com/2010/09/30/bicycle-jousting-transferring-a-medieval-sport-into-a-modern-sport/>).

Bike jousting events occur in Portland and around the country, so you can get a taste of this crazy...I mean fun sport. Just don't forget your helmet and knee/elbow/shin guards! It's the chivalrous way to stay out of the ER.

Physician, writer and writing instructor, visit Margaret Hammit - McDonald's blog/website Valor and Compassion, where she focuses on writing topics [www.valorandcompassion.com](http://www.valorandcompassion.com).



## WORKSHOPS/CLASSES

**WHALE SPIRIT DRUM CIRCLE:** Open drum circle meets the first Saturday of each month in Seaside from 7pm - 8pm. Everyone is welcome to gather and drum together; no drumming experience is necessary. Our goal is to drum indoors at the Bob Chisholm Community Center in Seaside at 1225 Avenue 'A' when the weather is crummy and outside when the weather is nice. Check [www.WhaleSpirit.com](http://www.WhaleSpirit.com) to confirm location each month. We ask that you kick in a \$10 donation to cover renting the venue. Don't have a drum yet? Extra drums may be available for you to play. Please respect that this is a drug and alcohol free event. For more information go to: [www.WhaleSpirit.com](http://www.WhaleSpirit.com)

**PUFFIN POSTCARDS.** Our Migratory Local Birds. April 13. With Brianna Ortega. Brianna will lead you through an educational drawing class where you will learn firsthand through experiencing the local birds at Haystack Rock, just how you can connect your own life to the Puffins and other migratory sea birds. \$35, noon - 2pm at the Cannon Beach City Hall. Register at [eventbrite.com](http://eventbrite.com)

**SOUTHERN BISCUITS.** April 13. With Brian Medford. Brian will show you the secrets to creating a tall and flaky buttermilk biscuit and will answer all your questions about biscuit making, shaping and baking. You'll also learn how to make the perfect accompaniment to a southern biscuit.... pork sausage gravy. \$50, 10am - 1:30pm at the North Coast Food Web. Register at [northcoastfoodweb.org](http://northcoastfoodweb.org)

**EMBODIED CREATIVITY.** April 20. With Liz Asch Greenhill. play with creative imagery as a source for generative writing. This workshop will include guided visualization, breathing techniques, brainstorming, sharing, writing, and ideaphoria focused on creative process. You will learn to integrate energetics and embodiment techniques into the ways you source ideas. \$30, Noon- 3pm at the Sou'wester Lodge in Seaview. RSVP at 360-642-2542

**HAND WOVEN BEACH BASKETS.** April 20. With Susan Spence. Make your own beach basket sculpture from "foraged flotsam"- found and recycled local crab fishing rope. \$115, noon - 4:30pm at the Cannon Beach City Hall. Register at [eventbrite.com](http://eventbrite.com).

**NATURAL DYEING BAG OF TRICKS.** April 27. With Iris Sullivan Daire. Paint on cloth using color from plants. Students in this class will get to play with a variety of natural dye paints to draw and print on cotton. Paints will be made from local plants as well as dyes known since ancient times. Materials provided include sample squares, and a cotton tote bag that has been prepared to paint. \$30 + \$15 materials fee. 11am - 3:30pm at the Sou'wester Lodge in Seaview. RSVP at 360-642-2542

## BODY WORK•YOGA•FITNESS

**QIGONG WALKING AND FORMS.** Mondays, starting January 23. With Donna Quinn. Qigong is an ancient Chinese health care system that integrates physical postures, breathing techniques and focused intention. Qigong (Chi Kung) means cultivating energy, it is a system practiced for health maintenance, healing and increasing vitality. Free community class, 7:30am at RiversZen Yoga in Astoria.

**CLASSICAL BELLY DANCE.** Classes held Sundays 3-4:30 @ Tolovana Community Hall 3778

s. Hemlock Cannon Beach. Drop in \$10. Everyone welcome. Info call Sarah 971-601-0127.

**YOGA IN NEHALEM.**North County Recreation District. Mon. 5:15-6:45pm/Beginning Classical Yoga. Tues. 4-5:30pm/Feel Good Flow Yoga. Wed. 8-9:30a/Mid-Life Yoga, Leading You 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/Hatha for All Yoga. Fri 8-9:30am/Very Gentle Yoga. Fri 11:30-1pm/Living Yoga. Sat. 8-9:30am/Classical Yoga. 6 different RYT yoga instructors, in-district \$8; out-of-district \$13. contact 503-368-7160.

**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](https://www.facebook.com/RiversZen).

**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/GEARHART.** Gearhart Workout. For more information log on to [www.gearhart-workout.com](http://www.gearhart-workout.com) 3470 Hwy. 101 N. Suite 104 in Gearhart

**CB 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.** Private lessons in Ocean Park, WA (home gym) with Black Belt instructor Jon Belcher in Kenpo Karate (Adults only, \$10.00 per 1 & 1/2 hr lesson). Currently teaching Mondays & Thursdays from 1:00pm on. To try a free introductory lesson contact instructor at: Phone: 360-665-0860 or E-mail: [jonbelcher1741@yahoo.com](mailto:jonbelcher1741@yahoo.com) Instructor teaches the Ed Parker system of American Kenpo Karate.

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

**NEHALEM 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](mailto:Rerlebach@gmail.com)

## SPIRITUALITY

**LOOKING FOR A DIFFERENT APPROACH TO RECOVERY?** Join us every Wednesday evening at the Mary Blake Playhouse, 1218 Avenue A in Seaside from 7:30 to 8:30. Refuge Recovery is a program using Buddhist based principles and meditation to support our recovery from addictions of all kinds. Each meeting includes a meditation session, study of recovery related materials and group discussion. For additional information contact Roger at [roger.s.oakes@gmail.com](mailto:roger.s.oakes@gmail.com).

**SPIRITUAL BUT NOT RELIGIOUS?** Join in a "Celebration of Spirit" sponsored by Common Ground Interspiritual Fellowship. This Sunday morning gathering is not defined by any particular belief system, and is especially intended for the "spiritual but not religious," as well as

those who draw from new thought sources or from more than one faith tradition. Time: Sundays 9:30 - 10:30 am Location: Franklin Ave. & 11th St. Astoria, in the Wesley Room of the Methodist Church, (use building entrance on 11th). For more information see <http://cgifellowship.org>, contact [info@cgifellowship.org](mailto:info@cgifellowship.org), or call 916-307-9790.

**A COURSE IN MIRACLES STUDY GROUP** A Course in Miracles study group will meet on Sundays from 3-5pm at the Ocean Park Library conference room as of April 1st. All meetings are open to the public and free of charge. The Course in Miracles is a spiritual practice, Christian in nature, dealing with universal themes and experience. The Course will address existential questions such as "Who am I?", "Where did I come from?", "What is my purpose here?", as well as the practice of undoing fear and guilt, attainment of inner peace, healing of sickness and of relationships, forgiveness and compassion, prayer/meditation and enlightenment. The Course in Miracles books will be available for use and purchase at the meetings. Course in Miracles, cont. For more info, please contact: Kenny Tam (206) 979-7714 (cell).

**AUTHENTIC Spiritual Conversations** Meets every Tuesday in Astoria, from 7:00 - 8:30 PM. Are you looking for a spiritual community of like-minded people but don't seem to fit in anywhere? Do you want to be able to explore your spiritual questions, doubts, and practices in a space where everyone's needs are respectfully held? Are you tired of keeping silent in order to fit into group norms that tell you what you should believe? Join in a conversation where your unique spiritual path is respected and you can feel safe to express your authentic truth. All faiths, including "spiritual but not religious" are welcome. We meet in the new Columbia Memorial Hospital Cancer Center located at 1905 Exchange. For more information contact [info@cgifellowship.org](mailto:info@cgifellowship.org) or call 916-307-9790.

**COLUMBIA RIVER MEDITATION GROUP.** Meets Wed 5:30-7:30pm, 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 deepening a regular practice. All welcome.

**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 [amyselena888@gmail.com](mailto:amyselena888@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.

## VOLUNTEER

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



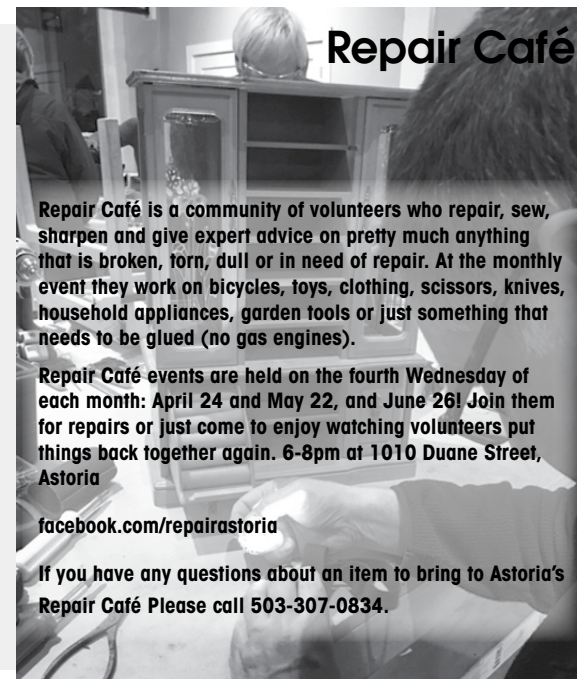
## MEETINGS/MEET-UPS

**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.

**INCLUSIVE MEN'S GROUP.** Meets at the Center for Contemplative Arts in Manzanita. Sunday evenings. 5:00pm - 8:pm. Next meeting March 10. Benefit from the experience of a more diverse circle of men - all ages - all walks of life - all points of view - let's expand the possibilities. Some of us have been meeting together for 9 years. Others are new to the process. Either way, each man adds to the evening. We all have connection to a vast knowledge. The group intelligence is more expansive than the individual awareness. There is a great release and power in sharing our wisdom and our vulnerabilities. We are confidential. We are inclusive. We are diverse. Bring Yourself - Be Yourself - Add Yourself to the mix. See what happens. FMI: Darel Grothaus, [darelgrothaus@raincity.com](mailto:darelgrothaus@raincity.com)

**ENCORE –** Join us for the ENCORE Lunch Bunch the first Friday of each month. Questions about Lunch Bunch? Call Gerrie Penny 360-244-3018 or Carey Birkenfeld, 503-791-3917. ENCORE is a membership organization for people age 50 and older who are interested in life-long learning opportunities. ENCORE (Exploring New Concepts of Retirement Education) 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](http://www.encorelearn.org) or contact Leah Olson, Clatsop Community College Community Education Coordinator, 503-338-2408 OR TOLL FREE AT 1-855-252-8767.



## Repair Café

**Repair Café is a community of volunteers who repair, sew, sharpen and give expert advice on pretty much anything that is broken, torn, dull or in need of repair. At the monthly event they work on bicycles, toys, clothing, scissors, knives, household appliances, garden tools or just something that needs to be glued (no gas engines).**

**Repair Café events are held on the fourth Wednesday of each month: April 24 and May 22, and June 26! Join them for repairs or just come to enjoy watching volunteers put things back together again. 6-8pm at 1010 Duane Street, Astoria**

[facebook.com/repairastoria](https://www.facebook.com/repairastoria)

**If you have any questions about an item to bring to Astoria's Repair Café Please call 503-307-0834.**

## Dance Your Joy at AAMC

**342 10th St. in Astoria.** For class info please contact the instructor directly. **Classes may change, for a current schedule & instructor info visit: [astoriaartsandmovement.com](http://astoriaartsandmovement.com)**

• **MONDAY**  
8:30 - 9:30am Zumba Dance  
Fitness with Kim Postlewaite  
6 - 7pm: Yoga with Jude Matulich Hall

• **TUESDAY** 8:30-9:30am:  
Zumba with Joy Sigler

• **WEDNESDAY**  
6-7:15pm: Belly Dance Basics with Jessamyn Grace  
7:15-8:15pm: Belly Dance Choreography with Jessamyn Grace

• **THURSDAY**  
8:30-9:30am Zumba with Joy Sigler  
5:30 - 6:30pm Improv Tribal Belly Dance with Julie Kovatch thru Dec 27  
6:45-7:45pm Close Embrace Argentine Tango w/ Estelle and Celeste Olivares  
7:45 - 8:45pm Argentine Tango Practica hosted by Estelle and Celeste Olivares

**FRIDAY**  
7-10pm Contra Dance (1st Fri. ea. mnth) LIVE Band  
7:00 - 8:15pm Dream Circles Ecstatic Dance with Kimberly O'Bryant (3rd Friday of each month)  
6:30 - 8:30pm Wise Women Gatherings with Melissa Henige (4th Friday of each month)

• **SATURDAY**  
10:30 – 12pm Contemp Dance (private) with Julia Gingerich  
6-7pm: Argentine Tango Fundamentals with Estelle Olivares  
7-8pm: Intermediate Argentine Tango Concepts

**SUNDAY**  
9-10:30am: Tri-Dosha Yoga with Melissa Henige  
1:00 - 2:30pm Character Dojo with Rachel Lionheart (4th Sunday of each month)  
5-8pm Burlesque (private)  
3:00 - 4:30pm Improv Jam with Rachel Lionheart (4th Sunday of each month)

**NORTH COAST LA LECHE LEAGUE.** Pregnant women, mothers, babies & toddlers welcome. Topics discussed: preparing for birth and breastfeeding, adjusting to motherhood, parenting babies and toddlers, breastfeeding basics, benefits and challenges of breastfeeding, nutrition, and weaning. Astoria: 3rd Tuesdays 5:30-7pm. Blue Scorchers Bakery 1493 Duane St, Astoria.





## MESSAGES SONJA GRACE

mystic healer  
Presume Nothing

WHEN WE PRESUME we know everything there is to know about spiritual matters, we limit ourselves to learning at a deeper level. The ego can block our development hiding the underlying issues or fear of what we don't know. When I was much younger, I trained as a classical ballerina attending ballet class daily. Ballet class is a strict regime of plies, tendus and a regular set of warm ups at the barre that prepare dancers for combinations practiced in the center of the ballet studio. If I add up all the tendus I have done in my life it is in the millions! If I presume, I understand everything that a tendu is then I miss the opportunity to learn even more about how the foot works, and ultimately transform my physical experience. In respect to spiritualism, a tendu is a daily practice like meditation and although we know what meditation is, there are many layers of consciousness to be discovered. Meditation is like ballet class, focused, dedicated and aligned with intuition.

People seem to have the notion we are entitled to everything spiritual. Spiritualism no longer includes a rigorous training

with a teacher but rather a workshop or weekend on how to become a shaman, healer, mystic or psychic. It is rare to find a teacher who teaches the principles and responsibilities of the unseen world. Our world demands we are all knowing with technology pushing us every day to know more.

When we can sit quietly and not have any expectation about what we should or should not know, we open to something quite new. The ancient people practiced this daily. They listened to the earth and could hear her heart beat, they understood when it was time to move the camp and when they should plant crops. This place I am describing is found in meditation. It is not a brain activity, but rather an experience. Our desire for knowledge can fill up all the spaces and leave us void of experiencing a feeling or vibration. No matter what you know or don't know it all leads back to the same place. We must experience the mystery, feel it and live it. When we hold on to our doubts, discounting our feelings, we miss the opportunity to trust. Trusting what you feel is key to

your spiritual development. Knowledge is a great gift, but spiritualism is an experience. Presume nothing, empty yourself and be nothing. It is from this place you can experience everything.

*Sonja Grace is a highly sought-after mystic, healer, artist, and storyteller with both Norwegian and Native American heritage. She has been counseling an international roster of clients for over thirty years. The award-winning author of Spirit Traveler, Become an Earth Angel, and Dancing with Raven and Bear, Sonja has appeared multiple times on GAIA TV's Great Minds, Inspirations, Ancient Civilizations and Beyond Belief with George Noory and Coast to Coast AM. Her latest creation is ODIN AND THE NINE REALMS ORACLE a 54-card set containing all original artwork by Sonja Grace who share the wisdom and guidance of the Norse Gods. Findhorn Press/ Inner Traditions Pre-order at: [www.sonjagrace.com](http://www.sonjagrace.com)*

By Tobi Nason



## wordwisdom

AS I SIT to write this, I remind myself: Start writing before April comes and goes.... Yes, sometimes a new thought is hard to come by. From what I read, a mind needs a certain amount of "free time" in order to find space for new thoughts and inspirations. I believe that.

I believe that so much that I am going to carve time out in the mornings just for that purpose. It may be a combo of meditation and/or writing freestyle. I don't know, maybe just a half hour of mindlessness and let's see what evolves.

Mindlessness. What a concept! There's an Eastern country that has a word for depression that literally translates into "overthinking." I sometimes get so busy, I overthink, make quick assumptions, go on autopilot. It can lead to rumination. It is something that usually draws in the little bits of leftover childhood crap as fodder. Imagine you make a minor mistake at work. You correct it. But in the meantime, you may beat yourself up over it, quickly flash on a memory of asimilar

mistake, maybe even a childhood situation. Before you know it, a simple mistake has snowballed and your mind has labeled you, once again, as one who always makes mistakes. How depressing!

How much better it would be to take the time to learn lessons from those times in life that cause us concern or angst. Learn them as embedded in the heart. Imagine how calm life would be if we could return to our wealth of learned knowledge and know that "this too shall pass."

I'm afraid what I've written is not new to those of you who read my column. I discovered years ago as a private counselor that

seeking happiness can be an elusive pursuit. All the details of a life can be as one desired, but still there's that ache for something else.

Something that would finally jettison the person into the land of "Happy." I'm here to say that always letting circumstance jerk you around will not make you a happy soul. Hence, take the time to let the mind wander and discover who you are, what you want. At some point, life will ask you to take a leap of faith. You want the bedrock of learned lessons and a vision to go where you need to go.

Gameplan: Planned mindlessness. I want to see what's rattling around, unattended. See what pops up. See if it pops up repeatedly. Perhaps see if there's steps to get where I'm wanting to go.

Wish me well.

*Tobi Nason is a counselor in Warrenton. (503) 440-0587. Got a thought, got an idea? Call me.*



## A Special Request from the Dogs & Cats at the CLATSOP COUNTY SHELTER

We're a little low on supplies.  
Would you please help?

Dog Food – Nature's Domain (Costco)

Cat Food – Nature's Domain (Costco)

High Quality Kitten Food

50 Gallon Garbage Bags

13 Gallon Tall Kitchen Bags

Paper Towels

Cat Toys (No Catnip)

Bleach

Dog Kongs (Black only please)

Feline Pine Cat Litter

Tennis Balls

Liquid Laundry Detergent

*Also we take Cash Donations*

**Clatsop County  
Animal Shelter**  
1315 SE 19th Street  
Warrenton, OR 97146

**503-861-7387**  
Tuesday thru Saturday  
Noon to 4pm

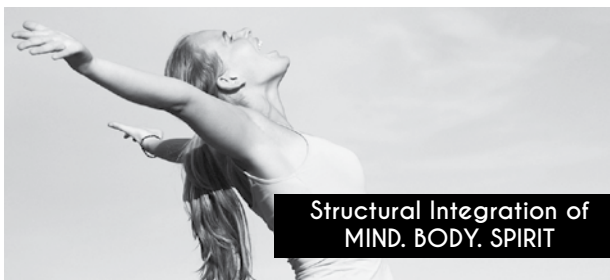


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## Whole PLANET Health Pelvic Love



DURING A YOGA CLASS at North Portland Yoga, instructor Mandy Kreuger told our class that our pelvic health would improve if we did Horse Pose every day.

Try Horse Pose right now, it goes like this:

*Take a wide but comfortable stance, approximately*

*three feet. Engage a subtle drawing-in of the navel and lower belly, which will support the tailbone to draw toward the ground. With both feet, turn toes out and ankles in. Take a big breath in, lifting your arms overhead as you inhale. As you exhale, bend through the knees, lowering the entire pelvis to suspend between your thighs. Lower your arms as you exhale and either bring hands to hips or together at heart-center.*

*Keep your chest more-or-less upright with your tail still pointed toward the floor. The engagement of the lower belly is your friend. Take several breaths, settling into this lowered center of gravity.*

Isn't it terrible?

Horse Pose has made me internally curse many a yoga instructor, which is why I try to incorporate it into every yoga class I teach. This wretched, thigh-burning, root awaking pose, like many poses, lights up the parts of ourselves we have dimmed our awareness of.

Our awareness of pelvic health can be particularly dim. Here's some words associated with the pelvis that may make you feel as uneasy and exposed as horse pose did: fibroids, hemorrhoids, cysts, cramps, keloid scars, fissures, polyps, warts, prolapse, HPV, incontinence. I could go on.

My point is, we deal with a lot of dis-ease in this region of our body, across the anatomical spectrum.

My interpretation of Kreuger's guidance for us in Horse Pose is to get lower and deeper and to let-go. I keep her visual guide in my mind, telling myself that if I let my pelvis sink, some of the physical ailments I experience will just come tumbling out of the places I hold my pain and be absorbed back into the Earth.

Horse isn't going to be everyone's favorite ride, and even if it is, the more modalities we have to support ourselves to health the better. So in addition to Horse Pose,\* the North Coast has a gentler offering for pelvic support: Pelvic Steaming. Other names include peri-steam hydrotherapy or vaginal steaming. Geared toward menstrual and postpartum support, this practice can actually support everyone with a pelvis, because we all have soft bits that need love.

The practice is this: an individualized combination of herbs are steeped in hot water and placed underneath a low-stool with a slit or hole in the middle. A person sits over this opening, allowing steam to reach the soft tissues and reproductive organs. The vital properties of the herbs, carried through the steam, are meant to have a range of healing, supportive effects. The steam is kept at a gentle, not overly hot temperature, and the individual is wrapped in a blanket to keep all steam contained and directed toward the pelvis.

North Coast health practitioner Kestrel Gates offers pelvic steaming, and sees clients in her own home or theirs. She sets the tone for the experience by reading a short, grounding meditation, then leaves the room to allow space for a restful, healing experience.

This is after an intake process used to make informed recommendations for which herbs are best suited for the individual. There are contraindications for steaming such as pregnancy, current menstruation, having had tubal ligation, among others.

According to Kelli Garza, founder of the Peristeam Hydrotherapy Institute, which offers pelvic steaming education and supplies, the practice is found worldwide for menstrual and reproductive health; most commonly in the postpartum period. It is also used as a self-care tool to treat gynecological problems such as cramps, infections, fibroids, cysts, etc.

Much of Kestrel's work in Clatsop County centers on postpartum support. She is the author of Build Your Nest: A Post Partum Planning Workbook, which is available in many places locally, including Columbia Memorial Hospital. She trained through the Peristeam Hydrotherapy Institute as a "Vaginal Steam Facilitator" to broaden her postpartum offerings; however, she has ended up seeing just as many clients for a range of issues who were seeking relaxation and greater health.

On the prevalence of chronic reproductive ailments she says, "We are such a sedentary culture, people's bodies are much more stagnant and this is a reason we see so much disease."

Clarifying her offerings as part of the bigger picture of what makes people well, she says, "Steaming is not the one modality: doctors, naturopaths physical therapists, diet, acupuncture, self-care practices - all of these can work together. What is special about steaming is that people learn to do it at home, and it's super relaxing."

"Super relaxing" is a far cry from emotionally wrestling one's way through horse-pose, but the two practices do have some things in common. Both can be taught by an informed guide and then practiced alone, and both draw our awareness lower, and deeper into a part of our body that might be hollering with symptoms, asking us to find ways to let-go.

More information about pelvic steaming locally can be found at Kestrel's website:

[Rosemintwellness.com](http://Rosemintwellness.com)

*\*An alternative to Standing Horse-Pose is Happy Baby. Lie on your back and lift your legs straight in the air, soles of the feet to the ceiling. Take ahold of shins/ankles/feet and draw knees wide and bent, keeping the sole's of the feet facing the sky. Think- happy little baby holding their toes, innocently exposed and not yet shamed by the world for the human condition of having a pelvis and reproductive organs.*



Rosemint Wellness steam space



Vintage ad for home pelvic steambathing



CHEW ON THIS!  
by Merianne Myers



COOL YOUR JETS  
SPRING SCRAMBLE

Serves 4 if you're feeling generous. Otherwise, grab a fork, the sauté pan and a seat. Preheat oven to 375

- 1 bunch asparagus
- Handful of snap peas
- 8 eggs
- 2 Tablespoons milk
- 2 ounces or 1/4 stick butter
- salt & pepper

- Cut the woody tips from the asparagus stems. Cut the stems into bite-sized pieces leaving the tips whole. Cut snap peas on the diagonal into bite-sized pieces.
- Blanch the asparagus in a pan of boiling water starting with the stem pieces for a couple of minutes, then adding the tips and peas for another minute or so.
- The timing of this depends on how al dente or soft you like your vegetables.
- Remove, drain and set aside to cool. Unlike some preparations, no ice bath here.
- Whisk eggs and milk with a smattering of salt and pepper until well blended.
- Melt the butter in a sauté pan and, over medium heat, scramble gently and patiently by pulling the outside edges into the middle repeatedly until eggs are scrambled soft. Add the vegetables, stirring gently until warmed through.
- If you're feeling artsy, sprinkle with a bit of paprika and dig in.



RAGE IS RUNNING RAMPANT around the globe. The whole world has gone mad. I don't mean insane. That's a given. I mean angry. I'm not saying rage is useless. I'm saying we waste it by being mad all the time. It's a valuable commodity that becomes weak and tedious when used on a daily basis.

In the U.S., we've gotten fat and lazy and complacent and now we're ticked off. At ourselves, at each other, at corporate-owned government, at the lack of whatever it is we personally need and can no longer come by easily. If we could figure out a way to refine the heat from all that rage, we could put the fossil fuel industry out of business tomorrow.

Politically, our choices are pretty dismal. On the one hand we have the Tea Party, which sounds completely lovely but turns out to be the crazy guy on the corner holding a "The End Is Near" sign. Ever so slightly to the left of that are the Republicans whose "Let Them Eat Cake" philosophy seems to be fine with 1% of us having all the goods and the rest of us working at Walmart where we earn so little, we need Food Stamps to buy the cake. Only slightly off from there, the Democrats would love to do something helpful but are busy trying to extinguish the fire in their hair and wishing they had as much money as the Republicans.

Spooky, snobby or sadly ineffective. Gee, I just can't decide.

At some point someone will remember that In politics, as in personal relationships, the key to abiding success is courtesy.

You heard me. It all and always comes down to graciousness. Rage is the lazy way out and completely counterproductive. If you want to get your way and not be the victim of a coup as a result, play nice. I'm thinking the whole country needs a year in finishing school where we will relearn civility with a side of table manners and good posture tossed in. Until then, we should all be sent to our rooms to think about what we've done.

Life truly is a bitch and yes, we are all most certainly going to die. Why spend a minute of it being ticked off at someone you probably don't even know? How about we concentrate on the countless things we have in common instead of trashing our blood pressure by focusing on the other stuff?

At the risk of repeating myself, let's have dinner together. It's the easiest, most delicious reset of attitude to be had. It will lower your blood pressure and raise your alpha waves. It's sustenance, reassurance and comfort in one tasty masterpiece. It provides everyone a seat at the table. And it's nice.

Speaking of nice, it's SPRING! That means endless sappy poetic musings and, much more importantly, asparagus. There are endless recipe-free ways to love asparagus. Steamed, grilled or roasted. Tossed in salad with lemony vinaigrette and a scattering of chopped, boiled egg, drizzled with satiny Hollandaise, etc, etc, etc. Here's a classic Spanish dish that honors asparagus and spring's other gift delivered by chickens awakening from their wintery slumber.

Tune in to **FOOD TALK**, an irreverent conversation about home cooking with hosts Merianne Myers and Linda Perkins. **First and Third Mondays** of every month, 9:30 to 10am on **Coast Community Radio**, KMUN 91.9fm, KTCB 89.5fm, streaming and available as podcast at [coastradio.org](http://coastradio.org).

Acupuncturist Katharine Stewart  
At Seaside Public Library

ON SATURDAY, APRIL 27, 1:00 p.m., The Friends of the Seaside Library host Acupuncturist and Herbalist, Katherine Stewart. The event is free to the public, and will take place in the Community Room. Sign-up is not required.

Acupuncturists are trained in a traditional form of Chinese medicine which involves inserting thin, sterile needles into various points of the body to relieve pain, promote healing, and improve physical, mental and emotional well-being. The body points correspond with energy channels that are stimulated during treatments and are considered pathways to a life-energy force called Qi. The most commonly reported use of acupuncture is for back pain, joint and neck pain, and headache. Acupuncturists are highly regulated in the United States by the National Certification Commission for Acupuncture and Oriental Medicine, and the needles are regulated by the FDA. According to a 2017 National Health Survey, an estimated 3.1 million adults and 150,000 children, in the United States, used acupuncture the previous year.

Katherine Stewart is a licensed Acupuncturist and Herbalist and has been in practice for 29 years. At this event Katherine will explain the techniques and benefits of acupuncture and will give a demonstration of how the process is done.

Seaside Public Library is located at 1131 Broadway.

**RADICAL EMBODIMENT:**  
**Reconnect with the Wisdom of Your Body Through Movement, Art, Story**

A weekend of body-mindful creativity & celebration on the Oregon coast With writer-maker-dreamer Jennifer Langdon, PhD. May 17th-19th @the 7th Street Cottage In Gearhart, Oregon.

- Friday, 2pm-8pm Dedication Ceremony + Radical Embodiment 101 + Dinner, Restorative Yoga with Nicole Bales + Crystal Bowls with Fawn DeViney
- Saturday, 9am to 4pm Chakra visualization + walking meditation + Lunch
- Handbound journal-making + writing the body workshop
- Sunday, 10am-12pm, Dream Circle + Closing Ceremony

Registration fee: \$250, includes all activities and course materials, plus dinner on Friday night and lunch on Saturday. Housing and other meals on your own.

To Register: Email [Designinghealth@icloud.com](mailto:Designinghealth@icloud.com) or call 503 298-9773  
FMI: [www.designinghealthastoria.com](http://www.designinghealthastoria.com) or [www.creative-egghead.com](http://www.creative-egghead.com)

**1st Annual Wahkiakum Autism Walk  
April 13**

Join students, friends and family members for the 1st Annual Wahkiakum Autism Walk on **Saturday, April 13th** at the Wahkiakum High School track in Cathlamet, WA. Starting at 10:00 a.m., participants can choose from a 5K or 1K walk.

The purpose of the walk is to raise funds for a sensory room & sensory pathways for children with autism and special needs in Wahkiakum. Sensory rooms provide a safe place for children with special needs to go to calm or stimulate their senses. Indoor Sensory pathways for Autism, ADHD, and ADD students help to increase cognitive functioning and reduce sensory seeking behaviors. Students can get sponsors for each lap or for completing the walk. Local businesses and families are also encouraged to sponsor or make a donation.

Pick up your pre-registration & / or sponsorship forms from the Wahkiakum school offices or by emailing [walkforautismwah@gmail.com](mailto:walkforautismwah@gmail.com) 360-839-7182

**Trigger Point Release Class**

HOW TO RELEASE a tight muscle in 30 seconds or less! A FREE class at Graceful Waves Chiropractic in Wheeler offers this to the community, **Mon, April 22, 6:15 to 7:15pm**. Bring a friend to be your "massage partner" for this hour where you will learn how to release a tight muscle with a quick and gently technique. The conclusion of the class includes a brief DEMO of Graceful Waves unique care services, and an opportunity to schedule a specially discounted evaluation to discover if we can help you.

Graceful Waves Chiropractic is located at 278 Rowe St. #210 in Wheeler. 503.368.WELL(9355). [gracefulwaveschiropractic.com](http://gracefulwaveschiropractic.com)





## THE OREGON BEE ATLAS

**Boldly going to find the bees that no Oregonian has seen before**



DID YOU KNOW Oregon has more than 500 different species of bees? Learn about some of the more familiar and strange bees of the state, and statewide efforts to seek them out, in **APRIL'S NATURE MATTERS**. The 7pm talk features Oregon's Pollinator Health Specialist Andony Melathopoulos.

Melathopoulos is an assistant professor in Pollinator Health Extension in the Department of Horticulture at Oregon State University, which was the first such position in the United States. He also sits on the steering committee of the Oregon Bee Project, which coordinates pollinator

health work across state agencies and hosts a weekly podcast called PolliNation. In 2018 Andony was recognized with the national Pollinator Advocate award by the North American Pollinator Protection Campaign.

**FREE April 11 at Fort George Brewery Lovell Showroom, 1483 Duane Street, Astoria. Doors open at 6pm to purchase dinner or beverages at the Fort George Brewery before the event. Nature Matters is hosted by Lewis and Clark National Historical Park in partnership with the North Coast Watershed Association.**

## Fort George Lupulin Ecstasy

Flavel Mansion  
in Downtown Astoria  
Saturday, May 25th  
Noon to 6pm

JOURNEY to a mystical realm, where the skies are filled with wonder and fields burst in a glorious green. Tour the grand history of Astoria as you wander the halls of the Flavel Mansion. Expand your hop-perception sipping lupulin delights in the Flavel Garden, with an assortment of fanciful creations from all of the 3-Way IPA collaboration breweries throughout the years. Then, explore the grounds to discover a carefully curated collection of live music, special attractions, and street tacos. Fort George announces this May fest, LUPULIN ECSTASY.

2019's 3-Way is on the way, a collaboration with Cloudburst and Ruse.

**Tickets to Lupulin Ecstasy are on sale now.** Your purchase grants you admission to Lupulin Ecstasy attractions & live performances, a festival glass & eight tasting tickets, access to fest beers sprinkled around the grounds, and entry into the Captain George Flavel Mansion for the day. Plus, don't forget those tacos.

### THE CAUSE

A portion of the ticket price will go to the Clatsop County Historical Society, supporting the Uppertown Firefighter's Museum, the Heritage Museum, and the Flavel House. More info at [www.cumtux.org](http://www.cumtux.org).

### ECSTASY

Special selections will be pouring from all FGB 3-Way IPA friends - Gigantic, Lompoc, Block 15, Boneyard, Georgetown, pFriem, Melvin, Barley Brown's, Reuben's Brews, Great Notion, Holy Mountain, Modern Times, Ruse, Cloudburst, and Fort George. Each ticket holder will receive a tasting glass and 8 tasting tickets.

To purchase tickets go to [www.eventbrite.com/e/lupulin-ecstasy-festival-tickets-58462549058](http://www.eventbrite.com/e/lupulin-ecstasy-festival-tickets-58462549058) or find updated information at [lupulinecstasy.com](http://lupulinecstasy.com).

## 2019 Tokeland NorthCove Studio Tour

LASTWORD

May 4 10am - 4pm



Maggie Roberts Kennedy Creek Pottery

AN ART COLONY is a place where creative people live and exchange ideas with one another. Think Big Sur or Laguna Beach in the 1950's and '60's for example. These were places artists went to "get away from it all" and live the dream. Today Tokeland, Washington is such a place—a haven for a diverse group of artists drawn by beauty and isolation. The lack of development and distraction provides the kind of setting that gives birth to dreams and creative experiments of all kinds. Although the art forms are diverse they are connected by place.

Some make art with material gathered from the beach. **Jeffro Uitto** salvages wood from coastal waters and builds fantastic large scale sculptures from his Tokeland workshop. From here, his pieces are shipped to national art shows and displayed in museums worldwide.

**Judith Altruda** is a metalsmith who gathers sea glass and black stones from the beach, setting them in silver and gold.

**Sophia Anderson**, a senior at Evergreen State College, paints portraits of her Shoalwater Bay tribal ancestors on wood reclaimed from



Photographer Marcy Merrill

houses that washed away at nearby North Cove.

**Marcy Merrill** finds an endless source of inspiration for her photography in the flotsam that washes up on local beaches and river banks. She describes her collection as "Items found in local waters and quirky images thereof."

Many are inspired by the rustic beauty of the area. Oil painter **Melody Gerber** only has to look out her bay-facing studio window to find inspiration. Joanne (Nelson) Barney photographs the places she has known all her life—from fishing boats to wide open tidelands.

North Cove Glass blower **Jeremy Batheld** says "the climate is very conducive to playing with fire. It doesn't get too hot or too cold to work in the studio."

Shoalwater Bay tribal artist **Earl Davis** draws on his heritage to carve replicas of bowls, house posts and other items made by his ancestors and now housed in museums.

Once a year these artists open their studios and invite other artists



Tribal Artist Earl Davis

to gather in communal spaces and show their work. Mark your calendar for Saturday, May 4, from 10:00-4:00 Pick up a free map or follow the signage to each studio. After the tour, join the artists at a wine tasting and art auction to benefit Ocosta High School's art program at the Tradewinds By The Bay, 5pm 21+ please.

### DISPLAY LOCATIONS:

**Namsac Heritage Museum.** Earl Davis will give carving demonstrations, come and learn about indigenous art of Shoalwater Bay.

**The Historic Tokeland Hotel** hosts artists in the lobby **Capt's Tavern**, adjacent to the Tokeland Hotel features artists inside the newly opened tavern

**Nelson Crab**, at the Tokeland Marina, a beautiful new building with views of the bay and artists who celebrate it!

### ART STUDIOS

**Elements Glass Highway 105 in North Cove:** Jeremy Bartheld gives live glass blowing demonstrations throughout the day, and hosts stone cutter Pierre Mollinet

**Knock On Wood:** Jeffro Uitto, driftwood sculpture and furniture, Yoseph Admz, metal sculpture, Rick Wilcox, glass float assemblages

**Judith Altruda Jewelry:** mixed metals with sea glass, gems and ancient coins.

**Bayside Gallery:** Melody Gerber paintings and Barbara Sampson, watercolors and ceramics

**Marguerite Gerth:** encaustic paintings

**Jane's Language and Art Nest:** pressed flower art

**The following artists will be set up in one of the above locations:**

Captain John Johnson, Fancy Nautical Knots, Joanne Barney Photography, Happy Cells Studio, Bowerman Basin LTD, Kennedy Creek Pottery, Shoalwater Pottery, Spirit, Mystchif's Madness, Nautical Wreaths, Shanna Gillette Photography, Altered Nature, Delightful Gems, Gaia Blends.

**Saturday May 4th 10:00-4:00**

Follow Facebook Tokeland NorthCove Studio Tour

For more information (360) 267-2326



Sculptor Jeffro Uitto



Metalsmith Judith Altruda





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## TRUE LIFE TRIO

Sunday, April 14 at KALA  
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with veteran vocalists from legendary  
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## TOKELAND NORTHCove STUDIO TOUR 2019



Over 30 Artists

KINDRED SPIRITS!

Saturday May 4  
10am - 4pm

### Pick up a FREE MAP

Georgetown Station Lib/Museum  
Tokeland Hotel  
Nelson Crab & Seafood Market  
Westport Visitors Center  
All Open Studios on May 4th  
(watch for the signs in Tokeland  
and North Cove)

Wine Tasting & Art Auction  
After the Tour • Join the Artists  
5pm at Tradewinds By the Bay  
To Benefit the Ocosta  
High School Art Program



CLATSOP COUNTY MASTER GARDENER ASSOCIATION

## SPRING PLANT SALE 2019 & GARDEN FAIR

Saturday, May 11 • 8am - 3pm



• 11am - Great Plant Picks  
by Maurice Horn  
Joy Creek Nursery

• All Day Mini Workshops -  
composting, garden tool care,  
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FREE Admission!!!!  
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