

HIPFISH MONTHLY

alternative press serving the lower columbia pacific region

TRUST IN THE ALDER

Reframing Forest Conservation to Save Our Watersheds


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Trust in the Alder:

Reframing Forest Conservation to Save our Watersheds



“There is no spot where the primeval forest is assured from attack of that worst of all microbes, the dollar.”

~C.E.S. Wood, 1908

THE RED ALDER, according to Nancy Webster, plays a key role in Oregon’s forests. Webster is the founding member of North Coast Communities for Watershed Protection (NCCWP), a grass-roots organization dedicated to the termination of all clearcutting on watersheds in Oregon. As she discusses NCCWP’s petition to end clearcutting in Oregon’s watersheds, she shows off her t-shirt, striped with Red Alder dye. The Red Alder, sometimes called the Oregon Alder, is a tree native to the Northwest Coast that produces a beautiful reddish golden dye. Webster and her late brother long ago used the dye to produce dozens of similar t-shirts.

For generations, Webster explains, Indigenous people have used dye derived from the Alder for purposes ranging from baskets to fishnets to writing quills. They also use the Alder’s bark and sap for numerous practical and medicinal applications.

Red Alder, “a pioneer species that enriches the soil with nitrogen so other species can follow,” says Webster, is the first tree to regrow in “areas that have been disturbed by landslides, floods and clearcuts, thus stabilizing the land. During times of drought, red alder groves can serve as fire breaks, since these deciduous

trees are less flammable than conifers.” Importantly, Webster claims, and counter to forest management’s insistence that the alder interferes with conifer growth, “Alder helps create landscapes favorable for the growth of conifers!”

Alder as the enemy of conifers misrepresents the reality of the Forest, which relies on interdependence between plant species. As most Oregonians know, the forests are key to Oregon’s public health. Oregon is the most densely forested state in the west, yet only 10% of the state’s forests are fully protected. Maligning and killing the Alder is a propaganda tactic to justify clearcutting practices. Clearcuts decimate hundreds of acres of forest. After the cut, the area is sprayed aerially with a “chemical cocktail” intended to kill all plant life in the area.

Oregon Forest Resources Institute (OFRI) claims this practice is necessary, akin to a natural forest burn. According to this logic, spraying frees the landscape available for unhindered conifer regrowth. However, a monospecies approach to regrowth produces unhealthy conifers whose height is impeded by lack of shade, which the fast growing Alder provides for young Conifers. Webster cites a study in which a clearcut area was able to regrow without human interference. Left alone for 13 years, native species flourished. A healthy regrowth, spearheaded by the Alder, provided the conifer the shade it needs to thrive.


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Beacon Clubhouse Open House Take 2

TAKE 2! Beacon Clubhouse reschedules their December Open House after resigning to the ice storm of the 23rd. If you've been keeping track on the facebook page, you'll know that as Program Director Erin Carlson states, "We have some epic silent auction items.

It's a first-time event for the non-clinical membership-based and peer-run program, a safe and restorative environment for adults navigating mental health.

In addition to raising funds, Beacon Clubhouse members and staff are looking forward to a great community meet-up. From 3pm to 7pm on Saturday, Jan. 14, you'll bid on silent auction items, graze on light fare, enjoy original folk tunes from member musician Amber Hope, purchase art by members (with all dollars going to the artist), + art and craft donated from the local region.

As Carlson states, "Mental health needs more than clinical attention; it needs light, creativity, camaraderie, expression, and community." The Open House is opportunity to meet members and learn about the incredible synergy that this principal has developed and co-creates on a daily basis at the location on Commercial St. in Astoria.

Osarch Orak was instrumental in getting the Beacon Clubhouse up and running in 2020, volunteering the first year of incep-



Music by Amber Hope

BEACON CLUBHOUSE
Open House
Take 2

Silent Auction
Member Art Show
LIVE Music
Food and Drink
Saturday, January 14
3pm-7pm

tion as a program under NAMI Oregon. Orak is now Exec. Director of Lifeboat Services which is the non-profit umbrella to which Beacon Clubhouse and meal program Filling Empty Bellies reside. Through his lived experience with houselessness, overcoming trauma, and mental illness, it inspires him to offer those suffering something that he wished that he had access to when he was on the street; low-barrier resources and services for all people.

Today, Filling Empty Bellies, that for numerous years was operated by volunteers serving a lunch outdoors, rain or shine—serves a multi-course plate from 12noon to 4pm, Mon – Fri. Services also include laundry, clothing donations, advocacy, rehabilitation, and soon shower service will offered and a new space for overnight stays. This takes place in the basement level at Beacon, and participants are free to come and go, and abide by peaceful guidelines.

Beacon Clubhouse gains members through referrals from community partners. While a majority is referred by Clatsop Behavioral Health, referrals come from The Harbor, Helping Hands, Providence and Columbia Memorial Hospitals, CC Treatment Court, and private practitioners. With over a current 100 referrals, 70 members on file, 40 members are engaged on a weekly basis.

"Our goal is to get members empowered and equipped to get out into the community in whatever way they want to ... So a lot of times our members get employed, and get housed and then we will see less of them, which is what we want to happen. It's like a revolving door with members."

Beacon Clubhouse offers job and housing placement, training and onsite work certificates for food handling, and tech training courses. They teach how to navigate online grocery shopping, and supply language courses, to name a few of their engaging programs.

Currently they employ three in the transitional employment program, and members volunteer on a daily basis to run the commercial kitchen.

"We have a thriving art and garden unit as you can see in the corner over there," says Carlson. "And as you can see we like to rescue plants, and revive them." The south end of the clubhouse is filled with gorgeous greens.

"We also have a lot of artists here as members who utilize our supplies. All the supplies are free; all of our services are free."

Tie Dye Station

Since its beginnings in 2020, Beacon House members have been practicing the



Carlos Jimenez, who is Beacon Clubhouse kitchen staff and maintenance, and Wellness Unit developer, shows off a tie dye garment. The member-run tie dye station will be flowing at the Open House.



Aaron's Sister Jewelry

retro art of tie dying. Open House Take 2 is offering a Tie Dye Station to guests. You can bring your own garment, and there'll be garments offered to choose from. After you've dyed your piece, you'll get a plastic bag to bring it home in, replete with washing instructions.

Aaron's Sister Jewelry

Limited Edition jewelry has been created exclusively for Open House Take 2. Aaron's Sister earrings are designed in green for Mental Health Awareness Month (which is the month of May), and comes with an adjoining ribbon. Blue and white is for the official colors of the Beacon House logo. Earrings are \$20 and all sales will directly benefit Beacon Clubhouse.

Silent Auction donations include a 2-Night stay at Ecola Creek Lodge in Cannon Beach, Gift baskets from Sleepy Monk, Certificates from Lucy's Books, Silver Salmon, Carruthers, art by Little Doe, Pamela Mattson McDonald pottery, paintings by Jeffrey Hull, and many, many more.

Help celebrate the success of Beacon Clubhouse with members, staff and friends!!



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The King Tides are Coming! Once Again . . . Jan 20-23



JOIN THE KING TIDE HAPPY HOUR

Mouth of the Lewis & Clark River, looking northwestward, Dec 22, 2023

Get ready for the highest tides of the season with a free happy hour presentation on Friday, January 20, at 5:30pm at Tolovana Hall in Cannon Beach.

This is the last set of three King Tides for the fall/winter season, gracing the shores Jan 20 – 22. In a momentous display of tidal power, the King Tide December 20-23 rose above 10ft. Here in the Astoria area, if you live or travel by Young's Bay, the high winds on those dates turned that water body into a wild sea of white caps, spilling over the roadways as you headed south over the Old Young's Bay Bridge, and reaching dike levels along the Lewis and Clark river.

In this Kingtide Happy Hour you'll look at how rising sea levels will affect our communities, exploring maps and photos of past and present, collected by the Oregon King Tides Project.

The presentation is timed to lead into the final set of king tides of the winter, running from the morning of January 20 and continuing through the weekend.

Jesse Jones of CoastWatch will share ways you can get involved in other local citizen and community science projects.

Look at how rising sea levels will affect our communities, exploring maps and photos of past and present, collected by the Oregon King Tides Project.

The presentation is timed to lead into the final set of king tides of the winter, running from the morning of January 20 and continuing through the weekend.

The Oregon Department of Land Conservation and Development (DLCD) will also have two representatives joining this event. Sea Level Rise Adaptation Fellow, Carl Hendrickson, will share his work related to advancing local planning in Clatsop County in response to sea level rise. Coastal Outreach Fellow, Elissa Connolly-Randazzo, will share her projects that will educate communities about the ecology and history of Oregon's beaches and dunes.

The event is free to attend. It takes place Friday, January 20 at 5:30pm at Tolovana Hall in Cannon Beach. Enjoy snacks and drinks while exploring the science behind the phenomena of these occasional and extraordinarily high - tides. Attendees are encouraged to bring snacks and drinks, either for themselves or to share.

Tolovana Hall is located at 3779 S. Hemlock St. in Cannon Beach.

For more information, visit tolovanaartscolony.org, email tolovanaartscolony@gmail.com, or call (541)215-4445.

OSU FOOD DRIVE

OSU EXTENSION will be collecting food for local families in January and February. The 4-H Leadership Club will be holding a community food drive at the Astoria Safeway on Sunday, February 5 from 10:00 a.m. to 3:00 p.m.

The items received will be given to the Clatsop Community Action Food Bank and stay in our local community. Items that are most wanted are: soup, chili, macaroni and cheese, cereal, peanut butter, tuna, canned fruit, canned vegetables, pasta and pasta sauce. Sorry, glass containers cannot be accepted or perishable or homemade items. Can't make it on the 5th? No problem! Donations will be accepted from now until Feb. 21 and can be dropped off at the OSU Extension office at 2001 Marine Drive, Room 210, Astoria. Please contact Sandra at 503-325-8573 if you have any questions.



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North Coast INCO NEWS INDIVISIBLE

"Honest politics defeats cynicism and draws people in." -- Jim Hightower

WHAT'S COOKING?

"IF YOU'RE NOT AT THE TABLE, you're on the menu."
--traditional political saying

Who will be at the table in 2023? First, of course, everyone committed to democracy, with renewed enthusiasm and hope for America. Let's make sure there's no room at this table for bigotry, corruption, or authoritarianism. We're serving trust, decency, and cooperation..

INCO leaves it to others to help you digest and understand the news. We're here to help you know what to do about it.

First things first: deep breaths.

Democracy is still threatened, and will be for a while. We know this; we have known it; we will continue to know it. We can address it in small, manageable steps.

AND we can eat cookies.

We are living in a momentous time in history. An era, mind you, not a moment. It has lasted for years, and likely will continue to. We must learn to live with anxiety, anger, fear, and disbelief, while simultaneously embracing our humanity, finding gratitude in all we have, feeling joy, working to connect with our loved ones, and caring for our own and others' welfare.

While also, of course, working steadily, diligently, and bravely for change.

It's a challenging task, but we're up to it. We're already doing it, in fact!

So, let's breathe in faith—in ourselves and in each other—and breathe out the fear that cripples us.

Then let's take action one more time, knowing that such actions, when taken in great numbers and repeated, will, indeed, lead us out of this mess eventually.

-- From Jessica Craven, Chop Wood, Carry Water, Substack, December 13, 2022

"That's the beauty of democracy, that together we can be more than our individual selves."

-- Activist Ady Barkan

"The work of the moment and the work of the next four years must be the restoration of democracy, of decency, of honor, of respect, the rule of law. Just plain, simple decency. The renewal of a politics that's about solving problems, looking out for one another, not stoking the flames of hate and chaos."

--President-elect Joe Biden, January 6, 2021

"I will tell you that democracy in and of itself is defiantly optimistic. It is hope triumphing over adversity. It is the best of human nature winning out over the worst of human nature. And tyrants know that democracy and democratic ideals are a threat to them."

-- Senator Cory Booker

"... [A] reason why I am able to retain my optimism is that I see no other option. Time and again, those who have been able to keep the embers of hope alive have often, eventually, used that faint fire to light the fuses that have changed our world for the better."

— Dan Rather, Steady (on Substack)

"Victory or defeat is not measured in one or two election cycles. It is measured by our progress over time. Yes, we are in a perilous moment in our nation's history—but that is almost always so. Our ancestors did not shrink from the fight, and neither should we. So, let's stop talking about the "end of democracy" and talk more about our long-term strategy for preserving democracy."

-- Robert Hubbell

Indivisible North Coast Oregon (INCO) defends democracy by opposing authoritarianism, bigotry, and corruption. Sign up to get our weekly e-newsletter at www.incoregon.org, or contact incoregon@gmail.com. Indivisible North Coast Oregon is on Facebook.



Connect with the Q Community LOWER COLUMBIA Q CENTER

www.lowercolumbiaqcenter.org
503-468-5155

THE ROSTER OF OFFERINGS at the Lower Columbia Q Center includes engagement, service, community and support. LCQC is casting a wide net for volunteers who do everything from events and programs to service on the Board of Directors and committee positions.

Lower Columbia Q Center is open 3-5pm Mondays and Wednesdays for drop in and office hours utilizing local and CDC guidelines. That means 10 or less people, and masks are required at this current time of mask mandates. Check out the new facility and views of the bridge and river from 171 W Bond St. in Uniontown, Astoria. Call the phone line for contacts listed:

OPEN 6-8pm FRIDAY NIGHTS FOR GAME NIGHT, using the same guidelines. Q Center invites your interests in resources, support, socializing and just hanging out for fun. Some folks drop in for a few minutes, others for a few hours. Contact: Benedetto DeFrancisco, Program Coordinator

YOUTH GROUP: In Partnership with The Harbor, *The Closet Cleaners Youth Group*, meets *Thursdays 4-5pm* on Zoom. These meetings may feature special guests and teen experts from the Harbor. Contact: Benedetto DeFrancisco

THE LCQC GENDER ALLIANCE meets the first and third Tuesdays of the month from 6-7pm on Zoom. This peer support group has been operating for over eight years and is currently meeting by Zoom online. Contact: Tessa Scheller or Benedetto DeFrancisco

QUEER EDGE SOBRIETY is Q Center's peer support group featuring support for fun and sober living. Meeting currently by zoom, every Wednesday from 6-7pm. Contact: Tessa Scheller or Benedetto DeFrancisco

QUEER BOOK CLUB meets on the last Monday of the month, on Zoom from 6pm – 7pm. Visit the website for details. Contact: Benedetto DeFrancisco

WORD

CB Library Northwest Authors Series

Guest Author Liz Prato discusses Gen X

THE NW AUTHORS SERIES will open 2023 with a presentation by author Liz Prato. This is a hybrid event; join the presentation at the library on the day of the event, or watch online: www.cannon-beachlibrary.org. This event is FREE and open to the public; masks will be required per author's request.

Prato's writings are a clever mix of memoir and cultural critique, and have been described as poetic, vivid, and compelling. Prato's newest essay collection is *Kids in America: A Gen X Reckoning*. Her previous book, *Volcanoes, Palm Trees, and Privilege: Essays on Hawai'i*, was named a Top Summer Travel Read by the *New York Times*, and was a finalist for the Oregon Book Award. She is the author of the short story collection *Baby's on Fire*, and her stories and essays have appeared in dozens of literary journals and magazines.

Northwest author Liz Prato is from Generation X, that population born between 1965 and 1980. It's a generation, she says in her book, "Kids in America: A Gen X Reckoning," that received many labels.

"We were called latchkey cynical lazy sarcastic flighty disaffected alienated easily-distracted late blooming self-involved aimless apathetic skeptical pessimistic self-medicating impatient angry uncommitted won't-grow-up purposeless unreliable slackers," Prato writes.

Gen X also was the last generation to live without fear of being gunned down in school, she notes.

Saturday, January 21, 2pm – 3pm. 131 N. Hemlock St. Cannon Beach Library.

CANNON BEACH READS, a book club open to everyone, is beginning their 17th year of discussing important fiction and nonfiction books, on Jan. 18. If you would like more information or are interested in participating, contact Joe Bernt at berntj@ohio.edu.

Cannon Beach Reads meets every 3rd Wed. of the month at the CB Library, beginning at 7pm, either via Zoom or in-person - or both, depending on what the group decides. The January book selection is "The Wayward Bus," by John Steinbeck. The library has 2 copies of each title available for check out, and The Cannon Beach Book Company can order books for purchase. New members are always welcome.

Neahkahnie Mountain Poetry Prize

The Hoffman Center is open for submissions for the next Neahkahnie Mountain Poetry Prize January 1-31, 2023.

You may have an award-winning poem! Join other poets in the annual Hoffman Center contest and compete to win a \$100 prize and publication on the Hoffman Center's website.

The first place winner receives \$100 cash and has their poem published on the website and in the ninth edition of the North Coast Squid in 2023. Second and third place winners also get their poems published on the website.

The contest judge this year is Lauren Mallett, the second place winner of last year's Neahkahnie Mountain Poetry Prize. She earned her MFA and was the Assistant Director of Creative Writing at Purdue University.. She serves on the Oregon Poetry Association's Board of Directors. Lauren is the Student Contest Chair of Cascadia, an online anthology and contest for Oregon's young poets. She is the recipient of a 2021-2022 Cannon Beach Arts Artist Grant. Lauren teaches at Warrenton High School. For submission details go to: hoffmanarts.org



Ponderous Tome Book Club

- Announcing a non-fiction book club for thoughtful citizens interested in the Climate Crisis, preserving constitutional democracy, and – in general – building a better society through thoughtful, pragmatic reform.
- The Ponderous Tome Book Club will meet monthly, ten times a year – omitting December and once during the high season – to discuss books on a variety of topics, including: History and Biography, The Climate Crisis and Species Extinction, Economics, Domestic and Global Politics, Economics, Education, Health, and the Future of Food, War and Peace.

- Stimulating discussion is expected, but civility will be the order of the day, with Benjamin Franklin's precepts for the conduct of meetings as our inspiration.
- PT Book Club hopes to attract participants from a broad range of rational perspectives – but hopes to to draw the line at denialism and defeatism. "We seek to expand our minds and our sense of the possible - not our lists of grievances and causes for despair." (A daily dose of news and social media furnish quite enough of the latter.)

- First book, *The Revolutionary: Samuel Adams*, published this October by Pulitzer Prize-winning biographer Stacy Schiff.
- Rick Gray, organizer of the Ponderous Tome Book Club, is a native Virginian and, since 2018, a full-time resident of Cannon Beach. In a varied career, he has been - in order - a practicing attorney, Secretary of the Commonwealth of Virginia, a high school history teacher and administrator, a professional stage actor, an op-ed columnist, and a full-time caregiver for his mother. A lifelong student of history and frequent political activist, he sought the District 32 seat in Oregon's House of Representatives in 2022.

- Meeting time to be announced-- The club will meet at Tolovana Hall in Cannon Beach. FMI: visit the Facebook group, or contact 'Rick Gray at deinikes@gmail.com.
- **Ric's Poetry Night**
- Ric's Poetry Mic is back in person, with hosts, Astoria poets Florence Sage and Jim Dott, on first Tuesdays of the month at WineKraft in Astoria, 80 10th St., at the Columbia River's edge, in the Pier 11 Building. Writers and poetry lovers gather to read their original or favorite poems/prose excerpts at the mic, welcoming listeners.
- Sign-up to read is at 7pm, 5 min. per reader. Face masks are requested at this time.



UNSHELTERED

In Memory

On November 29th Astoria lost a beloved member of its community. The first media release that I read was a brief article in the Astorian that stated, "Police responded to a call at around 5:30 p.m. near Subway. Luis Miguel Jimenez, 35, who was homeless, endured significant head trauma and was dead when officers arrived" (2022). My very first thought was, "why the hell is his housing status specified?" Housed people are rarely (if ever?) specified as being housed when their passing is announced in media. Are these journalistic micro-aggressions purposeful? What subconscious assumptions are stirred up in the reader when they read that? It made me mad because of all the things that I would've wanted the public to know about Luis, his occasional nights spent on the street, were not among them.

Although I had known Luis for many years; having served him hundreds of meals in the



park and then more recently out of LiFEBoat services; it is his brother, Carlos, whom I know like family. In fact, it is through Carlos's eyes that I came to know the real Luis. Those two brothers were (are) soul-connected, quite unlike anything I've ever seen before. It was in watching him interact with his little brother that I got to know Luis as so much more than the funny, carefree guy that we all knew on the street. The care, tenderness, and love that he showed his little brother daily is what will stay with me. No matter what was going on in his life, he was at the door of my non-

Guest Columnist Erin Carlson

profit checking in on his brother every single day. Carlos laughed and said, "even if I was smiling and excited to see him, he would still just keep asking me if I was alright." Carlos said that when he thinks of Luis, he thinks of him smiling all the time, "He would just get up every day and stay motivated; he tried to have a good day, every day; if something got him down, he just kept trying to get back up."

Luis loved his mother dearly and he gave her the same care and attentiveness that he gave his little brother. He checked in on her and worried about her, even in the midst of his own darkness, his thoughts were so often on others.

My husband, Osarch, knew Luis like a brother; navigating life on the street together,

they shared both the ups and the downs of that life. When thinking about Luis, Osarch said, "he would literally give the shirt off his back or the shoes off his feet to the next person who needed it – and he actually did on multiple occasions! The

second anyone needed anything, Luis was the first to volunteer, even if it would be detrimental to him to give, he still would."

These poignant life snippets are not what people get to read about in the paper when others pass. Usually, with the limited information that we are given about someone, we jump to certain conclusions about their lives. So, although it seems trivial whether or not someone is specified as homeless when they pass, it indeed conjures up a story in most reader's minds. That story may not include love, family, kindness, endurance, resilience, selflessness, humor, conscientiousness, motivation, and joy; but Luis's life story did. I just hope people know that. He is dearly missed.

Erin Carlson is the Program Director at Beacon Clubhouse



PHOTO: Jeanine Oleson

Trust in the Alder: Reframing Forest Conservation to Save our Watersheds



ON THE OTHER EXTREME, “privately owned” Oregon forestlands are continuously clearcut and sprayed with toxic chemicals, causing greater soil erosion and watershed contamination. Most Coastal watersheds are on forested land. “94 percent of Drinking Water Source Areas (DWSA) in the Coast Range,” according to Sara Loreno, Senior Forest Research Data Scientist for Ecotrust, “are forested, with 35 percent of those forested areas having recently been cut.” Loreno states that coastal watersheds “host a higher percentage of recently-harvested forest land than other ecological zones across the state.”

The Oregon Department of Forestry (ODF) manages about 3 percent of Oregon’s forests, primarily in Tillamook and Clatsop counties. According to ODF, Oregon’s remaining 97 percent of forestlands are managed under 5 categories of ownership:

- Federal, state and local governments
- Native American tribes
- Large private landowners
- Family and individual landowners
- Land trusts and conservation organizations

“Large private landowners” include corporations like Weyerhaeuser, which owns “more than 1.5 million of western Oregon’s 6.5 million acres of private forestland.” These largely held private lands are exempt from forest protections guiding government-owned forestlands. But these areas often include local watersheds.

In Western Oregon, according to a 2020 report by By Tony Schick (OPB), Rob Davis (The Oregonian) and Lylla Younes (ProPublica), “at least 40% of private forestlands are now owned by investment companies that maximize profits by purchasing large swaths of forestland, cutting trees on a more rapid cycle than decades ago, exporting additional timber overseas instead of using local workers to mill them and then selling the properties after they’ve been logged.” These large scale logging practices disempower Oregon laborers while endangering the health of all living beings in Oregon.

“[I]ntensive timber farming contributes to global warming because younger trees don’t store carbon dioxide as well as older ones. It also relies heavily on the use of herbicides and fertilizers, magnifies drought conditions and degrades habitat for wildlife such as threatened salmon and native songbirds” (Schick, Davis & Younes).

Webster witnesses these devastating practices in her Rockaway Beach home, where

Oregon Legislature) decreed that forests are commonwealth:

“Oregon’s forests, next to land itself, are by far her most important natural resource... Forest Wealth is Community Wealth. Oregon forests are the assets of all its citizens. The lumberman or the timber owner is, economically, only their agent in using them. The lumberman may change or move his business but the people as a whole have a stake

through local, state and federal channels, Webster and NCCWP are using a “commonwealth” frame to combat clearcutting. Echoing the 1910 Oregon Conservation Commission’s decree, the NCCWP Petition to stop Clearcutting and Aerial Spraying Near Coastal Watersheds is grounded in the concept that forest health is essential to everyone’s health. This commonwealth frame posits Forests as a vital resource of the public trust. Forest health, through this lens, supercedes timber profit as a primary principle of Forest conservation.

Prof. Mary Christina Wood discussed the Commonwealth frame as a way to create a new system of forest management in her October 2022 online forum hosted by NCCWP, “Reclaiming our Public Trust Rights”. Wood assesses the dire and immediate climate emergency we face. Globally, we have entered a time of climate catastrophe. U.N. Secretary, António Guterres, warns that we must act now to avoid a “runaway climate crisis”, one over which we have no control.

Photographer/writer/ activist Roger Dorband explains the crisis for Oregonians that the NCCWP petition addresses, “Science has proven that clearcutting diminishes stream flow by 50% for at least a fifty year period. The silt that results from the erosion after clearcutting produces the carcinogen haloacetic acid after water treatment plants add chlorine to the water. And that’s just the beginning.”

A commonwealth framework correlates with the concept of Natural Law. Wood quotes Oren Lyons, Onondaga Iroquois Elder, in her explanation of this principle, “The thing you have to understand about nature and natural law, there’s no mercy... There’s only law... And if you don’t understand that law and you don’t abide by that law, you will suffer the consequences.”

Right now, the planet is at the tipping point. If we tip, according to Wood, there’s no going back. By 2050, the escalating climate crisis promises an unlivable planet. Most people are well aware of the dangers of carbon emissions from industrial pollution and cars, but Wood warns we must count deforestation as a primary concern and work to end it. While cut forests contribute to



Families living in the nearby Arcadia Beach area approached NCCWP about their drinking water concerns. These families rely on spring boxes for drinking water. This spring water is sourced in the Oregon State Forest. The state was planning to clear cut this area. The families and nearby communities asked NCCWP to help organize an information rally at the Hug Point parking lot. The families continued to organize press releases, public meetings and involved legal and drinking water source experts. Good outcome, The Oregon Department of Forestry agreed to put this logging and spraying on hold.

the Jetty Creek watershed is the community’s sole source of water. In 2012 she began NCCWP (then known as Rockaway Citizens for Watershed Protection) due to her concern about clearcutting and aerial spraying on Jetty Creek, and by extension, all coastal watersheds endangered by these practices. NCCWP now “partners with neighboring communities facing air and water quality issues and statewide organizations advocating for forest practices that will ensure clean air and water for all living beings.”

Nancy Webster grew up in Coos County, Oregon, the daughter of a logging grader born in 1910, the same year the Oregon Conservation Commission (created by the

in forest preservation that is unalienable and paramount... The question involved is not one of personal property but of community resource.”

In contrast, Oregon forest management privileges the timber industry, viewing conservation from a “commodity” perspective. Commodity forest management in Oregon means that the carbon-dense forests on largely privately held land are clear cut and sprayed, causing soil erosion and watershed contamination. These practices are justified as the most efficient way to regrow conifers for future logging harvest.

After a decade’s frustration trying to appeal for commonsense water practices



Clearcuts. From Onion Peak toward Saddle Mountain. In the distance, smoke from the Delta 98 wildfire, originating from slash burn piles, (according to a Nehalem Bay Fire and Rescue news release, that caused people to evacuate, 10 miles east of Gearhart. Aerial photo Nov 15, 2022. Courtesy NCCWP.

climate crisis by emitting their huge stores of carbon, she explains, hope springs from living forests, which “scrub the sky” by absorbing carbon. Living forests are one of our best defenses against global climate catastrophe.

Forest conservation is a matter of public trust because clean air and water matter to all living beings. Therefore, their conservation is fundamental. Natural Law dictates that if we continue to view forests as commodities to be exploited for private wealth, we will suffer the consequence of poison air and water. By adopting a framework that sees Forests as living, symbiotic systems necessary for clean air and water, we might save ourselves.

Wood is the great granddaughter of the renowned Oregon author, attorney and civil liberties advocate, Charles Erskine Scott (C.E.S.) Wood who rallied against deforestation in 1908. His descendant is the Founding Director of the University of Oregon School of Law’s nationally-acclaimed Environmental and Natural Resources Law Center. Wood’s 2013 book, *Nature’s Trust: Environmental Law for a New Ecological Age* details the urgency of challenging current environmental law. Her commonwealth framework “empowers citizens worldwide to protect their inalienable ecological rights.”

NCCWP heeds the call to reframe the conservation of watersheds as a matter of the public trust. Their petition asks everyone to understand the dangers of clearcutting and aerial spraying, and commit to ending these practices on watersheds. The petition calls for “no more logging operations and no more pesticide use in drinking watersheds across all land ownership in the North Oregon Coast.”

On the surface, the proposition seems absurdly logical—to propose otherwise than protecting communities’ primary water sources is ridiculous. Yet when

NCCWP initially presented the language for their citizens’ petition, they were met with concerns that it was “too radical” or “too controversial”.

Roger Dorband reframes those concerns, “The petition shouldn’t be considered controversial,” he says, because “It’s not about the timber industry versus environmentalists. It’s about the righteous concern of all citizens and visitors of the North Coast that the air we breathe and water we drink are abundant and free of contaminants.”

North Coast Communities for Watershed Protection’s petition to save Oregon Coast watersheds offers some hope for the new year. Hope that protecting our wild forests protects our own lives, hope that working toward a new framework, with an act as simple as signing your name, is worth doing. Hope that we can trust the trees.

Environmental writer, Fred Pearce, explains that deforestation is a primary cause of worldwide climate crisis in his 2022 book, *A Trillion Trees: Restoring our Forest by Trusting in Nature*. Like Nancy Wood, Pearce says letting the forest heal itself is the key:

“Trees are essential, for nature and for us: they keep our planet breathable, make the rain, and sustain biodiversity. After centuries of devastation, many forests around the world are recovering. Yet others are fast approaching the tipping point beyond which life on earth will be irreparably changed. We can still undo the damage, but planting more trees is not the answer. Instead, we need to stop the destruction, listen to the people who have always lived in forests, and stand back to let nature do the rest!”

Now. It’s time to remember that Forest Health is Community Health. It’s time to trust the Alder.

NORTH COAST COMMUNITIES FOR WATERSHED PROTECTION PETITION

To: Oregon’s elected officials, private timber corporations and the Oregon Department of Forestry

Stop Clearcutting, Slash Burns and Pesticide Sprays Near Drinking Water Sources on the Oregon Coast

We the undersigned Petitioners are residents, business owners, water ratepayers, visitors and admirers of the North Oregon Coast who are concerned about the water we drink and the air we breathe. This petition shows support for basic, common-sense protections of these drinking watersheds. It will be presented to city, county and state legislators and agencies in order to demonstrate widespread support for common-sense protections for the most essential human rights of access to safe and plentiful drinking water, and clean air. These are protections our communities desperately need in the face of a changing climate.

Why is this important?

WHEREAS, there is a growing water shortage, especially in the summers, caused by climate change, increased demand and accelerated forest clearcutting;

WHEREAS, water quality has declined, and in some areas, can require an unsafe amount of chemical additives and treatments to meet minimum Oregon Health Authority standards;

WHEREAS, buffer zones are inadequate to address the fact that the air we breathe and the water we drink are compromised by slash burning and pesticide spraying;

WHEREAS, government agencies have failed to adequately protect community watersheds and air quality, even in the face of unprecedented climate change and industrial forest clearcutting;

ACCORDINGLY, Petitioners want accountability for the above, want no more logging operations and no more pesticide use in drinking watersheds across all land ownership in the North Oregon Coast, and want an end to pesticide applications near where people live and recreate.

FURTHERMORE, Petitioners seek independent health studies and unbiased analyses of the water people in the area drink and the air everyone breathes.

To sign this petition go to www.healthywatersheds.org

hf

Ed Overbay

Woodworker Extraordinaire

A Photo Essay
by LC Smith and Jody Miller

ED OVERBAY is a narrow-shouldered, bespectacled, quick-witted man. He sports a goatee, moustache, and full head of whitening hair. His biceps and ease of movement are impressive, especially since he is on the dark side of 69. But nothing about the man is as impressive as his aesthetic sensibility, except, perhaps, his work ethic.

"I've worked really hard to set a high standard of craftsmanship," said Ed, during a recent conversation. "And with everybody I work with, I make it known that that's my expectation: 'I want your best effort.' That's what I live for, doing my best work and when I work in a team environment, I want the team to work the best they can...I want people to be really proud of what they do and find their own craftsman roots."

Having discovered his vocation early on – to transform wood of all types into things of utility and beauty – Ed located his first furniture-making shop in the old hangar building at the Astoria Airport. His current shop, Overbay Houseworks, is located quite near the original one. And since he first hung out his shingle nearly five decades ago (in 1974, shortly after having graduated from Astoria High School), he has built everything from fine furniture (what he calls his "first love") to whole houses. Complex staircases are an Overbay specialty; he considers them "interactive furniture."

An inveterate autodidact, Ed became an extraordinary woodworker in large part due to the many hours he spent in pre-Internet days at the public library, poring over books on great masters of woodworking such as George Nakashima and James Krenov, Sam Maloof and Greene and Greene, drawn as he was to these designers because their work was "clean and pure." By age 21, Ed told me, he realized that "I can do this for the rest of my life and never be bored."

Early on in his career, Ed exhibited his work in regional art and fine-craft galleries, including the Real Mother Goose in Portland, which is where he met his wife, Jeannine Grafton. Together, they founded Astoria's RiverSea Gallery in 1997.

Ed conspired with local historian John Goodenberger and architect Jay Raskin

to create Clatsop Community College's award-winning Historic Preservation and Restoration Program. In 2009, the three were instrumental in the creation of the Columbia-Pacific Preservation Guild, which, alas, is no more. However, Ed is a long-time member of the Portland-based Preservation Artisans Guild and is listed in PAG's directory of restoration professionals "who are passionate about the preservation and conservation of period resources."

Some years back, I asked John Goodenberger what he thought of Ed and his work. "Ed Overbay's finely crafted work is seen in furniture for sale within RiverSea Gallery. It's also seen in neighborhoods and commercial districts throughout the Lower Columbia Region," said Goodenberger. "He approaches buildings with the mindset of a furniture maker and the result is evident of that."

Indeed, it is. The bespoke houses Ed has built are richly designed and completely breathtaking.

I've known Ed for more than 20 years. Back when I first moved to the North Coast, he built me a beautiful cabinet in the American Arts & Crafts/Mission style. I decided I wanted to write a profile of him when he told me about a project – "the studio project" – that he has been working on for quite a while: constructing a spectacular outbuilding for an old manse – a 1928 Tudor Revival – located on Smith Lake in Warrenton. The project is an architect-designed caretaker's cottage, which is replete with difficult-to-execute features such as a spiral staircase and curved entry door with a half-round top. The staircase has a wrought-iron railing designed by Ed and fashioned by regional blacksmith, Berkely Tack.

Shortly after our chat, I began to see fantastic photos on Facebook documenting Ed's work by the outstanding photographer Jody Miller. Since a picture is worth a thousand words, I reached out and asked if Jody might want to co-produce a photo essay with me. She did. Herein are but a handful of the many photos Jody has made detailing Ed Overbay's fabulous workmanship.

Enjoy!



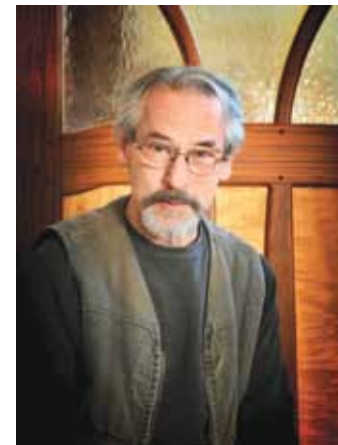
Entry door in mahogany



Smith Lake studio project newel post, with wrought-iron railing, designed by Ed and fabricated by regional blacksmith, Berkely Tack.



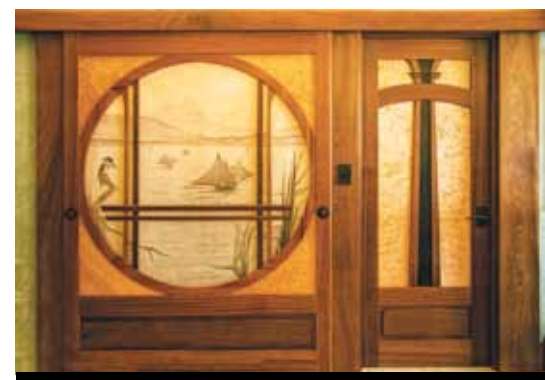
Curved entry door, for the Smith Lake studio project.



Tansu chest in mahogany, Carpathian elm burl, and ebony, to serve as a buffet.



Torii Gate dining table with glass top. Made to seat six in a small apartment, glass is used on top to show base and to lessen the visual mass in the confined area.



Painted sliding panel and passage door. A collaboration with local artist Robert Paulmenn to create a back-lit river-centric accent panel which slides open to a small office arrangement.



Slab Slabinski, Nancy Watkins and Marcus Liotta in *The Meek Shall Inherit the Earth* by Darby Sherwood

Simple Salmon Sketch Comedy at Ten Fifteen Theater

TEN FIFTEEN PRODUCTIONS begins the new year with a revival of a local sketch comedy classic. This year's installment is titled Simple Salmon '23: Subtitled Undetermined and will feature a mix of newcomers and familiar faces.

The sketchiest of sketch comedy, this year's line up will feature all new works written, directed, and performed by your friends and neighbors. Directed by William Ham, creative gent of stage and radio, Ham resurrected Simple Salmon in 2022 from the glory days of the former River Theater in Astoria. If you caught Ham's rockin' last radio show of the year, that's Wow & Flutter (KMUN, Wed nites 11pm – 1am), you heard the beautiful set of tunes all relating to the number 23, the amazing audiophile he is, as well as an actor known for exuberant absurdity and general well-crafted characters, well-suited for the job to bring sketch comedy to the forefront in this community theatre scene.

CAST: Christian Chadwell, Jacque Denton, Bill Honl, Janice Leber, Marcus Liotta, Slab Slabinski, Nancy Watkins, and Lori Wilson Honl.

PERFORMANCES: January 20-21, 26-27, & 28 at 7:30pm, Jan 22 at 3:30pm. Tickets \$15, online/at the door. Masks required. thetenfifteentheater.com

A Season to Celebrate

Ten Fifteen comes out' the gate this 2023 with a full season. Season 2023: Centenary, a play on the one hundredth anniversary of Oddfellows Building in 2023, each show will have a tie to the number 100. The season includes eight productions; a mix of fully mounted shows and staged readings featuring a wide breadth of genres, including a world premiere of an original script, and a musical event. Beginning in the new year, each opening night will feature a champagne reception after the show, complimentary with your ticket purchase.

SAVE on your love for LIVE THEATER. A variety of ticketing options are available:

A season ticket that includes all eight productions - \$125
A flex pass that includes four tickets that can be used in combination to any show - \$70
Individual tickets (price varies by production) - \$15-\$20
Get 'em online!!!!



Lori Honl, Christian Chadwell, and Bill Ham in *Disghosted* by Mick Alderman

Musica Maestrale presents The Untold Story of the Mandolin Hideki Yamaya

THE MANDOLIN, a popular modern instrument very prominent in bluegrass and some genres of European folk music, has an interesting, if somewhat confusing, lineage.

In this discussion/concert, period mandolinist Hideki Yamaya will demonstrate three historical mandolins: the 'mandore'; the Baroque 6-course mandolin; and the Lombard mandolin. The repertoire will cover music from France, Germany, Italy, and Scotland, from the 17th- through 19th-centuries. The show will be one hour long without intermission.

Sunday, February 12, 5pm. Tickets in advance. \$18 Gen/\$8 Student online musicamaestrale.ludus.com. \$20 Gen/\$10 Student at the door. Cash/Check only. At Grace Episcopal Church, 1545 Franklin Ave, Astoria.



Every Brilliant Thing The Coaster Theater/River City Playhouse

ACTOR TERRI BAIER and Director Edward James take their production on the road after a successful opening at KALA Performance Space in November 2022. As planned—this one - cast member show, with few props, requires only a stage, and an audience, not only to perform for, but to perform with—is the perfect movable play.

EVERY BRILLIANT THING is the story of a seven year old girl whose mother is in the hospital because 'she finds it hard to be happy.' To cheer up her clinically depressed mother, the girl starts a list of everything that's brilliant about the world, everything worth living for. 1. Ice cream. 2. Kung Fu movies. 3. Burning things. 4. Laughing so hard you shoot milk out your nose. Narrated by the now 37 year old woman, we learn how the list takes on a life of its own.

Although "Every Brilliant Thing" explores sobering subjects such as loneliness, suicide and depression, it is brimming with both heart and humor in a way that fully encapsulates the human experience and makes the story relatable, empowering and uplifting.

In fact, a reviewer for *The Guardian* once described it as: "One of the funniest plays you'll ever see about depression—"

Jonny Donahoe, script co-writer, is a well-known British comedian and performer who does stand-up comedy, and his brand of humor is evident in the writing.

That's one of the reasons the play appealed to James: It embeds humor into genuinely gut-wrenching topics without minimizing their impact or the authenticity of the woman who is recounting her life experiences.

At the beginning, Baier explains, the narrator is a young child, "so there are still little bursts of that childhood experience and viewpoint."

Another element of humor comes through incorporating the audience into what is otherwise a one-woman show. That lends itself to improvisation and the comedy that naturally accompanies the unexpected.

The piece also has the ability to bring awareness to and generate important dialogue about



pervasive mental health issues. (Excerpt: Katherine Lacaze, *Hipfish* 11/22).

Take the opportunity to experience Every Brilliant Thing with performances on two sides of the river.

January 15, 2pm at the Coaster Theater in Cannon Beach. No tickets are required. General Seating. \$5 suggested donation.



Terri and Ed

January 27-28 at 7pm, January 29 at 2pm, at the River City Playhouse, 127 Lake St SE, Ilwaco, WA. Tickets are \$10 and available at Ocean Park - Okies Thriftway, Long Beach

Renaissance and Baroque Interpretation Masterclass with Hideki Yamaya

DEEPEN YOUR UNDERSTANDING of the Renaissance and Baroque pieces in your repertoire at this masterclass with an expert in the field, Hideki Yamaya. A player of lutes, early guitars, and early mandolins, Hideki performs regularly with internationally-acclaimed organizations such as Los Angeles Opera, Portland Baroque Orchestra, Shakespeare's Globe Theatre, and the Folger Consort. An experienced clinician, he has given coachings and masterclasses at Yale University, UC Santa Cruz, Oregon State University, University of Montana at Bozeman, and the Astoria Music Festival. He is also director of the ensembles Musica Maestrale and Le Note Diverse.

Performing participants: \$40/soloist or ensemble Limited to six 20 minute slots. Auditors: \$10 at the door. Options for accompaniment: Provide your own accompanist Piano will be available. Provide a pre-recorded accompaniment. Have Hideki accompany you on lute. Requires pre-approval of the piece. Please provide an extra copy of your score.

Open to instrumentalists, vocalists, and ensembles of all levels. Sunday, February 12 at 1:30pm. Grace Episcopal Church 1545 Franklin Ave, Astoria

To register and for additional information, please email: hidekiyamaya@yahoo.com

JAN 2023

JANANANLASKI

HAPPENNINGS in the Lower Columbia Pacific Region



STEPHANIE ANNE JOHNSON

Inspired by her life in the Pacific Northwest and the strong women that raised her, Stephanie Anne Johnson writes and sings the way she lives: loud and full of emotion. From national television to intimate house concerts, she can rock your night, make you fall in love, bring you to tears, and empower you.

Though classically trained, Stephanie's repertoire covers Americana and R&B to arias and rock and roll. She brings real life to every performance and takes the audience on an unforgettable ride.

Saturday, January 14, 4pm at the Peninsula Arts Center. \$20. Reservations: email events@peninsulaartscenter.org, call Bill at 360 901 0962

Friday 13

MUSIC

IDANHA. 6:30 – 8:30pm at Buoy Beer in Astoria.

Brocco. 6-8pm at Shelburne Pub in Seaview.

Roostifer. 6-8pm at Burly and the Bean Coffee Roasters, 1803 S Roosevelt Dr., Seaside.

LECTURE & LITERARY

NW Authors Series Presents Liz Prato. Her writings are a clever mix of memoir and cultural critique, and have been described as poetic, vivid, and compelling. Presentation may be attended in person or virtually. 2pm at the Cannon Beach Library.

THEATER & PERFORMANCE

Camping with Henry & Tom. Dramedy. \$20, 7:30pm at Theater West in Lincoln City.

Saturday 14

MUSIC

Segrid Coleman. Original acoustic pop 6-8pm on new music stage, The Salty Siren, inside Ashriver Woodworks, 229 14th St in Astoria.

Ted Brainard. 3-5pm at Shelburne Pub in Seaview.

Jonah Sissoyev and Anna Hoone. Singers/Songwriters. 7pm at the Sou'wester Lodge in Seaview.

Stephanie Anne Johnson. Americana, R&B, R&R, and more. \$20, 4pm at the Peninsula Arts Center in Long Beach.

THEATER & PERFORMANCE

Camping with Henry & Tom. Dramedy. \$20, 7:30pm at Theater West in Lincoln City.

LITERARY

Library After Dark. Join Author Susan Banyas Author of The Hillsboro Story. Author talk begins at 4pm, appetizers, drinks, and mingling afterwards at 5pm. At Warrenton Community Library.

HAPPENING

Second Saturday Art Walk. 5 – 8pm in downtown Astoria.

Beacon Club Open House Fundraiser. Silent auction, jewelry from Aaron's Sister, live music, food, drinks, and more. 3 – 7pm at Beacon Club House, 1040 Commercial, in Astoria.

North Coast Throwdown Cornhole Tournament. \$5 - \$10. 11am – 5pm at the Tillamook County Fairgrounds.

Sunday 15

MUSIC

Woogie. No cover, 6pm in the Lovell Building at Fort George in Astoria.

Sunday Nostalgia with Barbara Anne. Folksinger Barbara Anne plays folk rock, covers and originals, and often is joined by her musical friends. 1-4pm at Winekraft in Astoria.

Kris Stuart. Folk, Blues, Country. 7 – 9pm at Pickled Fish in Long Beach.

KALOS. \$30, 2pm at the Lincoln City Cultural Center.

THEATER & PERFORMANCE

Every Brilliant Thing. \$5 suggested donation. 2pm at the Coaster Theater in Cannon Beach.

Camping with Henry & Tom. Dramedy. \$20, 2pm at Theater West in Lincoln City.

FILM

Astoria International Film Festival. The Jackie Robinson Story. \$10, 2pm at the Liberty Theater in Astoria.

HAPPENING

Artful Breakfast. All you can eat pancakes and more. \$5, 8am – noon at the Bay City Arts Center.

Monday 16

MUSIC

Kris Stuart. Folk, Blues, Country. 7 – 9pm at Pickled Fish in Long Beach.

Tuesday 17

MUSIC

Folkslinger. Emo-Americana. 7 – 9pm at Pickled Fish in Long Beach.

Wednesday 18

MUSIC

Nancy Word with Janet Clark and Niall. Early – mid 20th Century songs. \$15, 4pm at the Peninsula Arts Center in Long Beach.

Folkslinger. Emo-Americana. 7 – 9pm at Pickled Fish in Long Beach.

THEATER & PERFORMANCE

Open Mic Social. 3:30 – 5pm at Columbia Hall at CCC in Astoria.

HAPPENING

Fort & Friends Makers Market. Join the uniquely talented and extremely productive employees of Fort George (and a few friends and family members) for a local Makers Market. Browse handcrafted wares from 4:30 – 8pm at Fort George in Astoria.

Trivia at the Merry Time. Trivia with host Sara Lu. 21+ only Signups at 6:30 and play at 7pm. General Trivia \$2 per person to play: win cash and fun prizes. At the Merry Time Bar in Astoria.

Thursday 19

LECTURE & LITERARY

TNT Lecture Series. A Tale of a Shipwreck. The history of the last ferry still operating

on the Columbia River between Oregon and Washington. Presented by Jim Aalberg. 7pm in the Lovell Room at Fort George.

The Arts and Spirituality of Bali. With Sallie Inman. 6pm at the Lincoln City Cultural Center.

MUSIC

Guitar Noir. With Joey Altruda. Jazz and more. 5 – 7pm at WineKraft in Astoria.

Bluegrass with SMALL TOWNE, 6 to 8pm at Burly and the Bean in Seaside.

THEATER & PERFORMANCE

Camping with Henry & Tom. Dramedy. \$20, 7:30pm at Theater West in Lincoln City.

Friday 20

MUSIC

Ted Brainard. Acoustic Guitar/Violin/Mandolin/Ukulele. 6:30 – 8:30pm at Buoy Beer in Astoria.

Wren. Soul. 6 – 8pm at Shelburne Pub in Seaview.

Daniel Cohns. 6-8pm at Burly and the Bean Coffee Roasters, 1803 S Roosevelt Dr., Seaside.

THEATER & PERFORMANCE

Simple Salmon: Subtitled Undetermined. The sketchiest of sketch comedy featuring all new works written, directed, and performed by your friends and neighbors. \$15, 7:30pm at Ten Fifteen Productions, Astoria.

Camping with Henry & Tom. Dramedy. \$20, 7:30pm at Theater West in Lincoln City.

HAPPENING

King Tide Happy Hour Presentation. Explore the science behind the phenomena of these occasional – and extraordinarily high – tides. 5:30 – 6:30pm at Tolovana Hall in Cannon Beach.

Saturday 21

MUSIC

First Class Martians, Magnitudes, Doom Generation, and Warboner. Free, 7pm at the Labor Temple in Astoria.

Wren. Soul. 3 – 5pm at Shelburne Pub in Seaview.

Andrew Victor. 7pm at the Sou'wester Lodge in Seaview.

THEATER & PERFORMANCE

Simple Salmon: Subtitled Undetermined. The sketchiest of sketch comedy featuring all new works written, directed, and performed by your friends and neighbors. \$15, 7:30pm at Ten Fifteen Productions, Astoria.

North Coast Comedy Night. With Drew Wilson-McGrath, Hannah G, Nariko Ott, and Sean Jordan. \$10, 18+, 8pm at the Liberty Theater in Astoria.

F I L M

42 The Jackie Robinson Story

IN HONOR of Martin Luther King day the Astoria International Film Festival Presents a screening of the critically acclaimed film, "42".

Jackie Robinson was the first African-American to play in Major League Baseball in the modern era when he was signed by the Brooklyn Dodgers. Watch the amazing true story of courage and conviction in the face of considerable racism. Starring the late Chadwick Boseman, T. R. Knight, and Harrison Ford.

Sunday, Jan 15, 2pm \$10, General Admission. Liberty Theatre



Days of Swayze at the Liberty Dirty Dancing (1987)

The Liberty Theatre offers up 2 iconic Patrick Swayze films in one weekend. One ssssexssxy and romantic, with fab 80's songs and the delightful then-rising star dance actress Jennifer Grey, dirty dancing has never been so graceful and enigmatic, when a young woman falls in love with the dance instructor while at a summer resort in the Catskills with her parents.

Friday, Jan 28, 7pm. \$10 Gen. Admission.

Roadhouse (1989) +Brad Parsons LIVE

First be serenaded by celebrated singer/songwriter BRAD PARSONS, a powerful entertainer who'll take you for a ride; from hootin' and hollerin' to tears in your heart. Parsons a favorite a many a music festival, and just the right groove to settle in for a bar room brawl, when movie hunk Swayze is the bouncer who teaches people how to treat each other right in the action-packed late 80's Roadhouse.

Saturday, Jan 28, 7pm. \$15. Gen Admission.



NORTH COAST COMEDY NIGHT HANNAH G OPENS

Recent semi-finalist in Portland's Funniest Person's of 2022 comedian Hannah G is a retired school teacher she got her start after moving to Los Angeles to be a teacher, and realizing the best way to process the pain and misery of teaching was to write jokes about it. She's is also a singer who incorporates music into her show.

Saturday, Jan 21, 8pm. All in all, it's going to be a very funny night. \$10 at the door. Such a deal. Liberty Theater in Astoria.





SMALL TOWNE Bluegrass

BURLEY AND THE BEAN COFFEE ROASTERS a house full of music

SINCE OPENING Burley and The Bean's second location in Seaside, owners **Justin and Vanessa Boone** have gradually picked up the pace in creating space for live music. In addition to roast-your-own coffee and an expanded food menu, music is becoming a regular and popular event at the Seaside Coffee House.

THURSDAY NIGHTS you can count on SMALL TOWNE Bluegrass ensemble for some great live string music by some of the regions venerable players.

SATURDAY NIGHTS is a big old open mic jam for anyone who wants to sit in or just enjoy the mix of musicians coming through.

FRIDAY NIGHTS is the weekly featured spot and Burley and The Bean offer a \$5 food plate with such yummy dishes as tacos, chili, sloppy joes, and chicken and waffles.

All music is from 6-8pm. There's no cover charge but tipping the musicians is encouraged!

Coming up this Month:

1/13 Roostifer

1/20 Daniel Cohns

1/28 Segrid Coleman

Burley and the Bean is located at 1803 S. Roosevelt Drive in Seaside (on the left if heading south. Plenty of parking across the street.)

Camping with Henry & Tom. Dramedy. \$20, 7:30pm at Theater West in Lincoln City.

Dance Showcase. Jouissance: A Movement Piece, Moving to Create Joy, and more. \$15, 6pm at the Lincoln City Cultural Center.

Sunday 22

MUSIC

The Alum Ridge Boys and Ashley. No cover, 6pm in the Lovell Building at Fort George in Astoria.

Sunday Nostalgia with Barbara Anne. Folksinger Barbara Anne plays folk rock, covers and originals, and often is joined by her musical friends. 1-4pm at Winekraft in Astoria.

Skamokawa Swamp Opera. Folk. \$10 suggested donation. 3pm at the Naselle Community Center.

Clara Baker and Friends. 7 – 9pm at Pickled Fish in Long Beach.

HAPPENING

Triva at the Merry Time. Trivia with host Sara Lu. 21+ only Signups at 6:30 and play at 7pm. General Trivia \$2 per person to play: win cash and fun prizes. At the Merry Time Bar in Astoria.

THEATER & PERFORMANCE

Simple Salmon: Subtitled Undetermined. The sketchiest of sketch comedy featuring all new works written, directed, and performed by your friends and neighbors. \$15, 3:30pm at Ten Fifteen Productions, Astoria.

Monday 23

MUSIC

Clara Baker and Friends. 7 – 9pm at Pickled Fish in Long Beach.

Tuesday 24

MUSIC

Kendl Winter. 7 – 9pm at Pickled Fish in Long Beach.

Wednesday 25

MUSIC

Kendl Winter. 7 – 9pm at Pickled Fish in Long Beach.

HAPPENING

Triva at the Merry Time. Trivia with host Sara Lu. 21+ only Signups at 6:30 and play at 7pm. General Trivia \$2 per person to play: win cash and fun prizes. At the Merry Time Bar in Astoria.

Thursday 26

MUSIC

Laryssa Birdseye. Pop Soul Singer/Songwriter. 7 – 9pm at Pickled Fish in Long Beach.

Guitar Noir. With Joey Altruda. Jazz and more. 5 – 7pm at WineKraft in Astoria.

Bluegrass with SMALL TOWNE, 6 to 8pm at Burly and the Bean in Seaside.

LECTURE & LITERARY

Nature Matters Lecture Series. The Big One – Cascadia Earthquakes & Tsunamis. 7pm in the Lovell Room at Fort George in Astoria.

THEATER & PERFORMANCE

Simple Salmon: Subtitled Undetermined. The sketchiest of sketch comedy featuring all new works written, directed, and performed by your friends and neighbors. \$15, 7:30pm at Ten Fifteen Productions, Astoria.

Camping with Henry & Tom. Dramedy. \$20, 7:30pm at Theater West in Lincoln City.

Friday 27

MUSIC

John Orr. Folk/Americana. 6:30 – 8:30pm at Buoy Beer in Astoria.

Laryssa Birdseye. Pop Soul Singer/Songwriter. 6 – 8pm at Shelburne Pub in Seaview.

FILM

Days of Swayze: Dirty Dancing. \$10. 7pm at the Liberty Theater, Astoria.

THEATER & PERFORMANCE

Simple Salmon: Subtitled Undetermined. The sketchiest of sketch comedy featuring all new works written, directed, and performed by your friends and neighbors. \$15, 7:30pm at Ten Fifteen Productions, Astoria.

Every Brilliant Thing. 7pm, \$10, at River City Playhouse in Ilwaco.

Peninsula's Got Talent. Talent show with prizes and Jetty swag. 6 – 8pm at North Jetty Brewing in Seaview.

Camping with Henry & Tom. Dramedy. \$20, 7:30pm at Theater West in Lincoln City.

Saturday 28

MUSIC

Susannah Weaver. Americana/Folk Rock. \$20, 4pm at the Peninsula Arts Center in Long Beach.

Nathan Erle. 3 – 5pm at Shelburne Pub in Seaview.

Zoe Winter. 7pm at the Sou'wester Lodge in Seaview.

Segrid Coleman. Original acoustic pop. 6-8pm at Burly and the Bean Coffee Roasters, 1803 S Roosevelt Dr., Seaside.

FILM

Roadhouse + Brad Parsons. View another iconic Patrick Swayze film. Singer-songwriter Brad Parsons performs live before the film. \$15. 7pm at the Liberty Theater, Astoria.

THEATER & PERFORMANCE

Simple Salmon: Subtitled Undetermined. The sketchiest of sketch comedy featuring all new works written, directed, and performed by your friends and neighbors. \$15, 7:30pm at Ten Fifteen Productions, Astoria.

Every Brilliant Thing. 7pm at River City Playhouse in Ilwaco.

Camping with Henry & Tom. Dramedy. \$20, 7:30pm at Theater West in Lincoln City.

Sunday 29

MUSIC

Nathan Erle. 7 – 9pm at Pickled Fish in Long Beach.

Sunday Nostalgia with Barbara Anne. 1-4pm at Winekraft in Astoria.

THEATER & PERFORMANCE

Every Brilliant Thing. 2pm at River City Playhouse in Ilwaco. \$10 at the door.

Wednesday 1

HAPPENING

Triva at the Merry Time. Trivia with host Sara Lu. 21+ only Signups at 6:30 and play at 7pm. General Trivia \$2 per person to play: win cash and fun prizes. At the Merry Time Bar in Astoria.

Thursday 2

MUSIC

Guitar Noir. With Joey Altruda. Jazz and more. 5 – 7pm at WineKraft in Astoria.

Bluegrass with SMALL TOWNE, 6 to 8pm at Burly and the Bean in Seaside.

LECTURE & LITERARY

Ales and Ideas Lecture Series. Free, 7pm in the Lovell Room at Fort George, Astoria.

HAPPENING

NerdsDayNightLive! An event that showcases using tabletop role-playing games (RPGs) to reimagine the ancient human tradition of interactive storytelling. Free, 6-9pm in the McTavish Room at the Liberty Theater in Astoria.

Friday 3

MUSIC

IDANHA. 6:30 – 8:30pm at Buoy Beer in Astoria.

Matt Andersen. Singer/Songwriter. \$30, 7pm at the Lincoln City Cultural Center.

NORTH COAST



OPENING SOON!

959 Commercial Street
Astoria

www.northwestrunners.com

Lindsey Aarts And Noel Thomas Featured In Two Shows To Benefit Ava At Riversea Gallery

RIVERSEA GALLERY presents two exhibitions by local artists **Lindsey Aarts** and **Noel Thomas** as a benefit for Astoria Visual Arts. Both shows open Saturday, January 14 during Astoria's Artwalk from 12:00 to 8:00 pm. Meet the artists from 5:00 to 8:00 pm and enjoy guitar stylings by John Orr. Artwork will remain on view through February 7, 2023.

Lindsey Aarts delves into the rich history of commercial gillnet fishing on the lower Columbia River in Cork and Lead: Telling the Gillnet Story, a lively and engaging series that exudes the charm of storybook illustrations while bringing history to life. Months of research and interviews with local fishermen conducted while artist-in-residence at AVA laid the foundation for narrative collage and watercolor artworks that offer a glimpse



Noel Thomas, *Workers Tavern*

into the heyday of gillnet fishing, an era that helped define this region. Aarts experiments with relationships between image and text, creating works of visual poetry laced with phrases that transition local history into legends of a time and lifestyle at the edge of living memory.

IN THE ALCOVE: Noel Thomas exhibits watercolors and drawings specifically chosen from the archives to benefit the AVA Miss Bea Johnson Fund for young artists. Both framed and unframed works



Lindsey Aarts, *You Catch The Wind*



Lindsey Aarts, *A Town Was Caught*

RiverSea Gallery is open daily at 1160 Commercial Street in Astoria.

Mon Thru Saturday, noon to 5; Sunday, noon to 4. 503-325-1270 www.riverseagallery.com

Brumfield Gallery New Paintings: Jen Crowe

THE NEW EXHIBIT opening at Brumfield Gallery on Saturday, January 14 showcases new paintings created by abstract artist, Jen Crowe.

Jen works in oil and cold wax to create colorful and layered paintings. In 2016 she began weaving, learning the Japanese form of Saori floor loom weaving in Los Angeles creating weave free form art pieces and woven wearables. The layering of colored threads has informed her painting process immensely.

Growing up in Wisconsin, she was involved in art and creativity throughout her middle and high school years, and eventually received her degree in art history from Lawrence University in Wisconsin. Jen still has a strong connection to her home state where much of her family resides. After finishing her degree, Jen relocated to Los Angeles. She spent much of her free time in the mountains, amongst the trees and in the desert before relocating to the Oregon coast. Jen co-owned Vaulted Gallery in Astoria, Oregon from 2019 – 2021. Jen and her husband now spend their time between Ireland and California.

Jen has a deep love for travel and the outdoors, and the feelings she experiences often inspire her paintings. She also loves to spend time at her Saori floor loom creating handwoven pieces, or sculpting jewelry out of precious metals. Jen describes that the use of color, texture and lines in her paintings portray depth, and the layers she reveals by scraping away paint could symbolize an

emotional limbo. She explains that painting allows her to explore an emotional space based in personal experience and memory.

"I believe abstract work to be incredibly inclusive in this divisive time and I hope everyone can feel connected to the sense of history in my work"

-Jen Crowe

Brumfield Gallery will feature an Artist Opening for Jen Crowe on February 4 from 4-7pm. Jen's show begins on Astoria's second Saturday Art Walk on January 14 through March 5.

The gallery is open Wed - Sat 11am-5pm and Sundays 11am-4pm, and located at 1033 Marine Drive in Astoria, Oregon. The work is also available from the gallery's website at www.brumfieldgallery.com.



Good Foundation, 31.5 x 23.5, on cradled panel

AVA's New Artist-in-Residence

ASTORIA VISUAL ARTS welcomes a new artist-in-residence, **ANNA KAUFMAN** of Astoria, who will receive a free studio space for six months in the Astoria Studio Collective and reduced cost of supplies from Fine Art Supply in Astoria.

Kaufman grew up in the Los Angeles area surrounded by the chaos of an urban environment, bustling bodies and bumper to bumper traffic. She found calm in her art. "Drawing and painting has always offered a voice for me where my own has failed. I could get lost for hours drawing, painting, sculpting, creating narratives through line and shape," says Kaufman. Coming from a family of many artists, her maternal and paternal grandfathers and parents are all painters and writers by trade. They encouraged her to make art.

A recent graduate of Vassar College in upstate New York, Kaufman received a degree in environmental studies, exploring art as science, and science as art, two areas she's come to believe are necessarily intertwined, breathing life into one another. A passion for environmentalism has deeply influenced much of her artwork, inspiring Kaufman to explore the intersectionality between activism, the arts, and sciences. Kaufman aims to use her residency to create work that reflects and draws attention to ecological issues and to create a dialogue between herself and others.

The AVA a-i-r program, now in its 8th year, is designed to encourage the creative, intellectual and professional growth of local artists. The program is supported by the members of Astoria Visual Arts and the generosity of the Astoria Coffee House & Bistro and Fine Art Supply. Astoria Visual Arts was founded in 1989 and works to enhance, strengthen and promote the arts in Greater Astoria.



Cannon Beach Gallery

Currently at CB Gallery, Winter Salon features a group show of gallery represented artists through Feb. 12. An artist call for juried show Figure & Face has a submission deadline of Feb. 1. Submit work online at cannonbeacharts.org

**2nd Saturday
ART WALK**

**12pm to 8pm
Downtown**

**Every month,
year round!**

**Jan 14
Feb 11**

Visit Downtown Astoria
on the 2nd Saturday of
every month for art, music,
and general merriment!

Presented by the
Astoria Downtown
Historic District Association



astoriadowntown.com

Cathy Stearns and Brian Evans AVA Gallery

ASTORIA VISUAL ARTS welcomes artists Cathy Stearns and Brian Evans for a joint show featuring a collective body of work by each artist. The exhibit opens during Astoria's Artwalk, January 14 from noon to 8:00pm and runs through February 4. Both Stearns and Evans reside in the Astoria area and both employ a wide color palette that provides an expressive signature style to their work.



B. Evans, *Profile*

Cathy Stearns' exhibit *Elemental Breath* explores the power and beauty of the ocean and the feeling of being tossed and pounded by currents, limbs wavering and torso twisting. Stearns' paintings and drawings explore an experience from a memory or observation, stylizing line with a free range of orchestral color, fluidly conveying matter and energy flowing around and inside, and inside out.

Brian Evans' body of work is collectively titled *Distant Light*, referencing the guiding force that informs his intuitive process. Evans' work includes figures, landscapes and still lifes, each rendered in vibrant detail. Brian Evans grew up on the Gulf Coast where his art background includes building sculptures for Mardi Gras for over a decade while also painting murals and working on animation projects. Evans moved to the Pacific Northwest in

2014 and has lived in Astoria since 2021.

Astoria Visual Arts Gallery located at 1000 Duane Street in Astoria is open Fridays and Saturdays from 12:00 to 4:00pm. Astoria Visual Arts is a 501(c)3 nonprofit, founded in 1989, that works to enhance, strengthen and promote the arts in Greater Astoria.



C. Stearns, *Holding My Breath*

CALL FOR FISH ART



Astoria Visual Arts invites artists to submit work for a community exhibit featuring fish related artwork in honor of the annual FisherPoets Gathering each February. Artists may submit 1 to 3 pieces made using any media and in any size, keeping in mind that space is limited so please do not submit work that is over 36" wide, unless it is approved by AVA. Artwork needs to be delivered to AVA at 1000 Duane Street in Astoria, February 7 from 10:00am to noon or February 8 from 4:00 to 5:30pm or before by arrangement. Artwork does not need to be for sale. The exhibit will open February 11 and run through March 4. For more information, please visit www.astoriavisualarts.org.

Hoffman Center Gallery

SINCE 2017, the Hoffman Center for the Arts has hosted an annual winter art exhibit featuring artists from Clatsop and Tillamook counties. The 2023 exhibit posted an open call for artists to reflect their interpretation of the theme "Scarlet" through their mediums.

Work is available for purchase with 70% of the purchase price going to the artist and the remainder benefitting the not-for-profit Hoffman Center for the arts.

The mission of the Hoffman Center is to be "a welcoming place for north Oregon coast residents and visitors to create, explore and enjoy arts and culture." Hoffman Center offers year-round events and workshops in Clay, Gallery, Horticulture, Visual Arts, and Writing.



Barry Calvarese

To learn more, sign up for the twice-per-month Hoffman Newsletter at Hoffmanarts.org.

View art Jan 7 through 29, Fridays through Sundays from 1-4 pm. An artists' reception is held Jan 7, 2-4pm during which some of the artists will speak about their work and answer questions. Hoffman Center for the Arts is located at 594 Laneda Avenue, Manzanita, Oregon.



Dorota Haber Lehigh

LIGHTBOX Faces of Astoria + Meet The Guild

LIGHTBOX Photographic Gallery hosts a "Meet The Guild at LightBox 2023" gathering on Saturday, January 14, 4-7pm with Guild members presenting work in the Gallery.

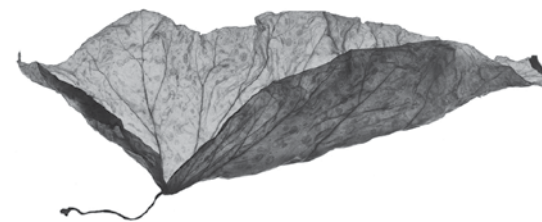
The Guild at LightBox is a group of photographers who exhibit work regularly, hold events and education workshops at the gallery, as well as support the mission of the gallery in promoting the photographic arts. The Guild at LightBox for 2023 consist of Jim Fitzgerald, Jody Miller, Julie Moore, Angel O'Brien, Rachel Wolf, Sam Blair, Michael Puff and Loren Nelson. Join The Guild, meet and learn more of these member's work and visions.

LightBox Guild member Sam Blair exhibit, "Faces of Astoria," is held over and continues until February 7 with personal portraits of notable and not so notable Astorians. Sam Blair states, "There's something special here on the edge of the continent, where the Columbia meets the Pacific ocean. There's a unique energy field here. You feel it in your bones, or you don't. Part of it is location, part is architecture, part is history, and a large part has always been the fascinating people who call it home."

LightBox is located at 1045 Marine Drive in Astoria. Gallery hours are Wed, Thurs, Fri, Sat., 12pm - 5pm.



Lindsay Caesar by Sam Blair



Aaron Johanson The Biopsy Revisited at IMOGEN Gallery

AARON JOHANSON brings twenty stunning black and white prints created in his Portland studio to IMOGEN this January. The series, titled *The Biopsy Revisited* is a fusion of the past and the present, created over a twenty-year span focusing on Johanson's deft use of lighting and traditional printing techniques through compositions based on botanical imagery. Aaron Johanson will be at the gallery and available to answer questions about his work Saturday, January 14 from 5 - 7 pm. The exhibition will remain on view through February 6th.

This series, *The Biopsy Revisited*, originally inspired some time ago when a neighbor of Johanson's left a desiccated Dollar plant at his door. The structural transparency became a source of intrigue, inspiring a series of photographs based on leaves of all forms of decomposition. Some of the images created then, dating back to 2000 were exhibited and then relegated to Johanson's personal archives. He has since revisited that body of work and reconsidered its importance compositionally while going through his own journey through cancer treatment. The work, created so long ago took on a new meaning. About the series he states: "I titled this exhibition *The Biopsy Revisited* after having a biopsy performed. I saw these leaf samples — detached from their life source, some dead, some dying, other looking very much alive — as similar to a biopsy performed for medical evaluation. Both are based on living tissue. It is interesting to me how our personal experiences shape our perception of the world."

Aaron Johanson, born into a creative family, his father being the late George Johanson, acclaimed printmaker, and educator, became hooked on photography as a teenager after receiving his first camera as a gift. A life-long career, Johanson spent considerable time as the only foreign staff photographer at a Japanese publishing firm before returning home in the mid-90's to open his commercial art studio in Portland taking on newspaper and magazine work which eventually led to his specialization in photography of artwork. Johanson has photographed the work of several Imogen represented artists over the years.

His personal work as an artist has been exhibited from Portland to Tokyo, including a solo exhibition at the Yamanashi Prefectural Museum of Art in Japan. His work is included to many private, corporate and museum collections such as the Hallie Ford Museum and the Portland Art Museum.

Imogen Gallery is located at 240 11th Street. Open Thurs - Mon 12 to 5pm, Sun 12 - 4, closed Tue/Wed. www.imogengallery.com 503.468.0620

SKAMOKAWA SWAMP OPERA NASELLE COMMUNITY CENTER



The Naselle Community Center and Finnish American Folk festival presents "The Skamokawa Swamp Opera," the eclectic folk band made up of Wahkiakum County musicians!

The Skamokawa Swamp Opera (SSO) was founded in 2013. Their Naselle show will feature songs by and about the people of the lower Columbia River region—original tunes, sure to include the infamous "Wahkiakum County Sheriff's Report," and other songs off their celebrated last CD, *Foxglove Streets*. They'll also showcase innovative arrangements of songs by local songwriters including Mary Garvey and Kerrie McNally.

Band leader Andrew Emlen, founded folk ensemble Willapa Hills, in 2003, running for 11 years, before the creation of SSO. While Willapa Hills was predominantly folk, SSO veers into the uncharted territory of new wave rock covers produced acoustically, and genres on the other end of the spectrum. Band member Kyleen Austin's classical opera chops, Jillian Raye's contemporary underground rock sensibilities, and the pop punk rhythm's of drummer Erik Friend have dishd out a smorgasbord of quirky lovable music, making SSO a household favorite on the banks of the

Columbia. And to his great credit, post-pandemic, Emlen now leads SSO into further uncharted territories.

The band now features Andrew Emlen on cello, guitar, mandocello, banjo, and vocals; Kyleen Austin on guitar and vocals; Erik Friend on percussion, mandolin, and vocals; and Wren Hendricks on guitar and vocals. This band is known for their vocal harmonies and unique arrangements for guitar, cello, banjo, mandolin, percussion and voice.

No genre left unturned, well maybe a few—they've been a favorite act at the Finnish American Folk Festival of Naselle, and their performance history includes Oregon's premier music festival, The Pickathon, and their tenure as house band for Portland's highly popular storytelling stage show, *The Seven Deadly Sins*.

Sunday, January 22 at 3pm at the Naselle Community Center, 14 Parpala Road, Naselle, WA. Suggested \$10 Donation at the door. Refreshments will be provided downstairs after the concert. CD's will also be on hand for purchase.

Check out the Naselle Finn Fest Facebook page for more events. FMI: 360-484-3602.



The Alum Ridge Boys & Ashlee

bluegrass music hailing from the Blue Ridge Mountains

Drawing inspiration from many great string bands along the Virginia-Carolina Blue Ridge, The Alum Ridge Boys & Ashlee bring together the best elements of old time mountain music and traditional bluegrass to produce a uniquely authentic old time sound. The Floyd County-based string band plays regularly for dances and festivals around the region and in 2021 they won the old time band contest at the 85th Annual Old Fiddlers' Convention in Galax, VA. The Alum Ridge Boys & Ashlee's powerful harmony singing and energetic instrumentals have made them one of Southwest Virginia's favorite string bands.

Sunday, January 22, 6-8pm at the Fort George Tap Room. No Cover. All Ages

By Dinah Urell

ASTORIA'S JOHN CROWLEY

another one in the can

HE'S AN AVID fan of The Beatle's, Stooges (the 3, not Iggy), Perry Mason, and believe it or not, the Lawrence Welk Show—Astoria songwriter John Crowley—will. not. keep. it. down.

He finished his latest album, "Coming and Going" this fall, a collection of older tunes and new, produced by Steve Johnson at Big Blue Studio in Astoria. Steve Johnson is old bones north coast rock; United Flight, Spindri, Whizkey Stick, Ben-Wa, vintage 60's – 80's. A move to Portland, Or expanded his career as a studio craft person, and that's another story.

Crowley, a transplant from Newark, NJ, to the town on the Columbia, is veteran of Astoria bands; Mother Hubbard, the 4 Skins, Beefsteak Mine, The Craphounds, The Croutons, and other various outfits featuring Beatles music, 70's - 2000's.

In 2019, Crowley put out his album, "Just A Cigar," also produced at Big Blue Studio. Soon ready to record a next collection, enter COVID Interrup-tus. One song had been laid down, but then not returned to for the next year and a half.

"When we listened to it for the first time going into the studio after COVID, it sounded like it came from another planet," said Crowley. On recording this album, "The goal was to have fun, and Steve Johnson—just a very smart guy with his time and his talent. He makes it so easy, and just a relaxing place to be – it's like a second home for me now."

Like "Just A Cigar" John Crowley's songwriting and arranging are one in the same—the irony and humor of his lyrics are equally expressed musically/instrumentally. You wouldn't expect anything less from songs titled; Cat Park, Bette Davis in San Juan, Chicken

Cutlet Day, Once Upon a Merkin, and Elly May (yes, ode to the bright-eyed Clampett).

A former newspapermen turned house painter/musician, now retired—71 and still having fun, Crowley's rock/pop style is distinctive. He sings all his own tunes, arranges and invites a variety of musicians to join in the fun. Like the Beatles' White Album, he says, "I want to mix it up. I recognize what an asset it is to keep coming up with something that people maybe don't see coming around the corner."

To accomplish his personal and personnel challenge, Crowley invites a bevy of players, all coastal-related: guitars by Joey Patenaude, Jesse Lee Falls and Bob Bain, pianos by Ray Raihala and Peter Unander, drums by Dusty Hill, Jeff Carden, and the late Craig Abrahamson who died last year. Crowley and Johnson dedicate the album to Abrahamson, it was the last session drumming he did as a career drummer.

Crowley's "bee in the bonnet" since producing these albums, is the reality that nobody sells local music anymore. "Yes, John, it's all about platform, digital, ya dig?"

However, Crowley has used his own ingenuity to reach his market. He offered up his CD on Facebook. Not a download.

Went like: *My new CD is out, if you would like a copy, send \$15 to this address. He has since sold over 100 copies. Not a bad total for a musician who isn't selling at live performances.*

"Coming and Going" is also for sale at Video Horizons in Astoria. "He's the closest thing to selling local music. The last video store in the United States. Amazing!"

"I'm totally out of time here—in these modern times the current culture has kind of lapped me . . . but I like being stuck . . . the music is good."

13 songs on "Coming and Going," the new tunes, written to accompany the theme of the cover art are "Coming" and "Going" representing the two Newark buses on the cover. "Coming" is Crowley's favorite tune, as it represents his love of a good short pop tune, coming in at one minute and 50 seconds, with Joey Patenaude providing a sharp and palatable guitar



PHOTO: Cathy Patenaude

dissonance, to the theme of getting to that last big party. The tune "Perfect Day" is ode to JD Salinger (A Perfect Day for Banana Fish) and "Neither Was Syracuse," to his younger days of wanderlust, a clever cut and paste of cliché, and ode to Stooze Shemp Howard, (because Rome wasn't built in a day).

Part of Crowley's work and joy on his recordings is the use of sound effects; voices, weather, environmental surroundings, "I really enjoy putting sound effects in the record, because it helps paint a picture. Which I think songwriting is, if you're successful."

"The secret to writing a song is to make notes . . . most of my songs come from scraps of paper, where I jotted something down in a restaurant, or I stopped at a red light, and had a flash of inspiration," says Crowley.

"I think the more you keep track of those notes, the more success you'll have as a songwriter . . . things that fly into your head and fly out again, you'll have something there to remind you. A good idea is more precious than gold. Always carry a pencil and paper."

Soon to back in the studio at Big Blue, John Crowley's next project; a rock opera called "Son of Zorro," about a kid gone vigilante in a good way, written in the 80's.

"I don't expect to make any money, I want to have something to leave behind, cause I'm not going to live forever. Life is short, art is long."

Would you like to receive a copy of John Crowley's latest album? If so, contact him by email at: bonaire@thecanteen.com, or pay a visit to Video Horizons in Astoria.

"P.S. I gotta million of them Dinah. I read in the bathroom."



ABOUT JJ

By Kate Cooper • Animal Rescue Volunteer



OH MY GOODNESS, meet this lovely boy! This lanky lab-mix is a year old. JJ is a beautiful young pup! We think he's part lab and part sight hound, as he has a long, graceful body. He still has some

of the rambunctiousness of youth, which is quite adorable! He's smart and very trainable, in fact our dog walking team has already started training him and JJ knows some commands. He's also very playful. JJ loves people and is really affectionate. Really, really affectionate! He would make a great addition to a family, but would also do well with an active couple or individual. He would likely be ok living with another pup, though a meet and greet would be needed.

Please go to:
WWW.BEACHPETS.COM and follow the links to Adopt. Once an application form has been completed, the shelter will reach out to arrange a meet and greet. More info: 360.642.1180.

By Tobi Nason

wordwisdom

Is There an Elephant in the Room?

I'VE read up a bit re: Elephant in the Room. In case you don't know, it refers to a major problem that no one feels comfortable addressing—so they don't. The problem exists as surely and as large as an elephant, but people work at ignoring it.

I grew up with secrets. Many elephants in the room. As I got older, I realized it was unnecessary. Secrets borne of second degree shame. Aunt Jane is an alcoholic (no one knows!). Joey's dad has many girlfriends— "well, that's the way it is!"

My family had secrets. We were also New Englanders and of Swedish descent. Some things are just not talked about. My parents were middle aged in the '50s, a very patriarchal conservative time. Women's magazines had articles about being the perfect wife and mother, focusing mostly on ap-

pearance and subservience to the husband. Flash forward to current days. Since I grew up with elephants, I learned that most were unnecessary. I absolutely hate secrets.



From what I've read re: dealing with elephants, it sounds like an Intervention. Timing has to be right, participants comfortable— just to expose and get rid of the elephant. I'm not fond of this approach. It feels condescending; "we've all decided you have a problem, you are the problem!" Thanks for ganging up, guys!

After some thought, I realized that elephants exist for a reason. Some topics are too hot to handle. Some concerns have no possible resolution. It's possible the elephant is there to safeguard boundaries. If you're uncomfortable about the subject, perhaps the elephant is protecting hearts and souls. Some topics are too painful to address in a simplistic manner. Take that elephant as a sign—'m here to keep you psychologically distant and safe.

Final words: Try not to create secrets. Remember, elephants are huge protective animals. If one is in your family dynamics, yes to Awareness! Also, kindness and compassion. That Elephant in the Room might be serving a purpose.

Tobi Nason is a counselor located in Warrenton (503)440 0587.



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)
- Wet Dog Food & Pate style Cat Food
- High Quality Kitten Food
- 50 Gallon Garbage Bags
- 13 Gallon Tall Kitchen Bags
- Paper Towels
- Dawn
- Bleach
- Cat Toys (No Catnip)
- Dog Kongs (Black only please)
- Feline Pine Cat Litter
- Laundry Detergent (HE)
- 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

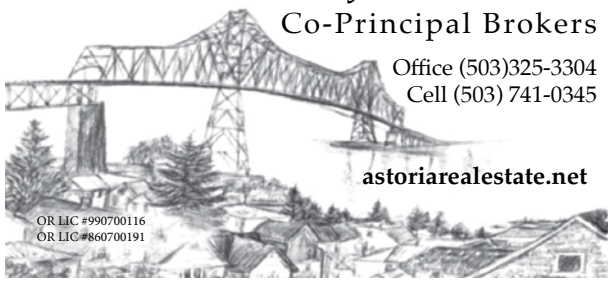
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Co-Principal Brokers

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THEATRICAL / STREAMING RELEASES



M3GAN (JAN. 6) Horror producer Jason Blum and director James Wan recently merged production companies. Their first collaborative project is the AI horror M3GAN. Synopsis: M3GAN is a marvel of artificial intelligence, a life-like doll programmed to be a child's greatest companion and a parent's greatest ally. Designed by brilliant toy-company robotocist Gemma (Allison Williams), M3GAN can listen and watch and learn as she becomes friend and teacher, playmate and protector, for the child she is bonded to. When Gemma suddenly becomes the caretaker of her orphaned 8-year-old niece, Cady (Violet McGraw), Gemma's unsure and unprepared to be a parent. Under intense pressure at work, Gemma decides to pair her M3GAN prototype with Cady in an attempt to solve both problems – a decision that will have unimaginable consequences.

THE PALE BLUE EYE (JAN. 6 NETFLIX) Christian Bale toplines this period murder mystery that also serves as an exploration of the life of the young Edgar Allan Poe. In the early 19th century, Bale plays Augustus Landor, a former police detective living alone in the Hudson Valley. When a cadet from the nearby newly-established U.S. Military Acad-

emy is found dead with his heart surgically removed, West Point's commander Colonel Thayer (Timothy Spall) call in Landor to investigate the murder. In the process of interviewing cadets, Landor meets a kindred spirit in Cadet E.A. Poe, whose interest in exploring the darker recesses of human behavior lines up with Landor's. When Poe informs Landor that whoever killed the cadet and cut out his heart was a poet, Landor is intrigued, and the two join forces to hunt the killer. During the



investigation, the two discover that the killer's goal may not be murder, but actual communication with the dead.

A MAN CALLED OTTO (JAN. 13) In this remake from a Swedish film, Tom Hanks plays Otto, the "grumpiest man in America." Recently retired, Otto lives alone in a Rust Belt town. A stickler for the rules of his gated community, Otto screams at a young woman who lets her dog urinate on his lawn, chastises a delivery driver for illegal parking, rolls his eyes at a neighbor who exercises in a skintight outfit and is vexed when a stray cat invites itself into his home. He even argues over being charged 33 cents too much at a big box store for 6 feet of rope when all he wants is 5. We soon learn the reason for Otto's crankiness – he's in despair over his losing his wife to cancer. We also learn that he intends to use the rope to hang himself, the first of several attempts that fail. Otto has given up on life. Everything changes when a young family moves into the neighborhood. At first, Otto is predictably unfriendly to preg-



Christian Bale in *The Pale Blue Eye*, explores the life of a young Edgar Allan Poe

nant Marisol (Mariana Trevino), her husband and two young daughters, but gradually, almost despite himself, Otto is drawn into Marisol's family's life and begins to live again.

THE LAST OF US (HBO MAX JAN. 15)

HBO debuts its much-anticipated adaptation of the video game – a 9 part limited series. Pedro Pascal (*The Mandalorian*) stars in the post-apocalyptic thriller. *The Last of Us* takes place 20 years after humankind has been decimated by a brain infection caused by the cordyceps fungus which destroys the victims' brains and turns them into clickers – zombie-like beings with a hunger for human flesh. The fungus eventually destroys the clickers' eyes which force them to use echolocation to hunt their victims. In the midst of devastation, Joel Miller (Pascal) a hardened survivor with a tragic backstory, is hired to escort a 14-year-old girl, Ellie (Bella Ramsey) who is apparently immune to the fungus and may hold the cure to the plague. Joel and Ellie must leave the quarantine zone in Boston and cross the country to what remains of Salt Lake City. While traveling west, Joel and Bella must avoid the infected, survivalists and even cannibals to reach their goal.



MISSING (JAN. 20) Standalone sequel to the ingenious 2018 hit thriller *Searching*, where the action of a father searching for his missing daughter is entirely represented on TV, computer and cell phone screens. In *Missing*, the story is the same but the roles inverted, with a daughter searching for her missing mother, again with all the action depicted on a screen. Rebellious teenager June (Storm Reid) chats with her tech-challenged mother Grace (Nia Long), who's about to leave Los Angeles to vacation in Colombia with her boyfriend, Kevin (Ken Leung). While Grace and Ken are away, June uses the opportunity to have a gigantic house party with her friends. But when June arrives at LAX to pick them up, they are nowhere to be found. When June calls her Mom's hotel in Colombia, she's frustrated by the language barrier. June files a missing persons report and contacts a U.S. Embassy official Elijah Park (Daniel Henney), who tells her the FBI has no jurisdiction to investigate in Colombia and to wait till she hears from local authorities. This isn't good enough for June, who launches her own investigation and discovers Kevin is a registered felon. Then Park calls and informs June that her own mother may be living under an alias.



FREE WILL ASTROLOGY

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JANUARY 2023

ARIES (March 21-April 19): "My life was the best omelet you could make with a chainsaw," observed flamboyant author Thomas McGuane. That's a witty way to encapsulate his tumultuous destiny. There have been a few moments in 2022 when you might have been tempted to invoke a similar metaphor about your own evolving story. But the good news is that your most recent chainsaw-made omelet is finished and ready to eat. I think you'll find its taste is savory. And I believe it will nourish you for a long time. (Soon it will be time to start your next omelet, maybe without using the chainsaw this time!)

TAURUS (April 20-May 20): After meticulous research of 2023's astrological omens, I have come to a radical conclusion: You should tell the people who care for you that you'd like to be called by new pet names. I think you need to intensify their ability and willingness to view you as a sublime creature worthy of adoration. I don't necessarily recommend you use old standbys like "cutie," "honey," "darling," or "angel." I'm more in favor of unique and charismatic versions, something like "Jubilee" or "Zestie" or "Fantasmo" or "Yowie-Wowie." Have fun coming up with pet names that you are very fond of. The more, the better.

GEMINI (May 21-June 20): If I could choose some fun and useful projects for you to master in 2023, they would include the following: 1. Be in constant competition with yourself to outdo past accomplishments. But at the same time, be extra compassionate toward yourself. 2. Borrow and steal other people's good ideas and use them with even better results than they would use them. 3. Acquire an emerald or two, or wear jewelry that features emeralds. 4. Increase your awareness of and appreciation for birds. 5. Don't be attracted to folks who aren't good for you just because they are unusual or interesting. 6. Upgrade your flirting so it's even more nuanced and amusing, while at the same time you make sure it never violates anyone's boundaries.

CANCER (June 21-July 22): When she was young, Carolyn Forché was a conventional poet focused on family and childhood. But she transformed. Relocating to El Salvador during its civil war, she began to write about political trauma. Next, she lived in Lebanon during its civil war. She witnessed firsthand the tribulations of military violence and the imprisonment of activists. Her creative work increasingly illuminated questions of social justice. At age 72, she is now a renowned human rights advocate. In bringing her to your attention, I don't mean to suggest that you engage in an equally dramatic self-reinvention. But in 2023, I do recommend drawing on her as an inspirational role model. You will have great potential to discover deeper aspects of your life's purpose—and enhance your understanding of how to offer your best gifts.

LEO (July 23-Aug. 22): Are the characters in Carlos Castañeda's books on shamanism fictional or real? It doesn't matter to me. I love the wisdom of his alleged teacher, Don Juan Matus. He said, "Look at every path closely and deliberately. Try it as many times as you think necessary. Then ask yourself, and yourself alone, one question. Does this path have a heart? If it does, the path is good; if it doesn't, it is of no use." Don Juan's advice is perfect for you in the coming nine months, Leo. I hope you will tape a copy of his words on your bathroom mirror and read it at least once a week.

VIRGO (Aug. 23-Sept. 22): Teacher and author Byron Katie claims, "The voice within is what I'm married to. My lover is the place inside me where an honest yes and no come from." I happen to know that she has also been married for many years to a writer named Stephen Mitchell. So she has no problem being wed to both Mitchell and her inner voice. In accordance with astrological omens, I invite you to propose marriage to your own inner voice. The coming year will be a fabulous time to deepen your relationship with this crucial source of useful and sacred revelation

LIBRA (Sept. 23-Oct. 22): Libran philosopher Friedrich Nietzsche offered advice that is perfect for you in 2023. It's strenuous. It's demanding and daunting. If you take it to heart, you will have to perform little miracles you may not yet have the confidence to try. But I have faith in you, Libra. That's why I don't hesitate to provide you with Nietzsche's rant: "No one can build you the bridge on which you, and only you, must cross the river of life. There may be countless trails and bridges and demigods who would gladly carry you across; but only at the price of pawning and forgoing yourself. There is one path in the world that none can walk but you. Where does it lead? Don't ask, walk!"

SCORPIO (Oct. 23-Nov. 21): How might you transform the effects of the limitations you've been dealing with? What could you do to make it work in your favor as 2023 unfolds? I encourage you to think about these question with daring and audacity. The more moxie you summon, the greater your luck will be in making the magic happen. Here's another riddle to wrestle with: What surrender or sacrifice could you initiate that might lead in unforeseen ways to a plucky breakthrough? I have a sense that's what will transpire as you weave your way through the coming months in quest of surprising opportunities.

SAGITTARIUS (Nov. 22-Dec. 21): Sagittarian singer Tina Turner confided, "My greatest beauty secret is being happy with myself." I hope you will experiment with that formula in 2023. I believe the coming months will potentially be a time when you will be happier with yourself than you have ever been before—more at peace with your unique destiny, more accepting of your unripe qualities, more in love with your depths, and more committed to treating yourself with utmost care and respect. Therefore, if Tina Turner is accurate, 2023 will also be a year when your beauty will be ascendant.

CAPRICORN (Dec. 22-Jan. 19): "I'm homesick all the time," writes author Sarah Addison Allen. "I just don't know where home is. There's this promise of happiness out there. I know it. I even feel it sometimes. But it's like chasing the moon. Just when I think I have it, it disappears into the horizon." If you have ever felt pangs like hers, Capricorn, I predict they will fade in 2023. That's because I expect you will clearly identify the feeling of home you want—and thereby make it possible to find and create the place, the land, and the community where you will experience a resounding peace and stability.

AQUARIUS (Jan. 20-Feb. 18): Storyteller Michael Meade tells us, "The ship is always off course. Anybody who sails knows that. Sailing is being off-course and correcting. That gives a sense of what life is about." I interpret Meade's words to mean that we are never in a perfect groove heading directly towards our goal. We are constantly deviating from the path we might wish we could follow with unfailing accuracy. That's not a bug in the system; it's a feature. And as long as we obsess on the idea that we're not where we should be, we are distracted from doing our real work. And the real work? The ceaseless corrections. I hope you will regard what I'm saying here as one of your core meditations in 2023, Aquarius.

PISCES (Feb. 19-March 20): A Chinese proverb tells us, "Great souls have wills. Feeble souls have wishes." I guess that's true in an abstract way. But in practical terms, most of us are a mix of both great and feeble. We have a modicum of willpower and a bundle of wishes. In 2023, though, you Pisceans could make dramatic moves to strengthen your willpower as you shed wimpy wishes. In my psychic vision of your destiny, I see you feeding metaphorical iron supplements to your resolve and determination.

By Judith Altruda

Desdemona Speaks

The Labyrinth is Back!

...Each at their own time and pace enter the labyrinth and abandon themselves to the circling, turning meeting and parting standing still...

---excerpt from *The Labyrinth*, a poem by Karin Temple

ON THE WINTER SOLSTICE---the shortest day and the longest night of the year---pilgrims entered the parish hall at Grace Episcopal Church and removed their shoes. They had come to walk in meditation, to step upon the ancient pathway of a labyrinth. The hall flickered with the light of many candles and smelled of fresh cedar boughs. Live music played by local pianist and composer Jennifer Goodenberger set a contemplative mood.

For the uninitiated--- as I was--- the labyrinth is an ancient form of spiritual exploration. Although it looks like a maze, is not a maze. The design is unicursal, meaning there is only one path. You can't get lost. Upon reaching the five petaled center, one may pause and reflect, pray, or simply Be. And then one winds their way back, following the same path. Could there be any clearer reminder that life's journey is not a straight line?

Karin Temple, the woman who started the Astoria labyrinth walk over twenty years ago, was there to facilitate. She describes her labyrinth journey as "a calling."

Temple, a writer, was born in WW2 Germany. Traumatized during her childhood by bombing, she has dedicated her life to peace. "I was on pilgrimage in Spain for my 60th birthday. After 911 I came home in a serious state of PTSD. I was riled up. I didn't feel "Christmassy" at all that year." She commissioned a 24 x24 foot canvas copy of the Chartres Cathedral labyrinth and brought it to Astoria. Labyrinths are "pre-Christian, non-denominational," Temple said.

Over the years, it has been hosted at three different local parishes and at the now-defunct Warrenton youth prison.

Among the highlights of the past twenty years, Temple describes the time when Astoria resident (known for wearing a helmet) Helmet John came during a snowstorm. "He took his shoes off and he walked very deliberately, stopping all the time, weighing, thinking...he came out without being in the center." Temple escorted him there. Another meaningful experience happened 13 years ago, when a pregnant woman, accompanied by her midwife and doula, walked the labyrinth while in labor. On the recent winter solstice, this mother brought her now-13-year-old daughter along, and they walked it together.

For many years, Grace Episcopal Church offered a first Sunday-of-the-month labyrinth walk at its parish hall. All of that stopped during the pandemic.

Happily, "The Labyrinth is back," said Temple. There will be four walks a year, on the solstices and equinoxes.

The next walk will be on Sunday, March 19th, for the vernal equinox---when day and night are of equal length. It will be held at Grace Episcopal Church parish hall, 1525 Franklin, from 6:00-8:00 PM, with live piano music by Jennifer Goodenberger and fresh greenery arrangements by Jessica Schleif.

If you're interested in joining a labyrinth guild or have a potential location to host a walk (must be able to fit a 24x24 ft circle), contact Karin Temple, 503-325-6580.



HOMEWORK: VISUALIZE IN INTRICATE DETAIL A BREAKTHROUGH YOU WOULD LIKE TO EXPERIENCE BY JULY 2023. NEWSLETTER.FREEWILLASTROLOGY.COM

What Is Forgiveness?

IN MY PRACTICE, I've worked with survivors of early-life trauma whose suffering is compounded by kindly meant but misinformed advice that to heal, they must forgive the one(s) who harmed them. This vision of reconciliation remains compelling because it offers hope that someone who has sinned can be redeemed. The problem is that it places the burden of making peace on the person who was hurt, not on the one who had hurt them. The perpetrator isn't expected to ask forgiveness or to make amends; the victim is just supposed to extend grace to them. Sometimes it's not a person, but an entire community, who's expected to forgive and thus to be better people than their oppressors. This attitude not only silences the justifiable anger and demands for justice of minoritized communities. It also enables the perpetrators (and non-perpetrating beneficiaries) of oppression to continue as before, while they're wrapped up (and hiding) in the warm, fuzzy feeling of their reborn innocence.

The impetus for resolution through forgiveness rests on an accurate observation: resentment isn't good for us. Carrying a grudge is both psychologically and physiologically unhealthy. But the pressure to forgive a perpetrator causes its own suffering, rendering the harm invisible and expecting the survivor to "move on" as if it had never happened. Some perpetrators offer insincere, manipulative apologies meant to generate guilt if the victim doesn't accept. There's also a fine line between forgiving and acting as if the crime wasn't even a

crime. Witness how, when someone says, "I'm sorry" the other person responds with, "It's OK." What's OK, their relationship now that reconciliation has happened, or the misdeed itself?

Forgiveness is a personal choice, and it can be empowering when the harmed individual or community chooses it freely. Thus, I avoid either promoting or repudiating forgiveness when a patient shares this dilemma with me. Instead, I encourage them to consider the possible outcomes and make their decision based on whatever their own hearts authentically call them to do. I also suggest reframing the question from forgiving vs. not forgiving to reducing the emotional space that the perpetrator occupies in the survivor's life. What many people

seek isn't reconciliation but closure, a sense of finality, the realization that this painful chapter in their life is now firmly and safely in the past and doesn't need to haunt their present. This goal isn't easy, as we now know (thanks to neuropsychiatric research popularized by Bessel van der Kolk's bestselling book *The Body Keeps the Score*) that trauma alters cognitive and even immune and endocrine-system functioning. But sensitive, trauma-informed counseling helps people to retrain their brains so they can respond to life's difficulties with a mind that's adaptive, expansive, and capable of change—a mind in which old wounds may still reside, but as archived material, not demons or ghosts who deform our current lives and our futures.

The most awe-inspiring thing I've witnessed among traumatized people and communities is the various ways in which they dedicate themselves to living well through creative expression despite past harms and ongoing oppression. Whether it's through hip-hop, drag, tattoos, or other joyful and defiant expressions, the art of living well is a vibrant alternative to either revenge or forgiveness. Creative acts decenter the perpetrator and the damaging acts and re-center the survivors, restoring dignity, cultivating resilience, and celebrating beauty. Living well not only frees people from the psychological burden of an unwanted ongoing attachment to something and someone hurtful; it facilitates deep healing and fosters a triumphant, radiant wholeness that's truly liberating.



CMH Offering Diabetes Prevention Program In 2023

CDC-recognized program to start January 31

CMH will hold another Diabetes Prevention Program (DPP) beginning January 31, 2023, for people who are at risk for the disease. The lifestyle-change program will be offered in person and run weekly on Tuesday evenings from 5:30 to 6:30 p.m.

CMH's program is nationally recognized by the Centers for Disease Control and Prevention (CDC) and based on research. It is focused on healthy eating and physical activity. A previous attendee says this about the program:

"I highly recommend this program for anyone concerned about pre-diabetes or metabolic syndrome. This in-person class is a wonderful blessing for me, resulting in improved eating and exercise habits," she says. "The teachers/coaches and my classmates are understanding and encouraging; the group accountability is incredibly helpful.

"Making changes in 'small bites' and friendly reminders to eat more vegetables (although no foods are off-limits) works for me. I am hopeful that I now have the tools to maintain this improved health for the rest of my life."

People are eligible for the program if they:

- Have been diagnosed with prediabetes based on a blood test completed in the last year;
- Are a woman and have been diagnosed with gestational diabetes during pregnancy; or
- Have a positive screening for prediabetes based on the CDC Prediabetes Screening Test (can be taken online at: <https://bit.ly/3ua9AoC>).

The program provides participants with printed resources, curriculum and discussions on small lifestyle improvements like fat/calorie intake and weekly exercise. Registration is required and can be completed by contacting Arna Vanebo Pyle, registered/licensed dietitian, at 503.338.7592 or avanebopyle@columbiamemorial.org.

Learn more about the program at <https://www.columbiamemorial.org/dpp>.

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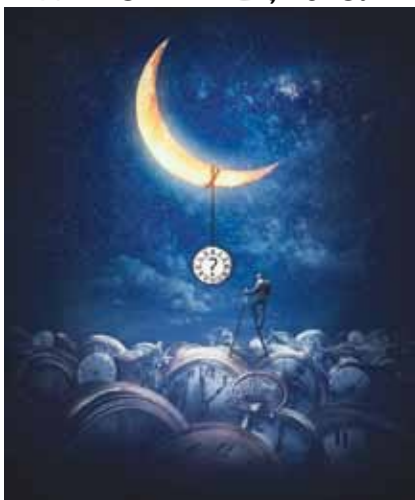
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THEN SUDDENLY, 2023!



I'M NOT BIG ON TRADITIONS. (Stop me if you've heard this one). I tend to think of them as habits gone horribly wrong. This is a fact that comes into sharp focus around 'THE HOLIDAYS'. Every ethnicity worth its salt has managed to come up with a crockpot full of traditions that swirl around the winter solstice like the smell of your favorite food or a bad carnival ride depending on your perspective. Forgive me. My cynicism just escaped through a crack in my courtesy and took a spin in that last sentence.

Now that I am old and quite obviously cantankerous, I am at liberty to celebrate occasions as I wish. As it happens, my celebrations are not date specific. Something as simple as a warm summer day, a bombastic winter storm, breakfast with my husband or waking up in the morning (did I mention that I'm old?) can elicit a laugh and a rush of gratitude. Gratitude for my lucky life and gratitude that none of it involves a shopping holiday.

For years I have used this column to rant about whatever burr is currently under my saddle after which I tack on a recipe so as to cajole you, the reader and my esteemed editor, Dinah, into thinking this is a food column. It's not that I don't care about the food angle. Frankly, I'm all about the food angle. However, I am occasionally cranky about something and I'm not above holding a recipe hostage until I've offloaded a piece of my mind. So, here it is:

Time is a control freak. For decades Time has hurtled by me in a blur, passing on the right and flying by the rest areas, not held to the same rules of the road as we mere humans. Then, just as the motion sickness begins to abate, it slams on the brakes and leaves me foundering in the shallows of the junior english class that was supposedly an hour long but experientially was several excruciating weeks and has proved unforgettable some fifty years on. The older I get the more defensive I am about my tiny cog in the big time machine that ticks out our lives. I disprove the theory that we get more patient with age. I eschew a whole lot of stuff society thinks I ought to be doing or not doing.

I am at once encouraged and amused by the knowledge that if I don't die, I'll get older. But Time, ever the trickster, seems to institute a sprint-to-the-finish sort of pace with each passing year. The result is a heaping helping of appreciation, a handful of I-gotta-get-busy and a pinch of regret Osterized into a queasy miasma that hangs around and stinks up the place for as long as I let Time drive the bus. It is possible to distract Time briefly. That's why meditation, music, a good book, a luscious meal and bourbon were invented. But inevitably, Time reminds me that, though I may have invested at least some of it wisely, I still spent it.

We humans have created our own concept of time thereby making the way we move about in it a very human construct. In reality, Time exists on its own and clearly doesn't give a flip about us. It is not the "Time flies like an arrow" sort of deal that Groucho Marx would have had us believe. His subsequent statement, "Fruit flies like a banana" is much more to the point. In my experience, Time is a skilled huckster, a wicked witch, a delectable carrot at the end of a very long stick, a whitewater rapid and a contentious committee by turns.

Time is fleeting and I digress as always. At this time at the leading edge of a brand new year, you deserve something sweet and gorgeous. Here it is: ➔

CHEW ON THIS!

by Merianne Myers



IT'S ABOUT DAMN TIME CARDAMOM ORANGES

You can use any kind of oranges. Cara Caras are in season right now and simply divine. This is lovely as a brunch entree accompanied by a warm-from-the-oven popover or a dynamic breakfast spooned atop a waffle thereby challenging the rest of the day to step up or a fancy schmancy dessert adorning a slice of pound cake. I can eat a vat of this stuff all by myself but all amounts in the recipe are flexible so suit yourself.

- 10 oranges
- Zest of one orange
- 1 cup fresh squeezed orange juice (approximate)
- 3/4 inch piece of fresh ginger, peeled and thinly sliced
- 1 teaspoon cardamom or 5 cardamom pods crushed
- 1/2 teaspoon ground cloves or 3 whole cloves
- 4 Tablespoons honey
- Greek yogurt
- 2 Tablespoons skinned, slivered and toasted almonds (optional)

Supreme the oranges by cutting the rind and pith away from the flesh then slicing the segments away from the membranes. This sounds daunting but is actually easy once you get the hang of it. Do this over a bowl to catch the juice and wring the leftover 'core' of orange to get the last of the juice before tossing it in the compost bucket. As you work, put the liberated segments in a strainer to drain into the same bowl.

Combine the juice, ginger, cardamom, clove, zest and honey in a saucepan. Bring it to a boil, reduce the heat and simmer for a few minute until it gains the consistency of a light syrup. Let cool. Strain the syrup over the orange segments and chill for at least an hour or overnight for tastiest results. Top with a dollop of thick, custardy Greek yogurt sweetened with a temptation of honey. Sprinkle with the toasted almonds.

CMH PET THERAPY PROGRAM RETURNS

Pets of all kinds may train to participate

COLUMBIA MEMORIAL HOSPITAL is pleased to announce the return of its pet therapy program.

"We are very excited to begin scheduling pet therapy teams again and are currently recruiting new teams to go through the certification and onboarding process," says Laurie Olds, CMH's volunteer coordinator.

The program was put on a temporary hiatus in 2020 due to COVID-19 restrictions.

The pet therapy program includes volunteers and their pets who visit the hospital and greet caregivers and patients. The pets and handlers are certified and registered through the Pet Partners Program, a national leader in demonstrating and promoting the health and wellness benefits of animal-assisted therapy, activities and education.

Pets and handlers prepare for the Pet Partners certification process by going through a series of classes led by a local trainer. The training fees are covered by CMH if the team onboards as volunteers at the hospital.

During the classes, teams learn to complete tasks such as walking past treats or toys without reacting to them.

"It is a challenge for the teams going through these classes as they will practice walking next to and smelling



McDonald's or walking past a ball and not reacting to it," Olds says. "They will even have people come toward the handler quickly to make sure the pet stays calm in a busy hospital environment."

A Leonberger dog, named "Gus," and his handler, Christina, are currently volunteering at CMH through the program. The two will be at CMH on Tuesdays to walk throughout the hospital, visiting different departments and patients. Another team is working through the training and certification process.

"Gus gets excited when he sees his vest and knows he is heading to work at CMH," Olds says. "It is so rewarding to see how patients and caregivers light up when he is there. Everyone loves him."

Pet Partners certifies many types of animals. CMH is open to onboarding diverse volunteer teams that have been approved for the program.

If you are interested in volunteering at CMH for the Pet Therapy Program or know someone else who may be, please contact Olds at olds@columbiamemorial.org.

Look up!.....
start seeing
architecture.

The Architect Hound

Finnish Brotherhood Hall

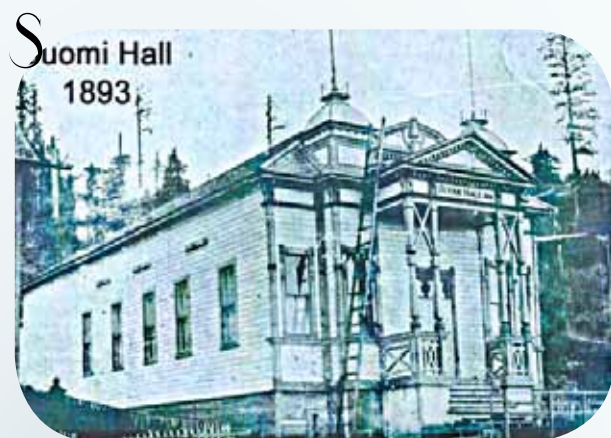
THE ARCHITECT HOUND trotted up to Uniontown for a look at one of the oldest and most historically significant buildings in the neighborhood. In an earlier edition of Hipfish, our dear editor/publisher suggested that I take a look at the building also known as Suomi (Finland) Hall for a future article. Here's what I found out:

Of all of the immigrant nationalities arriving in Astoria for work in the fishing and lumber industries, the Finnish were the most numerous. Beginning in the 1880s and continuing for the next fifty years, thousands of Finns fled the financial and political upheaval of their home country for the economic opportunities and familiar forest and ocean surroundings of the lower Columbia River. The building now known as Suomi Hall was built in 1886, and originally named Temperance Hall, reportedly by the segment of the Finnish community



known as the 'Church Finns'. The archival photo of the building from 1893 reveals some dazzling Victorian era architectural flourishes including a Classically-pedimented entry with decorative cross-bracing and flanking hip-roofed blind turrets.

The single story building was acquired by the Finnish Brotherhood fraternal organization in 1910 and moved downslope to its present location at 244 West Marine Drive. The full name of the Finnish Brotherhood is 'The United Finnish Kalevala Brothers and Sisters Astoria Lodge #2' reflecting the current membership of men and women and "The Kalevala", a Finnish creation saga. Suomi Hall served as a de-facto 'settlement



By Eric Wheeler

hall', providing physical and emotional support to uprooted immigrants in a new land. At its peak of membership in the late 19th century, the lodge had over 1000 members and had its own school, sports teams and social activities.

Comparing the archival photos pre-1910 and post-1910, one can see that the relocated building kept the earlier decorative façade intact on the west side, with the addition of a first floor below. After the move, a full two stories were added to the east side of the original building. Note the Finnish Meat Market on the street level of the addition. A newer cream brick building for the Finnish Meat Market was built across from Suomi Hall on the south side of the street in 1928, and is now the home of the Columbia River Coffee Roaster. This elegant commercial building was designed by Finnish immigrant and noted local architect, John Wicks.

The Astoria lodge is the largest and oldest surviving Finnish fraternal organization on the West Coast. This highly visible two-story wood frame building with white trim and a distinctive name/date block remains a landmark building in the Alameda/Uniontown Historic District. For over 130 years thousands of Finnish immigrants and their descendants have gathered in Suomi Hall to celebrate Finnish heritage and language. That tradition continues today in a building that has been moved and altered but still proudly represents the Finnish legacy in Astoria.

For more information about the building or to arrange a tour contact Karen Van Cleave at 503-791-7805 or FriendsOfSuomihall@gmail.com



LAST WORD

Oregon Humanities invites Oregonians to exchange letters in a pen-pal project with a twist.

ences by writing them out, and through this, make a really impactful connection with another person."

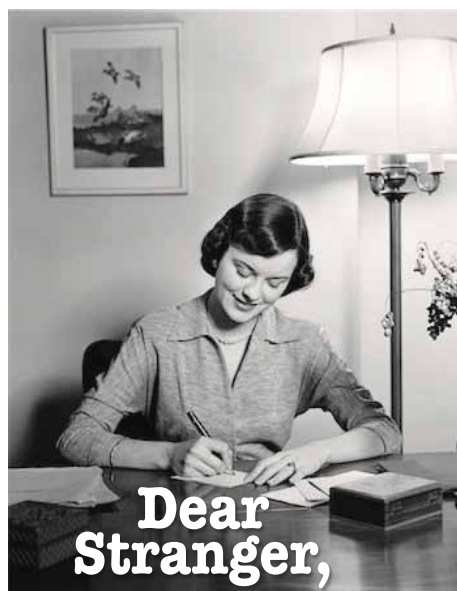
The aim of Dear Stranger is to create shared understanding among Oregonians with different backgrounds, experiences, and beliefs. The premise is simple: Write a letter, get a letter, and make a new connection. Oregon Humanities has operated Dear Stranger since 2014, with each round of the project asking writers to address a different question or theme. More than one thousand Oregonians have exchange letters through the project to date.

This winter's prompt for writers is about "Things that lie beneath the surface: experiences, emotions, movements, stories, myths. Are there things you've kept hidden and buried? What about things you're working to uncover? What are the benefits of keeping things underground, and what are the costs?"

Instructions for participation are available on the Oregon Humanities website at oregonhumanities.org. Letters are swapped anonymously, and each person receives a letter from the person who received the one they wrote. What happens next is up to the writers. If they'd like to write back, they can do so through Oregon Humanities.

Letters should be addressed to Oregon Humanities, Attn: Dear Stranger, 610 SW Alder St., Suite 1111, Portland, Oregon, 97205. Oregon Humanities will exchange letters mailed by February 28, 2023.

Questions about Dear Stranger should be directed to programs@oregonhumanities.org.



Dear Stranger,

THE CHALLENGES of recent years have left many Oregonians feeling disconnected and alone: COVID, strident partisanship, and deepening social divides all make it harder to connect with others. **Dear Stranger, a letter-exchange project from Oregon Humanities**, offers a chance for connection by inviting Oregonians to write letters with someone they've never met.

Oregon Humanities is a statewide organization that brings people together to talk, listen, and learn from one another. "Dear Stranger asks us to intentionally reflect and share about our experiences, says Lucy Solares-Steger, the program coordinator at Oregon Humanities who runs the Dear Stranger project. "While at first this can be daunting or challenging, many letter writers find that they're able to work through these experi-

Makers Market at the Fort George Lovell Showroom

AN ENCORE to their first Makers Market in late November, FGB welcomes back the uniquely talented and extremely productive employees of Fort George (and a few friends and family members) for another Fort & Friends Makers Market on Wednesday, January 18th. Browse handcrafted wares in the Lovell Showroom from 4:30pm - 8pm while sipping special cocktails (and beer, of course) from the Taproom window.

The Lovell Building has a long and glorious history as a cultural center for the community of Astoria. This 101-year-old building, located off Duane Street in the center of downtown, housed a community market in the wake of Astoria's Great Fire of 1922, and later an impromptu theatre.

Since moving into the abandoned auto repair shop and showroom in 2007, Fort George has hosted countless concerts, free lectures, art shows, writing groups, community fundraising events, weddings, birthdays, and various parties in the Lovell Showroom which also houses stacks of oak barrels filled with delicious future beer.

The Fort & Friends Makers Market will feature crafts, art, clothing, cards, and more, all handmade by Fort employees and friends.

Wednesday, January 18, 4:30pm - 8pm. Fort George Lovell Showroom in Astoria

The Big One: Cascadia Earthquakes & Tsunamis

PATRICK CORCORAN, a retired OSU Extension faculty with expertise in coastal natural hazards, will present on "The Big One: Cascadia Earthquakes & Tsunamis". This talk will be presented on the anniversary of the 1700 Orphan Tsunami.

Presented by Nature Matters, Thursday, Jan 26, doors open 6pm, talk at 7pm. Food & drink through the Tap Room window. All ages, No Cover. Fort George Lovell Showroom.

Library After Dark

Guest Author Susan Banyas

WARRENTON Community Library presents Author Susan Banyas in discussion of her book, *The Hillsboro Story*, on Jan 14. Author talk begins at 4pm, appetizers, drinks, and mingling afterwards at 5pm.

No Strangers Here Today (premier 2008) and *The Hillsboro Story* (premier 2010) are multi-voiced investigations that illuminate the role her hometown played in American civil rights history and the journey to encounter that history directly. Both theatre work toured nationally and were expanded into a non-fiction book. *The Hillsboro Story/A Kaleidoscope History*.

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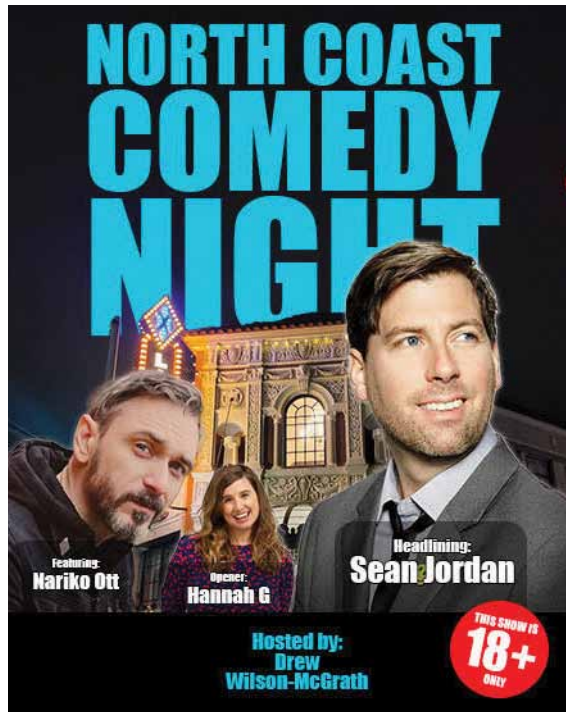
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North Coast Comedy Night – Jan 21!



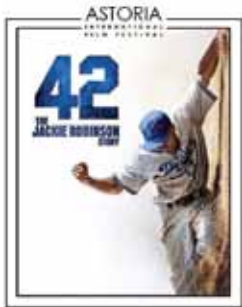
Start the new year with laughs and fun. Host Drew Wilson-McGrath returns with new faces and new jokes – the best \$10 you can spend on a Saturday night! Opening is Hannah G (semifinalist in Portland's Funniest Person in 2022), followed by Nariko Ott (host of "The Cool Kids" comedy show at the Doug Fir in Portland) and Headliner Sean Jordan (co-host of the wildly popular podcast All Fantasy Everything).

North Coast Comedy Night, 8:00 pm, Jan 21, 2023

More Shows Coming Right Up!

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January 15, 2023



Biographical drama about Jackie Robinson breaking major league baseball's color barrier.

Jazz on the River

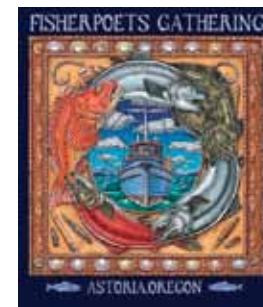
February 14, 2023



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