

# Volunteers 'make this work'

**Pantry** from Page 1A

The food is purchased mostly with donations or obtained from the Oregon Food Bank through the Clatsop Community Action Regional Food Bank.

The pantry's 77 volunteers are the driving force behind getting food to the people who need it. Patrons must meet income requirements established by the U.S. Department of Agriculture. For a family of four, the maximum income is \$3,631 per month or \$43,568 per year.

Gann said the pantry is sustained by the generosity of community members, both in time and money.

"They do wonderful things when they get together," she said. "It doesn't matter if they're volunteers or the people that come in — they all are a part of this. They make this work."

## Gardeners needed

Although the organization has property, a building and operational funds in the bank, this is just the beginning, Blake said.

"That is one of the things that is part of this nonprofit: It is a constant working with

the community and writing grants. And we're not finished with the project," she said.

Paving and landscaping with edible plants will be done in the spring; solar panels will be added to the roof; picnic tables will be installed; and other projects are planned, some required to obtain a permanent occupancy permit.

An informational meeting is planned for 1:30 to 3:30 p.m. Jan. 22 at the Seaside Public Library to line up instructors and volunteers to help with a six-week adult class called "Seed to Supper," an Oregon Food Bank and Oregon State University Extension Service program. The course, which the South County Community Food Bank wants to host this spring, is aimed at teaching people fundamentals of vegetable gardening.

Blake said the board then will meet in February to ask, "What's up now?" Tentative plans, according to Blake, include working with the Oregon Food Bank, Master Gardeners, Friends of Clatsop County Community Gardens and the North Coast Food Web and other agencies to continue



KATHERINE LACAZE PHOTO

**Volunteers were hard at work last week, preparing the South County Community Food Bank's new site for its official opening Jan. 7.**

strengthening food security and sustainability in the community.

"We aren't done by a long shot," Blake said. "This is just the start of some other really wonderful things that will take us to the next level of compassionate work,

and really great sustainable work."

The pantry is open from 8 a.m. to 4 p.m. weekdays to receive donations and from 2 to 4 p.m. for people to receive food. For more information, contact the pantry at 503-738-9800.

## Geologist Horning begins Listening to the Land series

The Earth is in a constant process of rebuilding itself, and Oregon's North Coast is no exception.

Join Seaside geologist Tom Horning on a journey through time and space in "Rising from the Sea," this year's first Listening to the Land program, at 6 p.m. Jan. 21, in the Seaside Public Library.

Admission is free. Refreshments are served.

The mountains that define the eastern horizon were once a volcanic sea floor covered by thousands of feet of mud and sand, and the most familiar headlands are remnants of North America's largest lava flows invading the coast. Horning will explain how these and other elements of the local landscape changed over time — and are continuing to change.

Horning has a master's degree in geology from Oregon State University. After a varied career as an exploration geologist, he returned to Seaside in 1994 and became a natural hazards and geotechnical consultant doing business



PHOTO SUBMITTED BY NORTH COAST LAND CONSERVANCY

**Local geologist Tom Horning will speak at the Listening to the Land series Jan. 21.**

as Horning Geosciences.

Listening to the Land is a monthly winter speaker series presented by North Coast Land Conservancy and the Necanicum Watershed Council in partnership with the Seaside Public Library and with support from the Seaside Chamber of Commerce. This year's Listening to the Land series is focused on the natural and cultural heritage of the Oregon Coast.

More details are available at [nclctrust.org](http://nclctrust.org)

# COMMUNITY CALENDAR

Deadline for Community Calendar is noon Wednesday two weeks before our publish date. Items can be emailed to [nmccarthy@seasidesignal.com](mailto:nmccarthy@seasidesignal.com), faxed to 503-738-9285 or mailed to P.O. Box 848, Seaside, OR 97138. Events are in Seaside unless otherwise noted.

## Friday, Jan. 9

### Big Loser Contest

5:45 a.m. weigh-in, Sunset pool, 1140 Broadway, Seaside, 503-738-3311, [www.sunsetempire.com](http://www.sunsetempire.com), \$10 per person, \$100 per team. The Big Loser Contest is back for those who want to lose weight, either as an individual or as a team of up to four people. Weigh-ins also will be held at Providence Seaside Hospital and Sunset Family Fitness. The contest runs to Feb. 20. Call for details.

### Chamber Breakfast

8:30 a.m., Twisted Fish Steakhouse, 311 Broadway, Seaside, 503-738-6391, [www.seasidechamber.com](http://www.seasidechamber.com), open to the public. Different speakers are featured each Friday. A no-host breakfast and beverage service is available.

### Low Impact Walking

9:30 a.m. This low-impact walking group meets every Friday at different locations. Sponsored by the Seaside Branch of American Association of University Women. For details, call 503-738-7751.

### Pacific Rim Games

3 p.m., Seaside High School, 1901 N. Holladay Drive, Seaside, 503-738-5586, [www.cowapaleague.org](http://www.cowapaleague.org). Join Seaside High School and support the varsity wrestling team as it takes on 11 teams at the Pacific Rim Varsity Wrestling Invitational Championships.

### "Dreamcoat" Auditions

6 p.m., CCC Performing Arts Center, 1111 16th St., Astoria, 503-861-2556, [www.northcoastchorale.org](http://www.northcoastchorale.org). Auditions are being cast for 15 roles for the musical "Joseph and the Amazing Technicolor Dreamcoat." Performances will be Saturday and Sunday, April 11 and 12.

### CULPA 2 Premieres

7 p.m., Hoffman Center, 594 Laneda Ave., Manzanita, 503-368-3846, [www.culpa-online.com](http://www.culpa-online.com). Arch Cape Studios presents the second episode of the web series CULPA with the premiere of "Edgar," featuring a cast of locals. Go online to see a trailer of "Edgar" or watch Episode 1 "The Pilot."

### Bruce Smith

7 p.m., McMenamans Sand Trap, 1157 N. Marion Ave., Gearhart, 503-717-8150, [www.mcmenamans.com](http://www.mcmenamans.com), no cover. Bruce Smith & the Boda Boyz, with violin virtuoso Kim Angelis, perform original transplant rock music, a combination of rock-n-roll and Texas blues.

### Karaoke

9 p.m., American Legion Post 99, 1315 Broadway, Seaside, 503-738-5111, no cover, 21 and older. Step out of the shower and onto the stage for some live karaoke singing on Friday nights at the legion. Kids, too, can join the fun from 5:30 to 8 p.m.

## Saturday, Jan. 10

### Pacific Rim Games

10 a.m., Seaside High School, 1901 N. Holladay Drive, Seaside, 503-738-5586, [www.cowapaleague.org](http://www.cowapaleague.org).

### Community Clinic

2 p.m., Seaside Public Library, 1131 Broadway, Seaside, 503-738-5859, free. Kathleen Flewelling, naturopathic physician, provides this service.

### Northwest Author Series

2 p.m., Cannon Beach Library, 131 N. Hemlock St., Cannon Beach, 503-436-1391, [www.cannonbeach-library.org](http://www.cannonbeach-library.org), free. Oregon coast author Matt Love will discuss his current book, "Rose City Heist," a true crime tale that almost wasn't. A Q&A session and book signing will follow.

### Country Breeze Band

7 p.m., American Legion Post 99, 1315 Broadway, Seaside, 503-738-5111, no cover. Country Breeze

plays country, rock and blues.

### DJ Dance Party

10 p.m., Twisted Fish Steakhouse, 311 Broadway, Seaside, 503-738-3467, [www.twistedfishsteakhouse.com](http://www.twistedfishsteakhouse.com), no cover, 21 and older. Every Saturday, DJ Nacho Bizznez mixes the latest dance music with some old favorites including Top 40, funk, disco and hip-hop.

## Sunday, Jan. 11

### NAMI Meeting

2 p.m., Seaside Public Library, 1131 Broadway, Seaside, [www.nami.org](http://www.nami.org). The National Alliance on Mental Illness welcomes anyone who has a friend or family member that suffers from a mental illness. NAMI membership is not required to attend. For information, call Myra Kero at 503-738-6165.

### Too Long Sparks

7:30 p.m., Seaside Brewing Co., 851 Broadway, Seaside, 503-717-5451, no cover. Too Long Sparks plays dark, ambient pop songs with guitars and ukuleles.

## Monday, Jan. 12

### Lions Club

5 p.m., West Lake Restaurant & Lounge, 1480 S. Roosevelt Drive, Seaside, 503-738-7693. Open to the public.

### City Council Meeting

7 p.m., City Council Chambers, City Hall, 989 Broadway, Seaside, 503-738-5511, [www.cityofseaside.us](http://www.cityofseaside.us). The Seaside City Council meets on the second and fourth Mondays of the month.

## Tuesday, Jan. 13

### TOPS Meeting

8 a.m. weigh-in, North Coast Family Fellowship Church, 2245 N. Wahanna Road, Seaside, 503-861-2904. TOPS (Take Off Pounds Sensibly) meets every Tuesday and focuses on making lifestyle changes that provide lasting weight loss and better health.

### Alzheimer's Support

2 p.m., 2002 S.E. Chokeberry Ave., Warrenton. Support groups provide people an opportunity to share with others, receive support and learn about different aspects of the disease. For information, call Grace Bruseth at 503-738-6412.

## Wednesday, Jan. 14

### Team Trivia Tournament

6 p.m., Seaside Public Library, 1131 Broadway, Seaside, 503-738-6742, [www.seasidelibrary.org](http://www.seasidelibrary.org), free, all ages. Trivia nights are informal, fun competitions where teams battle to see who has the greatest knowledge of all matters trivial. The team with the most correct answers wins. Prizes are awarded.

### Trivia at Salvatore's

6:30 p.m., Salvatore's Café & Pub, 414 N. Prom, Seaside, 503-738-3334, free. Bring just yourself or a team of up to five people for a fun night of trivia. There will be three questions per round and three rounds every Wednesday.

### Haystack Rock Lecture

7 p.m., Cannon Beach Library, 131 N. Hemlock St., Cannon Beach, 503-436-1391, [www.cannonbeach-library.org](http://www.cannonbeach-library.org), free. Charlie Plybon of the Surfrider Foundation will give a presentation on "A Rising Tide: Coping with a Changing Coast."

## Thursday, Jan. 15

### Ham Radio Breakfast

8 a.m., Finn's Fish House, 227 Broadway, Seaside, 503-738-9692. Ham radio operators meet every Thursday. Venues change on the first Thursday of

the month.

### SDDA Breakfast

8:30 a.m., Pig 'N' Pancake, 323 Broadway, Seaside, 503-717-1914, [www.seasidedowntown.com](http://www.seasidedowntown.com). Features guest speakers each week. A no-host breakfast and beverage service is available.

### Kiwanis Club Meeting

Noon, Pig 'N' Pancake, 323 Broadway, Seaside, open to the public. Features announcements and guest speakers each week. For information, visit the club's Facebook page at [www.facebook.com/pages/Kiwanis-Club-of-Seaside-Ore](http://www.facebook.com/pages/Kiwanis-Club-of-Seaside-Ore).

### Writers at Work

6 p.m., Seaside Public Library, 1131 Broadway, Seaside, 503-738-6742, [www.seasidelibrary.org](http://www.seasidelibrary.org). Designed for writers to meet and share ideas with some of the area's authors. The group meets every third Thursday of the month.

### Jorjett Strumme Talk

7 p.m., Seaside Public Library, 1131 Broadway, Seaside, 503-738-6742, [www.seasidelibrary.org](http://www.seasidelibrary.org), free. Apparel designer and mask maker Jorjett Strumme will speak on "My Life in Hollywood."

## Friday, Jan. 16

### Chamber Breakfast

8:30 a.m., Twisted Fish Steakhouse, 311 Broadway, Seaside, 503-738-6391, [www.seasidechamber.com](http://www.seasidechamber.com).

### Low Impact Walking

9:30 a.m., locations vary every Friday, 503-738-7751. Sponsored by AAUW.

### Golf Tourney

Noon shotgun start, Gearhart Golf Links, 1157 N. Marion Ave., Gearhart, 503-738-3538, [www.gearhartgolfinks.com](http://www.gearhartgolfinks.com), \$45 to \$55, 21 and older. Find a partner and start the year with a two-player scramble while tasting and learning about the new winter warmers from the McMenamans distilleries during the "Spirits Tour" golf tournament. Tasting samples will be stationed on the course.

### Rod Whaley

7 p.m., McMenamans Sand Trap, 1157 N. Marion Ave., Gearhart, 503-717-8150, [www.mcmenamans.com](http://www.mcmenamans.com), no cover. From acoustic instrumentals to lyrical testimonials, Rob Whaley blends early roots folk and country western with modern folk pop resulting in a strong rhythm and bluesy style.

### Karaoke

9 p.m., American Legion Post 99, 1315 Broadway, Seaside, 503-738-5111, no cover, 21 and older.

## Saturday, Jan. 17

### AAUW Meeting

10 a.m., at the home of Janet Todd, Warrenton. Community members are invited to attend this month's meeting of the Seaside Branch of American Association of University Women. The program will feature the life and contributions of First Lady Eleanor Roosevelt, a diplomat and activist who changed the role of first ladies in American politics. For address, call Karin at 503-735-5919.

### Numerology Charting

Noon, Seaside Yoga, 609 Broadway, Seaside, 503-717-5129, free. Seating is limited for this one-day numerology workshop taught by Kathleen Dudley. Bring a pen, paper, calculator and a snack for an afternoon of exploring one's unique path through numerology. Registration is required.

### Harbor Fundraiser

7 p.m., Astoria Arts & Movement Center, 342 10th St., Astoria, 503-325-3426, [www.harborw.org](http://www.harborw.org), \$7. Think Project Runway, but with thrift items from Déjà Vu. The event will feature a fashion show com-

petition with judges and people's choice awards. There will be food, wine and dancing. Proceeds to benefit The Harbor.

### SHS Art Benefit

7 p.m., Seaside Civic and Convention Center, 415 1st Ave., Seaside, \$10 advance, \$15 at the door. The community is invited to the Tillamook Head Gathering, a benefit for all arts enrichment programs at Seaside High School. Author Karl Marlantes will speak at the event and Mike Mizell will emcee. Event features live performances in dance, literature and music. There will be a silent auction and refreshments. Tickets can be purchased at the school, Beach Books and Seaside Coffee Shop.

### DJ Dance Party

10 p.m., Twisted Fish Steakhouse, 311 Broadway, Seaside, 503-738-3467, [www.twistedfishsteakhouse.com](http://www.twistedfishsteakhouse.com), no cover, 21 and older.

## Sunday, Jan. 18

### In Their Footsteps

1 p.m., Fort Clatsop Visitor Center, 92343 Fort Clatsop Road, Astoria, 503-861-2471, [www.nps.gov/lewi](http://www.nps.gov/lewi), free. As part of the In Their Footsteps lecture series, Fort Clatsop presents Karen Haas, a living history performer, storyteller and teacher.

### Film Festival

2 p.m., Liberty Theater, 1203 Commercial St., Astoria, 503-325-5922, [www.liberty-theater.org](http://www.liberty-theater.org), \$5. "Good Morning Vietnam," featuring Robin Williams, will kick off the Winter Sunday Series of international films. Williams, as Adrian Cronauer, lights up the screen with his off-the-cuff improvisational humor during one of history's most conflicted wars.

### Depression Support

4 p.m., Seaside Public Library, 1131 Broadway, Seaside. The Depression & Bipolar Support Alliance is a confidential support group meeting. The group is open to anyone who has been diagnosed with a mood disorder or has a family member or friend, who has been diagnosed. For information, call Patricia at 503-325-8930.

### The Hugs

7:30 p.m., Seaside Brewing Co., 851 Broadway, Seaside, 503-717-5451, no cover. The Hugs plays garage pop and rock music.

## Tuesday, Jan. 20

### TOPS Meeting

8 a.m. weigh-in, North Coast Family Fellowship Church, 2245 N. Wahanna Road, Seaside, 503-861-2904.

### AAUW Film Talk

3 p.m., at the home of Nancy Kruger, Warrenton. Diana McLoughlin will moderate a discussion on the 2013 movie, "Dallas Buyers Club," featuring Matthew McConaughey. Refreshments will be served. To actively participate in the discussion, view films prior to attending. For address, call Carol at 503-738-8285.

### Volunteer Training

5:30 p.m., The Harbor, 1361 Duane St., Astoria, 503-325-3426, [www.harborw.org](http://www.harborw.org). The Harbor is offering volunteer training to help out at the shelter, during community events and special projects. Everyone must attend the first session and varies depending on type of volunteer positions.

## Wednesday, Jan. 21

### Caregiver Support

1:30 p.m., 2002 S.E. Chokeberry Ave., Warrenton. This group explores ways to cope with the demands and stresses of caring for a loved one while providing valuable information and resources in a confidential setting. For information, call Grace at

503-738-6412.

### Stroke Support

4:30 p.m., Providence Seaside Hospital Education Center, 725 S. Wahanna Road, Seaside, 503-717-7781. Stroke survivors and their caregivers are welcome. The group is affiliated with the American Stroke Association. Call for information.

### Listening to the Land

6 p.m., Seaside Public Library, 1131 Broadway, Seaside, 503-738-9126, [www.nclctrust.org](http://www.nclctrust.org), free. Join Seaside geologist Tom Horning on a journey through time and space, examining how Oregon's coastal landscape became what it is today in "Rising from the Sea."

### Trivia at Salvatore's

6:30 p.m., Salvatore's Café & Pub, 414 N. Prom, Seaside, 503-738-3334, free.

### Cannon Beach Reads

7 p.m., Cannon Beach Library, 131 N. Hemlock St., Cannon Beach, 503-436-1391, [www.cannonbeach-library.org](http://www.cannonbeach-library.org). This month's selection is "Astoria: John Jacob Astor & Thomas Jefferson's Lost Pacific Empire" by Peter Stark. In this story of wealth, ambition and survival, Stark recreates a pivotal moment in American history.

## Thursday, Jan. 22

### Ham Radio Breakfast

8 a.m., Finn's Fish House, 227 Broadway, Seaside, 503-738-9692.

### SDDA Breakfast

8:30 a.m., Pig 'N' Pancake, 323 Broadway, Seaside, 503-717-1914, [www.seasidedowntown.com](http://www.seasidedowntown.com).

### Kiwanis Club Meeting

Noon, Pig 'N' Pancake, 323 Broadway, Seaside, [www.facebook.com/pages/Kiwanis-Club-of-Seaside-Ore](http://www.facebook.com/pages/Kiwanis-Club-of-Seaside-Ore).

## Friday, Jan. 23

### Chamber Breakfast

8:30 a.m., Twisted Fish Steakhouse, 311 Broadway, Seaside, 503-738-6391, [www.seasidechamber.com](http://www.seasidechamber.com).

### Low Impact Walking

9:30 a.m., locations vary every Friday, 503-738-7751. Sponsored by AAUW.

### August Light

7 p.m., McMenamans Sand Trap, 1157 N. Marion Ave., Gearhart, 503-717-8150, [www.mcmenamans.com](http://www.mcmenamans.com), no cover. Chris Marshall and his band August Light play an earnest brand of rock, folk and country.

### Motown Revue

7 p.m., Seaside High School, 1901 N. Holladay Drive, Seaside, 503-738-5586. For one night only, Seaside High School will present Motown Revue, a high-energy performance featuring music from The Supremes, Marvin Gaye, Stevie Wonder and many others. Seating is limited.

### Karaoke

9 p.m., American Legion Post 99, 1315 Broadway, Seaside, 503-738-5111, no cover, all ages.

## Preregister

### Parenting Class

5:30 to 8 p.m., Feb. 5 to March 19, Broadway Middle School, 1120 Broadway, Seaside, 503-325-8673, \$25. Sunset Empire Park & Recreation District and Northwest Parenting will offer a seven-week parenting class for local families who have children of pre- to early-teens. Space is limited to 10 families and scholarships are available.