

September 2009

Chamber Works

Chamber Staff Building Skills

The Chamber recognizes the importance of and encourages professional development to better organizations and improve business. With that, we are pleased that Chamber staff member Regina Willkie, Marketing Manager, will participate in the Ford Family Foundation's Leadership Institute here in Astoria this fall. The program is fully funded by the foundation and approximately 32 lower Columbia River individuals were nominated and accepted for participation. Willkie will complete about 30 hours of classes, participate in a statewide Conference of Communities and provide an additional 50 hours of time over the next year on a community project.

Events Manager Rose Alsbury has completed the second year of Academy through the Western Association of Chamber Executives. After completion of the third year and other requirements she will become certified as an Accredited Chamber Executive.

Ambassadors Head to K Falls

Sporting the theme "The Magic of Astoria Warrenton is Reel", a representative group of our Ambassadors will head for Klamath Falls Sept. 17-20th for the 2009 Annual Statewide Convention of Chamber Ambassadors/Greeters. Teresa & Don Accuardi, Karen & Bill Shinabery, Joyce Rangila, Dave Reid, Christa Svensson, and Bill & Christine Scott are taking time from their businesses to attend this valuable convention. Chamber staff member Barb Roberts, Visitor Center Manager and staff liaison will join them for great networking and an opportunity to learn about each others' programs. A full report will appear in the November newsletter.

B&B Tour to Benefit the Pool

The Astoria Bed & Breakfast Pre-Holiday Tour is planned for Sunday, September 20. Proceeds will benefit the Astoria Aquatic Center. The tour will run from 1 to 4 pm. Tickets may be purchased at the Astoria Aquatic Center, 1997 Marine Drive, Astoria, 503-325-7027 and are \$10 for adults and \$5 for children under 12 years of age. In addition, volunteers will be selling advance tickets and, of course, tickets may be purchased the day of the tour at the participating inns. No credit cards can be accepted. There will be a drawing for a free quarterly pass (worth \$125) to the AAC the following Saturday, September, 26.

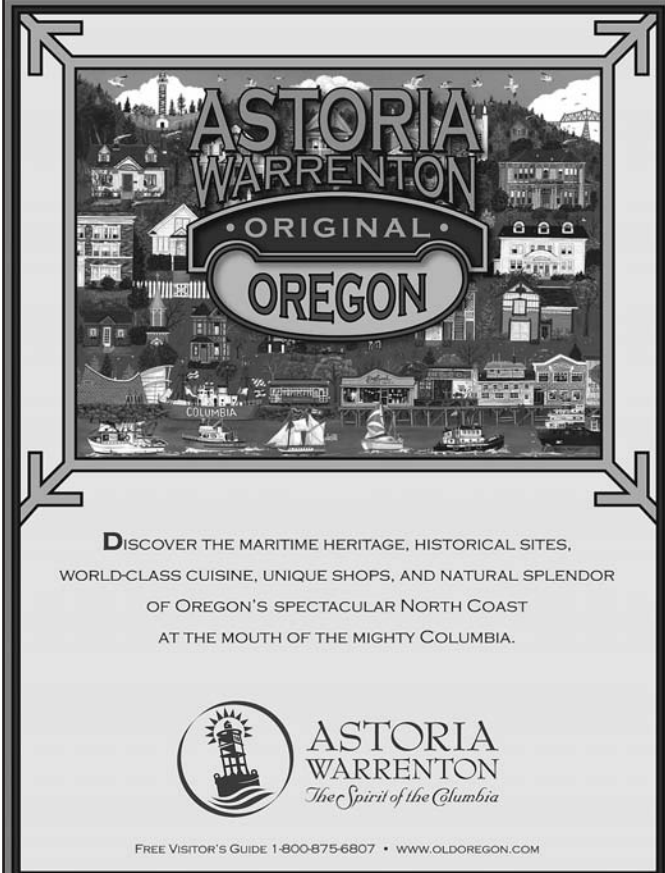
The following Chamber member inns are participating: Astoria Inn Bed & Breakfast, Benjamin Young Inn Bed & Breakfast, Clementine's Bed & Breakfast, Grandview Bed & Breakfast, Officers Inn, and the Rose River Bed & Breakfast.

Bill W. Dodge Art Exhibit & Reception

The Columbia River Maritime Museum is proud to present an exclusive retrospective of artist Bill W. Dodge featuring his original creations. The exhibit will capture his artistic development from his first painting in 1954 *Orange Juice Sky* to his newest piece *Astoria - 2008*. CRMM Members are invited to a private reception on Friday, September 4, and will be among the first to see this unique collection. The exhibition will continue September 5 and 6, with Mr. Dodge available between 11 am and 4 pm for one on one discussions and to personally sign his work.

Dodge Art in Chamber Advertising

The Chamber's Lower Columbia Tourism Committee, with support of our advertising agency, settled on a new advertising plan that features Bill W. Dodge's art entitled "Touch of Astoria - Fall" which he donated to the project. The colorful art is very unique and the layout of the ads is reminiscent of old cannery labels. The ads will begin appearing this fall in publications like *Sunset Magazine* and the *Oregon Trip Planner*. Already, we've heard great feedback from advertising sales representatives.



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DIRECTOR'S CORNER

I received the following from a very dear friend of mine and I thought that all of you might enjoy it as well. Sometimes we just need to laugh.....It just seems to make life more fun...

THIS IS WHAT JEFF FOXWORTHY HAS TO SAY ABOUT 'LIVING IN OREGON' . . .

- If someone in a local hardware store offers you assistance and they don't work there, you live in Oregon.
- If you've worn shorts, sandals and a parka at the same time, you live in Oregon.
- If you've had a lengthy telephone conversation with someone who dialed the wrong number, you live in Oregon.
- If you measure distance in hours, you live in Oregon.
- If you know several people who have hit a deer more than once, you live in Oregon.
- If you have switched from 'heat' to 'A/C' and back again in the same day, you live in Oregon.
- If you install security lights on your house and garage but leave both doors unlocked, you live in Oregon.
- If you can drive 75 mph through 2 feet of snow during a raging blizzard without flinching, you live in Central, Southern or Eastern Oregon.
- If you design your kid's Halloween costume to fit over a 2 layers of clothes or under a raincoat, you live in Oregon.
- If driving is better in the winter because the potholes are filled with snow and ice, you live in Oregon.
- If you know all 4 seasons: almost winter, winter, still winter, and road construction, you live in Oregon.
- If you feel guilty throwing aluminum cans or paper in the trash, you live in Oregon.
- If you know more than 10 ways to order coffee, you live in Oregon.
- If you know more people who own boats than air conditioners, you live in Oregon.
- If you stand on a deserted corner in the rain waiting for the "Walk" signal, you live in Oregon.
- If you consider that if it has no snow or has not recently erupted, it is not a real mountain, you live in Oregon.
- If you can taste the difference between Starbucks, Seattle's Best, and Dutch Bros, you live in Oregon.
- If you know the difference between Chinook, Coho and Sockeye salmon, you live in Oregon.
- If you know how to pronounce Sequim, Puyallup, Clatskanie, Issaquah, Oregon, Umpqua, Yakima and Willamette, you live in Oregon.
- If you consider swimming an indoor sport, you live in Oregon.
- If you know that Boring is a city and not just a feeling, you live in Oregon.
- If you can tell the difference between Japanese, Chinese and Thai food, you live in Oregon.
- If you never go camping without waterproof matches and a poncho, you live in Oregon.
- If you have actually used your mountain bike on a mountain, you live in Oregon.
- If you think people who use umbrellas are either wimps or tourists, you live in Oregon.
- If you buy new sunglasses every year, because you cannot find the old ones after such a long time, you live in Oregon.

Lewis and Clark National Historical Park

Fort Clatsop - September Events

(503) 861-2471 www.nps.gov/lewi

- | | |
|-------|--|
| 7 | Daily summer ranger programs end |
| 17-23 | Constitution Week |
| 20 | In Their Footsteps Lecture Series – David Dalton, "The Natural World of Lewis and Clark" – 1pm |
| TBA | National Parks: An American Story. Ken Burns, a miniseries, scheduled to air on PBS |

ChamberWorks Reminders

* **Articles** are accepted by email or print until the **15th** of the month prior to insertion. Submissions may be edited or omitted by the editors for space or content. Pictures are welcome in .tif or .jpg. Articles should be approx. 250 words.

* **Inserts** (8.5 x 11" size) are limited to 10 each month. Supply a proof copy to the Chamber to hold your space. Once you hear back that your insert is okay, bring **650 copies** and payment to the Chamber - no later than the **20th** of the month prior to insertion. Inserts are \$50, \$25 for first insert by a non-profit each year or to promote BAH.

* Business Card size **ads** are \$15 a month, \$75 for 6, \$150 for 12. Send camera ready art by email or drop off a card to be scanned before the 15th of the issue you want to start in.

* Would you like to receive ChamberWorks by email instead of the paper copy? Just let Regina know. The email newsletter does include the inserted flyers.

* Call or email if you have questions or to reserve space, 325-6311 or ReginaWillkie@charter.net



**ASTORIA
WARRENTON**
The Spirit of the Columbia

Astoria - Warrenton Chamber of Commerce

Astoria Welcome Center: 111 W. Marine
(503) 325-6311 (800) 875-6807 Fax (503) 325-9767
Open Daily 9am-5pm

Warrenton Visitor Center: 143 S Hwy 101

(503) 861-1031 Open Daily 10am-3pm

oldoregon@charterinternet.com www.oldoregon.com

MISSION: *As the hub of the business community, we make good things happen and promote our unique history.*

United Way reaches for \$300,000!

"Iron Chef Goes Coastal" Event

Submitted by United Way Clatsop County

The coming of fall means United Way is preparing to begin another campaign year. This year we will have several special events to help us meet our increased goal of \$300,000. With the virtual Kick Off, anyone making a contribution through our web site or by mail before September 4th will be entered into a drawing to win one of three prizes: 1) a gift certificate to Newman's at 988 in Cannon Beach, 2) a case of paper product or 3) a free oil change from Lum's Auto Center.

As a special incentive, anyone making a contribution of \$500 or more will be entered into a special drawing to win two tickets to our Iron Chef Goes Coastal event. The winners will be drawn at the United Way "Day of Caring" being held at Restoration House in Seaside on September 8th. You may make your contributions via our web site at www.clatsopunitedway.org or by mailing a check to PO BOX 775, Astoria, OR. 97103. Questions may be directed to the United Way office at (503) 325-1961.

The second annual "Iron Chef Goes Coastal" culinary competition is set for Thursday, September 17 at the Seaside Convention Center. The event is organized and hosted by United Way of Clatsop County with the support of presenting sponsor US Bank. A silent auction will begin at 5 pm, and doors to the main event area will open at 6 pm. Chefs competing in the event include John Newman of Newman's at 988, Lynn "Red" Pelletier of Bridgewater Bistro, Alex Kurrus of Astoria Golf and Country Club and William Leroux of Wayfarer Restaurant. The timed culinary competition will be decided by a panel of judges, while guests will have the opportunity to name a "People's Choice" winner among the other chefs present. Advance tickets are \$25 per person at any Clatsop County US Bank location, the Seaside Convention Center, or the UWCC office. Tickets are \$30 at the door the day of the event, if available.

PacificNW Brew Cup - Food Bank Benefit

The Baked Alaska Restaurant in partnership with the Fort George Brewery and Public House will be hosting the 8th Annual Pacific Northwest Brewcup Beer Festival in downtown Astoria on Friday to Sunday, September 25-27th. The festival will be held in the Astoria Public Plaza on Duane Street, between 11th and 12th streets. Admission is \$6 and includes a souvenir pint glass for the first 1,200 people, and tastes are \$1 for a 4 oz. pour.

The focus of this festival is to promote handcrafted artisan brews. More than three dozen Northwest microbrews will be available for sampling. Root beers and ginger ales will also be available for tasting, making this a family friendly event. There will be food vendors, live music and the opportunity to vote for your favorite beer. Proceeds from this event will benefit the Clatsop Community Action Regional Food Bank, a United Way of Clatsop County agency. More information on this event can be found at www.bakedak.com or www.fortgeorgebrewery.com.

Would you like to volunteer at this event or help sponsor it? Call Jennifer at the Baked Alaska, 325-7414, to learn more about the opportunities available.

SETD Announces Change in Bus Routes

The Bus is proud to announce new 30 minute service on several of its city routes starting September 1st! The new service will offer riders more flexibility in their travel times, better transfer connections and less wait time. Get the latest information about the routes at www.ridethebus.org or call (503) 861-7433.

2009 Annual Democrats Picnic

Submitted by Clatsop County Democratic Central Committee

Attorney General John Kroger will be the guest speaker this year at the annual Clatsop County Democrats picnic. Along with Secretary of State Kate Brown and State Senator Betsy Johnson, Mr. Kroger will lead discussion groups for teens near the voting age and young adults, answering their questions about governance and leadership. This is a very rare opportunity to speak with some of the most dynamic leaders in the state. Please encourage any family with teens near voting age to attend.

Many other elected officials will be attending, including State Representatives Brad Witt and Deborah Boone, and former Secretary of State Bill Bradbury. This is also an early opportunity to meet candidates who have declared or will soon be declaring their intention to run for county- and state-wide office next year.

Residents of all political persuasions are welcome. The picnic will be on Saturday, September 12, Noon to 4pm, at the South Pavillion on Cullaby Lake, located between mileposts 13 and 14 on Highway 101 south of Warrenton. Admission is \$15 for adults and \$8 for 18 and under, and includes a delicious barbecued salmon lunch. Vegetarian option available. Accessible. Well-behaved dogs on leashes and children welcome. To ensure a seat, purchase tickets in advance online at www.ClatsopDemocrats.org.

Liberty Theater Presents! Season Tickets on sale Sept. 10

| | |
|------------|---|
| Oct. 1 | Cashore Marionettes |
| Oct. 7 | New Shanghai Circus |
| Nov. 21 | Great American Songbook and Light Up The Night Reception |
| Dec. 6 | Michael Allen Harrison Christmas |
| Jan. 23/24 | Coaster Theater's Hello Dolly! |
| Feb. 7 | IN THE MOOD |
| Feb. 20 | Boyz Nite Out |
| ADD on: | Oct 4 - Glenn Yarbrough |



**Liberty
Theater
Box Office**

**503.325.5922
Ext 55**

**1203 Commercial
Astoria OR.**

Welcome New Members

Personal Computer Training

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jane@personalcomputertraining.us
www.personalcomputertraining.us

Shelburne Restaurant & Pub

Laurie Anderson & David Campiche
4415 Pacific Way / PO Box 250
Seaview, WA 98644
(360) 642-4150
innkeeper@theshelburneinn.com
www.theshelburneinn.com

2009 CAR Benefit Golf Tournament

Submitted by Ticor Title

The Clatsop Association of Realtors will be having their annual golf tournament fundraiser Thursday, September 3 and need players! This is an incredible value and loads of fun for any one, regardless in you are a golfer or not! 18 hole shotgun starting at 1pm. Entry Fee includes car and box lunch. Prizes for first and second place teams and for Men's and Women's Long Drive, Closest to Pin and Short Drive! Raffle tickets are \$1.00 for wonderful prizes. You do not need to put together a team to play. No handicap needed.

This event is a benefit for both the Clatsop County Food Bank and the CAR scholarship foundation. Call your Realtor for more information or Julie Olsen c: 503-440-1317 or Julie.olsen@ticortitle.com.

ENCORE Annual Meeting

ENCORE (Exploring New Concepts of Retirement Education) is an association of retirement-age people who share a love of learning and the desire to meet new friends and is a program of Clatsop Community College. Their annual membership meeting will be held on Friday, September 18, from 2 - 4 PM, at the Warrenton Community Center, 170 SW 3rd Street, in Warrenton. Elections will be held for officers for the coming year. The Fall class schedule for ENCORE classes will also be announced. Those interested in learning about ENCORE and are 50 years and older are welcome to attend. For more info call Roger Williams, 861-2766, or Paula Duncan, (866) 252-8767.

Residential Basics of Going Solar

You are invited to a Free workshop put on by Solar Oregon (nonprofit) that covers the basics of why solar is a smart choice for Oregon homeowners: Thurs, Oct 1 (6:00 - 7:00pm) at the Baked Alaska, #1 12th St, Astoria

Solar Oregon will show you:

- How well solar works in Oregon's climate
- Available solar technologies
- Financial incentives and tax credits
- How to choose a contractor

Residential tax credits and incentives often pay for up to 80% of the cost! Participants will come away with basic knowledge about solar energy systems and will be prepared for any of our 3 hour workshops, or to do more focused research on their own and start working with a contractor. Seating is limited, please RSVP online.

For more info and to register: solaroregon.org/workshops

Lymphedema Specialist

Jan Miller, OTR/L, CLT, partner at Pacific NW Occupational Therapy, 1396 Duane Street, Astoria, has completed the certification course for providing specialized services to those with lymphedema. The symptoms of this condition are most commonly seen following cancer treatment and include swelling, discomfort and difficulty with the use of an arm or leg. She is the only Certified Lymphedema Therapist in Clatsop County. For further information, please call (503) 325-8115.



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Great Columbia Crossing...

...is less than two months away! The Chamber is working hard to ensure a seamless event that will attract thousands to our community. Better still, this year we are providing clams (dollars) for visitors and locals to spend in your business on event weekend. Each participant will get 5 Clam Dollars redeemable in participating Chamber member businesses and the great news is that the Chamber will pay you 50 cents for each one turned in to the Chamber after the event. Participants will most likely purchase more but won't want to go home without using the Clam Dollars. We think it's a win-win for everyone and a great opportunity to see some of the effect of this event on the economy.

Participating businesses will be provided a sign for their windows/doors for the event and runners/walkers will be given a list of those businesses in their packets. Contact the Chamber today if you would like to be included as a Clam Dollar business! Simply turn in the form below or give us a call at 325-6311.

Business Name: _____
 Contact Name: _____
 Mailing Address: _____
 City/St/Zip: _____
 Phone Number: _____
 Email Address: _____



Register to participate in the Great Columbia Crossing at www.greatcolumbiacrossing.com.

Many Activities Still Going Strong at Astor Street Opry Co. Playhouse!

- The 25th Season of SHANGHAIED IN ASTORIA, Sponsored By Our Local Fred Meyer continues thru September 12th every Thursday, Friday and Saturday at 7:30pm doors Open at 7:00pm. Sunday Matinee Sept. 6th at 2pm.
- The 1st Annual JUNIOR SHANGHAIED sponsored by KAST AM 1370 last show on September 5th.
- The Special 25th Anniversary REUNION SHOW of Shanghaied in Astoria featuring a variety of performers from different casts from the past 25 years will be held one night only on September 19th.
- 5th Annual TOPSEY TURVEY SHANGHAIED will be performed Thursday thru Saturday, September 24th to 26th. Come see Shanghaied turned upside down for this special one weekend event! Girls play the guy parts, and guys (try to) play the girls!
- Original SCRIPT COMPETITION for one-act plays and 5-minute monologues are being accepted through September 30th. Visit the website for more information and the rules of entry.

All at the ASOC Playhouse, 129 West Bond Street, Astoria.

Tickets are \$20 to \$10 with great discounts for Senior, Children and groups.

Call (503) 325-6104 for reservations now!

Or check us out on the web at www.shanghaiedinastoria.com

Astoria on TV

Starz movie channel will be showing a weekend of Oregon films this month. They will be featuring present day locations between the movies, including our local sites from *The Goonies*.

Jo Robinson's Retirement

Saturday, Sept 12, 2009 6 pm McTavish Room



Please join us as we honor **Diva Jo** on her retirement as the number one Liberty Theater volunteer!

For Tickets Contact
 Box Office 325.5922 Ext 55
 1203 Commercial, Astoria OR.

Historical images of the lower Columbia River region

Sara's Old Photos

Suite 103, 818 Commercial St.



Astoria, Oregon 97103

phone: 503 325-7969 Wed. 10-2 or by aptm.



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 Astoria, Oregon 97103
 OFFICE: 503.325.0285
 CELL: 503.440.8115
 FAX: 503.325.4205
susiebjb@yahoo.com



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SEPTEMBER 2009 CHAMBER & COMMUNITY CALENDAR

6 DON'T FORGET TO POST THIS CALENDAR ON YOUR BULLETIN BOARD!

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|--|---|--|---|---|
| 30-Aug | 31-Aug | 1 | 2 | 3 | 4 | 5 |
| Astoria Sunday Market 10-3pm | | | Ambassadors Committee 5:30 @ Baked Alaska | | Astoria Downtown Assoc. 8:30am @ Baked Alaska | |
| 6 | 7 | 8 | 9 | 10 | 11 | 12 |
| Astoria Sunday Market 10-3pm | Labor Day | | Executive Committee Mtg. 1:30pm @ Holiday Inn Express | LCTC Meeting 8am Cannery Pier Hotel | | 2nd Saturday Art Openings @ Astoria Galleries |
| 13 | 14 | 15 | 16 | 17 | 18 | 19 |
| Astoria Sunday Market 10-3pm | | | | Chamber Board Mtg. 4pm @ Astoria City Hall | | |
| | | DEADLINE - Newsletter Article Submissions | | BAH 5:30pm @ Clatsop Community Bank | | |
| 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| Astoria Sunday Market 10-3pm | DEADLINE - Newsletter Inserts & Payment |  | | | | |
| 27 | 28 | 29 | 30 | 1-Oct | 2-Oct | 3-Oct |
| Astoria Sunday Market 10-3pm | | Chamber Circle 8am @ Holiday Inn Express  | | | Astoria Downtown Assoc. 8:30am @ Baked Alaska |  |
| Two Cruise Ships will be in Port on the 22nd and the 29th. More info on Cruise Schedules at www.portofastoria.com . | | | | | | |

Business After Hours

Thursday, Sept. 17th
5:30 - 7pm

Clatsop Community Bank 988 Commercial, Astoria

Join your friends at Clatsop Community Bank in Astoria for food, beverages and plenty of good company Thursday, September 17 beginning at 5:30 p.m. The Bank is located at 988 Commercial St., at the corner of 10th and Commercial in downtown Astoria. Chamber members may invite guests to this fun evening of fellowship, refreshments and door prizes! Don't forget, you must be present to win the member-only cash pot drawing.



Civic Organizations Meeting Dates

- Elks — 2nd & 4th Thursdays @ 8 pm
- Kiwanis — 1st, 3rd & 5th Tuesdays @ Noon, Golden Luck
- Lions — Wednesdays @ 6:30pm, Elks Club
- Moose — Wednesdays @ 6:30 pm
- Astoria Rotary — Mondays @ Noon, Elks Club
- Warrenton Bus. Assoc. — 1st Tues. @ 6 pm, City Hall
- Warrenton Rotary — Wednesdays @ 6:45 am, Doogers

The Astoria-Warrenton Chamber is using Twitter. Are you?

If so, follow us at:

www.twitter.com/oldoregon

www.twitter.com/astoriagoonie





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Astoria Warrenton Area Chamber of Commerce: Major Sponsors 2009 - 2010

Please join us in thanking the following businesses and organizations for their additional investment in your Chamber of Commerce! For more information on how to join their ranks, call the Chamber - 325-6311!

PLATINUM LEVEL SPONSORSHIP - \$2500

Columbia Memorial Hospital
Columbia River Bar Pilots
Columbia River Business Journal
Fred Meyer
Georgia Pacific
Holiday Inn Express
Sunset Empire Transportation District
Wadsworth Electric

PLATINUM LEVEL BENEFITS

Radio Ads - 45 60-second spots
Annual Banquet Tickets - 8
Great Columbia Crossing Entries - 15
Crab, Seafood & Wine Festival - 30 passes
Chamber Works Newsletter Inserts - 5 per year
Business Flyer in Relocation Packets - 500+ annually
Business Logo on Select Event Posters
Company Banner Displayed at Chamber Events

GOLD LEVEL SPONSORSHIP - \$1500

Bank of Astoria
Bradwood Landing
P & L Johnson Mechanical
Warrenton Auto & Marine Repair

GOLD LEVEL BENEFITS

Radio Ads -25 60-second spots
Annual Banquet Tickets -4
Great Columbia Crossing Entries - 7
Crab, Seafood & Wine Festival - 20 passes
Chamber Works Newsletter Inserts - 3 per year
Business Flyer in Relocation Packets - 500+ annually
Business Logo on Select Event Posters
Company Banner Displayed at Chamber Events

SILVER LEVEL SPONSORSHIP - \$1000

Anchor Graphics
Englund Marine & Industrial Supply
Oregon LNG
Pacific Power
Red Lion
State Senator Betsy Johnson
Wauna Federal Credit Union
Western Oregon Waste

SILVER LEVEL BENEFITS

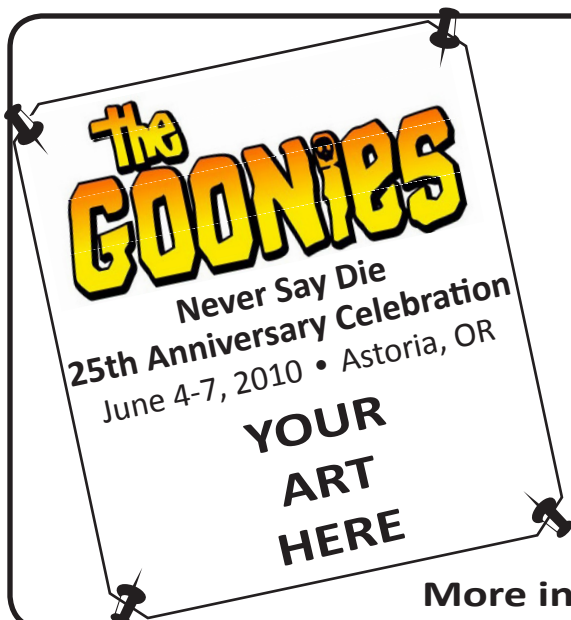
Annual Banquet Tickets - 4
Great Columbia Crossing Entries - 5
Crab, Seafood & Wine Festival - 10 passes
Chamber Works Newsletter Inserts - 2 per year
Business Logo on Select Event Posters
Company Banner Displayed at Chamber Events

BRONZE LEVEL SPONSORSHIP - \$500

City Lumber
LEKTRO
Ocean Beauty
The Ship Inn
Youngs Bay Plaza

BRONZE LEVEL BENEFITS

Company Banner Displayed at Chamber Events
Annual Banquet Tickets - 2
Great Columbia Crossing Entries - 2
Crab, Seafood & Wine Festival - 5 passes
Business Logo on Select Event Posters



Poster Art Contest for The Goonies Event

The Astoria-Warrenton Chamber of Commerce is currently planning a celebration for the 25th anniversary of *The Goonies* on June 4-7, 2010. *The Goonies* was filmed around and took place in Astoria, Oregon. To kickoff the planning for the event, the Chamber is holding an art contest to find the art that will be used to promote the event with posters, advertisements, etc.

This celebration promises to be a great follow up to our 20th anniversary event in 2005 which included cast appearances by Jeff "Chunk" Cohen, Sean "Mikey" Astin and Curt "Mr. Perkins" Hanson, bus tours, movie showings and so much more. More details about the event will be announced this fall, along with the winners of this contest.

Art entries will be accepted through Monday, September 28th. The entries will be judged by a volunteer committee with a background in art or marketing, and of course, a love for *The Goonies*. Prizes will be awarded to the top three selections – 1st: \$500, 2nd: \$250, 3rd: \$150, with the first place art being used as the official event poster.

More info at www.oldoregon.com - Click "Goonies"

Commercial Fisherman's Festival Promises Informative Fun

The Pacific Commercial Fishermen's Festival takes place September 19-20 at the Port of Astoria. In addition to appearances by the Wizard crew, the Fishing Vessel Maverick, which also appeared in episodes of "Deadliest Catch," will be docked at the Festival along with other top boats in the Northwest fishing fleet in addition to the U.S. Coast Guard's buoy tender The Fir. The Festival includes displays of modern and historic commercial fishing gear worth millions of dollars and a Search and Rescue demonstration by the U.S. Coast Guard Air Station Astoria.

Plus there will be fishermen competitions, a kid's area with activities provided by Columbia River Maritime Museum and Lewis and Clark National Historical Park, live music, industry and craft vendors, food vendors and a beer garden. This is destined to be the biggest, most informative and fun-filled event celebrating the commercial fishing industry and the people who risk their lives to bring seafood to our tables.

The Festival, produced by the Astoria Sunday Market, will be on Saturday and Sunday, September 19 - 20 at the Port of Astoria, Pier 1. Admission is \$5, \$3 for kids and a \$1 coupon is available to AAA members at any AAA Oregon office. For more information visit our website at www.pacificfishermenfestival.com

Deadliest Catch Fans Won't Want to Miss This!

Meet select members of the Fishing Vessel Wizard as featured on Discovery Channel's #1 television series "Deadliest Catch!" They are signing autographs at the Pacific Commercial Fishermen's Festival on Saturday and Sunday, September 19-20. Their visit to Astoria is made possible by a team of fantastic partners. SeaPort Airlines provided airfare, Best Western Lincoln Inn is providing their hotel rooms, and North Coast Limo is ensuring they ride in style while in Astoria.

Guests of Best Western Lincoln Inn will be treated to a special reception with the crew at the hotel on Saturday evening, so book your room today! Call (503) 325-2205. But wait! There's More!

We are raffling off a ticket to one lucky Catch Fan for the ride from Astoria Airport to the Festival with the Wizard crew in the North Coast Limo on Saturday. Raffle Tickets are \$10 each and include free admission to the Festival and a guest pass to the evening reception at Best Western Lincoln Inn.

Volunteers Needed!

The Fisherman's Festival is searching for people who'd like to lend a hand before, during and after the event. Contact Cyndi Mudge at 325-1010 for more details on particular duties and work schedule. Help is needed in a number of areas including: parking - directing traffic, including shuttle buses; information booth - possibly including retail sales; exit gates; kids area - assist with hands-on projects, clean up and reset; competition assistance - scoring, time keepers, registration; display set up and tear down; and commercial fisherman to share their knowledge in commercial fishing interpretation.

Shown in Picture - Crew of Fishing Vessel Wizard (Left to Right) Travis Lofland, Capt. Monte Colburn, Gary Soper, Crosby LeVeen

Haunted Astoria Event this October

Haunted Astoria made its debut last fall with tours of local historic sites, a movie at Liberty Theater, psychic and paranormal fair at Pier 11, and an open mic session of ghost stories at a local restaurant. The fun continues in 2009 on Saturday, October 24, with added venues, a writing contest, and special underground tours of Liberty Theater and Clatsop County Heritage Museum. Following Haunted Astoria, Talking Tombstones takes place on Sunday, October 25 - a hugely popular annual event presented by Clatsop County Historical Society at a different cemetery each year.

Haunted Astoria is a collaborative effort produced by Astoria Sunday Market, Astoria-Warrenton Chamber of Commerce, Clatsop County Historical Society, and Liberty Theater. For more information contact the Astoria Warrenton Chamber at (503) 325-6311.

Local Home Sought

Do things go "bump in the night" at your home? Does your house have an interesting past that reveals local secrets and lore? Haunted Astoria is seeking to add a residential home as part of its special tour of local haunted places. If you own a home and are interested in participating in the tour contact Regina Willkie at Astoria-Warrenton Chamber by calling 503-325-6311 or emailing reginawillkie@charter.net.

Participants of the tour will be asked to have their homes open for a guided tour from 3 to 7 pm. Ideally, the participants will provide the tour and stories about the special haunted and historical features of their home. Haunted Astoria will provide a volunteer to assist with taking tickets and managing traffic-flow through your home.

Tell Your Tale

A new element of this year's Haunted Astoria event includes a short-story writing contest. There will be prizes for winners and the opportunity to read your story at the Open Mic Haunted Tales session taking place the evening of Saturday, October 24 at Pier 11 Steakhouse Restaurant.

Stories should be no more than 1500 words. The genre is horror fiction that incorporate true facts or myths about Astoria and its intriguing heritage. Entries should be typed, double-spaced and include writer contact-information. For more information call 503-325-1010. Mail entries to: Haunted Stories, c/o Astoria Sunday Market, P.O. Box 973, Astoria, OR 97103.



2009 Board of Directors

(year shown is term expiration)

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| Jill Storey | 2010 |
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Carol Ray, Darlene Shepherd
& Jim Spain

Oregon Bounty Celebrating What Makes Oregon Taste So Good

Coinciding with the August through November harvest season, Oregon Bounty features events and activities at craft breweries, wineries, artisan distillers, restaurants and lodging properties in all seven regions of the state. Visitors have the opportunity to meet a variety of artisan producers including winemakers, brewers, distillers and farmers who create Oregon's culinary wonders. Oregon Bounty is produced by the Oregon Tourism Commission, dba Travel Oregon, in partnership with Oregon's many destination marketing organizations and industry guilds. For details, visit www.TravelOregon.com/Bounty.

Travel Oregon's new comprehensive culinary trip planning website will provide a compelling and flavorful gateway into everything there is to see and do in Oregon – from wineries, distilleries and breweries to chefs, artisan producers, farmers markets and more – all in a searchable database. Itineraries, ranch tours, farm stays and other travel information will be available for visitors interested in experiencing Oregon's farm-to-table culture on their next vacation. Culinary travelers can either map out all foodie spots in a particular Oregon location or plan a trip by interest category – whether that's dedicating an entire trip to cheese, stopping at every brewery in the state or buzzing between Oregon Coast coffee shops.

Experience the Job of Your Dreams

Always envisioned yourself brewing the perfect pint, crafting a new vodka or being a vintner at the height of crush? Have a secret hankering to deep sea fish, craft handmade cheese and chocolate, fry up a new dish, or drive a herd on the range? The Oregon Bounty Cuisinternship Contest (pronounced cuisine-ternship) can help make that culinary dream job a reality. Consumers can win one of seven all-expenses-paid trips to Oregon for a five-day, six-night culinary apprenticeship, where they'll learn first-hand how Oregon's epicurean artisans – a chef, cheese-maker/chocolatier, craft brewer, distiller, rancher, fisherman or winemaker – create their masterpieces with the state's bounty. The Oregon Bounty Cuisinternship Contest is presented by Travel Oregon, Horizon Air and Best Western Hotels. The Contest ends September 18th.

More information about each tasty category, background about the Cuisinternship mentors, and select events taking place during Oregon Bounty this August – November can be found at www.TravelOregon.com/Bounty.

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MEMBER OF THE MONTH FEATURE

Grace and Poise

Juanita Shepherd

The Alexander Technique and Pilates

Telephone: 503.325.8648

Cell: 503.705.7986

3930 Abbey Lane, #102 (By Pier 39)

Astoria, OR 97103

www.graceandpoise.com

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STOTT PILATES Certified

American Society for the Alexander Technique (AmSAT)

Now offering group mat classes!

Starting Monday, September 14

Monday and Wednesday at 9am

Monday and Tuesday 5:30pm

Eight spaces available for each class
so reserve your spot.

Cost:

\$15.00 individual class

\$12.00 per class for a 5 pack (\$60.00)

\$10.00 per class for a 10 pack (100.00)

Private Instruction Available

Call for details.

The Alexander Technique is a method that works to change habits in our everyday activities. It is a simple and practical method for improving ease and freedom of movement, balance, support and coordination. It is not a series of treatments or exercises, but rather a re-education of the mind and body.

Juanita Shepherd has a background in Pilates, group fitness instruction, as well as dance. Realizing its value, she began studying the Alexander Technique and completed the three year teacher training course with the Oregon Center for the Alexander Technique (OCAT).

Pilates is a form of exercise, developed by Joseph Pilates, which emphasizes the balanced development of the body through core strength, flexibility, and awareness in order to support efficient, graceful movement. It seems like everyone is either doing Pilates, or interested in starting a Pilates exercise program. Indeed, one of the best things about the Pilates method is that it works so well for a wide range of people. Athletes and dancers love it, as do seniors, women rebounding from pregnancy, and people who at various stages of physical rehabilitation.

Modification is the key to Pilates exercise success with a variety of populations. All exercises are developed with modifications that can make a workout safe and challenging for a person at any level. Core strength is the foundation of Pilates exercise. The core muscles are the deep, internal muscles of the abdomen and back. When the core muscles are strong and doing their job, as they are trained to do in Pilates, they work in tandem with the more superficial muscles of the trunk to support the spine and movement.



Grace and Poise at Any Age