

AUGUST 2016

Chamber Works

The Stars Shine Bright in Warrenton

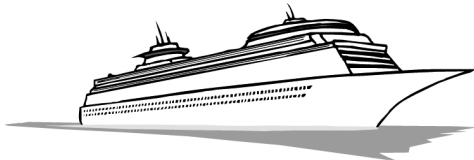
Submitted by Warrenton Business Association

The Warrenton Business Association presents 'Friday Night in the Park', a Regatta celebration. Nashville recording artists John Berry and Sherrié Austin will perform on Aug. 12, 2016. This free, relaxed sit-on-the-grass family-friendly event is part of the 2016 Astoria Regatta Celebration. It will be held in the Warrenton Community Park at 300 SW Alder Ave. Grass seating starts at 5:30 p.m. and the show starts at 7:00 p.m. Concessions will be available starting at 5:30 p.m. and a beer garden will be open throughout the evening.

"The WBA has a longstanding relationship with both the Regatta and the Astoria-Warrenton Area Chamber of Commerce, and when the Regatta came to the WBA and asked if we would consider doing an event that would be held in Warrenton, the board jumped right on it," said WBA President Roxanne Williams-Morinville. "This is truly a community event! All proceeds from concessions and beer sales will benefit local not-for-profit organizations, including Warrenton Kids Football and the Warrenton Community Library."

"John Berry and Sherrié Austin are great talents, and we are very excited to have them performing in Warrenton," said WBA Board Member Paul Mitchell.

For more information, visit the WBA on the web at warrentonba.com.



Fall 2016 Cruise Ship Schedule

Current as of printing. More information at portofastoria.com.

Monday, Aug. 29 - Regatta - 824 passengers
Thursday, Sept. 1 - Seven Seas Mariner - 700 passengers
Saturday, Sept. 17 - Explorer of the Seas - 3,114 passengers
Monday, Sept. 19 - Coral Princess - 2,214 passengers
Tuesday, Sept. 20 - Crown Princess - 2,600 passengers
Thursday, Sept. 22 - Silver Shadow - 900 passengers
Saturday, Sept. 24 - Explorer of the Seas - 3,114 passengers
Monday, Sept. 26 - Noordam - 1,916 passengers
Tuesday, Sept. 27 - Zaandam - 1,432 passengers
Tuesday, Sept. 27 - Norwegian Sun - 1,936 passengers
Wednesday, Sept. 28 - Celebrity Infinity - 2,170 passengers
Thursday, Sept. 29 - Norwegian Jewel - 2,376 passengers
Wednesday, Oct. 5 - Nieuw Amsterdam - 2,106 passengers
Thursday, Oct. 6 - Explorer of the Seas - 3,114 passengers
Saturday, Oct. 22 - Star Princess - 2,600 passengers

Columbia River Strongman Challenge

Submitted by LiftingLarge.com

Mike and Teale Adelman, along with their business LiftingLarge.com, are hosting the first annual Columbia River Strongman Challenge on August 20 in Astoria.

When Mike and Teale moved to Warrenton and bought the DK Warren house a little over a year ago, they saw the need for the local strength athletes -- men and women both -- to showcase all their hard training. Mike and Teale have a combined total of 49 years of competitive powerlifting and strongman experience and have run more than 25 contests in New Mexico.

The contest, which appears to be the first for the area in a very long time, is open to anyone that wants to lift some heavy stuff. Up to 40 athletes are expected for a strength-filled and fun day. There are two women's divisions and three men's divisions. Along with individual entries, there is also a team division for local gyms to prove who has the strongest athletes. The contest will consist of 4 events: the tire flip, farmers walk, deadlift for reps and the drag/carry medley. Trophies will be awarded for 1st-3rd places in all divisions. Mike and Teale encourage the public to come out to support their local athletes and cheer them on.

There is one upcoming organized practice day for athletes to use the contest equipment on August 13 from 1:00 to 3:00 p.m. Contest information, updates and entry forms can be downloaded at liftinglarge.com/Columbia-River-Strongman.

Check out Mike and Teale's business, LiftingLarge.com, to order high-quality powerlifting and strength equipment right here in the Pacific Northwest.

Sponsorship Opportunities Are Brewing Downtown

Submitted by ADHDA

The 15th annual Pacific Northwest Brew Cup is Astoria's premier beer festival on the North Oregon Coast. Held the last weekend of September and located along the waterfront, the Brew Cup attracts more than 3,000 attendees from the local area, Portland, Seattle and beyond. This 3-day, brewer-selected beer and cider tasting event is paired with live music, local food and family-friendly games.

Put your business name in front of our crowd and help support the work of the Astoria Downtown Historic District Association. We are looking for title and stage sponsors for the event, with additional sponsorship opportunities starting at \$500. Let us tailor your sponsorship package, today! Contact ADHDA Executive Director Alana Garner at (503) 791-7940 or alana@astoriadowntown.com.



**ASTORIA
WARRENTON
CHAMBER OF
COMMERCE**

Astoria-Warrenton Area Chamber of Commerce

To drive prosperity by supporting our business community, while celebrating our unique history and heritage.

111 West Marine Drive | PO Box 176 | Astoria, OR 97103

(503) 325-6311 | (503) 325-9767 - fax

www.olderoregon.com | www.travelastoria.com | info@olderoregon.com

2016 Board of Directors

(year shown is term expiration)

Officers:

President - Lorrie Radu	2016
P & L Johnson Mechanical	
Past President - Loran Mathews	2017
Scandinavian Midsummer Fest.	
President Elect - Adrian Birdeno	2016
American Family Insurance	
Treasurer - Genevieve Butenshon	2017
Columbia Bank, Astoria	
Secretary -	
Roxanne Williams-Morinville	2018
Warrenton KIA	

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Dan Bartlett	2018
Individual Member	
Luke Colvin	2018
Arbor Care Tree Specialists	
Mark Gagnon	2016
Clatsop Distributing	
Scott McMullen	2018
Oregon Fishermen's Cable Committee	
Pat O'Grady	2017
Warrenton Auto & Marine Repair	
David Reid	2017
Aflac of Astoria	
Jerry Sandness	2017
Fred Meyer	
Willis Van Dusen Jr.	2018
Van Dusen Beverages	
Mike Wallis	2016
Cellar on 10th/WWC Business Solutions	

Advisory Board:

Andi Day – Long Beach Visitors Bureau
Brett Estes – City of Astoria
Alana Garner – ADHDDA
Craig Hoppes – Astoria School Dist. 1C
Brandon Kraft – Chamber Ambassadors
Kevin Leahy – CEDR/SBDC
Cameron Moore – Clatsop County
Katrina Morrell Gasser – Tongue Point Job Corps

2016-2017 President's Circle

CUSTOM SPONSORS

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Columbia Memorial Hospital
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Fred Meyer

PLATINUM LEVEL SPONSORS

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Wauna Federal Credit Union

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United Site Services
Warrenton Auto & Marine Repair
Wet Dog Cafe

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Providence Medical Group - Warrenton
Recology Western Oregon
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Pig 'n Pancake Restaurant
Teevin Bros. Land & Timber
The Ship Inn
Western Family
Youngs River Tree Service

*Contact Jim to learn more about
sponsorship opportunities and the
accompanying perks.*

Chamber Staff & Volunteers

Skip Hauke, Executive Director

Direct: (503) 836-5141

skip@olderoregon.com

Kelsey Balensifer, Event Coordinator

Direct: (503) 836-5143

kelsey@olderoregon.com

Nancy Hoover, Visitor Services

Direct: (503) 836-5146

nancy@olderoregon.com

Vel Sandness, Financial Services Manager

Direct: (503) 836-5145

vel@olderoregon.com

Jim Servino, Membership Director

Direct: (503) 836-5142

jim@olderoregon.com

Christina Turpin, Visitor Services Manager

Direct: (503) 836-5144

christina@olderoregon.com

Regina Willkie, Marketing Manager

Direct: (503) 836-5147

regina@olderoregon.com

Volunteers:

Donelda Annat	Carol Cramer
Sue Gallagher	Elsie Hansen
Lynda Jay	Lynne Johnson
Cheryl Lockett	Larry Lockett
Lori Morissette	David Nelson
Libby Person	Marcella Price
Michael Wentworth	Susan Wentworth
Sharleen Zuern	

Thank You, Renewing Members

Thank you for renewing your Astoria-Warrenton Area Chamber of Commerce membership. Your continued support of the Chamber and the business community is greatly appreciated and highlights your commitment to make Astoria and Warrenton a better place to live, work and do business. Thank you for your investment! Renewals processed through the month of June are reflected on this list.

- 101 Things To Do Magazine
- A-1 Ready Mix
- AAA Oregon/Idaho
- Aflac of Astoria - David Reid
- Anchor Graphics
- Angels for Sara Sanctuary
- Ashore Hotel
- Astoria Column
- Astoria Dry Cleaners & Coin Laundry
- Astoria Golf & Country Club
- Astoria Mini Storage
- Astoria Riverwalk Inn
- Astoria Visual Arts
- Bay Breeze Boarding & Grooming
- Boreas Bed & Breakfast Inn
- China Beach Retreat
- Clementine's Bed & Breakfast
- Coastal Eye Care
- CoastCom, Inc.
- Dan Arnoth
- Design 99
- Dirty Tours
- Edgewater at Mill Pond - Krueger Property Management
- Emerald Heights Apartments
- Finn Ware
- Garbo's Vintage Wear
- Gimre's Shoes
- Hammond Marina RV Park
- Hauer's Lawn Care & Equipment
- Helligso Construction Company
- Hotel Elliott
- Interior Style
- Kiwanis Club of Astoria
- Lamplighter Motel aka Atomic Motel
- Lewis & Clark National Historical Park - Fort Clatsop
- Liberty Theater
- M & N Workwear
- McDonald's, Astoria
- McDonald's, Long Beach
- McDonald's, Seaside
- Medix Ambulance Service
- Motel 6
- Naselle Rock & Asphalt Company
- North Coast Auto Service
- Northwest Ready Mix
- NW Natural
- Ocean Beauty Seafoods
- Ocean Park Resort
- Ohana Media Group
- Pacific Machine Shop
- Personal Computer Training
- Point Adams Packing Co.
- Port of Astoria
- Print Quick Specialties
- Seaside Aquarium
- Serendipity Caffe
- Shelburne Inn
- Shelburne Inn Restaurant & Pub
- Silver Salmon Grille
- Smith-Western Inc
- Snow & Snow
- Stephen Houghtaling DDS
- The Depot Restaurant
- The George Johnson House Bed & Breakfast
- The Pilot House
- The Ship Inn
- The UPS Store
- Tigor Title Insurance
- United Site Services
- US Bank
- Warrenton Auto Parts
- Warrenton Deep Sea Crab and Fish Market
- Warrenton Fiber Company
- Wells Fargo Bank
- West Coast Propeller Service
- Wilcox & Flegel Oil Company

Welcome New Members

The following businesses, organizations and individuals have pledged their commitment to helping Astoria and Warrenton grow into an even better community through their investment in the Astoria-Warrenton Area Chamber of Commerce. Stop by or give them a call and thank these new members for their support of business growth and development in the area. Applications processed through the month of June are reflected on this list.

Clatsop County Genealogical Society

Carol Wamsher
Astoria, OR 97103
(503) 325-1963
clatsopcountygensoc.com

North Coast Fix

Jay Rosen
Pier 11 Building, Space B
Astoria, OR 97103
(503) 709-3989
northcoastfix.com

Downtown Coffee Shop Taxi

Richard Aforporpe
332 10th Street
Astoria, OR 97103
(503) 791-6541

Hanthorn Crab Company

Tom Hilton
100 39th Street, Building 6
Astoria, OR 97103
(503) 230-8121
facebook.com/hanthorncrab

Museum of Whimsy

Trish Bright
1215 Duane Street
Astoria, OR 97103
(425) 417-6512
museumofwhimsy.com

Gulley's Butcher Shop

Diana Gulley
1255 Commercial Street
Astoria, OR 97103
(503) 325-2478
gulleysbutchershop.com

Dirty Tours

Lori Mayberry
Astoria, OR 97103
(503) 528-6851
dirtytours.com

Saturday Market at the Port of Ilwaco

Bruce Peterson
165 Howerton Ave.
Ilwaco, WA 98624
(503) 338-9511
portofilwaco.com/events/saturday-market/

Director's Corner

Dear Chamber Members:

According to our Chamber Bylaws, supporting political candidates is not allowed, but taking a stance on political issues is allowed, and while done very rarely, your Board of Directors has directed me to do so on Initiative Petition 28.

It is our intent to simply provide the information to you that will enable you to make up your own mind on IP28 and not to guide you as which way to vote on this issue. Your Board and virtually all business groups in the state see IP28 as an anti-business initiative that will drive up prices, cost Oregon jobs and discourage businesses from operating in our state. Your

own Chamber Board has signed on to the coalition to defeat this measure.

I will do my best to send you updated information on IP28 as is it available to me. If you have individual questions as to how this initiative petition will affect either you or your business, please feel free to call me at (503) 325-6311 or email me at skip@oldoregon.com. While I certainly don't have all the answers, I will be happy to contact the folks that do.

Please accept the following as your first installment of information on Initiative Petition 28.



Initiative Petition 28 (IP28):

A Proposed New Tax on Oregon Sales That Would Cost Oregon Consumers & Businesses Billions

An initiative proposed for the November 2016 statewide ballot would impose \$6 billion in new taxes on the sales of products and services that Oregonians buy every day.

Oregon consumers, as well as small businesses, should be very concerned about this costly and damaging proposal. IP28 would create huge new taxes on many products sold in Oregon, as well as on services provided by Oregon employers, even if those services are sold around the world.

The non-partisan Legislative Revenue Office has estimated that IP28 would increase taxes by more than \$6 billion per two-year budget cycle – by far the largest tax increase in our state's history.

Despite proponents' claims, this unprecedented new tax would increase costs for working families and consumers and would hurt businesses in our state without any guarantee the money would make it into our classrooms or help our schools. That's because all of the money from this measure goes to the General Fund with no plan and no accountability for how IP28's billions in new taxes would be spent.

Proponents of this new tax want voters to believe that it would be paid by large, out-of-state corporations – but ultimately the costs of this proposal, if passed, would fall on Oregon consumers, as well as Oregon small- and medium-sized businesses, in the form of higher prices for almost everything we buy. The new tax would be applied to Oregon sales of many products and services including food, electricity, insurance, health care, medicine, gasoline and other essentials.

Because this would be a new tax on gross sales – not profits – businesses would be required to pay the tax on their total revenues, regardless of whether they make a large profit, a small profit, or no profit at all. That would mean that many employers would have to raise prices or cut jobs, or both.

For many products sold in Oregon, this measure would add a new tax at each step in the production process.

By the time an Oregon product goes from a manufacturer to a distributor and then to a retailer in the state, it may have been taxed multiple times before finally reaching the consumer. This type of "tax on a tax" would make Oregon products more expensive, and would make Oregon companies less competitive.

So what does IP28 mean for small businesses and consumers? It means higher costs for Oregon products and services, as well as damaging economic impacts that could threaten the recent economic improvements that we have worked so hard to achieve.

Editorial: Oregon consumers should worry...

"Oregonians who'd hesitate to raise their own taxes this much should think twice before supporting Initiative Petition 28."

—*The Oregonian*, 10/16/15

Editorial: Beware of sales tax lurking in disguise

"The backers of Initiative Petition 28 in Oregon are looking to impose something akin to a stealth sales tax. Registered voters should be very cautious... [the measure] could cost them and the state's economy more than they expect."

—*Portland Tribune*, 11/12/15

Editorial: New biz tax would raise prices, erode job creation

"[IP28's] supporters would like voters to believe that only big corporations would be affected by the tax, but this isn't true. Smaller businesses would pay more for the goods and services they bought from big corporations that paid the tax. And to the degree that they could, businesses of all sizes would simply pass along the additional cost to consumers."

—*The Oregonian*, 1/27/16

Information provided by DefeatTheTaxOnOregonSales.com.

You can contact them at (877) 575-9950 or info@DefeatTheTaxOnOregonSales.com.

Get Your Business Found on Google

Submitted by ADHDA

The Astoria Downtown Historic District Association presents the seventh of its award winning, merchant-focused series of short NEDTalks—Novel Efforts Downtown—with Get Found on Google & Beyond on Tuesday, August 23 at 6:00 p.m. at Clatsop Community College, Columbia Hall Room 219.

During this fun and interactive digital marketing tour, we will cover how to get your business found on Google, how to manage your reputation online and how to use social media to build a loyal customer following – all in just 30 minutes!

In this ADHDA NEDTalk, co-sponsored by the Astoria-Warrenton Area Chamber of Commerce, you will learn:

- How to get found in local search
- How to focus on the keywords your customers use to find you
- How to optimize your website
- How to measure if your efforts are working or not
- How to find out what people are saying about you – and what to do about it!
- How to use social media to create "social signals" that attract customers

At the end of the talk, you will be given an easy-to-follow checklist to start getting results fast for your business!

Speaker Michael Angilletta is the Chief Marketing Officer for Agorapulse, a leading social media management platform. He's also the founder of Astoria Naturals, a local online retailer of custom made natural skin care products. Michael is a member of ADHDA's Business Development Committee.

For more information on this NEDTalk, please contact ADHDA Executive Director, Alana Garner, at (503) 791-7940 or alana@astoriadowntown.com or visit our Facebook event page at facebook.com/astoriadowntown/events.

Gold Seal Awarded to Providence

Submitted by Providence Seaside Hospital

By demonstrating a commitment to safe and effective patient care, Providence Seaside Hospital has earned The Joint Commission's Gold Seal of Approval for Hospital Accreditation. The Gold Seal is given for demonstrating continuous compliance with Joint Commission performance standards.

Providence Seaside Hospital and its north coast clinics located in Warrenton, Seaside, Cannon Beach and Gearhart underwent a rigorous, unannounced onsite survey during the second week of April. During the review, a team from The Joint Commission evaluated compliance with hospital standards related to several areas, including emergency management, environment of care, infection prevention and control, leadership, and medication management. Surveyors also conducted onsite observations and interviews.

The Joint Commission has accredited hospitals for more than 60 years. More than 4,000 general, children's, long-term acute, psychiatric, rehabilitation and specialty hospitals

currently maintain accreditation from The Joint Commission, awarded for a three-year period. In addition, approximately 360 critical access hospitals maintain accreditation through a separate program.

"Joint Commission accreditation provides hospitals with the processes needed to improve in a variety of areas from the enhancement of staff education to the improvement of daily business operations," said Mark G. Pelletier, RN, MS, chief operating officer, Division of Accreditation and Certification Operations, The Joint Commission. "In addition, our accreditation helps hospitals enhance their risk management and risk reduction strategies. We commend Providence Seaside Hospital and its umbrella of clinics for its efforts to become a quality improvement organization."

"Providence Seaside is pleased to receive renewal of our accreditation from The Joint Commission, the premier health care quality improvement and accrediting body in the nation," added Kendall Sawa, chief executive, Providence Seaside Hospital. "Our caregivers from across the organization continue to work together to develop and implement approaches that have the potential to improve care for the patients in our community."

The Joint Commission's hospital standards are developed in consultation with health care experts and providers, measurement experts and patients. The standards are informed by scientific literature and expert consensus to help hospitals measure, assess and improve performance.

Summer Radio Special on KMUN

Submitted by Coast Community Radio

Coast Community Radio is doing a brand new summer special: Daily spots on KMUN for two weeks for \$250 (about half the cost of these spots). Your specialized message will air in four morning, four afternoon, four evening and two late-night spots. That way, you hit the whole audience!

The "whole audience" is over 15,000 listeners per week in the Lower Columbia River Region. And more streaming on the website! If you want to let this active, well-informed, community-conscious group know about your event, exhibit or your wonderful business, KMUN has you covered!

Contact Susan Boac, Coast Community Radio Development Director, at susan@coastradio.org or (503) 325-0010 to sign up.

No More "Year" Window Stickers

Submitted by Jim Servino, AWACC Membership Director

Reminder to all members that the Chamber is no longer providing a "year" window sticker to accompany the main Chamber member window sticker. New members will receive the main sticker upon joining the Chamber. Renewing members no longer receive a "year" (i.e. 2016-2017) sticker when they pay their annual dues.

Please contact Membership Director Jim Servino at (503) 325-6311 or jim@oldoregon.com if you have questions or need a new main Chamber member sticker for the window of your business.

Ways to Save Energy This Summer

Submitted by Pacific Power

Pacific Power recommends these steps to help you lower your utility bills during summer and all year long:

- **Set energy-saving goals.** First, measure your current energy use against industry standards. This will help you locate opportunities to improve efficiency and set energy-saving goals. Use Pacific Power's Resource Advisor benchmarking tool with ENERGY STAR® Portfolio Manager to compare your energy consumption.
- **Inspect your cooling system.** Hire a qualified professional to inspect your air conditioning system, and perform regular maintenance to ensure efficient operation.
- **Adjust cooling equipment to occupancy schedules.** Adjusting thermostat settings when your building is unoccupied is a highly effective, no-cost way to save energy. For every degree increase in temperature over a 12-hour period, you can save 1.5 percent in cooling energy costs.
- **Reduce peak demand.** Peak demand is your most energy-intensive period during the billing cycle. You're charged for peak demand because it costs more money to make that extra power available. To reduce peak demand:
 - 1) Set daytime building temperature higher to reduce cooling demand and allow employees to wear appropriate clothing to ensure comfort.
 - 2) Schedule equipment start up and operation in intervals by using an energy management system.

Learn more at bewattsmart.com.

Chamber Ambassadors Report: August

Submitted by Becky Kraft, Chamber Ambassador

Just because it's summer doesn't mean the party stops! The Chamber and the Ambassadors are still busy making the best of the season!

If you had the opportunity to check out the fireworks on the 4th of July, I'm sure you would agree that it was another spectacular show over the Columbia River. A big thanks must go out to those that helped make it possible to continue this amazing tradition: the Port of Astoria, Luke Colvin with Arbor Care Tree Specialists, Frank Allen (who took photos with his drone), Western Display Fireworks, Chamber staff and Ambassadors, and every individual who helped set up, light up, and clean up for this event.

The annual Chamber BBQ on July 14 was a wonderful time to hang out and meet new friends and businesses. Though we were blessed with classic Astoria weather, the food -- Skip cooked ribs and corn on the cob! -- was excellent and the friends were plentiful. Thanks for coming and making this event so great!

If you haven't heard about all the things the Chamber and the Ambassadors do to help make this community of business professionals the best around, ask one of those people you see dashing around events about why they love serving this community. They would love to tell you more!

Memories of Megler Exhibit Now Open

Submitted by Columbia Pacific Heritage Museum

Fourteen miles from the mouth of the Columbia River, the 4.1-mile Astoria-Megler Bridge links Astoria, Oregon, to Point Ellice at Megler in Pacific County, Washington. The area now known as Megler stretches around a historically important point of land with a rich transportation history for the Lower Columbia River. Water crossings by ferry began in 1908 at the site that is now the Dismal Nitch Rest Area and continued until the opening of the Astoria-Megler Bridge fifty years ago on July 29, 1966.

The Columbia Pacific Heritage Museum in Ilwaco has opened an exhibit exploring Megler from its acquisition by the Ilwaco Railroad and Navigation Company through the steamship era and into the auto-ferry years. Utilizing historic photographs and first person memories, the "Memories of Megler" exhibit captures the end of the ferry era and the beginning of contemporary auto travel on U.S. Highway 101.

"The opening of the bridge was a big deal for coastal communities at the mouth of the Columbia River," said Betsy Millard, executive director of the Columbia Pacific Heritage Museum. "Easier auto access opened up both sides of the river to more travelers and made Astoria much more accessible to local residents."

Memories of Megler will be on view from July 29 - October 2, 2016. Columbia Pacific Heritage Museum is located at 115 SE Lake Street in Ilwaco, WA. Museum hours are Tuesday through Saturday 10:00 a.m. to 4:00 p.m. Admission is free on Thursdays thanks to the Port of Ilwaco. For more information, please call (360) 642-3446 or visit the museum's website columbiapacificheritagemuseum.org.



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Assistance League of the Columbia Pacific

A volunteer organization focused on promoting self-esteem and emotional well being of children in our community
PLEASE JOIN US – NO INVITATION NEEDED

Contact: sallylacoste.alcp@gmail.com

CHAMBER CALENDAR - AUGUST

The Chamber is open MON-FRI from 9:00 a.m. to 5:00 p.m.
and SAT & SUN from 10:00 a.m. to 5:00 p.m.

- 3 Chamber Ambassador Meeting
5:30 p.m. @ Baked Alaska
1 12th Street, Astoria
All Chamber members are welcome to attend.
- 10 Chamber Executive Board Meeting
3:00 p.m. @ Chamber Admin. Building
- 11 Business After Hours
5:30 p.m. @ Astoria Art Loft
106 3rd Street, Astoria
Get together with your fellow business leaders for fun, food, prizes and networking. The cash pot is at \$100, and you must be present to win.
- 15 Newsletter Articles & Advertisements Due
- 18 Chamber Board of Directors Meeting
4:00 p.m. @ Chamber Admin. Building
- 22 Newsletter Flyers (625 copies) & Payment (\$50) Due
- 30 Chamber Networking Breakfast
8:00 a.m. @ Wet Dog Cafe
144 11th St., Astoria
Networking starts at 7:45 a.m. Breakfast buffet is \$7.50. Coffee is FREE & sponsored by Pacific Power. Speaker: Tiffany Brown, Clatsop County Emergency Manager

Transgender Workforce Seminar

Submitted by LCHRMA

Lower Columbia Human Resources Management Association proudly presents Tessa Scheller of the Lower Columbia Q Center. Her upcoming seminar is titled, "Working with a Transgender Workforce."

Tessa (and possibly some other guest speakers) will be highlighting the growing transgender workforce. During this session, you will have the opportunity to hear real stories about local transgendered workers. There will be opportunity for some very candid discussions regarding appropriate terminology, rules covering bathroom usage, working with employees who are transitioning, how employers can educate staff and aid workers as questions/anxiety might arise. This session will be very informal, yet full of information that will allow employees and employers feel more comfortable interacting with our growing transgender professionals.

The seminar will be held on Thursday, September 1 at the Tongue Point Vista Way Cafe (formerly the Bistro), 37573 Old Hwy 30, Astoria, from 11:30 a.m. to 1:30 p.m. You need not be a LCHRMA member to attend. The cost, including lunch prepared by the culinary students, is \$15 for LCHRMA members, \$12.50 for students and \$20 for non-members. Please register online at lchrma.org by August 22.

For more information, contact Stacey Brown by email at president@lchrma.org. Please note: Cancellations must be received no later than August 26, at 5:00 p.m. for a full refund.

6 Awesome Things Yoga Can Do For Kids

Submitted by RiversZen Center

Introducing a new and fun way of bonding with your children while enhancing your child's skills mentally, physically and spiritually. Here are 6 ways yoga will help your kids.

1. **Managing emotions through movement.** Yoga class incorporates concentration, energy and quiet time for deep relaxation. It teaches children the importance of peace and helps them to carry it through their day.
2. **Concentration.** Throughout yoga class, some poses will be quick moving, while others are slow. This allows your children to learn and experience self control, enhance focus and become more aware.
3. **Strength, balance and flexibility.** Yoga practice will enhance "SBF" for you and your child through resistance stretching and yoga poses. This will help reduce everyday injuries we often come across with having children.
4. **Confidence and self-esteem.** When your child is able to display their focus and strength through yoga alongside of you, it does magic to their confidence levels. They begin to believe in themselves and their ability. Class grants children persistence to achieve greatness – even beyond their mats! Yoga practice is a great outlet for stress in a safe and nurturing environment. It is a physical activity for kids that produces happy endorphins.
5. **Creativity, without feeling competitive pressures.** When children are able to be creative with their yoga poses and even suggest poses, they are able to express their creativity.
6. **Acceptance.** Yoga teaches children that we are all the same on the inside despite outward appearance, race or religion. We have functioning bodies and deep feelings. We can inspire kindness, patience, acceptance and being empathetic to others.

RiversZen Kids meets every Tuesday morning at 9:00 a.m. Please arrive 10 to 15 minutes prior to class for sign-up forms and to set up. Parents must be present with child. 6 months to 6 years old please. Full details online at riverszen.com.

Community Organization Meeting Dates

AAUW - 3rd Tuesday, 5:30 p.m., Astoria Library
 ADHDA - 1st Friday, 8:30 a.m., Baked Alaska
 Astoria Kiwanis - 1st & 3rd Tuesdays, 12:00 p.m., El Tapatio
 Astoria Rotary - Mondays, 12:00 p.m., Elks Lodge
 Elks - 2nd & 4th Thursdays, 7:00 p.m., Elks Lodge
 LCHRMA - 1st Wednesday, 11:30 a.m., Buoy Beer Company
 Lions - Tuesdays, 12:00 p.m., Elks Lodge
 Moose - Wednesdays, 6:30 p.m., Moose Lodge
 Toastmasters - 1st, 3rd, 5th Mondays, 6:30 p.m., Hotel Elliott
 Warrenton Bus. Assoc. - 2nd Wed., 5:30 p.m., Warrenton City Hall
 Warrenton Kiwanis - 2nd & 4th Wednesdays, 1:00 p.m., Dooger's
 Warrenton Rotary - Wednesdays, 7:00 a.m., Dooger's



MEMBER OF THE MONTH



Cannon Beach Property Management started with one vacation rental in 1985. Today, we manage more than 30 properties in Cannon Beach. Our inventory is a mix from luxury oceanfront homes to a quaint and quiet cottage -- or maybe a condo with a pool for the kid in you. We offer alternate options for extended stays to our guests who visit this area. Our office is located at 3188 S. Hemlock, Cannon Beach and we are open seven days a week.

Our brand new website launched in late spring. The website is now mobile and tablet friendly. It allows for online bookings, maps the properties and helps visitors make the right choices for their stay, including choosing activities, dining options and much more!

With a staff of 15 employees, our family-owned business strives to provide top-notch personal customer service. Over our 30+ years of experience, we have seen our guests and their children grow, and now their children are coming to stay at the beach.

CBPM also is an annual sponsor of many events, including the Sandcastle Contest every June. Cannon Beach is a spectacular vacation destination and our family has called it home for generations. Our personal approach to customer service and care delivers a vacation experience that truly is exceptional.

Please visit our new website cbpm.com, call us at (877) 386-3402 or find us on Facebook.



Cannon Beach Property Management
(877) 386-3402 ~ cbpm.com
The Ocean is Waiting...

 **OHANA MEDIA GROUP**



In addition to this space, the ChamberWorks Member of the Month will receive a \$750 radio schedule from Ohana Media Group to be used on any of their five radio stations.

OMG Radio: (503) 861-6620 | 285 SW Main Ct., Warrenton