

City of Seaside Newsletter

January 17, 2014



CITY HALL

JANUARY 20TH :

All City Buildings will be closed on Monday, January 20, 2014, for Martin Luther King Jr. Day.

MEETINGS:

Planning Commission work session scheduled for Tuesday, January 21, 2014, 7:00 pm, Seaside City Hall – **has been cancelled.**

City Council meeting scheduled for Monday, January 27, 2014, 7:00 pm, Seaside City Hall.

Airport Advisory Committee meeting scheduled for Tuesday, January 28, 2014, 6:00 pm, Seaside City Hall.

Community and Senior Commission meeting scheduled Tuesday, February 4, 2014, 10:00 am, at the Bob Chisholm Community Center.

Library Board meeting scheduled Tuesday, February 4, 2014, 4:30 pm, at the Library.

Planning Commission meeting scheduled Tuesday, February 4, 2014, 7:00 pm, Seaside City Hall.

Improvement Commission meeting scheduled for Wednesday, February 5, 2014, 7:00 pm, Seaside City Hall.

Parks Advisory Committee meeting scheduled Thursday, February 6, 2014, 7:00 pm, Seaside City Hall.

City Council meeting scheduled Monday, February 10, 2014, 7:00 pm, Seaside City Hall.

Convention Center Commission meeting scheduled Wednesday, February 12, 2014, 7:00 pm, at the Convention Center.

Tourism Advisory Committee meeting scheduled for Wednesday, February 19, 2014, 1:00 pm, Seaside City Hall.

Transportation Advisory Commission meeting scheduled for Thursday, February 20, 2014, 6:00 pm, Seaside City Hall.

LIBRARY

If you want to get the straight story on “Cover Oregon” with its many facets, and learn about Oregon’s health insurance marketplace then you should join us on Saturday, January 18, 2014 at 1:00 p.m. Certified Community Partners, Miranda Helligso from Coastal Family Health and Judi Mahoney, from the Clatsop County Public Health Department will be presenting an in-depth question and answer session.



COVER OREGON

CERTIFIED
COMMUNITY
PARTNER

Julia Child said, “Cooking is one failure after another, and that’s how you finally learn”. Teens will have the chance to experience both avenues at our Teen Cooking Class, on Tuesday, January 21, 2014 at 3:30 p.m. Add an soupcon of balderdash, a wee pinch of glee, a large helping of youthful enthusiasm and you have a melodic rhapsody of flavorful ambrosia. We’re making Caramelita Bars and hoping for the best.

FIRE DEPARTMENT

The Seaside Fire & Rescue added a new 2014 Tahoe to the department that is now in service. The new officer's vehicle was purchased from the current Operation's Levy passed by voters in 2012. The Tahoe is outfitted as a mobile command post providing Fire Officers with the ability to respond to all types of emergencies and effectively track and communicate with responders on the scene.



The Seaside Fire & Rescue had their annual awards banquet on Saturday, January 11, 2014.

The award winners were:

Sitting on Seaside Fire's 1935 Mac Fire Engine:
Genesee Dennis, 2013 EMS Provider of the year
Jacob Rose, 2013 Firefighter of the year
Dave Rankin, 2013 Officer of the year



Drill Attendance Awards:

Evan Edwards	93.6%	44 out of 49
Kyle Mergel	91.4%	43 out of 49
Jacob Rose	91.4%	43 out of 49
Lisa Talamantez	87.2%	41 out of 49
Genesee Dennis	85.1%	40 out of 49

Call Attendance Awards:

Evan Edwards	641 out of 958
Jacob Rose	511 out of 958
Colin Houston	452 out of 958
Gordon Houston	427 out of 958
Lisa Talamantez	413 out of 958

The Seaside Fire & Rescue were called to the Seaside Outlet Mall Wednesday, January 15, 2014, for a reported power pole fire. Crews evacuated part of the outlet mall until the fire could be taken care of. The cause of the fire was a faulty insulator that supplies power to Nehalem and Cannon Beach.



CONVENTION CENTER

The convention center was host to the Executive Leadership Training on January 14-16, 2014. The convention center is scheduled to host the NW Rental Association Board meeting on Friday, January 17, 2014, and the Wilcox & Flagel Crab Feed Employee Party on Saturday, January 18, 2014.

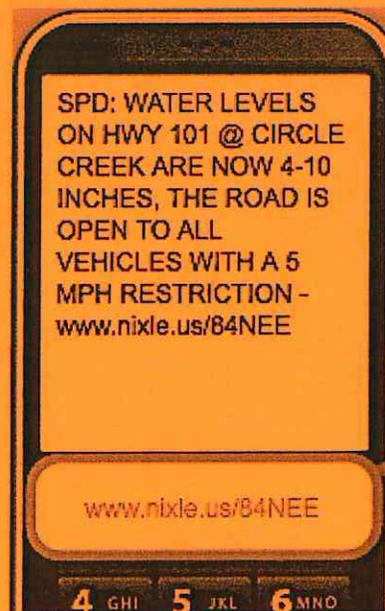
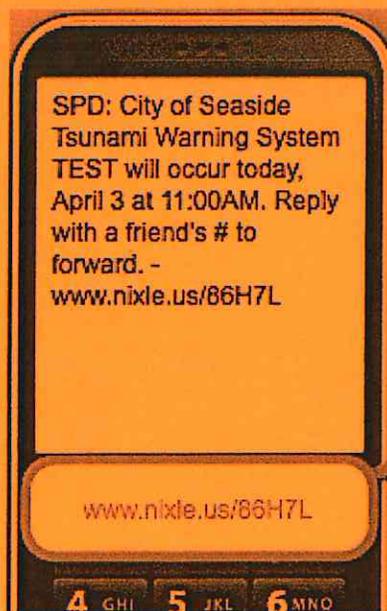
Register for free COMMUNITY ALERTS ONLINE www.nixle.com

nixle

Are you receiving alerts about road closures, accidents and the possibility of emergency situations in the Seaside area?

If not, you should be and it's easy to subscribe.

The City of Seaside and Seaside Police Department use Nixle alerts* to inform the community when it is necessary to get information out in a timely fashion. Nixle alerts come in the form of an SMS text message, email, or both (depending on your free subscription).



Examples of alerts include the announcement of a Tsunami warning system test, high water levels or an accident along Highway 101 that may impact travel.

It's easy to get registered:

Just visit www.nixle.com today. Signing up takes just a few minutes and you'll be well informed with tools to help you plan accordingly.

**The service is free but text and data rates may apply depending on your wireless carrier and the type of data plan you carry.*

January 2014 Seaside Library Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			Library Closed 1	Teen Advisory Board 3:30 pm 2		11:00 am Family Story Time "Snowmen" 4
<div style="border: 1px solid black; padding: 5px; background-color: #e0f0ff;"> <p>Seaside Public Library 1131 Broadway Seaside, OR 97138 (503) 738-6742</p> <p style="text-align: center;">@LibrarySeaside </p> <p style="text-align: center;">www.facebook.com/seasidepubliclibrary </p> </div>						
5	6 closed	3:30 pm Teen Event: Duct Tape Crafts Library Board Meeting 4:30 pm 7	Preschool Story Time 10:00 am  Trivia Night 6:00 pm Art Committee 4:30 pm 8	9	10	11:00 am Family Story Time: Mash Up <u>Last day to read for a Llama</u> 11
12	13 closed	3:30 pm Teen Event: Teen Olympics 14	10:00 am Preschool Story Time "Snowmen" 15	Writers at Work 6:00 pm  "Food Allergies" with Dr. Tracy Erfling 7:00 pm 16	17	11:00 am Family Story Time Penguins 18
19	20 closed	3:30 pm Teen Event: Cooking Class 21	10:00 am Preschool Story Time The Letter "W" 22	23	24	11:00 am Family Craft Event  "Acupuncture" with L.A.c. Karen Kaufman 1:00 pm 25
26	27 closed	3:30 pm Teen Event: Picture Extravaganza 28	10:00 am Preschool Story Time "Penguins" 29	30	31	



City of Seaside Fitness Committee

Newsletter



January 5, 2014

Upcoming Fitness & Fun Events

January 3rd-February 21st

Big Loser Contest - If you need a little extra incentive to lose some weight...

\$10 per person

Sign up with Renee Wells at (503)738-3311 ext. 102 or rwells@sunsetempire.com

January 4th - 9:00am-11:30am

Seaside's Treasure the Beach Cleanup

Meet at Seashore Inn on the Beach

Get your exercise and help keep the beach clean! Monthly cleanups take place the first Saturday of each month.

January 15th-February 26th (Wednesdays)

Basketball Open Gym 7:30pm-9:00pm

Broadway Middle School

\$3 per event for ages 16 and older

January 23-February 27th (Thursdays)

Volleyball open gym 7:30pm-9:00pm

Broadway Middle School

\$3 per event for ages 16 and older

Highlighted Fitness Center of the Month:

Sunset Empire Parks & Rec

Swimming Pool - 1140 Broadway

(503) 738-3311

www.sunsetempire.com

Sunset Empire offers swimming, yoga, tabata, Zumba, and more at their fitness centered buildings. New this year, events include fun walk/runs in downtown Seaside and open gym events at Broadway middle school. Their schedule changes quarterly so be sure to check out their latest event guide:

<http://www.sunsetempire.com/>

New year, new you? Is your New Year's resolution better health?

Here are some realistic New Year's resolutions for Health, Fitness, and Stress Relief:

Just like planning vacation, it is also important to plan in moments that help you relax. If you have a calendar or planner, try scheduling in once a month a "me" moment that helps you relax. It might be fishing, getting a massage, or just time alone. In this media hungry age of constant noise, a "no TV, no radio, no Internet and/or no phone" day might be just what you need to slow down and take a deep breath. Deliberate relaxing can be hard to adjust to and you may find yourself pressured to clean out the garage, but use this time to really stop and RELAX!

Set an achievable goal

What do you want to achieve when it comes to health and fitness?

Is it realistic to set a challenge for 6 months or 1 year? Do you need coaches, friends, and or family to help you achieve this goal? Sometimes we set ourselves up for failure when we give ourselves an unrealistic resolution that we don't plan for. If your goal is losing weight, join a "Biggest loser" contest or an online community that helps to encourage and keep you on track. Ask friends and family to help you with your goal and make sure you choose people that will hold you accountable as your encouragement partners!

If it is a new fitness regimen or trying something new, plan the baby steps that will get you to that final result. If you want to run or walk a marathon and you have never run or walked a mile in your life, make your goal adjustable over the next 3-5 years. Start by working up to running/walking 1-3 miles at a time in the next 6-12 months, then once you are comfortable with that, set a new goal until you have reached your final goal. Find people who are willing to train with you and don't be afraid to be committed to your goal, even if at times your support group is small.

For me personally, I ran only 1-3 miles at a time for years. After about 5 years, I finally got comfortable with running 3 miles at a time. It took a new running group and being willing to run with whoever was willing to run with me, that inspired and encouraged me to finally get up to running half marathons (12.3 miles). It helps to look at people you know, see how they exercise, and think, "I can do that to!" Keep in mind that everyone has different physical limitations but often the biggest barrier is your mind saying "can't" instead of "TRY!"

-Esther Moberg

Fitness Committee Members: Genesee Dennis, Guy Knight, Esther Moberg, Judy Ann Dugan, & Nate Burke



Sunset Empire Park and Recreation District's

JANUARY 2014

Special Programs and Events

Sunset Empire Park
&
Recreation District
1140 Broadway in Seaside, OR
(503) 738-3311

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 <i>CLOSED</i> <i>Happy New Year!</i>	2 <i>Special Open Swim</i> <i>Schedule</i>	3 <i>Big Loser Contest</i> <i>Begins</i> <i>Special Open Swim</i> <i>Schedule</i>	4
5	6	7	8	9	10	11 <i>Inflatable Open Swim</i> <i>5—7 PM</i>
12	13	14 <i>SHS Swim Meet</i> <i>3-7 PM</i> <i>Pool CLOSED</i> <i>Fitness Room OPEN</i>	15	16	17 <i>SHS Swim Meet</i> <i>3-7 PM</i> <i>Pool CLOSED</i> <i>Fitness Room OPEN</i> <i>Rock 'n Swim</i> <i>7—9:30 PM</i>	18 <i>Tai Chi for Energy</i> <i>Workshop</i> <i>2—4 PM</i>
19	20 <i>Day Off Camp</i> <i>7:45—6 PM</i> <i>Free Open Swim</i> <i>1—3:15 PM</i> <i>No School Basketball</i> <i>Camp</i> <i>9AM—12 PM</i> <i>Dance Class for Kids</i> <i>10—12 PM</i>	21 <i>Cooking for Disease</i> <i>Prevention</i> <i>6:30—8 PM</i>	22	23	24	25
26	27	28	29	30 <i>SHS Swim Meet</i> <i>3-7 PM</i> <i>Pool CLOSED</i> <i>Fitness Room OPEN</i>	31 <i>No School Basketball</i> <i>Camp</i> <i>9AM—12 PM</i>	



OPEN GYM

Wednesday Night

BASKETBALL

Join other basketball enthusiasts for recreational, drop-in basketball.

All skill levels.

For ages 16 and older.

Pay \$3 at the door per night or **FREE** with your monthly pass.

Held at Broadway Middle School
(1120 Broadway St. in Seaside)

Wednesday Nights

7:30 PM—9:00 PM

January 15—February 26



SUNSET EMPIRE
Park & Recreation District
1140 Broadway Seaside, OR (503)738-3311
www.sunsetempire.com



Tai Chi



Saturday, January 18, 2014
or Saturday, March 15, 2014
from 2:00pm-4:00pm

In this two hour workshop you will learn two different tai chi styles. The Chen style is vigorous and complex, combining fast and slow movements while the Sun style incorporates unique Qi Gong (life energy) movements with agile stepping.

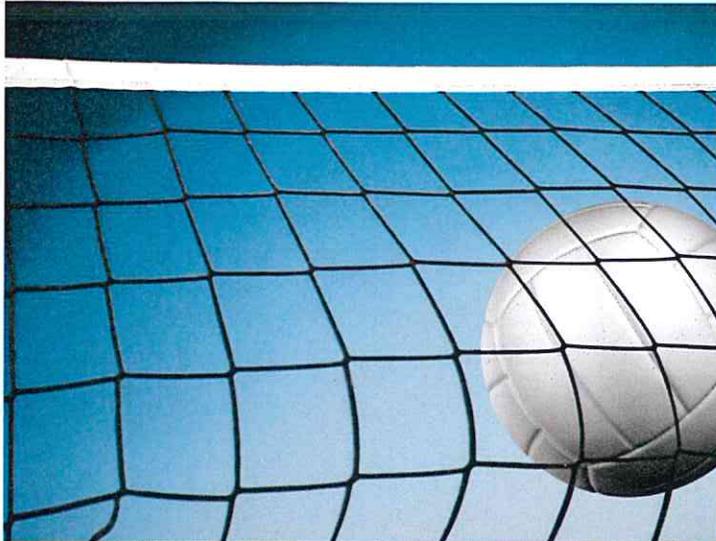
Both will help you acquire better health and wellness, internal energy, and ability to manage stress!

Tea and a light snack will be provided.



For more information, call instructor, Michelle Bright at (503) 325-5848.

Visit Sunset Pool or go to sunsetempire.com to register !



OPEN GYM

Thursday Night

VOLLEYBALL

Bored? Tired of Rain?

**Come and play in coed recreation volleyball.
On-going drop in program, nets are at coed height.**

Pay \$3 at the door per night or

FREE with your monthly pass.

New teams will be created weekly. All skill levels.

For ages 16 and older.

Held at Broadway Middle School

(1120 Broadway St. in Seaside)

Thursday Nights

7:30 PM—9:00 PM

January 23—February 27



SUNSET EMPIRE

Park & Recreation District

1140 Broadway Seaside, OR (503)738-3311

www.sunsetempire.com



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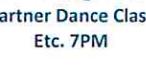


Visit our web page
at seasidepost99.org

Or phone 503-738-5111

< **JANUARY 2014** >

EMAIL: SEASIDE.POST99@YAHOO.COM

Sun	Mon	Tue	Wed	Thu	Fri	Sat
OPEN AT 10:00 AM NEW YEARS DAY!	FOOTBALL ALL DAY NEW YEARS DAY ON OUR 72" SCREEN		1 BINGO @6:30 NO CAFÉ TONIGHT 	2 T.O.C Safety Safety Mtg. & Dinner	3 KARAOKE 9PM UNTIL? 	4 Post Dinner 5 pm-7:30 pm Spaghetti, meat sauce with Italian sausage \$8.50 NO BAND TONIGHT
5 Breakfast w/ Juice & Coffee \$7.50 9:00 – 11:30AM Line Dancing 6-8 	6 7PM TEXAS HOLD'EM 	7 TACO TUESDAY 5-8 pm V.A.&R 10AM-2PM 	8 BINGO @6:30 Café from 5-7:30PM 	9 Partner Dance Class Etc. 7PM 	10 KARAOKE 9PM UNTIL? 	11 ALR Meeting Post Dinner 5 pm – 7:30 pm Southern Fried Catfish \$8.50 NO BAND TONIGHT
12 Breakfast w/ Juice & Coffee \$7.50 9:00 – 11:30AM Line Dancing 6-8 	13 7PM TEXAS HOLD'EM 	14 TACO TUESDAY 5-8pm Convention Meeting 6 pm 	15 BINGO @6:30 Café from 5-7:30PM 	16 Aux. Mtg. @6PM Partner Dance Class Etc. 7PM S.A.L. MTG. 7PM 	17 KARAOKE 9PM UNTIL? 	18 S.A.L. Dinner 5 pm – 7:30 pm Seafood Boil – If you've eaten it before, you know it's Phenomenal! NO BAND TONIGHT
19 Breakfast w/ Juice & Coffee \$7.50 9:00 – 11:30AM Line Dancing 6-8 	20 7PM TEXAS HOLD'EM 	21 Taco Tuesday 5-8PM E-board meeting 6pm	22 BINGO @6:30 Café from 5-7:30PM 	23 VFW Mtg. 18:00 Partner Dance Class Etc. 7PM 	24 KARAOKE 9PM UNTIL? 	25 Aux. Dinner 5 pm – 7:30 pm Chicken Fried Steak \$8.50 NO BAND TONIGHT
26 Breakfast w/ Juice & Coffee \$7.50 9:00 – 11:30AM Line Dancing 6-8 	27 7PM TEXAS HOLD'EM 	28 TACO TUESDAY 5-8pm 	29 BINGO @6:30 Café from 5-7:30PM 	30 Partner Dance Class Etc. 7PM 	31 Notes: Club hours 3-10pm Monday thru Thurs- Fri 3-12am & Sat 2 -12am // Sun 2-9pm - Happy hour 3-6 Mon-Fri!	