

# City of Seaside Newsletter

January 8, 2016



## CITY HALL

### MEETING:

#### JANUARY 11<sup>TH</sup> CITY COUNCIL

- Vacancy – Budget Committee
- Report – Ad Hoc Committee Church Building, 1115 Broadway
- Presentation – Cartwright Park Outdoor Gym (Pacifica Project) Berkley Posalski
- Proposal – North Holladay Drive Construction Staking Survey
- Ordinance 2016-01 – An Ordinance Amending Chapter 91 – Cemetery Regulations

### MEETINGS:

Convention Center Commission meeting scheduled for Thursday, January 14, 2016, 5:00 pm, at the Convention Center

Planning Commission work session scheduled for Tuesday, January 19, 2016, 7:00 pm, Seaside City Hall.

Tourism Advisory Committee meeting scheduled for Wednesday, January 20, 2016, 3:00 pm, Seaside City Hall.

City Tree Board meeting scheduled for Thursday, January 21, 2016, 4:00 pm, at Seaside City Hall.

Transportation Advisory Commission meeting scheduled for Thursday, January 21, 2016, 6:00 pm, Seaside City Hall.

City Council meeting scheduled for Monday, January 25, 2016, 7:00 pm, Seaside City Hall.

Airport Advisory Committee meeting scheduled for Tuesday, January 26, 2016, 6:00 pm, Seaside City Hall.

Community and Senior Commission meeting scheduled Tuesday, February 2, 2016, 10:00 am, at the Bob Chisholm Community Center.

Library Board meeting scheduled Tuesday, February 2, 2016, 4:30 pm, at the Library.

Planning Commission meeting scheduled for Tuesday, February 2, 2016, 7:00 pm, Seaside City Hall.

Improvement Commission meeting scheduled for Wednesday, February 3, 2016, 7:00 pm, Seaside City Hall.

Parks Advisory Committee meeting scheduled for Thursday, February 4, 2016, 7:00 pm, Seaside City Hall.

## LIBRARY

All the teenage Wookiee's will be coming to the Teen Tuesday Trivia Party on January 12, 2016 at 3:30 p.m. Hope there's not too much fur in the bean dip.

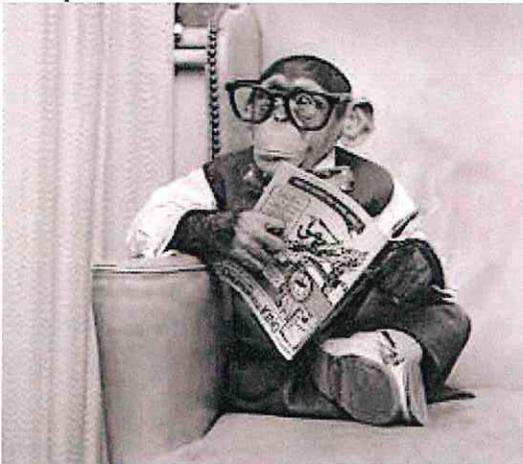


The Winter Reading Program is ending on Friday, January 8, 2016. Our community goal was 500 hours read but thanks to great support from local schools we totaled 8,553 hours read.

The Friends of the Seaside Library will be donating a goat, through Heifer International, to a family. I think we'll also be adding a flock of chicks and a hive of bees. Thanks to all who participated.

What do "Planting A Rainbow", Eating the Alphabet", and "Fish Eyes" have in common? They're all crazy good kids' books by well-known author Lois Ehlert. And, it just happens to be Lois Ehlert day at Preschool Storytime at 10:00 a.m., and Kinder Storytime at 3:00 p.m. The wackiness happens on January 13, 2016.

This chimp has been studying for days because his team of primates have their sights set on winning the Night of All Knowledge Trivia Tournament. The hipster attire is a dead giveaway that his team will probably be coming from Portlandia. We'll be serving free range, all natural, vegan, gluten free, artisanal, ironic, Gold Fish Crackers. Come and join in the merriment on Wednesday, January 13, 2016, at 6:00 p.m.



## CONVENTION CENTER

"Happy New Year's from the staff at the Convention Center! The front desk is quiet with Terry's retirement, thank you to all who dropped by to wish her well on her last day. Over New Year's weekend, we hosted the annual Almost New Year's Roundup. This coming weekend, Saturday January 9, 2016<sup>h</sup>, the Seaside Volunteer Fire & Rescue Awards Banquet will be held in the Necanicum Room."

**Happy  
New Year!**

# January 2016 Seaside Library Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Library Closed	2
3	4 closed	5 3:30 pm Teen Tuesday Poker Games  4:30 p.m. Library Board meeting	6 10:00 am Preschool Storytime 3:00 pm Kinder Storytime <u>The Letter "R"</u> <u>Rabbit</u>	7	8	9 Lego Club 1:00 pm
10	11 closed	12 3:30 pm Teen Tuesday Star Wars Trivia Party	13 10:00 am Preschool Story Time 3:00 pm Kinder Storytime Loic Fhlert  Trivia Tournament 6:00 pm	14	15	16
17	18 closed	19 3:30 pm Teen Tuesday Crafts, Crafts Crafts	20 10:00 am Preschool Storytime 3:00 pm Kinder Storytime Pancakes  Listening to the Land Climate Change and the Coast 6:00 pm	21  Writers @ Work Mentoring Writers, Minting Authors  Writers at Work 6:00 p.m.	22	23
24	25 closed	26 No Teen Event	27 10:00 am Preschool Storytime 3:00 pm Kinder Storytime <u>Friendship</u>	28  Folksinger & Storyteller Adam Miller 7:00 pm	29	30



## City of Seaside Fitness Committee

### Newsletter

Focusing on: Fitness, Nutrition, and Stress Relief

January 2016



*Fitness Team Members: Guy Knight, Esther Moberg, Andi Toombs, Stacey Brown, Tina Eilers, Judy Ann Dugan, Nate Kerwin, Samantha Perrin & Grace Smith*

#### Winter Fitness Events

January 4th Start of the Big Loser Challenge!

[www.sunsetempire.com](http://www.sunsetempire.com)

Women's fitness boot camp 101  
Adamson Bros. Jiu-Jitsu  
Call to schedule  
503-738-4080

Pilates  
Sunset Empire  
MWF 6:30am  
[www.sunsetempire.com](http://www.sunsetempire.com)

Join the 2,000 mile walking challenge!  
<http://waytowellville.net/stories/2015/09/28/healthy-competition-in-the-works>

Zumba! At Seaside Family Fitness  
Mondays/Tuesdays/Thursdays  
[www.zumba.com](http://www.zumba.com)

Zumba! At Sunset Empire Parks & Rec  
Fridays at 6:30pm  
\$5 drop in  
[www.sunsetempire.com](http://www.sunsetempire.com)

Open gym basketball  
Wednesdays 7:45pm-9:30pm  
\$3 at Broadway Middle School  
[www.sunsetempire.com](http://www.sunsetempire.com)

#### Save the Date:

Saturday April 30th  
Safety Fair & Fun Run  
5k Race Walk & 3k Doggy Dash  
Sponsored by the Seaside Fitness Committee

#### Big Loser Challenge Starts in January!

The Fitness Committee wants to sponsor YOU in a weight loss challenge! Teams will be signing up soon! The challenge begins on January 4th through February 12th.

- Teams of up to 5 people.
- Weigh-ins at Sunset Pool or Sunset Family Fitness.

Last year the Police Department's Team—A Losing Combination, won the challenge! Let's see who wins the challenge this year! Please let Esther know if you are interested: [emoberg@cityofseaside.us](mailto:emoberg@cityofseaside.us)



The Fitness Committee will pay for one free fitness session or the new workout of your choice! Please submit your name, what you want to try, and why you want to try it to the fitness committee at: [emoberg@cityofseaside.us](mailto:emoberg@cityofseaside.us). Participants will be entered in a Nike gift card drawing!

#### Fitbit city employee discount!



Through wellworks, city employees can purchase discounted fitbits at up to \$12 off retail price of fitbit one, flex, or charge. \$30 discount off the fitbit surge retail price. Contact Esther for more details.

## Seaside Fire holds unique holiday open house

by Seaside Fire and Rescue Division Chief Chris Dugan

On December 12th, Seaside Fire and Rescue hosted a *Sensory Friendly* open house at their station. For two hours, Seaside firefighters welcomed families and their children that have sensory processing difficulties, autism, or other conditions to tour the fire station in a non intrusive atmosphere.

The idea of hosting such an event came about when one of Seaside's firefighters brought his autistic child down to hang out with firefighters on duty. In his visit firefighters discovered it was challenging to work or communicate with the child in an atmosphere that was sensitive to him.

After a little research, firefighters learned that they needed to make a few adjustments around the station. First off, they had to regulate the noise around the station. Dispatch was notified to make emergency calls though the radio and that the radio's volume needed to be turned down during



*Kids meet Sparky the Fire Dog at a special sensory-friendly open house put on by Seaside Fire and Rescue.*

the open house. Apparatus used for responses would be staged outside away from where the tour was to take place. When a call was dispatched for an emergency, the apparatus when leaving would wait to turn on warning devices. Many of the lights at the station needed to be turned off or down. The ladder truck extended out its ladder for the presentation before any families arrived to help minimize noise. There were no flashing lights and no equipment running while the families were in the station for the open house.

Different areas around the station were set up for different activities. One activity was the EMS station, where firefighters explained why vital signs were taken during a medical emergency. As firefighters practiced with the kids, parents explained to firefighters the best way to approach and interact with special needs children. This helped both families and firefighter learn from each other's actions.

Additionally, one firefighter dressed in full turnout gear, while another explained each piece of equipment used. Kids could hear him breathe while in his SCBA. Before he took his gear off, the firefighter gave each child enough time to come to him (if the child was comfortable) to touch and feel his gear. Again, this helped both families and firefighter learn from each other's actions and reactions.

A big thank you to Steven Zamora and Warrenton Fire Department for providing Sparky the Fire Dog, NFPA's official mascot and spokesdog on fire safety. Steven is a volunteer for Warrenton Fire Department and an employee with Medix Ambulance Service.

Although only a few families participated in this unique open house, all families were tremendously supportive of the concept of a sensory-friendly open house. The feedback Seaside fire crews received from parents was how it's almost always impossible to have their children experience a tour or activity with other children involved because of their sensitivity to noise and bright lights. For example, just a visit to sit with Santa Claus is virtually always out of the question.

Seaside Fire and Rescue is already planning a similar event for next December.



## JANUARY 2016 PROMOTIONS

### Sunset Empire Park and Recreation District

1140 Broadway; Seaside, OR 97138  
(503) 738-3311; [www.sunsetempire.com](http://www.sunsetempire.com)

#### **FACILITIES CLOSED**

ALL Sunset Empire Park and Recreation District facilities will be closed on Friday, January 1.

All District facilities will close at 6:30 PM for an all-staff training on Thursday, January 14.

#### **AQUATICS**

#### **SCHEDULE CHANGES**

##### **SWIM MEETS:**

Tuesday, January 5  
Thursday, January 21  
Thursday, January 28

**Pool closed 3:00 PM – 6:00 PM**

No swim lessons, Seaside Swim Team practice, and 6 PM water classes will be held. Fitness room will remain open.

#### **FUN FRIDAYS:**

##### **INFLATABLE SWIM**

Friday, January 8                      7:00 PM – 9:00 PM

##### **ROCK 'N SWIM**

Friday, January 15                      7:00 PM – 9:00 PM

##### **INFLATABLE SWIM**

Friday, January 22                      7:00 PM – 9:00 PM

##### **DIVE-IN MOVIE - TBA**

Friday, January 29                      7:00 PM – 9:00 PM

#### **SEASIDE KIDS FREE OPEN SWIM**

Monday, January 18                      1:00 PM – 3:15 PM

## FITNESS CLASSES

All Fitness Classes (except TaeKwon-Do) are included in your daily General Admission receipts; (Save your same-day receipt to attend swim/gym/fitness classes!)  
General Admission punch card; or monthly/annual pass.)

### NEW AQUATIC CLASS!

#### PI-YO-CHI

This new water class incorporates Pilates, Yoga, and Ai-Chi that improves balance, strength, and cardiovascular conditioning with a mind/body focus.

Saturdays 11:00 AM – 12:00 PM

### NEW DRY LAND CLASS

#### PILATES

Pilates is a system of controlled exercises that engage the mind and condition the total body. The blend of strength and flexibility training improves posture, reduces stress and creates long, lean muscles without bulking up. No muscle group is overworked and the body moves as an efficient, holistic system in sport and daily activity. Held in the Seaside Youth Center.

Monday/Wednesday/Friday 6:30 AM – 7:30 AM

## SPORTS & FITNESS

#### PICKLE BALL

Kick off on Saturday, January 16 at Camp Rilea Gymnasium. Present driver's license at gate. Alice will provide instruction on how to play Pickle Ball. Balls and paddles are provided as needed.

Saturdays, January 16 – February 20 10 AM – 1 PM  
\$5 cash only per game.

Café on site.

#### BIG LOSER CONTEST

Join as an individual or a team of up to 10 people. Either way, the objective is to lose a bigger percentage of body weight than the other challengers. \$10 individual or \$8 per person for a group up to 10 people.

January 4 – February 12, 2016

## YOUTH PROGRAMS

#### LEARNING LADDER PRESCHOOL

The classroom environment is a safe, fun place for your child to learn, grow and explore. Space is limited. Scholarships and auto-pay discounts available.

3-4 year olds: Tuesday and Thursday (Must be 3 years old by 9/7)  
8:30 AM – 11:30 AM

4-5 year olds: Monday / Wednesday / Friday (Must be 4 years old by 9/7)  
8:30 AM – 11:30 AM

## **KINDERGARTEN AFTER SCHOOL PROGRAM**

Children currently enrolled in kindergarten are eligible to enroll in this new after school program! The program is located at the Mary Blake Playhouse. Swim! Arts & Crafts! Library Time! Snacks! Daily rates available. Healthy snacks – USDA Approved. In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discrimination on the basis of race, color, national origin, sex, age, or disability.

Go online at [www.sunsetempire.com](http://www.sunsetempire.com) for more information and registration.

Monday – Friday  
School Dismissal – 5:30 PM

## **START SMART BASKETBALL**

This program is a developmentally appropriate introductory basketball program for children 3-5 years old. Start Smart Basketball prepares children and their parents for organized basketball without the threat of competition or the fear of getting hurt.

Tuesdays      January 19 – February 23

\$65 Regular Rate / \$45 Resident Discount plus \$10 equipment fee.

## **SENIOR ACTIVITIES**

These activities are held at the Bob Chisholm Community Center at 1225 Avenue A in Seaside. Please call (503) 738-7393 for more information.

### **MONDAY**

**PINOCHLE:** Game begins at 1 PM in Meeting Room 2.  
Cost is \$1.00

### **TUESDAY**

**KNIT, NEEDLE, CROCHET GROUP:** 10 AM – 11:45 AM in the Drop-in Room.  
FREE!

**SENIOR KARAOKE:** Following senior lunch the FIRST Tuesday of each month.  
FREE!

### **WEDNESDAY**

**BINGO:** 1 PM – 3 PM  
10 cents per card /\$2.40 to play all games.

### **THURSDAY**

**SENIOR MOVIE MATINEE:** 1 PM – 3 PM in the Drop-in Room.  
Water and popcorn provide.  
FREE!

**PINOCHLE for BEGINNERS TRAINING:** 1 PM in Meeting Room 1 with Rita Leitner  
4<sup>th</sup> Thursday of the month  
FREE!

### **FRIDAY**

**CARD CRAFTING:** 10 AM – 1:00 PM in the Drop-in Room with break for lunch.  
\$5 suggested donation for supplies per month.

## **SPECIAL EVENTS**

Seaside Post 99  
 PO Box 947  
 Seaside, OR. 97138

Non Profit  
 Organization  
 US Postage  
 Seaside, OR. 97138  
 Permit NO. 22



Visit our web page at [seasidepost99.org](http://seasidepost99.org) ~ January 2016 ~ Phone 503-738-5111 or Email: [seaside.post99@yahoo.com](mailto:seaside.post99@yahoo.com)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Notes: Club hours 3-11pm Monday thru Thurs. Fri 3-1am	Sat 2-1am & Sun 2-9pm	Saturday Night Dinner 5-8:00 pm			1 KARAOKE 8 PM	2 Dinner Corned Beef & Cabbage Dinner \$9 FREE JUKEBOX 7-11PM
3 Breakfast w/ Juice & Coffee \$9.00 8:30 - 11:00 AM Line Dancing 6-8 PM	4 TEXAS HOLD'EM 7 PM Food - 5PM 'til gone Marc's Chowder \$6.50	5 TACO TUESDAY 5-8pm 	6 BINGO @6:30 Café from 5-7:30 PM	7 Logger Dinner Dance Class: Swing 6 PM Waltz 7 PM	8 KARAOKE 8 PM 	9 Dinner Chili & Corn Bread \$6.00 Country-Ride Band
10 Breakfast w/ Juice & Coffee \$9.00 8:30 - 11:00 AM NO Line Dancing	11 TEXAS HOLD'EM 7 PM Food - 5PM 'til gone - Pizza by the slice \$3.00	12 VA&R 10-2 TACO TUESDAY 5-8pm	13 BINGO @6:30 Café from 5-7:30 PM	14 VFW Mtg 6 pm S.A.L. Mtg 7PM Dance Class Swing 6 PM Waltz 7 PM	15 KARAOKE 8 PM	16 ALR MEETING -2 PM Chicken Fried Steak Dinner - \$9.00 FREE JUKEBOX 7-11PM
17 Breakfast w/ Juice & Coffee \$9.00 8:30 - 11:00 AM Line Dancing 6-8 PM	18 TEXAS HOLD'EM 7 PM Food - 5PM 'til gone Marc's Mac & Cheese \$6.00	19 TACO TUESDAY 5-8pm E-Board Mtg. 6 PM	20 BINGO @6:30 Café from 5-7:30 PM	21 AUX. MTG. 6 PM Dance Class: Swing 6 PM Waltz 7 PM	22 KARAOKE 8 PM 	23 S.A.L. Dinner BBQ Ribs, Baked Beans, Cole Slaw and Garlic Toast \$15.00 Fabulous Garage Band
24 Breakfast w/ Juice & Coffee \$9.00 8:30 - 11:00 AM Line Dancing 6-8 PM	25 TEXAS HOLD'EM 7 PM Food - 5PM 'til gone - Pizza by the slice \$3.00	26 TACO TUESDAY 5-8pm	27 BINGO @6:30 Café from 5-7:30 PM	28 Dance Class: Swing 6 PM Waltz 7 PM	29 KARAOKE 8 PM	30 Dinner Stuffed Pork Chops \$12.00 FREE JUKEBOX 7-11PM
31 Breakfast w/ Juice & Coffee \$9.00 8:30 - 11:00 AM Line Dancing 6-8 PM						

# Seaside American Legion

1315 Broadway - Call 503-738-5111

**Proudly presents:**

## Country-Ride Band

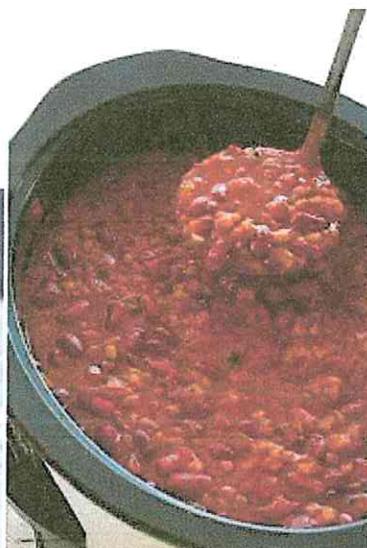
***SATURDAY* - January 9<sup>th</sup>. 2016 @ 7 PM to 11 PM**



**Take advantage of our dinner hour tonight 5 to 8 PM.**

**You can enjoy Kim's awesome homemade**

***"CHILI & CORNBREAD"* for just \$6.**



***\*\*\* PUBLIC WELCOME - FUNDRAISING EVENT \*\*\****

Secretary of State  
Corporation Division

***ADVANCED TOPICS***

Notary Public Seminar

January 12, 2016 from 1:30 p.m. – 3:30 p.m.

Clatsop Community College  
1455 N. Roosevelt Dr.  
Seaside, OR

The Secretary of State is coming to Seaside on January 12, 2016 with a **free** notary public seminar for experienced notaries.

The Advanced Notary Topics classes cover areas such as employee notary issues, comparing signatures and ID, notario and elder abuse fraud, and journaling witnesses. The classes are only 2 hours long, but will include plenty of time for questions and answers.

**Note:** These seminars are **not** appropriate for those who are not experienced, commissioned notaries. They do not meet the training qualifications for a notary application, and will not help you pass the exam.

Register for the class (labeled “Current Notaries Only”) at:

<http://notsem.sos.state.or.us/>

Or call us (503) 986-2200.



Clatsop  
Community  
College

CCC is an affirmative action, equal opportunity institution. **Accommodations:** Persons having questions about or a request for special needs and accommodation should contact JoAnn Zahn, Vice President of Finance and Operations, at Clatsop Community College, 1651 Lexington Avenue, Astoria, Oregon 97103, Phone (503) 338-2421 or TDD (503) 338-2468. Email special needs and accommodation request to [requests@clatsopcc.edu](mailto:requests@clatsopcc.edu) Contact should be made at least two business days in advance of the event.