

The Senior Scoop

Astoria Senior Center

Empowering seniors to live their best lives



1111 Exchange St., Astoria

503-325-3231 director@astoriaseniorcenter.org

December 2025

Hours: 8 a.m. to 4 p.m. Mon.-Fri.; 11 a.m. – 3 p.m. Sat.

Election, annual meeting reaps record attendance

By Cindy Yingst

Members packed the meeting room Nov. 20 for Astoria Senior Center's annual meeting and election of officers.

More than 125 members attended and cast ballots.

It was "the largest in recorded history and never seen before. It was truly a dynamic affair," Election Chairman Daymon Edwards wrote to members after the vote

had been counted. Read his report, with more photos, on Page 7.

Every position was contested, except for that of secretary. Lisa Lee Iacuzzi entered their name for the race and won with no challengers.

In the end, those voting returned the incumbents to their seats.



Director Dean Deonier reads the mission statement at the start of the Nov. 20 annual meeting and election.

Photo by Cindy Yingst

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Couple's food deliveries a blessing to seniors and others



Tod and Betsy Jones

By Daymon Edwards

Have you ever wondered where all the produce, breads, and pastries come from?

Wonder no more! It's delivered by Tod and Betsy Jones.

Every day, rain or shine, through gale-force winds, snow, ice, and occasional heat wave, Tod, 82, and Betsy, 81, are up early, picking up Safeway's donations to be delivered around town.

The Joneses arrived in Astoria in 2001 after spending four years in Israel and 25 years in Alaska, coming to town to help parent their grandchildren.

Tod was recruited to head the Select Fisheries Project, and Betsy, who has a background in mental health, worked for years in ASC's kitchen, helping with the senior nutrition program.

Julie Weber, before she became president of

ASC's Board of Directors, delivered Safeway's bakery items three times a week, along with Steve Svenson. In 2018, when Julie had some health issues, Tod and Betsy filled in.

Tod noticed that Safeway was throwing away packaged produce that could feed many in need. So he asked Safeway if he could take the packaged produce along with the bakery items. They were given the green light, and produce was added to their deliveries.

Most grocery store produce managers lament how much produce is thrown away and are happy when their discarded items can go to those in need.

Because the public desires perfect, unblemished produce, anything with a defect is discarded. For example, if a bag of oranges contains just one bruised orange, the whole bag is discarded. The same goes for overstocked bananas, tomatoes, avocados — the list goes on and on.

Soon, the couple were picking up nonpackaged produce totaling two



Produce is delivered to a mobile home park in Knappa.

Photos by Daymon Edwards

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Chair, Brenda Hoxsey

Election: New board for 2026 to be sworn in

Continued from Page 1

President Julie Weber faced the stiffest competition from former ASC Executive Director/President Larry Miller.

Some members expressed concern about receiving political email from Miller during the campaign. Initially, the Executive Board had denied Miller's request to use the center's email database, but he contested their decision, arguing there was precedent in state law for candidates running for office in nonprofit groups. Members' contact information was released under protest.

The winners

President: Julie Weber

Secretary: Lisa Lee Iacuzzi

Board members at large: Brenda Hoxsey and Mary Frances Gunn

Sergeant-at-arms: Butch McConnell



Newly elected officers (clockwise from top right) President Julie Weber, Sergeant-at-Arms Butch McConnell, and at-large board members Brenda Hoxsey and Mary Frances Gunn. A photo of Secretary Lisa Lee Iacuzzi wasn't available.

Food deliveries are one couple's mission

Continued from Page 1

pickup truck loads per day. They sort the good from the bad before making deliveries to food banks and ASC.

Their delivery route takes them first to ASC, then to Grace Episcopal Church's Food Pantry (open 9 to 11:30 a.m. Tuesdays and Thursdays). Then on to Clatsop Emergency Food Bank at the Presbyterian Church (3 to 4 p.m. Monday through Friday), with a stop at Filling Empty Bellies. They also make a Sunday run to a mobile home park in Knappa, where they are met with great enthusiasm.

After a long day of lifting, sorting, and delivering, they drop off whatever is left at a free produce stand next to the green-and-white "Bubble House," just past 37th Street on Marine Drive, heading east.

"It is Christmas every day," Tod said. "We never know what will come up."

In his free time, Tod makes incubator equipment for the salmon and trout industry. Betsy enjoys gardening and delivering the bakery items and produce.

The couple keep a low profile and were reluctant to be interviewed; they prefer to do what they do with as few distractions as possible. That does not



A truckful of produce headed to food pantries.

mean they don't like to stop and chat at the many places and with the people they serve. They are always bright and cheerful, no matter how early it is or how long their day may be.

Doug Smith substitutes for them when they are away, but more volunteers will be needed in the future when the couple want to take a vacation or, heaven forbid, retire.

Tod and Betsy are true examples of caring for others. You can contact them through ASC at 503-325-3231.

Executive Director Dean to scale back his role at ASC

By Daymon Edwards

Gossip and innuendo flash around a senior center as fast as any high school or small town. Oh good gads, it truly does!

In early November, the communication drums started to beat "Dean is leaving. Dean is leaving. Dean is leaving." And that is where speculation raised its head and breathed its fiery breath.

This humble reporter had a sit down with Dean Deonier, executive director of Astoria Senior Center, and I asked for "the facts and nothing but the facts, sir."

Deonier, 72, found that maintaining his house and family, along with a son who has health issues, to be too much. Add in a 6 a.m. to 4:30 p.m. workday at ASC, plus dropping off ASC's extra produce at a drop-off facility at 37th Street and Marine Drive on his way home.

Dean has been full-time executive director for a year now and has asked to work half time. He'd like to spend more time interacting with members and less time doing bookkeeping and computer work. The rest of his day would be spent caring for his family's needs.

ASC's board formed a Search Committee to begin the process of finding us a new executive director, whether full- or part-time, has yet to be decided.

Dean said he was proud of his relationship with the board and how they have supported him in making changes and improvements at the center. His achievements:

- The lobby is more inviting and conducive to conversations -- a club feeling.
- Working with Butch McConnell and the Trip Committee on picking out new and exciting locations to visit has been an exciting highlight for him, while Cheryl Stoutenberg works on the pub-



Left: Dean with some of the Monday lunch team. Above: On the pumpkin patch trip.

licity and the hostesses make reservations and collect the fees. Members are sent off for adventure on the ASC's bus while Dean blows bubbles in their wake. Dean truly enjoyed giving 5-cent advice at the recent Pumpkin Patch Adventure.

- The Monday lunch program, which still needs a name, has been a major project for Dean. Working with the new cook, managing other cooks who rent the kitchen, and negotiating contracts and schedules can be a nightmare. Dean also makes sure the kitchen is kept up to state sanitary standards and is working on expanding the program to two more days per week. And after all that, he dons an apron and bow tie and helps serve lunch along with other volunteers.

- Dean has gone through the center and helped get rid of the clutter of decades, plus overgrown and/or dead plants.

Dean has overseen many safety issues few of us even know about, quietly and efficiently.

And what does Dean foresee for his future at ASC?

He would like to interact with members more, and help coordinate activities and programs. He'd like to

help individual members with their computers, cell phones, smart or "other" pads, and other devices.

His true passion is genealogy. He'd like to help people find their roots and maybe lead a workshop. Being a people person, Dean will flourish at what he does best – providing service to others.

These are the facts.

If you would like to volunteer, or want more information on ASC's executive director position, call 503-325-3231.

Become a member!

Astoria Senior Center membership is just \$20 per year and entitles you to classes, activities, food pantry access, film and book libraries, and more.

**Sign up in the lobby
with one of the
hosts**

Getting to know the board

‘Sergeant-at-arms’ a lofty title for down-to-earth McConnell

Warren Butch McConnell serves as Astoria Senior Center’s sergeant-at-arms, a board position tasked with ensuring that the attendance records of members and meetings are prepared and retained in the center’s permanent files.

Occupation: Retired Department of Defense, Navy. I was a U.S. Army Helicopter Mechanic and Crew Chief for OH 13, OH 23, OH 6, and UH-1 Helicopters. Loved to surf, water and snow ski.

Why did you get involved with Astoria Senior Center? I was on the Board of Directors in Welches and sought to serve on the Board of Directors in Astoria when we moved here three years ago. Also, my wife and I wanted to better understand what goes on in this area. I have served as board president, vice president, past president and sergeant of arms.

How do you see the center's future? The center’s future success is possible as long as the Board of Directors work together and the president and executive director stay on the same page.

Tell us about yourself: I have three kids, was divorced 25 years ago, and remarried 11 years ago to Susan Wells. I was



Warren Butch McConnell
Sergeant-at-Arms

Motto: “At least I’m enjoying the ride!” — Grateful Dead

born and raised in Southern California and started surfing at age 12. I stopped surfing when we moved to Oregon 11 years ago; the water is too cold!

I am chairman of the Travel/Trip Committee and chairman of the Executive Director Hiring Committee. I am fortunate to have several volunteers on both committees (Cheryl, Brenda, Judy, Susan, Missy and Jane). Nothing could be accomplished without their support.

Favorite movies: Endless Summer 1 and 2, Butch Cassidy and the Sundance Kid.

Favorite book or author: I am writing a book now about me and Mike, my best friend, who passed away some time ago.

Interesting things I’ve done: Taught my three kids how to camp, surf, water ski and snow ski. I went sky diving over the ocean at Lompoc. I completed my bachelor’s degree.

What makes you happy? 1960s and 1970s classic rock and roll music.

Something most people don't know: I had a horse and rode horses.



Trips & Events



IKEA Trip

Time, date and cost to come

What started as a tiny mail order company in rural Sweden is now a global phenomenon. We’ll visit the store by PDX, where there’s a holiday décor shop. A Vintersaga gingerbread house or Advent calendar anyone?

If this trip interests you, please call the center and talk to one of the hostesses, 503-325-3231. And watch out for Santa’s other reindeer, Olive.



Pittock Mansion Trip

Time, date and cost to come

This 1914 mansion was home to *The Oregonian’s* former owner, Henry Pittock, and his wife, Georgianna. The estate in Portland’s west hills has a breathtaking view of the city, and gets all gussied up for the holidays. Admission is \$15 for seniors.

If this trip interests you, please call the center and talk to one of the hostesses to get the latest, 503-325-3231.



New Year’s Bash Potluck

Thursday, Dec. 29, Noon

Chef Mitty will be on vacation the last two weeks of the month. There will be no hot lunch at the center on Dec. 22 or Dec. 29. So let’s make the last Monday of the month a party! A New Year’s Bash Potluck should fit the bill. Please sign up at the front desk and bring a potluck dish to share. We might also share some resolutions.

What is Riboflavin? *And why is it in my food?

By Anita Lambert

If you've ever looked at the label on your package of store-bought bread, you might have thought you'd picked up a chemistry set. There are a lot of four-syllable words!

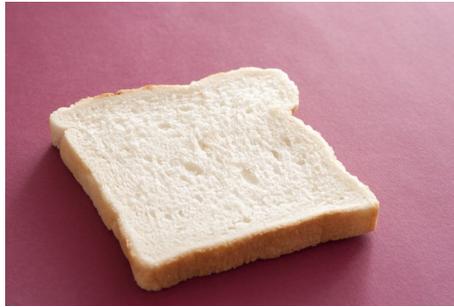
If you've wondered whether you're eating food or performing a science experiment, you're not alone. But before you panic — these tongue-twisters are there for a reason.

Let's look at a historical staple: Bread.

Once upon a time, bread had nutrients. Then, in the quest for maximum output and shelf life, grains used in breadmaking were stripped of their wholesome wheat germ in favor of a new faster method of grinding the wheat. The result? Lighter, fluffier, longer lasting (and eventually, bleached) white bread. It was cheap, smooth, and widely available. But people started getting sick. Those gleaming white loaves weren't feeding anyone; they were just filling bellies (and corporate bank accounts). When it's all people can access or afford, you have a recipe for a public health disaster.

The Rise of Enrichment Programs

By the 1940s, America was facing a quiet epidemic – as well as a world war. People were exhausted, anxious, and malnourished — even though they were eating. The government realized that when 25% of male citizens could-



n't pass military physicals because of vitamin deficiencies, something needed to be done for national security, of course. And so, a national focus on nutrition began, enrichment programs were born, and vitamins were added back to a staple whose goodness had been manufactured right out of it.

Let's take a look at part of the Bread Vitamin Comeback Crew:

Ascorbic Acid (Vitamin C): Arrrrg Matey! We don't want scurvy! Actually, the ascorbic acid used in bread is there primarily to increase shelf life and make the bread more fluffy. So don't forget to eat an orange.

Thiamine (Vitamin B1), Niacin (Vitamin B3), Riboflavin ("RYE-bo-flay-vin") Vitamin B3: These B vitamins, along with iron, entered the spotlight in the 1940s when the government realized a malnourished population couldn't fight a war. Food companies began enriching (adding these nutrients back) the bleached, lifeless bread. For those dependent on cheap ultra-processed bread or grains, it was

lifesaving progress.

Folate (Vitamin B9): It wasn't until 1992 when folate deficiency in the first four weeks of pregnancy (before most women know they're pregnant) was discovered to be a key factor in neural-tube defects (such as spina bifida). Cue the mandate to fortify white flour and enriched grain products with folate, thus greatly reducing the potentially devastating disorders.

Here are some others:

- Pantothenic Acid (Vitamin B5)**
- Pyroxidine or Pyridoxal (Vitamin B6)**
- Cobalamin (Vitamin B12)**

We haven't even gotten past the Bs yet!

Food fortification (adding nutrients that Americans may be missing in their diets) and food enrichment (re-adding nutrients that processing has stripped out of food) are important public health initiatives. But mostly, they allow big food manufacturers to continue to peddle semi-nutritious, calorie-laden food to the public as "wholesome," "enriched," and "healthy" choices.

So, what to eat? Eat a healthy mix of whole foods: grains, vegetables, fruits, legumes, dairy, and some meats. If you're living on boxed dinners, you're risking your health (but making the food companies richer). We'll cover more of this next month.

Anita Lambert is a registered nurse.

Please support these sponsors who support Astoria Senior Center



Here's help, if you need it, for food and utility bills

By Anita Lambert

Food insecurity is a national concern, and some of those most at risk are senior citizens.

"Nearly one in every six seniors in America faces the threat of hunger and not being properly nourished," according to Aging in Place (aginginplace.org) in 2022. "This applies to those who aren't sure where their next meal is coming from and those who don't have access to the healthiest possible food options. The issue is severe enough that AARP reports that seniors face a healthcare bill of more than \$130 million every year due to medical issues stemming from senior hunger."

Food costs have only increased since 2022, while fixed incomes have not.

Living independently is greatly affected and undermined by food insecurity, and the risk of complications from depression, diabetes, and heart disease have been shown to increase significantly when people don't know where their next meal might be coming from.

So, check on your friends, families, and neighbors, even that guy down the street who you haven't seen come out to his mailbox in several days.

If you or anyone you know are in this category, please share this list of resources. These resources have been confirmed and are available to those who need them.

Finally, if you are struggling, there is no shame in that. And if you are not struggling, there is nothing but joy in giving to your community and providing nonjudgmental, caring assistance. Invite someone to dinner with you or donate food, time, or money to one of the food banks if you are able. Nobody should be left hungry or cold in this country.

We hope this helps some of you. Remember, if you are fortunate enough to have a little extra, pay that forward to those who could use it.

Food Pantries

St Vincent de Paul (Astoria)

St Mary, Star of the Sea Church
1465 Grand Ave. (at 15th St.)
503-325-2007
1 to 3 p.m. Thursdays and 10 a.m. to noon Fridays

Clatsop Community Action

2010 SE Chokeberry Ave., Warrenton
503-861-FOOD (3663)
1 to 3 p.m. Tuesdays (Warrenton residents only and allowed to come only one Tuesday a month)

Food pantry 3 to 4:30 p.m. Thursdays, open to all.

Clatsop Emergency Food Bank

First Presbyterian Church
1103 Grand Ave. (entrance through lower door on Grand)
503-325-1702
3 to 4 p.m. Monday through Friday; closed weekends and holidays

Grace Food Pantry

Grace Episcopal Church
1545 Franklin Ave.
503-325-4691
9 to 11:30 a.m. Tuesdays and Thursdays

Knappa Food Pantry

42889 Old Highway 30 (at Knappa crossroads)
2 to 4 p.m. Tuesdays

Manna House Food Pantry

Lighthouse Christian Church
88786 Dellmoor Loop Road, Warrenton
503-738-5182
9 to 11 a.m. third Saturday of month

St. Vincent de Paul (Gearhart)

3575 Highway 101 N.
503-717-0444
1 to 3 p.m. Mondays and Fridays and 11 a.m. to 1 p.m. last Saturday of month

South County Food Bank

2041 N. Roosevelt, Seaside
503-738-9800
12:45 to 3:45 p.m. Tuesdays and Thursdays

Hot Meal Sites

Astoria Senior Center

1111 Exchange St.
503-325-3231
Noon on Mondays, \$5
Produce available Monday through Friday

Warrenton Community Center

170 SW Third St., Warrenton
503-861-4201
11:20 a.m. Tuesdays; doors open at 10:30 a.m., \$7 suggested donation
Monday meal delivery (call 503-861-4200)

Our Lady of Victory Sunday Supper

120 Ocean Way, Seaside (sit-in or take-away)
503-738-6161
3 to 4 p.m. Sundays, free

Svensen Senior Meals

92683 Svensen Market Road
503-458-6888 (call during mealtime)
Noon on Wednesdays and Thursdays
\$3 suggested donation for those over 60

Homebound meal delivery

Contact NorthWest Senior and Disability Services at 503-861-4200

Utilities Help

Pacific Power

Oregon Energy Assistance Program: OEAP assists low-income Clatsop County residents who are customers of Pacific Power.

Heat Oregon: A one-time grant that assists Pacific Power customers who have been sent final notices or have been disconnected. Call 503-325-1400 to see if you qualify (the program is not related to OEAP).

NW Natural Gas

Oregon Low Income Gas Assistance: OLGA grants are available to help pay gas bills, according to the utility's website. You may be eligible for grants up to \$1,500 over a two-year period if your household income isn't more than 15% of the state median income. Rules are slightly different for Washington residents. Grants are available on a first-come, first-served basis, but seniors, those with disabilities, and households with children may be considered first.

Unfortunately, these grants are based on federal funding, and so availability may be limited, but contact Clatsop Community Action at 503-325-1400 or NW Natural at 800-422-4012 for information.

Alternative Energy Source Assistance:

Low-Income Home Energy Assistance Program (LIHEAP) provides assistance with heating oil, propane, heating pellets, and wood (a receipt of purchase is required). Contact Clatsop Community Action Team, 503-325-1400.

Emergency Energy Assistance: If you have received a final notice or have been disconnected, you can contact an energy assistance specialist at 971-308-1044.



Treasurer Marlene Gore



Outgoing Secretary
Patty McDowell



Roberta Smith, Betsy Manring, and Teresa Bennett (seated) check in members Christine Lolich and Chong Dannen before the election. Election Chairman Daymon Edwards is at the far end of the table.

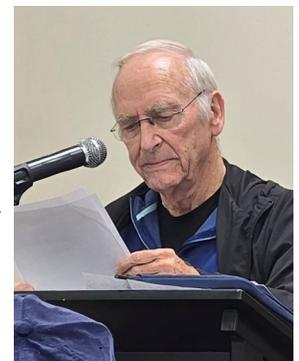
Photos by Cindy Yingst



Vice President
Missy Johnson



At-large board candidate
Melody Hansen



President candidate
Larry Miller



Sgt.-at-Arms candidate
Marilyn Erven

A behind-the-scenes look at the election

By Daymon Edwards

What an election-palooza!

ASC's annual meeting and election on Nov. 20 was a packed event the likes of which haven't been seen in decades. It took almost an hour to check everyone in and verify their membership.

A contentious vote for president brought out a plethora of supporters for each candidate. Weeks of quiet -- and sometimes overt -- campaigning revealed the different goals of each candidate and their strategies to reach their objective of becoming president of ASC.

In a nutshell, from my point of view, the candidates' perceptions of the duties of the presidency differed drastically, mostly viewed through their past experience as presidents of ASC.

Both candidates for President have held the office before—one the incumbent, the other a past president—so the membership was able to judge both candidates by their track records and achievements.

There were 127 votes cast, which gives us a good count of the attendees. Each candidate was given three minutes to present their platform. Some took less time, but none exceeded the three-minute limit, thanks to Peter's timekeeping. With nine candidates, including one not attending the meeting, it was a fairly quick affair.

After the ballots were cast, the counting team began tallying the votes in the Pool Room. Four teams of two counted the ballots entrusted to them, with

one team member calling out the votes and the other recording. None of the teams knew the overall total numbers cast for each candidate.

After a final check, the ballot counters were thanked. The votes for president were recounted by a two-member audit team and compared to the original count, then counted again.

As in past elections, the number of votes for each candidate was kept confidential, and the two auditors confirmed their commitment to that policy.

The results were announced to the assembled members, and sent to all members by email.

Reporter's notes

The Executive Board, at its Nov. 21 board meeting, confirmed the tradition of announcing election results but not the vote count for each candidate.

Voting: Some members were confused about signing in, receiving their ballot, marking it, and then leaving without staying for the whole meeting. Our Bylaws say that members in good standing vote at the annual meeting (in person) but say nothing about staying through the entire process. Many members had other commitments, but still wanted to exercise their right to vote.

By-Laws and Policy: Members can contact *any* Executive Board member for clarification or to suggest changes. The board will conduct a Bylaw and policy review in 2026. For concerns or comments about the election process, contact me so I can include them in my post-election report to the Executive Board.

This month in history

1804, Dec. 24 – Members of the Lewis and Clark Expedition, staying the winter near present-day Washburn, N.D., complete Fort Mandan just in time for

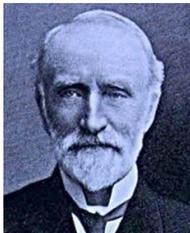
Christmas. Here they meet Toussaint Charbonneau, whom they hire as an interpreter, and his Shoshone wife, Sacagawea.

1813, Dec 12-13 – The British war sloop *Raccoon* arrives in Astoria during the War of 1812 and members of the Royal Navy reclaim Fort Astoria. They rename the outpost Fort George after King George III. Five years later, the fort will be returned to the United States.

1851, Dec. 1 – County commissioners meet in Lexington – part of present-day Warrenton – and declare it the county seat. The title is short-lived, as the county seat moves to Astoria within a year.

1890 – Astoria Elks Lodge is chartered.

1903, Dec. 4 – Daniel K. Warren, founder of Warrenton, dies at age 67. He had his fingers in many pies. In addition to plating the town, he financed logging operations and sawmills, cattle ranches and slaughterhouses, railroads, schools and diking districts. He was elected to the State Senate, and was a bank president and railway president.



1922, Dec. 8 – Astoria's great fire erupts, destroying most of the city's downtown – 32 blocks of mostly wooden buildings valued at \$11 million. The Astoria Theatre, where Clark

Gable began his acting career, is among the buildings destroyed.

Community Events

Coffee & Pastries for Veterans, 9 to 11 a.m. Thursdays, Astoria Elks Lodge, 453 11th St. Free.

Knit/crochet volunteer group making blankets for hospital patients, 4 to 6 p.m. Wednesdays, Suite 203 Park Medical Building (west entrance). Info: 971-286-0085.

"Meet Me in St. Louis," the 1944 Judy Garland movie, Silver Screen Film Series, 2 p.m. Dec. 2, Liberty Theatre. Free to ASC members who RSVP to 503-325-3231, otherwise \$5.

Veterans Breakfast with county veterans services officer, 8 to 10 a.m. Dec. 4, Lum's Auto Center, 1605 SE Ensign Ln, Warrenton. Free.

Photos with Santa, 11 a.m. to 2 p.m. Saturdays until Christmas, Liberty Theatre lobby. Open to all ages. Bring a camera. Free.

"The Hallelujah Girls" comedy play, 7 p.m. Dec. 5-20 with 2 p.m. on matinee Dec. 14, Astor Street Opry Co., 129 W. Bond St. Tickets \$10-\$35. Info: 503-325-6104.

"Carol for Tiny Tim," a sequel to "A Christmas Carol," 7:30 p.m. Dec. 4, 5, 6, 12, 13, 19, and 20, and 3 p.m. Dec. 14 and 21, Coaster Theatre, 108 N. Hemlock St., Cannon Beach. \$30. Info: 503-436-1242.

"Holidazed! A Spectravagasm Christmas" play (contains strong language), 7:30 p.m. Dec. 5, 6, 12, 13, 18, 19, and 20, and 3:30 p.m. Dec. 7 and 14, The Ten Fifteen Theatre, 1015 Commercial St. Tickets \$20 seniors, \$25 general at thetenfifteen-theater.ludus.com. Info: 503-298-5255.

"The Nutcracker" presented by Little Ballet Theatre, 2 p.m. Dec. 6 and 7, and 7:30 p.m. Dec. 6, Astoria High School. Tickets \$19 and up. Info: littleballettheatre.com.

Sea-Themed Ornament Making with Columbia River Maritime Museum, 10 a.m. to noon Dec. 6, Lower Columbia Q Center, 171 W. Bond St. Free. Info: 503-468-5155.

Clatsop Animal Assistance Fundraiser, 11-4 Dec. 6, Fort George Lovell Showroom, 1483 Duane St. Gifts, bake sale, bring a pet for photos with Santa. Free.

Providence Seaside Festival of Trees Open House, 10 a.m. to 2 p.m. Dec. 6, Seaside Convention Center, 415 First Ave. Free.

Crab Pot Tree Lighting with lighted boats, 5 p.m. Dec. 7, Hammond Marina. Free.

Holiday Tea & Plum Pudding, 1 to 4 p.m. Dec. 6, 7, 13, 14, 20, 21, 26, 27, 28, 29, Flavel House, 714 Exchange St. \$14 paid at the door.

Astoria Holiday Market, featuring 65 small businesses selling handmade goods, 10-3 Dec. 7 and 14, Astoria Armory, 1636 Exchange St. Free admission.

Winter Bazaar & Craft Fair, 10 a.m. to 3 p.m. Dec. 6 and 7, Clatsop County Fair Main Hall, 92937 Walluski Loop. Free admission and parking. Info: 503-941-0227.

Fort to Sea Trail hike sponsored by Onward Adventures, 8:30 a.m. Dec. 7. Meet in parking lot. Bus ride to starting point with hike back to your car. Free. Info: 503-741-9790.

Water Music Society Christmas Concert with appetizers and beverages, 2 p.m. Dec. 7, Historic Chinook School, Chinook. \$15. Info: 360-244-3627.

Mobile Dental Clinic emergency dental and referral services for those without adequate insurance. Walk-ins available 8 a.m. to 1 p.m. Dec. 8, Clatsop Community Action, 364 Ninth St., Astoria. Info: 971-286-8776. Free.

"Elf" on the Twelfth movie starring Will Ferrell, 7 p.m. Dec. 12, Liberty Theatre. Come dressed in North Pole attire and bring a pair of socks to donate to local homeless shelters. Tickets \$5.

Memorial for departed loved ones by Scandinavian Heritage Association, 5:30 p.m. Dec. 12, Astoria Nordic Park. Info: AstoriaNordicPark.org. Free.

Holiday Voyage concert by Columbia River Symphony with the Warrenton Middle and High School Choirs, 7 p.m. Dec. 13, Liberty Theatre. Free.

Carols, Cookies & Cocoa with Peninsula Association of Performing Artists, 3-5 p.m. Dec. 14, Fort Columbia Theater in Chinook. Free, with donations accepted. Info: papatheater.com, or 360-836-4448.

Grief Support Group, 2:30-4 p.m. Dec. 18, Lower Columbia Hospice, 2120 Exchange St. Ste 203. Info: 503-338-6230.

White Christmas Sing-Along, 7 p.m. Dec. 19, Liberty Theatre. Tickets \$10 at libertyastoria.showare.com.

Fallen Heroes, tribute to music legends who died in 2025, 10 p.m. Dec. 31, Liberty Theatre's McTavish Room. \$10 donation.

Santa welcomes gathering of his ASC friends at Astoria Armory

Ho, Ho, Ho, and Merry Jingle Bells! This is Santa Claus reporting. That jolly elf, Missy Johnson, and her merry crew have planned the biggest ASC Christmas Free-to-Members Luncheon ever! Ho, Ho, Ho... yes, she is!

The event for as many as 175 members and their guests includes a decadently delicious and downright wonderful lunch.

On the menu:

- ◇ Roasted prime rib with au jus or oven-roasted chicken or a vegetarian option,
- ◇ Au gratin potatoes,
- ◇ Steamed petite carottes (that's fancy French talk for carrots),
- ◇ Yeast dinner rolls,
- ◇ Salad with a choice of dressings,
- ◇ Tara's Famous (and celebrated) Carrot Cake de Noël.

All this divinely savory and scrumptious fare will be served at Astoria's Armory, 1636 Exchange St., on Dec. 11. Doors open at 11 a.m., followed by a very entertaining musical interlude by the Heniman Family, and the buffet will open at 12:30 p.m.

Tables will be set for six people each. Parking is limited in that part of town. Sometimes there's barely enough room for me and the reindeer to park and enjoy a basket of fish and chips. The reindeer like to visit with the Moose across the street, while Mrs. Claus and I enjoy our fish and chips al fresco.

Parking suggestions: Bow Picker parking lot (officially the



Coast Guard parking lot), the Charlene Larsen Performing Arts Center lot up the street, or you could car-pool, bike, trike, or skateboard (reindeer not included).

And just when I think we can't get any more twinkle out of those LED lights or any more tinkle out of the silver bells — while a partridge in a pear tree squawks for its covey — to think that \$1 could be squeezed from your tight grip! Oh

my. There will be a raffle, a 3-tickets-for-a-dollar kind of raffle.

Raffle prizes include, but are not limited to:

- ◇ Gift baskets,
- ◇ The lovely flower arrangements on each table,
- ◇ A certificate for two to ASC's Monday Lunch,
- ◇ A certificate for two to attend ASC's Saturday Movie with VIP seating and complimentary popcorn.

Give freely of your dollars for the raffle, please don't squeeze them so tight that Washington's eyes roll up in exasperation. All money raised will go toward funding the Christmas Luncheon.

Christmas Quiz: What is my "other" reindeer's name? The answer is somewhere in this edition.

Merry Christmas to all, and don't forget to leave a cookie and milk for me on the 24th.

Love,
Santa Claus

North Pole

December birthdays

"At age 20, we worry about what others think of us. At age 40, we don't care what they think of us. At age 60, we discover they haven't been thinking of us at all" ~ Ann Landers

Monthly birthday party
Join us at noon Friday, Dec. 26, to celebrate the birthdays of members born this month. There's cake involved!

Did we miss your birthday or spell your name wrong? Please let us know at asc@dblcy.net or 503-791-3972. Or call the center director at 503-325-3231.

- | | | | | |
|------------------|------------------|-------------------|-----------------|------------------|
| Pamela Alegria | Marilyn Erven | McLaren Innes | Theresa Medina | Clarice Snyder |
| Marlyn Allen | Randy Everson | Ilene Jackson | Danae Meyen | Mardee Spaan |
| Rebecca Bafford | Starlene Everson | Missy Johnson | Kitty Munro | Thomas Stanley |
| Judy Bigby | Jacquelyn Ford | Ruth Johnson | Carol Newman | Aggie Stocker |
| Richard Bushek | Carl Gadberry | Howard Klein | Erick Panula | Eve Stover |
| Tess Chedsey | Diane Gallagher- | Carleen Lane | Debbie Perrin | Nelson Taylor |
| Lee Clinton | McVey | Karen Leinenkugel | Hilarie Phelps | Doris Thompson |
| Michael Donnelly | Carol Gearin | Barbara Lemacks | James Reed | Becky Thormahlen |
| Debbie Dorsey | Gary Gilligan | Kathy Liebowitz | Robert Reuter | Sally Turchetta |
| Linda Doss | Lauren Harms | Brodie MacDonald | Cynthia Ricks | Danielle Wade |
| Marjo Dunagan | Isa Haverlan | Butch McConnell | Jennifer Rigley | Ernie West |
| Julie Duyff | Wendela Howie | Clyde McDonald | Dolores Sharp | Gary Willett |

Passings

Sandra Delekson

67, Astoria

Former longtime resident and Astoria Senior Center member Sandra Delekson has died. She was 67.

Delekson had been staying in Tillamook following complications of a stroke last year. She was a retired human resources manager for the federal government and had served in the military.



Delekson graduated from Astoria High School in 1977 and studied business administration at River-side Community College.

Most of all, she was a deeply religious person and humanitarian. She wrote on her Facebook page: "I am a quiet person with a heart after God. I am very careful with my friends, as my time is very valuable to me ... I don't need a man in my life to be happy. I have Jesus and that is all I need."

Larry Allen, a former ASC Board of Directors president, recalled a time she invited him on one of her

outing helping homeless people.

"At each stop, Sandy would go to the river's edge of the (River)walk and yell out a name. 'Sam, it's

Sandy. Are you there?' Then a groggy, half-asleep body would appear and Sandy would say, 'How ya fixed for blankets? It's going to be cold tonight. Got some socks? Need any?'"

"So it went, stop after stop, with Sandy calling

out individuals by their names and offering a warm blanket and compassion."

Delekson also did mission work in South Africa, Allen said.

"Sandy was a quiet, unassuming woman with a grand mission and she went about her business without fanfare or calling attention to herself," Allen said. "For Sandy, it was all about living in the real world and doing her part to make it a better place for those in need."

She liked crafts, bowling, the beach, traveling and working with her church and the homeless.

Your next job could be here

Astoria Senior Center seeks a part-time Assistant Executive Director



Duties: Lead operations, coordinate activities, manage finances, and engage with the senior community.

Must have: Office and financial experience. Social services and communication skills. A driver's license.

Apply at

Astoria Senior Center

1111 Exchange St.

Applications accepted through Nov. 28



Dec. 6

The Proposal

(2009), 1:45

Boss and assistant, Forced to wed to save her job — Love blooms unexpectedly.



Dec. 13

Sabrina

(1995), 2:07

Sabrina returns home, From Paris with dreams and charm — Love's quiet surprise.

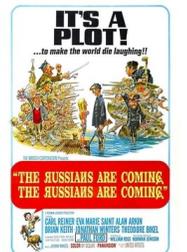


Dec. 20

The Russians Are Coming

(1966), 2:06

Submarine ashore, Chaos and laughs intertwine— Friendship breaks the ice.

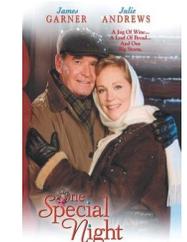


Dec. 27

One Special Night

(1999), 1:32

Two hearts, strangers meet, Winter's chill melts walls of past— Love blooms overnight.



— Synopses by Daymon Edwards



The best job of all? Serving others as a volunteer

By Daymon Edwards

The United States has a long history of volunteerism, which has played a vital role in strengthening our country and especially our communities, and nowhere is this more evident than at the Astoria Senior Center.

By dedicating time and effort, volunteers create a welcoming environment where members can engage, socialize, and access essential services. Their contributions not only enrich members' lives but also foster a sense of connection and purpose among volunteers themselves.

Astoria Senior Center volunteers support a wide range of activities, from organizing social events and assisting with daily operations to providing companionship and helping with educational programs. This involvement is crucial in combating loneliness and promoting mental and physical well-being. Moreover, volunteering here builds bridges across generations and enhances community solidarity.

Surprisingly, the ASC has only one full-time position, that of executive director, and two part-time positions, assistant to the director and the custodian. Mostly, the ASC functions with volunteers.

From the moment you enter, you're greeted by a volunteer hostess and, as you attend classes, workshops, or games, they are all led by volunteers. Members of the Board of Directors volunteer their time, as does the volunteer who waters the plants.

Many of the 2,700 seniors in Astoria aren't interested in joining ASC for one reason or another, but one constant reason I hear from fellow seniors is, "I don't want to be around a bunch of old people."

Membership starts at 60 -- hardly old in this day and age. Many who think ASC is for old people couldn't keep up with the members who attend morning

exercise class, yoga or line dancing. They can expand their minds and knowledge through an ENCORE class, or attend Thursday night jam (music, not preserves) sessions.

If you're not interested in attending any ASC activities, you can still volunteer your time and talents. At the moment, we need people to help with the website, mostly updating and posting. ASC needs people who can write and find grants. Our lunch program needs a volunteer coordinator. We have volunteer opportunities that take as little as 30 minutes per week.

Joining the volunteer team at Astoria Senior Center provides a meaningful

way to give back, develop new skills, and make a lasting impact on the lives of other members. It's a rewarding experience that benefits everyone and proves that even small acts of kindness can create significant positive change.

We do not have an overall volunteer coordinator to contact if you are interested in volunteering. Ironic, isn't it?

But, you can contact ASC at 503-325-3231 and we will get you started on a rewarding journey of volunteerism.

Angling to help with fish

The fisheries in Warrenton and Astoria have given the incidental catch to nonprofit groups for years. Astoria Senior Center is one of those groups.

The incidental catch refers to the portion of the catch that was unintentionally caught, nontargeted species caught alongside the targeted species.

The salmon was distributed by Victor Kee, cleaned and filleted by Jim Dutcher and Norm Hoxsey, and packaged for members by Norm and Brenda Hoxsey.

Last week, we gave away 170 pounds of salmon fillets to members as they left the annual meeting.

A big thank you to Norm, Brenda, Jim, and Victor. Processing and handling all that fish is a big, big job!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1 9 am Exercise CR 9:45 Yoga CR 11 History of Rock (ENCORE) CR 12 Pizza lunch 1 pm Mahjong SR 2 pm Autism & Disability (ENCORE) CR</p>	<p>2 9 am Tai Chi CR 9:30 Live Tai Chi CR 10 am Women's Meeting PR 11 am Bridge CR 11 Line Dance SR 1 pm Crafts PR 1:30 Bunco SR</p>	<p>3 8 am Genealogy PR 9 am Exercise CR 9:45 am Yoga CR 11 am Men's Mtg CR 1 pm Beginning Line Dance 1 pm Mahjong SR 2:30 Adv Line Dance CR</p>	<p>4 9 am Tai Chi CR 9:30 Live Tai Chi CR 11 am Line Dance SR 11 am Bridge CR 1 pm Bunco SR 1:15 Pinochle, Shang Hi, Skip Bo SR 6-8 pm Jam session CR</p>	<p>5 9 am Exercise CR 10 am Chinese Philosophy (ENCORE) CR 12:30 Adv Line Dancing CR 1 pm Bingo SR 2 pm Audiology Class (ENCORE) CR</p>	<p>6 1130 am Movies 1145 am Games</p>
<p>8 9 am Exercise CR 9:45 Yoga CR 11 History of Rock (ENCORE) CR 12 Hot lunch 1 pm Mahjong SR</p>	<p>9 9 am Tai Chi CR 9:30 Live Tai Chi CR 11 am Bridge CR 11 Line Dance SR 1 pm Crafts PR 1:30 Bunco SR</p>	<p>10 8 am Genealogy PR 9 am Exercise CR 9:45 am Yoga CR 1 pm Beginning Line Dance 1 pm Mahjong SR 2:30 Adv Line Dance CR</p>	<p>11  6-8 pm Jam Session</p>	<p>12 9 am Exercise CR 10 am Chinese Philosophy (ENCORE) CR 12:30 Adv Line Dancing CR 1 pm Bingo SR 2 pm Audiology Class (ENCORE) CR</p>	<p>13 1130 am Movies 1145 am Games</p>
<p>15 9 am Exercise CR 9:45 Yoga CR 11 History of Rock (ENCORE) CR 12 Hot lunch 1 pm Mahjong SR 2 pm Local Author Series (ENCORE) CR</p>	<p>16 9 am Tai Chi CR 9:30 Live Tai Chi CR 11 am Bridge CR 11 Line Dance SR 1 pm Crafts PR 1:30 Bunco SR</p>	<p>17 8 am Genealogy PR 9 am Exercise CR 9:45 am Yoga CR 1 pm Beginning Line Dance 1 pm Mahjong SR 2:30 Adv Line Dance CR</p>	<p>18 9 am ASC board mtg 9 am Tai Chi CR 9:30 Live Tai Chi CR 10 am Membership meeting SR 11 am Line Dance SR 11 am Bridge CR 1:15 Games SR 6-8 pm Jam Session</p>	<p>19 9 am Exercise CR 9 am Scrapbook & Cardmaking SR 10 am Simple technology help CR 12:30 Adv Line Dance 1 pm Bingo SR 2 pm NW Authors Holidays Readings</p>	<p>20 1130 am Movies 1145 am Games</p>
<p>22 9 am Exercise CR 9:45 Yoga CR NO LUNCH TODAY (cook on vacation) 1 pm Mahjong SR</p>	<p>23 9 am Tai Chi CR 9:30 Live Tai Chi CR 11 am Bridge CR 11 Line Dance SR 1 pm Crafts PR 1:30 Bunco SR</p>	<p>24 8 am Genealogy PR 9 am Exercise CR 9:45 am Yoga CR 1 pm Beginning Line Dance 1 pm Mahjong SR 2:30 Adv Line Dance CR</p>	<p> Center closed for Christmas</p>	<p>26 9 am Exercise CR Noon Birthday Party SR 12:30 Adv Line Dancing CR 1 pm Bingo SR</p>	<p>27 1130 am Movies 1145 am Games</p>
<p>29 9 am Exercise CR 9:45 Yoga CR 12 New Year's Bash Potluck 1 pm Mahjong SR</p>	<p>30 9 am Tai Chi CR 9:30 Live Tai Chi CR 11 am Bridge CR 11 Line Dance SR 1 pm Crafts PR 1:30 Bunco SR</p>	<p>31 8 am Genealogy PR 9 am Exercise CR 9:45 am Yoga CR 1 pm Beginning Line Dance 1 pm Mahjong SR 2:30 Adv Line Dance CR</p>	<p>1  Center closed for New Year's Day</p>		