Aquatics | Fitness
Youth Center | Activities for Adults
Performing Arts Center
Rex Champ Ball Field
Pickleball Courts

Come Join Us!

FRIDAY • SEPT. 30TH
9am to 1pm
- FREE Fitness Center Sample Classes
- FREE Aquatics Adult Fitness Programs
- Sample our many Activities for Adults
  Information Table • Facility Tours • Light Refreshments
- 6:00PM Family Movie Night
  in the NCRD Preforming Arts Center

SATURDAY • OCT. 1ST
11am to 2pm
- FREE BBQ LUNCH & LIVE MUSIC
  NCRD Upper Parking Lot Area
- Youth Activities and Games!

Summer Youth Adventures!
Check out all their fun on Page 5
NCRD Pool Was The Place To Be This Summer
For Families, Fitness & Fun

This summer was the first summer our pool was open to the general public after operating with strict COVID protocols on a reservation system the previous two summers. It was a great feeling to be able to welcome everyone back without all those restrictions.

The Open Swims were busy with locals as well as families from out of town. Our Swim Lessons were very well attended, and they attracted families from Astoria to Bay City, along with many second homeowners.

We expanded our Parent/Toddler Swim Lessons to include older siblings, to make it more convenient for families with multiple children. Parents were able to come and get in the pool with their children and essentially have a Family Swim Lesson. I don’t know of any other pool that offers anything like it. The families really enjoyed themselves.

Our swim lessons are tailored to the individual. Our instructors welcome all ages and abilities in a safe and nurturing environment.
“Something Magical About NCRD’s Online Yoga”

By Lorraine Ortiz

Many of our NCRD yoga community have been coming together to practice for more than 30 years. And now, with the advent of our ability to offer live, online yoga classes via ZOOM, we have expanded our community to include participants from five states and two countries!

In this issue, we are delighted to highlight someone who has become a dedicated member of our yoga community because of our online offerings. Let us introduce you....

Rachel Wilson lives on a 400-acre pioneer homestead on the Wilson River—about an hour’s drive from Nehalem. She has been practicing yoga, on and off, for about 15 years—first discovering it through a college class in the 80’s. Living primarily in a rural area has made finding classes challenging, but over the years Rachel has managed to find a few teachers who try on rural living and eventually move on. She has also tried yoga at a fitness gym—but it felt more like calisthenics and just didn’t resonate. Then the pandemic hit, and Rachel was one of the millions of people suddenly working from home. When the TBCC catalog for Fall 2020 arrived in her mailbox, she saw the NCRD Yoga classes—ONLINE—via ZOOM.

“At that point, I was working from home, so I signed up for Wednesday morning, Restorative, and Saturday morning,” said Rachel. “I continued with that schedule for several terms and then decided to become a member of NCRD Fitness to have access to as many yoga classes as I wanted. By Summer 2021, I was taking Monday night Yin, Wednesday morning, Restorative Wednesday Night, Thursday morning Chair, Friday morning Very Gentle Yoga and Saturday morning Classical.”

“Sure, I could have taken pre-recorded classes I found on the internet—there are thousands of them—but at NCRD I have found a live yoga community,” she explained. “The teachers know me, and the other students recognize my name and I recognize theirs as they sign in. They know when I am there, and they know when I am gone and often ask about my well-being when I return.”

She continued, “there is just something magical about the NCRD online yoga classes—something the teacher reads or says always seems to apply.”

Rachel says that the online yoga classes have been a lifesaver. Being in her own space for the online classes allows her to really listen to what is being said by the teacher rather than being distracted by what others are doing.

“I am not an athlete; I don’t do sports—yoga is the one thing I have stuck with. There is no competition, I am doing what my body wants/needs to do. I notice that the breathing comes in really handy when I am stressed out or I’ll go into Warrior One to stretch my upper body when I find I can’t reach something!”

“There is no way that I could do this if I didn’t have the ZOOM option. If I had to drive about an hour on a Saturday morning to attend a class, it would be way too easy to roll over and go back to sleep,” Rachel explains. “As I watch my 92-year-old mother who has zero mobility or body strength, I am motivated by these classes to stay mobile and strong.”

When asked if Rachel has any advice for the NCRD Yoga Program, she replied “Don’t ever take the ZOOM option away! I don’t know where I would go to yoga—the closest studio is an hour away. I know there are other practices online, but I now belong to a community with the NCRD yoga program, and I like that. The only thing NCRD could do is offer more...❤️”

Thank you, Rachel—and our gratitude to each of you who have become a part of our programs through our online offerings. We will continue to offer our yoga classes three ways to support you in your practice: in-person, hybrid (online & in-person) and ZOOM only. Full class descriptions and details are available at www.ncrd.org.

If you haven’t yet tried one of our classes, we highly recommend you give it a try. Think about adding a yoga class either before or after your workout or favorite fitness class. Our skilled instructors will meet you at your current flexibility level. ♦
Where Is The Pool, and What Are We Doing?

These are questions that we are often asked by the community. We are doing a lot of work behind the scenes. Our job is to use the funds in the best interest of the community and that is what we are going to do. For instance, we are working with the architect and looking at all possibilities to reduce costs while maintaining the same bodies of water. We are actively applying for additional grant monies, but these take time, and we won't have a decision until at least the end of the year. In addition, we have had meetings with local politicians to not only talk about our project but also get some advice and direction regarding potential monies that might be available. In addition, we have held two workshops and will have another soon.

So, What Does This All Mean?

The Board of Directors will continue to gather information and next steps will be discussed at our next workshop. We very much welcome questions and will make all information public once we have a clearer picture. Just know that this is very important to NCRD and we understand how it will impact the public. We must get this right.

A few months ago, we had a survey circulating within the community. This provided some great feedback and will help us make some decisions in the future. There are many things that we can improve on and are taking steps towards making some changes. As always, I have an open-door policy and welcome anyone that has questions, concerns and even complaints. As we enter our Fall quarter, you will continue to see more NCRD activities, classes, and community events. Thanks to all for your support since without you, there would be no NCRD.

-Dondi Cortinas, Executive Director ♦

Friends of NCRD

Friends of NCRD, on a mission to raise money in support of North County Recreation District, nears the end of a FABULOUS FLOWER FUNDRAISING season. Flower arrangements, on sale daily at the Little Apple, raised nearly $5,000 for Youth scholarships, summer programs and projects at NCRD.

ENORMOUS GRATITUDE goes to Judy and Chung Lee at the Little Apple for their support, and to Patty Rinehart for organizing the fundraiser and donating her garden's bounty. Special thanks to Friends' President Linda Makohon and Treasurer Carol Mills for leading the 8:00 am flower arranging sessions and for guiding a team of Priceless Volunteers: Andrea Cortinas, Jeana Gustavson, Ellen Drumheller, Patricia Welch, Mary Moran, Debbie Crosman, Steve Dowell, Karli Kottenko, Judy Stone-Aaen, Colleen and Doug Dick, Dianne Bloom, Martha Schechtel, Michelle Vinciguerra, Linda Urzdik, Steve Miller, Susan Hayden, Cecile LaPointe, Susan Reinhardt, Janet Ward, Barb Scott-Brier, and Gail Young.

FRIENDS FALL FUNDRAISER has begun. Place your order for Spring Blooming Bulbs and Potted Amaryllis. Photos of daffodils, tulips, hyacinths, crocus, paperwhites and amaryllis, as well as order forms, are at the Friends table in the Little Apple parking lot and at the NCRD Welcome Center. To request an emailed bulb booklet and order form, contact gyoung@friendsofncrd.org. Questions? Call Patty 503.368.6081.

JOIN FRIENDS in supporting our community’s recreation district programs and projects, which enrich the lives of all in North Tillamook County. GO TO friendsofncrd.org for a 2022 Membership Form. VOLUNTEER to help with the next fundraiser. MAKE a supporting DONATION. PLACE AN ORDER for Spring Blooming Bulbs and Potted Amaryllis. ♦
Youth Adventures!

Continued from page 1

This summer was full of learning and fun for the children. We traveled virtually to 8 different countries. We went on 7 amazing field trips. We also had fun swimming, gardening, crafting, reading, cooking, experimenting, and playing throughout the entire time.

Our travels took us to Australia, USA, Ecuador, Japan, United Kingdom, Netherlands, Mexico, and Korea. In these virtual travels we learned about each country’s population, type of government, what they do for fun, their must-see sites, the flags, their geographical location especially related to us, and let’s not forget food. We took virtual walks through many of the country’s zoo’s, parks, and other natural sites, completed crafts, ate snacks from the country and even learned a Mexican dance. Most snacks were liked, with an alternative snack needed sometimes.

Our field trips took us to the Astoria Maritime Museum & Column, Short Sands, Tillamook Air Museum & Barview Sandhill, Train Ride & Museum, Tillamook Forest Center, Cape Meares Lighthouse & Whiskey Creek Fish Hatchery, and Fun Day at Rex Champ. We had a great time and look forward to more adventures next summer!

Our summer was also filled with many other things including swimming, bookmobile visits, NES garden watering, crafts, and experiments. One of the most interesting experiments was the egg drop. Each child designed their own nest with materials they could access. The children also really enjoyed the flying airplane experiment, asking to do it again.

As for food, we enjoyed eating produce from the garden, and trying new foods. It’s been interesting to see what the children think something’s going to taste like before, and then what they think after eating it. We learned “spicy” food is good in the center. And that almost any kind of fruit and veggies are good too!

The Youth Center Team would like to thank all that have supported us and continue to support us. Our success is possible because of your contributions. THANK YOU! ♦
Performing Arts Center

Summer in the Performing Arts Center is a bit slower than the rest of the year. June brought us Missoula Children’s Theater version of *The Jungle Book*, with over 50 young thespians singing and dancing across our stage.

Thanks to Friends of NCRD, we have a new bench near the theater entrance. Part of their Recycled Plastic Bench project, we hope to have a matching bench within the next year. The entrance is slowly coming together. We hope to have more permanent plantings by next year.

The amazing band, 3 Leg Torso from Portland, returned to our stage on August 27 for their first NCRD show since 2019! Chamber music, tango, klezmer, Latin, and Gypsy music, they do it all.

This long-awaited show had been canceled twice due to the pandemic. The music was a joy to hear, the performers were great, and everyone was very happy to have them back. 3 Leg Torso will always be welcome at NCRD!

Rising Tide Productions started rehearsals in July for *Seascape*, a two-act play written by Edward Albee.

The cast included a middle-aged couple relaxing on a beach and a pair of sea lizards who speak English and have left the ocean in search of a better life.

The play ran for two weekends in early September and returned for a final weekend at the end of the month.

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Performing Arts Center
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UPCOMING EVENTS

Free Movie Night for our 25th Anniversary Celebration, September 30.

The Youth Department’s KIDS NIGHT OUT event on October 14 will feature a movie. Contact NCRD Youth Department for details and registration for this event.

Dracula, October 21-23, a 1940’s-style Radio Show, presented by Riverbend Players.

HALLOWEEN SHORT FILMS SHOWCASE, October 29. Suspense! Horror! Sci-Fi! Hosted by the McMinnville Short Film Festival, we’ll be presenting several short and scary films produced by independent film makers from the Northwest. What better way to start the Halloween weekend!

Kate And The Crocodiles, November 26, 7:00 pm.

It’s A Wonderful Life, December 9-11, a 1940’s-style Radio Show, presented by Riverbend Players. Auditions are October 5 and 6 at NCRD. ♦

SUSPENSE/HORROR/SCI-FI
HALLOWEEN SHORT FILMS SHOWCASE

Hosted By: McMinnville Short Film Festival

$7 tickets sold at door

October 29th, 6pm at NCRD
36155 Ninth Street, Nehalem OR 97131
NCRD has several positions open in Aquatics. There are opportunities for full-time and part-time employment. We are looking for Lifeguards, Swim Instructors, and Aquatics Fitness Instructors. We are looking for a CPO (Certified Pool Operator) and Pool Maintenance person. We are willing to provide training to qualified individuals. Interested individuals please contact 971.308.0304 or pool@ncrdnehalem.org.