



House of Orange Gallery
resident artist
Greg Scott Brownlow

Shop local for original works of art
and repurposed home decor
See pages 7-10



Home Improvement | Decor
Real Estate | Construction

Spring
2024

Check out these booths & so much more at the 2024 Tillamook Headlight Herald Home & Garden Show



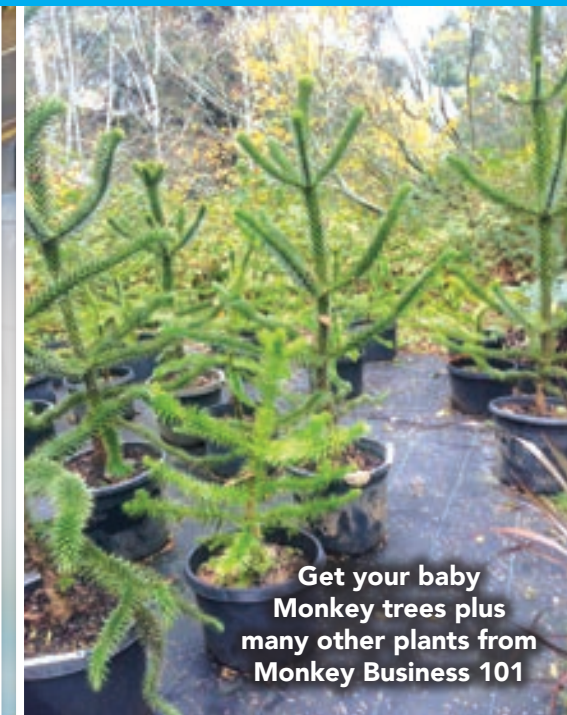
Support the American Legion fundraiser
by purchasing beautifully designed
wooden American flags by Rick Stelzig

See page 4



Tillamook Beekeepers
is hosting
Bee Days 2024
featuring raffles,
honey products, plants
for pollinators plus
educational workshops

See page 5



Get your baby
Monkey trees plus
many other plants from
Monkey Business 101

See page 6

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Home Equity Loans at a Glance

By TLC, a Division of Fibre Federal Credit Union

Home equity loans and home equity lines of credit (HELOCs) are options to help pay for big expenses. But how do they work? It all starts with equity, the portion of your home you own after making mortgage payments. You can use the equity you've built up in your home over time as collateral for borrowing money.

With a home equity loan, you get all the money you're borrowing up front at once and then pay it back over time. The monthly payment and the interest rate are fixed, so you'll pay the same amount each month.

With a HELOC, you can tap into your home's equity as needed, up to a pre-set credit limit. Unlike home equity loans, HELOCs usually have a variable interest rate and there's no predetermined fixed monthly payment.

Common uses for home equity loans and HELOCs:



Renovations: Home renovation and major repair projects could be considered an investment in your home, which will pay off when you decide to sell it.

Debt Consolidation: Using a loan with a lower interest rate to pay off a high balance or consolidate credit card debt can help improve your credit and reduce monthly expenses.

College Tuition: A home equity loan or HELOC interest rate will likely be lower than those associated with

student loans.

Emergency Expenses: If your emergency fund can't cover sudden expenses, tapping the equity in your home could be a great way to supplement it.

Before applying for your home equity loan or HELOC, consider why you need the money, when you need the money (now or later), and how long you plan on staying in your home. Having a clear plan will help you make the smartest choice for your budget and lifestyle.

Discover unique home improvement and gardening products at the 2024 Tillamook Headlight Herald Home & Garden Show



Tillamook Beekeepers Assoc. is featuring

Bee Days 2024

- Honey products & plants for pollinators for sale
- Educational workshops
- Enter to win a Bee Hive

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Still booking vendors!
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Spring into Home & Garden Savings at the annual Home & Garden Show 20% off new & renewing subscriptions of the Headlight Herald

A message from Co-Sponsor, Tillamook County Solid Waste

By Justin Weiss

Tillamook County Interim Solid Waste Program Manager

Spring is here! A time of renewal and growth across many facets of life. A season filled with spring cleaning, budding fruits and veggies, and excitement for the warmer months to come. At this year's home & garden show, we hope to illuminate a new perspective on waste and recycling, furthermore, welcoming a time to plant seeds of sustainability for the coming seasons.

Throughout the home & garden show, the Tillamook County Master Recyclers will be on hand to help:

- advise how you can develop at-home composting systems for your garden needs,
- quiz you on your knowledge of what can and cannot be recycled at any of the facilities located throughout the county,
- explain how plastic

pollution in the ocean turns into microplastics on the beach, and how you can help tackle this problem before it poses a health risk to beachgoers or an economic backlash to our local economy,

- create upcycled items to enhance and beautify your at home garden ecosystem,
- learn about the forthcoming revamped Tillamook County Master Recyclers Class,
- help you with your next painting job with some locally recycled latex paint, and
- inform you of upcoming changes to the list of materials the county can recycle.

It may interest you to learn that the volume of materials recycled here in Tillamook County has increased nearly 64% since 2019 – yes, 64%, that's not a misprint! And we continue to say: you can rest assured that every pound of recyclable material we collect in Tillamook

County is truly recycled. We verify the practices in place at the locations to which we market our recyclables, so that we know the materials you so fastidiously separate for recycling are actually transformed into new products. With every truck load of materials we ship directly to recycling facilities, we know that:

- your cardboard is processed into pulp and then new cardboard boxes,
- your tin cans are smelted and made into rebar for the construction industry,
- your Styrofoam is compacted and then extruded into coat hangers or picture frames,
- your milk jugs are recycled into pellets used to make new buckets or composite lumber,
- your glass is melted and made into new wine bottles, beer bottles, or canning jars, and
- your computers and printers are disassembled



and sent to smelters so that the valuable metals can be reclaimed and used in new electronics, and so on.

Don't leaf the earth a

mess! Be sure to come celebrate Earth Day weekend, 2024, with the Tillamook County Solid Waste and Recycling Team.



WELCOME HOME
SPRING 2024

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**Welcome Home
Summer 2024**
Publication date:
July 16, 2024
Deadline: June 21, 5 p.m.

Publisher: Frank Perea II
Editor: Will Chappell
Graphic Design:
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Handcrafted American flags fundraiser for American Legion

*To be featured at
2024 Tillamook
Headlight Herald
Home and Garden Show*

Rick Stelzig, the man who builds the bee hives for Tillamook Beekeepers that are raffled off at Bee Days each year will be featured at the 2024 Tillamook Headlight Herald Home and Garden Show selling American flags made of wood as a fundraiser for the American Legion Post 47 of Tillamook. In his own words, here is how he came to this project:

I've been asked why I'm involved with the American Legion.

As a marine veteran it was an easy choice. I joined the American Legion about three years ago and was assigned to a post in Portland, Oregon. Back in April I received word that the American Legion was going to reestablish the post 47 back here in Tillamook, So I switched my post to Tillamook.



Rick Stelzig in his shop with his beautifully designed flags crafted from wood that will be sold at this year's home and garden show.

Being a new member and never having been at an American Legion meeting, I learned that American Legion stood for a lot of good support for their community, also realizing the only funds they had would be the little bit they were able to keep from membership yearly dues.

I felt there was a need to

come up with some kind of project that I could do to raise funds for our local American legion so they also could offer some of the same programs back to our community that is offered over the rest of our nation.

I came up with the plans to build 10 handcrafted American flags that could offer to be sold at our 2024

Home and Garden Show.

If there is group or person with a noble idea that might need some help, I'm more than happy to help what little I can.

Thanks, Rick Stelzig

A statement from American Legion Post 47:

American Legion Post 47 has hit its one year anniversary of being back in Tillamook. We have a Facebook account <https://www.facebook.com/groups/6320116218064876> and web page <https://tillamookpost47.com/>. The Post has participated in the fair and the 80th anniversary with the air museum. They are working with other clubs to have events for veterans to come to. We will raffle wood flags and other things the post has to help established a connection with Tillamook businesses. We have grown to 73 members and will have a 1953 Willis Jeep in the parades this summer.



American Legion Post 47 still growing and helping veterans across the county.

Tillamook Beekeepers to host Bee Days 2024

To be featured at
2024 Tillamook
Headlight Herald
Home and Garden Show

Do you have concerns about the plight of the honey bee? Are you interested in helping save the honey bee? Or, do you just want to know more about this remarkable insect? Did you know that the Tillamook Beekeepers Association will introduce roughly 125 new colonies, approximately 1.25 million honey bees, to our community during April 2024? These colonies, along with the hundreds already thriving in the Tillamook region will double before the summer is over.

Of the 2 million species of insects on earth, the honey bee is the only insect that produces a product that humans consume. That product is honey, and who doesn't love honey? Honey has health benefits due to its anti-bacterial properties. Honey has been used for a variety of ills including cuts, burns, infections, stomach ulcers, and more. Honey is the only known food which has all the ingredients needed to keep you alive. It contains water, vitamins, minerals, and necessary enzymes to give the body energy. Pinosembrin, an antioxidant, is also found in honey and is effective at improving the functioning of the human brain. Honey also has antioxidant levels similar to that of apples, spinach, strawberries, and oranges.



Visit with the Tillamook Beekeepers Association at the 2024 Home and Garden Show. Name one of thousands of bees in our observation hive to help raise funds for the cause. Purchase some local, raw, unfiltered honey for your own health and enjoyment.

We are raffling off again this year, a beautiful Tillamook cheese block hive, with a \$200 gift certificate for the Tillamook Creamery for 2nd place, a \$100 gift certificate for the TCCA Farm Store as 3rd place, and a 4th place gift certificate for \$50 for JAndy Acres Nurseries. Tickets may be purchased online at www.tillamookbeekeepers.org.

Plants grown by JAndy Acres Nurseries will be sold under the umbrella of Tillamook Beekeepers. These are some of the most beautiful and bee friendly plants available in Tillamook. These plants are well suited for the Tillamook climate and also provide necessary forage for the honey bee. They include pollinator starts such as euphorbia, Armeria, wallflowers, lupins



The Tillamook Beekeepers Association is raffling off a Tillamook cheese block hive at the 2024 home and garden show.

and forget me nots as well as Little leaf linden and thundercloud flowering plum trees.

Short 15 to 20-minute classes about the incredible honey bee will be presented at 9:30 a.m., 11 a.m., 12:30 p.m. and 2 p.m. on Saturday, and 11:30, 1:00, and 2:30 on Sunday. These classes will be informative and stimulating for children and adults alike.

Enjoy the Headlight Herald Home and Garden Show Saturday, April 20th, 2024 (9 a.m. - 4 p.m.) and Sunday, April 21st, 2024 (11 a.m. - 4 p.m.). Tillamook County Fairgrounds, 4603 3rd St, Tillamook.



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Grow your own food with help from Monkey Business 101

**To be featured at
2024 Tillamook
Headlight Herald
Home and Garden Show**

Do you want to Lower your food bill and increase your sustainability? Start growing your own food right in your own backyard, it does not take much space. Monkey Business 101 Nursery is offering edible plants at the Tillamook Headlight Herald Home and Garden show to help you do just that.

Plants available at the home and garden show include:

Blueberries, Raspberries, Strawberries, Loganberries, Marionberries, Boysenberries, Lingonberries, Grapes, Horseradish, Gooseberries, Currants Red-White

or Black, and Fruit Trees. We will also be providing a limited selection of shrubs to plant around your edible landscaping to attract honey bees for good pollination, as well as our signature plant The Monkey Puzzle Trees.

Stop by our booth at the home and garden show and see how we can help you grow edible plants.

Barbara
Monkey Business 101
Nursery
971-227-0322

**Baby monkey trees
will be sold at the
2024 Tillamook
Headlight Herald
Home and Garden
Show this year.**



Blueberry bushes for sale at the home and garden show, featuring the Pink Lemonade variety.

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Gallery exhibitions April-June

Hoffman Gallery in April

Photography show featuring Melinda Hurst Frye, Brian Padian and Megan Hatch; sculptures by Stan Peterson

April 4-26, Thursday-Sunday, noon - 5 p.m.

Opening reception with artist talks April 6, 3-5 p.m.

Hoffman Gallery in May

Lindsay Aarts, watercolor and mixed-media collage; Mathew Goodrich, painter; Rose Covert, basketry and weaving

May 2-26, Thursday-



By Melinda Hurst Frye



Keeping At Bay by Lindsey Aarts

Sunday, noon - 5 p.m.

Opening reception with artist talks May 4, 3-5 p.m.

Hoffman Gallery in June

Runquist Brothers Retrospective Exhibition,

curated by Bonnie Laing-Malcolmson

May 30-June 30, Thursday-Sunday, noon-5 p.m.

Opening reception with curator talk June 1, 3-5 p.m.



Blue Beach Dogs by Stan Peterson

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Find home decor treasures at Heart of Cartm.

Rising from the Trashes: Celebrating 25 years of Trashy Fun

Heart of CARTM is inviting every community member to come out to the White Clover Grange in Nehalem, OR, from Thursday, May 16 to Sunday, May 19 to celebrate the silver jubilee of the Trash Bash Arts Festival. There will be music, food, spoken word, trashion and art. Discover all the things that trash can be!

Visit this website to

learn more about participate as an artist, designer, storyteller, or volunteer: <https://www.heartofcartm.org>.

For those who can't make it to Rising from the Trashes, stop by Heart of Cartm, a creative reuse store in Wheeler that welcomes visitors, patrons, donors, and volunteers Thursday–Monday, noon–6 p.m.



John Beaston conducts Repair Cafe demonstration.

Spring into creativity at Heart of Cartm

From upcycled art to unique home decor, find treasures that inspire and make a difference at Heart of Cartm in downtown Wheeler. Discover endless possibilities to reuse and reimagine discards, all while supporting their mission to reuse, repair

and reimagine discards for community benefit.

Heart of Cartm also hosts a Repair Cafe each month, where customers can receive advice and repair from expert fixers! Learn more and register for the next Cafe at www.heartofcartm.org.



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Shop local for original works or art and repurposed home decor, continued



Deborah DeWit
"Shadow Play" oil on wood, 21" x 30

White Bird GALLERY
CANNON BEACH, OREGON

Spring Unveiling Art Festival at White Bird Gallery May 3-5

Featured artist

Christopher Mathie, new paintings.
White Bird Gallery, 251 N Hemlock St, Cannon Beach, OR 97110

Mathie "Breathe in Saltwater Air" mixed media on canvas, 40" x 40"



Deborah DeWit Exhibit starts March 23

Deborah DeWit, Drawn by the Light, Moved by the Sky, an exhibition of new paintings on March 23 - April 28 at White Bird Gallery, 251 N Hemlock St, Cannon Beach, OR 97110.

Meet the Artist April 6th: 2 - 4 p.m.

In conjunction with this exhibition, Kim Stafford, Oregon Poet Laureate (2018-2020), created a new collection of poems inspired by DeWit's paintings. An intimate little book of this collaboration will be available in the gallery throughout the exhibition.



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Jeffrey Hull to release new work during Spring Arts Festival

Local seascape artist Jeffrey Hull will release new original watercolors, oils and giclee prints during the 24th annual Spring Unveiling Arts Festival in Cannon Beach, May 3-5. A city-wide celebration of the arts, the festival offers visitors the opportunity to see the latest work by featured artists in local galleries and Hull has been busy in his studio painting new work in preparation for the event. The gallery will host unveilings and receptions throughout the weekend.

Jeffrey Hull has been painting for over five decades and displayed his work in other local galleries before opening his own space on the second floor of Sandpiper Square in downtown Cannon Beach in 1987. His deep love for the coastal Pacific Northwest is evident in his seascapes, which



Eventide by Jeffrey Hull

feature wind-sculpted trees, crashing waves and rugged cliffs layered in coastal mist. Primarily self-taught, Hull worked primarily in the difficult medium of watercolor for many years but decided to add oils back into his repertoire about 15 years ago. He has painted over 2000 original works in his career (so far) and is a member of

the prestigious American Society of Marine Artists. His work has earned several accolades at the annual juried Maritime Art Exhibit at the Coos Art Museum over the years, as well as multiple People's Choice awards during Cannon Beach's former Plein Air & More festival.

Visit hullgallery.com for more information.

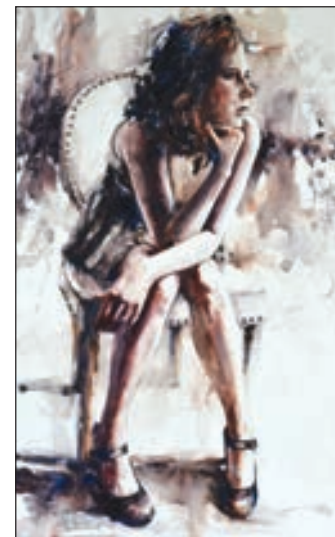
DragonFire Gallery – Spring Unveiling Arts Festival

Join us over the Spring Unveiling Festival weekend for a dynamic group show – Being Human - featuring some twenty DragonFire artists, all interpreting the human form in a wide array of aspects, environments and media.

Participating artists include Aliza, Breezy Anderson, Wendy Givens, Chuck Gumpert, David Gutschmidt, Deb Houston, Bev Jozwiak, Roberta Lampert, Virginia Leonnig, Mandy Main, Elena Markova, Trifon Markov, Nancy Norman, Michael Orwick, Anton Pavlenko, Linda Petersen, Joanne Shellan, Harold Walkup, and Cheryl Waale.

DragonFire schedule highlights

- **Friday, May 3**
4 p.m. - 6 p.m. Meet group show



The Thinker by Bev Jozwiak

artists and see the unveiling of new garden glass designs from Andrew Holmberg. Enjoy wine & chocolate, and live music.

• Saturday, May 4

Time to be Announced: The anticipated unveiling of new work takes place.

11 a.m. - 3 p.m. Participating group show artists will be demonstrating their artistic process and answering questions.

4 p.m. - 7 p.m. Artist reception with appetizers, wine, and live music provided by Jason Okamoto.

• Sunday, May 5

11 a.m. - 1 p.m. Artist

Reception with lite bites.

Dragonfire Gallery

(503) 436-1533

123 S. Hemlock St.

PO Box 1010 Cannon Beach, OR 97110

Visit our website: Dragonfiregallery.com

See Creatures debuts during Spring Unveiling at House of Orange



"Blue Bearies" is an acrylic painting by resident artist Greg Scott Brownlow.

A one-month invitational show, See Creatures brings together over 10 talented Northwest artists in an exploration of creatures from the sea, the land and the imagination. Hosted by the new House of Orange Gallery, See Creatures will debut during Cannon Beach

Spring Unveiling, May 3rd through 5th and will run through the month of May.

See Creatures will showcase artists from throughout the Pacific Northwest, many of them introducing new compositions in ink, watercolor, acrylic, oils, clay, wood and steel. During the opening weekend collectors and art

enthusiasts will have the opportunity to meet artists, engage in short educational workshops, witness demonstrations and experience a collaborative "creature build."

"Blue Bearies" is an acrylic painting by resident artist Greg Scott Brownlow who traditionally paints realistic landscapes and animals. For this spring show Greg is painting all of his creatures in a special vibrant fantasy palette that incorporates peachy tones and violet in each work in this limited collection.

Dianne Aoki is a life-long career artist and art teacher who spends much of her time teaching artists work-

shops in WA, OR, and CA. D. Aoki's collective works always incorporate both nature and optimism. D. Aoki will be showcasing her new Tidepool collection inspired by her regular visits to Cannon Beach where she teaches workshops at House Of Orange. D. Aoki will be offering a painting workshop during the festival as well as other offerings throughout the year. More information about artist led workshops can be found on our website houseoforange.gallery

House of Orange Gallery is one of Cannon Beach's newest and most vibrant fine arts venues. Located in the former

Miska Studio Gallery space, House of Orange continues to feature the dynamic nature and landscape-inspired paintings of Miska Salemann as well as other talented regional artists. The trendy midtown location is home to a growing group of popular destinations, brewpubs, coffee shops, galleries and Restaurants.

House of Orange Gallery is located at 107 Sunset Blvd, Cannon Beach, OR 97110 and is open daily 10 a.m. – 6 p.m. <https://houseoforange.gallery>. Contact: Ginger Gordon-Brownlow at ginger@houseoforange.gallery, (360) 509-1727

Mental Health Effects of Falling

If an older adult suffers a fall, the physical injuries can be easily quantified – hip fractures, traumatic brain injuries and other serious outcomes are the obvious consequences.

However, there's another result that's not easy to measure: mental health concerns.

If an older adult suffers an injury that requires an arduous recovery, the fear of having to go through that again is prevalent.

But even after a fall in which an older adult avoids serious injury, mental health can still become a significant issue. An older adult likely knows

that should they sustain another fall they may not escape injury the next time.

As such, those fears can lead to people withdrawing from day-to-day activities to try to limit the chances they may suffer a fall. But by withdrawing, it can then lead to loneliness, isolation and depression in an age group that is already susceptible to those issues.

Furthermore, by limiting day-to-day activity, their physical health can suffer as a result, which in turn increases fall risk in itself as remaining sedentary for longer periods can lead to

weakness in the muscles.

Fearing a fall, withdrawing, and thus becoming more susceptible to a fall is a vicious cycle that many older adults fall into, and the mental health toll is significant as a result.

Fall Safety At Prestige Senior Living Five Rivers

At Prestige Senior Living Five Rivers, residents take part in fitness classes to build strength and balance to help reduce the risk of falling.

Our team also gets to know our residents on a personal level, allowing us



to see when there may be a change in their mood or when they may be facing a mental health concern.

To learn more about our approach to fall reduction, or to schedule a tour of our community,

visit prestigecare.com/fiverivers, or call us at (503) 842-0918.

Celebrate Life at Every Age



At Prestige Senior Living Five Rivers, we believe in celebrating all your special moments, big and small.

Rooted in a philosophy of promoting healthy, happy, and fulfilling living, our Celebrations lifestyle and wellness program helps residents explore different hobbies, passions, and skills to help you build a life you truly love at Prestige.

We are your dedicated partner in the journey of active aging. Visit prestigecare.com to join the celebration and discover the world of possibilities awaiting you at Prestige Senior Living Five Rivers.

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HOLLY HEIGHTS in Netarts, on the 3-hole golf course. 3 bdrms 2.5 travertine baths, maple flooring, custom woodwork, breathtaking view. Approx ¼ mile to beach. **#24-74 \$679,000.**



NEW LISTING in The Capes gated community, located near beach trail & across from park. Backs to greenspace. 3 decks, 2 ensuite bdrms plus den, 3 full baths, remodeled quartz kitchen. **#24-119 \$815,000**



PACIFIC CITY across from beach trail & a block from restaurants. Built 2022. Backs to US forest land. 5 bdrms, 3 luxury baths, quartz kitchen. Ground floor bdrm/bath. Hot tub. **#23-490 \$915,000**



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NEHALEM RIVERFRONT 1- LEVEL with private floating dock. Beautifully remodeled with newer LVP floors, stainless kitchen, lots of ceiling fans. 3 bdrm 2 bath. Vaulted ceiling, huge carport for your RVs or boats. No flooding. **#23-541 \$579,000**



RADAR ROAD SHORT TERM RENTAL oceanview 1-level 3 bdrm 1.5 baths, sold turn-key. Hot tub on covered patio. Single detached garage with extra storage. Great location between Lost Boy Cave and Cape Meares Lighthouse. **#23-265 \$750,000**



1-LEVEL HOME & SHOP/BARN on Simmons Creek, 3.3 acres with beautiful creek views from deck, greatroom, and primary bdrm. Picturesque & private setting. 1950 sq ft 3 bdrm 3 full baths. Shop/Barn has a gambrel roof and wonderfully large loft. **#24-71 \$850,000**



OCEANVIEW HOME WITH ELEVATOR, perfect for B&B. Bottom floor is like an owner's apartment with a separate entry, kitchenette, LR, bedroom, full bath, laundry; upper floors are luxury oceanview rooms with teak flooring, granite kitchen & fabulous view incl Three Arch Rocks. **#23-362 \$1,575,000**

Contact Pam Zielinski, Principal Broker
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