

Centered seniors

By Beverly Dunlap
For the Port Orford News

“Many of life’s failures are people who did not realize how close they were to success when they gave up.”

— Thomas A. Edison

I overheard a man say, while discussing his wife, that she was just existing! I happen to know his wife and I was infuriated at that statement. His wife belongs to at least two volunteer groups, plays cards at least once a week and is very active in her community. She has friends that all go to lunch together at least once a week. She is active in her church and remains in touch with her family that is all over the country. Tell me, does that just exist?

Hearing anyone say disparaging remarks about someone else made me mad, but did cause me to do some thinking. For one thing, a word to the wise is sufficient! Say it once about me and shame on you -- say it twice and shame on me! I think I better re-evaluate my activities. Is there more that I can do? Am I spending too much time complaining about social situations, or the prob-

lems with my health?

If any of these things are currently present in my life, I should give some attitude alterations consideration. So I brought this subject up at lunch with a few of my friends. We all had some things to say about negative comments, however, we also felt like we should give an accounting to ourselves. We should be communicating with the inside us and do the self analysis needed to alter our attitudes or at least monitor the words coming out of our mouth.

It is easy to commiserate when visiting with friends. It may be an act of wisdom to guard others from hearing some of the problems. If another person hears you complaining about your problems it might be natural for them to say we “just exist!” Our senior friends will understand and they are a gift to our lives, however, outsiders may only hear the “down” words, and possibly feel badly for you.

I am of a mind that seniors receive a bad wrap anyway. How many times have you heard “she’s old you know?” How many times has someone taken your elbow to help you up or down stairs? Have you had a young kid ask to help you across the street

or to your car? When things like that happen, I want to tell them that I am perfectly able to take care of myself and I was getting across streets before they were even born! But I don’t say anything. I believe that it is a good quality in a person to reach out to others to give a helping hand. I certainly would not want to take anything away from their act of kindness. I appreciate their attitude to help, even though I don’t think I need it and I wish they could see that I do very well – thank you!

At this time in history, we seniors are living much longer than our forefathers. Medicine has developed to a level never know before. They can keep us alive certainly into our 90’s and we hear frequently about folks living to 100. So with the added time we can anticipate, we need to have the attitude to do all we can do until it is totally taken away. We need to let our loved ones know that we expect their respect for whatever we can still take care of. And that my dear friends is called an attitude alteration! Go power to all the seniors! Live happy and long with a fulfilling life. Have a great week and stay involved with you friends, family and community.

Stay happy!

Dredging completed



PON photos by
Brice Wagner
The giant clamshell dredge, barge and tugboat have now left the harbor

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fireworks that may not be officially authorized. Don’t snivel about the litter, the Salt Water Open crew doe’s an excellent job picking up the left over debris. Some of the ATV’s could slow down a little but I haven’t seen many problems with them.

So, let’s find out who the Grinch (or Grinch’s) that stole the Fourth is and let them know how the majority feels.

Tim Hunter,
Elk River

Hospice gearing up for sale
Greetings Curry County!
Thank you for all your generous donations, your treasures are helping to make our 10th Annual Hospice Rummage Market a fantastic event. These wonderful items will have people ecstatic that they are shopping with us on Aug. 28th, 29th and 30th at our location -

The Hospice Market Place on the Rogue, along the North Jetty in Gold Beach.

The deadline for accepting donations is coming quickly, Saturday, August 1st will be the last day we can accept items. Just a reminder if you have cars, boats, trailers or RV’s that you are not using and are in working order, bring them down - you’ll help others in the community while gaining space in your driveway - can’t go wrong with that deal!!

The volunteers would like to extend their appreciation for assisting in keeping our disposal cost down by donating only sellable items - it has made a huge difference! In Brookings donations can be taken to our new site at The Apple Peddler on Wednesdays & Saturdays from 11a.m. - 2 p.m. In Gold Beach items are received at the

Hospice Market Place on the North Jetty (Wedderburn Loop) on Wednesday & Saturdays from 11a.m. - 2 p.m. For the north part of the county items can be taken to the Sixes River Realty Building (across from Battle Rock rest area) from 12 - 2 p.m. All donations to the Hospice Rummage Market are tax deductible.

Because our storage areas are filling up fast we have decided to have a separate Furniture Sale on July 18th in the Showcase Building at the Curry County Fairgrounds. Doors will be open from 8 am until 3 p.m. Included in the sale will be furniture, lamps, pictures, rugs and computers. We will be having wonder buys, so this will be a great sale!

I would like to express my heartfelt appreciation to Apple

Peddler, Sixes River Realty, the Zare’ Family, Gold Beach Lumber, Bay Area Printers and all of you who bring in your donations ... we could not do this without you, Thank you so very much for your support!

If you are interested in volunteering especially in the Brookings and Port Orford areas please call for further information 247-7084, 332-0297 or 469-0405.

Thank you!

Pattie Slagle
Vol. & Resource Coordinator
CC Home Health & Hospice
Thanks for mentions and progress ...
Jeff/Tim/David & Karen - Thank you for mentioning my hydrant painting project.

This past week’s signing ceremony for the Port Orford Economic Recovery Plan was a time to celebrate!

My inspiration to paint the Hwy 101 and Harbor Drive Fire Hydrants was to honor the dedication of Leesa Cobb and Mayor Auburn and their successful execution of our Port Orford Marine Economic Plan. Thanks to their leadership and all those Agencies that POORT has been working with, it appears they have skillfully navigated our Community to the head of the line for whatever Oregon economic stimulus eventually makes it to the Coast.

My hydrant painting efforts were intended as a personal show of support for Port Orford’s Main Street Program and Leesa & Jim’s hard work.

Meanwhile back in the dirt and the wind, you can imagine how messy & slow the hydrant painting went. I quickly found that at 65 years of age and a busy day of B&B chores, my

limit was only 3 hydrants per day! That made it all the more gratifying last weekend to see so many folks volunteering their own time to help with the cleaning up of Port Orford’s Main Street and Harbor Drive - the gateway to our beautiful Port. Thank you Everyone for everything you did! ... and a special 'shout-out' to Jeff MacFarlane for donating his time & truck to responsibly remove the burned out fishing boat parked in front of the Port’s worn-out 50+ year old decrepit Cannery Building.

Hopefully we will all soon see a new building in its place - a live fish processing plant and scientific research facility that will be used to develop a sustainable fishery for our Community!

Alan Mitchell,
Port Orford

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New Hand stretched Pizza Crust

BRIEFS, from page 2

July Fourth celebration with an old fashion Tea Party of Bostonian hue without dumping tea into the ocean of course!

‘Love Monkeys’ on the prowl

Years ago somebody wrote a song asking “Who knows where the time goes?” and I have to wonder also.

Where did the first half of 2009 go? How can it be Fourth of July again?

But the Fourth is almost here and, of course, the Port Orford Love Monkeys for Peace will be marching in the parade. As in the past, we will be dedicated to peace and that’s what our signs will say. No protest signs. No political signs.

If you are interested in peace, please join us. We welcome you. We have a space in the parade.

Look for our Gorilla the morning of the 4th. Potluck will follow. Maybe it is time to give Peace a chance?

— By Paul;a Cracas

Rural mentoring program to begin

The 2009 Rural Design Collective Mentoring Program is about to begin, and this year our project centers around the public domain and ebooks.

The Rural Design Collective

was recently granted a hardware donation from the One Laptop Per Child Foundation. Six XO laptops were granted to us through the OLPC Contributors Program - and creating XO bundles of public domain books for kids from the Internet Archive Children’s Library (IACL)!

These six computers will be returned at the end of the program and the IACL books will be distributed to other XO laptops. OLPC has a group of volunteers assisting in the librarian-ship, and we will also be documenting our progress on the web so other people can benefit. It is an exciting program, and we are honored to be involved.

In addition to installing the books on the OLPC computers, we will also be publishing our work on the web so others can benefit from what we learn during the program. Check our blog throughout the summer for updates and details: <http://sixes.net/rdc2009/>

How to make the birds happier ...

Hi all,

You might want to try this recipe or pass it on to any friends that love to feed birds in their yard. I call it the Three Minute Peanut Butter Cake – for the Birds.

This is a nice summertime

treat for birds when it is too warm outside to use a suet cake. It is really easy to mix up and then bakes in just 3 minutes in your microwave (actually...it is rather tasty).

Mix:

- 1 egg
- 2 TBSP oil
- 4 TBSP peanut butter – crunchy is good but any kind will do
- 4 TBSP milk
- 4 TBSP corn meal
- 3 TBSP flour
- Pinch of baking soda (Optional – raisins, shelled sunflower seeds)

In a 2 cup glass measuring cup, mix egg, oil, peanut butter and milk until smooth. Add corn meal, flour and a small pinch of baking soda and stir until combined.

Place glass measuring cup in microwave and bake for 3 minutes (It will rise and then settle back down during cooking...that’s why you need a large microwavable cup – any type will work).

Remove from microwave by handle and cool for a few minutes and then after running a knife around edge, invert on a plate.

When cool enough to handle, slice with a serrated knife vertically in several pieces and place them into a wire suet cake hold-

er ... then hang outside and watch the birds enjoy it.

So far I find it appeals to blue jays, sparrows, starlings and chickadees that frequent our yard.

I’ve been working on developing this recipe for several weeks.... so please let me know how it works for you and if you have any suggestions to make it even better.

— By Sherry Johnson

Lions honor veterans

The Langlois Lions Club placed 83 flags at the Denmark cemetery Memorial Day weekend to honor our veterans.

One veteran is from the Indian War and nine of the veterans are from the Civil War.

This is an annual service that the Langlois Lions are pleased to provide.

Groundbreaking digital geologic map of Oregon completed

The most accurate, complete and up to date geologic map in Oregon’s history is a 6 year project that compiles 345 separate maps and datasets and covers 96,000 square miles.

The Oregon Department of Geology & Mineral Industries (DOGAMI) has finished a six

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Port Orford News

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by Gary Romele



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