

Centered seniors

By Beverly Dunlap
For the Port Orford News

“I laugh a lot. It’s one of the most life-sustaining things you can do. The other night I had a friend over, and we had a laugh on the couch until we couldn’t breathe. I really think something healing happens when you have a gut-busting laugh.”
— From Mariska Hargitay on what she does to nurture herself.

I want you to know that I am a woman of my word. Here is the promised story about a cat! The story took place several years ago, but I think it is an “oldy” but “goody”!

I hear a cat crying every day. It is not our cat, I have checked that out. Maybe it is a stray at our back door that is hungry but there is no cat there. Still hearing that meow! Our daughter comes in from school, sitting in the kitchen doing her homework and tells me she hears a cat meow every few minutes. My husband comes in from work and also reports that he hears a meow every three or four seconds. That is enough – this has been going on for three days and we still cannot figure out where it is coming from.

My husband takes the bait and starts

roaming around the house to see if he can find the meowing cat – to no avail! So he comes back into the house and walks all around, stopping on the sun porch and stamps his foot on the floor on a spot near the door (no cat outside the door) must be under the floor.

He asked me if I cared if he cut through the carpet to get under the floor. I quickly said no (I hated that old carpet anyway!) He checked out the basement, again to no avail, except he could still hear the cat crying.

Back to the sun porch and with a carpet knife. It took several minutes to cut through that old carpet, but finally he took a 24 x 24 square out of it, and below that was a square door in the wooden floor. We had no idea that this door was in the floor as the carpet had been there since before we bought the house.

My husband opened the hatch and revealed an old dry well. I had never seen one of those before. It was all cemented walls and a dry dirt floor. On that floor was a darling little black and white kitten. I would guess that it may have been six or seven weeks old. By this time, the cries were pretty weak. The dry well was 20 feet deep, with no way to access it. It was originally used to hold water from a regular well

to facilitate having water inside the house. The house was 125 years old and no doubt the dry well had been added some time later.

We also have no idea how the cat dropped into that lost space. It may have been lost and looking for a warm place and fell in from one side or the other. But in that well she was and we had to try to get her out. My husband got a three-quarter-inch rope and asked our daughter if he could tie the rope around her waste and lower her into the well and she could then pick up the cat. She was small and light and that would have worked. “no way” she said to her dad! “I am not going to be dropped into that hole”!

My husband tied a knot in the end of the rope and lowered it into the well. The desperate kitten climbed into the hole and he was able to bring her straight up to our waiting arms. Boy-O-Boy did she drink water, and a lot of it. She was dehydrated and hungry and very much afraid, but some water, cat food and loving saved the day and the cat!

It was a wonderful adventure that turned out well for the cat and for me – I got a new carpet on the sun porch!

Smile or laugh every day, if you can find a reason to do so!

It’s a small world ...



Photos by Lance Nix

These are some local honeybees, photographed by our own Lance Nix whose pictures reveal new worlds for our pleasure.

News briefs

Free Flight receives no local, state or federal funds, and relies solely on public support.

“By attending ‘Mending Wings and Songs to Sing,’ you can learn more about Free Flight and how you can help support their mission, while enjoying an assortment of delicious refreshments and local entertainment,” said Tatiana Havill, one of the event’s organizers and performers.

The variety show will feature many local talents, including Candace Kreitlow, Vicki Affatati, Hayley Moore, Tatiana Havill, Emma and Brendan Fisher, Mary Lane, Rachel Reddick, Jason Duval, Jack Fraser and Jeff Eikamp. The silent auction will have items ranging from gift baskets from local businesses to one-a-kind pieces of art, jewelry and other beautiful works.

Those who attend the show will be entered into a drawing for an exclusive door prize that will remain secret but, according to Havill, “Will have something to do with a delicious meal.”

For more information, call the Sprague Theater at 347-7426. Please note that tickets also are available at the door prior to the show. Thanks!

Area happenings

There will not be Hospice receiving of donations this Saturday as it conflicts with the Sunset Garden Club tour. That means Saturday, August 1 is the last day to contribute to the upcoming Hospice sale.

Bridge winners for the past three sessions are as follows: Lee Kincaid high and Sherry Johnson second; Jean Shank a very high score with Ed McQuade second and this past week Elaine Owen was high and Lee Kincaid second. It is a most friendly group.

Lastly, I say Go Hawthorne's. What a wonderful thing you are doing for our community. We have survived the controversy over "the wall" and now this over an additional parking space.

Someone needs to get a life.
By Lee Kincaid

Some spots remain open for 4-H camp

There are a dozen or so spots still available for this year’s 4-H Summer Camp to be held August 4 through the 7.

The annual fun-filled summer camp is available to all youth in Curry County who have completed grades 3-5.

Camp typically accommodates (65) or so youth and we’ve got a few bunks still available, especially for boys. The numbers for girls is strong this year but we could use a few

more young men to round out the camping experience.

Camp activities include crafts, educational programs, swimming, hiking, campfire activities, games and friendship building to last a lifetime.

Lobster Creek 4-H Camp is run by OSU Extension Staff and adult volunteers, with local high school youth as Camp Counselors.

For registration information, contact the Curry County 4-H Extension office at 1-800-356-3986 or 247-6672.



Contributed photo

Carlee Christoferson is shown being taught to make Tortillas from scratch.

‘Grow Yer Grub’ camp is coming up

Growin’ Yer Grub Summer Day camp for children who have just completed 3rd-5th grades will be held in Coquille on August 4-7, and in Coos Bay / North Bend August 18-21, 2009.

The camp will run from 9:30 a.m. until 5 p.m.

Cost for the camp is \$35, which includes planting and cooking materials and daily swimming.

Children will need to bring their own sack lunch each day. If your child has a summer swim pass at the North Bend or Coquille Pool, the fee is reduced.

The camp will teach kids how to grow their own food and what to do with it after they grow it.

The participants will be given the opportunity to learn about plants, insects, ecology, cooking, nutrition and food safety.

The day camp is a combined effort between the Coos County OSU Master Gardeners, the Coos County Family Food Educators and 4-H.

For registration information or questions please call 541-572-5263 or stop by the OSU Coos County Extension Office, Ohlsen Baxter Building, 631 Alder St, Myrtle Point, OR 97458.

You can also go online to find out more and to download a registration form. Go to <http://extension.oregonstate.edu/coos/> and click on Growin’ Yer Grub Summer Day Camp.

Because of limited space at the camp sites we are only able to accommodate 20 kids on a first come first serve basis, so if you are interested don’t delay in registering

your child.

Registration must be in by July 24, 2009 for the Coquille camp and August 7 for the Bay Area Camp.

Help 4-H and win Nigerian dwarf goat

Raffle tickets are now available for Megan, a two year-old Nigerian Dwarf doe goat donated by the breeder, Carrie Harris, of Tualatin Acres in Myrtle Point.

This prize is valued at \$250 and includes an optional breeding in the fall of 2009. These small dairy goats are excellent milk producers after freshening (dry now) or will just keep your brush trimmed for you.

Sweet dispositions make them a good match with children also.

Tickets are \$3 each or 2 for \$5 and are available at Coos County OSU Extension (Ohlsen Baxter Building, 631 Alder St, Myrtle Point, OR) and at the Coos County Fair. All proceeds go to 4-H. For more info call 572-5263.

Come see Megan at the Babies and Ladies in Waiting Birthing Center during the fair.

The drawing will be the evening of August 1 after the Pig Scramble.

Need not be present to win.

Trial membership to Chamber offered

From July 13 to July 31 the Port Orford North Curry County

Fresh local fish available for purchase through POORT

Come by and get your fish! This fish is from our own Port Orford fleet, processed through Fisherman’s Direct in Gold Beach within 24 hours of harvest, vacuum-sealed and blast-frozen. Different species are available based on the catch. This will include black-

cod, deep-water red rockfish, cabezon, and lingcod. Tuna and halibut are available on a limited basis. Packages will range from 1-2 lbs. Remember to bring your local ID to get your 15% discount!

Fish will be sold out of the Port Orford Ocean Resource

Team Office, located on 6th street to your left as you head down to the dock. Julie will be available to help you.

Hours of operation:
M-TH 8:30-12 noon
Cash and check only please.
Be sure to ask for some tasty recipe cards!

Chamber of Commerce is offering a trial membership for businesses in order to showcase the new webpage on the PortOrfordChamber.com and DiscoverPortOrford.com websites!

Check out the listings, and if you like what you see, make sure to turn in your renewal form, or download a new one from our site at <http://www.portorfordchamber.com/join!>

Vacation Bible School set at POCC

During the week of August 3-7, children ages 6-12 can attend the Daily Vacation Bible School at the First Community Church, 20th and Jackson, from 9 a.m. to noon.

There will be fun activities, crafts, snacks, skits, music, and Bible stories. Watch for the famous "Water Day" on Friday!

So bring your kids to the Son

World Adventure Park.

Rhymes and Rhythms is on month’s first Thursdays

No fiddles, no sonnets! Rhymes and Rhythms (open mike without a mike) meets the first Thursday of every month at Theatre 101 at 7 p.m.

So far, we’ve enjoyed oboe and flutes, guitars, piano, and voice; but have yet to hear a fiddle. We’ve heard free and blank verse, haiku, rap, and nonsense ditties, but no sonnets.

There are many other acoustic instruments, and other poetic forms that have yet to be featured.

Surprise us!

Audience welcome to this free and family-friendly entertainment.

August’s Rhymes and Rhythms is on the sixth. Music, word art, home-made refresh-

ments!

Living history set at Hughes House

Short living history presentations at historic Hughes House near Port Orford will be offered twice in August. "Tea With Father Keveny" will take place three times Wednesday, August 12 at 11 a.m., 1:30 and 3 p.m. Jane Hughes will be portrayed by Inge Licon and Father Charles Keveny by Greg Ryder.

"Jane and Annie at Home" will be the last presentation of the season Wednesday, August 26 with Inge Licon as Jane and Dawn Sorensen as her daughter-in-law Annie Hughes.

Scheduled times are the same as above, with the possibility of others, depending on the number of visitors to the house.

For more information contact Shirley Nelson at 541-332-9002.

‘Women’s Time-Out’ is Monday, Aug. 3

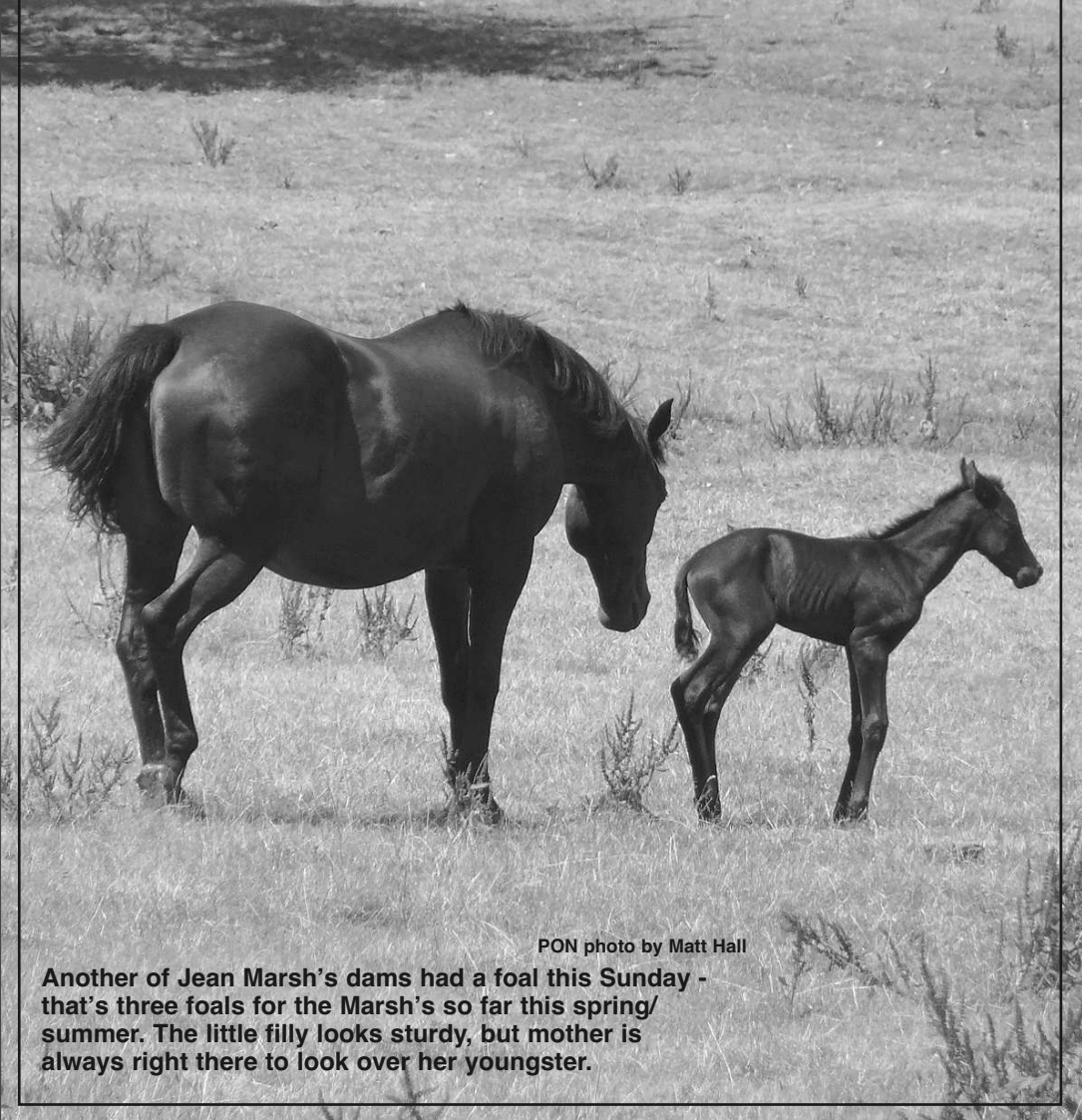
A special evening event is scheduled for the next Women's Time-Out in Bandon on Monday, August 3, at 6 p.m.

Cyrilla Gleason, a certified tea and etiquette consultant, will be featured. She'll talk about tea settings, and how tea can be a special part of any occasion.

Our guest speaker will be Cheryl Best from Vancouver, Washington, whose inspiring life story was featured in a national magazine. You'll laugh and cry as she shares how an adoption came full circle and brought her a once-in-a-lifetime second chance.

Dinner will be at 6 p.m. Monday, August 3, at the Bandon VFW Building, 55382 Bates Road. Dinner will cost \$10. Please make reservations by Friday, July 31. Call 347-4024, 332-2765, or e-mail AnnaBandon@aol.com.

Born on Sunday ...



PON photo by Matt Hall

Another of Jean Marsh's dams had a foal this Sunday - that's three foals for the Marsh's so far this spring/summer. The little filly looks sturdy, but mother is always right there to look over her youngster.



Chef David Smith
Homemade Desserts

The Best Clam Chowder in Curry County
Port Orford’s family restaurant

The Port & Starboard Restaurant
Orders to go ♦ Open until 9 p.m., 7 days a week

460 Madrona Ave. & Highway 101 ♦ 541-332-4515
Salads, pizza, pasta, steaks, fresh fish