

Senior Center in need of volunteers

The Florence Senior Center is in desperate need of new volunteers both in the kitchen and as receptionists.

By the end of June, the center's chef is leaving and many of her volunteer staff — most have been with the center since it opened — will depart as well.

"We are in the midst of a major changeover and are looking for energetic people who want to help the senior community," said Beth Johnston, senior center board president.

Kitchen helpers help set-up, serve meals, make desserts, and clean up. Meals are served every Tuesday and Thursday at 11:30 a.m. Kitchen helpers usually arrive around 10 a.m. and are done around 12:30 p.m.

Receptionist volunteers are the face of the senior center, answering the phone and welcoming visitors to the center.

The senior center is open

Monday through Friday, from 9 a.m. to 4 p.m. Morning volunteers are there from 9 a.m. to 12:30 p.m. The afternoon shift is from 12:30 to 4 p.m.

Receptionists can work one shift per week, every other week, or as an alternate to fill in when needed.

"Volunteers are the life blood of the senior center," said Johnston. "We are grateful for the many hours our current volunteers have contributed and we understand when age or life circumstances indicate it's time to move on.

"We desperately need people to step in and fill their shoes."

The Florence Senior Center is located at 1570 Kingwood St. Anyone interested in joining the dynamic group of senior center volunteers is urged to call the senior center at 541-997-8844 and leave contact information.

Someone will get back to you right away.

Learn to make fairy gardens at herbalist meeting

On Thursday, May 19, at the meeting of the Florence Herb Enthusiasts, meet Kermit Houghtaling, a local horticulturist and Laurel Bay Gardens employee. He will be showing how fun and easy it can be to make a fairy garden.

Houghtaling has been a horticulturist for 27 years and has worked for and managed several nurseries in Oregon and California, including Gray's in Springfield.

He now lives in what he calls the postcard perfect landscape of Swiss Home.

"All the staff at Laurel Bay Gardens share that same passion, and that's why it's such a great place to work and shop," said Houghtaling, who plans to build an herb-based fairy

garden during the meeting.

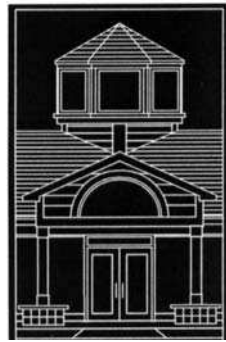
He will also be bringing some supplies attendees can purchase, along with a wealth of ideas and information.

This will be an open discussion and interactive presentation on a popular topic. At the end of the meeting, there will be a raffle for the fairy garden.

The Florence Herb Enthusiasts meet each third Thursday of the month at the First Lutheran Church, 2100 Spruce St. (behind Grocery Outlet). The meeting begins at 11 a.m. and includes refreshments and tea.

Visitors are welcome to attend their first meeting free; annual dues for membership are \$10.

Library Tidings



News about the Siuslaw Public Library

Library Tidings, a regular feature of the Siuslaw News, features news about upcoming Siuslaw Public Library programs for adults and children, new books and videos, and other library news of interest to the community. Library Tidings by Kevin Mittge

Gardener's Yoga: Bend and Stretch, Dig and Grow

By Veronica D'Orazio
Book review by Susie Voth

I am not a gardener. Whenever I've attempted to assist with the garden, well... I tend to hurt myself. My knees complain, my back hollers at me, my shoulders stiffen up and my hips ache.

Today, as I was tending the shelves at the Mapleton Branch, I discovered a book that may help me. Veronica D'Orazio very clearly describes how to use specific yoga postures to alleviate the physical demands of gardening in the book "Gardener's Yoga: Bend and Stretch, Dig and Grow."

The book is divided into three sections each containing seven postures. The first section, "Breaking Ground," describes postures to do before gardening. These postures are specifically chosen to gently warm up the spine and ready the back, hips, legs and knees for working in the garden.

The second section is called "Planting Seeds." D'Orazio suggests that when gardening, we ignore signs of physical discomfort. She advocates making it a habit to stop working, breathe, and attend to your body's needs.

The poses in this section focus

on breathing, balance and release in order to address the tension and soreness that has been building up in your body.

The postures in section three, "Harvest Time," serve to restore you after a day of hard work.

D'Orazio suggests holding these poses longer than the poses in the previous sections. The poses are meant to aid in rest and nourishment before continuing on with your daily commitments.

Each of the 21 postures has a detailed description explaining why this particular posture, what part of the body it aids, and numbered directions on how to properly assume the posture.

Also, accompanying each description is an illustration of the pose. Tim Foss created the lovely watercolor illustrations for the book.

Tip of the Week: Donations to the library

The library is pleased to receive donations, but not all, or even most, donations are added to the library's collection. All libraries must make choices, based upon available space, existing subject coverage, age and condition of the donation and other factors.

We try to offer books that

show various sides of any particular topic, pro and con. We do not discriminate or censor in subject matters. We will check available published reviews to determine if the book is the best on the topic. We will look at condition of the book, the binding, whether there are marks or writing in the book.

All books not added to the library's collection are given to the Friends of the Library for use in their sales, where the proceeds all come back to support the library.

So whether your donation is added to the collection or not, all donations benefit the library.

Keep the donations coming!

DanceAbility International

Mark your calendars for two DanceAbility International events coming later in May.

DanceAbility brings together people of all ages, experiences, and with or without disabilities to participate in movement and dance.

On Thursday, May 26, at 1 p.m., learn about the DanceAbility program from world-renowned choreographer Alito Alessi, while on Saturday, May 28, at 11 a.m., he will hold a 90-minute workshop for people of all abilities.

Join Siuslaw Outreach Services' volunteers

Siuslaw Outreach Services recently gathered volunteers for training and information. This faithful group of volunteers donates its time by answering the crisis line, greeting clients at the front desk and organizing donated clothing and household items.

Volunteers describe their experiences working at SOS as rewarding and often life changing.

Consider offering your time. SOS is currently recruiting volunteers for several positions. All training is provided and interested community members can find out more information by calling the Siuslaw Outreach Services volunteer coordinator at 541-997-2816, or email to lori@florescesos.org



COURTESY PHOTO

SOS volunteers meet to learn and socialize last April.

Homegrown Hosts Rhody Underground

On Saturday, May 21, during Rhody Weekend, enjoy live outdoor music on the Rock Truck and fresh local beer from the Rusty Truck during Homegrown Public House's Rhody Underground at 294 Laurel St.

Things will start at 3 p.m. with some Bollywood

Fusion dancing.

At 4 p.m., local favorite Speaker Wave, an Oregon coast-based rock trio, will be on the Rock Truck.

Speaker Wave musicians Kevin Wolpoff (lead guitar and vocals) Jeremy Scott Anderson (bass, keyboards, cornet and vocals) and Vince

Hendricks-Davis (drums) base their style on rock influences, but draw from '60s psychedelia, '70s funk, reggae, jazz and soul. With Speaker Wave, prepare for a high-energy, danceable show that gets you up and keeps you up.

Next, 100 Watt Mind from

Ashland, Ore., will take to the Rock Truck stage.

During all the music, enjoy a beer poured from Rusty Truck Brewing from 11 a.m. to 8 p.m.

Homegrown Pub is at the corner of Laurel and Maple streets in historic Old Town Florence.

Alice Brauer Christian Preschool



SUMMER CAMP

NOW ENROLLING FOR OUR SUMMER CAMP PROGRAM!

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Monday - Friday 7:30 am - 5:30 pm

Readers Choice Favorite Preschool 2016!

Join us as we discover various outdoor weekly themes including, Camping, Super Heroes, 4th of July, Ocean, Art Appreciation, Dragonology, Science, Wizardology, Games and Fairy Tales!
21st and Spruce, Florence
Meggan Haslett, Director
541-603-1562

Florence Regional Arts Alliance Presents
Rhody Days ARTS FESTIVAL
An Eclectic Show and Sale of Unique Works of Art and Fine Craftsmanship

Saturday ~ May 21st
11am ~ 5pm
Sunday ~ May 22nd
10am ~ 4pm

Free Admission!

Florence Events Center
715 Quince Street
(Behind Safeway)

10% of Artists' Sales Benefit Florence Art Center

For Event Information
Call 541.902.1933

Florence Regional Arts Alliance

Siuslaw News Photo Gallery

Coming Soon	Now Showing
Community Easter Egg Hunt Dancing with Sea Lions Oregon Dunes Triathlon Rhododendron Festival	Winter Music Festival Fraudville Home & Garden Show PTA Talent Show

View at www.thesiuslawnews.com
Photos available for purchase*
5x7 - \$5⁰⁰ • 8x11 - \$7⁰⁰

Purchase at 148 Maple St. 541-997-3441
*Photos online are reduced quality - Actual photos purchased are high resolution, high quality.

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