

Ancestral recipes donated to library

Members of the Oregon Dunes Chapter, National Society Daughters of the American Revolution, (DAR) presented a copy of DAR: Delicious Ancestral Recipes, a chapter-created cookbook, to Meg Spencer, Siuslaw Public Library Director, on Tuesday, Oct. 4.

A member of the Florence community requested this, and Oregon Dunes Daughters were happy to make this wealth of information available.

With 199 heirloom recipes, fascinating snippets of historical information, menus, legends, family memories, as well as "sage" advice about Colonial use of herbs, this book is also entertaining.

Proceeds from sales go back into the community through the eight-year-old chapter's support of local nonprofit organizations.

Recipes date from the 1600s to the 20th century and include



COURTESY PHOTO

From left: Erica Westphal (Oregon Dunes Regent), Meg Spencer, Mary Gill (Cookbook Committee Chair), Merilee Mulvey (Chapter Treasurer), Judy Baxter (visiting Regent) and Jacquie Beveridge (Oregon Dunes Past Regent)

Mary Gill's prize winning recipe for "Braised Short Ribs" that was published in "Taste of Home" magazine in 2004.

For those who would like a copy for home, a few are available at the Oregon Coast Military Museum, the Siuslaw Pioneer Museum, or by email-

ing DAR at oregonduneschapter@gmail.com.

Proceeds from book sales also go to support the organization's annual scholarship for a student that has made significant improvement in their academic achievement, the Oregon Coast Military

Museum, local veteran's needs, Project Patriot (supporting active duty military); Food Backpack for Kids, Food Share and other projects that support historical preservation, education and patriotism.

For more information about DAR, visit www.dar.org.

WLAD continues fall prevention education

Western Lane Ambulance District (WLAD) is continuing its fall prevention education series, focusing on the prevention safety aspect of fall-type injuries.

By the time WLAD paramedics arrive at the scene of a fall, the medical consequences for a patient can oftentimes be devastating. WLAD feels it's prudent to attempt to prevent a fall from occurring at all, rather than responding with paramedic ambulances to treat and transport patients to local emergency departments.

WLAD is partnering with Coastal Fitness in Florence to promote Fall Prevention Safety.

Tracey Markley, Coastal Fitness's personal strength and conditioning trainer, explains that in order to gain balance and stability for safety in everyday movement, one needs to strengthen the stability muscles of the core, hips and pelvis.

This is vitally important because when the brain sends a message to the stabilizing

muscles to stabilize the body, the message is received by strong functioning muscles.

"In my 20 years of study and experience in the fitness industry I have found the best way to do this is to engage the right muscles properly, and challenge the body with stability equipment, such as the balance disc and the BOSU ball with proper techniques," Markley said.

WLAD encourages all residents in the Western Lane Ambulance District service area to look into safety programs such as these in order to lessen their chances of a fall injury.

Local residents are urged to contact Western Lane Ambulance District or Coastal Fitness to inquire about upcoming programs and events in their Fall Prevention and Safety Education programs.

"Being consistent with such programs at one's fitness level will give the best benefits that last," said Markley.

Van Fans to host card games, luncheon fundraiser

Get together with friends for a fun day of card games and lunch hosted by the Van Fans on Wednesday, Oct. 19. The event will take place at a new location. St. Mary's, Our Lady of the Dunes Catholic Church, two miles south of Florence on Highway 101.

Tickets are on sale now for \$15 and includes the luncheon. Reserve a table for the game

of your choice. The friends of Florence Van Fans is a non-political organization that sponsor this event twice a year.

All Proceeds go to support the Cancer Van, which transports cancer patients every weekday to and from Eugene and Springfield for radiation treatments.

For reservations, call Karen Lee 541-997-9669.

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Join Us In Worship
4 lines, approx 15 words, \$10 a week
4 week Minimum
Deadline 3 p.m. Mondays.

To be included in this directory contact the Siuslaw News at 997-3441, or drop off information at 148 Maple St., Old Town, Florence.

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(3ABN) TV UHF Channel 48.

24 hour Christian TV highlights Bible studies of prophecy, inspirational music, health lectures, healthy cooking and more.

BAY BERRY CHRISTIAN FELLOWSHIP SINGSPARATION

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575-313-3640

THE CHURCH OF JESUS CHRIST OF LATTER-DAY SAINTS

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COMMUNITY BAPTIST CHURCH

4590 Hwy. 101, Across from Fred Meyer — 997-7418
Sunday School, 9:30a.m. — Worship, 10:45
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CROSS ROAD ASSEMBLY OF GOD

Corner of 10th & Maple — 997-3533
Bible Study at 9:00 A.M.
Services: Worship, 10:30 A.M.
florencecrossroad.org • office@florencecrossroad.org

FIRST BAPTIST CHURCH - SBC

1935 25th St. — 997-7660 • Pastor, Dr. Marvin Owen
Series "People of the Bible." on Wednesdays 6 p.m.
A friendly place to worship, vacationers welcome.
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FLORENCE CHRISTIAN CHURCH

2nd & Ivy — 997-2961 —Non-Denominational
Worship Service: 9:00 am & 10:30 am
Middle School and High School youth groups meet on Wednesday.

FLORENCE CHURCH OF CHRIST

Pre-Denominational (Romans 16:16)
1833 Tamarack Street (2 blocks east of Hwy. 101 on 18th St.)
Bible Study: Sunday 10 a.m.; Worship: Sunday 11 a.m.
www.churchofchristflorence.org

FLORENCE CHURCH OF THE NAZARENE

12th and Nopal — 997-9020
Worship Service 10:30 a.m.
10 am Wed., Women's Bible Study
Saturdays, Mens' Breakfast @ 8 a.m.
Online Worship Service@ www.florencecaz.com

FLORENCE EVANGELICAL CHURCH

1318 Rhododendron Dr. — 997-2523 — Worship at 11:00 AM — Sunday School at 9:30 AM — Variety of Sunday evening activities - 5 PM
Wed. Bible & Children classes at 6:00 PM
Call for details.

FLORENCE SEVENTH-DAY ADVENTIST

4445 Hwy 101 (South of Fred Meyer) — 997-3951
Worship on Saturday 10:30 A.M.
Adult/Children's Sabbath School 9:15 A.M.

FLORENCE UNITARIAN UNIVERSALIST FELLOWSHIP

N.W. Corner of Heceta Beach Road & Hwy. 101
Every Sunday at 10 a.m.
All are welcome. (541) 997-2840

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Pastor George Pagel — Something for the entire family.
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Website: florence4square.com

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florencevineyardchurch.com

NEW LIFE CHURCH-UPC

1424 15th Street • 541-991-9398
Sunday Services: 10am and 6pm
Tues. Bible Study 7:00pm

NEW LIFE LUTHERAN CHURCH, E.L.C.A.

21st & Spruce Street — 997-8113
Adult Forum 9 a.m. — Sunday School 10:30 a.m.
Worship services: Sun. 10:30am & Wed. 6pm.
Pastor Lori Blake
www.lutheranchurchflorence.com

PRESBYTERIAN CHURCH OF THE SIUSLAW

Traditional Worship Service 10:00 a.m., Reverend Greg Wood
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