

'Operation Red, White, Blue and You' goes national

Operation Red, White, Blue and You (ORWBY) launched Jan. 28, at Disabled American Veterans (DAV) Chapter 23 in Florence.

ORWBY is an outreach program to honor the memory of its creator, Helen F. Cunningham, one of Florence's centenarians who crocheted 34 lapghans — small lap-sized afghan — through age 106.

The lapghans were donated to local deserving veterans at Elk events. Her daughter, the Rev. Kat Cunningham of Circle 4 Oneness Ministry, chose to continue Helen Cunningham's work as another level of creating Oneness around the United States.

"I think it's something that's very needed right now," Cunningham said. "We believe the true heart of this gesture is in the healing of the patriotic lapghan maker and gifted veteran who receives it."

Cunningham, along with the project's outreach and social networking coordinator Karen Lee, helps connect families and fathers who were veterans serving the U.S.



Clockwise from top left: Carol Strenkoski, Kat Cunningham, DAV Adjutant Ralph L. Martin, Karen Lee, DAV Commander David "Skip" Stitt and Caroline Mesman

When telling others about this effort, Cunningham said they found people outside of Florence who wanted to be a part of this gifting.

"In the spirit of this idea, it only seemed natural to go global," said Cunningham, who is asking that 1,000 lapghans be created and pre-

sented by December 2017. Lee continued Helen Cunningham's last lapghan and presented it to DAV Commander David "Skip"

Stitt to kick off this labor of love.

Carol Strenkoski, of "Doggie Couture," crocheted the first one and presented it to her son, David, in Ann Arbor, MI.

"His smile launched our national movement of 'Patriotic Comfort,'" said Strenkoski.

A local volunteer, Caroline Mesman, has stepped up to create her lapghan to present locally. It's a simple self-starter program. Volunteers can download a pattern, buy the yarn, choose to knit or crochet a red, white and blue striped lapghan and present it to any male or female veteran they choose to honor.

Send a post and photo of the presentation for the FB organization page.

For more details, visit www.circle4oneness.org or email Lee at soulstar_46@yahoo.com

"The ministry's work is to awaken people to see that there is no separation," said Cunningham. "We can support each other — one lapghan at a time."

Stella Blue at Starlight Feb. 15

Musician Stella Blue, accompanied by Florence Unitarian Universalist Fellowship (FUUF)'s resident musician Jeff Lovejoy, will perform at the Starlight Cabaret Wednesday, Feb. 15.

Doors open at 6 p.m. and music begins at 6:30 p.m.

The concert will be presented at FUUF, located at Highway 101 and Heceta Beach Road.

Blue has been performing on the West Coast for over 30 years. She has played at clubs and restaurants in the northwest and also performs frequently at craft fairs, markets and seasonal festivals.

Blue plays a wide variety of music from a song list that includes more than 400 titles.

Tea and coffee will be provided, or guests over age 21 can "BYOB." Healthy finger foods are welcome.

The event is free to the public, but donations are appreciated.

OCHS to appreciate volunteers

Oregon Coast Humane Society is hosting a Volunteer Appreciation Day Sunday, Feb. 19, from 3 to 5 p.m. at the Florence Events Center, 715 Quince St.

This event will honor both present and past volunteers who have given of their time and dedication over the years.

All past and present volunteers are invited to attend.

RSVP prior to Feb. 17 by calling Danielle Dickson at 541-999-5702.

FRAA artist teaches mono-prints

Well-known local artist Kat Cunningham will be offering two Tuesday evening classes to the Florence community, titled "Mono-Print Flowers and Birds of Florence."

In these classes, students will create an enhanced gelli/acrylic plate mono print, and then add "pop," depth and texture with household tools. They will also design hot-cut stencils.

Whether new to art, or a seasoned artist, these classes promise to provide a new, creative experience.

Dates for the classes are Feb. 21 to begin the project, and Feb. 28 to complete it.

Classes run from 6 to 8 p.m. at the Florence Regional Arts Alliance Art Center, 120 Maple St. in Old Town, and pre-registration is required.

A third optional class will be offered on Tuesday, March 7, for those who wish to "continue the fun" and learn additional advanced techniques.

Versatile, creative, and innovative are just a few of the words to describe Cunningham, who for decades has enjoyed a career as an accomplished artist, author, designer, and entrepreneur.

Cunningham created the first piece of public art located at the Port of Siuslaw boardwalk, the three-sided Florence Scenic Column, comprised of hand-painted tiles.

For further details about the upcoming classes, Cunningham can be contacted at 541-999-1782 or kat@circle4oneness.org.

Those wishing to attend may also visit the FRAA Art Center and Gallery to register at fraaoregon.org.

theshehd.org/JazzKings

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FRESH CRAB

Fresh In The Case THIS WEEK: Crab Oysters Steamer Clams Smoked Fish and more...

CREAMY DUNGENESS CRAB W/ PENNE PASTA

Ingredients

1 lb penne pasta	1/4 cup white wine
1/2 lb dungeness crabmeat	1/2 teaspoon sugar
1/4 cup shallot, minced	1/4 teaspoon salt
2 garlic cloves, minced	1/4 teaspoon black pepper
4 tablespoons butter	1 pinch cayenne
2 cups heavy whipping cream	1/2 teaspoon dill weed
	1/4 cup parmesan cheese

Directions

1. Cook the penne according to directions in salted water then drain and lightly oil and set aside.
2. Sauté the shallots and garlic in the butter over med-low heat until softened, about 1 to 2 minutes.
3. Increase heat to high and add the heavy cream and reduce the cream over the heat for 1 minute.
4. Add the white wine, sugar, salt and pepper, and pinch of cayenne and reduce heat to low heat and continue to simmer for about 2-3 minutes.
5. Add 3/4 of the crabmeat and all of the penne, and the parmesan cheese and gently toss together.
6. Transfer to serving platter and sprinkle with dill, extra parmesan and remaining dungeness crab.
7. Serve with Caesar salad and Garlic bread

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