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photo by Jon Stinnett

**Amy Callahan of the Nonprofit Association of Oregon addressed a gathering of representatives of several of Cottage Grove's nonprofits Monday.**

## Former Grover returns to talk nonprofits

BY JON STINNETT  
*The Cottage Grove Sentinel*

A former Cottage Grove resident and nonprofit employee came back to town Monday to share information about her new employer and gauge the need for resources for the Cottage Grove area's not-for-profit organizations.

Amy Callahan worked for the Cottage Grove Community Hospital Foundation until about a year ago and previously served as publisher of the Cottage Grove Sentinel, but on Monday, Callahan appeared at the Healing Matrix downtown to talk about her work in Portland with the Nonprofit Association of Oregon, which works to "strengthen the collective voice, leadership, and capacity of nonprofits to enrich the lives of all Oregonians," according to its website.

Callahan was joined by about a dozen representatives of several Cottage Grove-area nonprofits, including Sustainable Cottage Grove, the Be Your Best campaign and the Cottage Grove Museum. While first sharing details about her position with the organization, the meeting later became a more informal discussion of the obstacles facing many nonprofits, including those in Cottage Grove.

"I wanted to check in with Cottage Grove, to talk about what nonprofits might need and help bring resources to the table," Callahan said. She explained that the NAO works to support all nonprofits in Oregon. The organization is membership based, she said, with organizations paying dues priced by their size, to the tune of about 1000 memberships statewide. The NAO offers the services of consultants to its members, and it also operates training networks in Medford, Portland, Bend and Eugene. Callahan said her visit to Cottage Grove was part of a larger effort to involve the NAO in the developments of rural communities like Cottage Grove.

"I know we have a great group of people here that are doing a lot of good, and I also know the difficulty of needing something and trying to gain access to it," she said. Nonprofits are the second-largest sector of the Oregon economy, Callahan pointed out, second only to manufacturing. In gauging the needs of the nonprofits present on Monday, many participants stated that a comprehensive look at what nonprofits are operating in Cottage Grove, in addition to the potential economic impact those organizations provide, could be a key to the future success of the nonprofit sector.

"All of us are on different boards, and it would help us to know what sector we're a part of," Jim Gilroy said. "I don't think many people are used to thinking of nonprofits as an economic sector."

Rob Dickinson pointed out the need to attract funding from outside Cottage Grove to its nonprofits, adding that several community organizations sometimes find themselves vying for those dollars.

"Most of these groups are doing good work but struggling financially," he said. Cathy Bellavita pointed out that many organizations are also unaware of proper budgeting processes. Callahan pointed out that nonprofits may also need to envision new ways to measure their impact on their communities. Jody Rolnick said that the issues facing local nonprofits were "universal" and "not unique to Cottage Grove."

"We just have fewer resources to deal with them," Rolnick said. Callahan agreed, saying she is often frustrated with trying to educate Portlanders about the needs of Oregon's rural communities.

After getting a handle on the game's terminology, the next thing on my list was golf etiquette. For a lot of people, one of the things that keep them from actually trying golf is the fear of unintentionally doing something that, as a result of not knowing the proper etiquette, gets them clubbed to death by someone with a 9-iron. That's because, to the outside observer, things that seem to warrant a good clubbing are actually no big deal.

You want to swing your club and take a six-inch gouge out of an otherwise perfect lawn? Fine.

Want to drink a beer AND drive an electric go-cart through the woods? Perfectly acceptable.

However, walk between someone's ball and a small hole in the ground, and there's a good chance you'll be found floating in a water hazard. The thing to remember is that you will undoubtedly make some mistakes your first time on the course, and that's to be expected.

What won't be expected is a hollowed-out golf club that can be loaded with tees and used as a blow gun should you need to defend yourself.

But you didn't hear that from me. This brings us to the actual fundamentals of playing golf — which begins with finding your "natural swing." Ask any golfer the secret to doing this, and they'll tell you its all about having the proper grip. To achieve this, make sure the back of your left hand and the palm of your right hand are both facing your target. Then, in a smooth arc, bring them up to your mouth while making sure not to spill your beer.

After a couple of practice swigs, place your beer back in the cooler and you're ready to tee-off. This may not improve your swing much, but it will provide you with a legitimate excuse as to why you shot a 167 on a par 72 course.

And if that isn't enough, you can always claim that playing in a mixed foursome was just too darned distracting.

## If you want to golf with me, bring a hardhat

BY NED HICKSON  
*News Media Corporation*

Though I've only been golfing a few times in my life, it was clear that my reputation had preceded me at the course last weekend. I know this because golfers immediately traded ball caps for hardhats, then scurried down into the sand bunkers like allied forces preparing for heavy fire.

As I took a practice swing, the surrounding trees emptied of all bird species — not in a smooth, organized pattern, but in a frenzied explosion of flapping and panicked birdsong that left three Canada geese lying unconscious in the rough.

(Speaking of which, I'd like to take this opportunity to apologize once again for the tragic death of that swan near the putting green. Had I known the difference between a putter and a pitching wedge, things might've turned out differently for that majestic creature.)

Because of my past experiences, I was determined to make things different this time.

How? By becoming more comfortable with the game. I immediately went online for help and, thanks to the power of the Internet, found myself on a pornography website after typing in the first term on my list: Mixed foursome.

For anyone else who might be looking to the Internet for golf-term clarifications, I'd also suggest avoiding scotch foursome, shag bag, hooded club, loose impediments and (this really goes without saying) woodie.

While these are all legitimate golfing terms, try explaining that to your editor after she finds you on a web page linked to the golf term double-d. (Which, by the way, means when a driver is used on the fairway after it has also been used to tee off—so THERE, Ms. Smarty Pants!)

After getting a handle on the game's terminology, the next thing on my list was golf etiquette.

**MOVING UP HIGHER**  
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*Gain the confidence of knowing who you are in Christ*

**There's no comparison**

In today's society, insecurity is an epidemic. Too many people—including many Christians—walk around timid, afraid, lacking confidence and feeling bad about themselves.

But when Jesus died on the cross for us, something happened that I like to call "the divine exchange." He took away our sins and everything we are not, and then He made us perfect in Him.

God wants you to be confident, bold, fearless and free. He wants you to be healthy and whole—fully able to pursue your destiny. And He desires for you to feel good about yourself and your relationship with Him.

Insecure people tend to compare themselves with other people and feel a need to "keep up" with them.

For years I tried to be like everybody else. I tried to be steady and easy-going like my husband, Dave. Then I tried to be like my pastor's wife, who was super sweet and sensitive. But the truth is that we are only anointed to be ourselves!

For example, it's amazing how excited you can be about your prayer life until you happen to compare notes with someone else who gets up before daylight each morning and prays for four hours.

Now, if you don't know who you are in Christ, you suddenly feel like your prayer life is nothing. Then, just to keep up, you frustrate yourself trying to do

## Is it time for a security check?

what they are doing. How do I know? Because this happened to me years ago. As a result, I got myself a clock, locked myself in a room and declared to everyone, "I'm going to pray for four hours a day! I'm not coming out of here, and you can't come in!" Everything went well until I fell asleep five minutes after I began.

God made you an original, and He has a unique plan just for you. Comparing yourself to others just leads to frustration. But having the confidence and freedom to be yourself leads to peace and joy.

**What are you looking at?**

Too many times we look at ourselves when we should be looking at God. We focus on all of our own weaknesses, and before we know it, we are timid, fearful, and convinced that everything is too hard to accomplish.

If this is you, then Philippians 3:3 can change your life. It says to "...put no confidence or dependence [on what we are] in the flesh..."

Some people look at their

weaknesses and think, I could never do something great for God. Then there are others who look at their own strengths and think, I don't need help...I can do this on my own.

Regardless of what we can or cannot do, God wants all of our confidence to be in Him. Because the truth is, apart from Him, we can do nothing!

David was one person who knew who he was in Christ. The entire army of Israel was too frightened to fight the giant, Goliath. But David wasn't. Why? Because he was looking at God and not himself. He knew that his God could do anything. As a result, he walked straight out to the battlefield and killed Goliath with a stone and a slingshot.

You, too, can have this "David" kind of confidence. You can become a giant-killer when you learn who you are Christ.

**Make a bold move**

God wants you to feel good about yourself. He wants you to be bold, to be fearless — to believe Him for big things.

Ephesians 3:20 says that God is able to "...do superabundantly, far over and above all that we [dare] ask or think [infinitely beyond our highest prayers, desires, thoughts, hopes, or dreams]."

I believe God is just waiting for some of you to boldly step out and ask Him for things that go beyond your mind or what you think is possible. Our insecurities will make us feel like we're not worthy to even ask. But remember, in God's economy, you don't get what you deserve—you get what Jesus deserves!

Wherever you are in your journey with the Lord, He wants you to know that you are right with Him. You may not be perfect, but God sees you as perfect because of His Son. And because of this, you can go forward with boldness, joy and the divine confidence you need to fulfill your destiny.

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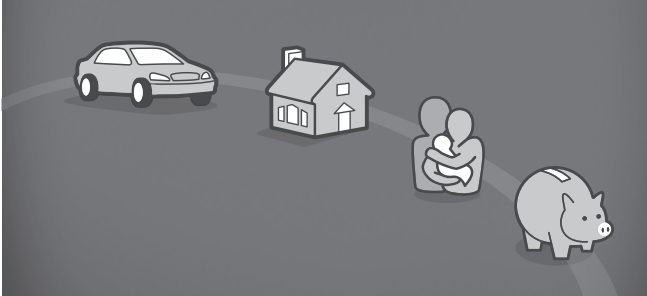


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