

COMMUNITY NOTEBOOK

Emeritus features military museum

Alisha Hamel of the Oregon Military Museum will be the featured speaker at the Emeritus Society meeting at 1 p.m. on Monday at the Monmouth Public Library, 168 Ecols St. S.

Hamel will honor Oregon's military history. The public is invited. Refreshments will be served.

For more information: 503-838-1630.

Friends to host spring sale

Friends of Monmouth Library will hold its spring book sale in the meeting room of the library, 168 Ecols St. S.

The sale will include adult fiction and nonfiction, children's books and audio-visual materials.

A "Members Only" sale will be from 5 to 7 p.m. on Thursday. Nonmembers may join at the door.

The public sale is from noon to 6 p.m. on Friday and from 10 a.m. to 2 p.m. on Saturday. A bag sale will be held from 1 to 2 p.m. on Saturday.

Proceeds go to support library programs for children and adults, and to pay for special library projects such as media bags and summer movies.

For more information: 503-838-1932.

County road cleanup Saturday

Polk County Public Works Department is holding an Adopt-A-Road cleanup day on Saturday.

As many as 60 different groups that have adopted roads throughout the county will participate.

To become an active member of the program, applications are available on the Polk County website www.co.polk.or.us or by calling 503-623-9287.

Garden Club to host plant sale

The Monmouth Garden Club will host its annual plant sale from 9 a.m. to 2 p.m. on Saturday at Monmouth Public Library, 168 Ecols St. S.

Landscape perennials, trees, bulbs, vegetable plants, herbs and houseplants were donated by club members to raise money for community beautification projects.

Tree City Celebration



JOLENE GUZMAN / Itemizer-Observer

Julian Delacruz, left, and Casey Jalusha, both of Dallas, help plant trees near the pocket park near Rickreall Creek Trail's intersection with Main Street in Dallas on Friday. The tree planting coincided with Arbor Day and city officials and volunteers joined the effort.

Club members will be available to answer questions about the plants, and will have gardening books on site for reference to gardening questions.

For more information: Carmen Phillips, 503-838-2686.

Writing 101 class sponsored by 4-H

A writing class will be held by Polk County 4-H and the Oregon State University Extension Office for people of all ages.

The class is from 6 to 7:30 p.m. on Tuesday at the Extension Office, 289 E. Ellendale Ave., Suite 301, Dallas.

As part of the Step Up to 4-H classes, Writing 101 will help participants with things from writing a basic English assignment to term papers to scholarship applications.

The class is free and open to all ages, but most appropriate for those in seventh grade and older.

Preregistration is required by calling 503-623-8395.

Model train show this weekend

The Model Train Swap-meet and Show will be from 9 a.m. to 3 p.m. on Saturday and Sunday at the Rickreall Grange Hall, 280 Main St. (Highway 99W), Rickreall.

The hall is home to Polk Station Rail Operating DCC

Model Railroad Club. Rickreall Grange Ladies will provide breakfast and lunch specials.

Admission is \$5, with \$1 off with a canned food item. Children younger than 12 are free. Sunday's admission also is free with a canned food donation.

For more information: PRY626@juno.com or 503-606-0398.

Lavender Lake Farms hosting tea

Want to treat a mom or daughter to an early Mother's Day Event? Lavender Lakes is hosting tea Saturday from 1 to 3 p.m. Admission is \$22 per person and includes a small entrée, finger sandwiches, scones, desserts and specialty teas made on the farm.

For reservations, contact Rita Roberts at 503-588-3189, send an email to events@lavenderlakefarms.com or go to lavenderlakefarms.com under the "events" tab.

A capella groups honor teacher

Central High School graduates Donovan and Susanah Cassell are bringing their renowned a cappella groups — On the Rocks and Divisi — to perform a benefit concert for Central High choir teacher Jeff Witt.

Witt encouraged them to

follow their musical interests, which they did.

This year, Donovan is the musical director of the men's premiere a capella group On the Rocks, while Susanah is a member of the lady's group Divisi.

Divisi is credited as the inspiration for the movie "Pitch Perfect."

The groups will perform at Central High, 1530 Monmouth St., Independence, at 7:30 p.m. on Friday.

Tickets are \$10 each. For more information or to buy tickets: www.chsperformingarts.org.

WVH volunteers host fundraiser

West Valley Hospital volunteer services is holding a leather and purse sale fundraiser Thursday from 7:30 a.m. to 3:30 p.m.

The sale will be in the conference room immediately inside the front door on Washington Street and will offer handbags, wallets, briefcases, fanny packs, purses, travel bags, checkbook covers, money clips, business card holders, coin purses, ID holders, cases for glasses, Bible covers, tapestry bags and more.

Proceeds benefit the volunteer scholarship fund for Polk County high school students.

For more information: 503-623-7323.

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COMMUNITY CALENDAR

Community Calendar is a listing of upcoming events taking place in Polk County that are open to the public. To submit an event for calendar consideration, please send it at least two weeks before the actual event date to the Itemizer-Observer via fax (503-623-2395) or email (ionews@polkio.com).

WEDNESDAY, APRIL 29

• **Helping Hands Emergency Food Bank** — 10 a.m. to noon, Monmouth Christian Church, 959 Church St. W., Monmouth. For eligible community members; available every Wednesday. 541-404-6517.

• **Willamette Valley Food Assistance Program Food Bank** — 1:30 to 6:30 p.m., 888 Monmouth Cutoff Road, Building E, Dallas. Weekly distribution for eligible community members. 503-831-5634.

• **Yoga in the Hopyard** — 6 p.m., Rogue Farms Micro Hopyard, 3590 Wigrich Road, Independence. Offered on the last Wednesday of every month. Free; bring your own yoga mat. 503-838-9813.

THURSDAY, APRIL 30

• **James2 Community Kitchen Meal** — 4:30 to 6 p.m., Dallas United Methodist Church, 565 SE LaCreole Drive, Dallas. Free; everyone welcome. 503-623-8429.

• **Rep. Paul Evans town hall discussion** — 7 to 8:30 p.m., Western Oregon University, Werner University Center, Willamette Room, 345 N. Monmouth Ave., Monmouth. "Higher Education in Oregon: A Town Hall Discussion." Free. 503-986-1420.

• **Friends of Monmouth Library** — 5 to 7 p.m., Monmouth Public Library, 168 Ecols St. S., Monmouth. Members only book sale. Nonmembers may join at the door. 503-838-1932.

FRIDAY, MAY 1

• **Altered Attitudes Alcoholics Anonymous** — Noon, Dallas United Methodist Church, 565 SE LaCreole Drive, Dallas. 503-399-0599.

• **Guthrie Park Acoustic Music Jam Session** — 7 to 10 p.m., Guthrie Park Community Center, 4320 Kings Valley Highway, Dallas. Free (donations accepted). 503-623-0809.

• **Friends of Monmouth Library** — Noon to 6 p.m., Monmouth Public Library, 168 Ecols St. S., Monmouth. Spring book sale. Free. 503-838-1932.

SATURDAY, MAY 2

• **The Original Independence Farmers Market** — 9 a.m. to 2 p.m., Umpqua Bank parking lot, 302 S. Main St., Independence. 503-881-9950.

• **Independence Riverview Market** — 9 a.m. to 2 p.m., Riverview Park and Amphitheater, 50 C St., Independence. 503-910-8193.

• **Relay For Life - Survivor Dinner and Celebration** — 5:30 to 8 p.m., Eola Hills Winery, 501 S. Pacific Highway 99W, Rickreall. For cancer survivors and their guests. RSVP requested. 503-623-5241.

• **Polk Community Free Clinic** — 7 to 11 a.m., Trinity Lutheran Church, 320 SE Fir Villa Road, Dallas. Free medical and mental health care for uninsured and underinsured. Held on the first and fourth Saturday of the month. 503-990-8772.

• **Monmouth Senior Center All-You-Can-Eat Community Breakfast** — 8:30 to 10:30 a.m., Monmouth Senior Center, 180 S. Warren St., Monmouth. Cost: \$6, adults; \$3, children under 12. 503-838-5678.

• **Friends of Monmouth Library** — 10 a.m. to 2 p.m., Monmouth Public Library, 168 Ecols St. S., Monmouth. Spring book sale. Bag sale from 1 to 2 p.m. Free. 503-838-1932.

• **Monmouth Garden Club** — 9 a.m. to 2 p.m., Monmouth Public Library, 168 Ecols St. S., Monmouth. Annual plant sale, including perennials, trees, bulbs, vegetable plants, herbs and houseplants. 503-838-2686.

SUNDAY, MAY 3

• **Polk Flea Market** — 9 a.m. to 3 p.m., Polk County Fairgrounds, 520 S. Pacific Highway (99W), Rickreall. Admission: \$1; children 12 and younger, free. Early admission from 6 to 9 a.m. is \$5. 503-428-8224.

• **From the Heart Community Sing** — 1:30 to 3 p.m., St. Thomas Episcopal Church, 1486 SW Levens St., Dallas. Free singing lessons; all ages are welcome. 503-559-5205.

MONDAY, MAY 4

• **Central Lions Club** — Noon, Ella Curran Food Bank, North Main Street, old Casa Tequila building, Independence. 503-606-2150.

• **Willamette Valley New Horizons Orchestra** — 6:30 to 8:30 p.m., Central High School (music room), 1530 Monmouth St., Independence. Local orchestra for beginning through intermediate musicians. Meets every Monday. Players of all levels welcome. \$25 monthly fee to cover expenses. 503-838-4884.

• **Dallas High School Booster Club** — 7 p.m., Dallas High School library, 1250 SE Holman Ave., Dallas. dhsboosters2010@gmail.com.

• **American Red Cross Blood Drive** — 12:30 to 6 p.m., Independence First Baptist Church, 1505 Monmouth St., Independence. Donors of all blood types needed, especially those with types O negative, A negative and B negative. 1-800-733-2767.

• **Rep. Paul Evans veterans forum** — 6 to 7 p.m., Monmouth Senior Center, 180 Warren St. S., Monmouth. Communitywide forum to discuss veterans issues and how to solve them. Free. 503-986-1420.

• **Emeritus Society** — 1 p.m., Monmouth Public Library, 168 Ecols St. S., Monmouth. Alisha Hamel will honor Oregon's military history. Public is invited. Free. Refreshments available. 503-838-1630.

TUESDAY, MAY 5

• **James2 Community Kitchen Meal** — 4:30 to 6 p.m., St. Philip Catholic Church, 825 SW Mill St., Dallas. Free; everyone welcome. 503-623-8429.

• **Monmouth-Independence Chamber of Commerce** — Noon to 1:30 p.m., Independence Public Library, 175 Monmouth St., Independence. PEP Talk Series, "Writing a Marketing Plan," by Keven Malkewitz. \$15 for chamber members; \$20 for nonmembers. www.micc-or.org or 503-838-4268.

WEDNESDAY, MAY 6

• **Helping Hands Emergency Food Bank** — 10 a.m. to noon, Monmouth Christian Church, 959 Church St. W., Monmouth. For eligible community members; available every Wednesday. 541-404-6517.

• **Scrabble with Betty** — 1 p.m., Independence Public Library, 175 Monmouth St., Independence. Scrabble games first Wednesday of every month. Free; refreshments and prizes available. 503-551-7687 or 503-838-1811.

LIBRARY CALENDAR

DALLAS

950 Main St.

503-623-2633

www.ci.dallas.or.us/library

• Thursday, April 30, 11:15 a.m. — Storytime
• Tuesday, May 5, 11:15 a.m. — Storytime
• Tuesday, May 5, 3:30 p.m. — Storytime

INDEPENDENCE

175 Monmouth St.

503-838-1811

www.ci.independence.or.us/library

• Thursday, April 30, 4:30 p.m. — Chess Club for Kids (grades 1 and older)

• Saturday, May 2, 3 p.m. — Make a Mother's Day Gift

• Tuesday, May 5, 4 p.m. — Spring Fun Club (Cinco de Mayo Celebration)

• Wednesday, May 6, 10:30 a.m. — Storytime

• Wednesday, May 6, 1 p.m. — Scrabble With Betty

MONMOUTH

168 S. Ecols St.

503-751-0182

www.ci.monmouth.or.us/library

• Thursday, April 30, 10 a.m. — Little Builders Club (babies to preschoolers)

• Tuesday, May 5, 10:15 a.m. — Storytime

WAGNER COMMUNITY LIBRARY

111 N. Main St., Falls City

503-787-3521, ext. 319

www.wagner.plinkit.org

• Contact library for upcoming special events and programs

2015 PEP Talks Series
Promote Enterprising Performance

Making Volunteer Programs Come to Life
Tuesday, May 12, 12 PM to 1:30 PM
Monmouth Public Library • 168 Ecols St. S.

- Stages of the volunteer management cycle
- Key components of each stage
- Best practices and solutions for volunteer programs

Ashley Erb: The community engagement and volunteer coordinator for Shangri-La, a multi-county non-profit organization, Ashley holds a communication degree from Western Oregon University. Ashley also currently serves as the president of the Mid-Valley Volunteer Managers Association.

Cost per workshop: \$15 for MI Chamber members \$20 for non-members. Fee includes lunch.
Register by noon May 11, 2015.

The 2015 PEP Talks Series features six workshops led by local leaders in their respective fields of expertise and are designed to strengthen businesses and organizations in our community.

For more information and to register, contact the
Monmouth-Independence Chamber of Commerce & Visitors Center:
www.micc-or.org or 503-838-4268

Music from the Redgate Winery & Fieldhouse

Friday May 1, 6-9 PM
featuring
The Brothers Kidd
\$5.00 cover • Must be 21
Food Available
Tasting fees & glasses of wine \$5.00
8175 Buena Vista Road
Independence • 503-428-7115 • www.redgatevineyard.com

SHAMANIC HEALING

Shamanism was the first spiritual practice which predates all religions. The word "shaman" comes from the Tungus peoples, a central Siberian tribe and means "one who sees in the dark." Shamanic healers engage with the spirits to determine illnesses from a spiritual perspective.

- Soul Retrieval - lost soul parts due to trauma
- Extraction - clearing localized illness
- Divination or message from the spirits
- Power animal retrieval - given a spirit animal for guidance and protection
- Healing with spiritual light
- Soul remembering - a symbol to remind you of your true self
- Unravel curses from the past
- Remove spirit intrusion or possession
- Cutting emotional ties that bind
- Psychopomp - guiding souls of the dead to cross over
- Clearing of home, property or business
- Healing ancestral lines

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