

Vernonia Cares Receives Grant From Fred Meyer

Vernonia Cares Food Bank announced it has received a community grant totaling \$7,000 from The Fred Meyer Fund for groceries and support services. Cares' mission continues to be provision of emergency groceries for Vernonia's low income and flood recovery clients.

The Food Bank, located at 627 Adams Avenue in Vernonia, OR, assists over 350 people a month. These clients reside in more than 130 households. One third of Cares' clients are children or senior citizens. "We are so grateful for this generous grant from The Fred Meyer Fund, especially at this time," states Director Sandy Welch. "Cares client load increased by 33% since the December 2007 flood. With increasing food prices and utility expenses, this grant will keep this valuable resource (the food bank) available to those who need it. By providing emergency groceries, clients may spend a little more of their money with flood recovery materials or on their increasing utility services," concludes Sandy.

Vernonia Cares Food Bank, a nonprofit organization, has been in operation since 1985 in the Vernonia community. The building which houses the food bank (The American Legion Post 119 building) sustained major damage during the flood in December 2007. There was 53" of water in the building which destroyed all food, freezers, records, and office equipment. Through donations and a lot of hard work, much of that has been restored, but the replacements continue. Due to the increased client base, more food is required, too.

"The Fred Meyer Fund and its Advisory Committee Members were particularly impressed by the successful track record of Vernonia Cares Food Bank and its programs," said Glynda Brockhoff, philanthropy coordinator for Fred Meyer stores and The Fred Meyer Fund. "We hope this community grant will help Cares Food Bank continue the important work it is doing to enhance the welfare of the community. We are proud to be a part of the Vernonia community and are committed to helping where we can.

The community grants are funded by donations from Fred Meyer Associates and customer donations in the Make Change Count coin boxes at all check stands. The dollars collected through associate donations and coin boxes are combined and allocated by the Advisory Committees as community grants in the four western states where Fred Meyer operates.

The Fred Meyer Fund assists nonprofit organizations dedicated to helping children and reducing hunger in communities served by 129 Fred Meyer stores in Alaska, Idaho, Oregon and Washington. In 2007, The Fred Meyer Fund awarded \$1.7 million in grants.

Vernonia Pioneer Museum This Summer

Summer hours are now in place at the Vernonia Pioneer Museum. They are open from 1:00 PM to 4:00 PM on Fridays, Saturdays and Sundays from June through mid-September (Quilt Fair Weekend). They welcome visitors during those hours; special tours can also be arranged by calling the Museum at 503.429.3713. As always, they would love to have more volunteers to help as hosts during open hours. If you can spare just three hours per month, they'll be pleased to have you on their roster of museum hosts. You don't need to be an expert in local history; the main duty of a museum host is to open the building and greet guests. And if it's a quiet day, you can just relax and enjoy the artifacts at leisure, read a book or catch up on your correspondence!

The Vernonia Pioneer Museum Association Board thanks WOEC and Bill Sword for removing the tree facing the Museum parking lot. It had been dropping good sized branches, had a fungus growing out of places on the trunk and had grown above the power lines. With limited funds available from the city and county, these volunteers helped remove it safely and keep museum patrons safe. The Vernonia Garden Club kindly offered to help replace this tree with some new ornamentals.

St. Helens Offers Free Shuttle to Sand Island

The City of St. Helens will be offering a free boat shuttle to Sand Island this summer through August 31st. The shuttle will leave the city dock below Columbia View Park every hour on the hour starting at 4:00 PM and running through 9:00 PM on Thursdays and Fridays, from 8:00 AM to 10:00 PM on Saturdays, and from 8:00 AM to 3:00 PM on Sundays. The shuttle returns from Sand Island on the half hour. The last shuttle leaves one half hour after the last shuttle to the island.

Sand Island is equipped with picnic tables, fire pit grills, benches, and composting toilets. Tent camping is available. Bring your own water as there is no water available.

For more information contact the City of St. Helens at 503-397-6272.

Yoga Fundraiser to Assist Vernonia Cares

A special yoga training session entitled Kula Seva is being hosted by the Aletheia Holistic Teaching Institute on July 9, 2008, from 4:00 to 8:00 PM at the Grand Ballroom of Portland State University. A donation of \$35 is being requested; all proceeds go to benefit the Vernonia Cares Food Bank.

Instructor Andrew McAuley (LMT, RYT) was so moved by the need of the Vernonia community after the flood of 2007 that he has come from the Washington D.C. area to generously donate his time and experience so that as much as possible may go directly to Vernonia Cares to provide for families in need. Andrew has recently received his 500 hour certification in Prana Flow through Samudra: Global School of Living Yoga.

The event is set up so that you may come at any time with no concern of disruption. So if you work this day, come when you can! If you are unable to attend but are still interested in making a donation, please note "Kula Seva" on the memo line of your personal check.

The Sanskrit word Kula translates as "community" and Seva as "string". Seva refers to how we are all connected in the thread of existence. Currently seva is known as a practice of selfless service, finding its roots in Bhakti Yoga.

You can pre-register for the class at: www.aletheia-hti.com

CCMH Moves Back Into Office

Columbia Community Mental Health (CCMH) has moved back into its old location at 610 Bridge Street in Vernonia. The local branch of the clinic had relocated while repairs from flood damage were made to its office.

Mental health counseling is available in Vernonia on Mondays. Chemical Dependency counseling is available on Thursdays. CCMH offers a wide range of services at its St. Helens main campus including addiction and dependency treatment, dual diagnosis treatment, psychiatric rehabilitation, developmental disabilities services, and community outreach, prevention and education services. Transportation may be available for those needing intensive services through Columbia County Rider. To schedule counseling services, call 800-294-5211. There is also twenty-four hour emergency counseling available at that same number.

local resource

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Your credit union can provide lending options for expenses related to:

- Home Repair
- Home Elevation

with our full line of mortgage products, bridge loans, personal lines of credit and title loans.

Wauna Federal Credit Union is a participant in the Home Start program, a grant program to assist with down payments.

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