

Panels to Meet With Disabled Citizens

Social service agencies in Columbia County are collaborating to host three free informational panels for children and adults with any type of disability in Clatskanie, Vernonia, and St. Helens. The purpose of the panels is to create awareness for Columbia County residents on the resources and services available in the local community and to provide accessibility to meet in person with representatives from local human services agencies. These panels will allow individuals to hear what services are available locally and provide the opportunity to ask questions about what services may benefit them. Individuals with disabilities including those with physical disabilities, veterans, seniors, adults, children, parents, teachers, caregivers, community members, and professionals are all invited to attend.

There will be several agencies present to discuss services available from their departments, including representatives from Senior's and People with Disabilities, Vocational Rehabilitation Department, Developmental Disabilities Program, Women's Resource Center,

Community Action Team, Riverside Training Center, and Columbia Community Mental Health. The panel discussions will include, but will not be limited to, supports for seniors, employment services, advocacy, supports for parents, supports for children, respite care, ensuring health and safety in the home and community, health care, sheltered housing, transportation, energy assistance, and other community resources.

The agencies will host an informational panel in Clatskanie on April 5th at 7:00 PM. The meeting will take place

at the Clatskanie School District Board Room at 555 Bryant Street. A second meeting will take place at the Vernonia Middle School cafeteria on April 12th at 7:00 PM located at 249 Bridge Street. A third meeting will be hosted at Columbia Community Mental Health Community Room on April 19th at 7:00 PM located at 58646 McNulty Way in St. Helens.

This effort has been organized and sponsored by the Quality Assurance and Advisory Committee for the Developmental Disability Program in Columbia County.

On The Shelves: What's Happening at the Vernonia Library

Library activities for March include:

Friends of the Library Book Sale-- Saturday March 12 from 10-4

Movie Night--Thursday March 24 at 6:30--*Something's Got to Give* with Jack Nicholson & Diane Keaton

Book Discussion--Monday March 28 at 5:30--*Unbroken* by Laura Hillenbrand

Conversation Project sponsored by Oregon Humanities--Thursday March 31 at 6:30--*The Voters Have Spoken: Oregon's Controversial Ballot Initiatives* with Jackson Miller leading a conversation on the following topics: physician-assisted suicide, medical marijuana and taxes.

Local Chambers and County Economic Team to Host Workshop

The Columbia County Economic Team is partnering with the Oregon MicroEnterprise Network to provide free market research services to Columbia County's small businesses. The program, called MarketLink, is funded by a grant from the Small Business Administration and is targeted to businesses with one to five employees. The program is designed to provide information to local businesses regarding:

- Local and national trends impacting their businesses, and competitive data and analysis relevant to their business

- Data on market size, distribution channels and opportunity for different industries

- Strategies for developing new business through sales lead identification and targeting new markets.

To help launch the new program, both the South Columbia County and Clatskanie chambers of commerce will host a one-and-a-half-hour workshop. Ryan McLaughlin from the Oregon MicroEnterprise Network will lead an interactive discussion. At the workshop, Mr. McLaughlin will also explain how qualifying business owners can apply to receive free and confidential customized research through the MarketLink Program.

The South Columbia County Chamber of Commerce will host a morning workshop in St. Helens on Tuesday, March 15 from 7:30 - 9:00 AM at the Best Western Oak Meadows Inn (585 S Columbia River Hwy, Saint Helens).

The Clatskanie Chamber of Commerce will host an evening workshop on Tuesday, March 15 from 7:00 - 8:30 PM at the Clatskanie River Inn (600 E Columbia River Hwy., Clatskanie).

2nd Annual Vernonia Sportsman's Banquet Date Set

The second annual Vernonia Sportsman's Banquet has been scheduled for April 23, 2011. Tickets go on sale March 21st and are available at the Vernonia Sentry Market at the Video counter.

Guest Speaker this year will be Larry D. Jones, owner of Jones Calls and a member of the Bowhunters Hall of Fame.

Tickets are \$10 and include the BBQ Dinner.

Senior Center Activities

5-Area Luncheon: Monday, March 28 at the St. Helens Senior Center

9:00, but the side parking lot door opens at 7:00. Ah, sweet treats!

Connie's Fabulous Breakfasts: Fabulous breakfasts are available to the public on Fridays for a cost of only \$3.50. The event happens at the Senior Center (446 Bridge Street) from 7:30 to 9:00 AM each Friday. Meal price includes a beverage, too. Enter through the side, parking lot door. What a deal!

Thrift Store: Bargain prices can be found in Vernonia's Senior Center in their Thrift Store. The retail store is open Monday through Friday, from 9:00 AM until 3:00 PM. The Thrift Store provides funds for the Senior Center's facility and its many activities. Donations can also be dropped off during those same hours, and donated clothes need to be clean and in good condition so they are "sales ready". We are offering half off during the first week of each month. Buy locally and support your local Senior Center.

Week Day Lunches: The Vernonia Senior Center offers nutritious and tasty lunches each weekday for only \$4. These are available to the public, not just Senior Citizens. (Mealtime is noon; late arrivals may not be served.) You can reserve your lunch by calling by 11:15 AM, or further in advance if possible, to assist the cooks as they prepare the day's meals.

For after hours drop-offs please contact Pauline 503-429-5810.

Special Days: On the last Wednesday of the month Wauna Credit Union will be serving ice cream. On the last Friday of the month we will serve birthday cake and ice cream to celebrate that month's birthdays.

Maple Bars available locally! Connie King, the cook at the Senior Center, is making maple bars each day. The maple bars are available to the public, too, and only cost \$1 each. Availability is subject to quantity on hand. You can assure yourself of a good supply by pre-ordering them directly from Connie by calling the Senior Center (503-429-3912) any week day, from 7:00 AM-3:00 PM. Please allow one day lead time for larger orders. The Center's front door opens at

Membership Dues: Another way to support Vernonia's Senior Center is to pay the \$15 annual membership dues. Checks may be mailed or dropped off at the Senior Center. Anyone 50 and older may join.

Questions? Call: (503) 429-3912

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