

Vernonia Celebrates Their Volunteers

Vernonians from all sectors of the community gathered on November 5, 2011 at the Vernonia school cafeteria to celebrate and recognize organizations and individuals who contribute to the livability of their community.

The Annual Awards Potluck was organized as a collaboration between the Vernonia Area Chamber of Commerce and the Vernonia Prevention Coalition (VPC).

The VPC awarded Certificates of Appreciation in twelve sectors of the community in which they directly work and several other community groups also recognized volunteers for their work.

Ken Cox was honored as Volunteer of the Year and received a hat rack in recognition of the many hats he wears in the community.

The following is a list of the recipients of VPC awards :

Business	Gordon Smith, Randy Parrow
Civic Organization	Vernonia Lions Club
Faith Based	Christian Public Service
Government	Josette Mitchell
Other Prevention	Sherrie Ford
Students	VHS OSSOM
Law Service	Vernonia Police Dept.
Media	The Independent & Vernonia's Voice
Health	Vernonia Volunteer Ambulance
Schools	Betsy Miller
Youth Serving	Teri Willard
Parent	Jennifer Maloney

In addition, the Vernonia Chamber of Commerce recognized Donna Webb for her many years of service; the Vernonia Lions Club honored Bill James with a Lifetime Achievement Award; Vernonia HandsOn Art recognized Erika Paleck and Kathy Larsen for their work on First Friday and Kinnell Steward, Mark Brown, Theresa Morris and Lee Anne Krause for the Vernonia Community Theater; and the Vernonia Summer Meals Program honored Volunteer Coordinator Nick Welch.



Below left: Ken Cox was named Vernonia Volunteer of the Year. Below: Randy Parrow and Gordon Smith of the Vernonia Sentry Market were honored as Business of the Year.

International Survivors of Suicide Day

On November 19, 2011 the American Foundation for Suicide Prevention will host the International Survivors of Suicide Day--a day of healing, support and sharing for bereaved individuals and families who have lost a loved one to suicide. In Vernonia, an event will be held at the Vernonia Community Church, 957 State Street, from 10:30 AM to 1:30 PM.

Survivors of suicide loss gather at hundreds of simultaneous healing conferences around the world every year on International Survivors of Suicide Day to connect with others who have survived the tragedy of suicide loss, and express and understand the

powerful emotions they experience.

International Survivors of Suicide Day has been produced, created and sponsored for the last 13 years by the American Foundation for Suicide Prevention. The program will address the questions that so many newly bereaved survivors face: Why did this happen? How do I cope? Where can I find support? Experts on suicide share information on what we currently know about suicide and grief.

For more information go to www.afsp.org. For information about the local event in Vernonia contact Mark Brown at 503-961-5281.

EVERY 40 SECONDS SOMEONE IN THE WORLD DIES BY SUICIDE.

EVERY 41 SECONDS SOMEONE IS LEFT TO MAKE SENSE OF IT.

INTERNATIONAL SURVIVORS OF SUICIDE DAY

NOVEMBER 19, 2011

www.afsp.org

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