

Kiwanis and Scouts Assist Vernonia Cares

On November 19, 2018 two representatives from the Portland area Kiwanis organization brought generous food donations to Vernonia Cares Food Bank. Shortly after the 2007 flood, they began making trips once or twice a year to Vernonia. The main chairpersons, Oscar Domingo (Montavilla Kiwanis) and Jewell Bailey (Rockwood Kiwanis) promote the food project through their organization and also from other clubs. Then Oscar and Jewell bring the food to Vernonia Cares Food Bank. Their recent delivery was 415 pounds of nutritious foods like turkeys, ham, eggs, bread, and canned foods. These high protein foods are especially appreciated by food bank clients.

On December 1, 2018 the Scheuerman family, representing the Vernonia Scouts, canvassed part of the

town to pick up 521 pounds of food. All these donations remain in the Vernonia area, and help our local Vernonia Cares



Above: Scheuerman Family, Scouts. Below: Oscar Domingo and Jewell Bailey, Kiwanis.



Food Bank.

Monthly, Vernonia Cares Food Bank helps an average of 360 people residing in 139 families who live in the Vernonia community. The goal is to provide three days' worth of meals, so the high protein food the Kiwanis and Scouts bring is a vital help for families struggling to meet their basic needs, like groceries.

Thanks to the 25 volunteers who provide over 300 hours of volunteer time each month, many local people receive grocery assistance. Other volunteers travel to Forest Grove and Beaverton to pick up day old bread products donated by Safeway, WinCo, and Oroweat.

The food bank is supported by direct food donations, like the Kiwanis and Scouts provided, and also by others who donate nonperishable food and extra farm and garden produce. Financial donations are used to buy more food and keep the doors open at Vernonia Cares Food Bank. There are also fundraising projects throughout the year like the Bear Creek Run and a fall mailing campaign which allows donors to help shoulder this worthy cause. The United Way of Columbia County continues to provide funds, too.

Vernonia Cares Food Bank is open Tuesday and Thursday, 10:00 am to 2:00 pm, and is located within the American Legion Building at 627 Adams Avenue. Freight, which comes through the Oregon Food Bank system, is delivered and unloaded by volunteers at the food bank twice a month. A load consists of 3,000-6,000 pounds of non-perishable or frozen food. "It truly takes many hands to provide this valuable assistance to people in our community," says director Sandy Welch. "There is no way this could happen without all our volunteer partners," she adds.

Vernonia Cares Holiday Schedule and "Thanks"

Vernonia Cares Food Bank will adjust their schedule for the Christmas and New Year's holidays. Their last open day in December will be December 20, 2018 reopening Thursday, January 3, 2019. This will allow volunteers and staff time to be with their families for a holiday break.

The Food Bank would also like to thank the many donors who help keep the doors open throughout the year. "Many people donated generously through the recent holiday mailing campaign," says Sandy Welch, Vernonia Cares Director. "I am thankful to live in a community filled with many generous people, both of their time and their financial support. Vernonia really does care!"

Vernonia's Voice is published twice each month on the 1st and 3rd Thursday. Look for our next issue on January 3.

Chasing a Dream: Sara McMahon

continued from front page

cost prohibitive, but McMahon found that, with easier access to digital equipment, lots musicians are finding ways to produce their own recordings at home. A mutual friend introduced McMahon to a married couple who have a home recording studio. "They were nice enough to offer their space, so I'm working on that right now."

Working full time and trying to keep a band together has been another challenge for McMahon. She's been playing with a group of musicians who are all originally from Vernonia, Ryan Taylor on lead guitar, Austin Edgar on the box drum, and Mac Brown on bass. But life, jobs, and other commitments have made scheduling tricky. "They all work full time, so we get the band together when we can," she says.

She continues to work full time herself at OHSU, where she has worked in the office of the liver transplant department for the past four years. She lives

in the Bethany/Beaverton area, which makes coming back to Vernonia or going in to Portland equally convenient. "I'm hoping that I can cut that back to part-time and focus more on my music sometime in the future," says McMahon.

"I kind of cut back on playing live gigs recently while I worked on the CD," says McMahon. "Once I get the CD finished I'm hoping to expand my gig area, and get into Portland and play some bigger venues. And I always try to play in Vernonia whenever I can because it gives me an excuse to come back and I always like to play for my friends out there."

You can see Sara McMahon play live at the Rogue Tavern in North Plains every Wednesday night from 8-11 pm. To listen to her music go to <https://soundcloud.com/saramcmahon>.

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