

Community

Senior News

By Jacqueline Ramsay



center. It was fun.

Our April Foolin' was headed by one game of Blackout Bingo. One of our visitors won the prize.

Attention Spellers: Audeen assures me the word list is going to be more user friendly this year. If you admit to being at least 50, you are welcome to

join in on May 18 at 1:00 p.m. at the Senior Center. It's free and fun.

Again, ALERT! Scam warning. Pick up the information at the center. Remember, don't give any information or bite on any "send money" deals. Hang Up!

Willie wishes to thank all for your cards and remembrances at the passing of her father.

Request: Does anyone have a recipe for Energy Renewal? Please bring it in to the center or offer your services to us wrung out individuals.

Mother's Day Dinner will be May 10. We still have chances for the Barbie Doll, tickets are \$1.00 each.

When the possibility of losing meals on Tuesdays and Thursdays came up, everyone said "Please keep them!" So, we are doing our best. We have split the meals. On Monday, Wednesday and Friday, the center has a paid cook. On Tuesday and Thursday, local ladies give freely of their time, and businesses are backing the food bill. Carol Davis is head cook on these two days. The meals are tasty and balanced. You have asked for the service and we are providing it. Please support our efforts and have lunch on Tuesdays and

Tolonen will lead local PEO chapter

Mary Tolonen has been installed as president of the Vernonia Chapter of P.E.O. for the coming year. She will be assisted by Vice-president Carolyn Keasey, Recording Secretary Audeen Wagner and Treasurer Nancy Burch.

Additional officers are Chaplain Ilene Grady, Guard Pat Wheeler, Corresponding Secretary Claudine East and Historian Carol Davis.

P.E.O. is an international organization of women focused on education for women. Each year, the local group gives a scholarship to a graduating senior girl from Vernonia High School. It also helps women who are returning to college or continuing their education, with scholarships and loans.

Thursdays. The potential for a new center will suffer if you don't use the old one.

On May 6, we are having an Auction. If you wish to donate items, contact Willie. Funds raised will help defray the cost of trips we are planning this year. Most Seniors can't afford the full cost of a trip, so they stay home. This is our way to try to get some pleasure in our lives.

News from the Lake: The white foam is beginning to show up around the lake. Also, the lily pads are beginning to show. Noticed, too, the water is beginning to recede.

Walking in the rain on the 10th, I got a shock. The horse-tail grass is beginning to break through the center of the trail on the back side of the lake. Question: Should we start carrying a spritz can of horsetail killer?

Have you been to the Tulip Festival (Wooden Shoe Gardens near Woodburn) yet? It's beautiful. It ends April 21. There is no charge Monday through Friday, on Saturday and Sunday, there is a \$4.00 car fee.

Enjoy the sun breaks as well as the showers.

From Senior Advocate Karen Miller:

Do you know a senior friend or relative who could use a few hours a week for companionship, respite, shopping, etc. at no cost? Call our office for information about a Senior Companion Program, a program for seniors, by seniors!

INFORMATION NUMBERS
COLCO Transportation
..... 429-4304
Senior Advocate.. 429-9112
Senior Center..... 429-3912

Grange activities scheduled

Natal Grange annual Roast Beef Dinner

Natal Grange will hold their annual Roast Beef Dinner on May 5 from 1:00 to 3:00 p.m. The grange is located 12 miles north of Vernonia on Hwy 47.

Cost of the dinner will be \$6 for adults and \$3 for children ages 6-12.

Vernonia Grange to host garden program

With prime planting time on the horizon, Chip Bubl, Columbia County Extension Agent, will be giving a program on vegetable gardening on Saturday, April 27, at 12:00, at the Vernonia Grange Hall, North Street and Washington Avenue in Ver-

nonia.

Rock'n'Roll night at Yankton Grange

The Hollywood Knights will grace the stage at Yankton Grange on Saturday night, April 20. Buff your boots and dancing shoes for an evening of good ole rock'n'roll.

Bring friends and families for a night of good times and good music. Admission is \$3.00 at the door for all the music you can soak up, beginning at 7:00 p.m. Free soups with your favorite desserts at the concession center.

Yankton Grange is on Pittsburg Road, 4.5 miles west of Hwy. 30 in St. Helens.

More funds available to help with utility bills

The Oregon Housing and Community Services (OHCS) has released additional funds to help approximately 2,000 low income households pay their energy bills and prevent service disconnection. The funds were released for qualified households on April 11.

"We recognize there is a desperate need for many families to receive energy assistance. Our department is making every effort to streamline our operations and find creative ways to make more funds immediately available for energy assistance. By reprioritizing and foregoing certain expenditures, delayed hiring and cutting costs, the department was

able to make these funds immediately available for a substantial number of those families in need," said Bob Repine, OHCS Director.

OHCS is the state housing finance agency providing financial and program support to create and preserve opportuni-

ties for quality, affordable housing for lower income Oregonians. The department also administers federal and state anti-poverty, homeless and energy assistance community services programs.

For more information, visit www.hcs.state.or.us



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Parenting Class to be held in May

A six-week parenting class for Head Start and Even Start parents will be held on Thursdays at 7:00 p.m. beginning May 2, at Columbia Community Mental Health Office, 610 Bridge Street, Vernonia.

Topics to be included are:
• How children develop and behave.

- Effective, positive ways to deal with misbehavior.
- Becoming skilled at encouraging children.
- Discovering ways to listen and talk together openly.

There is no charge for this class, however, class size is limited. To sign up, call Barbara at 503-429-1053.

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