

## Community

### Senior News

By Jacqueline Ramsay



Hello. Happy New Year. A great big thank you to North Plains Police Chief Gary McKenzie and Vernonia Mayor Cindy Ball, and the other folks who made available the case goods given the Senior Center at year's end. It was a well received blessing. Also, thank you to the group of High School fellows who happened along in the rain to help unload. Our noon meals and Meals on Wheels have benefited greatly by this generous gift.

If the powers that be know what they are guessing about, all you fishermen need one of

the Senior Center's 2003 Calendars. It has a fish in good, bad and ugly color for each day of the month. Don't go fishing from the 15th to the 21st. Ho Ho!

How many of you made the fatal mistake of promising yourself... "I am going to la la la (resolution of your choice)" in 2003? I procrastinate on day to day things I want to do. How could I say "I am going to \_\_\_\_\_ in 2003?" So I didn't resolve to do anything - just prayed for strength to keep up with each day as best as I could.

January 17 is the Business Meeting at 1:00 p.m. Also, 2003 dues are due; just \$10.00 per year to make your voice count in the business of what goes on.

If you haven't heard yet, our Vernonia Museum has been placed on the National Register

of Historical Buildings. Remember their business meetings, January 8 and March 12. If you would like to join us, contact Frances Lentz, our Treasurer.

Attention all crafty folks. Do you remember Aunt Martha's Hot Iron transfers? The craft department has come across several of them, plus more yarn, patterns, knit and crochet books; also other odds and ends, plus many yards of material. I'm saving up for a yardage sale on January 29. Videos, cassettes, 33-1/3 records, just come in, snoop around, slowly, you're sure to find something that will push your creative button. All stitchery books, old work basket books, etc. that aren't sold by the 31st will be taking a trip to Portland. We have no room for any more and possibly I will get new ones in; anything dated before 1995

won't be getting shelf space.

Lots of folks walking the lake in the rain. You don't need a dog to enjoy the peace, quiet and fog. Enjoy the beauty of our City treasure.

Who, in Vernonia, or wherever this paper is read, got stuck on TV's Animal Planet on January 1, watching *The Future's Wild* for four hours? Talk about far out, but who knows?

Last minute add on - Just got in lots of good baby clothes,

and we still need HELP.

**From the Senior Advocate, Karen Miller:**

We are interested in public input and feedback on support groups for seniors. Please call our office for your input. 503-429-9112.

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

### Singers, actors needed for annual Easter Musical

The Vernonia Community Choir is seeking actors and singers to participate in this year's Easter Musical. Tenor

and bass voices are especially needed, along with actors and actresses of all ages. All others are also encouraged to attend.

Practice is held each Sunday afternoon from 3:00 to 5:00 p.m. at the First Baptist Church, 359 A Street, Vernonia.

For more information, call Lynda Cahill at 503-429-1161.

### Museum work day will be on Saturday

A work day has been scheduled by the Vernonia Museum volunteers for January 18 at 10:00 a.m. Bring your own comfortable rags, pails, gloves, outdoor tools and a sack lunch.

The group started going over bylaws at the January 8 meeting, and will review them again on February 12 at 7:00 p.m. Membership cards and letters are being prepared for the business at hand - building up the organization.

Winter hours at the museum are Saturday and Sunday, 1:00 to 4:00 p.m. Some new items have been received for display.

If, in cleaning out your closets and sheds, you find old memories, write down the story and donate or loan it to the museum for others to remember when.



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### Meeting set to develop walking tour

Vernonia Pride will hold a meeting to discuss development of a walking tour of Vernonia, including historical facts about the older buildings in town.

All interested should attend the meeting at Vernonia City Library on Friday, January 24, at 7:00 p.m. Please return any building information in time for this meeting.



**If you're a woman over age 50 who has no insurance...**

**Make it your New Year's Resolution to get a Women's Health Check**

Which can include:

- Blood Pressure Check
- Breast Exam
- Breast Self-Exam
- Pelvic Exam
- Pap Test
- Mammogram

Call Columbia County Public Health  
Breast & Cervical Screening Cancer Program  
503-397-4651 or 1-800-244-4870



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### Planning for the future...

"Moving to Jennings McCall was a hard decision until Alice had a couple trips to Emergency. We love to travel, having our own kitchen, and the project room we split, half for Alice's doll making and half for my photography and computer activities. Jennings McCall takes care of the rest."

- Harold and Alice Johnson

Have you thought about the care you or your loved one may need someday?

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Forest Grove



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