

Community

Former governor will talk on death and grieving

"There is no right way to grieve—just your way" former Governor Barbara Roberts will explain as she discusses her new book on May 3 at 1:00 p.m., as part of the Literary Arts Series, at the Columbia Center,



Barbara Roberts

When Roberts' husband, Frank, was dying from lung cancer, she had to look inside herself as well as beyond herself to find ways to survive what felt unbearable. What she learned during the final year of her husband's life, and her subsequent years of grieving, fills the pages of *Death Without Denial, Grief Without Apology*, an honest and inspiring new book.

At the time of Frank's cancer recurrence, Barbara was Governor of Oregon, and Frank was an Oregon State Senator—both were passionately committed to their work and to each other. Together they had faced many challenges, but his impending death would be their final, and perhaps most trying and enriching journey. They turned to hospice for guidance and assistance once Frank decided to stop medical intervention.

Barbara Roberts regularly speaks on the issue of death and grieving as well as numerous other topics as a former Oregon governor (1991-1995). She is not afraid to share her personal experiences – and shed a few tears in the telling –

Meeting of Nehalem Valley Pioneers

The 80th annual meeting of the Nehalem Valley Pioneers will be held Sunday, June 8, at 11:00 a.m. in the Natal Grange Hall.

There will be a potluck picnic, making it a great time to greet old friends, make new friends, eat lunch and have fun.

All are welcome and lots of free parking is available.

or discuss the political issues surrounding death with dignity legislation in Oregon, and the importance of this option for individuals.

A descendant of Oregon Trail pioneers, former Governor Roberts began her public service career as an advocate for disabled children, as she fought for the educational rights of her autistic son.

She served as a school board member, was elected to the Oregon House of Representatives, Secretary of State and Governor. While Roberts was governor, Oregon was recognized by Financial World Magazine as the seventh best managed state in the nation.

Roberts now teaches at Portland State University as an associate director of Leadership Development. Prior to that she taught at the Kennedy School of Government at Harvard University. She currently serves on the board of trustees for several major nonprofit organizations, including the Oregon Hospice Association, the Human Rights Campaign, and the advisory council of Oregon's Compassion in Dying. In addition, she is an active public speaker, focusing on issues of death and grieving, leadership, women in politics, and environmental stewardship. *Death Without Denial, Grief Without Apology* is Barbara Roberts' first book.

The Columbia Center is located at 375 S. 18th Street in St. Helens. For more information on the Literary Arts Series, contact the St. Helens Public Library at 503-397-4544 or the St. Helens Book Shop at 503-397-4917.

Natal Grange annual Roast Beef dinner

The annual Roast Beef dinner of the Natal Grange will be held Sunday, May 4, from 1:00 p.m. to 3:00 p.m.

The cost for adults is \$6.00, and \$3.00 for children 6 to 12.

The restored Natal Schoolhouse will be also be open for viewing. Natal Grange is on Highway 47 between Vernonia and Mist.

Senior News

By Karen Miller



Well, my Ring of Fire showing on April 22 didn't go up in smoke after all! The projector rolled as a dozen of us enjoyed popcorn, root beer and, of course, David Jansen, along with Frank (the Riddler) Gorshin, in the 1960s cops and robbers movie filmed in Vernonia.

Thank you to Kathleen Tiffney, who brought in her two posters full of pictures of movie and crew. Also, thanks to Robb Wilson's entertaining narration, along with the movie and his memorabilia!

Next show time: May 19 at 1:00. Join us for The Vernonia Incident.

From Jamie the cook: Jamie will be donating a homemade pie to our Monday Bingo winner for WOW, the whole month of May! Also, our Mother's Day

luncheon on May 7 will be fried chicken and homemade potato salad. Or "potatoe" salad, whichever Dan Quayle prefers, but I doubt he'll be here anyway, for the Third Annual Senior Spelling Bee, here at the center June 7. We will promise you that, if you misspell a word, it won't make national news. So rest assured, sharpen those pencils and come on in.

Thank you to Lynn Stegmann of Creative Impulse, who donated lunch meat to the center. We always appreciate donations of the edible kind!

Anyone interested in games on Thursdays? Quilting on Tuesdays, Golden Oldies Band on Wednesdays and ladies aerobics on Mondays? Exercise to a little Chuck Berry, Brenda Lee and, of course,

Ricky Nelson! Call us for additional information.

We do have tentative plans for three workshops on the first three Wednesdays in May:

- May 7: Elder abuse
 - May 14: Medication management with a pharmacist
 - May 21: Legal advice
 - May 28: Health and Fitness Day – Enjoy a healthy lunch, take your blood pressure and twist away the calories with our hula hoop contest. Prizes to all participants! You can do it!
- Call the Senior Advocate Office for senior needs.

INFORMATION NUMBERS

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

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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

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