

SOLV offers new small grant funds, staff assistance

SOLV, the statewide volunteer and community-building nonprofit, has new financial and staff resources available to volunteer projects through their Project Oregon program, which assists anyone coordinating a SOLV project anywhere in Oregon. Application forms, timelines, and other information are available at (800) 333-SOLV or at <www.solv.org/volsolvcup.shtml>. The first deadline is February 1, 2004.

SOLV will have some small grant funds of up to \$250 for project costs, and increased staff time to assist with project planning, volunteer recruitment, and other aspects of projects. It also provides limited insurance, materials, and statewide recognition to five

projects each year.

The combination of intensive staff assistance and some small grant funds are intended to help volunteer efforts around the state in a way SOLV hasn't been able to provide in the past. "We've doubled the amount of staff time on this program," said Neil Schulman, SOLV Outreach Coordinator. "That will mean that that we can actively help plan projects, engage SOLV volunteers around the state, and take some of the load off those organizing efforts at the local level. Ultimately, SOLV's help will prove to be as valuable as the relatively small amount of funding."

SOLV has also reinstated some of the small grants that existed before 2001, that can

help pay on-the-ground project costs. "Our fundraising struggled these past few years, and the lack of funds really affected volunteer projects," Schulman said. "The amount we have for 2004 is limited, and we won't be able to offer a grant to everyone who deserves one. But at least we have some funds, and the combination of some grants and time to help with projects will make us a catalyst for volunteer projects around the state."

SOLV supports a wide range of volunteer projects, including tree plantings, watershed restoration projects, downtown enhancements, and other efforts, in addition to the more well-known cleanups. A good SOLV project has three elements: It

includes building community through volunteerism, has an on-the-ground result that enhances the community, and is open to Oregonians from all backgrounds and walks of life.

Project coordinators will be asked to apply for SOLV for assistance before various deadlines, one every two months beginning February 1. As in the past, the application is short and user-friendly. SOLV will look at all the projects to best allocate both funds and the staff time to actively help out. SOLV's goal is to support 160 projects around the state in 2004. It also strives to support new coordinators who have not coordinated volunteer projects before, and continues to offer Volunteer Action Training.

Banks Board

Banks school board engaged in a lively discussion, at their January 12 meeting, of how best to preserve the district's assets. After hearing the results of the 2002-2003 audit, the board spent the remainder of the meeting discussing the new athletic facility.

Project History

Ron Alley had received approval from the board more than two years ago to build a wrestling facility, using donated funds, labor and material. Though the project began with more than adequate funds to complete the building, in the aftermath of 9-11 and the decline in the local economy, the building remains unusable, although it is 85 percent complete. Additionally, the design of the building changed as it became apparent the district needed a more sophisticated facility than the simple wrestling building originally proposed. Alley approached the board last month to request \$45,000 to complete the facility. During that discussion it became clear that additional funds would be required to meet the district's needs, so the board asked Superintendent Marilyn McGlasson to return in January with a proposal for completion of the building as a multi-use facility.

Because board member Gene Kelly was unable to attend the December meeting, McGlasson first summarized that discussion about the facility, then reminded the board that the district has \$114,878 from the sale of the Buxton School, with an additional \$317,000 balloon payment due. According to McGlasson it was clearly understood at the time the school was sold, that funds from the sale of the school be preserved for future capitol investments. McGlasson said that the current facilities have a capacity of 1500 students and, with enrollment at 1211 students, would remain well below capacity even if West Hills Development builds additional homes. However, there is a need for additional gymnasium space, she explained, with the space currently available in continuous use from 7:00 a.m. to 10:00 p.m.

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Bring your appetite for Crabcake Dinner

A Crabcake Dinner will be served on Saturday, January 17, from 4:00 to 7:00 p.m. at the Banks Community United Methodist Church, 151 Depot Street in Banks. Dinner menu includes crabcakes, salad, fresh baked rolls, homemade pie and ice cream.

Tickets are \$8 in advance and \$10 at the door. Advance tickets are available at the Banks' Curves, 163 N. Main, Suite B or at Cornelius Vision Clinic, 195 N. Adair St., Suite E. Proceeds will benefit the church's Family Retreat Fund.

For more information call Carl Ness at 503-939-8132.

County offers family care-giver classes

About one-fourth of American families provide care in their homes for a person with a disability or an elderly family member or friend.

"Most caregivers don't label themselves as caregivers," said Jill Getz of Washington County's Disability, Aging and Veterans' Services (DAVS), "for many, the role of caregiver is something that's taken on as a 'family responsibility,' and they tend to think little about the role."

Being a caregiver can be very stressful, however, and there are easy-to-learn techniques and skills that make caregiving simpler. To help caregivers, DAVS has scheduled three eight-week courses to train families in the skills of

caring for an elderly person or a person with a disability in their home.

The new session, Communicating Effectively with Health Care Professionals, focuses on helping family caregivers communicate effectively with health care professionals.

Topics for this session will include the following:

- Improving appointment and hospital visit communication and planning.
- How to list questions in a concise and focused way.
- Better understanding of the barriers to good relationships with health care providers.
- How to plan for doctor visits and hospital stays.
- Becoming more assertive in establishing and presenting

needs and concerns of the care recipient and the family.

The eight week training sessions are scheduled as follows:

- King City Rehabilitation and Living Center, 16485 SW Pacific Hwy, Tigard – Tuesdays, January 20 through March 9.
- Camelot Care Center, 3900 Pacific Avenue, Forest Grove – Thursdays, January 22 through March 11.
- Maryville Nursing Home, 14645 SW Farmington, Beaverton – Wednesdays, January 28 through March 10.

Respite care is available so that caregivers will be able to attend. For further information or to register, call Coryll Martin at 503-615-4676.

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