

Meeting dates set for Riverfest

Meetings for the 2005 Riverfest will be held February 8 and 22 at 7:00 p.m. at the Buckhorn Restaurant. The second annual Riverfest will be held in early May.

More volunteers are needed, so those interested in participating in a great community fundraiser and event, are invited to help make a great Riverfest.

Lake restrooms to close at night

Problems with vandalism have made it necessary to close the restrooms at Vernonia Lake during times when few people are in the area. Effective immediately, the restrooms will be closed between 9:00 p.m. and 7:00 a.m.

February Fair meeting date

The February Columbia County Fairboard meeting scheduled to take place on February 14 has been changed to Wednesday, February 16 at 7:00 p.m.

Flamingoes here, Boy Scouts to help

A flock of pink flamingoes from Florida have taken refuge in Vernonia for at least the month of February. The Boy Scouts of Troop 201 are coordinating their stay here. The birds need a quiet place to recover after the hurricanes last fall.

They need some quiet, clean yards to stay in where the people within the house are very special. These yards need to be fairly free of dogs (who like to chew and mark things), and have the right kind of food (they don't seem that picky) to help the flamingoes recover from their long journey and harrowing experiences last autumn. The birds will only stay a day or two at each home, so as not to inconvenience anyone

Senior News

By Karen Miller



MEMBER-SHIP DRIVE: THANK YOU to all of you who have paid your

\$10 dues; these dues go toward the operation of this center and also importantly give you privileges to vote for the board members at our annual meeting held each December. Currently, we have 35 paid members. One member gets picked each Wednesday for a free lunch. Our lucky lunch winners so far are Kathleen Tiffney, Pat Lloyd and Louise Hamnett!! Keep reading to check out our new "Member Profile" each month.

WHAT a great time we had last week with cake and ice cream celebrating Gladys Gan's birthday; also enjoying dessert provided by The Grove Assisted Living ladies. Thank you, Gladys, for all your support here at the Center and also

to husband George for your faithfulness and dependability as our treasurer. It takes teamwork for any smooth running operation and, indeed, we have that here, thanks to all our newly elected board members for the new year: President Bill James, Vice President Carl Holsey, Secretary Gail Snetten, Treasurer George Gans, Advisor Bill Yeo, and Necia DeWitt, Gene Baska, Dick Rosin, Floyd Ragner, and Pat Derrick.

VALENTINE PARTY February 16. On the docket: Good fun, good music, good food!!

HEARING AID BATTERIES are available here for a nominal fee.

THANK YOU to Bernice Frey for donating your lovingly handmade baby quilts for purchase here.

CURRENT COMMUNITY ACTION TEAM PREVENTIVE HEALTH SERVICES AVAILABLE AT NO CHARGE FOR SENIORS 60 AND OVER:

1. FOOT CARE: Our foot care nurse is now available twice a month. Call my office to sign up, 503-429-9112.

2. Jazzercise "lite" class for

gladly help to arrange a visit from these fine feathered friends. For a donation of any amount the boys will move the birds to your special someone's yard.

Sorry, these birds really want to stay in the Vernonia area as the climate is just what they need so they will be able to make the return trip in good health! So, please help these flamingoes and your local Boy Scout Troop by letting someone know how much you care.



too much.

If you know someone who needs to know they are special, call Rebecca at 503-429-6008 or Jill at 503-429-3838. We will

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seniors coming soon. Call for details on times and dates.

3. 30 Minute Women's Heart Check including cholesterol test, EKG, blood pressure, body fat analysis, blood sugar and a personalized women's heart risk profile. Transportation included. APRIL 30. Call for your reservation as space is limited.

4. Men and Women's stroke screening, personalized analysis of blood pressure, cholesterol, lean body fat. February 17. Transportation is included.

NOTE: These tests from area hospitals are for preventive health care only. If follow-up is needed, results can be taken to your private doctors.

Thank you to Rocky Johnson and Community Action Team in St. Helens for their help to our senior community with programs and services.

Membership Profile: Margret Oliver, born in the Rose City November 14, 1933, of Norwegian descent, has been a resident of Vernonia since 1985. She spent her first two and-a-half years in Juneau, Alaska, where her father worked at the A.J. (Alaska Juneau) Gold Mine. Margret and her son, Ivan, moved here from the Hoopa Indian Reservation in Northern California where her uncle and aunt owned a lumber mill.

Margret's son, Ivan, 32, volunteered with the Vernonia Fire Department. He graduated in 1991 from VHS; was active in the Boy Scouts and talented in

music videos (IvanHo Productions) and produced a movie called "The Search."

Margret also has a daughter, Elizabeth Ann, 50, who lives in Portland and works at the Semaphore Restaurant in Portland.

Margret enjoys sewing, reading (Bible, biography, history, children) taking care of her son's parrot, Buddy (who, praise God, she says, doesn't talk), and first and foremost is active in her home church, Vernonia Christian Church. In the past, Margret has volunteered at the Vernonia Senior Center, St. Mary's, our local library and also at VHS. Margret has worked in Portland as a free-lance artist (commercial and fine); as well as in office positions.

REMEMBER:

- Pastries and bread Wednesday and Saturday a.m.
- Bingo, Mondays at lunch.
- Music with the Golden Oldies on Wednesdays.
- Games on Thursdays.
- Willoughby Hearing every second Friday at 11:00 a.m.
- Sign language class on Mondays, 10:30 to 11:30 a.m.
- Free blood pressure checks the first and third Tuesdays, 10:45 to 11:45 a.m.

If you know of a senior who would like a visit from the Senior Advocate or has any senior needs and concerns, call our office.

INFORMATION NUMBERS

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

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