

Veterans: Wu seeks you for award

Congressman David Wu announced recently that he will recognize the contributions of World War II and Vietnam War veterans living in Oregon's 1st Congressional District by presenting them with certificates of Special Congressional Recognition.

During World War II, some members of the U.S. Navy Armed Guard defended merchant ships delivering much-needed supplies to the war effort. Although these soldiers served admirably and regularly saw combat, they have been largely unrecognized because they were not stationed on a military vessel.

Legislation was passed in 1999 to give members of Congress the authority to recognize the contribution of these veterans. In addition, veterans who received the Vietnam Service Medal, the Armed Forces Expeditionary Medal, or the Vietnam Campaign Medal for service in the Vietnam War are eligible for the certificate of Special Congressional Recognition.

Because few WWII or Vietnam veterans are aware that this congressional award exists, Congressman Wu is actively seeking veterans whose service to our country deserves to be recognized.

Congressman Wu will hold a recognition ceremony this year at a date, time, and venue in

the 1st Congressional District to be announced, at which he will present awards to identified veterans. To participate, eligible veterans must register before July 31, 2009.

Veterans eligible for the certificate of Special Congressional Recognition include those who reside in Oregon's 1st Congressional District and:

- Served in the U.S. Navy assigned as a member of a gun crew on board merchant ships as part of the Naval Armed Guard Service during WWII, or
- Served in the Vietnam War and were eligible to receive either the Vietnam Service Medal or the Armed Forces Expeditionary Medal.

To determine eligibility for the certificate, veterans must complete an application and submit a copy of their service discharge document (DD214). This award can not be given posthumously.

You may download the WWII Application and the Vietnam War Application, or you may obtain the applications and more information from Ajah Maloney Capps in Congressman Wu's Oregon office by calling 503-326-2901 or 800-422-4003.

Completed applications and documentation should be mailed to: Office of Congressman David Wu, 620 SW Main Street, Suite 606, Portland, OR 97205.

Murder charged in abuse case

Paul Meyer, 58, formerly of Vernonia, is facing a murder by abuse charge in the death, May 15, of his wife, Sandra Lynn Meyer, 57. The Meyers lived in Vernonia prior to moving to Terrebonne after the Flood of 2007.

Mrs. Meyer was paralyzed by an illness in January and Meyer had been her caregiver. A relative concerned about Mrs. Meyer's health asked deputies to do a 'welfare check' and they did so, on May 8. The affidavit filed in court said Meyer fed his wife no more than once a day, failed to bathe her, didn't take her to the bathroom or get her medical care. She had reportedly been lying on the same loveseat for two months. Mrs. Meyer was transferred to a hospital on May 8.

Meyer has been in the Deschutes County Jail since May 9, initially charged with assault and criminal mistreatment.

Class of 1999 seeks classmates

The Vernonia High School Class of 1999 is looking for all their classmates in order to hold a reunion.

If you graduated in 1999 or

Senior News

By Karen Miller, Senior Services Community Action Team



Happy Memorial Day everyone; take time to thank a vet from now, or in the past, as they are a big reason we are the country we are. Take note, too, Community Action Team has an on-board Veteran's Representative. Call my office for any assistance you may need.

Also call my office for information on a drug company that just started a program to provide 70 popular drugs free for up to a year to anyone who has lost their job since January 1.

CONGRATULATIONS again to Pat Ray, our Vernonia Princess representative for the 2009 Columbia County My Fair Lady court. Read this column for further information on senior day at the Fair and the crown-

ing of the new queen.

Watch for our upcoming plant sale in June.

All items are one half off for the next few weeks at the thrift store.

Call my office about information from the National Eldercare Locator with help for you or someone you know to support healthy mental health. Good mental health is ageless. A healthy mind is as important as a healthy body. Good mental health can help you enjoy life more, handle difficult situations, stay better connected to your family, your friends, and your community.

Columbia Hearing has changed their Vernonia outreach date. They will now be here at the Vernonia Senior Center on the SECOND Monday of the month at 1:00 p.m. Call to make an appointment.

Come join us for the 5-area lunch to be held here at the Center on TUESDAY, May 26. Note: Date changed because of Memorial Day. Entertainment by the Blind Rootin' Hogs. Madelynne Sheehan, attor-

ney, will be here again on June 19, from 9:00 a.m. to noon, to help with elder law matters. No cost for initial consultation and discounts for some services. Call me at 503-429-9112 to schedule an appointment.

SIGN UP EARLY for our upcoming trips to;

- Hughes Water Garden in Tualatin,
- Air Museum in McMinnville,
- Oregon Garden in Silverton.

Prices will be set according to where we're going and how many sign up.

Come in and enjoy the colorful bird houses on the tables in June. These were all painted by members...more fun activities coming!

Doctor: I see you are coughing better this morning.

Patient: Why not? I've been practicing all night.

INFORMATION NUMBERS

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

Don't miss M-B Fire Yard Sale

The Mist-Birkenfeld Fire Volunteer Association will hold a Huge Yard Sale on June 5 and 6, from 9:00 a.m. to 7:00 p.m.

This is a fundraiser for the Association. The sale will be held at 64276 Nehalem Hwy N, Vernonia, seven miles north of Vernonia near mile post 55.

Go early for the best selection.



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There's a saying that if you have your health, you have everything. Well, that's not exactly true - without adequate resources, you could enjoy a long, healthy retirement at a far lower standard of living than you'd prefer!

When preparing for retirement, it's vital to keep in mind the importance of money to your quality of life during your "golden years." And with retirements now stretching as long as 20 to 30 years - and beyond - ensuring your retirement dollars outlive you is a paramount concern.

Rich Parker is a professional who can help you turn the complicated issues of retirement into a simplified process.

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State Farm®
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Bunny Girt, Agent

1229 N. Adair
PO Box 543
Cornelius, OR 97113-0543
Bus 503-357-3131 Fax 503-357-9667
bunny.girt.b71g@statefarm.com

