

Vernonia Cares help fill stomachs

Vernonia Cares Food Bank (VCFB) is available to help local families with emergency groceries. "Many people forget about our assistance, which is available to help during these difficult times," said VCFB Director Sandy Welch. "After the flood of 2007, Vernonia Cares Food Bank was released from the income eligibility guidelines in order to serve our community in a wider capacity with emergency groceries. Not that we've fully recovered from that event, but it seems time to restore the guidelines to provide groceries to those for whom the Oregon Food Bank and USDA services are intended. However, the guidelines are very generous and many local people may benefit from grocery help from VCFB," Welch emphasized.

Current USDA gross income guidelines are:

USDA GROSS INCOME GUIDELINES		
Size of family unit	Annual income	Monthly income
1	\$21,660	\$1,805
2	\$29,140	\$2,428
3	\$36,620	\$3,052
4	\$44,100	\$3,675
For each additional person	\$ 7,480	\$ 623

The food bank is located at 627 Adams Avenue (in the American Legion Building) and is open Tuesdays and Thursdays from 10:00 a.m. to 2:00 p.m. It offers approximately three days worth of groceries. Recipients are eligible to receive groceries once a month. Bread products are available once a week, thanks to dona-

tions from Safeway of Forest Grove. Currently VCFB helps 300-400 people per month.

New clients will be asked to complete a simple registration interview, show proof of residency within the Vernonia, Timber or Buxton area and verify that they are within the above listed income guidelines. The verification must include gross income from all sources for all household members.

Current clients will be asked, as of June 1, to verify their income by signing a document to that effect. Vernonia Cares Food Bank does not discriminate as to race, sex, national origin, political affiliation, familial status, age, disability, religion, military status, marital status, or sexual orientation/gender identity.

"Thanks to the generosity of donors, Vernonia Cares Food Bank continues to help those who may be hungry and living within our community," said Welch. "Nearly one-half of our clients are children or senior citizens. Almost everyone has been short of funds in their lifetime and the food budget is the place where money is transferred in order to pay a more urgent bill. Donors recognize all this and wish to help. Food is a necessity of life and it's one of the most direct and easiest items to supply to those who need it. Donations of food or funds are appreciated. The Letter Carriers Food Drive is an example of people being a part of the answer," she concluded.

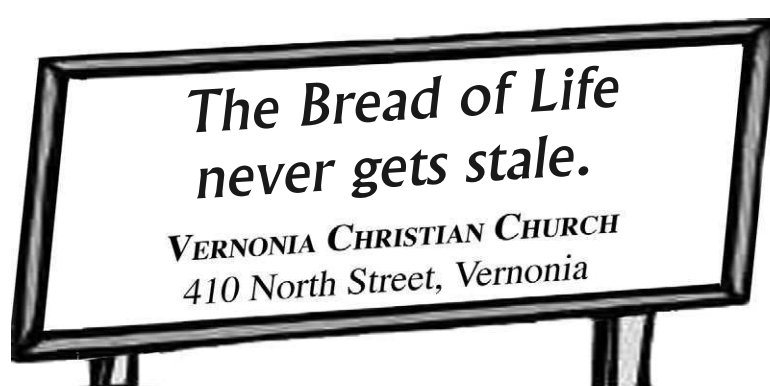
Questions or donations may be directed to Vernonia Cares Food Bank by calling 503-429-1414 or by mail to P.O. Box 126, Vernonia, OR 97064. A tax-deductible receipt will be supplied if requested.

Next Jamboree meeting date set

The next Vernonia Friendship Jamboree & Logging Show meeting will be May 27, at 6:00 p.m. in Vernonia City Hall. Anyone wishing to volunteer to help with Jamboree, or to have an event during Jamboree, is encouraged to come to the meeting.

The Jamboree Advertising Committee is also looking for volunteers to make a float and participate in the Hillsboro 4th of July parade on July 3. For more information see www.ver

noniachamber.org and look under community/events.



Vernonia Senior Center News

Do you have extra plants – indoor, outdoor, vegetable starts or others? If so, how about donating them for the senior center's annual Plant Sale.



Raffle tickets for this fountain will be available at the plant sale.

The phone number is in the box at the end of this column.

The Vernonia Senior Center will be OPEN on Memorial Day, Monday, May 31st.

The first in a series of craft lessons will start with etched glass techniques on Friday, June 11, from 1-3:00 p.m. Rosie McCoy will be the instructor; costs for materials will be no more than \$5 per person. The center would like to present as many types of crafts as there are volunteer teachers, so if you are a crafter who would like to teach others, call Rosie.

In cooperation with Vernonia Rural Fire Dis-

trict, medical emergency cards are available for members and others who regularly visit the center. When they have been filled out, the cards will be kept at the center to provide accurate information in case emergency medical attention is needed. This is voluntary, but could make a big difference if emergency information is needed.

Free blood pressure checks are available on the 4th Wednesday of each month from 11 a.m. to noon.

Lunch is served Monday through Friday at noon. A \$3.00 donation is suggested for those 60 and older, and \$4.00 for those under 60. If you prefer lunch to go, simply call ahead, 503-429-3912, and place your order for only \$4.00.

Enjoy bingo with lunch each Monday starting at 11:45 a.m.

On the last Wednesday of each month, Wau-na Federal Credit Union makes a good lunch even better by providing diners with free ice cream. Birthday celebrants are honored on the last Friday of each month.

Breakfast – \$3.50 per person, regardless of age – is available Fridays at the Senior Center, from 7:30 to 9:00 a.m. Maple bars, made fresh daily, are \$1.00 each.

Volunteers are needed at the Vernonia Senior Center, and they don't need large chunks of time or specific skills. If you have even an hour or two a week, your help will be greatly appreciated.

Vernonia Senior Citizens Center:
446 Bridge Street
Senior Information Assistance Rep:
Rosie McCoy
Hours: Monday through Friday,
10 a.m. to 3:00 p.m.
Thrift Shop Hours: 9:00 a.m. to 3:00 p.m.
Phone: 503-429-3912

Free programs available for non-profits

Through the Conversation Project: A New Chautauqua, nonprofit organizations around the state have access to free programs that engage community members in thoughtful, challenging conversations about ideas critical to our daily lives and our state's future.

Nonprofits have until May 31, 2010, to apply for programs that take place between July 1 and October 31, 2010. The Conversation Project, which connects Oregonians with public scholars and provocative

ideas through idea-driven dialogue, is a program of Oregon Humanities (formerly Oregon Council for the Humanities).

The catalog, instructions for host organizations, and downloadable application form are

available online at oregonhumanities.org and by request from Program Coordinator Annie Dubinsky at 800-735-0543, ext. 116, or a.dubinsky@oregonhumanities.org.

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