

WRC now seeking new volunteers

Make your new year's resolution about serving your community! The Women's Resource Center is now recruiting volunteers in two critical areas, the 24-Hour Crisis Line and our Board of Directors. You can make a difference!

Volunteers for the Resource Center receive full training and ongoing support; no one can do it alone! Training will take place in February for Crisis Line volunteers and an orientation session will take place soon for those interested in Board service. More information about these opportunities is posted on our website, www.noexcuse4abuse.com.

The Women's Resource Center is the only agency of its kind in Columbia County, dedicated to serving survivors of Domestic Violence and Sexual Assault.

Crisis Line – Formal training required, provided by Center. Volunteers carry a cell phone that the crisis line is transferred to from 5:00 p.m. to 8:00 a.m. weekdays, and from 5:00 p.m.

Friday evening to 8:00 a.m. Monday morning, depending on volunteer's schedule. There may be opportunities for work with clients in the office and/or on the telephone (at the Center) when they call in.

Board Member – Candidates will go through a screening process. The Board of Directors meets monthly and is responsible for the mission, overall direction and policies of the Center. Volunteers are expected to attend a minimum of nine meetings per year and other miscellaneous board functions.

These rewarding opportunities do require a commitment by the individual, a screening, background check and a willingness to help individuals and families start new, violence-free lives!

For more information and to request a volunteer application contact our office at 503-397-7110 or email events@ccwrc.com.

In the New Year make a commitment to your community!

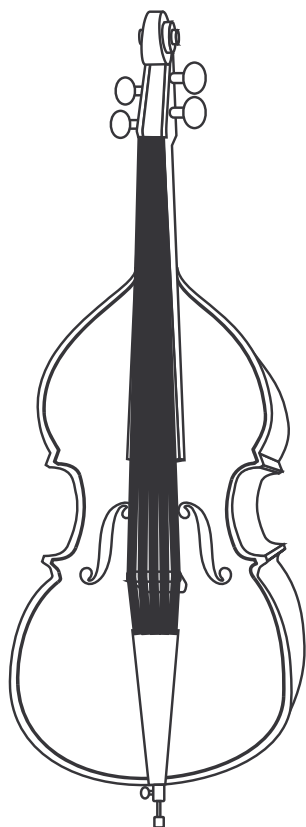
CelloBop in St. Helens on Jan. 29

Gideon Freudmann, a cello innovator, has created his own style of music called CelloBop – a fusion of blues, jazz, folk and much more. Local residents have a rare opportunity to experience his live performance in St. Helens at 11:00 a.m. Saturday, January 29, in the Columbia Learning Center Auditorium adjacent to the St. Helens Public Library. Freudmann will perform at the Scappoose Library the same day at 2:00 p.m. The performances are free and appropriate for all ages.

Freudmann has performed at The Montreal International Jazz Festival, The Prague Swing Jazz Festival and throughout the U.S., and his music is frequently heard on NPR's All Things Considered. His recent project has been performing live soundtracks for classic silent films. He has 12 original CDs to his credit and has performed on dozens of albums by other musicians.

A classical musician by training, Freudmann earned a Bachelor of Fine Arts degree in Cello Performance from the University of Connecticut. He

has held several artistic residencies including the University of Connecticut, James Madison University, Ithaca Violoncello Institute and others, and has performed in dozens of colleges and universities in the country.



Senior Center News

Free blood pressure checks are available at the center on the 4th Wednesday of each month from 11 a.m. to noon. Don't skip this simple, but important, health check.

Lunch is served Monday through Friday at noon. A \$4.00 donation is suggested for those 60 and older, and \$5.00 for those under 60. Lunch to go is \$5.00; call ahead and place your order.

Free ice cream is included with lunch on the last Wednesday of each month, courtesy of Wauna Federal Credit Union, and the January Birthday Lunch will be on Friday, January 28.

If you enjoy bingo, you can have fun while you eat lunch. Diners play free Bingo each Monday starting at 11:45 a.m.

Breakfast is available on Fridays (except Nov. 26) from 7:30 to 9:00 a.m. Open to all ages, breakfast is just \$3.50 per person. Maple bars are made fresh daily for \$1.00 each. If you want maple bars for a gathering, call 503-429-3912 a day or two ahead and place your order.

Bread and pastries are often available at the center, too. Come take a look, your favorites may be here.

Several members of the senior center band, The Golden Oldies, live in other communities and have not been traveling on snowy or icy roads. They will be entertaining again when the weather allows safe travel – which we hope is soon. Their regular schedule of every Wednes-

day from mid-morning until around 2:00 p.m. will resume as soon as possible.

The center Thrift Shop has switched its half-price sale from the last week to the first week of each month. The shop is open to the public from 9:00 a.m. to 3:00 p.m.

Needle workers get together on Tuesdays (any time from 10:30 a.m. to closing) to enjoy the company of others while working on their own projects or helping someone else. Whether your preference is quilting, crocheting, knitting, or others sorts of needlework, bring your project and join in.

Pinochle is well-attended on Fridays from 1:00 p.m. until the games are finished, and there's always room for more players.

Foot Care is scheduled on the second and fourth Fridays of each month, at \$15 per person. Call Marilyn Albro, R.N., for an appointment, at 503-429-0406.

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

Please help fill new clothing closet

A new clothing closet is being started at Vernonia High School by leadership student Kaitlyn Taylor. The clothing drive will benefit high school students and middle school students in need.

To help, bring like-new, nice condition clothes to the play shed by Washington Grade School on Saturday, February

12, between 11:00 a.m. and 3:00 p.m. Boys and girls formal-wear is also requested.

There will be drivers to pick up clothes if you can't bring

them, call the high school at 503-429-3521 by Friday, February 11, if you need pick-up service.

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