

★ Building Bright Tomorrows... Today



Our Mission

Old Mill Center for Children and Families is a community-based, family-oriented center helping children of diverse backgrounds maximize their potential through specially designed education and therapy programs.

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For Children and Families

A Message From the Director

...Bev Larson, PhD

Promises of 2007

A month ago you all received our annual Holiday Letter. We invited you to give generously during the holiday season to help children like Brandon and others, as well as their families, receive needed Old Mill services that will prepare them for school success, help heal past trauma and abuse, loss and grief, and provide information and support to parents so they can more effectively face the daily challenges of raising children in our increasingly complex community and world.

Indeed, we received a "sleigh full" of gifts. Many of you mailed in contributions in "celebration of" or "in memory of" your children, your parents, or dear friends. You would probably all smile if you could see the excitement and enthusiasm with which the special Holiday return envelopes are opened, knowing the potential each one has for the children and families in our programs.

In addition to responding to our Holiday Letter, many of you gave us computer equipment, books, and other supplies. And of course, there were many of you who chose to "adopt" a family for Christmas purchasing clothing, toys, and gift cards for food and gas for 23 of Old Mill's most vulnerable families.

The Holidays are now behind us and we are moving into 2007 reenergized from your generous support. There are many things to be accomplished during these coming months and the Old Mill staff is hard at work. Some of the "promises" that 2007 holds for the children and families who seek our services include:

- Successfully raising the remaining \$800,000 still needed to meet our \$4,200,000 expansion goal
- Completion of construction of the West and East Wings of the three phase expansion which will create greater capacity for mental health counseling, classrooms, and Occupational Therapy
- Implementation of the Parenting Inside Out program at Benton County Jail in collaboration with Benton County Corrections. This pilot project is a cutting edge program for working with incarcerated parents.
- Serving as the site for therapeutic classrooms for children, birth to 3,

(continued on page 3)



2 **Old Mill Center...**
"The finest place for all children"

Announcements

Super Support for Young Adults

The Corvallis Kiwanis Foundation provided \$550.00 to purchase necessary supplies for four mental health counseling groups for adolescents and teens. From snacks to art supplies, those little touches take the sting out of a sometimes painful process.

The Lumpkin Revocable Living Trust

Old Mill Center was honored to receive a generous gift of \$10,410.09 from the Margaret Catherine Lumpkin Revocable Living Trust. Margaret was a leader in women's rights in education, athletics and a dear friend and mentor to many.

Promoting Literacy with Free Books

Through the efforts of Sunny Books at Home, a Corvallis affiliate of Usborne Books, the Educational Development Corporation of Usborne Books will match up to 50% of a \$1,650 Target grant to Old Mill Center in free books for the Healthy Start program. Their mission, Literacy for a Lifetime, aligns with the literacy education goals of Healthy Start, Old Mill Center, and Target. Details will be announced later about the Sunny Books at Home Spring book sale at Old Mill.



PEO Chapter AR

A \$500 gift from PEO will help women and children benefit from such services as Parenting by Intent and Incredible Years.

More Learning and Sharing

Priorities for Old Mill staff include staying current with certification and training pertinent to their areas of expertise and their ability to assist our families. They also value opportunities to share information about Old Mill programs with the community at large. Staff participating in training and community development include:

- Dulcy Neeley, Healthy Start Coordinator; Annmarie O'Daniel, Coordinator; and Lisa Penter, Support Services Coordinator attended the first of three ECLD (Early Childhood Leadership Directions) presented by OSU at Silver Falls Conference Center.
- Medora Tuck, Healthy Start Family Service Worker, attended the International Childbirth Education Association's (ICEA) annual conference. The global organization promotes freedom of choice based on knowledge of alternatives in family-centered maternity and newborn care. Among the presenters on post-natal training was Dr. Harvey Karp, author of 'The Happiest Baby on the Block.'
- Erica Crimp and Annmarie O'Daniel attended 'Parenting Inside Out' training. They will be using the curriculum in their parenting program at Benton County Jail.

- Dulcy Neeley and Annmarie O'Daniel received extensive training in the Circle of Security Early Intervention and Bonding Attachment Program curriculum. The program relies on videos of parents and children interacting to analyze and teach positive parenting techniques. A prototype of the program will begin at Old Mill in the Spring.

- A community partnership of Old Mill staff and the ACIST Team (A Community Integrated Service Team) attended an ADHD (Attention Deficit Hyperactivity Disorder) Training.

- Jill Irwin, ITS (Intensive Treatment Services) lead teacher and Leslie Dobkins, Occupational Therapist attended IEP (Individual Education Plan) Training and the "How Does Your Engine Run" program to teach self-regulating techniques for young children.

- Leslie Dobkins, Occupational Therapist, and Annmarie O'Daniel, Strong Families Coordinator presented a 'How to Work with Special Children' to the Boys and Girls Club STARS facilitators.

- Bev Larson, Ph.D., Old Mill's Executive Director was the guest speaker at the Corvallis Country Club Noon Rotary to share an update on Old Mill programs and expansion progress.

Notice Board

Wee Bit O'Green for O'Mill Auction & Dinner

Reserve this date:
 Saturday, March 17, 2007

Leapin' Leprechauns!
 It's St. Patrick's Day!

Join us for an Irish evening to celebrate our wee kiddies!

Wish List

- Big floor pillows for 'quiet' space
- Art supplies
- Copy paper



Could My Child Have Low Muscle Tone?

...Leslie Dobkins, OTR/L, SIPT-C, Occupational Therapist

What is low muscle tone? Muscle tone refers to the muscle's ability to respond rapidly to a stimulus; with low muscle tone the response is slower, decreased in intensity, and shorter lived. Low muscle tone is most frequently identified with neurological traumas such as a brain injury or cerebral vascular accident or with genetic disorders such as Down's Syndrome or congenital myotonic dystrophy. Under those circumstances the low muscle tone is usually dramatic and recognizable to a lay person.

If you see a child that cannot seem to sit upright and still in their seat at the dinner table or at a desk, would you think of low muscle tone? If you had a child who whined about going shopping or standing in line for the movies, would this come to mind?

Often mild low muscle tone goes unrecognized by the untrained eye.

What most people would guess is that the child is hyperactive, lazy or just plain high maintenance. However, for many kids there is a reason they behave in such an odd and sometimes annoying way... mild low muscle tone.

An occupational therapist who treats children would usually pick up on this, but unless they are seen by one of these professionals for another reason (e.g. poor handwriting, poor balance, etc) a child may never get identified as having this problem. Often they grow up and have children with similar behaviors and it is assumed that this is just how kids in that family are.

What other problems might you see with mild low muscle tone?

Poor posture, poor body awareness, poor coordination, poor listening skills, speech difficulties, and self-feeding difficulties (e.g. overstuffing the mouth with food) often go hand in hand with low muscle tone.

So can low muscle tone be cured? Yes and no. Muscle tone is based on a neurological preset. However, with guided exercise and intervention the muscles can be trained to respond like a muscle with normal tone; the caveat being that a maintenance program will need to be in place to keep up this state of responsiveness. The good news is that most maintenance programs can include many common activities that most people enjoy anyway.

How low is too low and in need of intervention? Many kids can do things like dance and sports to counteract their low muscle tone and never have the need to see an Occupational Therapist. Kids who cannot be coaxed into these activities or who have related problems (e.g. poor handwriting, behavioral difficulties, coordination problems, etc.) would benefit from being evaluated by a one of these professionals.



Occupational Therapy Program 3

Occupational Therapy (OT) is the skilled treatment used to help individuals achieve independence in their daily lives. Old Mill Center's Occupational Therapy Program services include assessment, treatment and referral as indicated for children birth to 16 with a physician's prescription.

Services are designed to facilitate the mastery of skills necessary during daily activities such as:

- Self-care skills
- Self-regulation skills
- Sensory processing skills
- Fine motor skills
- Gross motor skills
- Bilateral coordination skills
- Visual motor skills
- Oral motor skills
- Social skills
- Play skills
- Cognitive skills

Old Mill's occupational therapist has years of experience in general pediatric treatment as well as specialized training and certification in the area of sensory integration therapy.

Director's Message

Continued from page 1

who are our county's most vulnerable children as a result of poverty, parental drug/alcohol abuse and mental health problems, and family violence.

- Growing the Grief Groups we do in partnership with Benton County Hospice to successfully serve the increasing number of families coming to us for support in their healing process
- Implementation of art therapy group for middle schoolers and teens

These and much more will be accomplished. Knowing that you and the community value Old Mill's programs and services for children and families inspires us to continue to do our best.

Sincerely,
Bev Larson, PhD
Executive Director





Old Mill Center...

"We're here for you"

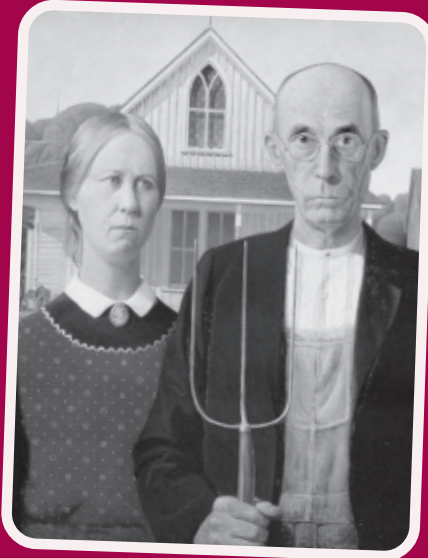
Old Mill Staff List

Olga Alvarez	BS, Healthy Start FSW/FAW
Cindy Bond	MS, Early Education Coordinator
Donna Carpenter	Office Specialist
Brenda Coleman	MA, Family Support & Connections Coordinator
Erica Crimp	MA, Outpatient Therapist
Katie Cuniff	Office Specialist
Leslie Dobkins	BS, OTR/L, SIPT-C, Occupational Therapist
Chris Elgin	MA, LPC, Outpatient Therapist
Julia Fisher	MS, Strong Families Therapist
Heather Fredericks	Classroom Aide
Elsie Grimler	MS, LPC, Outpatient Therapist
Lee Harrington	MD, Medical Consultant
Cherry Hartman	LCSW, Clinical Mental Health Coordinator
Jill Irwin	MS, ITS Lead Teacher
Josh James	Computer Network Support
Art Koebel	Facilities Maintenance Tech
Donna Kreilich	BS, Preschool Teacher
Julia Laney	BS, ITS Program Assistant
Angee Langevin	BS, Healthy Start FSW/FAW
Bev Larson	PhD, Executive Director
Skinny Larson	Bookkeeper
Deb Lyman	MSW, Outpatient Therapist
Angela Meyer	AA, Billing Specialist
Marcy Monasky	MS, Preschool Teacher
Katie Moore	BS, Preschool Teacher
Melissa Moser	MS, LPC, Asst. Director for Programs
Dulcy Neeley	BS, Healthy Start Coordinator
Annmarié O'Daniel	MS, LPC, Strong Families Program Coordinator
Lisa Rae Penter	Support Services Coordinator
DeAnna Roberts	MS, Outpatient Therapist
Amy Rowland	MS, ITS Child & Family Therapist
Rebecca Sario	BS, Development Coordinator
Pat Seevers	Office Specialist
Pamela Swafford	MA, Outpatient Therapist
Tim Taylor	PMHNP, Psychiatric Nurse Practitioner
Medora Tuck	MS, Healthy Start FSW/FAW
Kirk Vonderheit	JD, Asst. Director for Operations
Jian Wang	BA, Accounting Tech

Our Rural Neighbors Part I

...Melissa Moser, MS, LPC, Asst. Director for Programs

Old Mill Center for Children and Families is dedicated to the service needs of our rural neighbors. Our rural areas are beautiful havens of nature such as trees, meadows, creeks and wildlife. It is one reason why people choose to live in rural communities. Rural communities offer a unique sense of place to those who live



there. In fact, a sense of place or community is perhaps the oldest and most basic of human institutions, ranking second only to the family. **True communities are those that create a sense of belonging and obligation to those who live in them, and this in turn creates a sense of connectedness between community members.** Providing services to our rural neighbors is an important focus of Old Mill Center educational and mental health programs and other supportive and collaborative services.

Rural communities offer a unique sense of place. Strong connections develop in rural communities that

offer people this sense of place. This may be a connection to one another, a connection to the landscape, the geography, personal history, how close it is to other places or often, a primary connection with the land. Interestingly, many small rural areas have differing values and customs that relate to the characteristics of the initial pioneers or settlers of the community. A personal example: my Great Grandparents settled in a small rural community in Wilderville, Oregon, bringing with them their Missouri and Arkansas roots as well as what we would now refer to as "career skills". These skills included homesteading, chicken farming and food preservation. They brought along with them their unique sense of humor as well. One of the stories that is still passed down in the family is Grandpa's version of bananas arriving in the Ozarks: "When I was a boy, a wagonload of bananas came to the Ozarks. We had seen them before, but not in our little town of Brushy Knob, Missouri. Grandma's relatives that lived back in the hills had never seen nor heard of them. We gave them some bananas and later asked them how they liked 'em. 'Well, sir.' Said one of the Grandma's relatives, 'They is a might chewy and have a lot of cob in 'em!'. (from the book, *The Lantern-Stories and Tales of the 1940's-A Boy and His Grandpa in Southern Oregon* by Garey Mark) My family loves to tell these stories because it connects us to one another and our past in that we all have common roots, that we have loving, hard-working, larger-than-life characters in our heritage, and that we belong to, were established in, and possess this most important sense of place. These stories were often embellished with a somewhat stereotypical rural "flair". Rural areas today hold this history, but are as diverse and dynamic as any other community.

Rural communities often foster in the individual a sense of purpose and community. This, in turn, creates a connectedness and belonging between community members. In the past, those who lived in rural areas were happy in their own backyards, did not travel far or often, had extended family living nearby or on the same property, and many times lived on a farm or used the land in some way for their livelihood. Although varying degrees of this still exist, many

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OLD MILL CENTER

For Children and Families
More than a preschool
since 1977

"A Very Special Place for
ALL Children"

Fall Donors

Through 12/1/06

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Barbara Yung

Ken & Julie Bielman In Memory of Psyche Miller

Orr & Allison Wieman In Memory of Louis Wieman

Marian Coffey In Celebration of the Johnson Family

Holiday donors next issue

Touchdown For Toys

Just like Pinocchio's nose, the list of Christmas donors for Old Mill families continues to grow. Led by the Touchdown for Toys community leaders: Town & Country Realty, OSU Federal Credit Union, Fidelity National Title, Cascade Printing, Gazette Times, Democrat Herald, State Farm Insurance, Samaritan Health Services, and Timberhill Athletic Club other friends who 'adopted' families include Legend Homes Staff and Nicki Hurley, Timberhill Corporation, Jayne Ackerman & Mary Jane Gray, Melissa Moser and Tami Mercer and families, Gary Mark, Jo and Fred Price family, Delta Chi Fraternity and Emily Boyanovsky, Mary Alice Seville, Jack Drexler, and Ilene Kleinsorge, Holiday Inn Express and Lindsay Bodefield, Ron Naasko, Amy Krahn family and the 5:30 exercise class at Corvallis Fitness, Chuck Kingsley, Leslie Dobkins, and Bob Kemp. The real superheroes were Cindy Bond, Jill Irwin and Marcy Monasky, who braved the holiday crowds to buy toys, clothes, games, and a multitude of other gifts on the families wish lists with the generous donation from the Touchdown for Toys donors. Last but not least, thanks to the busy hands of staff and volunteers who wrapped and wrapped and wrapped some more! Whew!

Say Cheese!

Did you see the cute kids, big and little, in the Barker-Uerlings Insurance ad featuring Old Mill Center in the local newspaper? What a clever marketing campaign to highlight both your business and your clients', especially since Old Mill is a small non-profit business with limited advertising funds. Thank you Steve, Mike, Kristi, Shanon and B/U staff for putting Old Mill's name in lights!

Holiday Santas

Thank you, Jan Montecucco, for the two very large boxes of Discovery Toys; JoAnne and Cliff Trow for the wreath; Alan Sugawara for a replacement microwave; Ron Naasko for a sensory tray for pre-school classroom; Dick and Shirley Humphreys for a computer, and the thoughtful anonymous donor of a Christmas tree.



Summit Santas

Each Christmas, the employees of Summit Information Systems Corp. are given an opportunity to select a personal gift from a FISERV catalog as a Christmas gift from the Summit corporation. This year, the employees donated 100 catalogs to non-profits including Old Mill, to distribute to families. 35 Old Mill families were able to select gifts which were delivered directly to their homes in time for Christmas. An unselfish example of 're-gifting' at its finest.

Welcome Baby Bags

The Healthy Start Program for families of first born babies just got confirmation that all families to be served in 2007 will receive a free baby bag full goodies and important information thanks to a grant from the Corvallis Clinic and a major discount from Shirt Circuit. That's about 300 bags valued at \$1,500.

Photo Policy

Old Mill Center must have the cutest kids in the county attending our programs, classes, and groups. We love showing them off in the newsletter. The pictures we use are placed randomly in regard to the articles, and never are pictures used of the actual child in any article when privacy is an issue. So, enjoy those cute, and sometimes silly faces, but remember that the privacy of our children and families always comes first.

Friends of Old Mill Board Members

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Outpatient Counseling Schedule for Winter 2007 Groups

Old Mill Center offers a variety of counseling programs to support children and their families. For registration, fees, and further information, call the program coordinator listed below. Most insurance is accepted; sliding fee scale and scholarships are available for families in need.

ChildSafe

Free ongoing group counseling for child victims of sexual assault and their non-offending family members. Childcare available. For further information, contact Katy Trautman at 757-2027.

Girls Group

A support group for girls ages 8 - 10 focusing on social issues, building healthy relationships, and improving communication. Beginning on Thursday, January 11 from 4:00 to 5:00 pm. For more information, contact Pamela Swafford at 757-8068 x213.

Kinship Care

A free ongoing information and support group to assist grandparents and other family relatives in their role as primary caretakers. For further information contact Katy Trautman at 757-2027.

Children's Grief Program

A group focusing on healing from grief and loss through art, stories, and friendship. For further information, contact Cherry Hartman at 757-8068 x217.

SunDawgs

Meet and get to know boys ages 9 - 11 and explore changes in this "coming of age" stage in life, social and relationship issues as well as addressing difficulties in the parent-child dynamic. Beginning Tuesday January 23 at 4:00. For further information, contact Chris Elgin at 757-8068 x111.

Scouts

Fun activities designed for adolescent boys ages 12 - 14 to encourage camaraderie and appropriate socialization with other young men. Beginning Tuesdays, January 16 at 4:30. For further information, contact Chris Elgin at 757-8068 x111.



Our Rural Neighbors

Continued from page 4

folks live in rural areas to escape from the hustle and bustle of the city with no intention of farming whatsoever. Some people simply prefer a country lifestyle that could be defined as slower paced and quieter. The idea of belonging and obligation or an individual sense of purpose and community is created in part by living off the beaten path, knowing your neighbors, watching out for one another, caring for the land and achieving those personal goals such as seeking a sense of peacefulness in nature or being able to pursue or maintain a career based on land use. **Such choices should not create service barriers for our rural neighbors.** Old Mill Center for Children and Families values the primary connection of those living in rural communities and continues to foster a secondary connection between rural communities and "in-town" services.

These services may include: counseling, transition services, educational and counseling-based group services, Healthy Start or Strong Families services, referral services and participation in administrative meetings for planning purposes.

Rural communities have similar challenges as their larger community neighbors. Planning and forecasting for service delivery is important. Old Mill Center strives to support rural communities through delivery of a variety of services. Part 2 of this article will include an identification of service needs, partnering with rural schools and agencies, barriers to service, Old Mill Center's plan to address these barriers, a description of strengths and evidence-based practices as well as our current service areas and expansion plans. If you have any questions, comments or ideas related to rural services, please contact Melissa Moser MS LPC, Assistant Director for Programs at Old Mill Center.

Strong Families Program Groups

Safe Homes

For parents and children healing from domestic violence

Thursdays, 6:00-7:30 pm
At Old Mill Center (8 Weeks)
Beginning January 18, 2007

Kid Connect Program

Families who have an incarcerated Parent or Partner
Tuesdays, 5:00-6:00 pm
At Old Mill Center (8 Weeks)
Beginning January 16, 2007

Baby Blues

For pregnant moms or moms with babies 0-2
Tuesdays, 3:00-5:00
At Old Mill Center (10 weeks)
Beginning January 16, 2007

Incredible Years

For parents with children ages 3-8
Wednesdays, 5:30-7:30 pm (10 weeks)
*Dinner and childcare provided
Beginning January 10, 2007

Contact Annmarie O'Daniel at 757-8068 x 222 for questions or enrollment..

2005-2006

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OLD MILL CENTER'S



10th Annual Cloudburst Classic

Golf Tournament

Sponsored by



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CONSTRUCTION

Old Mill Center for Children & Families extends our sincerest appreciation to all these generous sponsors, donors, golfers, volunteers, and especially Bob & Peggy Gilder for the most successful Cloudburst Classic ever.

Special Guests:
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& Peggy Gilder

Major Corporate Sponsor

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Refreshments

Airlie Winery
Old World Deli
Oregon Trail Brewery
Pepsi Cola of Corvallis

Golfers

Albin, Rod
Albright, Bob
Alcock, Ken
Andersen, Chuck

Anderson, Ted
Avery, Mike
Blair, Doug
Boudreaux, Lee
Bowby, Vern
Briggs, Craig
Butler, Brian
Carney, Patrick
Carter, Jerry
Caspowiak, Joe
Chamber, Michael
Childers, Tyler
Close, Jeff
Cooper, Doug
Copeland, Jean
Copeland, Ron
Demorest, Linda
Dennis, Nancy
Didrickson, Terri
Dorr, Gail
Eggers, Al
Eliason, Georgia
Enbom, Jack
Enbom, Kay
Ensor, Steve
Esterling, Bob
Flaherty, Carroll
Flaherty, Frank
Fournier, Jon
Gerding, Nate
Gilder, Peggy
Gohlke, Brian
Goracke, Greg
Grause, Rob
Gray, Chris
Gray, Rick
Gregg, Steve
Grossnicklaus, Mark
Grossnicklaus, Nell
Hafner, Judy
Hafner, Mike
Hart, Jim
Heath, Chuck
Heineck, Matt
Hogensen, Bob
Howlett, Joe
Janes, Scott
Jennings, Mary
Jensen, Garth
Johnson, Don
Johnson, Duane
Kadas, Steve
Kelley, Parnell
Kerr, Harold
Kiel, Cariene
Kiersky, Tom
Klein, Glenn
Kosoff, Deron
Kuenzli, Jim
Kuenzli, Judy
Landau, Jan
Layton, Robert
LaBoeuf, Steve
Lind, Doug
Lundy, Butch
Mangum, Chuck
Marshall, Jerry

Marshall, Ken
Martin, Bob
Martinez, Bill
McCracken, Rob
McCracken, Storm
McCubbin, Jeff
McGovern, Kevin
McLemore, Darin
McNelly, Bill
Michel, Cliff
Moss, Gary
Niederiehnner, Adrene
Pialt, Laura
Raleigh, Dave
Reece, Dave
Reed, Roger
Richardson, Ron
Rogers, Larry
Rondeau, Brad
Ross, Jack
Schlegel, Colette
Sekermestrovich, Pete
Shackelford, Don
Shanklin, Don
Simas, Tom
Smith, Randy
Snyder, Eric
St Pierre, Ken
Stepp, Kelly
Stewart, Karla
Strombeck, Greg
Stuber, Brandon
Stuber, Larry
Thornberg, Hale
Travelstead, Scott
Van Olst, Jim
Vaughn, Cary
Willis, Jason
Whanger, Darren
White, John
Winders, Jeff
Winter, Greg
Wolfe, Chris
Young, Bill

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OSU Golfers
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*"Being a child is a hard job," said Joey, age 4.
"I don't know how to do it."*



Please take this opportunity to make a difference in the life of a child like Joey ...to help make being a child a little easier.

- Yes! I will help make a difference.
 \$25 \$50 \$75 \$100 \$250 \$500 Other \$_____

Please select a payment option:

- MasterCard VISA Check (Payable to Old Mill) Bill Me Monthly _____
Card # _____ Expiration Date: _____
 Contact me at the address below regarding a stock donation
 In celebration of _____ ? In memory of _____ ?

Signature _____
Print name _____
My email address _____ Phone _____
My home address _____

Mail to: Old Mill Center for Children and Families, 4515 SW Country Club Drive, Corvallis, OR 97333

"Building Bright Tomorrows...Today"



**OLD MILL
CENTER**

For Children and Families

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