

Cookbook Project Takes Shape

We all have experienced the disaster of the 2007 flood in one way or another. Some have lost everything, while many have assisted others in rebuilding their homes and kitchens. One of the losses that occurred from the flooding in Vernonia was the loss of cookbooks and traditional family recipes that have been handed down through generations. Some of the women at Vernonia Cares Food Bank are putting together a project to help ease the pain that may have been felt from this loss. With the help and cooperation of the women of Vernonia, the hope is to collect favorite recipes that would enable a cookbook of family recipes to be published.

Vernonia women of all ages are invited to share in this important piece of unity. "The Women of Vernonia Cookbook, Recipes from the Heart" is a project that will gather together recipes and traditions that will be shared among the families of Vernonia. It is an effort to lift the women of Vernonia with a cookbook that will grace kitchens for generations to come. It is sure to become a favorite book on everyone's shelves. It may also be used as a fundraiser for local groups and organizations while helping raise the spirits of those affected by the floods.

What better way is there to share a piece of yourself and help Vernonia heal itself?

If you would like to find out more about this project and maybe participate, please contact Barb Ervin at 503-429-1625 or Terry Grosnick at 503-429-0506. A kick-off meeting will be held Friday, June 6th from 1:00 to 3:00 PM at The Church of Jesus Christ of Latter Day Saints: 1116 Knott St. Vernonia. Representatives from all businesses, schools, organizations, churches, and community groups are welcome and encouraged to attend. This is an opportunity for all us to come together and keep the resilient spirit of Vernonia women alive.

Calling all Gardeners!!

Do you know that one in five people in Vernonia qualify and benefit from the food bank here in town? Prior to the flood, 275 people (over 100 families) received help on a monthly basis from Vernonia Cares. As of March, the number has risen to 361 people per month.

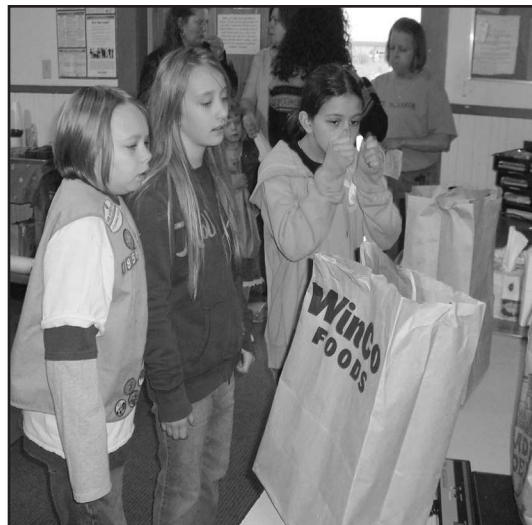
For those of you who plant vegetable gardens, please consider planting and sharing some of your harvest bounty with Vernonia Cares. Anything and everything is welcome and appreciated. So many food pantries around the country are facing shortfalls to their food subsidy goals. This is one way we can help meet the goals right here in Vernonia. All donations will stay here in the community.

Vernonia Cares is open Tuesday and Thursday 10-2 and will gladly accept ANY food donations. Thank you for your help!!

Recent Food Donations Support Vernonia Cares

A number of groups collected and donated food to the Vernonia Cares Food Bank this past month, helping Vernonia Cares stock its shelves and serve its clients.

On May 3rd Local area Girl Scouts Troops collected a total of 797 pounds of food. The Troops had a contest to see who could collect the most food. The winner was Troop 2136 which collected 193 pounds and will have an ice cream social as a reward.



The National Association of Letter Carriers annual Canned Food Drive was a success again, as Vernonia residents donated 990 pounds on Saturday 10th, which was collected by the local mail carriers.

On Saturday May 17th the Rode City Motorcycle Club made the Trip to Vernonia and showed their continued support for Vernonia Cares with a donation of 1,523 pounds of food.

All these donations will truly go a long way towards stamping out hunger in our Vernonia area.



Safety never goes on vacation.

Whether you're taking off for a thrilling destination, or just enjoying some local sights, plan to stay safe this summer. You'll have a lot more fun if you remember some basic tips for warmer weather activities:

- wear sunscreen
- don't drink and drive
- drink plenty of water
- put on a bicycle helmet
- buckle up
- wear a life jacket on all water craft

9-1-1 for all seasons

Emergencies can happen any time of year. Fortunately, Columbia 9-1-1 is here when you need us, day and night, all year round. So if you do have an emergency this season, call 9-1-1 right away. Our highly trained staff will make sure help is on the way as soon as possible.



We urge you to make safety part of all of your summer plans.

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*Rosalee
Sociology Major
Future UCLA Grad in
Dance & Culture*

Summer term starts June 23!



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