

Senior News

By Larry Doppke

In December, little children from Vernonia Head Start entertained the seniors with their sweet young voices, singing Christmas carols.

I'm sure it brought back fond memories of a time gone by, when our own children sang to us and each one tried to out-do the other. We don't have the Head Start children's names, but we want to thank them for their gift to us, their voices, it was wonderful.

Christmas dinner at the Senior Center on Dec. 19th was a great success. The work of the following volunteers was appreciated: Jamie and Gary Peura, Eric and Pat Olson, Trudi Magoff, Margaret Berndt, Bobby Harmon, Shirley Torres, Eldonna Williams, Nellie Tip-ton, Tessie Aldrich, Pat Olando, Dan Olando, Mary and Larry Doppke, Nellie Gregg, Claudine East and Carol Davis. Etta Russell coordinated the event and Willie Brewer kept track of

Cookin' with Gladys

By Gladys Sharar

Woods In White

How quiet the forest with snow on the ground,
This blanket of white seems to muffle all sound.
Green branches are laden with ice and with snow,
There's a feeling of peace wherever you go.

registration.

It has come to our attention that a thank you is long over-due to Jim Webster Brunsman and his brother, Dick Brunsman. They fish in Alaskan waters, and have been donating a salmon every year for the last ten years. This year they gave the center a 35 pound salmon.

On behalf of the Senior Center, we thank you ever so much; it was enjoyed by all.

Longtime volunteers Gerald and Etta Russell retired from the Center at the end of 1997.

Gerald began volunteering at the Center in 1985, after retiring from the Post Office. In 1986 Etta joined him, and served many years as Nutrition

Chairperson.

They were honored as Senior King and Queen one year, and Etta was Queen of the My Fair Lady pageant in 1991.

"We have made so many friends through the years," Gerald said. "We are not saying goodbye, but just so-long until we meet again."

Those folks wishing to share appreciation day with Gerald and Etta are invited to the noon meal on January 14th. Please reserve your spot by calling 429-3912. In lieu of gifts, a donation to ColCo Transportation is suggested.

Doll Club, 3rd Wednesday of the month, 1:00-3:00

Quilting every Monday, 10:00 a.m.-2:00 p.m.

Women's Aglow, 3rd Tuesday, 7:00 p.m.

Games every Thursday, 1:00 p.m.-4:00 p.m.

Hearing aid test, every 2nd Friday. This is for everyone, not only Seniors.

Foot care is available for \$6.00. Check at the Center for date, it could vary.

Little friends of the forest leave prints everywhere,
They love the bright sun and the clear bracing air.
So bundle up warmly and go for a stroll,
A walk in this place will be good for the soul.

The thoughts and the feelings you gather from here,
Will help to refresh you the rest of the year.

By Phillis Millard

CHILI WITH TORTILLA DUMPLINGS

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|---|-------------------------|
| 1 med. onion, chopped | 2 cloves garlic, minced |
| 1 tb. cooking oil | 2 lbs. ground beef |
| 1 can chicken broth | 2-3 tbs. chili powder |
| 1 tsp. ground cumin | 1 tsp. dried oregano |
| 4 flour tortillas (7 inch) | 1/2 tsp. salt |
| 1 can (28 oz.) diced tomatoes, undrained | |
| 2 cans (15.5 oz. each) kidney beans, drained and rinsed | |

In a 3 quart saucepan, over med-high heat, saute onion and garlic in oil for three minutes. Add beef; cook until browned, about six minutes. Drain. Add the kidney beans, tomatoes, broth and spices; bring to a boil. Reduce heat, cover and simmer for 50 minutes.

Halve each tortilla and cut into 1/4-inch strips. Gently stir into soup; cover and simmer for 8 to 10 minutes or until tortillas are softened. Serve immediately.

Here are a couple of recipes requested for wild game.

BARBECUED VENISON

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|---|---------------------|
| 3 cloves garlic | 2 onions, sliced |
| 3 bay leaves | 1 can (12 oz.) beer |
| salt and pepper to taste | |
| 2 c. Barbecue Sauce (recipe follows) | |
| 2-3 lbs. venison round, leg or rump roast | |

Trim excess fat from venison. In a large bowl mix beer, garlic, salt and pepper, onions and bay leaves; add venison (marinade should cover meat). Marinate in refrigerator for 12 to 24 hours, turning occasionally.

Remove venison and onions from marinade and place in crock pot. Pour one cup Barbecue Sauce over top. Cover and cook on low for 10 to 12 hours.

Serve with remaining Barbecue Sauce.

BARBECUE SAUCE

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|-----------------------------|------------------------------|
| 3 tbs. butter | 6 tbs. sugar |
| 1 c. finely chopped onion | 3/4 c. finely chopped celery |
| 6 tbs. wine vinegar | 3 c. ketchup |
| 3/4c. lemon juice | 2 tsp. liquid smoke |
| salt and pepper to taste | 3 tsp. dry mustard |
| 3 tbs. Worcestershire Sauce | |

In skillet, saute onion and celery in butter. Add to crock pot with remaining ingredients, cover and cook on low for 8 to 10 hours or on high for three to four hours, stirring occasionally.

Makes five cups.

Set aside to use on roast.

VENISON STEW

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|---|-------------------------------|
| 1 whole clove garlic | 1 bay leaf |
| 1-1/2 c. French dressing | salt and pepper to taste |
| 1/4 c. quick-cooking tapioca | 1 lg. onion, coarsely chopped |
| 3 stalks celery, cut into 1-inch pieces | |
| 2-3 lb. venison, cut into 1-inch cubes | |
| 1 can (16 oz.) whole tomatoes, mashed | |
| 2 carrots, pared and cut into 1-inch pieces | |
| 1 sm. green pepper, seeded and coarsely chopped | |

Marinate cubed venison in French dressing for 12 to 24 hours in refrigerator. Drain off salad dressing and place venison in crock pot. Stir in remaining ingredients. Cover and cook on low for eight to 10 hours.

Serves six to eight.

SWISS VENISON

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|-------------------------------------|--------------------|
| 1 lg. onion, sliced | 1 can water |
| salt, pepper to taste | 4 tbs. cooking oil |
| 1 can (14.5 oz.) tomatoes | flour |
| 4 venison chops or 2 venison rounds | |

Salt, pepper and flour the meat. Brown sides in cooking oil. Add onion slices, tomatoes and water. Simmer about 45 minutes. Serve with rice.



An Alzheimer's Specialty Home

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Church Directory

FIRST CHRISTIAN CHURCH

Joel Stith, Pastor
410 North Street
Vernonia, 429-6522

Sunday School 9:30 a.m.
Morning Worship 11:00 a.m.
Evening Service 6:30 p.m.

Every Wednesday:
Ladies' Bible Study, 9:15 a.m.
Children's Choir 3:00 p.m.
Family Bible Study, 6:30 p.m.

Women's Fellowship, 2nd & 4th
Wednesdays, 1:30 p.m.

ASSEMBLY OF GOD

Michael Jackson, Pastor
662 Jefferson
Vernonia, 429-6353

Sunday School 9:45 a.m.
Morning Worship 11:00 a.m.
Evening Service 6:00 p.m.

Women's Bible Study,
1st & 3rd Mon. 7:00 p.m.
Women's Ministry,
Alternate Wed. 7:00 p.m.

GRACE REFORMED BAPTIST CHURCH

D.J. Dickey, Pastor
Grant & North Streets
Vernonia, 429-1919 or 429-8720

Sunday School 10:00 a.m.
Adult Prayer Hour 10:00 a.m.
Morning Worship 11:00 a.m.
Afternoon Worship 2:00 p.m.

Wed. Bible Study, 7:00 p.m.

CHURCH OF JESUS CHRIST OF LATTER DAY SAINTS

Lee Knowlton, Branch President
1350 E. Knott Street
Vernonia, 429-7151

Sacrament Meeting, Sunday 10 a.m.
Sunday School & Primary 11:20 a.m.

Relief Society, Priesthood and
Young Women, Sunday 12:10 p.m.

FIRST BAPTIST CHURCH

John Cahill, Pastor
952 Washington Avenue
Vernonia, 429-1161

Sunday School 9:45 a.m.
Morning Worship 11:00 a.m.
Bible Study 6:00 p.m.
Visitation, Monday 7:00 p.m.
Bible Study, Wednesday 7:00 p.m.

SEVENTH DAY ADVENTIST

Roger Kruger, Pastor, 397-6883
2nd Ave. and Nehalem St.
Vernonia, 429-1941

Sabbath School 9:15 a.m.
Morning Worship, 11:00 a.m.

Tuesday Prayer, 7:00 p.m.

ST. AUGUSTINE (CANTERBURY) EPISCOPAL CHURCH

The Rev. Robert Grafe, Vicar
960 Missouri
Vernonia 429-3700

Sunday Services, 9:30 a.m.

VERNONIA FOURSQUARE CHURCH

Pastor Paul Pastor
850 Madison Avenue
Vernonia, 429-1103

Sunday Worship Services 10:30 a.m.
Children's Sunday School

Wednesdays 7:00 p.m.
Evening Service
Youth Ministry
Children's Ministry
Nursery Available

Men's Ministry 7:45 a.m.
3rd Saturday, each month

VERNONIA EVANGELICAL BIBLE CHURCH

Grant Williams, Pastor
957 State Avenue
Vernonia, 429-6790

Sunday School 9:45 a.m.
Morning Worship 11:00 a.m.
Children's Church w/Nursery
Evening Fellowship 6:00 p.m.
Nursery Care
Prayer Meeting, Wed. 7:00 p.m.
Bible Studies, Wed. 7:00 p.m.

ST. MARY'S CATHOLIC CHURCH

Fr. Ron Millican
Pastoral Administrator
Lani Vandehey

960 Missouri Avenue
Vernonia, 429-8841

Mass
Sundays 10:00 a.m.
Reconciliation 9:30-9:45 a.m.
or by appointment

The Churches of Vernonia Welcome You