

St. Mary's Quilt Fair scheduled for Sept. 18-21

St. Mary's 33rd Annual Quilt Fair will be held September 18 through 21 from 10:00 a.m. to 4:00 p.m. at St. Mary's Church in Vernonia, 960 Missouri Ave.

The Quilt Fair highlights good, quality products both for sale and on display. This year's feature will be a way of story telling with quilts called "Bed Turning", demonstrated twice daily.

A lunch menu with choice of two different soups daily, salad, rolls and irresistible pies will be available.

For more information, call Willamae at 503-429-7871 or 503-429-8841 Tuesdays, or write St. Mary's Church, P.O. Box 312, Vernonia, OR 97064.

Say What?:

Forced. A large cluster of trees. "Only you can prevent forced fires."

Can You Dig It?

By Schann Nelson



As the lawn and parts of the garden turn brown, it increases my appreciation of the few remaining green things and, as always, I treasure the bright spots of color. A couple of years ago I planted a bunch of gladiolas, which I refuse to dig in the fall since they often survive the winter and the hardy ones are the only ones I want. They are ready to bloom and I have at least two of a wonderful bright, but soft, orange, that are particularly nice.

Just yesterday, I noticed the first beans and cucumbers that are ready to harvest. Of course I'm not ready to begin pickles but I'll just have to get ready sometime this week. I really am excited to try a sweet pickle recipe that I think is like one my grandmother used. I could eat those things by the jar! I also make dill and bread & butter pickles, spicy dilly beans and (sometimes) zucchini relish.

Speaking of the amazing zucchini, I figure that since I already have an excess in my shady garden, most of you are probably completely overwhelmed. I am fortunate enough to have sheep that love anything green at this time of year and they are more than willing to dispose of any baseball-size squash. I am always astounded by the way I end up with these monsters—even when I think I am watching carefully.

I have a new cookbook, written by the owner of a seed cata-

logue, that is organized by vegetable and has unique recipes designed for abundant harvests. I've tried a recipe for zucchini pancakes that everyone, even the squash haters, enjoyed. It uses shredded, salted and drained zucchini as a vehicle for basil and garlic and is, therefore, both tasty and very low in calories. I'm eager to try the recipe for stuffed squash blossoms described as "a summer treat too good to miss," that will decrease the harvest by eliminating some of the fruit.

I like to freeze most vegetables and do some parboiling as recommended, but I also just stir-fry beans and zucchini, using a very hot pan in a small amount of oil with garlic and/or herbs. This method lets me cook the whole amount harvested, serve some of it for dinner, and cram the remainder in bags for the freezer. These are great to pull out in the winter as additions to a soup (zucchini and basil are great additions and the family doesn't really even know it's there) or briefly reheated in the microwave.

The rain has been great but watch for late blight in tomatoes, a disease promoted by overhead watering and damp conditions. I STILL don't have even a single ripe tomato. I guess not buying an extra early variety was a mistake this year.

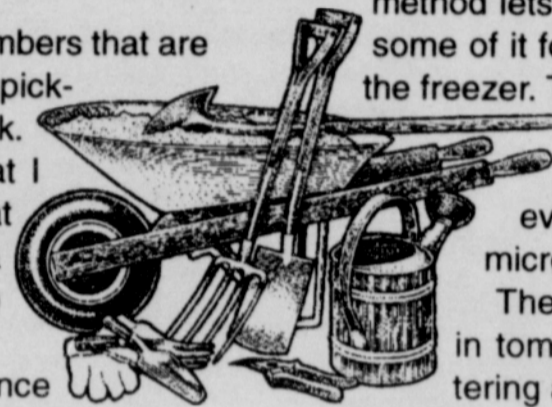
I finally sprayed for cabbage moths and I hope the Brussels sprouts will recover. Oddly, the cabbage and broccoli don't look nearly as bad. I'm hoping to get some fall broccoli started, since the stuff planted in the spring just doesn't look like it will provide much nice broc over the winter from side shoots.

I missed the last of the raspberry crop that I normally use for raspberry vinegar but, as I do every year, I have great hopes of making it out there to prune out the spent canes in order to concentrate growth in next year's canes.

Summer is a good time to put up a box for the great mosquito destroyers, the bats. Best locations are within a quarter mile of a river or stream, in an open area without obstacles for 20 feet and with at least 4 hours of sun exposure. A large bat box can house 30 or more of the common little brown bats. Each bat consumes about 500 mosquitoes per hour. This is a huge amount of mosquito control.

A warning: beware of working in the hot summer sun. The first sign of a problem may be cramps in the leg or abdomen. A more serious problem is heat exhaustion, typified by disorientation, nausea and excessive sweating. For either of these problems move to a shady area, lie down, put your feet up and drink fluids. Heat stroke is a life-threatening medical emergency. If someone has little or no sweat combined with a high fever, call 9-1-1 for help, immediately. Get the person out of the sun and attempt to cool with wet cloths. Children and the elderly are particularly susceptible to heat-related problems. Make sure everyone drinks lots of fluids and takes regular breaks to cool off.

As summer slips away, I feel surrounded by the projects that haven't been done: the flowering plum that still needs drastic intervention, a support for the side of the asparagus bed, the fall peas that are still not planted. It's so difficult to summon the energy to get stuff done in this great weather, when it's so easy to just enjoy the flowers.



Church Directory

VERNONIA COMMUNITY CHURCH

Grant Williams, Pastor
957 State Avenue
Vernonia, 503 429-6790

Sunday School 9:45 a.m.
Morning Worship 11:00 a.m.
Children's Church w/Nursery
Sunday 6:00-7:30 p.m.
Jr. & Sr. High, AWANA, Adult Study
Nursery provided
Prayer Meeting, Wed. 7:00 p.m.
Women's Bible Study, Thurs. 7:00 p.m.

GRACE REFORMED BAPTIST CHURCH

D.J. Dickey, Pastor
Grant & North Streets
Vernonia, 503 429-1919

Sunday Services: Adult Prayer & Children's Sunday School 9:45 a.m.
Morning Worship 11:15 a.m.
Evening Worship 5:00 p.m.
Evening Service will change to 3:00 p.m. on Sept. 7, 2003

Wednesday Service:
All Family Bible Study, 7:00 p.m.

ASSEMBLY OF GOD

Darwin Harvey, Pastor
662 Jefferson
Vernonia, 503 429-4615

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

Bible Study, Wednesday 7:00 p.m.
Youth & Kids, Thursday 7:00 p.m.

FIRST BAPTIST CHURCH

John Cahill, Pastor
359 "A" Street
Vernonia, 503 429-1161

Sunday School 9:45 a.m.
Morning Worship 11:00 a.m.

Evening Worship
Saturday, 6:00 p.m.

NEHALEM VALLEY BIBLE CHURCH

500 California Ave
Vernonia, 503 429-5378

Sunday School 10:00 a.m.
Morning Worship 11:00 a.m.
Nursery available
Wednesday Service 7:00 p.m.

ST. MARY'S CATHOLIC CHURCH

Pastoral Associate
Juanita Dennis
960 Missouri Avenue
Vernonia, 503 429-8841

Mass Schedule
Sunday 12:00 Noon
Religious Education
Sunday 10:30 a.m.

CHURCH OF JESUS CHRIST OF LATTER DAY SAINTS

Jeff Cheney, Branch President
1350 E. Knott Street
Vernonia, 503 429-7151

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

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

SEVENTH DAY ADVENTIST

Kevin Reiner, Pastor, 543-2254
2nd Ave. and Nehalem St.
Vernonia, 503 429-8301

Sabbath School 9:15 a.m.
Morning Worship, 11:00 a.m.
Prayer Meeting, Wed. 7:00 p.m.

ST. AUGUSTINE (CANTERBURY) EPISCOPAL CHURCH

The Rev. Robert Grafe, Pastor
375 North St. (Vernonia Grange Hall)
Vernonia, 503 429-3700

Sunday Services 10:00 a.m.

CHRISTIAN CHURCH

410 North Street
Vernonia, 503 429-6522

Sunday School 9:30 a.m.
Morning Worship 11:00 a.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.

VERNONIA FOURSQUARE CHURCH

850 Madison Avenue
Vernonia, 503 429-1103

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



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