

Community

Give produce to Vernonia Cares

August begins the harvest for many gardeners in and around Vernonia. At times, garden surplus occurs as over-planting, unexpected activities or company arrives and gardeners end up in a pinch to address their bounty.

Vernonia Cares, located in the American Legion building at 627 Adams Avenue, is happy to

accept fresh garden produce and pass it along to their clients. Orchard apples, pears, or other fruits are also appreciated. They even welcome your plentiful zucchini!

The food bank hours are Tuesday and Thursday from 10:00 a.m. to 2:00 p.m. Any questions? Call Sandy at 503-429-1414.

Learn about Jesus at Jam Time

The Vernonia Christian Church invites you and your family to come join them at Jam Time (Jesus and Me).

Are you looking for a friendly and warm place to learn about Jesus? The church is kicking

Find out about Lions at potluck

The Vernonia Lions Club invites anyone interested in becoming a Lion to a potluck to be held September 18 at 6:00 p.m. in Anderson Park.

There will be a presentation on the Lions Club and what they do for the community. They are campaigning for new members to help in their community efforts. The Lions Club motto is "We serve."

Museum Talk series set to restart

Vernonia Pioneer Museum resumes its Museum Talk series on Sunday, September 16, at 2:00 p.m. when Marie (Birkenfeld) Bellingham, Stella (Bellingham) Saturn, and George Bellingham will talk about Birkenfeld's history and what it was like growing up

off their Christian Education program for the year with a free carnival at the Vernonia Christian Church, 410 North St., on Sunday, September 23, from 9:45 to 10:45 a.m.

For more information, call Sue at 503-429-4901 or Kari at 503-429-0911.

Community Sale September 15

The 9th annual Vernonia Community Garage Sale will take place on Saturday, September 15, from 9:00 a.m. to 5:00 p.m. with over 40 sites.

Stop by Vernonia Realty next week to pick up the site map.

there. Years ago, Birkenfeld was much more than just a school and grocery store! Come hear about those earlier years.

The Vernonia Pioneer Museum is located at 511 E. Bridge Street.

Senior News

By Karen Miller
Senior Advocate



Senior Picnic memories! Thanks for all of you who joined us at Ander-

son Park, on August 17, for our annual picnic; the weather was accommodating for the Golden Oldies band and for those busy at the grill and thank you to Larry Snethen for the use of his great stainless steel griller! Thank you to a certain donor for the great hamburgers.

So this picnic signaled the end of hot August nights; and into September – we hope you all had a safe Labor Day Weekend.

On the docket for September: Our Hunting and Fishing Raffle and Dinner to be held here at the Center on September 22. Lots of great prizes, including a Ruger 300 Magnum and a Husqvarna chainsaw. Purchase your tickets at the following locations: Napa Auto Parts, Vernonia Hardware, Vernonia Senior Center, Vernonia Lake Eatery at the Mill Pond, Sporty's in Clatskanie, Randy's Saw Shop.

Also on the docket for September: Senior Center Yard Sale at 119 A Street, from 9-5 on September 15 and 16. Both

days.

Next Ice Cream Day after lunch here at the center: September 26. Come join the fun.

Call my office to sign up for the next AARP Safe Driving Class. 503-429-9112.

Veteran's Services available here in Columbia County through Community Action Team. Call Joseph Pyle at 503-366-6580.

If you are a caregiver of anyone, friend or family, see me for caregiving materials I may have in support for you.

Don't forget we have foot-care here twice a month. Slots fill fast. Call for your appointment.

WANTED: Back-up cook for the Center; come in to pick up an application at the center office.

Good eye, Faith Reynolds! For a woman in her 90s nothing slips by her sharp mind let me tell ya'. She was the only one who had the correct answer with no hints in our "guess who this ravishing beauty is" photo contest last Wednesday. Her prize? It wasn't a new set of glasses anyway. Good job, Faith. The ravishing beauty (along with all our other beauties around here) is none other than Bill James wife, Elaine.

H-m-m-m-m, there was no winner in my call-me-with-the-name-of-the-full-moon-in-August contest. Let's try September now.

LOST KEYS? Sharon has

quite a collection. Try us, if you can't find yours!

Heat Wave Safety Tips:

Well, we could have some hot summer days left, and here's a few survival tips:

1. SLOW DOWN your strenuous activities or save for the cooler part of day,
2. DRESS FOR SUMMER in light colored clothes and lightweight clothing,
3. WATCH YOUR DIET as foods that increase metabolic heat production like protein, also increase water loss,
4. DRINKING PLENTY OF WATER helps you to stay cool,
5. DON'T GET TOO MUCH SUN as sunburn makes the job of heat dissipation that much more difficult.

If you know of a senior who would like a visit from the Senior Advocate or has any senior needs and concerns, call our office.

REMEMBER:

- Pastries and bread Wednesday and Saturday a.m.
- Bingo, Mondays at lunch.
- Music with the Golden Oldies on Wednesdays.
- Games on Thursdays.
- Sign language class at 9:00 a.m. on Mondays.
- Breakfast every Friday, 7:30 a.m. to 9:00 a.m., \$3.00.

INFORMATION NUMBERS

Senior Advocate...429-9112
Senior Center.....429-3912
Transportation.....429-4304

Questions about Medicare and Supplements?

What do PPO, HMO, PFFS, Medigap mean? What and Why so much to choose from & get a better understanding of Medicare Part A and B.

FREE Seminars

Rainier Senior Center September 11, 1pm	Tuality Forest Grove Hospital September 18, 10 am	Scappoose Rose Valley Assisted Living September 26, 1 pm
Vernonia Learning Center September 13, 1 pm	St. Helens Senior Center, September 20, 10 am	Monarch Hotel in Clackamas September 27, 9 am

Your benefits change every year and it is important to know the facts.

Call 503 366 9550 or 503 422 3945

24 hours a day 7 days a week to RSVP or with questions

Columbia City Benefits Group
240 Spinnaker way Columbia City OR 97018

Double Your Fun! Two Fundraisers for Dean Schaumburg

First Enjoy a **Spaghetti Feed** at the **Buckhorn Restaurant** 1 p.m. to 6 p.m. **Sunday Sept. 9,**

Then on **September 21 at 5 p.m.** in **Hawkins Park,** Treat Yourself to a **Gourmet Bar-B-Q** by **Café 47**

After Dinner get **Dessert** at the **Bake Sale,** as well as a **Chance to Bid** on **Unique Items** at an **Auction** with **Famed Auctioneer Bill Yeo.** If that isn't enough you can enjoy a **concert** by **Jesse Cain.**

All for only a \$5 admission fee!!