

Women of Vernonia Cookbook planned

Two local women – Teri Grosnick and Barb Ervin – are proposing a cookbook project using recipes from Vernonia women. Their motive is both unique and thoughtful, and stems from the December flood. As they describe the effort:

We all have experienced the disaster of the 2007 flood in one way or another; some have lost everything; many have assisted others in rebuilding their homes and kitchens. With the help and cooperation of the women of Vernonia, we hope to collect your favorite recipes enabling us to publish a cookbook of family recipes.

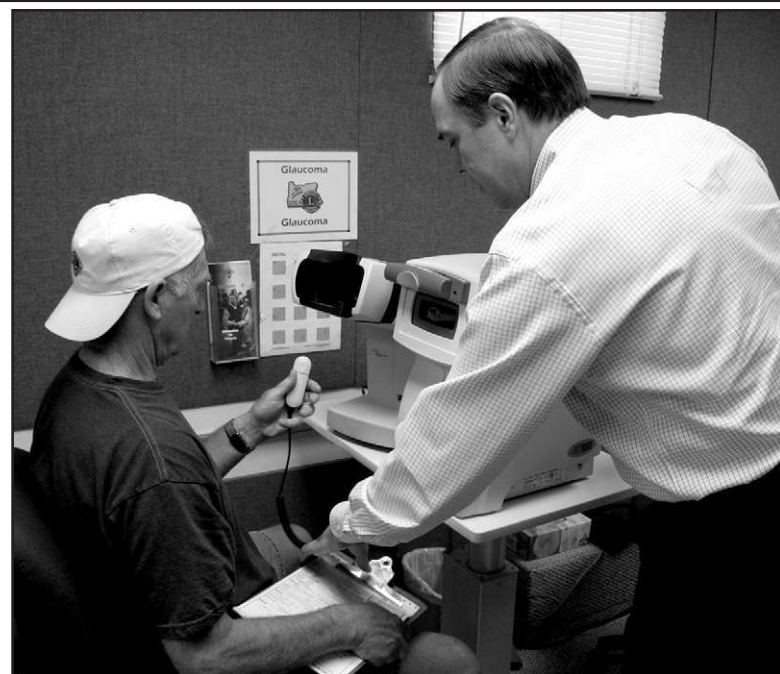
In an effort to lift the resilient women of Vernonia, we hope to

touch your hearts and inspire you to get involved so we can produce an up-lifting cookbook that will grace kitchens for generations to come.

This is a wonderful opportunity to share your recipes with each other! The “Women of Vernonia Cookbook” will help strengthen the cohesiveness of our Vernonia families. It is sure to become a favorite book on everyone’s shelves. What better way is there to share a piece of yourself than through “Recipes From The Heart”? Vernonia women of all ages are invited to share this important piece of unity. It is our intent that the cookbooks will be sold by businesses, organizations,

schools, clubs, churches, and community groups with the proceeds going to a Vernonia charity of your choice. If you would like to participate on committees to help gather, organize and separate recipes, please contact Barb Ervin or Terry Grosnick.

Our first town meeting will be held Friday, June 6, from 1:00 to 3:00 p.m. at the Church of Jesus Christ of Latter Day Saints, 1116 Knott St. Vernonia. Representatives from businesses, schools, organizations, churches, and community groups are welcome. This is an opportunity to come together and keep the resilient spirit of Vernonia women alive.



Randy Aultman, on left at the Oregon Lions Mobile Health Screening on May 24, gets help from Optometrist Terry Tobin while having his vision screening exam.

Gardeners can help feed the hungry

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. Many food pantries around the country are facing shortfalls to their food subsidy goals. This is one way we can help meet the goals in Vernonia. All donations will be used in the community.

Vernonia Cares is open Tuesday and Thursday from 10:00 a.m. to 2:00 p.m. and will gladly accept ANY food donations.

Free Fishing Weekend for clams and crab, too

If you’ve always wanted to try fishing, crabbing or clamming, there’s no better time than Oregon’s Free Fishing Weekend, June 7-8. For those two days, you don’t need a fishing license to fish, clam or crab anywhere in Oregon. You also don’t need a sturgeon, steelhead or salmon tag. (But all other current fishing and shellfish regulations will still apply.)

“Free Fishing Weekend is a great time for families to get out and discover or rediscover the fun of fishing, clamming or crabbing,” said Rick Hargrave Oregon Department Fish and Wildlife information/education manager.

“Oregon offers an incredible

variety of locations where families can go – urban and rural – we hope people will take advantage of the free fishing weekend and go have some fun outdoors,” he added.

While anglers are welcome to explore any of the state’s hundreds of lakes, rivers and streams on their own, the ODFW and its partners are sponsoring almost 40 free fishing events throughout the state.


At most events there will be free fishing equipment that first-time anglers can use, and special events for children. Volunteers will be available to help.

“Even if you’ve never baited a hook, we can show you how to fish,” Hargrave said.

For a complete list of events with times and locations, go to www.dfw.state.or.us/free_fishing/events.

If you’d like to explore on your own, ODFW offers an Easy Angling Oregon guide, Warmwater Fishing in Oregon booklets, and an extensive Web site to help you decide where to go. Visit www.dfw.state.or.us to find out more.

Free Fishing Weekend is always the first weekend after the first Monday in June. The event began in 1988 as a way to encourage more people to try fishing and enjoy the outdoors.



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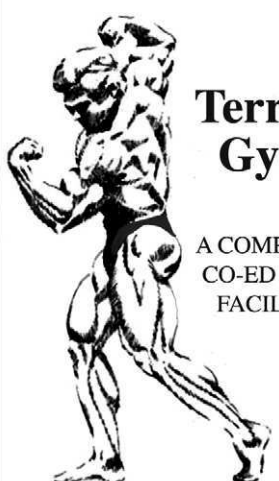
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Free Fishing Weekend is June 7-8



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