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Blessings to All in 2022

Darwin Johnson's Home in Lakeview

RANCHHAND **Grand Opening** February 5, 2022 at NOON



feeding farm efficiency

Demo Day at Dinsdale Farms

Page 3





Reflections on Lake County's **High Desert**

Marie Lee Page 4

Bee-cuzz You Asked

DECEMBER

and The Bees



By Gary Brain

Colorful Characters From Paisley's Past From Carolyn Pottorff's same titled book



Thoughts and Stories From Other Eras

Page 12

EMS

Taxing District Information

Page 13

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thecommunitybreeze.com

Consider The Thoughts in This Thank You

As A New Year Resolution **Thank-You Fire Department**

Thank-you to all who volunteer. Thank-you for being there when the rest of us can't. Had it been up to me, my hay barn would have burned down while I slept unaware of any disaster, and then even if I had known about it, I don't know what I could have done. After the fire was all over, I realized I hadn't even offered hospitality to those working, no coffee, sandwiches, water; all things my mother would have upbraided me for having forgotten.

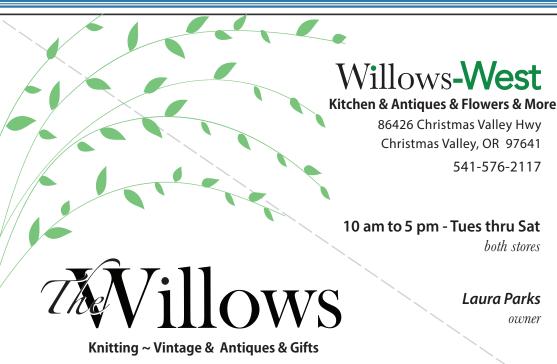
Long ago both of us volunteered a lot until we were burned out and other circumstances, like age and being away from home all changed our ability to respond. Why people won't volunteer is a favorite rant of mine. However, I remember the personal sacrifice, the meals not cooked, the times I forgot to gas up before I went on a call, the fatigue of volunteering all night and working the next day, the cost of maintaining your own training, the cost of time away from home and family for training in distant locations... etcetera that is <u>not paid</u> for.

On the 16 of December Jo Jo didn't hesitate to call in the fire before it got too big and out of control. The fire department's response saved the hay barn with minimal structural damage. They worked all night, into the next day, and came and checked on it repeatedly. Please add your personal thanks to these firefighters the next time you see them.

Thank-you to firefighters: Chad Brown, Mike Clark, Steve Hilger, Paige Pline, Josh Buzzell, and Dino Aspiranti. Thank-you Paige for fast thinking to call Dinsdale's crew for help.

Thank-you to Tyler Meyer and Scott Dufner who brought in a squeeze and saved some of the hay before it burned and then used front end loaders to scoop the burning hay out of the structure.

> Thank-you again Pat and Roger Widenoja



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Comings and Goings

By Terry Crawford

Here we are beginning another New Year, one that is both full of hope and at the same time clouded by what seems like the never ending virus. Just when we think we are rounding a corner a new variant emerges and we are back to needing to take more precautions to protect our health. And



now added to the stresses of the virus is the recent announcement that this year's flu strain is a particularly nasty one. Vaccinated or not - the statistics say the more diligent one is in employing protective measures the better one's chances are to stay healthy. And good health is my wish for all of us in the coming year.

I was headed over the mountain - (that would be Mt. Hood) on Saturday, December 11th and expected to get home before dark but a winter storm in the passes of Hood and then rearing its Wintry head again just outside of Bend, resulted in a very late arrival. I missed the Light Parade and from the pictures and videos I have seen, It was a super parade. It is the first time I have missed one since moving to out our desert valley. I always love the innovations participants come up with.

The north end of Lake County is experiencing a lot of growth. Indeed the majority of Conditional Use Permits (CUP) are tied to northend properties. Remember that CUP applies to land that is not in a city or township. Therefore, building permits in the Christmas Valley Township do not come before the planning commission. But there are a good many permitted projects happening withing the township. Add to this the addition of Dollar General and the development the property housing the Farm House Cafe, Laundromat, Hair Salon, RV park, a Spa/

If you are interested in receiving a COVID-19 vaccine, call Lilli at the Christmas Valley Annex ~ 541-576-2176 opt. 1 or LCPH at 541-947-6045

The Community Breeze

Is published monthly and mailed to all deliverable addresses in Oregon's northern Lake County's communities. The Publisher is Precision Mail Services. Our mailing address is 85450 Christmas Valley Hwy., Silver Lake, Oregon 97638. Readers may also read the *Breeze* on line by going to

thecommunitybreeze.com

Editor: Terry Crawford 541-480-0753 - terryonitsway@aol. com

Deadline: The 20th the month

Editorial commentary is welcome and all letters to the editor that are clearly signed with the writer's full legal signature and also include the writer's phone number will be considered for publication.

The following criteria will be applied equally to all submissions in determining a letter's appropriateness for publication: Letters may not include personal attacks, inappropriate language, libelous content, negativity which serves no other purpose than to harm or unverifiable facts. Letters are limited to 300-600 words. Letters may not promote businesses - to do so is considered advertising.

The Community Breeze neither supports or condemns any ideas, creeds, religions, customs, attitudes or beliefs and letters to the editor do not necessarily reflect the beliefs of its editor or its advertisers.

Please mail Letters to the Editor to *The Community Breeze* ATTN: Terry Crawford, 85450 Christmas Valley Highway, Silver Lake, OR 97638.



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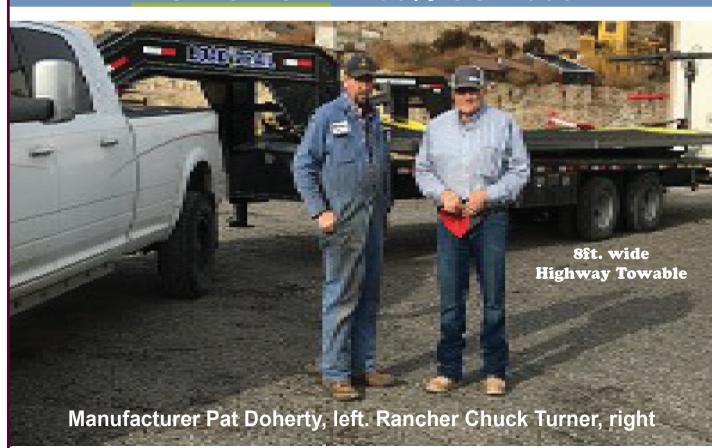
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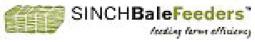
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From This Angle: True Grit



By Toni Bailie

During the year 2021 we continued to experience repercussions from the

global pandemic. We read reports of fatalities and hospital systems overwhelmed with an influx of patients. We dealt with concerns about contamination and community gatherings were curtailed. Then after a vaccine was developed we were divided into the vaxers and anti-vaxers Many faced the choice between vaccination or losing their jobs. Add to this the angst of another season of wild fires consuming forests, threatening our homes and blanketing the air with noxious smoke.

During such times of upheaval and distress I remember the true grit of my ancestors who coped with even greater challenges. I recall stories of my great grandparents who immigrated from Sweden in 1887. Albertina and Anders were living in Norrkopong where Anders' supported his wife and four children working as a mail carrier. His wages were low and there was little chance of advancement. Anders was pleased to get a letter from his brother Charlie who offered to loan him money for his passage to America and a place to live until he could build a house himself. Charlie had gone out west to the Bear Lodge mountains in what would later be Wyoming.

Albertina, with four children under six and another on the way, was not so pleased with the prospect. All her family and friends were in Sweden. Who knew what lay across the ocean in a strange land of Indians and bandits, far from doctors, churches, schools and all things dear to her. But she was from a race of brave and daring people, so she agreed to the undertaking.

She sorted and boxed clothing, along with other supplies and equipment. They were to travel by steerage on a slow and cumbersome ship. Steerage passengers were housed below decks in cramped, stuffy the curious people understand what had happened. He was finally found, sobbing but unharmed.

They stayed in Boston a short time to rest, then traveled by train to Rapid City, South Dakota. They took a stage to Spearfish where they were met by Charlie. They purchased



quarters. Ship food consisted of lukewarm soup, black bread, boiled potatoes and greasy, stringy beef. So Albnertina baked cookies, cakes and rolls, packing them in a trunk with apples, oranges and dried fruit to supplement their diet.

The little family gathered at the dock and bid farewell to friends, neighbors and family they would never see again. The first morning of the voyage, Albertina asked Anders to open the trunk of food. Alas, the trunk had been palace in the bottom of the hold and there was no way to access it.

Albertina and her children suffered from seasickness and the nauseating diet. At last after 10 days they landed in Boston. They were relieved to breathe fresh air and be on firm ground. Then their little two-year old son Carl got lost in the crush of people at the dock. They dashed here and there, trying to make needed supplies and were on their way in a wagon to Oak Creek, 35 miles away. Charlie's house was a two-story log cabin on a knoll above a spring. All the water had to be carried uphill. The floor was slabs cut from logs and the roof was poles covered with dirt. Only three other families lived on the creek.

After Anders saw his family was housed, he sought work. Winter was almost upon them and he owed his brother for the trip to America. Anders was hired by another Swede who ran a sawmill six miles away He walked to work on Sunday evening and came home the next Saturday evening. Often he carried a sack of flour or other supplies on his shoulders. He received \$18 a month and worked long hours, an eight-hour day was unheard of.

Albertina's new baby was born in March with the help of a neighbor. Anders returned home to put in his

garden and a large patch of potatoes. He went back to the sawmill when he had any time to spare. In three years, Anders paid the debt to his brother and filed on a claim of his own. He built a log cabin with two rooms and a loft overhead. Beds were straw ticks with homemade comforters. They made candles by dipping strings into melted tallow.

Over the years, Albertina gave birth to five more children. Three died at birth, a set of twins and a boy. Anders did most of the cooking when another child was on the way. He would cook big pots of rutabaga stew that he reheated and served over and over. The children grew up with a strong dislike of rutabagas.

My grandmother Agnes was seven when she started school. The teacher spoke no Swedish and Agnes no English, but she soon learned words and customs of her new country. At age 14, she went to Spearfish, South Dakota to attend high school and college. She taught rural school in Crook County and later worked for a newspaper publisher in Hulett. After she married my grandfather Elmore they moved to a ranch five miles from Alva where they raised sheep and put up their own hay with a horse-drawn mower and rake. My mother says they were poor and didn't realize it because everyone else was in the same boat during the 1920s. A trip to Hulett was a big undertaking, having to cross the Belle Fourche River four times on the way. High water put a stop to travel in the spring.

Anytime I feel discouraged about our current situation, I remember my great grandmother's fortitude crossing the ocean to a strange new country, having one baby after another, and raising her children in primitive conditions. With such a heritage of ancestors with true grit, I can cope with challenges that come my way.

Marie Lee was born on her family's ranch near Valley Falls. She studied journalism at Southern Oregon College (now Southern Oregon University), and has published a memoir of life on the ranch, "At the Ranch Beneath the Rim." She has also published a collection of stories about growing up, "The Way We Were in Valley Falls," a children's book, "Cowgirl Lessons," and in 2017 a historical novel, "The View From God's Country." After growing up in Lake County, Lee lived in Texas and elsewhere in Oregon before returning to Lakeview, where she has lived for the past 30 years. Currently, Lee is researching another book about the families and history of Lake County.



Reflections on Lake County's High Desert the Bannock War. Reub Long was born at the Ned Sherlock

"People don't change the desert; the desert changes people." That's a direct quote I recently heard as I listened to the voice of Reub Long. Late in the 1960s, Reub agreed to a taped interview conducted by young Bob Ogle who was a student at Lakeview High School.

Bob's grandparents were Lloyd and Ethel Ogle. For many years, Lloyd and Ethel owned Hotel Lakeview. In 1959 they shut Hotel Lakeview down and after removing its two upper stories, the ground floor was renovated into the Indian

Village Restaurant. Their **By Marie Lee** whereabouts and I discovson, Robert Ogle, who was Bob's father, acquired an extensive collection of Native American artifacts used for display throughout the restaurant. After many years that collection was dispersed, but Robert Ogle's son, Bob, who has not lived in Lake County since the days of his youth still holds his Lake County roots very close to his heart.

Bob, remembering those old cassette tapes of interviews he conducted with various old-time Lake County residents, inquired their

ered them in a file cabinet at Lake County Museum. Bob had the tapes transcribed onto modern CDs and he returned a copy to the museum. They are fascinating. A few days ago, I listened to the voice of North Lake County's Reub Long.

Reub's ancestors were early pioneers in the desert country of central and southeastern Oregon. He talked about an ancestor who brought cattle to Wagontire Mountain in the late 1860s and how those cattle were lost in 1868 during

place between New Pine Creek



Anna Linebaugh, Reub's sister, Mary Long, his mother, and Reub Long.

See Reflections Page Ten



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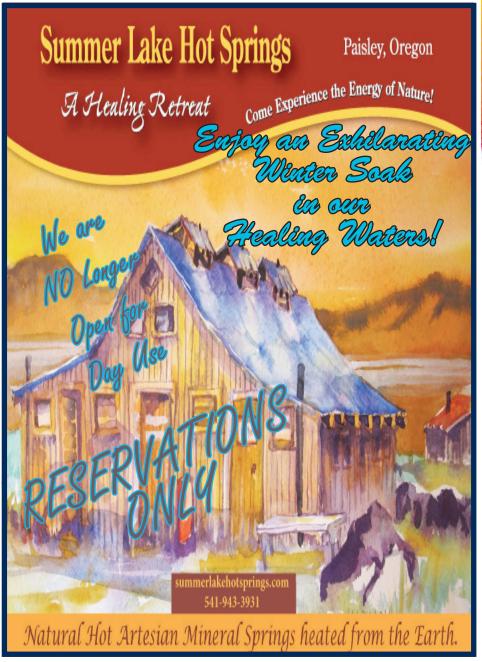
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December already just four

days until Christmas! I was hop-

ing to get one last look at the

Queen Mother and the girls with

the help of Serena but alas Ma

nature thought differently. When

temperatures drop below 50 de-

grees it is unwise to take anything

other than a quick peak and/or place

winter feed in the hive. The girls

are now all tightly clustered around

the Queen Mother keeping the hive

a winter cluster is in a honeybee col-

ony. Again, a complicated subject

to be reduce to a few paragraphs.

I will I will try to explain what

warm and cozy.

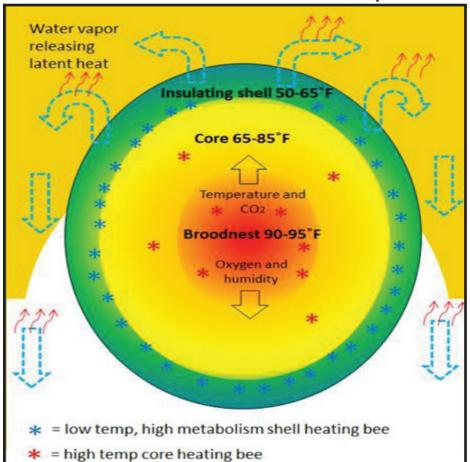
The Community Breeze

BEE-Cuzz You Asked

DECEMBER and the Bees

By Gary A. Brain Summer Lake Apiaries

Here is a visual of how the bee's control hive temperature



If you have ever seen a winter colony of bees it is a marvel of nature. Unfortunately one cannot usually open a hive up and see a colony in full winter cluster as it is usually fatal to the colony unless it is a WARM windless day. Then Bee-aware they WILL defend! I went out to add a winter feed patty and was tagged several times,

OUCH and shame on me for not fully suiting up!

Rely on photos from the In-

ternet to quench your desire to see this marvel of nature. Imagine thousands of stingers drawn to protect the Queen Mother and her

offspring.

Bee-cuzz bees are like frogs, fish and snakes, they are exothermic or cold blooded but, unlike most cold blooded creatures bees do not die off in the fall or hibernate but rather are active all winter eating and metabolizing honey to keep warm. The girls "shiver" to keep the colony warm by contracting their flight muscles against each other rather than on the wings. Confused? I went to college got a degree in Ichthyology (basically, the study of fish...) and still need to digest all of this stuff!

Back to the Queen Mother and the girls. Late in August or September and in our neck of the woods in October, the Queen Mother starts producing "winter" workers. They are physiologically different than their summer sisters. The hemophilic (blood) protein is different than the summer girls. The winter girls have put on some weight! This fatty profile helps the girls to last through the non-forging winter months. They will live four to six months compared to the summer slim gals that have only a 45-day life span.

The single purpose of the winter girls is to get the colony to

spring. Most brood production stops as the colony is awaiting warmer days. Do not be surprised to see bees out and about on days that happen to get above the magical 45 degrees as they will take cleansing flights, they do not poop inside the hive. As the temperature fluctuates so does the cluster. It will expand and contract with the temperature to moderate the temperature in the hive. As the temperature decreases, the cluster bee-comes tighter and more compact on the comb. The bees at the core maintain a temperature bee-tween 65 and 90 degrees while the outer layer of bees maintain a temperature from about 45 to 60 degrees. The exothermic layer of mantel (outermost layer) bees serves as an insulating layer for the inner bees.

As the cold winter sets in the cluster moves slowly upward and sideways to the honey stores, never downward. In the spring when you open your hives for inspection you will most always find the bees in the upper main body of the hive. The girls will rotate from the outside to the inside of the cluster to get food and warm up.

So that is the "Cliff's Notes" version of a winter cluster. Next month a few recipes for the honey you harvested from the girls and some more information regarding "beelogy". Stay warm and Bee Safe this winter

Merry Christmas and Happy New Year!





School Teachers

Bea O'Connor was a terrific teacher. She was a disciplinarian. The first year she taught at Paisley, she established her reputation and we all were respectful and prepared for class afterward.

I have often said it was because of her that I could earn a living. In addition to English, she taught typing, shorthand and bookkeeping. Believe me, if you learned to type on a Royal stan-

dard typewriter, you can type on anything. She would pace around the room, making sure we weren't looking at the keyboard. I'm one of the few people I know who can type numbers as rapidly as I can type letters.

Bea made English interesting. She would cut news columns out of the paper as examples of essays. I recall one of those writers was Robert Ruark. Of course, we

also had to write book reports, but because I read so much, that was never a problem.



Much of the remaining reminiscence was written in the present, however, Carolyn has passed on since the writing of this book.

Learned at My Mother's Knee

My mother, Audra McCall Silveria, has been on my mind recently. She died in 1991. She would have been 100 on March 23rd this year (2014). She was born in the red brick house where I presently live, in the room that is now my bedroom. She lived in Paisley her entire life and most of that time she lived next door to her parents.

She had several expressions that were uniquely hers. She always referred to someone who had a few drinks as "happy." Here euphemism for a chronically unfaithful man was, "a stepper." One of her more colorful expressions about someone who is guilty: "She looked like a sheep killin' dog." Another one that is self-explanatory: "They were watching that child/grandchild like s/he was a little tin Jesus."

When I would use a certain expletive, my grandmother, Nevea McCall would draw herself up and say, "I wouldn't have in my hand what you have in your mouth."

Colorful Characters from Paisley's Past

From the same-titled book by (now deceased) Carolyn Silveria Pottorff

Of Carolyn, friend and fellow author Toni Bailie wrote, "With her brilliant mind and rapier wit, Carolyn could deliver barbs that always made me laugh. She was a wealth of information about Paisley residents, all their intermarriages and peccadilleos.

My daughter Jo lives in Oklahoma. Her mother-in-law sounds a lot like Paula Deane, the Southern cooking maven. Jo tells me that true Southern ladies can make the most scurrilous remarks as long as



Paisley School Bus - above. Back row: Tom Morgan, Reta Morgan Ardith, McCall (driver), Grover Morgan. Front row: Anna O'Leary Joy Koenig, Dan Koenig, John O'Leary Jr, Elza Morgan, Unknown

they are prefaced by, :Bless your heart." For instance; "Bless your heart, honey, your black roots are three inches deep." Or better yet: "Bless her heart, all that makeup and that tattoo make her look like a prostitute."

Toni Bailie, has tole me about some of her mother's expressions. Her name was Bobby Negus and she was a good friend of my mom. Bobby often referred to a rich lady as "Mrs. Got Rocks." If a family member was napping, Bobby would say, "He is pounding his ear."

Most of these expressions are fairly common, but they were words that became our mother's own and still make their daughters smile.



About the Author

Sometimes you can go home again - Carolyn Pottorff came home to Paisley after retiring from the Department of Agriculture in Portland. She was selected as Paisley Pioneer for 2012 Mosqui-

Carolyn's great grandparents Isabell and William Hayes McCall moved from Silver Lake to Paisley in 1905. They purchased a brick two-story house on the corner of Mill and Stratton Street, the same house Carolyn lives in today. The home was constructed in 1985 by

Ernest Stickles, who had established a brick yard in Paisley.

Carolyn's grandfather Henry eloped to Lakeview with Meva Holder in 1911 - they were married for 67 years. Their daughters

> Audra and Ardith Evangeline were house. Carolyn's mother Audra was named after a charnovel and her aunt after a Longfellow poem. "I come from a long line of reader," said Carolyn, who books going at once. She is also a member of the #Easy Writers

group in Paisley.

Audra met Joe Silveria at a dance in Benefiel Hall. Joe had hired on as a ZX buckaroo in 1928. Audra asked him to dance and they were married after she ter say anything against us.

graduated in 1933. Carolyn, a third generation student at Paisley School, graduated in 1954. She attended Southern Oregon College in Ashland and Marylhurst College in Portland. She has a daughter, Jo May, and two grandsons, Joseph and Robert.

Carolyn is active in Friends of Paisley Cemetery. Their projects include installing a new fence and information kiosk and placing brass name plates on unmarked graves. Carolyn has researched old newspapers articles and recalled stories her grandmother Neva told about both born in the brick Paisley history. From this information Carolyn began writing biographical sketches of colorful characters buried in the Paisley acter in a Swedish Pioneer Cemetery. Her stories have appeared as a monthly column in the Community Breeze, a monthly publication for North Lake County residents.

When Carolyn returned to usually has several Paisley, she found some changes. The old Chewaucan Hotel had burned and several houses were washed away in the 1962 flood. "Paisley is still home," Carolyn says, "The people here can be generous and kind. We're like a big family - we may fight among ourselves but no one else had bet-

Acknowledgments

First and foremost, thanks to Toni Baile. She invited me to our Easy Writers group and has kept me on track. It was through Toni that I began writing for the Community Breeze. Toni can shove and nag in a very inoffensive way, when necessary.

Thanks to Brenda Morgan and bob and Diane elder for looking up information for me and sharing their recollections of these people

Thanks, Terry Crawford, for publishing

my stories in the Community Breeze. You have no idea how exciting it is for a 70+ year-old woman to be published and to have people say, "I read your story last month."



Serializing Carolyn's book, "Colorful Characters from Paisley's Past," has been a labor of love for me as I was privileged to enjoy her sparkling wit and intellect first hand at the Easy Writers Table. Since I had do digital copy of the book I simply typed as many stories as would fit on a page each month and took photos of the photos in the book.

I'm not sure how I will be filling this page in future issues, but it seems that all things have a way of working out.

Terry Crawford - Editor

We Love Sharing Your Submissions!!

As a monthly paper *The Community Breeze* is an avenue for news and acts as a community forum where writers from throughout Lake County can share information, stories, history, art and so much more. The Community Breeze is open to all submissions as long as they do no harm. Opinions are welcome too as are letters to the editor.

We would enjoy seeing photos of artistic creations with stories about the artist. There is no doubt that a wealth of talented writers and artists live in the amazing Oregon Outback and we want to share their work with our readers.

The Breeze is posted on-line every month shortly after being printed and can be found by typing in: the community breeze.com. It's that simple. So tell your friends in the County's south end to check out what you have had published and invite them to become regular readers and contributors.

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Cranberry Dip

1 (12 ounce) package fresh cranberries

1 cup white sugar

1 cup apricot jam

1 cup chopped pecans

1 (8 ounce) package cream cheese

Step 1

Preheat an oven to 350 degrees F

Step 2

Combine cranberries with sugar in a 2 quart baking dish with a lid, stirring well to coat all the berries. Bake in the preheated oven, covered, for about 30 minutes, until the cranberries pop and release their liquid.

Step 3

Remove from oven and stir in the apricot jam and pecans. Refrigerate overnight to blend the flavors. To serve, allow the cream cheese to come to room temperature, and pour dip over the block of cream cheese on a serving dish. Serve with buttery round crackers or small pretzels.



Best Spinach Dip Ever

1 cup mayonnaise

1 (16 ounce) container sour cream

1 (1.8 ounce) package dry leek soup mix

1 (4 ounce) can water chestnuts, drained and chopped

½ (10 ounce) package frozen chopped spinach, thawed and drained

1 (1 pound) loaf round sourdough bread

Step 1

In a medium bowl, mix together mayonnaise, sour cream, dry leek soup mix, water chestnuts and chopped spinach. Chill in the refrigerator 6 hours, or overnight.

Step 2

Remove top and interior of sourdough bread. Fill with mayonnaise mixture. Tear removed bread chunks into pieces for dipping.

Reflections on Lake County's High Desert

From Page Four

and Lakeview. His family moved north to Christmas Lake in 1900 traveling via the main road, or trail, located on the eastern side of Summer Lake.

He told how their homestead was located directly on a crossroad of travel between north and south,

and also east and west. Reub talked about how his mother "kept the travelers." He said that sometimes they provided board and room for as many as twenty travelers at one time. When Bob inquired as to how they acquired provisions for those travelers, Reub explained that



Rube and Elanor Long

they raised beef and hogs from grain they brought in from Summer Lake and that other supplies were freighted in from Prineville. Prices were high because all remote western towns had to obtain their goods by freight wagons pulled by large teams of horses. Reub said that his father was once a freighter, himself, hauling supplies from the railhead at Madeline, Califonria, located north of Reno, Nevada, into Lakeview.

He talked about the desert homestead era that began about 1906 and lasted until "1914 or 1916." Reub spoke of the old

schools, post offices, churches, and the entertainment of "Literary Socials," with music and recitations.

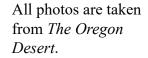
Reub said that as a boy he remembered seeing Creed Conn's freight wagon drive by their place as they hauled "pulled wool." It was during the cattle and sheep

> wars when wool was pulled from dead sheep. It wasn't as valuable as shorn wool from live sheep, but it still retained a certain amount of worth.

"By and large, pioneer people were law abiding." Reub said. Due process of law was meted out, when needed. "Horse thieves," he said, "were the worst in the old days."

Reub Long co-authored a book with E. R. Jack-

man titled, The Oregon Desert; its copywrite is dated 1964. Reub was a storyteller. Other old-timers often claimed that Reub was quite handy at embellishing his stories to a certain degree. Be that as it may, his tales of old give us a very good vision into life on the high desert in the days of early settlement. Although I only knew Reub in passing, (the answer is, yes, I am that old!) to hear his voice once again as he told his story to a very young Bob Ogle was truly a step back into time. For a historian, that is about as good as it gets!



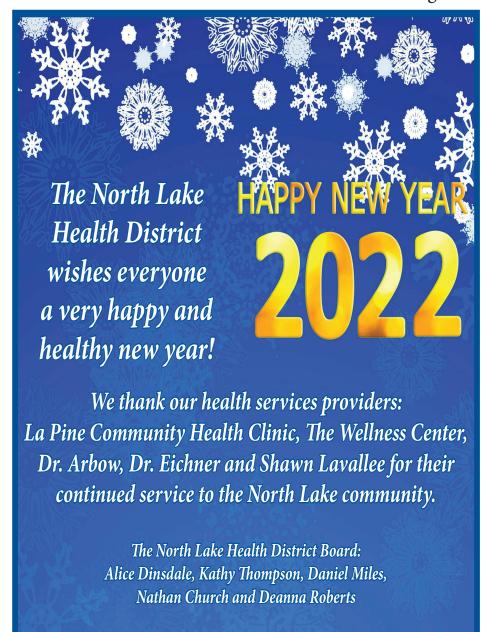


Matrimony Vine at the Kitchen Window

"Wives needed something green in the middle of the gray desert." A Matrimony Vine provided shade for the kitchen and was watered with dishwater. (That photo was taken by Merritt Parks of Fort Rock, Oregon.)



The photo above is of a homemade windlass for hanging meat on a desert ranch.





WE ARE IN NEED OF DRIVERS FOR OUR SPECIAL TRANSPORTATION PROGRAM

We are looking for volunteers willing to drive their own vehicles and provide rides for people for: appointments, shopping, and social outings.

We reimburse you mileage using the current IRS guidelines. You will need a reliable vehicle and are required to provide proof of a valid driver's license and insurance.

If you would like to be a part of our team please call us at 541 943 3551. We are a part of Lake County's Public Transit System.

Dr. Helmut Eichner

Chiropractic Physician

Providing
Chiropractic
Services
Thursdays
9am to 5pm
at North
Lake Clinic



"Every day I'm blessed to help people with headaches, migraines, chronic pain, neck pain, shoulder/arm pain, whiplash from car accidents, backaches, carpal tunnel syndrome, numbness in limbs and athletic injuries, just to name a few. I often see people who've come to me as a *last resort*. I'm a chiropractor, and I do things differently. I'm not going to give you medications to cover up symptoms. My job is to get to the root cause of health problems."

Call Dr. Eichner at 541-633-6563 to Schedule your appointment

NORTH LAKE HEALTH DISTRICT

Serving North Lake County Communities for Twenty Years



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:La Pine Community Health Center 541-536-3435

Mon \sim Thurs $9 \sim 5$

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TIMOTHY ARBOW, O.D. By appointment: 541-544-9888

Chiropractic Physician

HELMUT EICHNER, D.C. By appointment: 541-633-6563

Lake Health District Mental Health

JAMA NELSON, CADC-1 HAYLEY ROARK, LPC By appointment: 541-947-6021





NLHD Office Manager Karen Morgan: 541-576-2165

Psychiatric Care in Christmas Valley!

NOW OFFERING: Psychiatric Mental Health

- Depression
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- Anxiety
- Substance Abuse
- Mood Disorders
- and more!

As a Psychiatric Mental Health Nurse Practitioner, Kristina will be able to treat mental health issues by developing treatment plans, education, collaborating with the patients primary care provider and prescribing or adjusting medication as needed.

You DO NOT need to be a patient at LCHC to utilize this service.



Kristina Timmons

DNP, FNP-c, PMHNP-bc

Kristina Timmons has provided primary medical care at La Pine Community Health Center since 2014. Though Kristina has valued

her time treating patients medical conditions, her passion lies in behavioral and mental health care and she has now received a Doctorate of Nursing Practice degree with a focus in Psychiatric Mental Health.

She will now be treating patients of all ages, addressing mental health concerns as part of our Behavioral Health team.

Your Christmas Valley Health Center!

North Lake Health District Medical Center 87520 Bay Rd | Christmas Valley, OR 97641 Monday - Thursday | 8 a.m. - 5 p.m.

Psychiatric Mental Health | 2nd & 4th Tuesday each month

(541) 576-2343 or (541) 536-3435 | www.lapinehealth.org



Comings & Goings

The Ranchhand will feature a creative menu including ranchraised beef and fresh coastal seafood - all to be prepared in a new, state-of-the-art kitchen. There will be six large flat screens, a video-poker room, a top of the line pool table and darts. Additionally there will be live music from time to time. The decor is eclectic and fun as the exterior and interior building materials salvaged in a tare-down of a large old barn in Idaho provide a ranch flavor.

From page two

I was really looking forward to going to the January 1st opening but unforeseen glitches have pushed back the opening to February 5th.

I was looking back at some of my favorite stories from past years and decided to re-print Carolyn Pottorff's story of her first bike in this issue.

I am also including an interesting recipe with many non food ingredients that my friend Carol Hamil shared with me.

RECIPE FOR FRIENDSHIP

Assemble a group of ladies (people) in assorted sizes, shapes, and personalities. Measure accurately:

1 cup friendly words
1 cup courtesy and patience
2 heaping cups of understanding
Sift carefully to remove all malice and ego.

Add:

a dash of with and humor a pinch of warm personality a handful of forgiveness an ounce of praise Mix until well blended.

Cook slowly, keeping temperature low. No boiling, stewing or steaming is necessary. Season to taste with a goodly amount of kindness, charity, and temperance. A little bit of love and tolerance improves the flavor, Serve in generous portions.

"Our Favorite Recipes," Rebecca Group of Christian Women's Fellowship - Fall 1978

Childhood Memories - My First Bike By Carolyn Pottorff

As a child, my most precious possession was my bicycle. World War II was going on when I was seven. Met-



al, rubber and many other products were unavailable for civilians. One day, my aunt phoned and said Montgomery Ward had received a few bikes and should she get one for me. Mom said yes, so my aunt and uncle brought it over the next weekend.

This was a full-size adult women's bike. I was seven and a little on the short side. This meant I had to ride it standing up. If I sat on the seat, my feet wouldn't touch the pedals. My aunt bought a light which screwed onto the handle bars and I figured I was all set.

One nice day, Mom and I got to the store just as the mail stage pulled in. The driver was unloading bread

I hope everyone is enjoying the holiday season. Mine is low key and designed to be relaxing. Daughter Jill is cooking a primerib for Christmas Eve dinner with French dip sandwiches on board and the passengers were sitting in the car.

Did I mention I hadn't mastered the brakes yet? They can be tricky when you're standing up. Mom was a foot or two

ahead of me. When it was time to stop, I hit the store front with a bang. The headlight hit me in my stomach, knocking my breath out. I stepped off the bike, got the kick stand down, and then blacked out.

Mom turned and saw me sprawled on the sidewalk. She said, "Oh, for heaven's sake Carolyn, get up and quit showing off." One of the stage passengers told her rather timidly, "I think the little girl fainted." Well, I spent a couple of weeks after that practicing stopping and Dad removed the headlight.

To me that bike was freedom! I rode it almost daily for the next few years.

for Christmas day. If the weather holds, granddaughter Karrah and her boyfriend Rob will drive out on Monday for a visit. That is up in the air for the time being. For sure I will be *Continued on next page*.



JANUARY 2022

home on New Years Eve. It is definitely not my favorite night to be out on the road. Think I will just watch the ball drop in Times

Square - if I stay up that late. At any rate, happy year of the tiger.

I recently was told that the Lake County Library Director, Amy Hutchinson has resigned her position and will be moving on to a new position with the Lake County Health District. The Library Board of Directors has called a special meeting to address issues tied to her resignation. Below is the meeting information.

Lake County Library District
Board Meeting t
5:30 pm
at the main library.
Contact library for Zoom
participation.
The two agenda items are:
modified library hours
and interim library director.

PUBLIC TRANSPORTATION INFORMATION

Submitted by Ann Kasbohm

Lake County Public Transit Has Two Providers To Help Those Without Transportation

Special Transportation and the Lake County Senior Center both serve North Lake. If you are confused by which service to use, check with the schedulers of both programs to see which service can accommodate your needs. The goal is to get folks to medical care and also get them to shopping facilities.

Anyone without their own safe transportation is qualified to use either service. If you are using a wheelchair, the Senior Center has ADA equipped vans; they also give scheduling priority to seniors and those with disabilities, and medical trips, and only have 2 vehicles, so that's one thing to consider before you call.

Frequently, vehicles will have more than one passenger and more than one appointment time to meet. At times, this makes for a long day, especially when appointments fall hours apart.

Special Transportation relies upon a network of volunteer drivers who use their own vehicles. When scheduling, it is important to remember that Special Transportation drivers do not work for a wage. They are paid a reimbursement for their mileage only.

Drivers may also take care of some of their own business while a rider is at an appointment or shopping elsewhere. Be patient and remember that it is just as long a day for your driver as it is for you. Be sure to bring your own funds for a meal, or bring your own lunch that will not make a mess or stain your driver's upholstery.

We all love living in the high desert, and we all know that we may have to travel 60 or 100 miles to take care of health issues and major shopping. We encourage you to use these services, and at the same time be appreciative of those who use their time and vehicles to make your rides possible.

North Lake Dispatch - 541-576-4689 Paisly Dispatch: 541-943-3551 Lakeview Dispatch - 541-947-4966 ext. 106

Lake County Road Department is seeking a Heavy Equipment Operator

Candidate must reside in North Lake County and will perform most work in the northern part of the county.

Candidate will perform manual tasks and operate various heavy equipment in maintenance and construction of County roads and bridges.

High school diploma/GED; 5 years experience preferred

Must have current Oregon Class A CDL and be able to pass a background check.

To apply, complete Lake County Job Application and return to Lake County Road Dept., 95574 Highway 140 West, Lakeview, OR. Or email to lakecoroad@co.lake. or.us by Friday, December 31.

Applications can be downloaded from lakecountyor.org or picked up at the Road Department or courthouse.

NOTICE OF MEASURE ELECTION AND NOTICE OF RECEIPT OF BALLOT TITLE

Notice is hereby given that on Tuesday, May 17, 2022 an election will be held in Lake County, Oregon. This election will be vote by mail. The County's designated polling site, located in the Lake County Courthouse, Lakeview, Oregon, will be open from 7:00 a.m. to 8:00 p.m. on May 17, 2022.

Notice is hereby given that a ballot title for a measure referred by Lake County has been filed with the County Clerk of Lake County on December 16, 2021. The ballot title meets the single subject requirement. The following Ballot Title shall be submitted to the qualified electors thereof:

REFERRED TO THE PEOPLE BY LAKE COUNTY

Formation of North Lake Emergency Services District with Permanent Rate

QUESTION: Shall North Lake Emergency Services District be formed with permanent tax rate of \$2.64/\$1,000 of assessed value beginning FY 2022-23?

SUMMARY: This measure would create a taxing district authorized by ORS chapter 478 to provide emergency medical services to the area served by North Lake County EMS, currently a non-profit, volunteer organization. The measure also would approve a property tax levy of \$2.64 per \$1,000 of assessed value to provide a source of permanent operating revenue for the district.

The district would be governed by a five-member Board of Directors elected at large. The purpose of the emergency services district will be to provide a source of stable funding to provide emergency medical (EMS) services and pre-hospital care; upgrade and maintain buildings, vehicles and equipment; provide regular training and education for staff; add between two and three additional EMTs; and provide competitive compensation to attract and retain employees. A home with an assessed value of \$100,000 would pay approximately \$264 a year.

An elector may file a petition for review of this ballot title in Lake County Circuit Court no later than 5:00 p.m. on December 28, 2021.

Dated this 16th day of December, 2021. Stacie Geaney Lake County Clerk Published December 22, 2021

NOTICE OF ELECTION OF BOARD MEMBERS

Notice is hereby given that on May 17, 2022, an election will be held for the purpose of electing board members to fill the following positions and terms; including any vacancy which may exist on the boards of the following districts:

NORTH LAKE EMERGENCY SERVICES DISTRICT

Vote for 5 – Directors

Three, 3-yr terms ending June 30, 2025 Two, 1-yr terms ending June 30, 2023

Election of directors will be contingent on passage of North Lake Emergency Services District formation at the same election.

The election will be conducted by mail.

Each candidate for an office listed above must file a declaration of candidacy or petition for nomination for office with the elections department of Lake County, Oregon, not later than the 61st day before the date of the regular district election. If the district election is held on the same date as a primary or general election, each candidate must file a declaration of candidacy or petition for nomination not later than the 70th day before the date of the election.

The deadline for filing a declaration of candidacy is 5:00 p.m. on March 8, 2022,

Stacie Geaney Lake County Clerk

Published: December 22, 2021

13

11

January Crossword

Across

- 1. A couple words to Brutus
- 5. "If I Only _ _Brain" 9. Some types
- 14. Ransack
- 15. Fail to name
- 16. One old enough to know better
- 17. New currency on the Continent
- 18. Flat-topped elevation
- 19. Neatly smart in appearance
- 20. Subject of "Signs"
- 23. Musical note
- 24. Cyclotron particle
- 25. The first people to play crosswords
- 27. Essential nutrient
- 32. Seal in the juices
- 33. Like some vbs.
- 34. Joist and transom, for two
- 36. Like a depth finder
- 39. Radiate
- 41. Something to let off
- 43. Actress Ward
- 44. Titled ladies
- 46. George of "Just Shoot Me!"
- 48. Type of cage
- 49. Honoraria
- 51. Spokes, e.g.
- 53. Casual workdays
- 56. Chess pieces, informally
- 57. Hang back
- 58. Fictional, but realistic
- 64. Soft palate pendant
- 66. Clue choice
- 67. Something to turn up your nose at
- 68. Emerald mineral
- 69. Three-sided sword
- 70. Prefix with magnetic or dynamic
- 71. Ugly weather
- 72. Habitation at a high altitude
- 73. Some stay at home

Down

- 1. Util. output
- 2. Get the show on the road
- 3. Bullish sort
- 4. Heaven on earth

- 14 15 16 17 18 19 23 20 21 22 24 25 26 28 29 30 31 32 33 34 38 36 39 40 41 42 43 44 45 46 47 48 49 51 53 54 55 56 58 60 63 59 61 62 57 64 66 65 67 68 69 70 72 73 71
 - 5. Hulled corn preparations
 - 6. No. or So. continent
 - 7. Kind of jockey
 - 8. Rohmer's " of Winter"
 - 9. Some colorful flowers
 - 10. She's "sweet as apple cider" 47. In a willing manner
 - 11. Do it on the cheap
 - 12. Modify
 - 13. Eye irritations

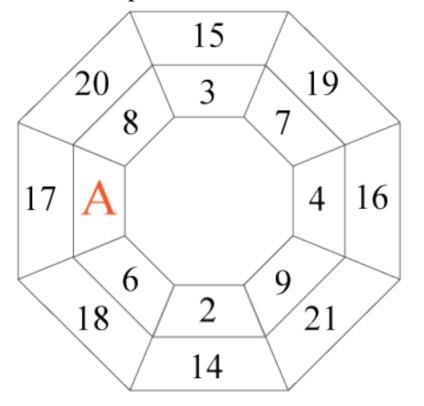
 - 21. Honey's place
 - 22. Grimley and Norton 26. New Mexico art colony
 - 27. Contended
 - 28. Rombauer or "La Douce"
 - 29. Sign of fitness
 - 30. King Cole and Turner
 - 31. Arabian chieftain (Var.)
 - 35. Michener genre

- 37. Rival of Bjorn and Jimmy
- 38. Dispatched vehicles
- 40. ___ off (started a hole)
- 42. Splurger's necessity
- 45. It makes the briny briny
- 50. Wd. fragment
- 52. Do a longshoreman's job
- 53. Botches
- 54. "Piano Concerto for the Left Hand" composer
- 55. Top of a platter
- 59. Handle difficulties
- 60. Pitcher with a big mouth?
- 61. Result of cogitating
- 62. President or possibly his car
- 63. He's in the mood for love
- 65. Soapmaker's solution

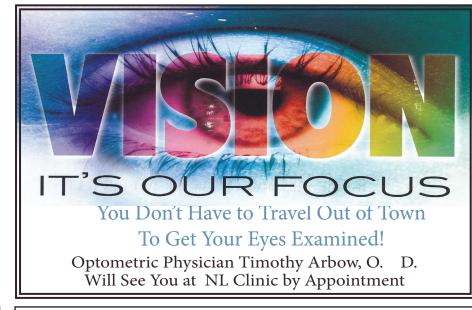
Fun little Sudoku puzzle

	8	9			5	1	4	
3			8	1	7			6
7	1		6		4	3	8	
	4	3	9					
9	7						1	4
					8	7	3	
	9	6	4		2		7	1
4			1	5	9			2
	2	1	7			4	9	

Which 1-digit number replaces A in this puzzle



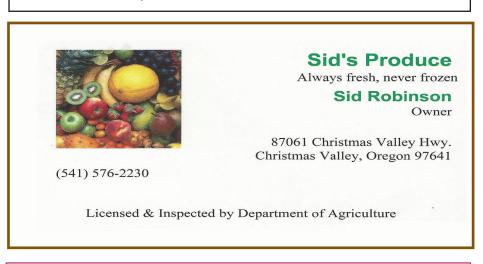














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Alt. Phone 541-913-7255



Public Meetings

CV Boosters - 2nd Mon at 6pm at Booster Building

CV/NL Chamber of Commerce - quarterly (watch for posters)

CV Fire Board - 3rd Mon at 7pm at The Christmas Valley Fire Hall

NL Park & Rec - 2nd Tues at 9am at The Community Hall

CV Water Board - 2nd Wed at 6 pm at District office

EMS - 2nd Wed at 7pm at EMS Building

FT Rock Grange - 2nd Wed at 6:30pm at Grange

Ft Rock Historical Society - 2nd Tues-10am at the Museum

FR/SL SWCD - 2nd Thurs at noon at Silver Lake Fire Hall

Lake Co. Hay & Forage - 1st Thurs at 6pm at Lodge at Summer Lake

Lions Club - 2nd Mon at 6:30 am at Silver Lake Fire Hall

NA Wednesdays at CV Community Hall at 7pm

NL Health District - 1st Mon at 5pm at North Lake Clinic

NL School Board - 2nd Mon at 5:30pm at the NL School library.

SL Rural Fire Dist - 2nd Mon at 7pm at Silver Lake Fire Hall





NORTH LAKE (541) 576-2032 86908 Christmas Valley Hwy www.PointSTire.com/NorthLake

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For current updates follow us on Facebook: facebook.com/mypcfcu.org/ Federally insured by NCUA