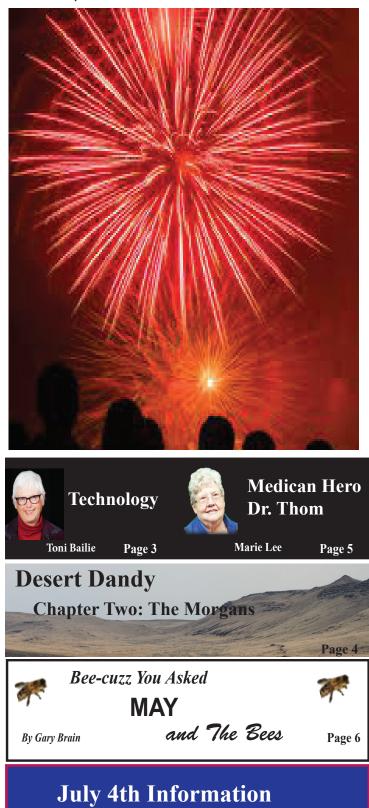
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thecommunitybreeze.com terryonitsway@aol.com AirLink Helicopter Crash

JUNE 2022

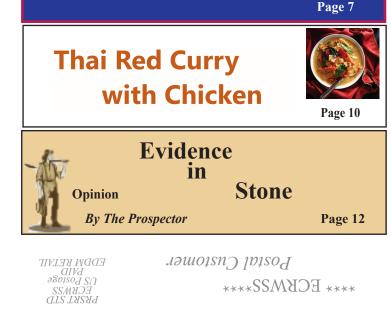


Leaving town a few days ago I saw the wreckage of the three-year-old Airbus AS350 AirLink Helicopter that crashed at the Christmas Valley Airport on May 18. Seeing the damage close up was a reality check. There really was not much left of the machine. There is still no definitive report on the cause of the crash but early reports suggest it was a hard landing in very windy conditions with the helicopter then flipping upside down and that the high winds were most likely a dominant factor.

All four crew members were injured-two of them critically. They were transported via ground ambulance and another helicopter that landed at Fort Rock, to St. Charles Hospital in Bend. The last report on the injured crew member's condition noted that one had been released, and that the two critically injured would be hospitalized for some time. The most seriously injured, it was reported, is expected to have a very long recovery period.

AirLink is a lifeline for the rural communities of Lake County with countless flights with both fixed wing and helicopter transport. Lives are saved by the pilots and medical staff of these flights. It is easy to take what they do for granted. The recent crash brings home just how dangerous their jobs are.





Parade Entry & more

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The Community Breeze

COMINGS & GOINGS By Terry Crawford

Well I could put more photos of horses - but this month I am just going to note that not one but two horse events were held in our area in May and two more are scheduled for June. Watch for posters and check the Christmas Valley Park and Rec Facebook page and all the other local pages for more information and also for planned special events. Daughter Jill and I took our horses to the Park & Rec Playday to give them more exposure to new challenges and environments. It was a nice day and for the most part they behaved, but we did discover that my horse got a bit up-

set when separated from his buddy, so we decided that in the future we will be making sure they are stabled separately when we take them to events. Better now that later.

I had a lovely Mother's day with both son Stephen and daughter Jill. Knowing my love of flowers, Stephen brought me some beautiful live blooming Tulips some wonderful scented candles and a heartwarming card. Jill, my practical daughter presented me with some really nice merino wool socks. I think I had men-

tioned to her that most of mine were getting pretty thin.

I stopped by the Booster Building and enjoyed the music generated by a whole host of musicians at a gathering of the Old Time Fiddlers. They will be back next year so watch for information and treat yourself



to a happy, energetic experience. In addition to the music the players had some absolutely beautiful stringed instruments on display. They really are works of art, ones that are cherished and cared for by their owners. I don't play an instrument but I do love music.

Of course we had elections on

May 17. County Commissioner position #2 saw incumbent James Williams re-elected and County Commis-

sioner position #3 saw incumbent Mark Albertson re-elected. Measure 19-36: Proposed Creation of a North Lake EMS Special Taxing District was defeated with nearly 60 percent of those voting opposing the measure. The comments I personally heard were suggestive that there was no need for such a district to be created but rather that the taxing rate was just too much. Several people told me that as a property owner who has a nice house and well kept property they were going to bare the blunt of the expenses while property owners with homes and properties in poor condition were skating. They also said that all the special taxing districts really have a huge impact and that they just didn't feel that the high rate being requested - one that would be permanent was acceptable.

The Community Breeze

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

Deadline: The 20th the month





Chuck passed away peacefully at his home Fort Rock Oregon on Thursday, February 03, 2022. He was 89 years old and had fought a long battle with Leukemia.

Chuck was born in O'Dell, Oregon on Sunday Match 20th, 1932 to Clifford and Bernice Davis. He served in the U.S. Air Force, worked as a Fisherman and an Electrician until he retired in the early 1990's.

Everyone who knew Chuck knew he loved his coffee. He always had a cup sitting in front of him. They would also know how much he loved to tinker and fix things. Chuck also enjoyed hanging out with his friends from around the area, watching the daily news, and playing solitaire on the computer until he lost most of his eyesight.

Chuck is greatly missed and survived by his wife, Jackie, of 48 years; his children, grandchildren, great grandchildren, brother and sister in-law.

An Internment service will be held at the Fort Rock Cemetery on Saturday, June 11, 2022 at 11:30am. Following the service will be a celebration of life pot luck being held at the Fort Rock Grange.



ANN'S STYLING SALON Cuts, Styling, Color, Weaves, Perms & More

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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I've been pondering things we've lost to the Internet, those old-fashioned

By Toni Bailie

experiences that have gone the way of the dinosaurs. Remember when you could look up someone's telephone number in the white pages? Now you have to instigate a search to find someone's contact information. You could thumb through the

yellow pages to locate a business or service. Somehow, Google just doesn't seem the same.

Back when I was a kid, our home telephone resided in a built-in cabinet near the dining room. My sister and I were thrilled when we replaced our black rotary dial with a turquoise princess phone. It had a long cord, so if we want-

ed a confidential conversation we could carry the phone into another room. We would sometimes be tempted to eavesdrop on the party line. We needed to be alert to someone listening in when we were on the line. The satisfaction of indignantly hanging up with a bang just doesn't have the same effect when

The Community Breeze From This Angle: *Technology*

you push the disconnect symbol on to person, each one taking a turn at a smart phone.

Today, information on any topic is available from Mother Google. But I remember the excitement of flipping through the pages of the Encyclopedia Britannica. Mom ordered the whole set from a doorto-door salesman and it occupied a prominent space in our living room. I still have the volume "Famous Stories and Verse" from the Bookshelf for Boys and Girls published by the University Society in 1955.

> According to the volume's preface the collection gives children the op-

portunity to wander, for hundreds of hours, through the golden land of literary adventure and romance, allowing the imagination to soar. Every year it was our Christmas tradition to read aloud from that volume Charles Dicken's Christmas Carol We would pass it from person

dramatizing the story.

Neither text messages or Twitter can compare to writing and receiving cards and let-

RANDMENALLY

ters in the mail. These missives, written by hand in cursive, bear a personal touch that can't be matched by electronics. One winter when my friend Valerie was in Washington D.C. for the winter, we resolved to communicate with snailmail letters. I enjoyed slitting open the envelop and

perusing the pages she had composed in her own hand writing.

For years my mother and her cousins, who lived in various states, would circulate a Round-Robin Letter. Every few months, I would receive a large manila envelope filled with letters and pictures from those cousins I had never met in person. I got to know them through the accounts of their lives. After I had read all the letters. I would add a new one of my own and send it on. Alas, as the older generation died out, so did the Round-Robin Letter, edged out by Facebook.

When I take a road trip, I still prefer to plot my route with an atlas, instead of relying on that irritating voice on my smart phone that gets exasperated with me and tells

2023

me it is "recalculating."

Road Atlas Call me old-fashioned. Sure, I consult Mother Google and have a list of contact numbers in my phone. But I still feel nostalgic about the good old days before technology dominated our lives.



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CHAPTER THREE

As the truck moved down the road, Clint wished he could let Annie know what had happened. They would be late getting home and she would be worried, but there was nothing he could do about it right now.

"Looks like we're in for a storm," Curly said. "More'n likely," Cliff replied. "There's a good place to unload a half mile from here." Once there, they quickly unloaded, mounted their horses and started across the valley. Cliff turned to Jake. "Ever run any mustangs?" he asked. "No, I've never even seen a wild horse before," Jake admitted He looked nervous and unsure of himself.

"Well, things move pretty fast sometimes but we'll try to make it as easy on you as we can," Clint said. When they reached the water hole, Clint made a wide circle, looking for tracks. "The gelding is still following, so the filly must be in the bunch," he said. "He's limping so shouldn't be hard to catch. We'll go after the filly first. They've gone over the ridge and' will most likely stop to grazes in the valley. If we circle around we should be able to get fairly close before they get spooked. Curly, come in the end of the valley and get them movin' but

The Community Breeze **Desert** Dandy

By Gladys Martin

ridge and stay out of sight. When mare was a young, clean-limbed you hear horses runnin' you ride into the valley, wave your arms an' yell. Then I will ride into the heard and rope the filly. Good luck boys." When the others left, Clint tied

not too fast."

ride up the

"Jake,

ing her toward the edge of the bunch. The

chestnut. Clint was sure he had found the one he was looking for.

Back on his horse, Clint rode to where he could see Curly coming into the valley. The sun went



his horse to a juniper and walked toward the top of the ridge to look things over. He peered through a clump of sagebrush into the valley. The horses were nervous. The stallion smelled the air as if he knew something was not right. One mare lunged at another one, driv-

behind a cloud. Clint looked up, surprised at how fast the storm was building, with lightning in the distance and low rumbling of thunder.

As Curly came over a rise into the valley, Clint took his rope and built a loop. The wild bunch was running full speed toward the ridge Page 4

where Jake was supposed to be. Clint counted on Jake's appearance to change the herd's direction. Then the horses flowed over the ridge and disappeared. Just then a movement in the junipers caught his eye. A lone horse was following the others, but the horse was limping. The gelding was easily caught. When Curly and Jake rode up, Jake said, "I found the filly. This horse spooked at something, and I saw it was a dead horse. I saw that star and stripe down her face. She must have been hurt when the trailer wrecked."

Clint looked up at the sky. "Best thing for us to do is get out of here. We're likely to get wet, even if we hurry." They traveled as fast as the gelding's wounded leg would allow, but were only half way to the truck when the first gust of wind hit. It made Clint uneasy being the tallest thing in the middle of a valley with lightning coming in that close. Gradually the lightning moved farther away. Then the rain came and soaked them in a matter of seconds. The fury of the storm abated as they rode. By the time the horses were loaded and they were back to the ranch the rain had stopped.

Everyone gathered around the truck as it pulled into the driveway. Clint and Curly were introduced to J.D. Hamilton and his daugh-See Desert Dandy, page 7





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The Community Breeze



Dr. Thom was a small man and his wife even smaller, standing

at a little over Marie Lee four feet. For twenty years he devoted his life and medical practice to the far northern section of Lake County. In 1924, as modern times and modern transportation shortened the travel distance to towns with better medical facilities. Dr. and Mrs. Thom moved to Bend. In Bend he continued to practice medicine until his retirement.

Dr. Thom grew up in Grandin, North Dakota, the oldest of five children born to a farmer/storekeeper. He received his medical degree in Minneapolis, Minnesota. While studying in Minneapolis he began to "keep company" with a young lady whose name was Georgia Miner.

Georgia's stepfather was a chef on the train that traveled from Minneapolis to Portland, Oregon. As her stepfather delighted his family about great wonders of the Oregon country his entire family was soon caught up in the idea and they moved to Portland. Thom also was caught up in the mystic of Oregon, and apparently much smitten with Georgia. When he completed his medical schooling, he followed

them westward. Georgia **By Marie Lee** north and east were still in at speeds up to forty-five miles per Miner and James Thom were married in January of 1905.

Prior to their marriage, Dr.

Thom traveled around Central Oregon in search of a place to settle, a place to "hang out his shingle." He found Silver Lake to be a thriving communi-

ty with both sheep and cattle ranchers as well as nearby timber creating a

prosperous lumber industry. With their nearest doctor 100 miles to the south in Lakeview, citizens of Silver Lake were anxious for a doctor; Dr. Thom was offered a \$1,000 bonus if he would set up practice in Silver Lake with the agreement that he would stay for a year. Although he never received his entire bonus, Dr. Thom brought his new bride to Silver Lake where they remained for twenty years. Silver Lake and the harsh desert country to the

the frontier stages of development. Citizens of Silver Lake and its vicinity had not fully recovered

from a catastrophic Christmas fire of nine years earlier that took the lives of nearly half the surrounding community.

Earlier in that same year, 1904, sheep ranchers had suffered a huge loss at the hands of unknown vigilante cattlemen, surmised to be from further north in Central Oregon.

The unsolved death of Creed Conn, merchant and central business figure of Silver Lake, was presumed to be a direct result of those sheep killings and the mystery surrounding his death lingered heavily over the community.

In the beginning Dr. Thom was a true horse and buggy doctor. For six years he made his rounds with a high-spirited matched team from the Foster Ranch considered to be one of the best teams in Lake County. In 1911 he bought a car and traveling

hour he was able to cover more territory in a short amount of time. During the flu epidemic of 1918 he left home by 6:00 a.m. to drive east over the desert covering a circle of desert homesteads, the Christmas Lake area and on to the Fort Rock area. With the speed of a car, he could travel fast, care for the sick and return home by 4:00 a.m. the next day.

Page 5

He often remarked that a pair of wire cutters were among his most valuable instruments as he could cut through a fence, drive through, repair it behind him and hurry on across the vast desert countryside. He often found it necessary to amputate because accidents with fire-arms were numerous.

According to Mrs. Thom, most people of that era took pride in their ability to tolerate pain and often refused anesthetics, however, the doctor always carried chloroform with him. Mrs. Thom often went with him when he delivered babies. If Mrs. Thom had accompanied the doctor, they left a slate and light in their window with a note as to where they could be found. Dr. Thom studied tick fever and was considered an expert on that ail-See Medical Hero, page 13



Here it is May already! May is busy for most all beekeepers with installing nucs and package bees, feeding, checking queen Mother's

laying pattern, watching for swarms to gather and making sure your hives have room to expand so they won't get overcrowded and swarm out. I got a call from Matt the Bee Guy at Apricot Apiaries and he asked if I could pick up Lake counties nucs and packages as he could not make his normal delivery trip to Bend. No worries I said and off we went on Sunday May 8th to Powell Butte to pick them up from a bee keeper that had made the trip to Kimberly to get our girls.

Marie and I got home just bee for dark and decided to wait until the next day to deliver Jack and Serena's nucs. Serena volunteered to help my install my nucs and packages as she wanted to gain some more experience with handling bees. I installed the first nuc and explained how sometimes nucs can get

somewhat defensive. The girls were perfict gentlemen! A few puffs of smoke and all went well. We looked for and found the Queen Mother and saw both open and capped brood so we installed the all the nucs.

I pulled five frames out of the girls new home and left two on each end of the deep brood box. I

The Community Breeze

BEE-Cuzz You Asked

MAY and the Bees

By Gary A. Brain Summer Lake Apiaries



to go into the new brood box in the order they came out of the nuc box as the girls have a sense of order and we don't want to confuse them any more than we have . Serena did an excellent job and should have no problems when she installs her nuc,

Onto the package bees. Somewhat different method of installation as the packages have just the girls and a caged Queen Mother to deal with. Most of the time the packages are not defensive as they do not have any honey or brood to protect. I pulled four frames out of the center of the deep brood box to get some room for the girls. Packages are a small screened box with around 3 pounds of bees a can of sugar water and the caged queen. We sprayed the girls with sugar water to keep them occupied as we took the can of sugar syrup out of the screened box. The queen cage is then removed and set aside. All that remains is to

dump/shake the girls out of the box and into the deep brood box. We then carefully reinstalled the deep frames where we dumped the girls in and then put the queen cage in last.

The cage has a sugar plug the workers eat away to let the queen out, This allows the girls to know the Queen Mothers phero-

mone scent. Feeders were placed on each of the new hives and filled with 1 to 1 sugar syrup along with a 5 gallon bucket feeder of 1 to 1 syrup as well.

Fast forward to the 15th of May . Weather was perfect for the first inspection. I opened up the nucs and found they had almost doubled in size so I put another deep brood box and frames on each of the nucs. I inspected the packages and found that all but one queen was out of her cage. The last queen was still in the cage with just a small amount of the sugar plug remaining so I removed it and off she went to start her new life of laying. I plan to do another check of the newbees this Memorial weekend and treat for mites.

Have a safe Memorial weekend and remember and honor those who have fallen defending our country.



2020 July 4th Parade Entry

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| AUTOMOBILES \$ 10 each |
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| CHILDREN\$ 1 per child |
| COMMERCIAL \$ 10 |
| FARM\$ 10 |
| GOV/EMERGENCY VEHICLE \$ 10 each |
| INDIVIDUAL \$ 5 each |
| NON-PROFIT \$ 10 |
| HORSES/MULES \$5 per under saddle \$10 per team |

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PHONE

July 4th Information

We are sorry to report that due to a shortage of reliable volunteers there will not be a children's carnival or the water slides. We know that many of us are overwhelmed by what we have on our plates but we can not expect the Phyros to do stretch themselves so thin that their energy is sapped. Putting on an amazing fireworks display for our community and visitors to our community is not a month-long effort but rather it is a year to year, year-long commitment that involves countless hours of training. And of course fund raising.

On that note we want to encourage community members to purchase the limited number of Christmas Valley July 4th T-shirts with the knowledge that all monies from their sale goes directly to supporting the annual fireworks. The shirts will be available throughout the community or you can also call the Chamber at 541-576-3838 to get one.

Desert Dandy Continued from page 4.

ter Mary. "Can you stay for supper, Clint?" George said. "Thanks George but I've got to get home, Annie's probably worried."

The first out of the truck was I'll come back to see you some day." J.D. Hamilton's horse Red Tree. Nancy was amazed when she said, "Daddy, he's so big!" "He's sure enough built for runnin' with those long legs an' deep chest," Clint observed. "Now we need to be getting home, your mom's worried about us and I'm mighty hungry." "Wait, Daddy, I've got to say goodbye to Mary." Nan ran into Lena's kitchen. "Mary, I've got to go home now. Please come see me tomorrow." "I would love to," Mary said. "But we have to leave first thing in the morning. If I write you a letter, will you answer it?" "Yes," Nancy said sadly. he was looking for. He rode around

"But I'd like it better if you'd stay. Why don't you just come live with us?" "I can't do that," Mary said. "But we will write to each other and

Clint was only half listening to Nancy's chatter as he drove home. Something was tugging at his mind that didn't seem quite right. Then he exclaimed, "I knew there was somethin' wrong with Jake's story." He glanced at Nancy. 'How would you like to go for a ride with me tomorrow? It shouldn't take long to find out what I want to know," he said. "Sure, Dad, I'd like to go," Nancy answered. Next day the air felt fresh and cool after the storm. About six miles from the ranch, Clint found what

Come Celebrate! July 4th, 2022 Fabulous Family Fun

Annual "Luck of the Draw" Golf Tournament July 3rd

North Lake Park and Recreation hosts its Two-Person Best Ball with a BBQ to follow at Greg Rhondo's on Sunday, July 3nd. Sign up at 8:30 am near the first tee ~ Play starts at 9 am. Entry fee \$10 plus greens fee. This is a shotgun start.

The Parade!

July 4th Parade~ 11am~through the middle of town

Floats - Classic Cars - Fire Engines - Ambulances -*Horses - Old-time equipment - ATVs and more!*

Line-up in front of Stockton Farm Market and El Gallo Loco on Park Rd. Judging will begin at 10:30 am with trophies being presented to winning entries as they move onto the highway. The parade travels east on the highway for nearly a mile.

> Later in the Day Live Music at JR Flowerree Memorial Park

> > Refreshments, Food and Family Fun





1pm - 9pm. There will also be a beer garden. This is a 21 and over event but the Ranchhand is also providing a Kid's Corner in another area with activities for children

the dead mare, looking her over carefully. The color was right, but the dead horse was smaller than Red Tree and was more than three years old. This dead horse wasn't the mare he was looking for. He was pretty sure he had seen that mare with the wild ones. They headed for home, enjoying the bright summer day. As the ranch came into view, Annie felt a wave of peace just looking at the small cozy house with the big juniper tree in the front yard. Just then a movement caught her eye. "Clint, there's someone at the house!" As they watched, a pickup started down the driveway. Clint kicked his horse into a run. The driver spotted him and stopped to wait.

hands with the driver. "Sam, you old SOB, what're you doin' way over here?" "Got a problem I need help with, Clint." Sam said." I've got hay down and damned if my boy didn't set sick and I had to take him to Burns last night. He had appendicitis. So now I'm in a real bind for a hay hand. If you could help with my hay, I could help you with yours." "Come on up to the house," Clint said. "Annie baked yesterday so we can enjoy ourselves while we figure this thing out." As they rode up the driveway, Nancy asked, "Aren't you going to hunt for Mary's horse." "I'd planned to," Clint answered. "But she'll be all right where she is. Sam's hay won't keep, so I reckon the filly'll have to wait for awhile."

Clint dismounted and shook



My sister and cousin paid us a visit in May. We all took turns cooking

and shared companionship and love for a lovely 4 days. And of course

wine...Sister, Elyse shared this easy recipe with us. Add a crisp salad for an easy meal.

Sausage and Veggie Sheet Pan Dinner

Approximately 4 servings

Heat oven to 400 °

1 Polish, Beef or Turkey Sausage, sliced in 1/2 " rounds

2 - 3 Cups Red Potatoes, Cubed

1 each Red, Yellow, Orange Pepper, chopped

3 Cups Broccoli flowerettes, trimmed

2 - 3 Cups Brussel Sprouts, halved

1 Red Onion chunked up

1/8 tsp Red Pepper Flakes

1 Cup Butternut Squash, cubed

For your 4th of July celebrations you need simple foods to put together. This is: The Simplest Independence Day Salad. And it takes only about 10 minutes to put together.

RED, WHITE, and BLUEBERRIES SALAD

Cup of Blueberries
 Cup of Strawberries, quartered

- 1 Cup Watermelon Chunks
- 1 Cup Green Grapes
- 1 Cup Shredded Coconut

Combine all ingredients in a festive bowl and Voila! A patriotic salad

SOUR CREAM & HONEY CORN BREAD

And how about some yummy combread to sop up the juice of your 4th of July Baked Beans or Chili? This bread is extra moist because of the addition of Sour Cream.

Butter a 9x13 baking pan and preheat your oven to 375°.

2 Cups Cornmeal

- 2 Cups Flour
- 1 Cup Sugar 1/3 Cup Honey, warmed slightly



1/4 Cup EVOO

Tbsp each Oregano & Parsley flakes
 tsp Paprika
 Cloves Garlic, pealed and chopped

Put all ingredients, Spices and Oil in a large bowl. Toss until Veggies and Meat are coated with EVOO and Spices

Spread all on parchment lined rimmed baking sheet. Roast for 15 Minutes, then stir to turn all ingredients over. Roast 10 more minutes .

Plate, sprinkle with Parmesan Cheese and serve.

so it will mix in better 1 tsp Salt 1 tsp Baking Soda 2 Cups Sour Cream 1 Cup Butter, Melted 4 extra large Eggs

In a large mixing bowl, mix Dry Ingredients together, then stir in Sour Cream, Melted Butter and eggs, and warmed Honey and mix until fully incorporated and smooth. Pour into the buttered baking pan. Bake until toothpick comes out clean when inserted in center, 35 - 40 minutes or so depending on your oven.

You can bake in large buttered Cast Iron Skillet if desired as well. Stir up some Honey Butter to slather on the warm Corn Bread.

Salute'





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The Community Breeze **JUNE 2022** Instant Pot Thai Red Curry with Chicken

This Instant Pot Thai Red Curry with Chicken is delightful (and addicting!) It makes a perfect meal when paired with Jasmine Rice, and comes together so quickly in the Instant Pot. Perfect for a busy weeknight meal. **Instant Pot Instructions**

| | SERVINGS: 6 servings |
|------------------------|------------------------|
| PREP TIME: 15 minutes | CALORIES: 246 |
| COOK TIME: 15 minutes | Instant Pot |
| TOTAL TIME: 30 minutes | <u>Splatter Screen</u> |

3 Tbsp Thai red curry paste

preferably Maesri or Mae Ploy brand

- 14 oz. coconut milk full fat,
- preferably Aroy-D or Chaokoh brand
- 1 lb boneless skinless chicken thighs or breasts,
- sliced into thin bite-size pieces
- 1/4 cup chicken broth
- 2 Tbsp fish sauce more to taste
- 2 tsp <u>brown sugar</u> or <u>palm sugar</u>, to taste
- 1 Tbsp <u>lime juice</u>
- 1 cup <u>bell peppers</u> red and/or green, cubed
- 1 cup carrots sliced
- 1/2 cup onion cubed
- 1/2 cup <u>bamboo shoots</u> canned
- 4 lime leaves slightly bruised *
- 12 Thai Basil leaves

Check out the website below to get more tips on all the fun things to do with this recipe and fine some helpful hints. Hope you enjoy this as much as we have.

hhtp://www.paintthekitchen red.com/instant-pot-thai-red-curry/

Select Saute and stir in red curry paste and 1/2 can of coconut milk until mixture is bubbly, about a minute or two.

Press Cancel.

Stir in chicken, remaining coconut milk, and chicken broth.

Close the lid and pressure cook on *High Pressure* for 4 minutes.

Do a Quick Release of pressure and open the Instant Pot.

[Stir in fish sauce, brown sugar, lime juice, bell pepper, carrots, onions, bamboo shoots, and lime leaves.

Press 'Saute' and cook until vegetables are crisp-tender, 3 to 5 minutes. (Be sure not to overcook. Vegetables will continue to cook in the residual heat.)

Taste and adjust with more fish sauce, brown sugar or lime juice.

Stir in the Thai basil leaves.

Serve with Instant Pot Jasmine Rice.

Stovetop Instructions

Heat red curry paste and 1/2 can of coconut milk in a medium saucepan over medium heat until the mixture is bubbly and fragrant, about a minute or two.

Add chicken, remaining coconut milk and chicken broth.

Cover and cook for 5 minutes, until tender, stirring occasionally.

Stir in fish sauce, brown sugar, lime leaves and lime juice.

Add bell peppers, carrots, onions, bamboo shoots, and lime leaves. Cook for another 3 minutes or until crisp tender. Taste and adjust with more fish sauce, brown sugar or lime juice. Sprinkle with basil, heat through and serve with Jasmine rice.

NOTES

Prep time does not include steps that are already accounted for in the ingredient list, e.g. minced garlic, cut vegetables, etc.

Thai curries are generally eaten with rice. If you're not planning on eating the curry with rice, you might need to adjust the salt by reducing the quantity of fish sauce.

You can choose to substitute the vegetables with your choice e.g. green beans, zucchini, sweet potatoes, and you can also increase the quantity of vegetables.

If your pieces of chicken are larger than bite-size, you may need to add on a few more minutes of cooking or just do a natural release of pressure.

* lime leaves also referred to as k-lime, makrut or kaffir lime leaves.

NORTH LAKE HEALTH DISTRICT Medical Center

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"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."

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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

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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 CENT]



LaPine Community HEALTH

What has been concluded in the investigation of the Rock's cre-

ation that unknown forced attacked it with such force that it literally reduced a four hundred tall sold rock

to 2-3" pieces scattered thru out all around it where it filled up to the top and overfilled pushing the loose rocks on top over the sides with the softer rock that filled the interior surrounding the Rock except the opening because that part was washed out coving several acres in front of it. By the scouring that is etched in stone show the current of the force going in a counter clockwise fashion and the Tub Ring showing the greatest flow going up and over thus leaving the largest amount of debris just on the other side of the Rock. The trail from the park on the East side will allow you to reach the top of the debris pile against the

Rock with an easy climb to the point on impact of the dried up waterfall. Looking up you can clearly see rocks scoured from the plunging water and looking North you see the tops of barns and pivots then you will how deep the debris pile you're standing on. The entire Rock was filled with liquid with the greatest concentrations of debris located just outside with lowest elevations of the Rock. Common sense and evidence of a destructive force. A destructive force that cannot be explained to any satisfaction at this point from either the Uniformitarian or Catastrophism geologists but leaning towards CG's.

Geological discovery is a continue play-off between speculation and proof, between the Ivory Towers of education and the

The Community Breeze

The Prospector and his writing travel a path that has many curves and bends along the way, but in the end an interesting destination is reached. So spend a little time mulling over the journey and if you are curious like me, you may find yourself getting ready to do a little exploring.

FORT ROCK: Evidence in Stone **By The Prospector**

"The rock scouring are the trails left by the invader. Their character should reveal the nature of the icy visitant as tracks reveal the track maker." T.C. Chamberlain 1888



serve as the final check. This means

getting out and clambering around

the earth. Like a detective, then,

the geologist must sooner or later,

turn from laboratory interpretation,

(or from sweeping overviews and

armchair speculation) to examine

once more the actual Rock. The

purpose of this publication of my

'hypothesis' of the creation of Fort

Rock. Conceptions are therefore

likely to be more of wise conjecture

than of mathematical certainly, and

verdicts are most are mostly reached

by consensus. In geological matters

this means publication, so that other

responsible scientists, operating like

a jury, can work towards some form

of agreement. At times, however,

dispute becomes hot and lengthy,

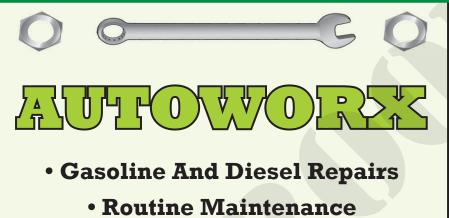
field, ultimately the site itself must and continual "retrial" begins to seem all too inevitable. It is than that courtroom-like hostility and Perry Mason theatrics creep in. Unpopular theories may be discredited without fair consideration; pertinent information may be withheld in order to maintain a preferred line of reasoning; and thinly disguised

methods of personal attack infest the proceedings. It happened with plate tectonics and J. Harlen Bretz forty years of explaining the 'Missoula Flood' also known as the' Spokane Flood' but later changed to the Bretz

Flood in honor of this great geologist who never wavered in his belief of what he personally witnessed from the field as a true scientist would. A friend and eminent geologist, Arron Waters, describes what Bretz accomplished: "With Landsat photographs and detailed aerial photos it is easy for us now to see the nature. To prove his case Brentz did this (1926) with the aid of only an agile and well-disciplined mind, and a pair of legs that were pushed over thousands of weary miles." My evidence is etched in stone and won't go anywhere in our life time.

We are going to take a break in the investigation of the Rock but not leave it because there is an anomaly that is certainly out of world located in the park. Maybe is has something to do its the destruction? You be the 'judge'. NEXT : Anomaly





Applications Available at the Christmas Valley Park and Recreation Office or online at http://www.klcas.org/energy/

- Transmission Repair
- All After-Market Accessories
 - Metal Fabrication
 - Towing Accessories

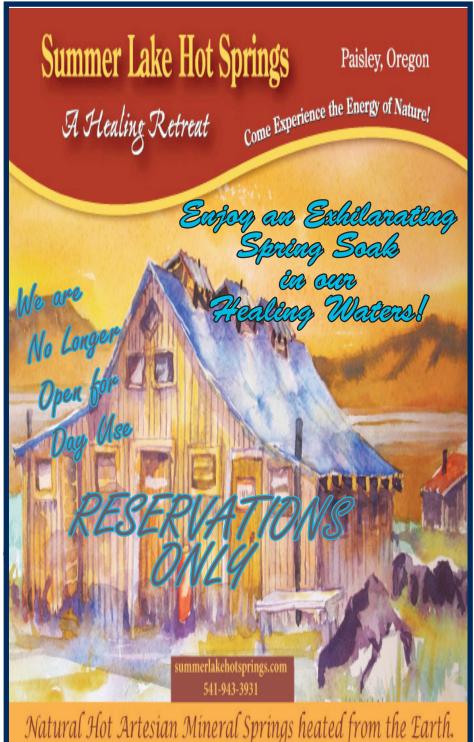
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Medical Hero from page 5

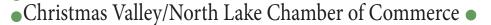
ment. When the I.O.O.F. hall was dedicated Dr. Thom was summoned for a woman who had fainted. Dr. Thom cut her corset strings and she recovered!

Dr. Thom never became a wealthy man. In the beginning people paid in cash but as the homestead era brought in more families, times were difficult for those homesteaders. Often, he was paid in butter or eggs; many times, he never received payment. One family repaid their bill many years later after the Thoms had moved to Bend. Mrs. Thom remarked that she didn't know where to find their statement and that she wasn't going to look, but they insisted on paying anyway and added interest for good measure.

The photo at right is a depiction of Dr Thom's office and is housed at the Fort Rock Homestead Museum.

*All information taken from the archives of Lake County Museum.

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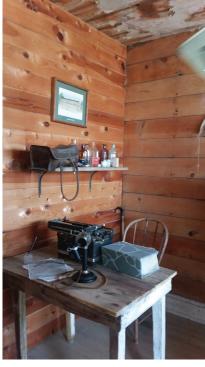
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AFTER HOURS Service 541 413 1335 541-413-



A Day to Honor

Memorial Day is more than just hot dogs, barbecues, and parades on the last Monday of May. The national holiday was established to honor those who have died in American wars. Memorial Day was originally called Decoration Day. It originated during the American Civil War, when citizens would place flowers on the graves of those who had been killed in battle. After the Civil War, many cities held observances in May for the families of both Confederate and Union soldiers who had died serving their cause. In 1868 John A. Logan, the commander in chief of the Grand Army of the Republic, an organization of Union veterans, promoted a national holiday on May 30 "for the purpose of strewing with flowers or otherwise decorating the graves of comrades who died in defense of their country during the late rebellion." After World War I, as the day came to be observed in honor of those who had died in all U.S. wars, its name changed from Decoration Day to Memorial Day. Since 1971 Memorial Day has been observed on



the last Monday in May. It is observed with the laying of a wreath at the Tomb of the Unknowns in Arlington National Cemetery in Arlington, Virginia, and by religious services, parades, and speeches nationwide.

Across

- 1. Organ knobs
- 6. Inflict pain
- 10. Capture on video
- 14. Expropriate
- 15. Cartoon pooch
- 16. Land of plenty?
- 17. Danger
- 18. Type of balloon
- 19. Proofreader's notation
- 20. 1991 film featuring Curly
- 23. Pinellas Peninsula city, briefly
- 26. Seasoned sailor
- 27. Big name in TVs
- 28. Bert of "The Wizard of Oz"
- 29. Defense org. since 1949
- 32. Jets over Colts, 1969, e.g.
- 34. Neck of the woods
- 35. Historic introduction?
- 36. Bloomers around the neck?
- 37. Pitney title song for a movie
- 43. Gimlet liquor
- 44. Work unit
- 45. Mountain sign abbr.
- 46. Chair's need
- 49. Retro art style
- 50. Word with hay or live
- 51. "Hail, Caesar!"
- 52. Render imperfect
- 54. Chase scene noises
- 56. New York weekly since 1955 (with "The")
- 60. Gutter locale
- 61. Complain violently

June Crossword

| 1 | 2 | 3 | 4 | 5 | | 6 | 7 | 8 | 9 | | 10 | 11 | 12 | 13 |
|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|
| 14 | | | | | | 15 | | | | | 16 | | | |
| 17 | | | | | | 18 | | | | | 19 | | | |
| | | | 20 | | 21 | | | | | 22 | | | | |
| 23 | 24 | 25 | | | | | | 26 | | | | 27 | | |
| 28 | | | | | 29 | 30 | 31 | | | 32 | 33 | | | |
| 34 | | | | | 35 | | | | 36 | | | | | |
| 37 | | | | 38 | | | | 39 | | | | 40 | 41 | 42 |
| | | | 43 | | | | 44 | | | | 45 | | | |
| 46 | 47 | 48 | | | | 49 | | | | | 50 | | | |
| 51 | | | | 52 | 53 | | | | 54 | 55 | | | | |
| 56 | | | 57 | | | | 58 | 59 | | | | | | |
| 60 | | | | | 61 | | | | | 62 | | 63 | 64 | 65 |
| 66 | | | | | 67 | | | | | 68 | | | | |
| 69 | | | | | 70 | | | | | 71 | | | | |

24. Hawaiian tuber

62. Nonsensical
66. Checklist detail
67. Author Gardner
68. Linen shades
69. Shows a profit of
70. They may be black or private
71. Gable's Butler

Down

Have an evening meal
 Mao ____-tung
 Start of the Lord's Prayer

maximum 5. Share equally 6. Sacred 7. Fruity drinks 8. Theater district 9. Image-maker's tool 10. Kind of master 11. Fall flowers 12. Puncture 13. Annoys 21. Bowling target 22. Salad oil holder 23. Blinds piece

4. Buyer's minimum-to-

25. Narrow escape exclamation
30. Style of the '20s (with 49-Across)
31. Snickering sound
33. Plumber's tool
36. Bela of "Dracula"
38. Mrs. Flintstone
39. Mythical monster
40. Nastase of tennis
41. Fork-tailed shore bird
42. St. Laurent of fashion
46. Cried "Uncle!"
47. Handle props?

49. Like a dismal day
53. Fail to clash
55. More gelid
57. Moon-landing transports
58. Repulsive
59. Guadalajara rahs
63. Will be now
64. Plumber's piece
65. Body shop quote, briefly

Business Directory



Public Meetings

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

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

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



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