



Nov. 3rd
Fall Back

NOVEMBER 2019

The Community Breeze

Serving the North Lake Communities of Christmas Valley, Fort Rock, Silver Lake, Summer Lake & Paisley & Southern Deschutes County

Published by Precision Mail Services

www.thecommunitybreeze.com

terryonitsway@aol.com



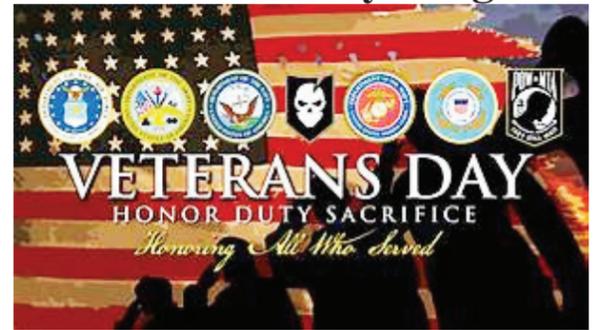
Brilliant Fall Sunset by Gari Merrifield

North Lake School Annual Veterans Day Program

North Lake School will host their annual Veterans Day program on November seventh beginning with a breakfast for Veterans and family at 8am. (Please RSVP for breakfast.)

The breakfast will be followed by the public program which will take place in the gym at 9am.

If you have never attended this event, please try to take time out to experience this moving presentation honoring our local veterans. We have many who live here, both young and old. Their service should be recognized in our hearts daily - and especially in observance of Veteran's Day.



History of Veterans Day

World War I – known at the time as “The Great War” - officially ended when the Treaty of Versailles was signed on June 28, 1919, in the Palace of Versailles outside the town of Versailles, France. However, fighting ceased seven months earlier when an armistice, or temporary cessation of hostilities, between the Allied nations and Germany went into effect on the eleventh hour of the eleventh day of the eleventh month. For that reason, November 11, 1918, is generally regarded as the end of “the war to end all wars.”

In November 1919, President Wilson proclaimed November 11 as the first commemoration of Armistice Day with the following words: “To us in America, the reflections of Armistice Day will be filled with solemn pride in the heroism of those who died in the country’s service and with gratitude for the victory, both because of the thing from which it has freed us and because of the opportunity it has given America to show her sympathy with peace and justice in the councils of the nations...” The original concept for the celebration was for a day observed with parades and public meetings and a brief suspension of business beginning at 11:00 a.m.

Community Thanksgiving Celebration
All Are Welcome
Fry Bread & Coffee
Beginning at 10 AM
Thanksgiving Meal at 1pm
CHRISTMAS VALLEY COMMUNITY HALL
This Wonderful Gift is given to the community by Praise the Lord Fellowship along with many Friends, Volunteers & Helpers



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Willows-West

Knitting & Flowers & More

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Christmas Valley, OR 97641

541-576-2117

HOLIDAY HOURS:

From November 29 to

December 24

Monday - Saturday 10am-5pm

Sunday - 11am-3pm

10 am to 5 pm - Tues thru Sat

both stores

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Comings and Goings

By Terry Crawford

Well here we are approaching winter. Most of the trees have given up their leafs and the days are getting shorter. Add to that, daylight savings time ends on November 3rd so remember to set your clocks back one hour on Saturday, the 2nd before going to bed. This is not my favorite time of year - I don't like dark arriving in the late afternoon. Oh well, just have to deal with it.

The month of October was, for me, really busy. I had two special transportation trips to bend that fell in-between some other adventures. On the morning of the 10th I took off for Colorado with my friend Carol. We took her truck and my trailer and one very cute show pony named Paris. Paris is a diva and very, very bossy. She was ruling the roost at home to the point of distraction for her pasture mates. So off to her new home.

Our journey took us to Nevada and into Utah through the Rockies and along the Canon Lands and then up through more of the Rockies past Denver and finally to our destination which was about an hour



and a half beyond Denver. We often followed the meanders of the Colorado river through the Rockies, and I being slightly educated in geology found the amazing rock strata, up-lifts and

distortions caused by nature's slow steady forces fascinating as well as remarkably beautiful.

The weather was clear and crisp with no snow, or rain and only occasional areas of strong winds. 'The journey's only drawback was that there was no time for side trips into nearby sites along the way. Oh well, maybe I will just have to make time to



do a road trip with son Stephen and granddaughter Karrah if she can get the time off.

See Comings and Goings, Page Eight.

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

Letters to the Editor and Editorial Policy

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.



Complete Application for Site Certificate and Public Informational Meeting

PUBLIC NOTICE Obsidian Solar Center

Summary:

Date Notice Issued: October 30, 2019

Proposal: Photovoltaic (PV) solar power generation facility providing a nominal generating capacity of approximately 400 megawatts. The facility may also include potential battery energy storage.

Location: North Lake County, approximately eight miles northwest of Christmas Valley and seven miles southeast of Fort Rock.

Introduction:

The Oregon Department of Energy (ODOE), staff to the Energy Facility Siting Council (EFSC), received an Application for Site Certificate from Obsidian Solar Center LLC, a subsidiary of Obsidian Renewables LLC, to construct and operate the Obsidian Solar Center. The proposed solar facility would be a photovoltaic (PV) solar power generation facility on approximately 3,921 acres, providing a nominal generating capacity of approximately 400 megawatts plus potential addition of battery energy storage. Under Oregon law, the applicant must obtain a site certificate from EFSC before constructing and operating the proposed facility. The applicant submitted a complete application on October 17, 2019.

A vicinity map of the proposed facility is included at the end of this notice. Specific locational maps can be found in Exhibit C of the application at:

<https://www.oregon.gov/energy/facilities-safety/facilities/Pages/OSC.aspx>

and on ODOE's online mapping tool at:

<https://tinyurl.com/EFSCmap>

Public Informational Meeting:

Date: Thursday, November 14, 2019

Time: 5:30 p.m. to 8:00 p.m.

Location: North Lake School Gymnasium
57566 Fort Rock Road
Silver Lake, OR 97638

ODOE will hold a public informational meeting with the applicant to provide information about the proposed facility and the Energy Facility Siting Council review process. The informational meeting will include a presentation starting at 6 p.m. ODOE and applicant representatives will be available before and after the presentation to answer specific questions.

The public informational meeting is not a public hearing and will not include public testimony or on-the-record public comments. Opportunity for written or oral testimony will be provided at a later date – during the draft proposed order (DPO) public comment period and public hearing – following issuance of the DPO, as described below.

Description of Proposed Facility:

The proposed solar photovoltaic energy facility would occupy up to 3,921 acres and provide a nominal generating capacity of approximately 400 megawatts. The facility may also include battery energy storage capabilities.

The applicant is also seeking EFSC review and approval of related or supporting facilities associated with the energy facility, including: 34.5-kilovolt (kV) collection system, up to four collector substations approximately one acre each, approximately two miles of 115-kV gen-tie transmission line, one 115/500-kV step-up substation and transformer, up to two operations and maintenance buildings, access and service roads and gates, temporary staging areas, and an approximately 18-mile perimeter fence. Related or supporting facilities associated with the proposed battery storage facilities would include steel-frame enclosures for batteries, cell stacks (where battery charge and discharge occurs), and Balance of Plant, which includes large polymer tanks, contained within the storage containers.

EFSC Review Process:

The site certificate process is a consolidated, comprehensive siting process. The applicant must demonstrate that the proposed facility meets EFSC Standards established under Oregon Revised Statute (ORS) 469.501 and set forth in Oregon Administrative Rule (OAR) Chapters 345, Division 22 and 24, as well as all other applicable Oregon statutes, rules and standards. ODOE serves as staff to EFSC and conducts the application review process.

The proposed Obsidian Solar Center is an energy facility subject to EFSC jurisdiction under the definition in ORS 469.300(11)(a)(D)(iii). As such, the proposed facility must receive a site certificate from EFSC before construction can begin.

Upcoming Review Phases:

ODOE is currently preparing the draft proposed order (DPO), which will include staff's analysis of the application, based on ODOE's review of the application as well as comments received from state agencies, Tribal governments, and the Lake County government. If the DPO recommends approval of the facility, the DPO would include recommended conditions of approval for EFSC's consideration.

Following issuance of the DPO, ODOE will open a public comment period and EFSC will conduct a public hearing in the vicinity of the proposed facility. At that time, to preserve your right to participate in the contested case proceeding and any subsequently appeal of EFSC's decision, you must comment during the public comment period on the DPO, either orally at the public hearing or in writing during the comment period. ODOE anticipates issuing the DPO in late 2019. The Department will issue notice of the public hearing and comment period when it issues the DPO. As described above, the November 2019 public informational meeting is not a public hearing.

For more information on EFSC standards, please visit: <http://www.oregon.gov/energy/facilities-safety/facilities/Pages/Siting-Standards.aspx>

Receipt of this Notice:

Please note that you may be receiving this notice for multiple reasons:

1. You own property within or adjacent to (within 500 feet) the site boundary. You will automatically receive all future EFSC notices for this facility.
2. You have previously signed up via GovDelivery to receive email notices related to the Obsidian Solar Center or all EFSC project-related notices. You will automatically receive all future email notices per your GovDelivery choices, unless you unsubscribe via GovDelivery.

See Public Notice, Page 14.

Life goes on, Thank God, no matter what

By Gloria Heglar



Gloria Heglar

As I write this we are waiting for the date in Portland for the second surgery on Clark's eye. The first operation was a success but shortly afterwards; the retina detached again and bleeding has resulted in plans to only save his eye ball.

Our drivers have been amazing but have also helped us pass the hours of travel, the hours waiting and the meals joined in friendship and deep appreciation for these wonderful friends. The prayers, cards, and calls have been constant compassionate acts of encouragement for us. Thank you, Thank you!

The Veterans Administration in Portland has been God Sent, every employee, Doctor and even the sweet people at Starbucks in the lobby. I wish all of the facilities could be running like this. Clark has the care of the University surgeons as well as the VA.

As the fall encroaches on us and our Holiday Season is just around the corner, The Volunteers in Paisley Organization that helps with the school lunches and most of Paisley's activities throughout the year is holding their annual Holiday Bazaar on Saturday, November 23 at the community center.

I think it will be extra special this year including beautiful collectibles from an estate sale and my husband's newest photos, with

special pricing on some items. I have gathered all new gift ideas for the whole family including home décor items as well. I too will have a bargain or two to offer.

So! Come on out Summer Lakers and Christmas Valleyites and enjoy homemade pie and chili-filled baked Potatoes for a lunch treat.

We have been to Portland and back, three times so far, and have three or 4 more trips to go, keep our safety and our drivers in your prayers.

We, as Thanksgiving draws near, are thankful for the peace in our hearts and the love in our lives, in spite of the difficulty we are experiencing with Clark's eye sight. We will pass on the love and friendship we have gratefully received through this experience to those less fortunate. Have a Blessed Thanksgiving!

Paisley Holiday Bazaar Community Center

Saturday, November 23, 2019

Clark and Gloria Heglar Invite
You to their
Holiday Display

Clark's newest Outback photos
Canvas, framed, and polished
aluminum
Postcard and note cards will be
available

Gloria has gathered a collection of
jewelry, home décor, and gifts for the
whole family.
Come by and say hello!

One of Clark Heglar's Beautiful Photos



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Christmas Valley/North Lake Chamber of Commerce

Sheriff's Report

Submitted by Sheriff Mike Taylor



August 30, Deputies contacted the victim in Silver Lake regarding fraudulent charges to his credit card. The total of the fraudulent charges amounted to approximately \$10,000.00. The victim immediately canceled the credit card. The victim was reissued a new credit card however when he received the new card there was already fraudulent charges on the new credit card. The new card also was canceled. Investigation is ongoing.

September 5, Deputies responded to Christmas Valley Market in regards to a report of a stolen iPhone. The investigation revealed that the victim bought the phone for \$400 from an individual and the phone was inoperative. The suspect was contacted and stated that she informed the victim that the phone was an AT&T activated phone. The victim contacted AT&T who would not activate the phone due to it being

tied to another account. The investigation is ongoing.

October 18, Deputies responded to a call of a male sitting in the middle of South 7th Street near "I" Street. The male was contacted and a warrant check was conducted. A valid warrant out of Modoc County California was confirmed and the male was arrested and transported to the Lake County Jail where he was lodged.

September 19, Deputies responded to the 18700 block of Roberta Road regarding a burglary. The investigation revealed that person(s) unknown entered the shop by forcing a roll up door. The suspect(s) took several tools and a Dodge PU. The PU was recovered the same night near Kadramas Road. The victim later informed Deputies that someone dropped off most of the tools

See Sheriff's, Page Six.

From This Angle: Revitalizing Paisley

By Toni Bailie



Toni Bailie

Our younger Paisley residents are coming up with some great ideas

for revitalizing the town's activities.

At the October city council meeting, Amy Davis, treasurer of Take Back the Mosquito Festival Committee, outlined plans for the annual event, scheduled for July 24-26, 2020. Since Festival attendance has dwindled the past couple of years, Amy and a group of 20 enthusiastic volunteers have been brain storming ideas for a bigger and better Festival. They have the Paisley Rodeo Club on board to send attendees to Paisley for meals. Dwayne Young will again head up the pit barbeque and food vendors will be recruited. As in past years, profits from the Festival will be used for vector control.



Finances for the Mosquito Festival will be handled under the 5013C status of Volunteers in Paisley. Students from the Paisley School dormitory will help fashion a haunted house for the Community Halloween Party, with proceeds going to the Mosquito Festival fund. The Lake County Chamber of Commerce will supply postage for flyers, with Renee Reichart in charge of publicity. Other committee members are Linae Harms, Daniell Cardoza, Deb-

bie Gaylord and Chelsea Jones.

Craig De Larm has plans for a community sporting complex that would feature a public archery range to accommodate 4H, local festivals and activities. All revenue from the complex would be handled by a non-profit organization to cover costs of equipment, ground maintenance and insurance.

The council approved a 10-year lease of 12.7 acres adjacent to the rodeo arena north of Paisley. To finance development of

the sporting complex, Craig has applied for grants from the Archery Trade Association and Oregon Parks and Recreation. He will enlist volunteer help to clean up and level the field, arrange archery targets and lanes. Buildings will be constructed for storage and vendors. Estimated completion date of the project is September 2020. The archery range will host local and state meets for the school/4H program and other events.

In partnership with Oregon Department of Fish and Wildlife and Lakeview Bowmen, Craig will be coaching a new Scholastic 3D Archery Club which begins November 9. The after-school program is in conjunction with the National Archery in Schools Program. S3DA is a community-based archery program for grades 4-12. Participating students can accumulate points in competition that will help them earn college scholarships.

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Hey Folks,
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Town & Country INSURANCE

Jeff Hale
 Health & Life Insurance Specialist

JHaleIns@gmail.com

Open Enrollment for Individual plans
 November 1st- December 15th

Medicare Open Enrollment
 October 15th- December 7th

Not sure what your options are? Give me a call and let me help you attain the best plan for your needs.

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A little About Special Transportation

Who can use the service, who can not. Well the simple answer is, Any one can use the services of the Special Transportation Program.

All you need to do is call **541-480-3221 Three days** in advance, further out is better but not required. And be sure to leave a clear message so we can call you back. The coordinator will do her best to get you scheduled, but remember it will still depend on available space and driver availability.

Drivers for the Special Transportation program are volunteers. They not only use their vehicle, they also are donating a good deal of their time.

Narcotics Anonymous

Wednesdays at 7 pm
 Christmas Valley
 Community Hall

Speakers Meeting
 the Last Wednesday of the Month

Celebrate Recovery

Mondays at 6:30 pm
 Christmas Valley
 Community Church

Sherry 541-5576-4509
 Tim 541-977-4944

This Ducktober is like many other years in the High Desert, as it has many warm days and cooling nights. Ducks and geese are moving into the Summer Lake Refuge, The “big bang” on opening week end yielded smiles for those hunters who put in the time.

Bees are still out trying to find the last Rabbit brush and Sage blossoms to get their final stores in bee for winter sets in. We had a couple frosts so most of the sage brush bud got nipped. Our weather toward the end of the month was beautiful as the Quaking Aspen have turned into glorious colors of yellow and red. Our Choke berries are crimson red and the birds are enjoy the fruit. So onto what needs to happen this month. You should have weighed your hives and marked the light ones. Any hive under 70 pounds is subject to winter die off and needs to be monitored for robbing and disease. If you see robbing occur you need to reduce the entrance. October is a good month to treat for mites. Just remember some treatments need warm days for the treatments to be effective. I have noticed hordes of pesky Yellow Jackets



BEE-Cuzz You Asked Ductober and theBees

By Gary A. Brain Summer Lake Apiaries

trying to gain entrance to the girls home. So far I haven't seen too many successful entries. I have set out some moist cat food laced with Front-line for cats. Fipronil is the main ingredient that kills ticks fleas and Yellow Jackets. Be sure to place the laced cat food so no animals can get to it. They carry the the cat food back to the nest where all enjoy one last meal.

I know I sound like a broken record but FEED! Stay away from entrance feeders as they promote robbing. Top feeders or bucket feeders have worked well for me. I find that the sisters prefer my bucket



feeders to the top feeders that I have.

You should have all your queen excluders off and mouse guards on by now. Make sure you have adequate ventilation for your hives or condensation

will form on the inner cover and top hive cover.

If this happens the condensation may drip onto your bees. I have a small hole in the top corner of the top main hive body and put 1/2 inch sound board (fuzz board) between the inner cover and top cover to help control condensation. I also use a shallow super with fine mesh screen tacked

to the bottom and filled with wood shavings placed between the inner cover and top cover to help with condensation. This method seems to be better for my hives that just a vent hole or fuzz board.

Now is a good time to take inventory and make a “to do” repair and maintenance list for the upcoming winter months. On warm days (over 60°) you should break open your hives and remove burr comb, check for the Queen Mother, and do a final inspection of the hive. Just remember, if you see the colony in a cluster do not disturb!

That's all for now Bee Safe out there!

Food Drive & Food for Fines
Nov. 1 – 30th, 2019

Make a donation to your local food share at your local library in November.

Every donation reduces your library fines!

Food Shares are especially in need of:

- Canned fruits
- Canned vegetables
- Items for Thanksgiving, Christmas, and Easter dinners: Boxed stuffing, mashed potatoes, Jello, cake mix
- Cash and check donations to purchase meat

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Enriching every person

Sheriff's Report From Page Six

in front of a residence on South E Street. The total value of the theft was approximately \$3,500. Investigation is ongoing.

October 7, Deputies responded to the 700 block of north F Street regarding a single vehicle accident where it was reported the occupants of the vehicle were running away from the scene. The investigation revealed that a green Ford Explorer crashed into the back of a residence in the 700 block of north

F Street. On 10-8-19 Deputies received a call from the suspect. The suspect confessed to the accident stating he was drunk at the time. The investigation has been forwarded to the DA's Office for charging. Investigation is ongoing.

October 8, Deputies went to the 1200 block of South I Street seeking a suspect wanted on a Lake County felony warrant. The suspect was contacted, arrested and transported to the Lake County Correction's

Facility where he was booked.

October 10, Deputies responded to the 88500 block of Christmas Valley Highway regarding an ongoing animal complaint. Deputies contacted the dog owner in the 56400 block of Oil Dry Road and issued a citation to appear for no dog license under Lake County Animal Control Ordinance 18A, sec 3.1.

October 11, Deputies responded to the 100 block of South I Street

regarding a physical assault between boyfriend and girlfriend. The investigation revealed that an argument became physical due to the boyfriend hiding drugs in the house. The boyfriend strangled the girlfriend to a point of unconsciousness then fled the residence. An area check for the suspect was conducted however was not located. The investigation was forwarded to the DA's Office for review of charging. Investigation is ongoing.

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Tips for Winter Care of your Pets and Horses

DOGS: Dog are not biologically built to withstand cold weather. They need proper shelter to protect them. While the best option for your pets is to keep them indoors during cold weather, this may not be a workable option for you.

If your pet/s must stay outdoors they need to be provided with safe sleeping spaces with special considerations for their comfort and safety.

When building a shelter for your dog the following tips are helpful. The bedding for the shelter should be a thick pad filled with cedar chips or news-paper. The shelter should be two to three inches taller than the tallest part of the dog when it sits down. Your dog's shelter should have 36 sq inches of floor space for every inch of the dog's height. (If the dog is 10 inches tall it needs 360 sq inches of floor space - 36x10) The entrance should be protected from the wind. Place the opening off-center to allow space for the dog to curl up in protected corners out of precipitation and drafts.

It is a good idea to raise the dog's shelter above the ground as this will prevent moisture, runoff and dampness from getting inside.

It should go without saying that very young as well as senior dogs should be kept inside - they are far less able to withstand the cold.

CATS: Cats can freeze in cold weather without shelter. Sometimes cats left outside in frigid weather will seek shelter and heat under hoods of automobiles. This may result in death or injury when the hood is turned on. It is a good idea to bank loudly on the hood of your car a few times before starting the engine. (Wild animals may also seek shelter under the hood so that banging on the hood will save them too.)



Remember that pets wintering outside need more calories and should be fed accordingly. Water is always a critical element of pet care and for the pet living outdoors in the cold special attention needs to be given to assuring they have access to water that is not frozen. A heated bowl is nice but just checking and changing frozen for warm water works well too.



An often overlooked hazard to pet health is spilled antifreeze and toxic snow melting chemicals. There are nontoxic antifreeze products and ice melt that are pet and plant safe. An antifreeze containing propylene glycol will not kill your pet. Still it is important to clean up spills and wipe feet if they do accidentally make contact.

HORSES: Most horses don't mind cold weather if they are healthy, dry, well-fed and have access to shelter from the wind. Very old, young and very thin horses often need additional care. Keeping horses dry is a major factor in keeping them warm. A wet coat packs down and loses its protective properties which in turn allows the body heat to be sucked away by the wind.

Because much heat is produced as a result of fermentation of fiber in their gut. Calories are important but providing your horse with a steady supply of hay will keep a steady fermentation - heat producing process going. As with all animals access to water is critical. Water that is not too cold is preferable when possible.

Horses should be given access to shelter so they have a way to stay dry and to get out of the wind. It doesn't have to be fancy, it just needs to provide a place of protection. Some horses will hang out in the worst weather and others will use the shelter. It is simply important that they have the option to access protection.

(Information for this article was gleaned from a variety of easily accessed sites on the internet including the American-Human Fact Sheet.)



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Comings and Goings From page two.

We drove to exhaustion on day one and finally pulled off at a rest area that was up on top of a cliff above the interstate. Weird, that is until we saw the spectacular view this stop provided. I took a couple of photos but due to the distance they are not especially representative of the actual view which is the edge of Utah's Canyon Lands. I have included them anyway. I wish I had taken more photos but it is really difficult when you are driving.

We finally made our destination early Friday afternoon. Carol and her long-time friend Lynda got Paris settled into her new digs. Very fancy, cozy and safe. Then the ladies toured the property, checked out the chickens and goats and took Paris for a trot along side the golf cart.

Everyone settled in it was shower time and then off to a great local restaurant for a yummy fish-fry dinner. Bed came soon after. Saturday was a day of rest and that is just what I did, rest, read, and relax. Dinner was at a huge horse facility with its restaurant and lounge overlooking the indoor area. Prime rib was the order of the day and it was excellent - that night and for my breakfast the next morning.

We were on the road home by around 9:45am. We were not alone! Lynda owned an eight month old

German Shepherd bitch named Elsa who had turned out to be quite a problem child. Elsa, as with all pups of this breed had more energy than she could expend. She was sharing

space with two Yorkshires, a Shiatsu and a Labrador Retriever. Too exuberant to be with an older dog or with the small dogs resulted in a constant shuffling of the pooches and a good deal of stress and anxiety so Lynda and Carol decided to have Elsa come live in Oregon.

I was concerned that Elsa would be a basket case in the car - after all she was leaving the home she had been in since she was eight weeks old. She surprised me. After only about a half an hour she settled in and was a stellar traveling companion. The was no whining, or anxiety. She even stayed in our motel room on the way home and was perfect.

Our return travels took a much different route. We traveled the 24 and skirted Denver - only one hour long construction delay. Once out on the interstates we drove northwest through Colorado and into Wyoming. It was a lovely 75mph interstate ride with no heavy traffic.



We entered Utah in the late afternoon and decided we would stay over in Ogden. It is always an adventure to locate a motel that is easy access, can park the truck and trailer and is reasonably priced. We opted for a Motel 6 after making a few calls and checking reviews. It was nearly 8:30 by the time we off-loaded our stuff and the dog. We were hungry but didn't want to drive and the only option was a Denny's about 1/4 mile from the motel.

Backing up a bit. The motel has security and Juan, the gentleman on duty, had helped me get the truck and trailer parked. I asked him if it was safe for me to walk down to the restaurant. He never said no, but rather simply stated he would take me.

Off we went and while driving and then waiting for the food we visited. Juan was born in Guatemala and came to the US when he was five and is a US citizen. Juan is a veteran who served two tours in the middle east and is the father of four beautiful children.

This young man went beyond to assure my safety and I feel privileged to have met him and enjoyed his company for a brief moment in time.

After a good nights sleep we

started the final leg of the journey - still working our way a little north and a lot west through Idaho and onto Oregon were we hit Highway 20. This part of the drive wound through high-desert terrain that followed the Malheur river through massive hills and canyons before traveling west to Burns. We stopped for dinner at the Big Bear Lodge, a massive Log structure on a hill at the west end of town. This is a truly beautiful structure and the food was quite good.

Refreshed we set out on the last 100 miles to home. Other than encountering an overturned car in a ditch - we stopped and waited until the first emergency responder arrived the remainder of the trip was uneventful. We got into Christmas Valley about 9:30. I tossed my stuff out of the trailer, lugged it into the house, fed the horses and went to bed.

A not so perfect ending to a very long 2300 mile trip was waking up at 2am to a raging case of stomach upset. Yuck. Finally around nine in the morning, wiped out but feeling semi-human I fell asleep and remained in that state until late evening when I got up long enough to take a soak in the tub and gingerly eat a piece of dry toast washed down with sprite.

One more day of rest and recovery and all was back to normal.

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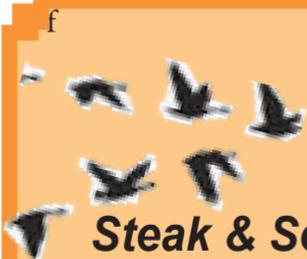
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Dear Terry,

Thank you for the great October Breeze paper. I'm glad you put the Unwritten Contract story in - it was so much needed. And the article and picture of you and Alex - it looks really neat.

I always love the Flyway recipes and have sent along an old family favorite. Also thanks for the picture of the Black Hills from our trail ride. It turned out Good.

Thanks
Becky Womack

Anna Long Lineboughs Lime Jello Salad

Anna was Rube Long's sister. Rube was a long-time Fort Rock rancher, desert philosopher and the co-author of the "Oregon Desert" book. Rube donated land for the Fort Rock State Park. Anna gave this recipe to my mother Norma many years ago. My mom made this every Christmas.

- 1 Pkg 3oz of lime Jello
- 1 1/2 cups boiling water
- 1 cup mini marshmallows
- 1 cup of cool whip
- 1 cup Best Foods mayo
- 1 Cup well drained Pineapple



Combine Jello and boiling water and stir well until Jello dissolves. Add marshmallows and stir until they start to dissolve.

Set this mixture aside and allow Jello to begin to congeal. - then add the mayonnaise cool whip and mix.

Next add pineapple and then use an electric mixer to blend this dessert salad into a frothy consistency.

You are now ready to put the mixture into a mold and refrigerate until it is set.

Having a bumper crop, again, of tomatoes, & eggplants, peppers & onions, it seems the perfect time to make Ratatouille which is a funny name for a 'stew' of all these veggies.

You can vary the thickness to use Ratatouille in different ways by giving it more or less time on the fire.

AUBERGINE PROVENÇALE (another name for Ratatouille)

- 1/4 cup Extra Virgin Olive Oil (EVOO)
- 1 large chopped Onion
- 2 cloves Garlic (or more) smashed, then minced
- 1 1/2 tsp sea salt
- 1/4 cup Tomato Paste
- 1/2 cup Dry Red Wine
- 1 large Egg Plant, (Aubergine), or enough to make 6 cups cut up
- 3 medium Zucchini, or 6 cups worth cut up
- 1 Bell Pepper or Sweet Roasting Peppers, 1 cup, chopped (any sweet pepper will work)
- 1 lb fresh Roma Tomatoes, 2 1/2 cups cut up
- 1 Tbsp Herbes de Provence (or Italian seasoning works fine too)
- 1/2 tsp fresh ground pepper



Heat EVOO in a large heavy pot over medium heat. Add Onion, Garlic and 1/4 tsp salt; sauté until softened a bit. Stir in Tomato Paste and Wine; cook, until reduced by half, about 1 minute more.

Stir in veggies, herbs, pepper, and remaining 1 1/4 tsp salt. Reduce heat, cover and simmer for 10 minutes. Uncover & simmer, stirring occasionally until veggies are tender and mixture is the desired thickness, 10 - 15 min more. Garnish with fresh herbs, basil or parsley, or whatever you have. Serve as a side dish.

OR:

Stir Hot Pasta into a thinner version of Ratatouille and top with Parmesan Cheese or reduce to a thick filling to stuff Fresh Bell Peppers, topped with Parmesan to bake for half hour or so till tender.

Proportions can vary, just use what you have; the Eggplant gives this dish a silky texture you'll enjoy!

Marie

Flu Season Has Arrived

SEASONAL CONSIDERATIONS

By Kelly McCord for North Lake Health District

Consider Protecting Yourself and Those Around You

As cold and flu season approaches its time to start thinking of ways your La Pine Community Health Center (LCHC), can support wellness.

LCHC is fully stocked with a wide spectrum of vaccinations. Their local, well trained staff can administer vaccinations to help ensure you and your family are protected from the full effects of



seasonal, viral threats as well as many communicable diseases. **Flu shots will be available after October first and they can help reduce the risk of contracting this year's annual strain of influenza.** They are particularly beneficial to the elderly, the young and those with compromised immune systems or other debilitating conditions.

The practitioners at LCHC's Christmas Valley location are also available to schedule Wellness Exams, Well Child Checks, and Physical Exams to support preventative measures and of course are at your service should you contract

a cold or flu and need to be seen by a practitioner.

Here's some things you can do to help support your wellness

If you are sick and come to the Clinic be sure to put on a mask to protect clinic staff and fellow community members.

It may save a life!

through the winter months:

IF YOU'RE WELL, try your best to stay that way! Get plenty of rest ~ drink plenty of fluids ~ wash your hands frequently ~ cover your mouth/face when coughing or sneezing ~ stay up to date with immunizations for the whole family~ get your annual flu shot ~ schedule a wellness exam if it's been over 1 year since your last ~ come in to be seen at the onset of symptoms.



IF YOU'RE SICK keep your community in mind. Stay home and get better if you can ~ wash your hands frequently ~ cover your mouth when you cough or sneeze ~

be seen by a physician ~ when you come into the clinic put on a mask to protect others in the community, including the clinic staff (remember,

they are exposed to everything everyone brings in). Remember that many patients come into the clinic with serious health conditions such as cardiac, renal, diabetic and pulmonary concerns, (or a combination of several). Putting them at risk of



catching the common cold or annual flu can be life threatening.

Call for an appointment at: 541-536-3435

TO OUR PATIENTS OF LA PINE COMMUNITY HEALTH CENTER

As a federally qualified health center, we are mandated to have board members who are patients of the health center. At this time we have one position that needs to be filled by a patient of our organization and we are looking for qualified candidates from this area to apply to participate on the board of directors for our organization.

The purpose of the Board per our federal manager, the Health Resource Services Administration (HRSA) states: "The Health Center must have a governing body which assumes full authority and oversight responsibility of the Health Center. The Board is legally responsible for ensuring that the health center is operating in accordance with applicable federal, state and local laws and regulations and is financially viable."

If you are interested in being a volunteer board member for our organization, please contact Courtney, Executive Assistant at cignazzitto@lapinehealth.org or call 541-876-2135. Courtney will provide answers to your questions and an application if you choose to apply.

Sincerely,
Board of Directors
La Pine Community Health Center

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Dr. Rudd is currently accepting new patients and referrals for patients seeking natural therapies for any type of health condition.

To schedule an appointment to be seen by Dr. Rudd at the North Lake Health District's Medical Complex please call 541-385-6249.

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November, 2019 North Lake Community Fireworks

Community of North Lake!

How Many Fourth of July fireworks displays have you and/or your families enjoyed in Christmas Valley? Or did you think they needed improvement? Either way, we would like to present you with an opportunity to help us continue what you enjoyed, and/or to improve our performance!

The North Lake Community Fireworks team does its best to raise the funds necessary **by January 1st** to provide the entertainment that so many in the community enjoy on our nation's Independence Day, **the 4th of July**. We voluntarily participate in several fundraising events through out the year to generate the money that directly funds the order of fireworks for our display. Our water-parks, carnivals, and donation boxes have been very successful, and ALL of that money goes towards our order, but they alone are not enough to put on the display that the community has come to know and love. We depend to a great extent on charitable donations, and this year we need extra help! Due to the past year's global economy, our cost to put on a show comparable to last year's has increased dramatically. Our goal is to secure \$10,000, but whatever we have is what we use to sign a contract for our display before January 1st, 2020. We still have quite a way to go to meet our goal this year. This is where you can help us, your community, and yourselves! It is a potential win, win, win!

The season to be giving and receiving gifts is right around the corner... and preparing for the tax season that comes immediately after this joyous time of the year! Great news! **All donations to the North Lake Community Fireworks Fund are tax deductible.** If you wish to give your whole community a gift AND have a direct impact on the coming year's fireworks display, why not help yourself with a receipt for a charitable donation to a non-profit organization? Give your donations now to take advantage of this deduction this coming tax season! And remember; **every cent you donate goes directly to buying fireworks.**

The community relies on us for the fireworks displays that remind us all of what Independence Day is all about, and we rely on the community to help us provide the funding that facilitates these displays. Our most memorable displays come from the support of those who can afford to give more monetary donations than they can afford to give their time, since none of the team or our volunteers are paid. So... you know you are getting your money's worth when you get to enjoy watching every cent of your donation go up in smoke!

Please consider making a donation to the North Lake Community Fireworks fund. Make checks payable to **North Lake Community Fireworks Fund**. Donations may be given to Patty Effingham at her office, Carrie Mace or Becky Widenoja at CV Market, Lloyd Mace at Robin's Equipment, or Jim Anderson or Ben Widenoja at Point S Tires. Please ensure we have an address to send your receipt to and specify if you need it by a specific date.

We, and the community, thank you for your charity and support!

Cupping in Massage Practice

Submitted by Shawn Lavallee

Cupping is the use of suction through the drawing out of oxygen in different size glass, silicone or plastic cups. The suction lifts the soft tissue creating space and loosening of the tissue. This creates a warming response and encourages movement and flow within the body.

Cupping frees up the stagnation of blood, lymph and



Qi (Chinese for Life-force or energy) in the body. It helps loosen adhesions, bringing hydration and blood flow to body tissues and drains toxins by opening lymphatic pathways.

A boost to the immune system, improved range of motion in joints, decreases in scar tissue post surgery or injury, increased flexibility and release of chronic aching pain patterns are all benefits of Cupping.

Early records of cupping date back as far as 28A.D where the use of hollowed out animal horns drained out toxins in snake bites and skin lesions. The Chinese used bamboo cups to aid in the treatment of tuberculosis. Egyptians used pottery cupping for fever, pain and vertigo.

European and American doctors eventually used glass cups in the 1800's. In the 1940's new cupping sets were introduced using vacuums and were carried by medical supply companies.

Today it is still widely used in Acupuncture and has just recently become more recognized within Massage Therapy as a form of myofascial release. The main goal being to free up tissue and create more pliability, which in turn helps increase joint movement and overall flexibility.

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Enjoy "The Prospector" as he takes offers readers new views of features and histories which most likely would not have captured their attention but now may well pique their interest. I say meander because our 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.



In the summer of 1876, the United States was preparing to joyfully celebrate its centennial. The nation had been settled "from sea to shining sea," and was young country rich with resources and full of promise, recovering quickly from the ordeal of a dreadful civil war. However, this buoyant mood was dampened in late June and early July by newspapers reports of shocking defeats of U.S. troops by a large force of Sioux led by a sixteen-year-old Warrior by the name of Crazy Horse. The antecedent for fighting of the summer of '76 goes back to the Fort Laramie Treaty of eight years in the past that promised that a huge swath of land known as the Great Sioux Reservation and including the sacred area of the Black Hills, would be theirs forever. Despite this, the U.S. government sent Custer on an expedition into the Black Hills in 1874, and gold was discovered-leading to an inevitable gold rush of crazed

miners who cared not a whit for honoring Indian treaties. Although the army at first tried to keep the miners out of the Black Hills, this proved impossible and the corrupt administration under President Grant decided to ignore the Laramie Treaty.

A three-pronged attack was organized involving 2,000 soldiers led by General George Cook. All three columns were supposed to converge on the Indian camp and wipe it out. However, it did not happen that way, and the first setback for the army was the Battle of the Rosebud and General Cook's first loss. The army had 250 Crow Warriors on their side so Crazy Horse had his warriors dress up like Crows. The army could not shoot into the ongoing battle in fear of hitting an Indian ally and

THE ART OF WAR

Opinion by The Prospector

having the Crow Nation turn on them. Crook was attacking a peaceful village but what he didn't know that a large force of around 1,500

Indians were determined, fought ferociously, and showed no signs of quitting. The battle raged for six hours before the Indians headed back to their village, convinced they had stopped the soldiers advance. And they had. Their ammunition exhausted and supply wagons far to the rear, Crook ordered his men to retreat. Crook went back to his camp on Goose Creek, Wyoming where his supplies were simply settled down for the seven weeks, ostensibly to wait for reinforcements. History will never know if his force could have arrived in time to save Custer from Crazy Horse



Warriors led by Crazy Horse, had left their village and rushed south to confront the advancing soldiers. The Indian attack began at 8:30am and what happen next astonished the soldiers. Prior fights with the Indians were quick affairs, but not this time. The

from defeat at the Battle of the Little Big Horn eight days later. General Crook was the first to be notified by 'Indian telegraph' that Custer was defeated within three hours after the battle, three hundred and fifty miles away.



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NORTH LAKE

PUBLIC NOTICE: From Page Two

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More Information:

Please contact Kellen Tardaewether, Senior Siting Analyst, at the email address or mailing address listed below.

Kellen Tardaewether, Senior Siting Analyst
 Oregon Department of Energy
 550 Capitol St N.E.
 Salem, OR 97301
 Phone: (503) 373-0214
 Email: Kellen.Tardaewether@oregon.gov

More information about the facility and updates on the review process is available using any of the following options.

1) Oregon Department of Energy's webpage:

The application for site certificate and additional details regarding the proposed Obsidian Solar Center facility is available online at:
<https://www.oregon.gov/energy/facilities-safety/facilities/Pages/OSC.aspx>

2) Updates by email/mail:

Subscribe to GovDelivery, a self-managed, automated email system that sends notices and updates on the Obsidian Solar Center as well as any or all other energy facilities and events under EFSC jurisdiction. For more information, please visit: <http://tinyurl.com/EFSC-email>.
 To receive notices by U.S. Mail, please contact Kellen Tardaewether.

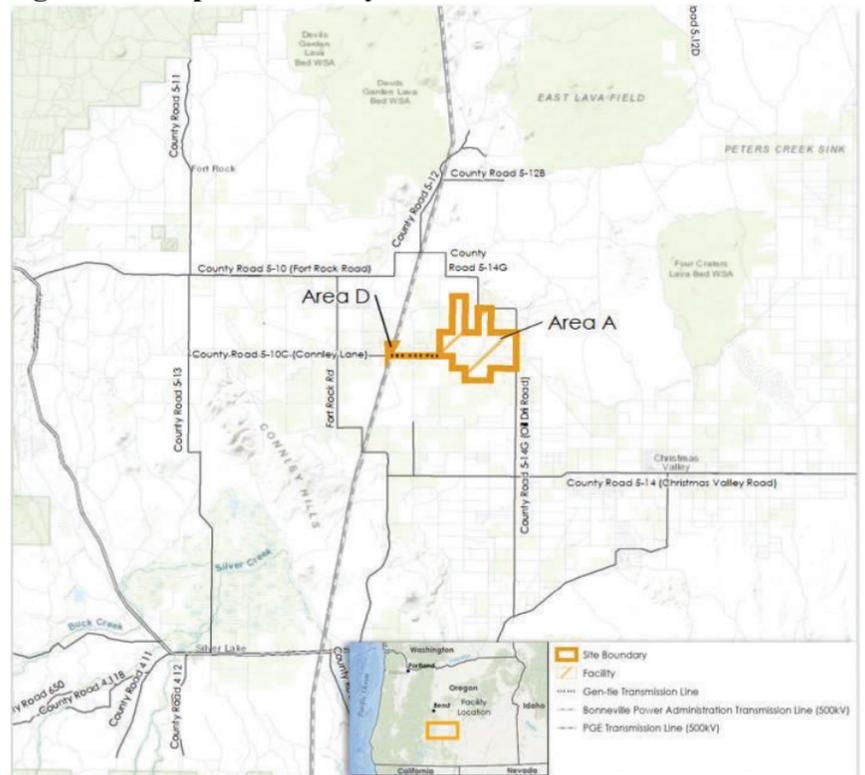
3) In hardcopy:

Hard copies of the proposed Obsidian Solar Center Application for Site Certificate are available for public inspection at:
 Oregon Department of Energy
 550 Capitol Street NE
 Salem, OR 97301

Accessibility information:

The Oregon Department of Energy is committed to accommodating people with disabilities. For the review of the application or attendance at any of the information meetings, if you require any special physical or language accommodations, or need information in an alternate format, please contact Michiko Mata at 503-378-3895, toll-free in Oregon at 800-221-8035, or email to michiko.mata@oregon.gov. For any other accommodation needed to attend an informational meeting, please contact ODOE as soon as possible so we may provide the accommodation.

Figure 1: Proposed Facility Location



November Cryptogram Quote:

JSY JR DWY XCTXSDXFYM JR KYESF CEMJZCYZBA EM DWXD JSY
 EM GJSMDXSDBA UXIESF YNGEDES FCEMGJTYZEYM. —
 X.X. UEBSY



Answer to September Cryptogram: WE CAN LICK GRAVITY, BUT SOMETIMES THE PAPERWORK IS OVERWHELMING. —WERNHER VON BRAUN

A Couple of Riddles Just for Fun

What is the only 5 letter word that becomes larger when you add the letter "r" to it?

What can you stick between a 3 and a 4 so that the result is more than three but less than four?

Answers to riddles next month.

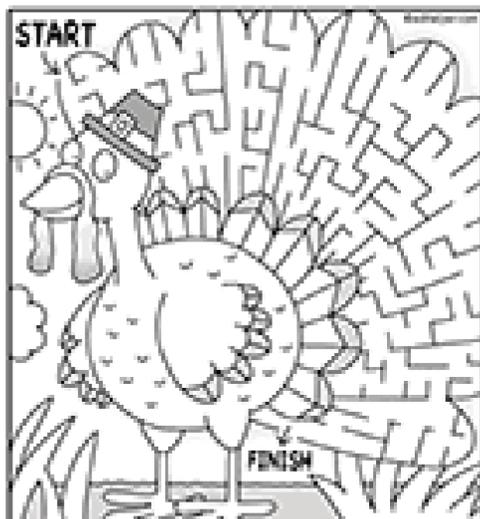
I can be crushed to pieces but only if I am given away first, I can be clogged and attacked but that's usually my own doing. No matter how many problems I have, you wouldn't dare let me go. What am I?

Eleventh Hour, Eleventh Day, Eleventh Month
 Veterans Day Word Search Puzzle

G Y S B N T H E G R E A T W A R G B X W
 N A E M U A P H H L E A W Y F Y U I G A
 O D R U I X T E O C H O A A C D M R R A R
 G E V D A L R I I I O D D J D W H A R T
 Y C I A W O I F O D S M Z Y N Y C W M O
 B I C T I H I T R N D E P W U U Y D E E
 E T E S W R V O A A A O O K Z D D L D N
 D S M C C B W R R R P L L R V E O R F D
 I I O A N W E H A P Y V H Z E K O O O A
 R M S U I T J N Y J B S H O W H K W R L
 P R O L E E C I V R E S C I L B U P C L
 Q A S V M S I T O I R T A P R I Z A E W
 N O V E M B E R E L E V E N T H D P S A
 N S D D G R A T I T U D E V P Z G A T R
 I Q X Y R E V A R B I E L T F S S V Y S

- armed forces
- Armistice Day
- heavy
- buddy poppy
- gratitude
- heroes
- heroism
- military
- national holiday
- November eleventh
- patriotism
- pride
- public service
- sacrifice
- service
- The Great War
- Veterans Day
- war to end all wars
- Woodrow Wilson
- World War I

Name _____
Thanksgiving Turkey
 Find your way through this turkey maze.

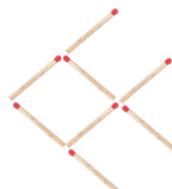


Matchstick Puzzles

1. Move two matchsticks so the glass is reformed without the coin inside.



2. Can you make the fish swim in the opposite direction by moving only three matchstick?



Lake County Public Transit
NOVEMBER
R 2019

Lunch and Bus Schedule
 Operated by Lake Co. Senior Citizens Assoc.

LUNCHES
Lunches at Summer Lake
 12th Tuesday

Lunch in Christmas Valley
 21st Thursday

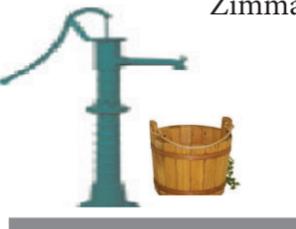
Bus will run for Summer Lake
Lunches if enough riders
signup

TRIPS

Monday 4th to Lakeview
Wednesday 6th to La Pine Shopping
Tuesday 12th to Bend
Friday 15th to Bend
Wednesday 20th to La Pine Shopping

The above trips are for sure, there may be others scheduled so please check with the Transportation Coordinator
 Please Call the Transportation Coordinator Anne Kasbohm at 541-947-4966 extension 106

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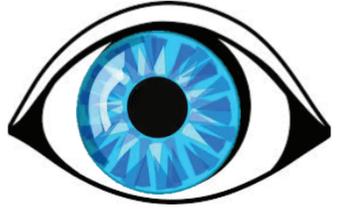
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Public Meetings

- 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 Park and Rec office
- CV Water Board - 2nd Wed at 1pm at CV Community Hall
- EMS - 2nd Thurs 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 Lioness - 2nd Wed at 10am at Silver Lake Fire Hall
- SL Rural Fire Dist - 2nd Mon at 7pm at Silver Lake Fire Hall

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