

NOVEMBER 2020

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

Visit us on-line thecommunitybreeze.com

terryonitsway@aol.com



I got about three days of color before all the leaves were on the ground. Now a really cold front with a lot of wind is on the way to finish the job.

Thanksgiving and the Virus

Traditionally on the Saturday before Thanksgiving the Christmas Valley Community Church hosts a Thanksgiving dinner for all who wish to attend with the meal being prepared and served by adult and youth congregation members.

This year, with the advent of COVID-19 a sit-down dinner simply isn't possible. So the 2020 dinner will be served curbside from 5 - 6:30 pm. Be sure to watch for informational posters for further details and contact numbers.

This is also the case for the annual Thanksgiving party held on Thanksgiving day at the Christmas Valley Community Hall that is hosted by Praise the Lord Fellowship and the Konaway Tribe. (There may be very



limited indoor seating for folks that have high need - this is not set in stone yet.) They will be serving Curbside and according to the Rev. Susan Birch many folks have already started to offer help.

Birch says that what is important is that people and families wishing to get their meals need to call Praise the Lord Fellowship at 541-576-3079 and let them know how many meals you will need.

Twenty-twenty has been anything but a normal year - rather it has been highly stressful and has certainly curtailed gatherings of all sorts, including family gatherings.

On page two there are some helpful thoughts on how to have a safe, yet satisfying Thanksgiving - they may help you fill the gaps that this virus has created.

Only Time Will Tell: *Thoughts from the editor*

For some readers this edition may arrive after the election results are in, and of course our commitment is to make every effort to have the paper to you on or before the first of each month.

With this having been such a turbulent year I have a hunch most of us are simply exhausted. Perhaps one's primary priority is staying healthy while for another it is helping get out the vote. Some folks have simply thrown up their hands as if to surrender and withdrawn from the whole mess. For the most part it appears that many voters in Lake County have already mailed in their ballots.

A trend throughout the country is a desire for forward motion in a safe and sane way and for those we elect to stop bickering and get some serious work done.

There have been far too many years of our elected officials metaphorically crossing their arms in a stubborn attitude from the get-go and not even suggesting they are willing to compromise.

Statistically businesses, athletic endeavors, employer/employee interactions and marriages that work in ways that employ give and take and compromise have higher success rates than those which engage in a more autocratic or 'it's my way or the highway' model.

Only time will tell.



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Comings and Goings

By Terry Crawford

If this year hasn't been a crazy ride. I would have thought that real estate would have fallen off in Bend - I do a lot of work for a few Realtors there, but just the opposite is happening and they have kept me more than busy. The inventory of homes on the market is very low. Prices are slightly up but not accelerated to worrisome appreciation rates. Everywhere one drives in the greater Bend/metro area one can expect to see major building projects in progress. This also holds true for Redmond, Prineville and Madras. Four-story hotels, four-story appointment complexes, town homes, tiny homes, and even a few affordable homes.

So what's the attraction? Certainly the lifestyle of the high desert with its many investment and recreational opportunities but that isn't the whole story. The VIRUS has altered the way many people are working. They have concluded that they can live anywhere they chose and accomplish as much if not more from a home office. And if they need to touch bases, well they can simply do a commute. I actually saw an article that said Bend was the second fastest growing city in the US. Not sure if that's true but it is growing. So is Christmas Valley. More and more people are moving away from urban areas and seeking an environment that is quieter and offers a slower pace.

I hope that my fellow Lake County registered voters took time out to get their ballots filled out and mailed in. It is now too late to mail it but there are drop boxes in the county. There will be one at the annex building next to Flowerree Park in Christmas Valley on election day.

My horses are getting fat and sassy. They happily munch away on big bails and get some supplemental feed too. The cool crisp air has them thinking they are youngsters again, even the 28 year old.

About a month ago a horse I had re-homed came back. Not for anything he did wrong, but rather his owner's circumstances changed. The result - five horses and four stalls. So what to do? With winter coming on I needed another stall. My son, his brother-in-law and Mike worked to get it built. It is great. And taking care of the horses will be manageable with the added space. Now I just need to find enough time to ride the Arab and the big White Horse.

Ideas for Keeping Thanksgiving Safe

- Consider a remote gathering.
- Weather permitting, host an outdoor gathering.
 - Keep gatherings small.
 - Follow basic novel Coronavirus safety precautions.
- Whether you attend an indoor or outdoor Thanksgiving gathering, wear a mask, maintain social distancing, don't touch your face and wash your hands. These measures "reduce the risk" of infection,
- Avoid buffet-style meals.
 - Check in on older family members.
 - Shop for Black Friday deals online.

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.

News Release

Officer Involved Shooting



On Saturday, July 11, 2020 at approximately 2:00 PM, North Lake Deputies took Terry Dickson into protective custody due to Dickson threatening suicide with a firearm. Dickson was transported to the Lake District Hospital where he was admitted for a mental health evaluation. Shortly thereafter Dickson was cleared by Mental Health and deemed not to be a threat to himself or others. Mental Health employees found Dickson temporary housing at the Interstate 8 Motel in Lakeview. Dickson subsequently went to his home in Christmas Valley, retrieved some personal effects and a Glock pistol and returned to the Interstate 8 Motel.

On September 12, 2020 Deputy Kintzley responded to the Interstate 8 Motel regarding shots being fired in room #112. Deputy Kintzley arrived and was surveilling the room when Dickson emerged with a gun in his hand and pointed it at Deputy Kintzley. After multiple warnings to drop the gun, Dickson began backing into his room still pointing the gun at Deputy Kintzley. Deputy Kintzley discharged one round striking Dickson in the chest. Dickson was later found deceased inside his room.

The Oregon State Police assumed the primary responsibility of the investigation. Upon completion of the investigation the case was presented to the Lake County Grand Jury on Tuesday October 13, 2020. The Lake County Grand Jury determined the use of force justifiable under ORS 161.239 and House Bill 4301(2020).

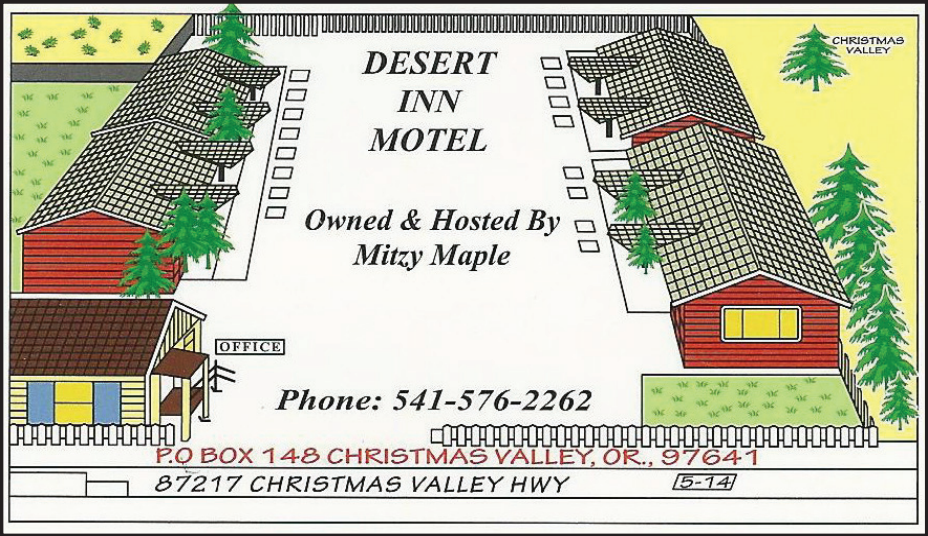
On October 15, 2020, the Lake County Sheriff's Office convened a Deadly Force Review Board to determine if the use of force used by Deputy Kintzley was within the guidelines of the Lake County Sheriff's Office Manual of Policies and Procedures. The Board, by a 5-0 decision, concluded the use of force utilized on September 12, 2020 was within the guidelines of the Sheriff's Office Policies and Procedures.

The Board also concluded the use of force was reasonable, necessary and within the Oregon State Statues as it relates to a law enforcement officer's authority to use deadly force. Deputy Kintzley has been released from administrative leave and cleared to return to full duty without restriction.

I am extremely proud of Deputy Kintzley's actions and demeanor during this terrible situation.

It is my opinion Deputy Kintzley acted honorably and with extreme diligence and restraint, placing his own safety at risk for the welfare of multiple citizens present at the time of the shooting.

Michael Taylor
Sheriff, Lake County



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The Community Breeze

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

Deadline: The 20th the month



Marie Lee

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

Camp Warner

Nothing remains of the historic military post in southern Lake County known as Camp Warner. The site is now part of a private ranch.

Camp Warner was estab-

lished on August 10, 1866. Cap-



lished on August 10, 1866. Cap-

tain Patrick Collins was unaware of how badly situated the camp was at its first location about twenty miles east of Warner Lake and high on Hart Mountain.

Brevet-Major General George Crook took command of the district at Fort Boise in December 1866. He had a reputation as an Indian fighter. Crook traveled to Camp Warner in February of 1867 struggling through a blizzard with snow drifts fifteen

to twenty feet deep. He immediately moved down to Warner Lake where the weather was milder. Crook described Warner Lake as fifteen miles at its widest with its narrowest point, near his camp, being three to four hundred yards. He set out to find a more

suitable site to relocate the camp by selecting a site on the west side of the lake, on the eastern slopes of the North Warner range near Honey Creek. Crook ordered a bridge

built across the narrow neck. Approximately 131 days were spent in construction of a causeway built by dropping rocks into the water. When finished, the causeway was wide enough for wagons to cross.



At the establishment of new Camp Warner, originally named Camp Wood, old Camp Warner was vacated in late August 1867. During September of 1867, while new Camp Warner was still under construction, Crook and his

contingent traveled a long-ranging and circuitous route finally engaging in a disastrous Indian battle in the lava country along the Pit River in the Modoc country of Northern California. Eight of Crook’s men were killed and twelve were seriously wounded. The Indians lost only fifteen from an amount estimated to be over 100. Known as the Battle of the Infernal Caverns, Crook received severe criticism



tain James A. Hall took command of Camp Warner on August 4, 1868. Hall completed the construction of Camp Warner and obtained adequate supplies of food and clothing. Slightly over a year later Major Elmer Otis took command of Camp Warner in October of 1869. Experience of previous winters had taught that livestock attached to the post wintered better in the lower elevations of Warner Valley and Crooked Creek Valley.

for the incident.

The winter of 1866-1867 resulted in a severe lack of supplies at Camp Warner. While the supplies were sufficient for the two origi-

nal companies attached to Camp Warner, Crook ordered in two additional companies.

Upon Crook’s departure Cap-

During January of 1871 Major Otis reported to Assistant Adjutant General, Department of the Columbia, Portland, Oregon that conditions at Camp Warner were generally good. Buildings within the post: Hospital, storehouses, stables, corrals, seven houses in the Officer’s Quarters, Adjutant’s Office, guard house, three enlisted men’s barracks, detached kitchens and mess rooms, bakery, laundress quarters and an ordnance storehouse. Although discipline was reported good, during the eight years of Camp Warner’s existence many deserters were punished.

Camp Warner was abandoned on September 3, 1874

POSITION OPENING: DAY CARE PROVIDER

Your North Lake Health District is looking for a (preferred) licensed Day Care Provide to operate services in our annex building on Spruce Road, Christmas Valley.

Please leave a message @ nlhd@ymail.com with your name and phone number and we will return your call within 5 to 7 business days to discuss details.

We Would Love to Share Your Submissions!!

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

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

We wish that we could mail the paper to the south end of the county but the cost would be prohibitive, however the Breeze is posted on-line every month shortly after being printed and can be found by typing in: thecommunitybreeze.com. It’s that simple. So tell your friends in the County’s south end to check out what you have had published and invite them to become regular readers.



By Toni Bailie

From This Angle: Carolyn Pottorff, Paisley Historian

By Toni Bailie

Carolyn Pottorff's biographical sketches of interesting people bur-

ied in the Paisley Cemetery appeared in several issues of the Community Breeze. I collected those stories and we published a book, *Colorful Characters from Paisley's Past*, illustrated with historic photos. Her book features both tragic and comic tales. There's an account of the Paisley Post Office robbery in 1957 when Troy Lawson lost his life trying to protect the post master, Anita Banister. A humorous sketch recalls Mike Polinsky, better known as Charlie Dump, the drifter who took up residence for a time at the Paisley dump.

Carolyn was a formidable woman, a force to be reckoned with. She had a strong will and determination that carried her through many challenges in her life – the death of her beloved father, a divorce, and raising her daughter as a single mom while working at her clerical job in Portland. Her spunky attitude emerged early. When she was still a preschooler, she got mad at her mother and

resolutely marched away from the brick house on Mill Street. She was headed west to the ZX Ranch, seeking refuge with her father, Joe Silveria. She got as far as Lovers Lane before her mother noticed she was gone and went in search of her.

After she retired after 37 years with the Department of Agriculture, she moved back to the red brick house where she grew up and attended Paisley School. She loved every brick in that house and was on friendly terms with the resident ghosts. Carolyn researched old newspapers articles and recalled stories her grandmother Neva told about Paisley history. Carolyn's great grandparents Isabell and William Hayes McCall moved from Silver Lake to Paisley in 1905. They purchased the brick two-story house on the corner of Mill and Stratton Street. Carolyn's grandfather Hen-

ry eloped to Lakeview with Neva Holder in 1911 – they were married for 67 years. Their daughters Audra and Ardith Evangeline were both born in the brick house. Carolyn proudly led the parade as Paisley Pioneer in the 2012 Mosquito Festival. In 2017, she was an enthusiastic member of the planning committee for the all-school reunion that celebrated Paisley School's centennial.

I treasure memories of my friendship with Carolyn. She was always a lively addition to our Easy Writers meetings. One year I created a dramatic script to bring some of Carolyn's colorful historical characters to life. At the 2014 Paisley Mosquito Festival, the play was presented in the former K&L Market. Local actors portrayed humorous and intriguing individuals that have made Paisley such a lively place over the years. The stage set recreated the restaurant in the old Chewaucan Hotel, where Carolyn worked as a waitress in the 1950s.

The hotel, a local landmark, was destroyed by fire in 1976.

With her brilliant mind and rapier wit, Carolyn could deliver barbs that always made me laugh. She was a wealth of information about Paisley residents, all their intermarriages and peccadillos.

Carolyn and I shared a love of books. We both liked history, biographies and the mystery writer Jacqueline Winspear. We were always swapping books. During my last conversation with her a couple of days before she died, Carolyn told me about a new book she had started reading and she was sure I would like it too. Together, Carolyn and I attended community theater productions in Paisley and North Lake. She always delighted in the antics of the little kids at the school Christmas programs. Once her school mate Dick Morehouse gave us a guided tour of the Fort Rock Homestead Museum.

Do we ever fully appreciate all the ways a friend is woven into the fabric of our lives? Maybe only when we lose them that it dawns on us how precious they are. When Carolyn died, she left her stories that are a historical legacy for our community and she left me with many memories of our friendship



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Charles Mitchell Innes

Charles Mitchell Innes died March 19, 1908. He was a Scotsman; who came to this area in 1874 with his brother Thomas. Together they purchased a ranch. Originally, they raised sheep, but around 1900 they switched to cattle.

According to some old timers, Charlie was a “remittance man,” that is, his family paid him a “remittance” to stay away. Usually, this was because of theft, alcohol or women. However, if this was so, Charlie was reformed. There is no mention of this kind of behavior while he lived here. Charlie’s obituary states he was born into the Scottish nobility and “at one time was close to inheriting the estate and title of Earl.”

He sold his livestock in 1906, but retained his Summer Lake Ranch (now part of Emery-Leehmann property). He never married. When the post office was established here in 1879, Charlie suggested the name Paisley in honor of his birthplace.

Charlie died at Hotel Paisley of Bright’s disease when he was

Colorful Characters from Paisley’s Past

Stories from the above titled book by Carolyn Silveria Pottorff

65. He’s buried approximately in the middle of the Paisley Cemetery, a long way from his home in Scotland. According to his obituary, “No more whole-souled, good, and free-hearted man ever lived than Charlie Innes.”

McElvy Wooten, Jr.

April 26. 1863 ~ November 26, 1883

If you have visited Paisley Pioneer Cemetery, you may have noticed a single grave surrounded by a cast iron fence. This is McElvy Wooten’s resting place.

McElvy was from Creswell, Oregon - his parent’s only son. He was diagnosed with tuberculosis which was a frightening disease 130 years ago. He was sent here, to the dry side of Oregon, because it was generally believed that a dry climate was beneficial. Apparently his father’s relative, Jonas Wooten, was a Paisley resident, so Mc Elvey lived with him.

It must have been exciting for a boy to make the trip to Paisley and see arid Eastern Oregon, with its large cattle and sheep ranches. I hope

broken in two pieces by vandals. The iron fence, however, has kept the grave from being lost.

At the time of McElvy’s death, the site was not an official cemetery and his parents hoped the iron fence would provide some protection from livestock. I’ve had trouble finding more information about McElvy and his family but I can say someone really loved him.

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Civil War Soldiers

At least four veterans of the Civil War are buried in the Paisley Cemetery. They all served in the Union Army.

Samuel S. Banister

1848-Dec. 23, 1930 - enlisted in the Missouri Cavalry at the age of 13, serving as a bugler.

Daniel S. Bryan

4-10 1828 to 7-11 1911 enlisted in the Missouri State Militia. He served until his dismissal due to injuries in 1864. Those continued to plague him, leading to amputation of his right hand in 1865.

Adam Harlerode

12-12 1842 to 1-16-1912 enlisted in the 42nd Ohio Infantry at the age of 19. He took part in the battles of Lookout Mountain and Cumberland Gap. He was present at the siege of Vicksburg where he was taken prisoner. After the war he married the widow of another soldier and they had 12 children.

Orin S. Warland

1827-1906 enlisted as a private in Company C, 13th Massachusetts Volunteer Infantry, in July 1861. He participated in the Battle of Bolivar Heights, Virginia. In 1862, his company took the town of Martinsburg Virginia.

Next Month from Carolyn Silveria Pottorff’s “Colorful Characters from Paisley’s Past: George Sam Farra and Upton “Dad” Worthington



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The Flyway Restaurant

The Lodge at Summer Lake

During these difficult times we will attempt to maintain our regular hours, however, there will be days when we may close or shorten our hours. We encourage you to call ahead and verify the plans for that day.

We wish you all a safe journey through this surrealistic experience and that you stay safe and healthy.

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I'm Not on a Diet PIE



Becky Womack ran across this fun recipe while organizing her collection of recipes from ranches and cow-camps of Lake County. This one comes from the Diamond X Cow-Camp

I'm Not on a Diet Pie

Ingredients:

- 3 Eggs
- 1 1/2 Cups Sugar
- 1 1/2 Tablespoons Flour
- 1/2 Cup Melted Butter
- 1/2 Cup Buttermilk
- 1 Teaspoon Vanilla



Putting it together:

Beat eggs until fluffy, then add sugar and flour and lightly blend by hand. Next add butter, buttermilk and vanilla, again lightly blending by hand.

Pour into an unbaked pie shell and place in a 350° oven for one hour.

This yummy dessert can be enjoyed as is or topped with spices, fruit, whipped cream. Really, anything that you like.

Vegetarian Eggplant Nuggets

This is a simple, delicious meat free dish. It takes maybe 1 hour from start to finish. These nuggets can be made ahead and frozen for a quick weeknight meal with a pre-made marinara sauce.

Vegetarian Eggplant Nuggets

- 1 large Eggplant (or enough 1/2" slices to cover 2 baking sheets)
- 2 cups Bread Crumbs or (oat meal for a lower carb dish)
- 1 Egg
- 2 large Cloves Garlic, peeled and chopped
- 1 Yellow Onion, chopped
- Salt and Pepper to taste
- Big handful of Fresh Basil & Oregano (or 1/2 tsp dried each)
- 1/2 cup Parmesan Cheese
- Olive Oil



Peel and slice Eggplant in 1/2" slices, place on greased baking sheets and brush with Olive Oil, then roast for 30 minutes at 350°

Transfer roasted Eggplant to the bowl of a food processor, blend till smooth. Add the chopped Onion, Garlic, Herbs and spices. Pulse to combine

Add the Egg, Parmesan & Crumbs and pulse to combine

Mixture should be soft but add more crumbs if too moist to mold into balls. (Can also be scooped.)

Form mixture into 1 1/2" balls, placing on greased baking sheets

Bake at 350° for about 25 minutes, turning once until browned and slightly crusty.

Serve topped with marinara sauce (or dipping sauce) accompanied by a crisp green salad.

Enjoy Marie Brain

COLD AND FLU SEASON SUPPORT

Submitted by Kelly McCord and NL Health District

As cold and flu season settles in its comforting to know your local La Pine Community Health Center is available to support your wellbeing. People may be feeling uneasy about the double threat of the regular flu season coupled with the threat of COVID 19. Your local clinic is here to help.

All north Lake County locals who have not yet established care with the Christmas Valley clinic are encouraged to submit a completed new patient packet and make an appointment to establish care. You can find printable packets for both adults and children on line at www.lapinehealth.org or by stopping by the local clinic and picking them up from the receptionist. The clinic offers many services without having to travel to La Pine or Bend for established patients, not the least of which is the convenience of having your primary care provider right here in Christmas Valley.

If you come down with cold or flu symptoms give yourself a few days of sensible at-home care; drink plenty of fluids, stay warm, wash your hands frequently, cover your mouth when you cough or sneeze and get plenty of rest, and during the pandemic, wear a mask to protect family members. If symptoms become severe, or you don't feel better in a few days call to make an appointment to be seen by a provider. During the COVID pandemic patients with cold and flu symptoms are **NOT TO ENTER THE LOBBY**, but rather, park your vehicle on either side of the ambulance entrance (located to the left of the main lobby entrance), and call from your vehicle. The medical assistant will triage you outside and bring you in through the back entrance to ensure the safety of patients in the lobby area.

If you're well, do your best to stay that way!! Get plenty of rest,

maintain a healthy diet and keep fluid intake up. Wash your hands frequently, wear a mask in public places or around symptomatic family or friends and practice social distancing; (all of these activities are wise practices during cold and flu season, pandemic or not). Avoid places where exposure to

colds and flus are higher. Flu shots are available at the Christmas Valley clinic for established patients of all ages. If you haven't yet gotten your flu shot you can call to schedule an appointment @ 541-536-3435 Ask about pricing for uninsured patients if needed.

COMMON MISTAKES

When using a face mask

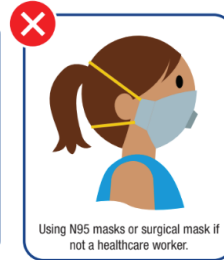
en
COMMUNITY



Putting it on without washing hands.



Touching the mask while wearing it.



Using N95 masks or surgical mask if not a healthcare worker.



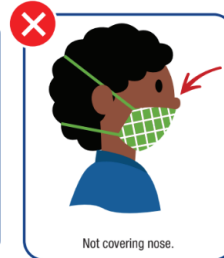
Not covering the chin.



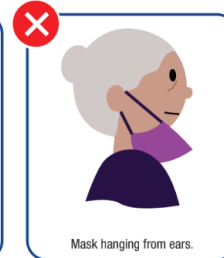
Frequently taking it on and off again.



Leaving gaps between face and mask.



Not covering nose.



Mask hanging from ears.

Team OSV <https://www.teamosv.com/guidance/>

COMMON_MISTAKES_COL_Rev_5



Hey Folks,
It's that time of year. It's dark earlier and School is in session. Please slow down and give our children the safe space needed as they get on and off their school buses.



PUBLIC TRANSPORTATION INFORMATION

Submitted by Ann Kasbohm

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

Special Transportation and the Lake County Senior Center both serve North Lake

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

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

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

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

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

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

North Lake Dispatch - 541576-4689

Paisley Dispatch - 541-943-3551

Lakeview Dispatch - 541-947-4966 ext. 106

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

Dr. Natasha Rudd, N.D., L. Ac.



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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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541-536-3435

Dr. Michael Allen DO
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Megan Lewis, FNP
Clinic Hours:
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Closed daily 11:45-12:45

Massage Therapy
541-576-2110 or 576-2043 (Home)
Shawn Lavallee, LMT
By Appointment

Lake District Wellness Center
Behavioral Health Services
541-947-6021
By Appointment

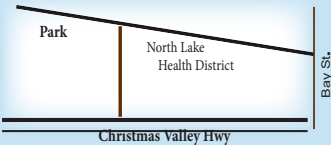


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541-633-6563
Helmut Eichner DC
By Appointment

Naturopath/
Acupuncture
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Natasha Rudd, N.D., L.Ac.
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541-554-9888
Timothy Arbow, O.D.
By Appointment

Mental Health
541-515-9233
Tara Jones
By Appointment



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- To minimize your chance of having to miss days of work
- To protect your immune system
- To protect your loved ones

How?

- Schedule an appointment (any location)
- Request the vaccine during your next appointment
- OR come to our Walk-In Flu Shot Clinic in La Pine, Monday - Friday, 8 a.m. - 5 p.m.

Your Christmas Valley Health Center!

North Lake Health District Medical Center
87520 Bay Rd | Christmas Valley, OR 97641
Monday - Friday | 8 a.m. - 4 p.m.

(541) 536-3435 www.lapinehealth.org



LaPine Community
HEALTH
CENTER

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.



The one thing the historians don't want you to know that the Shoshoni Indians, especially the Saydocarah Snake Warriors of the Ochocos, were on the side of the Americans from the very beginning. Indeed, many of them were buried with the Boy General in a common grave at Wounded Knee.

Five hundred years ago these warriors removed from their land called Oyerungun (Oregon) the Spanish Conquistadores who sought to enslave them. If our allies hadn't removed completely the world's most powerful military from Oregon, the whole entire world would today be singing a different tune because it was the start of the 'slippery slope' that removed Spain from the top as the worlds 'super power'.

This complete rout of their military took place at their fort located at what is now the Double O Ranch just west of Burns, Oregon. The Spanish must have put up a good fight because out of respect for their enemy the warriors changed their name to their defeated enemy. Saydocarah means conquerors thus Conquistadores.

In 1805 Lewis and Clark traveling west in "unexplored" territory needed and needing help to traverse this country stopped at the Shoshoni camp of the Utes in the present state of Utah and received a warrior princess named Boi'naiv, the Bird Woman to show them the way to the Pacific Ocean.

A year earlier on the insistence of Aaron Burr, President Jefferson had appointed General James Wilkinson civil governor and military commandant of the acquired Louisiana Territory. Acting as a double agent, Wilkinson

BIRD WOMAN

by the prospector

informed the Spanish of Jefferson's plan to send an American expedition into the Louisiana country with the intent to cross the Rockies to the Pacific Ocean. Spain, anxious to keep the Americans out of Oregon at any cost, had no intentions of letting this happen. Four military expeditions were sent out

deer" and on the lower Columbia below Celilo Falls they saw sea otters described as being the size of a Mastif dog. General Wilkinson's spies were apparently seeing more astonishing things. In December, 1805, he wrote a curious letter to President Jefferson in which he



of Sante Fe, New Spain, (New Mexico) by Spain to "arrest Capt. Merry and his followers and seize their papers and instruments." Lewis and Clark apparently were unaware they were the target of international intrigue.

Each attempt failed to get through because Red Wolfs Shoshoni Warriors ensured the success of the American Corps of Discovery by blockading the Spanish strike force. At the same time Bird Woman, one of their kinsmen, was guiding the Lewis and Clark Expedition ever closer to the Pacific coast. Because of her they were the first white men to see the Snake River in whose murky waters swam fish twelve feet long. North of the Ochoco they saw a large deer, which Lewis named "mule

spoke causally of natural wonders in what is now Yellowstone Park, an area not even discovered until years later. He also hinted at

financing an expedition to establish a post on the upper Missouri to exploit area's resources. This strange letter was written a year before Lewis and Clark returned to civilization at a time when the expedition was believed lost! Interestingly, at the time of Wilkinson's letter, Bird Woman had just gotten the Corps of Discovery to the Pacific coast. Few will recognize her Shoshoni name, Boi'naiv, a Saiduksa princess. This intrepid Snake maiden changed the history of two nations when she guided the Lewis and Clark expedition into the Oregon country. To the memory of this gallant woman a bronze statue was erected in the Portland, Oregon City Park in 1905. Other monuments commemorating her assistance to the advancement of the white civilization are located in Montana, Wyoming and North Dakota. We know this princess as Sacajawea.

When the Hill-Hariman railroad was being driven up the Deschutes River to Bend rifle shots echoed in the city dump known as the Malheur Reservation of our allies that the Shoshonis were placed. Ironically this last Indian war fought in the United States was called the Bannock War in which very few Bannocks were involved because most were dead with the "white man's disease" by then but the historians didn't want us to know the truth because it would in turn cause too many questions that could not be answered. As our allies laid dying in their final agony cried out: 'Nimma ne-umpu!- 'We too are human!'



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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 of newspaper.

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 with out 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 the hoods of automobiles. This may result in death or injury when the ignition is turned on. It is a good idea to bang 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 according. 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 air - especially on a windy day.

Because much of a horse’s body heat is produced as a result of fermentation of fiber in their hind-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.

If you decide that you want to blanket

your horse there are several things you need to consider. Will the blanket pack the horses natural protection from its winter coat down and negate its insulating properties while not being heavy enough to compensate for the deficit. Does your horse have a really heavy winter coat? If it does it most likely doesn’t need a blanket. Notice that in freezing snowy weather your horse may be standing out in the open with snow building up on its back - and not melting. this should tell you something - that the winter coat is doing a fine job.

Another consideration is the horses age and general condition when deciding to blanket or not. Many older horses have lost teeth and may not keep enough forage going in to produce the necessary heat. These guys absolutely need to be blanketed if they are to hold their weight.

Will you be riding a lot? If so you may opt to do a trace clip so that your horse will not end up weat from sweat - but of course the horse will need blanket and neck coverings to compensate.

(Information for this article was gleaned from a variety of easily accessed sites on the Internet including the Mesoamerica-Humain Fact Sheet.)



Sheriff’s Report Submitted by Sheriff Michael Taylor

On 09/16/2020, Deputies responded to a single vehicle motor vehicle crash on the Fredrick's Butte Road, just south of the county line at Fredrick's Butte. The driver was identified as 25-year-old adult female. The female was transported by her father to St. Charles Hospital for treatment of injuries. The vehicle was recovered by North Lake Towing. No enforcement action was taken.

On 09/17/2020, Deputies responded to a 911 report of CPR in progress, 72-year-old male. Witnesses were identified and interviewed. Contact was made with Dr Graham, Sheriff Taylor, and DA Ted Martin. The scene was photographed and a death investigation checklist was completed. The deceased was

released to Baird's funeral home out of LaPine.

On 10/08/2020, Deputies responded to a report of a single vehicle motor vehicle crash near the “S” curves, west of Christmas Valley, on Christmas Valley Highway. The driver was identified as an 80-year-old male. There were no injuries resulting from the crash. A driver evaluation request has been submitted to the DMV.

On 10/10/2020, Deputies were notified by dispatch that a male subject was believed to be at a residence at 83000 Christmas Valley Highway, Christmas Valley, Oregon. Dispatch reported several calls from various people stating the male was returning to the aforementioned residence, which was the prior

residence of a deceased individual. The suspect was known to have active felony warrants. The male subject was contacted and arrested on the warrants.

On 10/17/2020, Deputies began an investigation of found property, being an Oregon Identification Card. Investigation in LEDS shows the person on the ID card as deceased in 2015.

On 10/15/2020, Deputies began an investigation of a theft (on Maple Circle)t, a second-hand Sylvania flat screen TV. An adult female was listed as the suspect. On 10/17/2020, the TV was recovered and returned to the victim.

On 10/23/2020, Deputies made contact with an adult male roadside

on Christmas Valley Highway, near Snowflake Road, to serve him a restraining order. Deputies had been attempting to locate the male for service of the restraining order and found the male out of gas at that location. While following the male back to his grandmother’s residence to return his vehicle, Deputies found that the male suspect was driving with a suspended driver’s license. Upon arrival at the residence, the suspect accelerated rapidly out of the driveway and attempted to elude Deputies. The suspect’s vehicle ran out of gas again, a short distance from the residence and the suspect was taken into custody. K9 Spyke was deployed in the event that the suspect attempted to elude on foot. K9 Spyke was in control on leash during the incident and never made physical contact with the suspect.

ACROSS

- 1 Singer Abdul or comic
Poundstone
- 6 Shook hands with
- 9 Separated
- 14 More competent
- 15 Midwestern
megacampus: abbr.
- 16 Grounds
- 17 Veranda, or a Hawaiian
island
- 18 American "Uncle"
- 19 Slap hard
- 20 Judicial summons that
makes you yawn?
- 23 Conception
- 24 Laze (around)
- 25 Refused to let anyone
listen to Kurt Cobain's
music?
- 30 Future cake
- 31 Boleyn or Frank
- 32 Eggs, on biology tests
- 34 Not ____ many words
- 35 Humongous
- 36 "I couldn't agree more!"
- 37 HST's successor
- 38 Word repeated after
"Que" in a song
- 40 Home of the Mud Hens
- 42 Women's part of the
house in an Iraqi home?
- 45 Fine ____
- 46 With, in Bordeaux
- 47 Itinerary listing after
"Argentina ayer,
Paraguay hoy"?
- 52 Lucky roll
- 53 Ad ____ (improvise)
- 54 Eat away
- 56 Part of a platform
- 57 Mean Amin
- 58 Room in the game Clue
- 59 Cartographer's book
- 60 Small battery
- 61 Get the feeling

DOWN

- 1 Chum
- 2 Quatrain rhyme scheme
- 3 Forearm bone
- 4 Go toward, as the wind
- 5 She helped Theseus
escape the Labyrinth
- 6 Israeli intel agency
- 7 Jacob's twin
- 8 Falling (down)
- 9 Cleanse of sin
- 10 Actress Anderson
- 11 Strong ____ ox
- 12 Costa ____

- 13 "For shame!"
- 21 Skeezy look
- 22 Blue stuff
- 25 Alternative to a hotel
- 26 Out on the waves
- 27 Water nymph
- 28 Julius in "Gaius Julius
Caesar," e.g.
- 29 Brand of 52-down
- 30 eBay try
- 33 "I guess that's ____"
- 35 South American capital
- 36 Not as part of a combo
- 38 Psychologists, casually
- 39 1999 movie directed by
Ron Howard
- 40 Sandals brand
- 41 Unity
- 43 Lead ore type
- 44 African country whose
capital is Lusaka
- 47 Suspenders alternative
- 48 Office shape
- 49 Opera set in ancient
Egypt

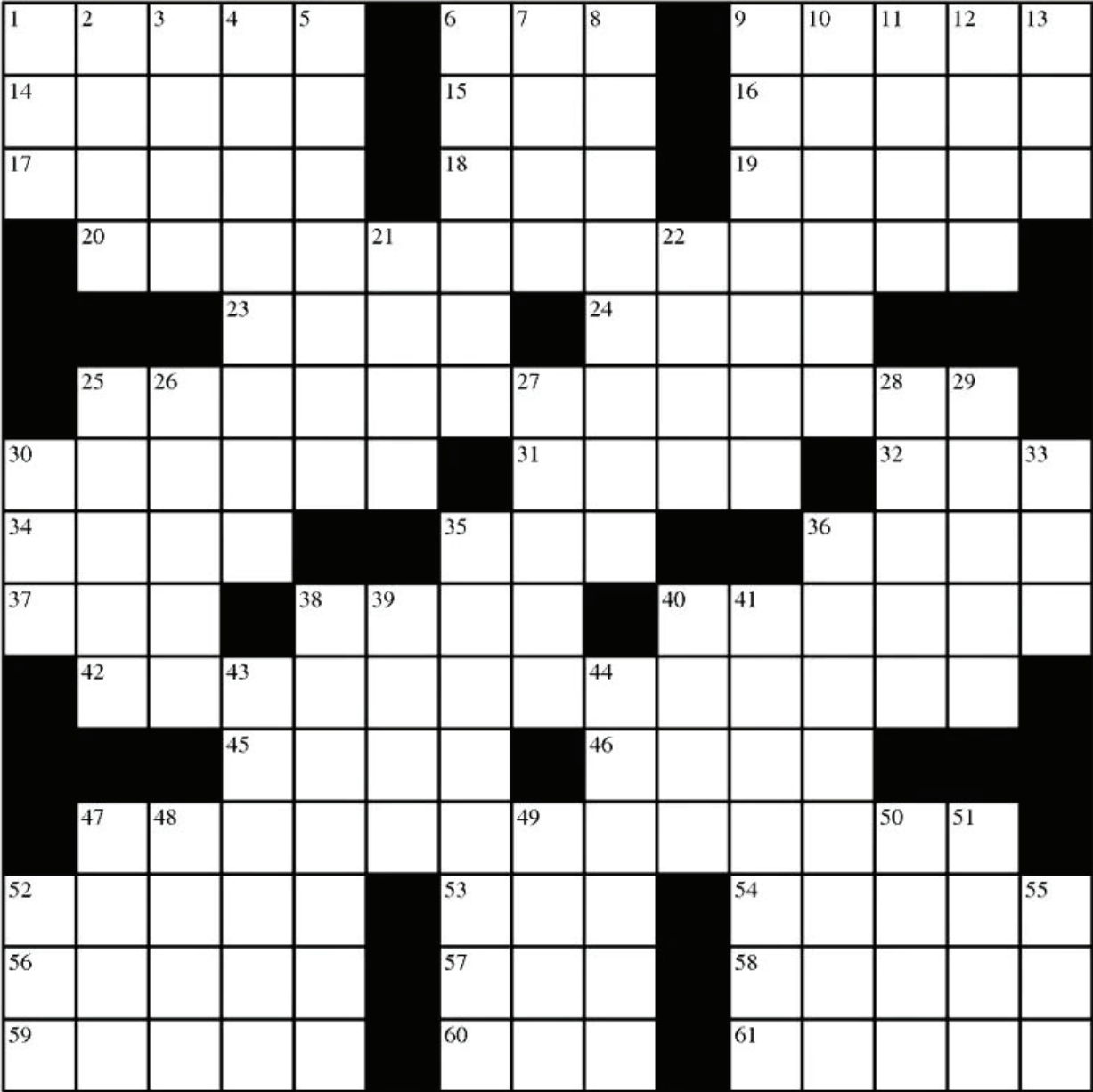
RIDDLES

I shift around, though always slowly. I never move more than a few inches at a time. A large movement by me can kill many people. I am huge, yet unseen by humans. What am I?

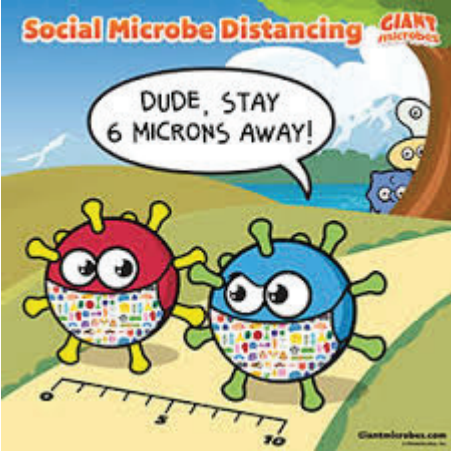
I'm in a box, full of that which is most rare. But I'm not a flute, and I'm not some hair. Though soft be my bed, I'm as hard as a rock. While dull in the dark, I glisten once unlocked.

I am a window, I am a lamp, I am clouded, I am shining, I am colored and set in white, I fill with water and overflow. I say much, but I have no words.

tectonic plate, jewel, eyelet



- 50 Crossword, Iceland or
astrophysics
- 51 Puts 2 and 2 together
- 52 Place for a facial
- 55 Watch closely



social isolation

I	N	S	A	A	N	O	I	T	A	L	O	S	I
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T	R	D	N	N	R	A	N	A	U	V	Y	E	R
A	N	S	T	I	E	S	C	E	E	E	O	L	O
M	R	M	I	T	V	I	T	R	S	R	U	I	N
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- QUARANTINE
- COVER
- DELIVERY
- MASK
- PREVENTION
- RISK
- DISEASE
- OUTBREAK
- COUGH
- FEAR
- CORONAVIRUS
- INFORMATION
- WASH YOUR HANDS
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- SOAP
- SYMPTOMS
- ISOLATION
- HOME
- SICK
- PANIC




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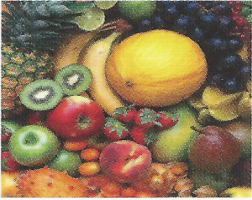
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Public Meetings

- 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 Wed at 7pm at EMS Building
- FT Rock Grange - 2nd Wed at 6:30pm at Grange
- Ft Rock Historical Society - 2nd Tues-10am at the Museum

- FR/SL SWCD - 2nd Thurs at noon at Silver Lake Fire Hall
- Lake Co. Hay & Forage - 1st Thurs at 6pm at Lodge at Summer Lake
- Lions Club - 2nd Mon at 6:30 am at Silver Lake Fire Hall
- NA Wednesdays at CV Community Hall at 7pm
- NL Health District - 1st Mon at 5pm at North Lake Clinic
- NL School Board - 2nd Mon at 5:30pm at the NL School library.
- SL 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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- Sinks, faucets, water heaters, pressure tanks
- Galvanized, ABS, CPVC fittings and tools
- Lumber including plywood
- Fencing Supplies
- Landscaping pavers, & more

Monday-Friday
 8 am - 5 pm
Phone: 541-576-2206
Fax: 541-576-2702
 CCB #45220

Located on the Highway in the Heart of Christmas Valley



Pacific Crest
FEDERAL CREDIT UNION

57269 Park Road
Christmas Valley
 800.570.0265
 Mon-Fri 11:00am-5:30pm

2% REWARDS CHECKING

EARN UP TO 2.00% APY*

- **No minimum balance**
- **No monthly service fee**
- **30,000+ Surcharge free ATMs**



* Must be eligible for membership and maintain at least \$5.00 in your Membership Savings Account. Earn up to 2.00% Annual Percentage Yield (APY) on your Rewards Checking Account. Must have 15 debit card point of sale transactions post to your account each statement cycle, be enrolled in e-statement, and have no loans greater than 14 days past due. 2.00% APY is available on your monthly average balance up to \$10,000. Average balance above \$10,000 will earn 0.02% APY. The APY is offered as of March 1, 2020 and may change after the account is opened. Fees may reduce earnings.

Federally insured by NCUA

