

# 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

## Eye Candy for Car Lovers



*Ferrari Owners from throughout the North West toured Southern Oregon*

It's not often that people anywhere in rural America have nearly two dozen high-end sports cars drive through their towns, stop for a quick meal visit with locals and simply share their passion for the high-powered cars they drive but, Christmas Valley and

surrounding areas were treated to just such an event on September 10th. Most of the cars were Ferrari however, there were several Porsche and one McLaren. The Green car above is a Porsche gT3 and the blue car is the McLaren. See *Comings and Goings* (pg. eight) for a little more about the visit.

## Fall Festival ~ Library Endowment Dinner ~ DEQ Meeting

Fall has arrived - with just a brush of winter thrown in so as to remind us that colder weather is on the way. At any rate, here we are in October and that means it is time for the **FALL FESTIVAL**. This year's event will be held on October 19th and starts bright and early at 9am. As always there will be great eating opportunities and a lively live auction featuring: Antiques, Furniture, Machinery and much more. This is truly a family affair. For more information see their ad on page two.

Also on the 19th is the **Lake County Library Endowment Dinner**. This event will be preceded by a no-host reception at the Main Branch. For more information see page 12.

Another October happening is a meeting on Oct. 7th at 6:30pm at the Christmas Valley Community Hall hosted by the Department of Environmental Quality (DEQ) concerning the Alkali Lake hazardous waste site. Representatives from DEQ will be providing information about the site as well as answering questions from attendees of the meeting.



*Photo by Terry Crawford*

This photo was taken from the informational parking area in the Black Hills a few weeks ago while on a trail ride with Becky Womack. See if in the rocks above you see what we see -- An elephant's head and trunk, a squirrel and three faces looking downward.

*A letter to the Community from School Superintendent David Kerr*

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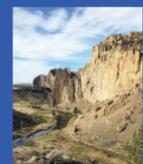
By Terry Crawford

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### Oregon Archaeology Celebration

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# Annual Fall Festival

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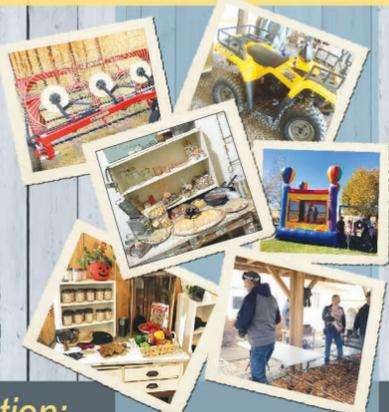


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## Letter to The Community

### North Lake School District No. 14

57566 Fort Rock Rd. Silver Lake OR 97638 541-576-2121

September, 2019

#### School Bond Update

Much has happened since our school bond passed in May election last spring. Things have been moving at such a rapid pace it was difficult to express where we were at any specific moment. Since May we have been on two separate (but related) tracks. But here is an update on both:

**The Financial path:** May/June: Bond sales are a very specific and "specialized" form of investment. It involves a multitude of federal and state guidelines; it involves the Security Exchange Commission and requires specialists to navigate the process. We contracted with a bond attorney and a bond financial advisor to guide us through this process.

**June/July:** Our school and community finances were evaluated by specialist in the bond arena and our school received a formal bond rating of "A" in this investment market. An "A" is common for schools. It took about two months of assessments and evaluations to prepare for the bond sales.

**August:** Our bond sales took place on August 6 in Portland and involved a stock market style approach. Investors and coordinators were from all across the United States. This was an impressive process to be a part of. Our bonds sold within an hour and at a good investment rate for buyers – which was good for us as well.

**August/September:** Most of our financial posturing is near completion with the exception of the Matching funds from the state. This is an ongoing process and could take months since this side of the bond is more of a reimbursement process.

We are in very good shape financially and this path is moving forward, sometimes rather quickly and at other times at what seems to be at a snail's pace.

**The Construction path:** The construction process is about as complicated as the financial track. Many significant state and federal laws and guidelines apply to schools. We needed people with knowledge of these requirement to lead our efforts.

**May:** Following the May election, we immediately sat down with a consultant (with 20 plus years' experience in school bonds sales, planning and school construction procedures). We have consulted with this individual several time in the last three years. His cost? One mileage reimbursement from Bend (about \$100.00) and two dinner tickets to the Cowboy Dinner tree – this was a gift and not a bill.

**June:** Following his visit, we secured a Project Manager to oversee our project. We have hired Mike Tiller from Bend as our project manager. Mike has 12 years' experience overseeing school construction projects. Most of our steps in the construction process will be under Mike's direction.

**July:** Working with Mike Tiller and several staff and community members we advertised and accepted proposals from various architects and ultimately recommended to the School Board the firm of Scott Steele and Associates (Bend) as our architect. Scott has many years in the area of school design and knows the market and construction side as well.

**August:** Using a similar process, we advertised and reviewed several contractor proposals. We ultimately recommended to the School Board the firm of Griffin Construction from Prineville. Griffin also has many years of experience in school and public building construction.

**September/October/November:** With a Project Manager, an Architect and a Contractor all on board we are now meeting with them and with selected staff to put final designs on all aspects of our school improvement project. This could take a couple of months.

**What's next:** The final design, architectural plans and fine tuning process could take until November. Following the completion of the design team's efforts, we hope to be able to submit designs and request permits in December. This could take several months to complete. We anticipate breaking ground in May, 2020.

This has been an exciting and highly specialized process to be a part of. If you have questions about our process or how we got to this point please contact me at North Lake School.



Best wishes,

David Kerr

## 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](http://thecommunitybreeze.com)

Editor: Terry Crawford 541-480-0753 - [terryonitsway@aol.com](mailto: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.

# What a difference a day makes

By Gloria Heglar



We returned from our trip to California late in the day, we didn't even unpack that evening, the drive was long and we were tired but very content. We enjoyed seeing many of our friends and our daughter, son in law and our only grandchild. Good times, good food, great memories. We awoke the next morning and my husband said, "I can't see out of my left eye." We saw the Doctor in Redmond and even though he repaired the retina tear he had in his left eye in May, he said the only place we could go to try and repair this was at the University of Oregon in Portland and immediately faxed the records to the Casey Eye Clinic.

**Gloria Heglar**

Clark contacted the VA in Bend and they spoke to the eye clinic. The VA took over responsibility as the eye specialist is on both staffs. We were on our way to Portland with our friends, Pierre and Charlotte who said, "We are there for you." Beautiful words to hear in the moments of preparation and arrangements.

Debbie took Harry and will spoil him throughout the month long trips to Portland. Pierre and Charlotte remained by our side throughout the trip to Portland and home and will be with us in the coming days on the return for surgery.

The prognosis is poor according to the Doctor, who is only one of two who can attempt this surgery. Friends and family have rallied with love, prayer and encouragement.

You might be tempted to say, well, thank God he has another eye, but the same thing could happen to it in the future, they tell us.

Clark has been a classic scenic photographer since graduating from the Art Center College of Design, one of the finest schools of its kind. His photos have appeared in books, advertising and homes for decades. Beauty is his trade mark and is a major part of his life and his personality. He is a part of the school in Paisley, teaching photography daily and his plans for retirement include classes on night sky photography which he taught a class in recently at Playa in Summer Lake. Recently retired from the Forest Service most of his time is devoted to having a camera attached to one eye or the other.

We leave this Sunday for Portland and the outcome is unknown at this time but I liked what he wrote on social media about how he thinks and feels and I want to share it with you. Prayers and happy thoughts are greatly appreciated for this sweet man I am married to.

*Gloria and I had a great long Labor Day Weekend, we went down to Santa Ynez where her daughter and husband have a winery and ranch. We were celebrating Gloria's birthday, her daughter's (Lea) birthday, special events and other celebrations. Our granddaughter came up from LA to be with us, many friends, friends of Gloria for 40 plus years and now my friends for about half of that time were there for the weekend also. Gloria's son-in-law Michael cooked all weekend and it was wonderful. We ate way too much. Michael's dad Ray (95 years old) who started the ranch was wonderful as usual and helped doing everything. So many stories, remembered times, jokes, tales and just catching up made for a lot of laughter and smiles for all. Great times and great people being together and sharing.*

*But during the weekend I lost most of my vision in my left eye. After we got back home, I went to Bend and I had my eye checked by the specialist that successfully fixed the tear in my retina earlier this year. I have a detached retina. They said there is no one in Bend has the ability or facilities to repair my eye. They referred me to the best in the Northwest at OHSU in Portland. I also contacted the VA. The VA and OHSU work together and I saw the very best earlier this week. The prognosis is not good. 85percent chance of reattaching the retina (saving the eye), about a 20 percent chance of gaining any vision and almost no chance of having viable vision after surgery. They think without any doubt that it is worth going through the surgery to save the eye and hope for the best on having vision restored. I will have eye surgery to reattach the retina Monday, September 23. I am optimistic about the outcome, I am very impressed with the surgeon, his people and the facility and they will be doing the very best that they can. I will be doing the very best I can also. I expect to be the poster child for a successful outcome.*

*They don't know what caused the detachment, but I think I know. I have been basking in the wonder, the beauty, and glow of my wonderful wife for a third of my life, and I have seen so many wonderful things and so much beauty that it was more than an eye can handle.*

## On a Clear Day You Can See Forever



One of Clark Heglar's Beautiful Photos

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# From This Angle: *A Hike to Remember*

By Toni Bailie

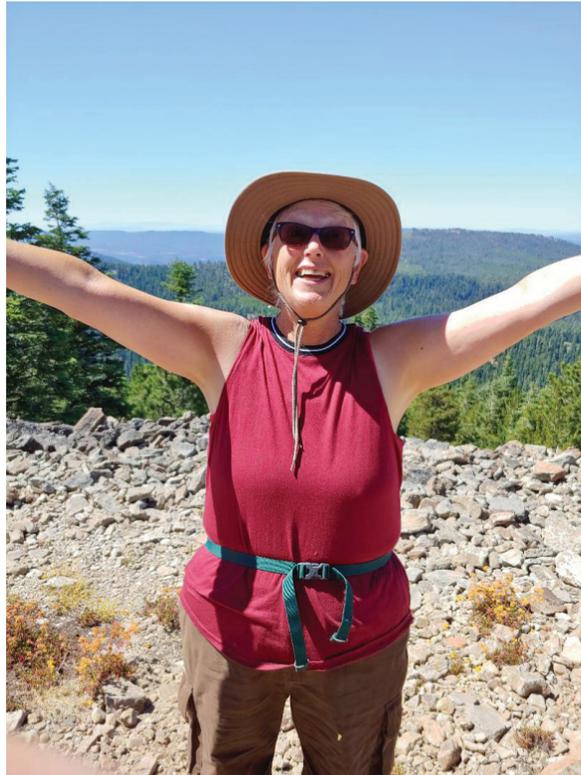


Toni Bailie

For some-  
one like  
me, who  
brakes for  
trailheads,  
there is  
nothing  
more en-  
ticing than

discovering a new path to explore. I was excited when my friend Margot suggested a hike from Cottonwood Lake to the crest of Cougar Peak, topping out at 7,919 feet. We made a gradual ascent along a creek bordered with green grass and aspens trembling in the wind. About 1/2 mile from the starting point, Margot decided to leave her walking pole behind, balancing it on a rock near the trail.

As we wound our way through stands of tall trees, we welcomed the cool shade as the day got warmer. We met a few cows plodding along toward us. As we emerged from the trees, we arrived at a junction. We turned right and began following an old road. It was a steep climb, but at each switch-back we urged one another on. Finally, after scaling an area of loose rocks, we reached the summit, site of an old fire lookout that had



been built in 1914. Only the stone foundation and a rickety outhouse remained.

We reveled in the magnificent view: Mt. Shasta, a ghostly apparition to the southwest, the Goose Lake and Chewaucan valleys surrounded by imposing hills. This is what it feels like to be an eagle soaring high above the landscape.

After taking a break, we headed back down the mountain. When we reached the junction we started

down a road heading in the direction of the lake. But after a couple of miles, it dawned on us that the terrain looked unfamiliar. So we plodded back up to the junction, our tired legs beginning to protest. After scouting around, we discovered our footprints on the road we had ascended.

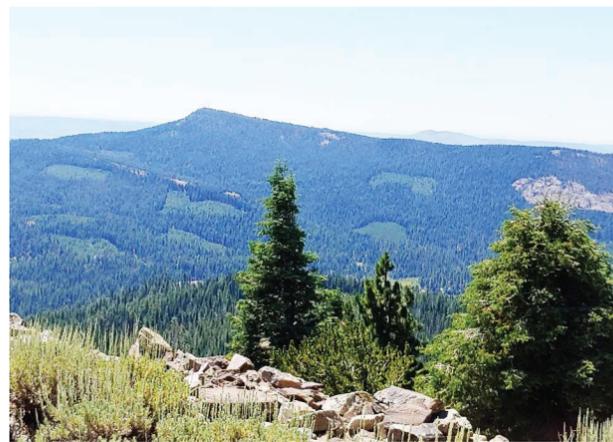
After descending a couple of miles, our footprints from the hike up seemed to vanish. What? Did we take another false turn along the way? "Let's just keep going," Margot urged. So on we went. I was in

spied the walking stick Margot had left behind. Wahoo! We were on the right track. We realized the cattle



must have obscured our foot prints.

The car at the trailhead was a welcome sight. Back at Margot's camp we rested our weary bones and ate some supper. Margot's *fit-bit* said we had hiked 225,835 steps, 11.6 miles or the equivalent of climbing 155 floors.



It took us a couple of days to recover from our strenuous exertion, but we both agreed it was a hike to remember. I'd do it again, but next time

the lead, wondering if we would be spending the night up there. Then I

mark the trail so the return trip would be easier.

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**Meteor Showers, 2019**  
*Peak viewing dates*

Nov. 5-6 Taurids 5-10 per hr  
Nov 17-18 Leonids 15 per hr., but about every 33 years it is cyclonic and there will be hundreds per hr. Last time was 2001.  
Dec. 13-14 Geminids, considered the King of meteor showers averages 120 multi-colored meteors per hour, but will be slightly dampened by full moon.

**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  
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Community Hall

**Speakers Meeting**  
*the Last Wednesday of the Month*

**Celebrate Recovery**  
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Sherry 541-5576-4509  
Tim 541-977-4944

*Your North Lake Health District welcomes public attendance to monthly board meetings.*  
*Meetings are generally @ 5 pm the 1st Monday of each month but may deviate as needed.*  
*Notices are hung on the Post Office bulletin board 4 to 7 days before meetings.*

September is an odd month for beekeepers. The weather is still warm, and it feels like we should be doing something - but there is not much for us to do. It is too late to raise queens or make splits. We are not adding supers because the nectar flow is over. If we have harvested honey, we are starting to condense the hives for the winter. But, we cannot condense them too much too early. As usual, it can be difficult to strike just the right balance.

We want to condense the hives and get them into winter configuration, but if we do it too soon, we can actually force fall swarms. And then everybody loses; The bees, the Beekeeper, and all of those who benefit from hive products. Because a fall swarm has no chance of surviving.

The queen has already reduced her rate of egg laying and the hive will not seem as populous as it was two months ago. There will be less drones and fewer frames of brood. The lower box will contain a lot of pollen. Hopefully the upper box contains a lot of honey. While the colony is still very active, they are not bringing in as much nectar or honey as in the past months. As a matter of fact, most hives will neither gain nor lose significant weight this month.

The colonies' activity level and configuration changes from month to month. This is important to remember. I often get calls from beekeepers who are

## BEE-Cuzz You Asked SEPTEMBER and the Bees

By Gary A. Brain Summer Lake Apiaries

concerned because the hive does not look like it did a month ago or, like the picture they have in their head. That picture is often static and they expect the hive to look the same all the time. Sort of like expecting your child to look the same all the time - it just doesn't happen that way. A beehive is constantly changing from season to season and month to month. It takes practice to adopt a mentality of thinking what a beehive should look like according to this season's weather and the current time of year. I have worked to cultivate a practice of thinking about what the hive should look like before I open it up.

**Lessons I Have Learned:** Feed the hives that are a little underweight. But do not feed the strong ones because they will plug the brood nest and are likely to throw a fall swarm. And don't feed the really weak ones. They will not survive even if you feed them, so it is a waste of time and money. Hard not to do,



but they will most likely disappoint you.

The adage "take your winter losses in the fall" applies to these really weak colonies. It is still a little early in September

to start combining these weak hives that won't overwinter; we will most likely do that in October. Instead of feeding weak hives and watching them die over the winter anyway, I've learned to reallocate those resources by combining them with some of the moderate to strong hives. Reallocate the resources instead of losing them.

Having foundation on hives this late in the year will result in ruined foundation. 90 percent of the hives will not draw foundation this late in the year even if they are fed. A few will, but not most of them. Instead of drawing the foundation, they chew holes in it and muck it up.

The small hive beetle (SHB) population is peaking in August and September. It is not uncommon to see 30 to 50 small hive

beetles in a hive. If the hive is strong they can handle the SHB no problem. It's hard, but we have to let the bees handle their own problems. If you need control methods just do a search on the web. And, as most parents learn, they do very well without us. Which brings me to my next lesson I have painfully learned. Do not overwork a hive in the fall. Getting into the hive too often messes up their rhythm. There really isn't much the bees need from me in these months. I have had to learn to curb my need to "help them". Getting into the hives more often than every three or four weeks hurts them more than it helps them at this time of year. The girls will not like the interruptions of their fall routine and will let you know!

Wait until at least mid-October for any serious condensing of the hive. We still have a lot of hot days and condensing them too much too early has caused me serious problems in the past. It is heartbreaking to see a hive go into swarming mode in the fall because we have artificially cramped them to soon

I have only a couple of supers to harvest for all of this year and will cherish the girls' efforts. When you do attempt to pull off the supers, be advised the girls will defend their stores so make sure of your protection and ZIP UP!

I have a great honey recipe to share with you so check it out on **PAGE NINE**



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## THE UNWRITTEN CONTRACT

*Commentary by Terry Crawford*

Any person who owns an animal, be it a pet dog, bird, cat, rabbit or small rodent or an animal considered livestock, enters into an unwritten contract with that animal. The contract reads; I am committing to care for you in a proper, humane, respectful and loving way. I will not consider you disposable, impervious to adverse weather, capable of going extended periods with no food, water or shelter. I will educate myself to your daily needs as well as what maintenance is needed. Most important in this contract is the commitment to ensure that when animal/s in my care are near end of life from age, infirmity or accident I will provide a humane and respectful passing.

I'm not a bleeding heart, but I am a spiritual person. I love all the creatures I share my life with as well as all the creatures that share our wonderful planet with us. In this I am not alone. Please don't assume that I am anti hunting, or a vegetarian or a bleeding tree hugger, I am not. But it does cause me great emotional distress when I see a helpless domesticated creature held in an inadequate living situation that is being severely neglected. I lose sleep and agonize over the situation, knowing that obtaining justice for the animal is sometimes very difficult.

If you have a horse, goat, sheep, burro, bovine or swine and hold it in a space that is unnatural, you must expect to have foot-care as well as other maintenance procedures regularly scheduled. Hoof growth is constant so when a hooved animal's movement is restricted in an imposed setting the results are often deformed, crippling and yes, painful foot abnormalities. There is no justification for allowing situations as pictured above to take place. If a person can't afford the hoof care then they can't afford to have the animal.



There are private individuals willing to take on the animal and hopefully bring it back to health. If the situation is so severe, then the right thing to do is to have the animal receive a humane death. And PLEASE don't pretend ignorance - anyone with eyesight can not help but see there is a problem.

When it comes to our house pets we again have unwritten contractual agreements. If you can't afford a fence - you shouldn't have a dog that needs to be chained in your yard. I was at an event not long ago where an individual brought a large Pit Bull to the gathering. The dog was fully muzzled and had a huge collar with yet an even more massive chain at-

tached. If this dog is so dangerous that it is unmanageable then what is its purpose? If it is a pet and loved and has a safe yard or kennel and shade and is fed well and has a good relationship with its owner - okay but really If I can not control my dog with a light choke chain and light-weight leather leash then shame on me. By the way this dog was whole and will probably be used at stud. Just what the world needs - more unwanted puppies that are often homed with people that see such a powerful breed as a status symbol and ego enhancer.



Again, don't get me wrong, I love the breed. My son has a lovely little Pit bitch that is well mannered, well socialized and absolutely obedient. He took the time to expose her to people and other dogs, as well as cats, ducks, and horses

from early on. The results; A dog he can take anywhere and be safe and welcome.

And then there are the Cats. For some reason many people think that getting a few "Barn Cats" is a great idea. Never mind that three of them are calico - read female - and they are not socialized and they are not spay. The attitude is that the owls will get most of them - not to mention disease. Oh and they think that if you feed them they won't hunt.



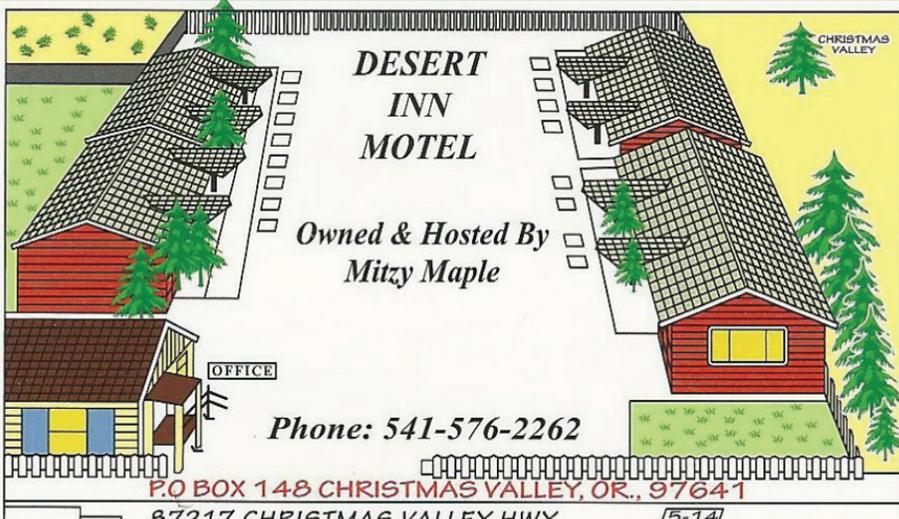
The reality is that socialized or not, fixed or not, and well fed or starved, Cats will hunt. It is their nature. They will also breed. The Humane Society of the United states estimates one unspayed female cat and her offspring can produce 60,000 more cats in their lifetime. That may be in a perfect world but even if only five percent survive the number is still a staggering 3,000 cats. So please get your barn cats fixed - males and females, feed them and make sure they have access to water. They will do a great job for you in return.



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# Comings and Goings

By Terry Crawford

Here it is, the time for brilliant fall colors, cold nights, crisp mornings and from what the long-range forecast says, a lot of sunny October days. I think my flowers are just about to tuck themselves in for the season. I always mourn their departure but almost immediately begin anticipating their return.

I have one more Working Equitation horse show in Eugene at the end of the month. This event will host a freestyle dressage costume class - just for fun. Alex and I will be adding a lot of sparkles and riding to Paul Simon's "Diamonds on the soles of her shoes." The photo



at right was taken at the Labor Day weekend show and is of Alex and me in the speed round heading for the gate.

I drove to Oakland Oregon in late September to visit Alisa McElhatton. We opted to hike on the North Bank Ranch refuge area which is above the North Bank of the Umpqua River. What a workout! We didn't go very far but we sure did a lot of climbing. We changed elevation by 1200 feet in about a mile and a half, and

that would be steep if it was all the same grade but it wasn't. Some was pretty mellow and some was much like climbing a ladder. But the views were spectacular and the day was just perfect, not to mention the company.

I'm not sure how many folks were treated to the beautiful Ferraris, Porsches and a McLaren sports cars that ventured through our area last month. I couldn't help but stop and get a closer look. All together

there were 22 cars. The group was on a 1400 mile, six day tour of southern Oregon. I asked them if they had planned on stopping at the museum and the said they would like to. So even though it was Tuesday, with a few phone calls the museum staff made a visit for the group possible.

I wondered how they protected these expensive cars, beautiful paint jobs and found out that the cars were wrapped in clear plastic car wraps

*See Comings and Goings page 12.*

## Bible Prophecy Day Event Coming to Christmas Valley

October 12, 2019

### The Outback Retirement Center "Hanks House"

87146 CHRISTMAS VALLEY HWY , CHRISTMAS VALLEY OR 97641

The Southern Oregon Christadelphians are presenting a one day Bible Prophecy Event. These classes are designed for the advanced Bible students yet something for all levels.

MR. Randy Yoshida and staff will present three lectures on Bible Prophecy;

10:00 AM Class 1: What is Prophecy?

11:15 AM Class 2: What prophecies have been fulfilled?

1:30 PM Class 3: What Prophecy is still to be fulfilled?

Open to the public and there is no cost however seating is limited so Please call John Effingham at 541-815-4004 to reserve a seat.

Who are Christadelphians?:

<https://bibletruthandprophecy.com/resources/true-bible-teaching-booklets/who-are-the-christadelphians-2/>

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## Yummy Honey Sauce for BBQ or Slow Cooker

This taste-pleasing sauce is great with pork chop either grilled, or cooked in you slow cooker. I have tried both are and they are absolutely fantastic. The original recipe came from [allrecipes.com](http://allrecipes.com) - Marie and I have altered and enhanced it. We hope you enjoy!

### Yummy Honey Sauce for BBQ or Slow Cooker

The ingredients are as follow:

- 1/2 cup fancy ketchup
- 3 tablespoons of your harvested fall honey
- 2 tablespoons of a good quality soy sauce
- 2 or 3 or 4 cloves of your harvested garlic, crushed  
(I like garlic!)
- 6 - 4 ounce (1 inch thick) pork chops
- Pre heat your BBQ grill if grilling



Whisk all ingredients in a bowl to make a glaze for your chops  
Sear the chops or place the chops into the slow cooker  
Brush the glaze on both sides of chops or pour the glaze into the slow cooker with the chops

Cook the chops on the grill brushing glaze as you turn the chops. I figure about 7 to 10 minutes on each side or until an internal temperature of 145 degrees is reached (I use an instant thermometer.)

If using a slow cooker, use the low setting and cook for 3 hours again having the internal temperature reach 145 degrees.

Serve with black rice or pasta with the remaining glaze or the drippings from the slow cooker drizzled over everything!

*Gary Brain*

## Brisket Stroganoff

We had a piece of leftover brisket in the fridge and since we love Stroganoff, thought we'd try using it instead of regular roast beef. The smokiness really added a delicious note to an old standard dish!

### Brisket Stroganoff

- 2 Tbsp Butter
- 1 cup Onion
- 2 cloves Garlic, smashed and chopped  
(I always use more)
- 1/4 tsp Sea Salt
- 2 Tbsp Tomato Paste
- 1/2 cup (or more) sliced dried  
porcini mushrooms, reconstituted in 1/2 cup hot water
- 2 Tbsp Worcestershire Sauce
- 1 1/2 cups Dry Red Wine
- 2 1/2 cups chopped Smoked Brisket (purchased or home smoked)
- 1 cup dairy Sour Cream
- Cooked Egg Noodles (or any Pasta)
- Fresh Parsley, chopped for garnish



In large skillet, melt butter over medium heat  
Add onions and garlic and cook over medium heat until softened.  
Add tomato paste and continue cooking (about 3 minutes). Stirring frequently.

Add drained Mushrooms, Red Wine and Worcestershire sauce to the pan to deglaze, scraping up any brown bits stuck to the pan. Increase heat, bring to a boil, and then reduce the heat to low. Simmer for about 10 minutes.

Add the brisket and sour cream to the sauce. Stir to combine and continue to cook on low for 5 more minutes.

Pour sauce over cooked egg noodles and garnish with chopped parsley.

Great with a crisp green salad and crusty French bread.

Hope you enjoy the new take on this traditional dish!

*Marie*

**Have a favorite recipe you love to share? Send it over to The Breeze. It's so much fun to try a new dish -- especially when you know it is tried and true!**

Flu Season is  
Just Around the Corner

# 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

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

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.

**It may save a life!**



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 through the winter months:

IF YOU'RE WELL, try your best to stay that

Call for an appointment at: 541-536-3435



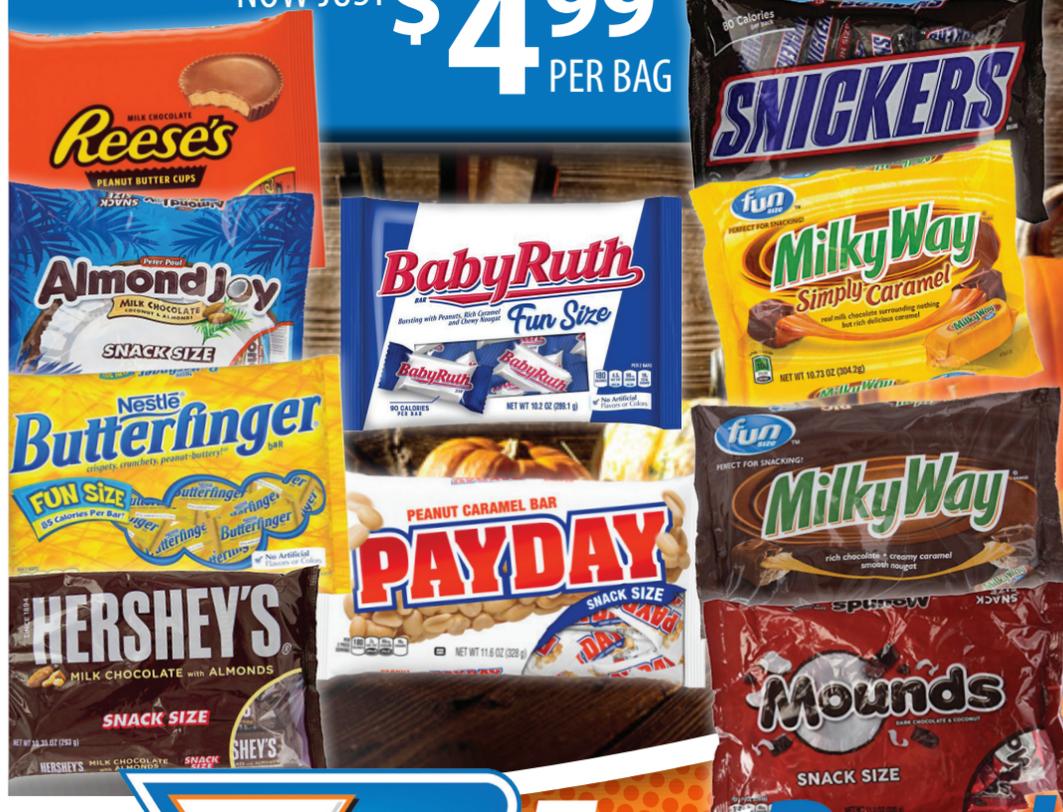
IF YOU'RE SICK keep your community in mind. Stay home and get better if you can ~ wash your hands frequently ~ cover your mouth when you cough or sneeze ~ be seen by a physician ~ when you come into the clinic put on a mask

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.

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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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541-515-9233  
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### Comings and Goings *From Page Eight*

for the outing. Makes sense to me. I haven't heard anything about Trunk or Treat but expect there will be some information in the *Whispers*. I sure miss the haunted house that the *Pyros* put on. So Spooky and so fun. I remember trick or treat when I was a kid living in a safe neighborhood in the suburbs of San Jose, Ca. There were mobs of kids roaming the streets and visiting every house. And the goodies were really serious goodies. Not such a safe thing to do in today's world. Too bad. Of course with our cold nights maybe not so much so.

I don't know how many locals went to the Hunter Noak concert at The Rock on the 7th or 8th, but attendance was fabulous and the night I went - the 8th - was cool but comfortable and the music was a pleasure. The performance ended with an amazing and exciting piano duet that had the audience on their feet. I'm already looking forward to next year's concerts. Noak also gave a perfor-

mance at North Lake School for all the students and staff.

On the 28th I took Alex to the play day at the CV Rodeo Grounds. This being the first day of deer rifle season sort of put a crunch on attendance but still two of us showed up. Alex should have been wearing a pair of donkey ears because he was acting like one. Totally got caught up in wanting to expend a lot more energy than I wanted to be on top of. Even so, thanks Barbara and Jim for sticking it out. The weather even



held out with the sleet and snow coming in just as we were leaving.

The photo, taken by Barbara Johnson is of Cowboy Terry

(Terry Terrel) on his yellow horse weaving through the poles.

Jim informed me that the Grounds are groomed, there are barrels and poles you can set up if you want to and the only request is that you use the gate below the Crows Nest to enter and exit the Arena.

### Lake County Library Endowment Dinner Slated

The Lake County Library Endowment Fund will host OSU professor and dean emeritus Sam Stern as speaker for the 2019 Library Endowment Dinner. Stern will talk about his research into the Daly Fund. The dinner will be held at 6:30 PM on Saturday, October 19, 2019, at the Elks Lodge. Friends of the Lake County Library will hold a no-host reception fund raiser at the new Main Library from 5 to 6 pm (no ticket required for the reception).



Stern served on the OSU faculty of education 35 years and, between 2002 and 2011, served as dean of the College of Education. Since he first learned about the Daly Fund, Stern has been fascinated by the remarkable impact that it's had and what can be learned from its almost hundred year history. In retirement he has been studying the impact of the Fund and is now writing a book about Bernard Daly, the scholarship, and its impact. You can learn more about Sam's research on the Daly Fund at his blog: <http://blogs.oregonstate.edu/lakeview/>.

This year's fundraising items include framed photos, wine basket, tea basket, book collections, and more. Regular raffle tickets are \$1 each, six tickets for \$5, or arms' length for \$20. All raffle tickets sales begin on Tuesday, October 1, 2019 in the Main Library. You need not be present at the dinner to win raffle items.

Tickets to the dinner are \$30 and may be purchased or reserved before October 13, 2019, at the Main Library in Lakeview or by calling 541-947-6019.

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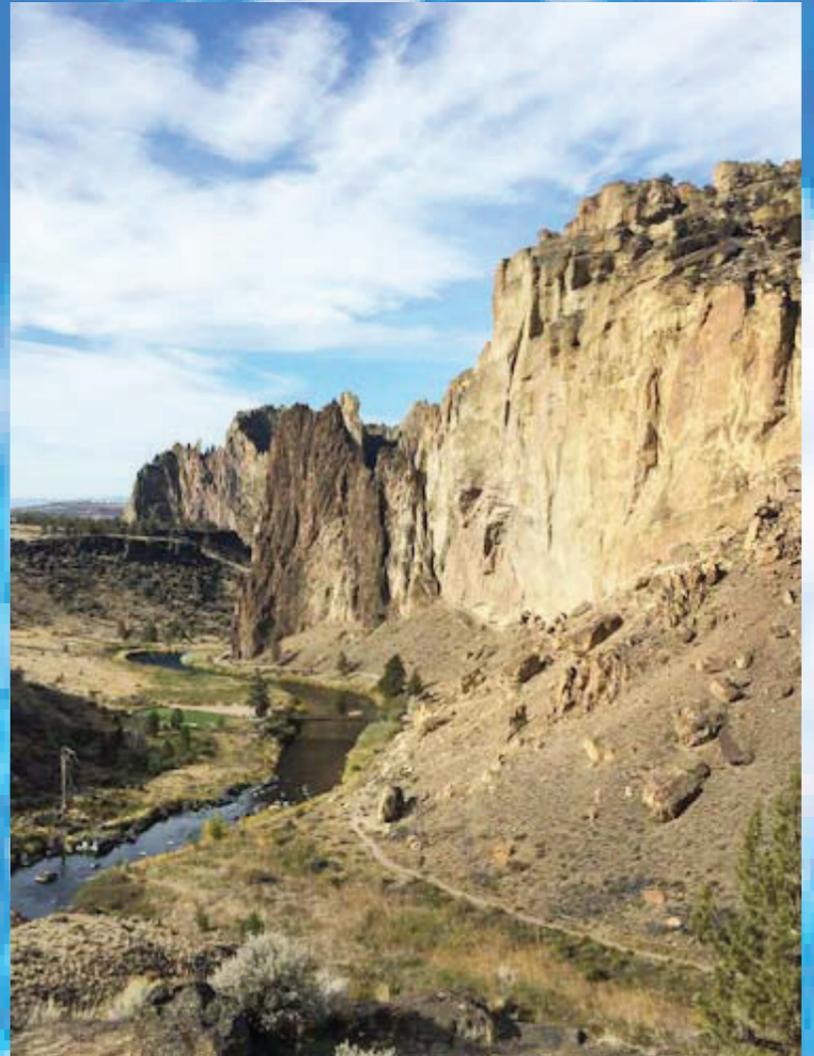
  

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## Oregon Archaeology Celebration



*Photo by Patty Macdonald*

Smith Rock State Park will host its annual Oregon Archaeology Celebration lecture series in October. The Friday evening presentations will all take place from 7 to 8:30pm at the park's welcome center, 10087 NE Crooked River Drive, Terrebonne. The free talks are open to the public and will include a question and answer period.

"We're excited to continue the series again this year," said Paul Patton, resource specialist with Oregon Perks and Recreation Department (OPRD.) "It's an outstanding opportunity for people to discover the compelling, colorful history and heritage of our region."

### Scheduled presentations:

**October 4:** "Life and Art on the Columbia Plateau," presented by Aurolyn Stwyer, Native Arts and Cultures Foundation mentor fellow and master bead work artist.

October 11: "The Rock Art of Washington State," presented by Eric Iseman, rock art researcher and retired OPRD park ranger.

**October 18:** "The Tribal History of the Oregon Paiutes, including the Story of Animal Village (Smith Rock area)," presented by Jim Gardner, author, historian and President Emeritus of Lewis & Clark College.

**October 25:** "Obscure Oregon: The Columbia Southern Railroad," presented by Paul M Patton, OPRD resource specialist.

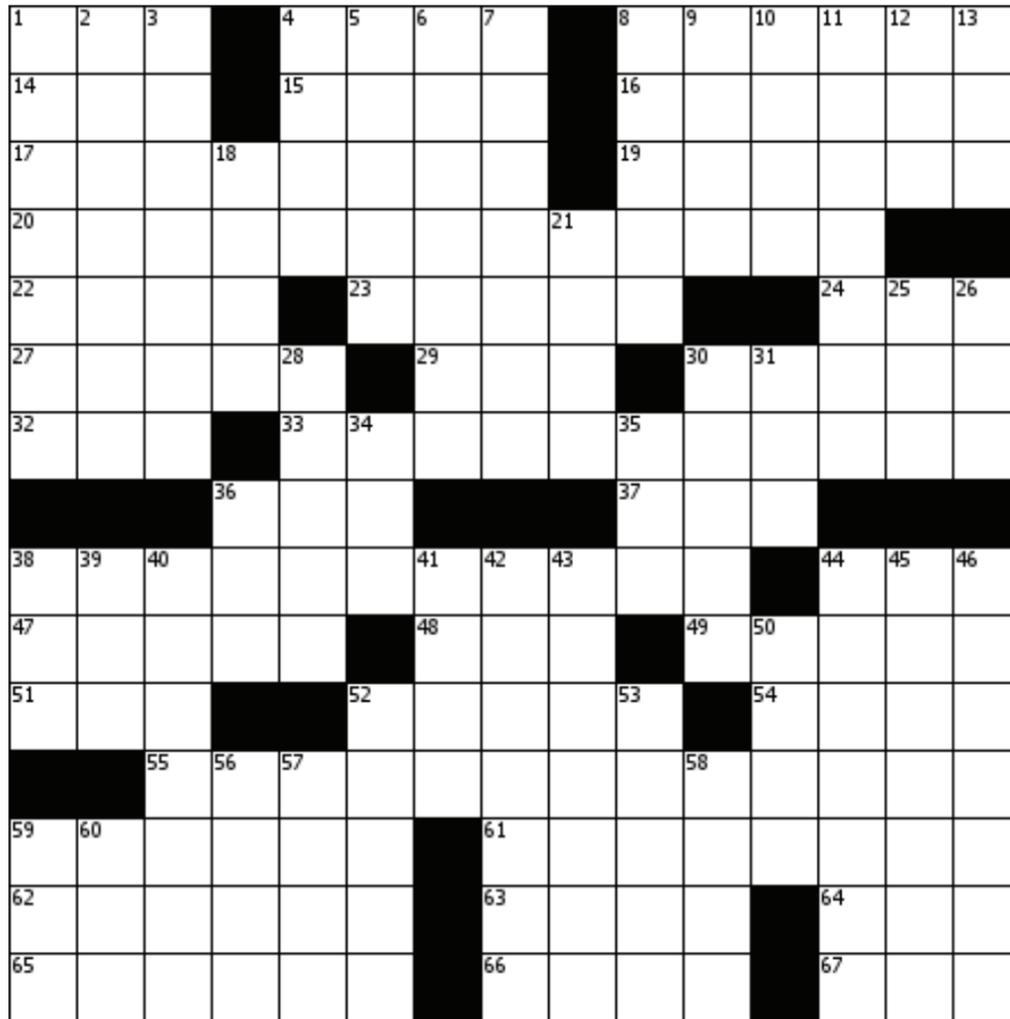
The Oregon Archaeology Celebration was established in 1993 when Gov. Barbara Roberts issued a proclamation that set aside one month each year to celebrate and promote Oregon's archaeology, cultural heritage and history.

Smith Rock State Park's welcome center is ADA accessible. The park does have a \$5 day use parking fee. For more information you may call 541-923-7551 ext 21 or go on line to [oregonstateparks.org](http://oregonstateparks.org).

A few Locals drive up to Smith Rock for these events, we generally leave around 3:30pm in order to have time to grab a lite dinner before the talks. If you would like to join us please give Terry Crawford a call at 541 480 0753. She will be attending the first three presentations but will be out of town on October 25. This does not mean that others will not be going.



- Across
1. "Dr. Who" network
  4. Bid for attention
  8. First name in whodunits
  14. Brisbane boulder
  15. Island east of Java
  16. Strips for breakfast
  17. Yet to be confirmed
  19. Consumer of professional services
  20. Beginning of a kitchen caution
  22. Puts on the dog?
  23. Drew on the tube
  24. Word before sheet or session
  27. Remove graphite or graffiti
  29. Public power proj.
  30. Your umbrella, perhaps
  32. Out of work? (abbr.)
  33. Kitchen caution continued
  36. Articulated pauses
  37. Org. Oppenheimer once oversaw
  38. Kitchen caution continued
  44. "Market basket" gauge of inflation (abbr.)
  47. Thing of the past
  48. Cincinnati triple
  49. Fleeced
  51. "Muskrat Ramble" composer Kid

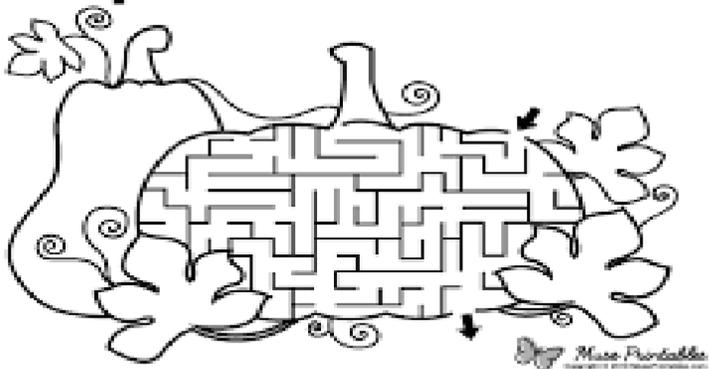


52. Student of Socrates
  54. Bailiwick
  55. Kitchen caution conclusion
  59. Spanish-speaking "Sesame Street" Muppet
  61. It's an abomination
  62. Where to find Mount Hood
  63. "With shoes on," in dinerspeak
  64. Job for the Blues Brothers
  65. Aviation Hall of Famer Clyde
  66. "\_\_\_ Cowgirls Get the Blues"
  67. Really big shoe?
- Down
1. Big lug
  2. Big blaze
  3. Mimic
  4. "\_\_\_ Ben Adhem" (Leigh Hunt poem)
  5. Complete chaos
  6. Jack up
  7. Roman goddess of wisdom

8. Don Marquis's keyboarding cockroach
9. Dorothy from Kansas
10. Where to find Siberia and the Gobi Desert
11. Lou Grant's paper
12. Brooding type?
13. With 18-Down, NHL trophy awarded to the leading scorer
18. See 13-Down
21. Down-to-earth
25. Sussex suds
26. Furry friend
28. The Golden Rule, for one
30. Loses one's coat
31. Bub, buddy, or buster
34. "The buck stops here" monogram
35. Spanky, to Alfalfa
36. News svc. founded in 1958
38. Boffo letters

39. Donne's "done"
40. James Joyce's 1922 classic
41. Bounded area forming part of a whole
42. At the prom, probably
43. He played Nero in "Quo Vadis?"
44. Ceremonial procession
45. Early arrival
46. Beside oneself
50. Chopped chow
52. Primary strategy
53. Missouri river named for an Indian tribe
56. Sty list?
57. School for James Bond and Lord Peter Wimsey
58. Gazillions
59. Gigantic "Arabian Nights" flyer
60. Unwrought iron

## Pumpkin Patch Maze



### OCTOBER'S CRYPTOGRAM

GY PMB WRPX FVMCRHK, EZH NIJYHRJYN

HLY AMAYVGIVX RN ICYVGLYWJRBFB.

GYVBLYV CIB EVMZB



#### SOLUTIONS TO SEPTEMBER STAR TREK CRYPTOGRAMS

A: AFTER A TIME, YOU MAY FIND THAT HAVING IS NOT SO PLEASING A THING AFTER ALL AS WANTING. IT IS NOT LOGICAL, BUT IS OFTEN TRUE

B: WHEN YOU ELIMINATE THE IMPOSSIBLE, WHATEVER REMAINS, HOWEVER IMPROBABLE, MUST BE THE TRUTH

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**OCTOBER 2019**  
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 22nd Tuesday  
*Lunch in Christmas Valley*  
 17th Thursday

*Bus will run for both Summer Lake Lunches if enough riders sign up*

**TRIPS**  
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 Tuesday 8th to Bend  
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 Thursday 31st to Bend

*The above trips are for sure, there may be others scheduled so please check with Debbie*

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**Call Debbie @ 541-480-3600 for more information or for a reservation on the bus.**

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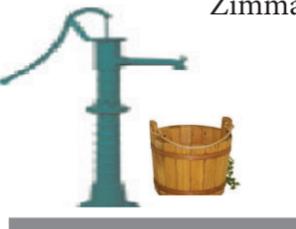
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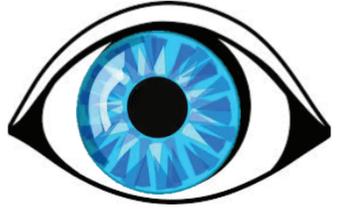
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**Public Meetings**

- 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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