The Community Breeze

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

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Visit us on-line thecommunitybreeze.com

terryonitsway@aol.com



Time-line for Christmas Valley

Annular solar eclipse visible (89.03% coverage of Sun) Magnitude: 0.9508

Duration:

2 hours, 37 minutes, 6 seconds Duration of Annularity: 3 minutes, 7 seconds Partial begins: Oct 14 at 8:05:58 am Full begins: Oct 14 at 9:19:08 am Maximum: Oct 14 at 9:20:41 am Full ends: Oct 14 at 9:22:15 am Partial ends: Oct 14 at 10:43:04 am





During an annular solar eclipse, the apparent size of the Moon's disk is slightly smaller than the apparent size of the Sun's disk. Therefore, only the outer edge of the Sun remains visible and the Sun appears as a brilliant ring if you are inside the path of annular solar eclipse. This is an otherworldly sight often called a "ring of fire". There are instructions for safely viewing solar eclipses posted on line by the American Astronomical Society and several other professional organizations.

This eclipse will be a warm-up act for the spectacle of the total solar eclipse crossing the United States just 177 days later on April 8, 2024. While not as dramatic as a total solar eclipse, an annular solar eclipse promises a spectacular vision featuring the striking sight of the Sun as a ring. We recommend solar binoculars for viewing the dynamic Baily's Beads, sparkling points of brilliant sunlight as the Moon's limb rolls over the Sun's edge.



SEPTEMBER 2023 The Community Breeze

Silver Lake Rural Fire District Community Push-in Ceremony and Grant Presentation

A \$100,000 check from AG West was presented to the district on August 26th, to help with the purchase of a custom built ambulance.

The four-wheel-drive ambulance which is being built on a Ford chassis has and continues to be a hands-on project with volunteers working closely with the builders to ensure that everything is well though out -- right down to the nobs and handles on the cupboards in the interior as a way to have this nearly half million dollar vehicle

constructed in a way that guarantees it will hold up to the rigors of our rural EMS services.

Margaret Fabrizius from AG West was there to present the \$100,000 dollar check and is shown in the photo along with other AG representatives and Silver Lake volunteers.



photo along with other AG
representatives and Silver
Lake volunteers .L-R standing: Jamie Rosco, Kule Kenagy, Mike
House, Margaret Fabrizius, Tim Jackson, Geri Mello
& Gil Foust. L-R kneeling: Rachele Bonone, Gary
Brain and Keith Little.

Push-in Ceremony

August 26th: The Silver Lake Rural Fire District, which includes EMS and Search and Rescue services, hosted a community BBQ to celebrate the arrival of their new (Silver Lake) Fire Engine.

The New engine is a a Pierce Enforcer Attack Fire Engine with a 1000 gallon per minute pump and carries 1000 gallons of water. The

primary mission for the engine will be as a heavy rescue engine with the capabilities of extrication of trapped victims in automobile accidents, farm equipment entrapments along with structure protection. We will be outfitting the engine with state of the art extrication tools including new hydraulic and electric powered equipment capable of cutting through the new reinforced safety crash systems mandated by our government...

We could not afford a \$750,000 engine along with the necessary rescue equipment and found a willing Willamette Valley Fire and Rescue department to help with this acquisition.



The massive truck was pushed into the bay with no motorized assistance by district volunteers, guests and many of North Lake School's Basket Ball and Volley Ball teams. Keith Little who was in the driver's seat said they got it rolling it picked up enough speed that he had to put on the break.

Apparatus push-in ceremonies: A long-held tradition that unites communities The ceremony dates back to the days of horse-drawn equipment when members had to push the equipment into the bay

Like the armed forces, part of the appeal of the fire service is its deep connection and reverence for tradition, from the iconic sound of the bagpipe to the now-ceremonial apparatus push-in. Beginning in the 1800s, after crews returned from a call on horse-drawn equipment, the animals were unable to back into the station, requiring members to detach the horses and push the equipment into the bay. Over time, with the invention and adoption of motorized apparatus, the need to manually move the equipment was gone. However, the legacy of the push-in was secured. Now, in honor of those early crews, many fire departments hold a push-in ceremony when taking delivery of a new apparatus, often inviting community members to celebrate the exciting moment their tax dollars and *grant awards* helped make possible. (Rachael Engel 2022)



The Community Breeze Hotel Chewaucan-Gone in October 1977 Blaze By Marie Lee



Lake County when the old red-brick courthouse was

Marie Lee

an up-to-date modernistic

replaced by

version during the mid-1950s. Commemorative plates with engravings of some of the old buildings became popular. Lake County Museum has a nice display of those plates, including the Hotel Chewaucan and Lake County Courthouse.

For various reasons, Paisley has been on my mind this summer and I

began to think about the old Hotel Chewaucan. One of my early childhood memories is of drinking a chocolate malted milkshake in the dining room of that hotel and deciding it was about the best thing ever.

Nearly forty-six years ago, on October 20, 1977, a large section of Paisley burned rapidly to the ground. The fire started

in the decaying remains of Hotel Chewaucan. It spread rapidly in tinder dry wood to engulf the entire building within minutes and then proceeded to take out neighboring structures. In short order, most of the eastern side of Paisley's business district was gone.

Les Shaw, who was editor of Lake County Examiner newspaper, did a tour of Hotel Chewaucan slightly less than a year before the fire. He found that the building, which was constructed in 1909 and 1910, was in such poor condition that to demolish it was the only



From This Angle: Remembering Cycle Oregon Each morning, the guys loaded their gear into a van which

I recently learned that Cycle Oregon, By Toni Bailie after 35 years, is hosting the last week-long

ride through Oregon this September. In the week following Labor Day, 2,5000 riders of all ages would follow preplanned routes through scenic areas of the state not seen along the 1-5 corridor. Support services

were orchestrated at each stop. Big trucks transported camping equipment, other trucks provided hot showers and meals served under large canopies. Local entertainers performed on stage in the evening. During the week, bikers from metropolitan areas could interact with folks living in remote areas.

Proceeds from the event were funneled into the Cycle Oregon Foundation which has awarded \$2.7 million to 350 grant applicants from rural communities and organizations. Funds have preserved the historic opera house in Elgin, created programs for low-income families, revamped the Pine Valley Fairgrounds in Halfway and helped the Nez Perce acquire 320 acres in their Wallowa Homeland. But due to increased expenses and difficulty finding rural service

providers, Cycle Oregon will now only host shorter events.

In 1998, three years after our move to Paisley, I

Nostalgia suddenly arose among citizens of reasonable solution. The hotel, according to what Les found, was poorly constructed with its foundational timber work placed directly on bare ground. Torn wallpaper in some of the upstairs rooms exposed a patchwork of wood held together with thousands of nails. While some boards were merely two feet long, others were longer; boards varied in width from six inches to a foot. Holes had crumbled in the downstairs flooring where floodwater from the Chewaucan River had reached the hotel in 1964. Forty rooms, nine feet by ten feet, were located in the hotel's upstairs. Where an addition had been added, the upstairs hall had a definite sway. In short, it was a mess and well-suited for demolition.

> Chuck Reese, of Paisley, had demolition well underway when the fire of October 20, 1977 broke out. He noticed a smoke, yelled at his



wife to call the fire department, and when he turned around the building was engulfed in flames. Within a flash, other old buildings adjacent were also engulfed: Masonic-Odd Fellows Lodge, VFW Hall, Tac 'N' Tog western store, Paisley Fire Hall, Paisley Disaster Unit car storage, and a small, vacant mobile home. Telephone service and electrical power for Paisley and surrounding areas went out. Fortunately, the two-

way radio system at the Fremont National Forest Paisley Ranger District was able to function and called to Lakeview for backup assistance.

The prevailing winds in Paisley miraculously stilled that afternoon saving Paisley's businesses located on the west side of the street. The more modern and mostly metal structure of the adjacent post office building was saved. The telephone building was saved, however, the wires melted, and although windows cracked See Hotel, page 4.

I drove to the next camp site, stopping to stock their ice chests with cold drinks. When I reached the football field or cow pasture selected for that night, I would set up my own tent and erect a canopy to shade the massage table. When the guys arrived, they would set up their tents, grab a shower and cold drink and take a turn on the massage table so I could knead their weary muscles. These macho guys vied to see who made the fastest time. They wore monitors that recorded their heart rates as they pedaled their titanium bikes that cost as much as my car.

I was apprehensive about a week with rich businessmen, but I found them congenial, courteous and grateful. As we sat around camp in the evening, they chatted nonchalantly about their yacht cruises on the coast of France, or installing marble counter tops in their remodeled kitchens. They would make reservations at a local restaurant as a break one from eating in the big tent with the other bikers. They always included me in their evening in town, from Diamond Lake Lodge to a restaurant

near the little town of Diamond in the Alvord Desert.



received a call from Patricia, a friend from my days at Oregon School of Massage in Portland. "Would you like to travel with Cycle Oregon as a private masseuse for a group of riders from the Arlington Club?" she asked. Her friend had recently bowed out and the guys were looking for a replacement.

That's how I began my travels with Cycle Oregon, camping out in rural areas around the state with up to 2,500 riders and support personnel. At the end of a day's pedaling, bikers rolled into the camp site. Local high school kids

worked for tips as they toted the bikers' luggage from the trucks. My group, a dozen rich men from Portland's exclusive Arlington Club, hired their own masseuse instead of signing up for sessions in the large massage tent.

panorama of sky spangled with stars. One city guy was in awe, he had never seen the Milky Way. On that trip, I had a free day while they cycled around Crater Lake. Walking on the trail around Diamond Lake, I was accompanied by three playful otter who See Cycle, page 4.

As I browse through memories of my four tours with Cycle Oregon, I recall the night we drove from Diamond Lake to dine at Crater Lake Lodge. On our return, we pulled over near the rim and beheld a

SEPTEMBER 2023The Community BreezeHotel ChewaucanFrom page 2In a L

and the plastic exterior of a gasoline pump on the west side of the street melted, everyone was grateful that a more significant, and perhaps

deadly, tragedy was avoided.

Like most small communities left mostly to its own resources, the City of Paisley quickly regrouped and rebuilt. Driving through Paisley on Oregon State Highway 31,



travelers pass directly through Paisley's downtown business section. Paisley's downtown takes up little more than a block, but in that area the contrast between modern architecture on the eastern side of the highway and historic old-west architecture on the western side is hard to miss.

Another fire, a few years ago, took out the Homestead Restaurant on the western side of Highway 31 leaving a rather noticeable gap that is now being partially filled with a take-out mobile eatery. However, Paisley's nod to its old west, buckaroo and ranching tradition still remains with the Paisley Mercantile, or "Merc," as it is called by the locals, still doing business as usual. Next door to the "Merc" the Pioneer Restaurant and Saloon still serves up food and drink in its historic building.

Cycling Oregon From page 3

swam along with me, bobbing up with curious faces.

One year we traveled from LaGrande to Halfway, then up into the

scenic Wallowa Valley, called the Switzerland of America. I had another free day at Halfway while the guys biked into the Snake River Canyon. I found a local massage therapist and got a relaxing treatment for myself.

During my last year with Cycle Oregon in



September 2001 we were camped at Crane School east of Burns. That morning a group gathered around a vehicle, listening in horror to a radio bulletin about the terrorist attack on the Twin Towers in New York. This was before cell phones. The only news we received was from the radios of support vehicles and the Oregonian Newspaper delivered to camp each day. The Cycle Oregon leaders decided to continue the



week's ride, up the Steens Mountain Loop, then return to Prairie City. My sojourn with Cycle Oregon took me to scenic places along Oregon's back roads. I met a varied group of people, from the

In a Landscape: Music in the wild



FORT ROCK - SEPTEMBER 10 at 4:00

Towering above the sagebrush desert, the Fort Rock caldera was once a volcano that erupted under an inland sea. Waves lapping against the rock created caves that housed a shoe 'factory' where anthropologist Luther Cressman discovered an ancient collection of sandals in 1938. Their ages range from about 10,400 to 9,100 years old, making Fort Rock sandals the oldest directly dated footwear in the world.

Tickets include: A visit to the Fort Rock Valley Historical Homestead Museum, an IN A LANDSCAPE concert in the caldera up at Fort Rock State Natural Area, and, our first (and long-awaited) Pie Social and "barn dance" at the Fort Rock Grange, featuring live music by Wampus Cat!

For more information go to inalandscape.com



The Christmas Valley Lodge has been undergoing a major overhaul and clean-up. Kenny and Amber La Plant have partnered up with Dan and Roxie to bring the historic business and building back to viability.

It is amazing what a lot of elbow grease, mowing, tractor work and imagination can accomplish. The once overgrown patio area now sports new outdoor furnishings and a fire-pit and affords patrons of both the bar and the restaurant a refreshing experience that boasts a beautiful view of the lake and the golf course. Inside the bar you will find new chairs for the cocktail/dining tables as well new matching tall chairs in place of the old bar stools. The restaurant features frequent specials in addition to their regular menu and always generous portions.

Arlington Club guys to families pedaling together and cyclists in their 80s. It was an experience to remember, even if camping out with 2,500 people is not usually my first choice.

Karieoki is in the works but has not had a definite monthly schedule set as yet.

The Community Breeze

Comings and Goings

I hadn't planned on writing this column this month as I had an article about the award the Christmas Valley Domestic Water Supply received in August. I was scheduled to attend but it wasn't meant to be. My friend Carol was returning from Southern California and became quite ill. She got treatment but the prescribed medications precluded her driving. So I and daughter Jill, along with three dogs, headed to Reno Nevada on a rescue mission. Hence, I was out of town. And I am glad that Jill was here because two drivers were needed. I was hoping to get information about the event I missed but the article never arrived in time for my deadline.

The rest of the month has just been really busy as the need for transportation to Dr. appointments, Shopping and other necessary trips has taken up many hours and many days. That and keeping up with all the chores and yard work has kept me hopping. I haven't even gotten to ride the new girl on a regular basis yet. She is getting along with the other horses and staying very round. When they coined the term, 'easy keeper', I think they had Coco Bean in mind.

I was able to get away for a weekend and headed over to Eugene to help at a Working Equitation show that I wasn't riding in. I scribed for the one of the shows and after a bit of training entered scores in the computer system for the other show. It was a great weekend. One of the riders that came to the clinic we put on in La Pine showed her stunning palomino mare in the Novice A division and won over-all for that show. It is also rewarding to see that the level of competition, especially at the introductory level is much keener that it was a few years ago.

As usual, I stayed at my friends (Bev and Steve) place in Junction City. Since Hamlet, my now very large Rough coated Collie travels with me, I stay in the little apartment in the barn, and Hamlet has adopted it as his home away from home.

Hamlet is just the coolest young dog I have ever lived with. He loves to shred paper and cardboard and chew up sticks and pieces of sage brush but he has yet to damage any shoes, furniture or general stuff left out. There have been a few times when he had stayed home with his doggy housemate Banded when upon opening the door it was apparent a leaf-blower would have been useful in consolidating all the bits of paper.

I was able to attend the BBQ and celebration hosted by the Silver Lake Rural Fire District. The food was great and I got to visit with several people I don't get to see very often. The new fire engine is really big and it was amazing how after a slow start, with many strong bodies pushing with all they had the Engine was pushed into it bay in a Push-in Ceremony.

I will be heading out on a camping vacation with Son, Stephen. Currently our plan is to travel along Hwy 158 and hike many of the waterfalls that are along the route. I have heard that some of the areas were badly burned, but that others are still forested. Either way, getting away on an adventure with Stephen is always fun. I'm going to take a lot of pictures, and spend a good deal of time relaxing. Now I only have a few days to pack and get the car loaded and ready to head out.

Oregon Department of Energy Facility Siting Council Meeting

On August 24th the seven member Faclilty Siting Council held their



List of "Don't Forgets" and "Remembers"

We were eight.

Before September 11th, we would wake up with a list of "Don't Forgets" Don't forget to wash your face Don't forget to brush your teeth Don't forget to do your homework Don't forget to do your homework Don't forget to wear your jacket Don't forget to clean your room Don't forget to take a bath

After September 11th, we wake up with a list of "Remembers" Remember to greet the sun each morning Remember to enjoy every meal Remember to thank your parents for their hard work

Remember to honor those who keep you safe Remember to value each person you meet Remember to respect other's beliefs

Now we are Twenty.



regular meeting in Christmas Valley at the Community Hall. The purpose of holding the meeting here was to facilitate public comment on Obsidian Solar Centers Amendment 1 Draft Proposal. (This type of amendment requires a public hearing.)

A good deal of information about the requested amendment to the already sited facility made clear that the request made perfect sense as it would allow Obsidian to contract with either Bonneville Power Administration or Pacific General Electric for marketing the solar power generated by the facility once it is on line.

Interestingly, when the meeting was opened to public comment, the attendees who had signed up to speak stated that they were choosing not to comment as they didn't feel it was necessary. There were no comments from people attending on line or on the phone.

It was refreshing to see business taken care of with out contention.

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.



August is a good month to get ready for the fall and winter months. Some of the chores we need to complete in August are a final haircut around the entrances of the hives as well as inspection of your apiary perimeter to see that it is still bear proof. I ended up stretching more wire making every other strand a ground so if Yogie or Boo Boo try to snatch some fall honey they will bee shocked to find our it won't be easy to get into the apiary.

Depending on where you are in Lake County, August may bee a good month to pull full supers and extract the honey. I normally will put the extracted supers back on to let the girls clean them up before storing them for the winter. Store any frames with drawn comb with para-Dichlorobenzene (moth crystals). Wax moth damage can be devastating to your combs. Store them in a cool ventilated area. Do not store your supers in plastic garbage bags as this acts as an incubator for the wax moth! I have had an ongoing issue with these wax moths. I store all of my hive boxes and supers with moth crystals year-round and still get some damage. Mostly my fault for not keeping the moth crystals stocked in the boxes.

After pulling off your supers check your hives to make sure

The Community Breeze **Bee-Cuzz You Asked AUGUST** and the Bees

By Gary A. Brain Summer Lake Apiaries

to each other not randomly.

Provide water for your beesthis will keep your bees alive in this heat. A simple method is to just fill a shallow pan with rocks and fill the pan half full of water, the girls have a place to drink and the rocks give them a perching place to drink without drowning.

it cooler inside the hives—not much honey coming in so they are just keeping cool. You should see some of the girls fanning their wings at the entrance this is their way of turning on the fan! Not to worry- normal stuff going on. the fall, the mixture should be 2:1 It is a good idea to crack open sugar to water by weight. Add your top hive cover just enough some peppermint or lemongrass

they have laying queens and a way our and also it will help with good laying pattern. She should ventilation during the hot August bee laying in an orderly pattern, days. Check your hives for stored eggs and brood clustered close honey. Most colonies will need at



least 60 pounds of honey to winter Bees may bee hanging on the successfully. The top deep super/ outside of the hives to help keep hive body should be packed full of honey. If it isn't, you should feed the bees some syrup. Use the mantra FEED FEED FEED whenever you have doubts about their stores.

If mixing your own syrup in for the girls to use as an alternate oil to stimulate the feeding activity. That would be 4 lbs. of sugar to 2 lbs. of boiling water. However, you may **not** use corn syrup or any type of syrup that you purchase at the grocery store. A fructose solution always contains some level of hydroxymethylfurfural (HMF) that increases over time, especially with heat. HMF is toxic

to honeybees at high enough concentrations. NEVER feed honey purchased from the grocery store or other beekeepers—it can spread diseases to your bees. Remember to get your mouse guards on, bee sure to check to see if you have any mice in the hives before installing the guards. If the hives are strong, mice will not attempt to set up housekeeping this time of the year. Now would bee also the time to treat for mites as the population of the colony is decreasing for the winter

months. I treat late August and twice in September, then do a final mite check in October to see if I need to treat one more time beefor winter.

See you in September! Bee Happy stay safe and enjoy the fall cool down that should bee coming

Did You Know?

Honey contains all of the substances needed to sustain *life, including enzymes, water, minerals and vitamins*

MEDITERRANEAN CORNISH HENS

This recipe is officially for Cornish Game Hens but upon further investigation, these birds are not a separate type of foul. They are simply very small, young chickens with an inflated price tag. So feel free to substitute any chicken that you have. Serves 4 as written and takes very little prep or cooking time. Total of around 40 minutes.

Ingredients:

2 Cornish Game Hens (1 3/4 lbs) Sea Salt & Freshly Ground Pepper 2 Lemons (1 thinly sliced, 1 zested and juiced) 2 Tbsp Butter 2 Tbsp EVOO 1/2 medium Onion, chopped 1 1/2 Cups Couscous 1 3/4 Cups Chicken Broth 1 Zucchini or Yellow Squash, quartered

lengthwise and sliced 1/4'' thick 1/4 Cup Honey 1 tsp ground Cumin 1/2 tsp Paprika 3 Tbsp chopped fresh herbs (Cilantro, Basil, or Parsley a combo)

- 2) Meanwhile sauté onion and a pinch of salt in butter and EVOO stirring until softened, about 3 minutes.
- Add Couscous and cook, stirring a bit until lightly toasted, about 3 minutes.



Stir in the vegies, cover and cook until tender, about 3 more minutes; set aside. You can add sweet red peppers and/ or fresh green beans to the mix if desired.)

3) In a small bowl, combine the Honey, Cumin, Paprika and Lemon Juice. Brush on the browned Hens and continue roasting until cooked through, 10 + more minutes, till juicesrun clear.

4) Stir the fresh Herbs and Lemon Zest into the Couscous and adjust seasonings with more Salt and Pepper as needed. Serve with the Hens and drizzle with any pan juices.

Page 6

1) Preheat oven to 450° F. Cut Hens or Chicken in half with sharp butcher knife or kitchen shears. Place birds on a rimmed baking sheet, cut-side down: season with Salt and Pepper. Scatter lemon slices over and around birds. Roast until Hens are golden,

about 20 Minutes.

Add the Broth, season with Salt and Pepper. Bring to simmer, then reduce the heat to low and cover, cooking until tender, about 8.

Tossed Green Salad or Cole Slaw, or fresh Tomatoes and Cucumbers make the meal complete!

Enjoy

Marie Brain

The Flyway Restaurant at The Lodge at Summer Lake

Beating the Heat

Horses

Make sure your horse or horses have plenty of clean fresh water and a shaded area or shed with good cross-ventilation, they will position FROM HOT themselves to gain the greatest relief from the heat. Horses that are heat stressed may show signs of excessive



sweating and reduced feed intake.

Restrict exercising your horse to the early morning and late afternoon/ evening when it is coolest.

Electrolytes can be added to their feed to replace essential salts lost through sweating.

Heat stressed horses can be cooled down by hosing with cool water, starting from the feet and moving up slowly, sponging with water or by placing wet towels over them.

Excess water must be scraped off afterwards unless there is a good breeze, as water in the coat on a hot, humid, still day will act as an insulator and it will quickly warm up again.

to heat stress and extremes of temperature.

> are above 77°C. Chickens

help during extreme heat. Of course the most important thing is an ample supply of fresh cold

those very hot days several frozen water-filled milk jugs be set out. Shade should be available for your chickens and even a mister can be beneficial. Remember, Chickens don't sweat, they dissipate heat through their combs, wattles, feet and by panting. **Dogs & Cats**

If the pavement is too hot for your bare feet it is too hot for your pet's paws. Dogs don't always know when to quit playing. Keep a close eye on your dogs and cats for signs of heat distress. It should go without saying that when it is hot outside it is an oven in your car. Leave Fido at home where he can stay cool. Also a fan on the floor helps move air through your pets coat. See Heat page 12.

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The Community Breeze

Pigs Pigs are hig

should not be exposed to long periods of direct sunlight or

Providing outdoor pigs with sufficient water and mud hole areas is extremely important when temperatures

Chickens need a little extra

water. It is suggested that for

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The Community Breeze



Natural Hot Artesian Mineral Springs heated from the Earth.

DRIVERS NEEDED

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

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

If you would like to be a part of our team please call us at 541-943-3551

NORTH LAKE HEALTH DISTRICT

Medical Center

87520 Bay Road, Christmas Valley, OR 97641 (541) 576-2165

CLINIC UPDATE:

As many residents know, as of may 31, 2023, the La Pine Community Health Care Clinic ceased providing primary healthcare at the Christmas Valley Medical Center.

The North Lake Health District (NLHD) Board send out a Request for Proposal (RFP) to several provider organizations to invite them to provide the board with a proposal to contract as the primary healthcare provider at the District's Medical Center.

Denise Griffiths, who served as the primary healthcare provider at the Christmas Valley facility while employed by the La Pine Community Health Care Clinic, submitted a RFP to provide services. Her proposal was unanimously approved at the August 7, 2023, OPTOMETRIC PHYSICIAN

Dr. Timothy Arbow O.D by appointment: 541 544 9888

MASSAGE THERAPY

Shawn Lavallee, LMT by appointment: 541 576 2110 or 541 576 2043

regular NLHD Board meeting.

The Board and Griffiths will enter into a Service Agreement and Griffiths will obtain the necessarily credentials to operate a medical clinic.

The NLHD Board would like the community to know that is continues to be a time consuming process before the Christmas Valley Clinic at the Medical Center will once again be providing services to the community, and want community members to know that their patience is deeply appreciated.

CHIROPRACTIC PHYSICIAN Helmut Eichner, DC by appointment: 541 633 6563

LAKE HEALTH DISTRICT MENTAL HEALTH

by appointment: 541 947 6021

The fog was still heavy in the first gray light of morning. Nancy was up early and went to the barn to help with chores. Being around the animals lifted her spirits, but it was welcome to escape the cold fog and return to the house where there was light and warmth. The Christmas tree in the corner of the living room was tantalizing, But Grandma Jeannie insisted that they open gifts after breakfast was over and the dishes were done.

After the excitement of opening presents, Kit invited Nancy to go out to the barn. Outside, the fog seemed alive, twisting and turning in all directions. The center section of the barn was piled high with baled hay, with a rope dangling from above. Val jumped at the rope and caught it, then Elaine made a leap at the rope. Nancy decided if the other cousins could do it, she could too. It turned out to be less difficult than it looked.

The fog was breaking away, leaving patches of bright blue sky. With sunlight and outdoor exercise, Nancy began to forget how drab the morning had seemed earlier. They wandered around, looking at the livestock. In one corral, a Morgan stallion paced restlessly, intently testing the air. Something about him reminded Nancy of Dandy. To ease the pain of her loss, she told Larry all about him, how he was lost on the desert and no one could find him. But Clint had seen his tracks, so Dandy was alive and well.

Larry was sympathetic. "I'm sorry you lost your horse, Nan. There's nothing better than having a good horse and room to ride. I wish I could work on that one," he said, nodding toward the stallion. "We don't none of us ride him. We just use him for our mares and people bring mares from all over the country to him," Doug explained.

They wandered toward the

The Community Breeze **Desert Dandy**

By Gladys Martin **Chapters Nineteen & Twenty**

droplets, like diamonds in the sun." Nancy looked around. She hadn't thought of this place as being beautiful. To her, beauty was wide open spaces, storms, sunsets and changing light across the expanse of high desert. Her mother could always find beauty in everything.

Someone called them back to the house for taking pictures.

"We have to leave the horses here," Doug said as he dismounted. They scrambled up the rock like monkeys, using finger and toe holds. The view was breathtaking It was 400 feet straight down to a jumble of broken rock at the base of the escarpment. Val sat beside her. "Down there is where the house is and over there you can see part of the road you came in on."



Claude had a new camera and became the official photographer. "It's such a shame Curt couldn't be here," Grandma Jeannie said wistfully. "I'm kind of glad Curt isn't here," Nancy said privately to Elaine. "He's a pain. Dad says he's just teasing, but I wish he'd be nice about it. I wish I had a brother like Larry."

Clint left for Wagontire next morning. Smokey was excited to be going and rode with his front legs clinging tightly to the edge of the pickup, his head stretched out to see around the cab. As she watched Old Walleye rattle across the bridge, Nancy had an urge to run after her dad, but she stood quietly by her mother.

Clyde, Amy, Larry and Elaine were getting ready to leave also. Nancy wanted more time to talk to Larry about horses. Doug broke into her thoughts. "It's clear today. Dad said we could take the horses and ride up to the top. Want to go?" Nancy didn't need a second invitation. The trail through the timber was narrow and steep, forcing them to ride single file. The wet ground was slick but the horses handled themselves well. There was nothing to see but trees. Finally, the trail leveled off at a huge outcropping of rock.

Kit sat down on Nancy's other side. "See all those green valleys with a line of trees along the edges of them? That's where the river is." Nancy traced the course of the river by the series of emerald valleys it wore like a necklace. Beyond that, the tree covered hills seemed to go on forever. There was a bank of clouds far away on the western horizon. "Bet it's a storm coming in," Kit said.

They went back down to their horses and rode to a small lake. Kit produced sandwiches. They sat on rocks and wolfed down the food,

washing it down with ice cold water from the stream that fed the lake. They





mother were leaving. Clyde, Dottie, Trish and DeeDee were on their way home to Eugene, so gave them a ride to the bus depot at Canyonville.

The big Greyhound bus wound its was through the increasing rain. Nancy enjoyed the plush reclining seats. "Do you still think Carrie's kids are brats?" her mother asked. "No, I guess not," Nancy said. "They're really kind of fun.

The bus was half way up the mountain pass when it caught up with a loaded log truck. Progress slowed to a snail's pace as the loaded truck moaned its way up the mountain. "Bet I could walk faster than this," Nancy complained. She wished she had gone back to Wagontire with her Dad.

"Do you like the rest of your cousins, Nan?" Annie asked. "I like Larry best of all," Nan said. "He likes horses and ranches." Then another thought crossed her mind. "Mom, why does Dad call Grandma Jeannie and all the other grownups call her Mom?"

Annie explained. "Clint was only 14 when his father died. As the oldest, he took on a lot of the work and responsibility. He and

> his mother were more partners that mother and son, so he

Just a note about Desert Dandy. The author, Gladys Martin, is currently living in an adult foster home in Lakeview. Her book is

creek. Annie and Amy were admiring the swimming hole when the children got there. Elaine ran up to her mother. "Suppose we could get Dad to build us a pool like this?" she asked. "It wouldn't hurt to ask," Amy replied. "But I wouldn't set my heart on it. Dad has a lot of other projects on his mind right now."

Annie put an arm around Nancy. "Isn't this a beautiful place? Did you notice how all the spider webs are strung with

skipped rocks on

the water. Then Kit said, "We'd based on long ago memories of a best be going. It gets dark early time when she lived in the Wagon and we need to be back in time Tire area.

for chores." They mounted their Next Month: Chapter 20/21

horses and rode away from the jewel-lake lake, back down the trail to the ranch.

The next morning, low clouds and misty rain made the canyon seem to close in on her again. Nancy yearned for the wide-open desert and was glad she and her

The Community Breeze

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



EI GRITO de DELORES/ The Cry of Delores Father Miguel Hidalgo Costilla was born on

May 8, 1753 in the village of Delores, Mexico and is

of his country, the great hero of Mexico's War for Independence from Spain. The truth about Hidalgo is a little more complex. The facts and dates leave no doubt: his was the first serous insurrection on Mexico's soil against Spanish authority after having suffered three hundred years of abuse from the Crown.

He was a charismatic leader and he and the military man Ignacio Allende made a good team. Their army rapidly beginning grew in Hidalgo hometown of Delores. September 16, is considered Mexico's Day of Independence.

Hidalgo was second child of eleven and grew up on a farm. He studied at a Jesuit secondary school and received a Bachelor's degree in theology and philosophy in 1773 from San Nichols College in Valladolid He was ordained a priest in 1778.

He would return to that school years later and put it to the 'torch'. He had an eventful early career, but back in Delores he replaced his brother who recently died and assumed the duties of the parish priest. His interest in the economic advancement of his parishioners, for example, through the introduction of newer methods of agriculture, and his political convictions regarding the oppression of the people by Spanish authorities caused the latter to regard him with suspicion.

Beat the Heat from page 7

By The Prospector

interdependence group from The French who now con-San Miguel. When the plot trolled Spain and the Span-

considered the Father "He who hesitates is lost." Cato

was betrayed to the Spanish, several members were arrested and executed. Warned to flee, Hidalgo decided instead to act promptly.

Hidalgo belonged to a pro- site/ city known as Zamora.

iards found at this city suffered. BY all accounts this Armies of Hidalgo's

was a mob. These were freed slaves who spared no quarter. They acted more like "a horde of locus with just as much of control". The first two battles On September 16, 1810, he were a rout by Mexico but a rang the church bells in Dolores fortress in the center of the

for Mexico City but first a stop at the nation's largest prison complexes, Atizoc, folowed by the Siege of Guanajuato.

Hidalgo and Allende marched their growing army through the towns of San Miguel and Celaya where the angry rabble killed all Spaniards they could find and looted homes. Along the way, they adopted Our Lady of Guadalupe as their symbol. The siege was horrific, the rebel horde, which numbered some 30,000 overran the fortifications and slaughtered the 500 Spaniards inside. The town was then looted.

Located on a hill this prison complex covered many acres with dungeons cut in the side of limestone. No digging your way out; only out thru the bars. These captured Indians, Mexicans and all others held by Spain were released into this mob.

With his army reaching 80,000 and having its bul comprised of very angry and freed souls he marched on to Mexico City where Napoleon's brother (who had been made King of Mexico years earlier)held power. But the Father of Mexico hesitated when he was at the front door.

The Treaty of Guadalupe of 1846 required names of towns/ locations to move south. To understand true locations convert: Valladolid > Lovelock, The first strike was up the Nev. : Urepetiro Gorge > Warner Valley, Ore.: Zamora > Abert Lake, Ore. Where Poison Creek enters lake .: Zacoalo > Picture Rock Pass; Boulder Village. Carlon Village. Lake County, Ore: Guanajuato Now it was time to head > Thistle, Utah; San Miguel >Tellride, Co. Celaya >Norwood, Co. ; Atizoc > Sun tem ple Ruins Colo. Mexico City > Cortez Colo.; Delores hasn't changed her name in over 500 years. Delores, Colorado. Next: While the Father was knocking on the 'Palaces Door'; Napoleon was being handed his "waterloo" by Moscow; The 'Good Queen Mother' was sending a diversion into Washington D.C. while her intent was 'steaming' up the Mississippi River with hope of enslaving us.



to call his parishioners to an announcement of revolution against the Spanish. His speech was not only an encouragement to revolt but a cry for racial equality and redistribution of land. It became known as El Grito de Dolores. He rapidly left town-headeing south, with six hundred followers, and with Spain's Army in hot pursuit.

His army grew and grew because every town encountered was sacked and the slaves freed. By the time they ran headlong in a thousand-man Spanish army in a Urepetiro Gorge, the first official act of war on a battlefield was a complete rout by Mexico.

Moving west the army encountered a massive mining

seven mile wide city would be the biggest challenge to date and it goes down in history as the greatest battle waged in the Mexican War for Freedom.

Zacoalco was located on top a mountain pass that was naturally choked making it a fine place to control the traffic out this mining area with its many types of mines as well as other revenues. It was a tough place to attack.

trail from the Ana Hot Springs and was a feint with the main force coming over the terrain from the east. After two weeks of fighting the city fell to Mexico.

Humans: Preventing Heatstroke Drink plenty of water or other cool, non-alcoholic fluids even if you're not thirsty Avoid drinking extremely cold liquids as they can cause stomach cramps.

Plan ahead. Reduce activity and avoid exercise in hot weather. If activity is unavoidable, try to schedule it for the cooler part of the day and rest often. Whenever possible, stay indoors or in the shade.

Stay cool and keep air circulating around you. Draw

your blinds or curtains and use a fan or air conditioning if possible. Eat smaller meals more often and cold meals such as salad. Wear lightcoloured, loose-fitting

clothing made from natural fibers. wet towels, putting your feet in cold water and taking cool (not cold) showers.

If you must be out in the heat: Limit outdoor activity to the coolest part of the day. Protect yourself from the sun and 'slip, slop, slap' when outside by covering exposed skin, using sunscreen and wearing a hat. 'Seek' shade and 'slide' on some sunglasses. Rest regularly in the Keep yourself cool by using shade and drink fluids frequently.

Across

1

2

3

- 1. Madrid's country
- 6. Big Dipper component
- 10. Handbag
- 14. Owned apartment
- 15. Diva's specialty
- 16. Egg-shaped
- 17. External
- 18. Misplaced
- 19. Hardens
- 20. Goody
- 21. Acceptance of others
- 23. Reserved
- 25. Bolivia's neighbor
- 26. Fri. follower
- 29. Behalf
- 31. " Street"
- 36. More ingenious
- 38. Identical sibling
- 39. By this time
- 40. Side by side
- 43. Smelling organ
- 44. More tired
- 45. Ships' rears
- 48. Man or Wight
- 49. Make an effort
- 50. October birthstone
- 52. Blasting letters
- 54. Joint affliction
- 59. Sour fruit
- 63. "Wish You Here"
- 64. Marathon, e.g.
- 65. Appearance
- 66. Dragon's home
- 67. African lily
- 68. Steeple
- 69. Messy person
- 70. Let borrow
- 71. Copier's need

Down

- 1. Highlander
- 2. Fill glasses
- 3. Poker word
- 4. Thoughts
- 5. Arm of the Atlantic (2 wds.)

August Solution



The (The Community Breeze											
SEPTEMBER CROSSWORD												
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- 6. Popcorn seasoning
- 7. State police officer
- 8. Church walkway
- 9. Evaluators
- 10. Dress for Caesar
- 11. Kitchen hot spot
- 12. Body powder
- 13. If not
- 22. Regret
- 24. 36 inches 26. Skims over
- 27. Parcel out
 - 28. Brief

- 30. Piano part
- 33. Anticipate 34. Penny pincher
- 35. Way in

32. Stride

- 37. Swerve
- 40. Pacino and Gore
- 41. Leather strap
- 42. Sign up again
- 44. Valley (high-tech locale)
- 46. Neither's companion
- 47. Type of staircase
 - **Dark Sky Lighting Solutions**

Use fully shielded, dark-sky friendly fixtures. That means lights shine down, not up, and don't created glare and contrasts

Only use lights when and where needed. Install timers and

13

11

12

51. Start of a Dickens title

(2 wds.)

53. Musical pace

55. Genuine

58. Origin

60. Principal

56. Threesome

57. Thyme or sage

61. Mythical giant

62. At no time, in verse

54. Shoemaker's tools

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dimmer switches, and turn off lights when not in use. If you must have security lighting use motion sensors.

Use the right amount of light. Too much light is wasteful and impairs vision.

Use long-wavelength lights with a red or yellow tint to minimize negative health effects. Lights in this spectrum are often referred to as 'Warm'.

Everything you might want to know about the best lighting for your needs that are dark sky friendly can be found at darksky. org.

Good lighting design can mitigate glare and keep you and what you value safer.

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Public Meetings

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

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

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

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

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

EMS - 2nd Wed at 7pm at EMS Building

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

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

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

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

NA Wednesdays at CV Community Hall at 7pm

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

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

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



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