

ChiloquinNews

March 26th, 2012 Volume 9, Issue 13



Yard art in spring snow. Photo courtesy of Joan Rowe.

What's flowering this Week?



Johnny Jump-Up
Viola cornuta



Crocus tommasinianus 'Ruby Giant'



Starflower
Ipheion uniflorum

CHILOQUIN LIBRARY OPEN HOUSE

**Saturday April 21st
10 am to 2 pm**



Come to the
Chiloquin Branch Library
to celebrate
National Library Week

Meet your local librarian and find out about the
amazing resources your library has to offer.

AMAZING LEARNING EXPERIENCE



Resources and People (RAP) Camp has been providing exciting summer fun for students since 1992. The camp gives students a chance to learn about natural resource management by providing them an opportunity to take part in hands-on natural resource workshops, outdoor recreation activities and educational field trips.

This week-long camp is held the third week in June at Camp Esther Applegate at Lake of the Woods in South Central Oregon. Each year, sixty plus students, ages 13-18, from both urban and rural areas have the opportunity to interact with each other and engage in outdoor pursuits.

STUDENT COMMENTS

- “I LOVE RAP Camp – it has helped me grow, mature and learn.”
- “You make friends, you learn a lot and in the end you'll miss camp.”
- “This camp was the camp that changed my life.”
- “I loved this camp. It offers so much for career building opportunities, outdoor information and amazing friends, teachers and counselors.”



CONTACT INFORMATION

Shirley Kerns, RAP Camp Coordinator
541-883-6716 or skerns@fs.fed.us

Akimi King, Recruiter
541-885-2515 or akimi_king@fws.gov



USDA is an equal opportunity provider and employer.

Resources and People Camp DISCOVER THE OUTDOORS



RAP CAMP
June 17-23, 2012

Please Join Us at RAP Camp!
<http://www.fs.usda.gov/goto/rapcamp>

EDUCATIONAL ACTIVITIES

WORKSHOPS

- Archeology
- Botany
- Careers
- Fire Ecology
- Fisheries
- Forestry
- Hydrology
- Range
- Recreation
- Wetlands
- Wildlife

PROGRAMS

- Cowboy Poetry
- Night Sky Talk
- Resume Building
- Tribal Storytelling

FIELD TRIPS

- Crater Lake National Park
- Fish Hatchery
- Fort Klamath Museum
- Ranch

OTHER ACTIVITIES

- Arts & Crafts
- Birding
- Canoeing
- Flintknapping
- Fly-tying
- Hiking
- Journaling
- Horseshoes
- Orienteering
- Roping
- Swimming
- Talent Show
- Volleyball



REGISTER NOW

- Students Ages 13-18 May Apply
(Must have completed 8th Grade)
- Cost Only \$225. *(Transportation not included)*
- Scholarships Available!!!

FOR INFORMATION AND AN APPLICATION

RAP Camp
OR
<http://www.fs.usda.gov/goto/rapcamp>



Parent of student, Jana Austin, Hood River, Oregon:

“Tory had a most wonderful experience at RAP Camp. She was bubbling over with stories of the events, complete with a wonderful syllabus and learning tools. I am impressed with the information she obtained and the hands-on learning that the program offered. Hats off to all of the staff!”



Sage Community School

Sage Community School Board meeting will be held April 6 at 5:00 PM.

Community Center Meeting for Sheriff Candidate

Peter "Mike" Shepherd, candidate for Klamath County Sheriff, will be hosting a meeting at the Chiloquin Community Center March 29 at 6:00 pm. Mike will also be at the Sprague River Community Center April 7, at 1:00 pm. The purpose of the meetings is for people in the area to meet Mike, share their concerns, issues, and ideas with him and to hear his ideas in making your communities safer.

Sheriff Candidates meeting

Wednesday, April 18th at 6:30 P.M. in the Chiloquin Community Center. Meet all the candidates for Sheriff and ask them your questions.

Candidates night in Chiloquin.

Wednesday, April 25th at 6:30 P. M. in the Chiloquin Community Center. Meet the candidates for County Commissioner and ask them your questions.

AARP Foundation Tax-Aide

AARP Foundation Tax-Aide is available free to taxpayers with low and moderate income, with special attention to those 60 and older.

Every Monday at the Chiloquin Library from 10 AM -2 PM, but be at the library by 1 PM
1st come 1st served... For more information see http://www.aarp.org/money/taxes/aarp_taxaide/

U.S. FOREST SERVICE, BLM AND U.S. FISH AND WILDLIFE TO START PRESCRIBED BURNING IN SOUTH CENTRAL OREGON

Lakeview, Ore. - Fire Managers for the Fremont-Winema National Forest, Bureau of Land Management's (BLM) Lakeview District and Sheldon/Hart National Wildlife Refuge Complex will again start prescribed burning. This is an ongoing effort to reduce the potential of catastrophic wildfires and improve ecosystem health.

"Fire plays a key role in maintaining the biological diversity of our forests and rangelands," said Barry Shullanberger, Interagency Fuels Specialist for the Fremont-Winema National Forest and BLM's Lakeview District. "We will be using controlled burns throughout the spring to restore the natural and positive effects of fire in select areas."

Prescribed burns are a proactive tool used to achieve a number of objectives, including the reduction of hazardous fuels (overgrown vegetation). Prescribed burns can help decrease the threat of wildfire, reduce the risk of insect and disease outbreak, recycle nutrients that increase soil productivity and improve wildlife habitat.

The actual days of ignition for these burn projects will depend on several factors including appropriate humidity levels, wind speed and direction, temperature and fuel moisture. Burns will only occur on days when the Oregon Department of Forestry (ODF) Smoke Management Office indicates suitable weather conditions exist for smoke dispersal. "Fire managers will conduct burns only if all conditions allow for safe and successful burning operations," said Shullanberger.

The Fremont-Winema National Forest, BLM's Lakeview District and U.S. Fish and Wildlife Service work in partnership with the National Park Service, ODF and adjacent landowners to reduce fire hazards on public lands.

Possible burn locations include the following:

FREMONT-WINEMA NATIONAL FOREST

Bly Ranger District

Approximately 2,500 acres of prescribed burning is planned for the Mortar/Coyote project area located 10 miles east of Bonanza in the Goodlow Mountain area. An additional 2,500 acres are scheduled to be burned within the Bly Ridge Wildland Urban Interface project area, which is a half mile west of the Pinecrest subdivision located northwest of Bly. Prescribed underburning will also take place on the 183-acre Vista project area along Highway 140 near Quartz Mountain. For additional information, please contact the Bly Ranger District at 541-353-2427.

Chemult Ranger District

Approximately 900 acres of prescribed burning is planned for the Raptor project area located about 20 miles southwest of Chemult along the eastern boundary of Crater Lake National Park. For additional information, please contact the Chemult Ranger District at 541-365-7001.

Chiloquin Ranger District

Approximately 300 acres of prescribed burning is planned in the Yosshouse project area located 20 miles northeast of Chiloquin. An additional 150 acres of prescribed underburning is planned in the Ninemile project area located nine miles east of Chiloquin adjacent to the Sprague River Road. For additional information, please contact the Chiloquin Ranger District at 541-783-4001.

Klamath Ranger District

This spring, approximately 400 acres of underburning is planned near the Odessa and the Mountain Lakes subdivision near Rocky Point off Highway 140. For additional information, please contact the Klamath Ranger District at 541-885-3410.

Lakeview Ranger District

Approximately 2,600 acres of prescribed burning is planned adjacent to Strawberry Reservoir located about 25 miles southwest of Lakeview. An additional 1,500 acres of juniper machine pile burning will occur in the North Warner area 15 miles northeast of Lakeview. For additional information, please contact the Lakeview Ranger District at 541-947-3334.

Winter Rim Zone

Approximately 400 acres of prescribed burning is planned in the Brattain Ridge area 20 miles south of Silver Lake. Various hand and machine piles across the district will also be ignited as weather permits. For additional information, please contact the Winter Rim Zone at 541-943-3114.

LAKEVIEW DISTRICT BLM

Klamath Falls Resource Area

Approximately 200 acres of juniper shear piles on Bly Mountain, as well as 100 acres of juniper shear piles on the north end of Bryant Mountain are planned. For more information, please contact the Klamath Falls Resource Area at (541) 883-6916.

Lakeview Resource Area

Approximately 1,300 acres of prescribed burning is planned for lopped juniper within the Bridge Creek project area located five miles southwest of Silver Lake. An additional 1,200 acres of prescribed burning is planned for lopped juniper within the Ana project area, 20 miles east of Silver Lake. For additional information, please contact the Lakeview Resource Area at 541-947-2177.

US FISH AND WILDLIFE

Sheldon/Hart National Wildlife Refuge Complex

At Sheldon, approximately 150 acres of prescribed burning of meadow grass and cat tails will be burned on the refuge. Sheldon Wildlife Refuge is approximately 70 miles east of Adel. At Hart Mountain, approximately 50 acres of juniper slash are scheduled to be burned. Hart Mountain is located about 22 miles northeast of Plush. For further information regarding the Sheldon and Hart Mountain prescribed burns, please contact the US Fish and Wildlife office at 541-947-3315.

Please do not call 911 about burning in the areas referred to above. Local law enforcement is aware of these burning activities. For recorded fire information, please call the Klamath Falls Interagency Fire Center at 541-883-6831 or the Lakeview Interagency Fire Center at 541-947-6259.

Additional information may also be found at the following Web sites:

Lakeview Interagency Fire Center <http://www.scofmp.org/lifc.shtml>

Klamath Falls Interagency Fire Center <http://scofmp.org/kfifc/kfifc.shtml>

Cycle Oregon Fundraising Opportunities

In early February, Cycle Oregon made an exciting announcement that they plan to visit our community in their annual week long cyclist loop. On September 10, 2012 approximately 2,200 cyclists, along with Cycle Oregon staff and volunteers, will be making their way from Silver Lake to stay with us at the Rodear Arena in Fort Klamath. This means several very exciting things for our community.

We are honored to have been chosen as one of Cycle Oregon's overnight destinations. We have a very beautiful area to share with them, and as they only have a short time to stay with us, we hope to make such an impression on them that they will not only come back, but bring their families with them.

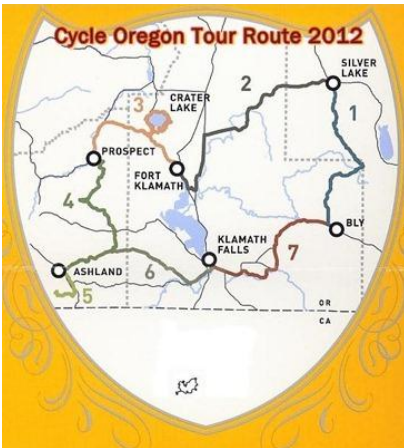
Your community's Cycle Oregon Committee has been hard at work getting ready for this amazing event, but we cannot do it alone. There are many jobs to do before the cyclists' arrival, as well as during their most anticipated stay in September. There are a wide variety of fundraising opportunities ranging from hauling bags to serving dinner and everything in between. Depending on the job and the number of group members assisting, most payments range from \$250-\$2000 for just a few hours of work. We would like to invite your group to apply for one or more of these exciting tasks. Cycle Oregon has specific criteria for each job available, so please let us know of your group's interest before April 2nd, so our committee can place groups where they will be most effective. This is an opportunity that you will not want to pass up. This will be a fabulous benefit to our area and will help you reach your group's financial goals this year.

Our committee is looking forward to working with you during this amazing opportunity for our community. To ensure your involvement please contact us as soon as possible.

Lisa Collier
Cycle Oregon
Community Manager
(541)-851-1648
lcollier@sagecommunityschool.org



Cycle Oregon is coming to Ft. Klamath on Monday Sep 10th and there is an opportunity for local entertainers to perform on stage that evening. There will be 2200 cyclists and several hundred friends and volunteers staying at the Rodear Arena on Hwy 62, and the stage will be set up there. It is a 7 day ride. Ft. Klamath will be the second night of the tour.



Cycle Oregon riders come from all over the US and from many countries abroad. They appreciate the cultural offerings of community entertainers as a highlight of their trip and particularly value authentic local talent from the areas they ride through.

The Cycle Oregon Stage Manager will make the final decision on who will perform and what compensation the performers will receive. The local entertainment coordinator is gathering names of those interested in performing to send on to the stage manager.

Please contact Joan Rowe joanrowe1@gmail.com or 541-783-3135 if you would like to be one of the performers. Thank you!

Gelatin

by Joan Rowe

Collagen is a fibrous protein that makes up almost one-third of all the protein in the human body. It strengthens the body's connective tissues and allows them to be elastic, that is, to stretch without breaking. Gelatin is made up of collagen protein which has been broken into smaller pieces (peptides) so that they can be digested easily when eaten.

Collagen doesn't dissolve in water in its natural form, so it must be modified to make gelatin. The top four commercial sources of gelatin are bones, cowhide, pork skin, and fish skin. Manufacturers grind the parts and treat them with either a strong acid or a strong base to dissolve the collagen. That mixture is boiled, then washed and filtered repeatedly. The large collagen protein ends up being partially broken down; the resulting product is a gelatin solution. The solution is chilled into a jelly-like material, cut and dried, then ground to a powder. Today, the gelatin in Jell-O is most likely to come from pigskin. Gelatin from bone is used mostly for pharmaceutical purposes. Gelatin from fish skin is mainly used by those people who cannot eat pork or beef, usually for religious reasons. As a dry powder, gelatin is very stable, and can be stored in air-tight containers for years with no loss in quality.

Until the mid-nineteenth century, making gelatin was really a task. Calves' feet were boiled in a large kettle for several hours, then the liquid strained and the bones discarded. After setting for 24 hours, a layer of fat would rise to the top which was skimmed off and discarded. Sweeteners and flavorings were added to the liquid and it was poured into molds and allowed to set. By the 1840s, some producers were grinding the set gelatin into a fine powder or cutting it into sheets. One of them was Charles B. Knox, a salesman from Johnston, New York, who hit on the idea of making gelatin more convenient after watching his wife Rose make it in their kitchen. He packaged dried sheets of gelatin and then hired salesmen to travel door-to-door to show women how to add liquid to the sheets and use it to make aspics, molds, and desserts. In 1896, Rose Knox published 'Dainty Desserts', a book of recipes using Knox gelatin.

Gelatin does not occur freely in nature, and cannot be recovered from horns, hoofs and other non-collagen containing parts of animals. There are no plant sources of gelatin, and there is no chemical relationship between gelatin and other materials referred to as vegetable gelatin, such as seaweed extracts.

Gelatin has many uses:

- ◆ In Food: It is used in gelatin desserts and confections such as marshmallows and gummi-candies, protein drinks, protein energy bars, as a binding and/or glazing agent in meat and aspics. It is also used to clarify

beer and wine. It is used in fat-reduced foods to simulate the mouth-feel of fat and to create volume without adding calories.

- ◆ Pharmaceutical Uses: The shells of hard and soft capsules, tablets, granulation, suppositories, dietary/health supplements.
- ◆ Cosmetic Uses: It is the “hydrolyzed animal protein” in shampoos, conditioners, lipsticks, and fingernail formulas, and a collagen source in topical creams.
- ◆ In Photography: It is used to hold silver halide crystals in an emulsion in virtually all photographic films and photographic papers.
- ◆ In Ballistics: Ballistic & Ordnance Gelatin is used by law enforcement, military, and ammunition manufacturers for testing purposes due to its simulation of human body density. (Don't visualize this!)
- ◆ Other Uses:
 - It was first used as an external surface sizing for paper in 1337. Now it is sometimes found in glossy printing papers, artistic papers, playing cards, and it maintains the wrinkles in crêpe paper.
 - Animal glues such as hide glue are essentially unrefined gelatin.
 - Gelatin is closely related to bone glue and is used as a binder in match heads and sandpaper.
 - Certain professional and theatrical lighting equipment use color gels to change the beam color. These were historically made with gelatin, hence the term color gel.

Although gelatin is sometimes referred to as a low quality food protein because it does not contain all the essential amino acids, it does contain an exceptionally high content of two amino acids which play an important part in collagen formation; proline and glycine. In fact, it takes 43 grams of dried egg whites or 89 grams of lean beef to equal the amount of proline in just 10 grams of gelatin. Though the body can form these two amino acids on its own, it has been suggested that at times the rate of synthesis may not be high enough to counter the degradation of collagen, thus resulting in a steady loss of body collagen. Eating gelatin appears to be a way to get enough of these important amino acids to the chondrocytes (cartilage producing cells) and osteoblasts (bone forming cells) of the body. Although chondrocytes are critical for collagen formation, their number is limited and their ability to form this much needed protein is influenced by heredity, age, physical activity (too little or too much), injury, and availability of nutrients. As we age, our bodies make less collagen, and individual collagen fibers become increasingly cross-linked with each other. You might experience this as stiff joints from less flexible tendons, or wrinkles due to loss of skin elasticity.

Although bone metabolism is complex and not fully understood, there are some small studies showing that the intake of just 10 grams per day of gelatin is effective in reducing pain, improving mobility and overall bone and cartilage health. Several randomized, double-blind, crossover trials have shown improvements in symptoms related to joint pain. See <http://www.betterjoints.com/professionals/clinical.php> for a summary of the studies.

There is some concern about the safety of gelatin because it comes from animal sources. Some people are worried that the prion that causes mad cow disease (bovine spongiform encephalopathy) will not be inactivated by the extraction process should it be present in the bones. This is a very low risk and in the end it boils down to whether you'd trade that risk for relief of constant pain. It's an individual decision.

Scientists are very wary of anecdotal stories about the effects of taking supplements and with good reason. Some I read were simply preposterous. 10 grams of gelatin is the equivalent of about 2 full bowls of jello. One person, after eating ½ bowl each day for a couple of weeks got impatient and ate a whole bowl, only to wake up the next morning totally pain free! So be very skeptical, and with that in mind, here is my anecdotal story.

About 2 years ago I started getting a few sharp pulls in the left groin as though I'd pulled a tendon. Then it progressed to constant pulls and I had to give up walking and *gardening*, and just sit around all day. I had 4 rounds of prolotherapy and that helped for a while. By then a year had passed, and just as the next gardening season rolled around it got worse again, so I had hip X-rays and a back MRI. The hip showed bone spurs, which *might* be removed arthroscopically but there is no arthroscopic hip surgeon in southern Oregon. So off I went to Lake Tahoe where I had a hip MRI and was told that although there were bone spurs there was also too much damage to the soft tissue already for arthroscopic surgery to be successful. I was sent back to Oregon to get a hip replacement. Another gardening season lost. So all my friends said “great, hips are easy to replace. Just get it done and you'll be on your feet in no time”. Now I know that's true, but as a veteran of 5 knee surgeries, 1 shoulder and 1 wrist surgery, *I just didn't want any more!*

Winter was coming on so I had time to experiment before the next gardening season. I started taking 2 tablespoons (20 grams) of gelatin each day. I bought it online in a 5 lb bag. I tried the recommended ways of mixing it, but couldn't stand it when it congealed in the glass, so now I quickly stir a tablespoon of it into a glass of juice and drink it down before it has a chance to swell up. I do that twice/day. Last week I started on the second 5 lb bag.

So for 6 weeks I didn't notice anything much except that my skin was better than it used to be. Fingernails still break though. Now, after 8 weeks I'm happy to report that I spent a whole 2 days over in Phoenix (Oregon) last week, digging holes, shoveling gravel, carrying bricks, raking, pruning and walking all day, and I am just fine ☺. Now my hip still bothers me at times. It is by no means 'fixed'. But I can do things again and I haven't had to go under the knife for the 8th time. So I'm a happy camper.



AREA EVENTS Calendar courtesy of Mata Rust

Updated 3/16/2012

Submit events for inclusion to rustm@fireserve.net

| DATE | EVENT | DESCRIPTION | LOCATION/CONTACT |
|--|-----------------------------------|---|--|
| Until April 29, weather permitting 1 PM every Sat. & Sun. | Free ranger-guided snowshoe walks | 2-hour walks of forests and meadows near and along Crater Lake's rim. | Advance reservations recommended Crater Lake Visitor Center 541 594-3100 www.nps.go/crla |
| March 27 5:30 PM | Book to Film | <i>The Help</i> | Klamath County Library |
| March 27 2 PM | Men's collegiate baseball | OIT vs. Willamette University | Kiger Stadium |
| March 28 4 - 6 PM | Special Teen Movie | | Klamath County Library |
| March 30 2 PM | Men's college softball | OIT vs. College of Idaho | Softball complex 541 885-1000 |
| March 31 11 AM | Men's college softball | OIT vs. Eastern Oregon University | Softball complex 541 885-1000 |
| March 31 noon | Men's collegiate baseball | OIT vs. Simpson University | Kiger Stadium |

April, 2012

| | | | |
|------------------|---------------------------------|---|--|
| April 1 11 AM | Men's collegiate baseball | OIT vs. Simpson University | Kiger Stadium |
| April 6 2 PM | Men's college softball | OIT vs. Concordia University | Softball complex 541 885-1000 |
| April 7 11 AM | Men's college softball | OIT vs. Northwest Christian University | Softball complex 541 885-1000 |
| April 7 | Oregon Hunters' Banquet | | Lake County Fairgrounds Lakeview, OR 541 947-2925 |
| April 7 5 PM | 4 th Annual Fur Ball | Dress in favorite cocktail attire for an evening of fun, food, philanthropy, and dancing. Silent auction, dinner, no-host bar, music. Fundraiser for Klamath Animal Shelter | Klamath County Fairgrounds www.klamathanimalshelter.com 541 884-5795 |
| April 8 | Lions Easter Egg Hunt | | Lake County Fairgrounds Lakeview, OR 541 947-2925 |
| April 12 | Westside | | Westside School |

| | | | |
|-----------------------------|--|---|--|
| | Carnival | | Lakeview, OR 541-947-2925 |
| April 13 4 PM | Men's collegiate baseball | OIT vs. Lewis-Clark State | Kiger Stadium |
| April 13, 14, 15 | Klamath Basin Home Builders Association's 37 th Annual Home and Garden Show | Gardening & landscaping, home remodel & repairs demonstrations and representatives | Klamath County Fairgrounds 541 884-8570 www.kbhba.org |
| April 14 | Eugene Opera's LaBoheme/ show tunes | | Ross Ragland Theater 541 884-5483 541 884-0651 www.rrtheater.org |
| April 14 noon | Men's collegiate baseball | OIT vs. Lewis-Clark State | Kiger Stadium |
| April 14 11 AM - 3 PM | Easter Hop | Interactive art adventure for the whole family. Free kids' activities, and entertainment. Origami, face painting, scrap-booking, coloring, water games, contests, gallery exhibits. Performance art, dance, live music, karaoke, puppetry. Vendors will be giving away free samples, snacks, balloons, crafts, coupons, and more. | Creative Collective 807 Main Street 504-957-5820 www.creativitycollective.com |
| April 15 | Annual High School Honors Recital | Classical series | Ross Ragland Theater 541 884-5483 541 884-0651 www.rrtheater.org |
| April 15 11 AM | Men's collegiate baseball | OIT vs. Lewis-Clark State | Kiger Stadium |
| April 17 2 PM | Men's college softball | OIT vs. Southern Oregon | Softball complex 541 885-1000 |
| April 19 6:30 PM | "The Klamath Tribes' Termination and Restoration: History & Facts" | 4 th in a series of Klamath Conversations, sponsored by PROSPER. | Oregon Institute of Technology Mt. Mazama Room |
| April 21 | Craicmore | | Ross Ragland Theater 541 884-5483 541 884-0651 www.rrtheater.org |
| April 28 6 AM - 2 PM | Catch & Release Trophy Trout Fishing Derby | Adults and children invited to participate and compete | Upper Klamath Lake 541 885-4445 |
| April 28 noon | Men's collegiate baseball | OIT vs. Concordia University | Kiger Stadium |
| April 28 10 AM - 2 PM | Keno Farmers' Market | Produce, farmers' market items in season, craft vendors. Cash & credit cards accepted | Keno, OR Angela Reid 541 882-1620 |
| April 28 - 29 | JSSA Gun, Knife, & Coin Show | | Klamath County Fairgrounds 541 850-6956 |
| April 29 11 AM | Men's collegiate baseball | OIT vs. Concordia University | Kiger Stadium |

Our Neighbors

Klamath Falls

Museum offers spring break activities

Children's activities will be offered by the Klamath County Museum every morning during spring break week, March 26-31. Activities run from 10 a.m. to about noon Monday through Saturday. All are free events and open to anyone interested.

The list of events include:

Monday: Pine cone bird feeders at Klamath County Museum's rear entry on Spring Street.

Tuesday: Link River hike starting from north trailhead opposite Putnams Point.

Wednesday: Making "treasure Stones" at the museum's rear entrance.

Thursday: Search for pretty and unusual rocks at site near OIT off Dan O'Brien Way. Watch for signs.

Friday: Assemble mini-greenhouses at the museum's rear entrance.

Saturday: Hogback Mountain hike, beginning at Foothills Christian Fellowship parking lot at north end of Patterson Street.

For more information contact the Klamath County Museum at 541-883-4208.

THE CHILDREN'S MUSEUM OF KLAMATH FALLS

ARTVENTURE, HOW IT WORKS

Families pick up their Art voucher treasure maps at the Children's Museum at 11 a.m. and set out to visit each of the participating locations for their stamp or sticker. Completed Art vouchers treasure maps are put into a raffle for a treasure chest at the end of the day when it is raffled off to a winner. Every month has a different theme.

April 14th: Easter Hop

May 12th: Latin Travels (part of Cinco de Mayo)

June 9th: Space Journey

For more information, check out www.creativitycollective.com/artventure

Pacific Crest Trail video

A video and discussion related to the Pacific Crest Trail will be presented at 7 p.m. Thursday, May 3, 2012 at the Klamath County Museum. Meet with a representative of the PCT Association, and learn about this national scenic trail that runs the length of Klamath County. Free.

Rocky Point

Fish Lake Resort - Winter hours—Fri. 12 - 6, Sat. 9 - 8, Sun. 9 - 5:30. **949-8500**. www.FishLakeResort.net.

Solar Cafe & Gift Gallery - Closed until further notice. **541 356-2400** (ww.solarcafeusa.com).

Crystalwood Lodge - Open for full-lodge retreats and family gatherings throughout the year. info@crystalwoodlodge.com or **541-381-2322**.

Lake of the Woods Resort - Lodge closed for the season. Marina restaurant & store open Friday through Sunday throughout the winter, with prime rib special the first weekend of each month and dinner specials on Friday & Saturday. Enclosed patio. Cabins and RV spots available 7 days a week, with reservations. www.lakeofthewoodsresort.com 1-866-201-4194.

Rocky Point Resort - Closed for the season 356-2287.

Odessa Store - Open 7 AM - 7 PM, with groceries and quick-stop supplies, liquor store, propane, gas & diesel.

Longhorn Store, gas, & Motel. Open 9 AM - 8 PM daily. 541 356-2117.

Crater Lake B & B - Open all year with lodging and great food by Janet. www.craterlakebandb.com
866 517-9560

Sprague River

Senior Meal March 28th. 12:00 pm - Spaghetti, green salad, garlic bread, desserts and beverages.

Easter Dinner April 8th, 2 to 4 pm, after church. Ham, Chicken, baked beans, potatoes, coleslaw, bread, beverages and desserts. Everyone welcome! This is a donation only meal.

Klamath County Sheriffs Forum

All candidates have been invited to share their vision for Klamath County. Come and meet your candidates and share concerns and offer your questions and issues at the Sprague River Community Center on Saturday, April 7th, from 1:00 pm - 3:00 pm.

Running Y

2ndFriday Tastings

April's Monthly Tasting hosted by Liquor at Running Y will be featuring a local Southern Oregon Winery, Merrill Cellars. They are located in Ashland and will be here in Klamath Falls on Friday, April 13th at 5:30pm. There will be six wines available for the tasting. Merrill Cellars has entered just a few wine festivals, but have collected several awards including a couple Silvers, Gold and Best of Show. Overall the ratings for their wines have scored from 87 - 91 points.

Come discover for yourself at Liquor at Running Y (the only supplier in Klamath Falls) on April 13th. Tickets are now on sale for \$10.00 and are credited back to you on sales over \$50.00 (on wine, beer, gifts, candy and/or cigars). Space is limited so get your tickets TODAY to reserve your spot! Liquor at Running Y is located at 5408 Running Y Rd #102. 541-273-0956 See Liquor at Running Y on Facebook for more details.

Our Community

How to Report a Crime

It is likely, that if you are the victim of a crime, that the Sheriff's Department will not respond. This is because the Sheriff's Department is underfunded and understaffed, and not able to respond to crimes unless lives are in danger. But still, crimes need to be reported! They need to be tracked, and sometimes patterns can be figured out that might help apprehend a criminal.

Crimes can be reported immediately online, and it is possible to get a print out of your report to have on hand. The direct link to the online reporting feature is <http://report.citizenserviceportal.com/Report.aspx?agency=kcs0>

All About the Chiloquin Food Pantry

How to sign up for Food Items

- ❖ If you need commodities and think that you might be eligible to receive foods at the Food Pantry, please drop by on the 4th Wednesday of the month between 10 am and 1pm to sign up. We are here to help those in our community who are struggling financially and although our supplies are limited, we are here to serve our community.

How to Donate to the Food Pantry:

- ❖ Drop-off times at the Food Pantry, opposite Kirchers: Between 2PM and 3PM on the Monday before the 4th Wednesday in the month or on the 4th Wednesday in the month at 9.30 AM.
- ❖ Non-perishable food items are always needed and can be deposited in donation barrels around town. They are at Kirchers, The Table, Chiloquin Community Church and the Community Center. More barrels will be placed during the Thanksgiving and Christmas seasons.
- ❖ Toilet paper and other personal items are always appreciated.
- ❖ Monetary donations can be put in Collection Boxes located at: Family Foods, the Library, Kirchers, Clyde's Market, The Table and the Williamson River Christian Fellowship.
- ❖ Checks: The Food Pantry is a non-profit organization and checks should be made out to "Chiloquin Care Program" and deposited in the collection boxes in town or brought to the Food Pantry. Receipts will be issued. Checks made out to the Klamath/Lake Counties Food Bank need to be ear-marked for the Chiloquin Food Pantry or Chiloquin Care Program in order for us to be benefited by the donations.
- ❖ Donations of Produce: If you have an over-abundance of produce in your garden, we are happy to distribute them.

How to Volunteer at the Chiloquin Food Pantry

- ❖ Volunteers are always needed to assist with stacking commodities coming from Klamath Falls on the Monday before the 4th Wednesday in the month at 1.30pm for approximately 1 hour, and for distribution on the 4th Wednesday of the month between 9.30 am and 1 pm.
- ❖ If you can volunteer to help out at fund raisers, please contact us.
- ❖ If you wish to submit ideas or just be an on-looker, join us at an open Board meeting at the Chiloquin Food Pantry at 7pm on the 2nd Tuesday of the month. You will be welcomed.

For more information e-mail [chiloquinfoodpantry @yahoo.com](mailto:chiloquinfoodpantry@yahoo.com) or call 541-891-6168

Chiloquin Care Program is an Equal Opportunity Provider

Weekly Meetings

ChiloQuilters

Meet on Thursdays from 11:00 AM into the afternoon at Two Rivers Gallery; hours are flexible. A sack lunch is recommended since meetings usually extend into mid-afternoon. Everyone interested in quilting is welcome! *For more information, contact Linda Wood (541-783-3879) or Morna Bastian (541-783-2542 or jnmbastian@centurytel.net).* Linus Quilters meet the last Friday of the month from 11:00 AM into the afternoon, at Two Rivers Gallery

EXERCISE/YOGA CLASS

at the Chiloquin Community Center.
NO CHARGE - Donations to CVIP gratefully accepted but not required.

Improve Flexibility, Strength & Balance

Mondays and Thursdays Althia Stephens, a certified yoga teacher leads the classes.
On Wednesdays Jean Sinclair will be leading the class.

10am for the Winter schedule - November 1st - April 30th
9am for the Summer schedule - May 1st - October 31st

Come to the large Community Room about 5 minutes before the scheduled start time.
Althia Stephens, a certified yoga teacher and/or Jean Sinclair
lead gentle exercise of stretching/strength/balance for everyone 50-something and over
no matter your health, fitness level or weight. Over time you will notice increased flexibility and balance from
the easy stretching, strength and endurance movements.

Wear stretchy clothes.
No equipment is required.
If you are able-do bring a "sticky" yoga mat a 6'long yoga fabric belt and some hand weights.

If you need more information contact Jean @ 541.591.9231 or Althia @ [541.892.4130](tel:541.892.4130)

Alcoholics Anonymous

The Tuesday night AA meeting is no longer. To locate the nearest meeting call the hot line number for AA in Klamath Falls at (541) 883-4970.

Zumba



Come and party with us!
ZUMBA is a fun way to party into shape. ZUMBA fuses Latin style music with high energy aerobic moves and a variety of different dance styles that will make you forget you are working out. Anyone at any fitness level can participate in a ZUMBA Fitness class.

Where : Chiloquin Elementary Gym When: Every Tues & Thurs 5:45 pm to 6:45 pm
Cost: Your first class is always free (see instructor at beginning of class) \$5 per class (Drop In)
Package Purchase available (CHEAPER this way)

Instructor: Veronica Kovack Email: vkovack@centuytel.net Ph: 541 783 3591
ZUMBA® and the Zumba Fitness logo are trademarks of Zumba Fitness, LLC, used under license.

Monthly Meetings

Chiloquin Garden Club

Finished for this season, the Garden Club meets once a month on the 3rd Tuesday of the month at 3:00, April through September. Our first meeting is held at the library but as the season progresses we meet at member's homes or other places of interest. Meeting sites will be posted at the library. Anyone interested in attending is welcome.

The Chiloquin area presents unique challenges with varying types of soil and weather conditions. Basic gardening and current information is available, such as how to identify native and drought resistant plants and use them in landscaping, how to prepare the soil, where to order plants and buy seeds that will grow here. The meetings are useful to all gardeners, especially new arrivals to our area.

For more information call: Eleanor at 541-783-2551 or Joan at 541-783-3135

Woodland Park Special Road District

The road serves about 87 homes in the area between Chiloquin and Collier State Park. Meets the 2nd Monday of every month at 6:00 PM at the Community Center.

High Desert Trail Riders Back Country Horsemen

2nd Tuesday of the month at Elmer's Restaurant on South 6th Street, Klamath Falls, 6:30 PM. Come earlier to eat and greet. Meetings include guest speakers on various subjects. *If you want to help save our trails & campsites, come see what we are about. Trail rides, work projects & camaraderie as well as lots of good people and good times. For more information see our website at www.HDTRBCH.org*

Neighborhood Watch - Chiloquin District

will be meeting on a quarterly basis from now on. The first quarterly meeting will be held on the 3rd Thursday in January at 6:30 PM in the Community Center. 783-3798 (Jim Rickman).

Central County Community Action Team

(CA Team) - 1st Thursday of March, April, May, June, September, October and November at 6:30 PM at the Chiloquin Community Center. *This is open to anyone living in the area.*

Chiloquin Book Club

4th Thursday of every month at 1:30 PM - Chiloquin Library.

Friends of the Chiloquin Library

1st Wednesday of every month in the library conference room. April through October - 9:00 AM, and November through March - 10:00 AM. *All are welcome!*

Family and Community Education

(FCE) meets the 2nd Wednesday of every month at the Chiloquin Christian Center (formerly A.O.G.) in Chiloquin. *For up to date information or change of locations, contact Sandie at 892-2336.*

Two Rivers Village Arts (TRVA) Board of Directors

3rd Wednesday of every month at 11:00 AM. TRVA operates Two rivers Gallery. See 'Volunteer Opportunities' for more information.

Sheriff's Citizen Advisory Committee

3rd Thursday of every month from 2:00 PM to 3:30 PM at the Chiloquin Fire Station. *All area residents are invited to attend.*

Chiloquin Vector Control District Board of Trustees

3rd Thursday of every month at 6:30 PM, City Hall.

Chiloquin Planning Commission

meetings are held on the 2nd Thursday of every month at 6:30 PM, Chiloquin City Hall on 2nd Street.

Chiloquin City Council

meetings held on the 2nd Monday and 4th Tuesday of every month at 6:30 PM, Chiloquin City Hall on 2nd Street.

Chiloquin Visions in Progress (CVIP)

meetings are held on the 2nd Wednesday of the month at 6PM in the Chiloquin Community Center conference room. See 'Volunteer Opportunities' for more information.

Volunteer Opportunities in Chiloquin

Volunteer Fire Fighters - "What if you had an emergency and no one came?" *Become a Volunteer Firefighter!*
783-3860.

Volunteer Ambulance Service - 783-3131

Two Rivers Gallery: The gallery, which is a community project and has no paid employees, is seeking people to "gallery sit". This involves talking to people who stop by to browse and shop. You do not need to be an artist, but if you are, gallery hours reduce the amount of your commission. Any time at all that you can donate to us will be very much appreciated. *Contact the Gallery @ 783-3326.*

Sage Community School - Sage Community School is looking for community volunteers interested in assisting Sage Community School. *If you are interested in offering your services as a volunteer in any way, please contact Wendy Letner at 783-7743.*

Klamath Humane Society - volunteers needed at the Humane Society. We are getting started on our disaster program and need volunteers in the Chiloquin area. We also are looking for people who can write grants.
Foster homes for dogs and cats are always needed. For more information, contact the shelter at 882-1119 or e-mail staff@klamathhumanesociety.com.

Start Making A Reader Today (SMART) - a statewide program working with children K-3 during school hours. Each volunteer works one-on-one with a child for ½ hour, helping them read (or reading to the youngest). We always need volunteers, whether scheduled every week or merely as a substitute reader when the regular reader is unable to attend. Call the above numbers for an application or fill out an on-line application

at www.getsmartoregon.org. It will be the most rewarding hour you ever volunteer! *Contact the SMART office at 273-2424 or the Chiloquin Elementary School at 783-2338.*

Neighborhood Watch - Chiloquin District - 783-3798 (*Jim Rickman*)

Neighborhood Watch - Agency Lake President - Sharon Huber at 541-880-6461 or Secretary - Liz Matuk at 541-783-3921.

Chiloquin Branch Library - The library has many ways to get involved and many fun ways to contribute to your local community. Some opportunities:

1. Storytime: If you would like to read two or three stories to a small group or preschoolers, and lead them in a simple craft or activity, the library staff can use your help. Story time is at Thursday 2:30 PM during the school year.
2. Summer Reading Program: There are many opportunities during the summer to help out with this very worthwhile program.
3. Honor collections: these are racks of paperback books, magazines and audiovisual materials that patrons may check out without a library card. By offering these collections, more people in the community can be reached and a greater diversity of materials can be made available without incurring the costs of cataloging and processing items for the general collections. The staff would like to have some help in keeping these racks orderly, attractive and relevant. Check with the librarian for information on how to "adopt a rack".
4. Help with sorting donations.
5. Go through Books for Sale section and tidy it once a month or so.

Stop in at the library and see what they need or give them a call at 783-3315.

Chiloquin Visions in Progress (CVIP)

CVIP operates the Chiloquin Community Center, the Chiloquin Learns After School program, the Writer in Residence Program, and is the contact point for the Chiloquin Area Community Resource Committees and their projects. We have a volunteer list in the office where you can sign up to be available for many different "jobs" and projects. *Call 783-7780 between 10 AM and 2 PM weekdays for further information.* If you would like to get further involved, attend a Board meeting, held on the 2nd Wednesday of the month at 6PM in the Community Center conference room.

The ChiloquinNews is an online newsletter of events in Chiloquin, Oregon. The newsletter is compiled and edited by Joan Rowe and is free of charge to anyone who wants to receive it.

If you are interested in receiving the ChiloquinNews, email chiloquinnews@gmail.com and request that your e-mail address be added to the mailing list. To unsubscribe, send an email with "unsubscribe" in the subject line to the same address.

A special thanks to the Chiloquin Library for making a print version of this newsletter available to those without computer access.

All information posted in the CN is by submissions to the CN. It is the policy of the ChiloquinNews not to reveal, share or distribute the email addresses of subscribers for any reason whatsoever.

For additional information on the town of Chiloquin, Oregon, visit www.chiloquin.us and www.chiloquin.com. For information about activities in the surrounding areas of the towns of Chiloquin, Ft. Klamath and Rocky Point visit www.ThingsToDoNearCraterLake.com

Archived copies of the ChiloquinNews can be found at <http://chiloquinnews.wordpress.com/>